



LUNCH SELECTIONS

ENTREES	
BEEF	<b>CHEESEBURGERS SLIDERS</b> with tater tots, carrots & fiber bar
	<b>HAMBURGER SLIDERS</b> with tater tots, carrots & fiber bar
	<b>BEEF HOT DOG &amp; BUN</b> with sweet potatoes, baked beans & fiber bar
	<b>CHEESEBURGER</b> with tater tots, carrots & fiber bar
	<b>MEATLOAF SANDWICH</b> with tater tots, broccoli & fiber bar
	<b>PEPPERONI PIZZA</b> with fiber bar
CHICKEN	<b>CHICKEN TENDERS</b> with sweet potatoes, green beans & fiber bar
	<b>GRILLED CHICKEN SANDWICH</b> with carrots, mixed fruits & fiber bar
	<b>CHICKEN NUGGETS</b> with tater tots, green beans & fiber bar
FISH	<b>POLLUCK NUGGETS</b> with carrots, green beans & fiber bar
VEGETARIAN	<b>EGG ROLL</b> with fried rice, green beans, broccoli & fiber bar

**Product**

Chicken Breast Strips  
1647353|2/5 LB

Nutrients	Sysco		USDA Legacy		85 g (3 oz svg)		64 g (2.28 oz svg)	
	85 g (3 oz)		100 g		85 g (3 oz svg)		0.752941176	
Potassium		mg	256 mg		218 mg		163.84	0.64
Calories	110				110		82.82	
Protein	16	g	g		16 g		12.05	
Carbs	2	g	g		2 g		1.51	
Fiber	0	g	g		0 g		0	
Fat	4	g	g		4 g		3.01	
Vitamin A		rae	6 rae		5 rae		3.84	
Vitamin B6		mg	0.6 mg		0.51 mg		0.38	
Vitamin B12		mcg	0.34 mcg		0.29 mcg		0.22	
Vitamin C		mg	0 mg		0 mg		0	
Vitamin D	NA	mg	0.1 mg		0.09 mg		0.06	
Calcium	NA	mg	15 mg		13 mg		9.60	
Magnesium		mg	29 mg		25 mg		18.56	
Zinc		mg	1 mg		0.85 mg		0.64	
Sodium	610	mg	mg		610 mg		459.29	

**Product** Carrots

Sysco

**Nutrients**

**Per 100 g**

**Per 85 g (3 oz svg)**

Potassium	320	mg	272	mg	
Calories	41		35		
Protein	0.93	g	0.79	g	
Carbs	9.58	g	8.14	g	
Fiber	2.8	g	2.4	g	
Fat	0.24	g	0.20	g	
Vitamin A	835.3	rae	710.0	rae	
Vitamin B6	0.14	mg	0.12	mg	
Vitamin B12	0	mcg	0	mcg	
Vitamin C	5.9	mg	5.0	mg	57.8
Vitamin D	0	mcg	0	mcg	
Calcium	33	mg	28	mg	
Magnesium	12	mg	10	mg	
Zinc	0.24	mg	0.20	mg	
Sodium	69	mg	59	mg	

**Product**

Mixed Fruit

**2182352**

Sysco

0.69

Sysco

USDA

USDA Legacy

0.85

**Nutrients**

**Per 124 g**

**Per 100 g**

**Per 85 g (3 oz svg)**

	Sysco		USDA	USDA Legacy		
Potassium	70	mg			48.3	mg
Calories	70				48.3	
Protein	0	g			0	g
Carbs	17	g			11.73	g
Fiber	1	g			0.69	g
Fat	0	g			0	g
Vitamin A		rae		15 rae	12.8	rae
Vitamin B6		mg	0.02		0.0	mg
Vitamin B12		mcg		NR	NR	mcg
Vitamin C		mg	2.2 mg		1.9	mg
Vitamin D	0	mcg		0 mcg	0.0	mcg
Calcium	5	mg			3	mg
Magnesium		mg		5 mg	4	mg
Zinc		mg	0.09 mg		0.08	mg
Sodium	0	mg			0	mg

**Product** Chicken Tenders 4 ounce

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<b>Nutrients</b>	<b>Sysco 112 g</b>		<b>USDA Legacy 100 g</b>		<b>112 g (4 oz svg)</b>
Potassium	190	mg		mg	190 mg
Calories	280				280
Protein	21	g		g	21 g
Carbs	16	g		g	16 g
Fiber	1	g		g	1 g
Fat	14	g		g	14 g
Vitamin A		rae		7 rae	8 rae
Vitamin B6		mg		0.48 mg	1 mg
Vitamin B12		mcg		0.13 mcg	0 mcg
Vitamin C		mg	NR	mg	NR mg
Vitamin D	0	mg		mg	0 mg
Calcium	20	mg		mg	20 mg
Magnesium		mg		29 mg	32 mg
Zinc		mg		0.68 mg	1 mg
Sodium	710	mg		mg	710 mg

**Product**

Honey Mustard

**Nutrients****Per 1 oz svg**

Potassium	10 mg
Calories	140
Protein	0 g
Carbs	6 g
Fiber	0 g
Fat	13 g
<b>Vitamin A</b>	10.932
Vitamin B6	0.005 mg
Vitamin B12	0.014 mg
Vitamin C	0.301 mg
Vitamin D	0 mcg
<b>Calcium</b>	3.73 mcg
Magnesium	1.674 mg
Zinc	0.053 mg
<b>Sodium</b>	210 mg

**Product**

Sweet Potatoes 3 ounce serving  
Canned in Syrup Drained

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**Nutrients**

USDA Legacy

**100 g****85 g (3 oz svg)**

Potassium	193	mg	164 mg
Calories	108		92
Protein	1.28	g	1 g
Carbs	25.36	g	22 g
Fiber	3	g	3 g
Fat	0.32	g	0 g
Vitamin A	458.45	rae	390 rae
Vitamin B6	0.06	mg	0 mg
Vitamin B12	0	mcg	0 mcg
Vitamin C	10.8	mg	9 mg
Vitamin D	0	mg	0 mg
Calcium	17	mg	14 mg
Magnesium	12	mg	10 mg
Zinc	0.16	mg	0 mg
Sodium	39	mg	33 mg

**Product** Green Beans 3 ounce serving

<b>Nutrients</b>	<b>2/3 cup (85 g)</b>	Sysco	1
		USDA Legacy	0.85
		<b>100 g</b>	<b>85 g (3 oz svg)</b>
Potassium	135 mg		135 mg
Calories	25	39	25
Protein	1g	1.79	1 g
Carbs	5g	7.54g	5 g
Fiber	3g	2.6g	3 g
Fat	0g	1.89g	1.61 g
Vitamin A		27.35mcg	23.25 mcg
Vitamin B6		.04 mcg	0.03 mcg
Vitamin B12		0 g	0 g
Vitamin C		12.9 mg	10.97 mg
Vitamin D	0mcg	0 mcg	0 mcg
Calcium	36mg	42 mg	36 mg
Magnesium		22 mg	18.70 mg
Zinc		.26 mg	0.22 mg
Sodium	0mg	3 mg	2.55 mg

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**Product**

Hamburger Bun Slider

<b>Nutrients</b>	Sysco		USDA Legacy		<b>Per 33 g (1.16 oz svg)</b>
	<b>Per 33 g (1.16 oz)</b>		<b>Per 100 g</b>		
Potassium	0	mg		mg	0 mg
Calories	100				100
Protein	3	g		g	3 g
Carbs	18	g		g	18 g
Fiber	1	g		g	1 g
Fat	1	g		g	1 g
Vitamin A		rae	29.0	rae	10 rae
Vitamin B6		mg	0.06	mg	0 mg
Vitamin B12		mcg	0.2	mcg	0 mcg
Vitamin C		mg	1.3	mg	0 mg
Vitamin D	0	mcg		mcg	0 mcg
Calcium	60	mg		mg	60 mg
Magnesium		mg	23	mg	8 mg
Zinc		mg	0.73	mg	0 mg
Sodium	180	mg		mg	180 mg

**Product** Beef Patty 2.5 oz

<b>Nutrients</b>	Sysco		USDA Legacy		<b>Per 2 oz (56 g svg)</b>
	<b>56 g svg</b>		<b>Per 100 g</b>		
Potassium	0	mg		mg	0 mg
Calories	140				140
Protein	10	g		g	10 g
Carbs	1	g		g	1 g
Fiber	1	g		g	1 g
Fat	10	g		g	10 g
Vitamin A		rae	3.0	rae	2 rae
Vitamin B6		mg	0.34	mg	0 mg
Vitamin B12		mcg	2.9	mcg	2 mcg
Vitamin C		mg	0.0	mg	0 mg
Vitamin D		mcg	0	mcg	0 mcg
Calcium	26	mg		mg	26 mg
Magnesium		mg	19	mg	11 mg
Zinc		mg	6.14	mg	3 mg
Sodium	180	mg		mg	180 mg

**Product**

American Cheese

.67 oz serving

<b>Nutrients</b>	<b>Per 19 g</b>	<b>USDA Legacy Per 100 g</b>	<b>USDA Legacy Per 19 g</b>	<b>Per 19 g (.67 oz svg)</b>
Potassium				60
Calories	60			
Protein	3 g			3 g
Carbs	2 g			2 g
Fiber	0 g			0 g
Fat	5 g			5 g
<b>Vitamin A</b>		240 mcg	45.6 mcg	45.6 mcg
Vitamin B6		0.1 mg	.019 mg	0.019 mg
Vitamin B12		1.33 mcg	.25 mcg	0.25 mcg
Vitamin C		0	0	0
Vitamin D	0 mcg			0 mcg
<b>Calcium</b>	88 mg			88 mg
Magnesium		27 mg	5.13 mg	5.13 mg
Zinc		2.31 mg	.44 mg	0.44 mg
<b>Sodium</b>	320 mg			320 mg

**Product**

Potato Tater Barrel (Tater Tots)

<b>Nutrients</b>	<b>9 pcs (85 g)</b>	<b>Ore Ida (Similar) 87 g</b>	<b>Ore Ida Extra Crispy (Similar) 86 g</b>	<b>Per 85 g (3 oz svg)</b>
Potassium				***
Calories	130			130
Protein	1 g			1 g
Carbs	17 g			17 g
Fiber	1 g			1 g
Fat	7 g			7 g
Vitamin A		0		0
Vitamin B6				***
Vitamin B12				***
Vitamin C			1.2 mg	1.2 mg
Vitamin D	0 mcg			0 mcg
Calcium	10 mg	0		10 mg
Magnesium				***
Zinc				***
Sodium		420 g		420 g

\*\*\*Not reported on any frozen tater tots in the Genesis Database and no information provided as of yet from vendor/distributor

**Product**

Carrots

Sysco

**Nutrients****Per 100 g****Per 85 g (3 oz svg)**

Potassium	320	mg	272	mg
Calories	41		35	
Protein	0.93	g	0.79	g
Carbs	9.58	g	8.14	g
Fiber	2.8	g	2.4	g
Fat	0.24	g	0.20	g
Vitamin A	835.3	rae	710.0	rae
Vitamin B6	0.14	mg	0.12	mg
Vitamin B12	0	mcg	0	mcg
Vitamin C	5.9	mg	5.0	mg
Vitamin D	0	mcg	0	mcg
Calcium	33	mg	28	mg
Magnesium	12	mg	10	mg
Zinc	0.24	mg	0.20	mg
Sodium	69	mg	59	mg

**Product** Hot Dog Bun

<b>Nutrients</b>	Sysco		USDA Legacy	
	<b>Per 1.7 oz (48 g)</b>		<b>Per 100 g</b>	
Potassium	0	mg		mg
Calories	130			130
Protein	4	g		g
Carbs	24	g		g
Fiber	<1	g		g
Fat	2	g		g
Vitamin A		rae	29.0	rae
Vitamin B6		mg	0.06	mg
Vitamin B12		mcg	0.2	mcg
Vitamin C		mg	1.3	mg
Vitamin D	0	mcg	0	mcg
Calcium	63	mg	144	mg
Magnesium		mg	23	mg
Zinc		mg	0.73	mg
Sodium	250	mg		mg
				Per 1.7 oz (48 g)
				0 mg
				130
				4 g
				24 g
				<1 g
				2 g
				14 rae
				0 mg
				0 mcg
				1 mg
				0 mcg
				63 mg
				11 mg
				0 mg
				250 mg

**Product**

All-Beef Hot Dog

<b>Nutrients</b>	Sysco		USDA Legacy		<b>Per 2 oz (57 g)</b>
	<b>Per 2 oz (57 g)</b>		<b>Per 100 g</b>		
Potassium		mg	364	mg	0 mg
Calories	170				170
Protein	6	g		g	6 g
Carbs	<1	g		g	<1 g
Fiber	0	g		g	0 g
Fat	15	g		g	15 g
Vitamin A		rae	3.0	rae	2 rae
Vitamin B6		mg	0.13	mg	0 mg
Vitamin B12		mcg	0.96	mcg	1 mcg
Vitamin C		mg	0.0	mg	0 mg
Vitamin D	0	mcg	0.9	mcg	1 mcg
Calcium	0	mg	14	mg	0 mg
Magnesium		mg	11	mg	6 mg
Zinc		mg	2.01	mg	1 mg
Sodium	500	mg		mg	500 mg

**Product**

Vegetarian Baked Beans

<b>Nutrients</b>	Sysco		USDA Legacy		Sysco	0.65
	<b>Per 130 g</b>		<b>Per 100 g</b>		USDA	<b>Per 3 oz (85 g)</b>
Potassium		mg	224	mg		190 mg
Calories	220					144
Protein	11	g		g		7 g
Carbs	43	g		g		28 g
Fiber	8	g		g		5 g
Fat	1	g		g		1 g
Vitamin A		rae	5.4	rae		5 rae
Vitamin B6		mg	0.08	mg		0 mg
Vitamin B12		mcg	0	mcg		0 mcg
Vitamin C		mg	0.0	mg		0 mg
Vitamin D	0	mcg		mcg		0 mcg
Calcium	87	mg		mg		57 mg
Magnesium		mg	27	mg		23 mg
Zinc		mg	2.28	mg		2 mg
Sodium	510	mg		mg		333 mg



**Product**

Sweet Potatoes 3 ounce serving  
Canned in Syrup Drained

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**Nutrients**

USDA Legacy

**100 g****85 g (3 oz svg)**

Potassium	193	mg	164 mg
Calories	108		92
Protein	1.28	g	1 g
Carbs	25.36	g	22 g
Fiber	3	g	3 g
Fat	0.32	g	0 g
Vitamin A	458.45	rae	390 rae
Vitamin B6	0.06	mg	0 mg
Vitamin B12	0	mcg	0 mcg
Vitamin C	10.8	mg	9 mg
Vitamin D	0	mg	0 mg
Calcium	17	mg	14 mg
Magnesium	12	mg	10 mg
Zinc	0.16	mg	0 mg
Sodium	39	mg	33 mg

**Product**

Beef Patty 2.5 oz

<b>Nutrients</b>	Sysco		USDA Legacy		<b>Per 2.5 oz (70 g svg)</b>
	<b>Per 2.5 oz (70 g svg)</b>		<b>Per 100 g</b>		
Potassium	0	mg		mg	0 mg
Calories	170				170
Protein	12	g		g	12 g
Carbs	2	g		g	2 g
Fiber	1	g		g	1 g
Fat	13	g		g	13 g
Vitamin A		rae	3.0	rae	2 rae
Vitamin B6		mg	0.34	mg	0 mg
Vitamin B12		mcg	2.9	mcg	2 mcg
Vitamin C		mg	0.0	mg	0 mg
Vitamin D	0	mcg	0	mcg	0 mcg
Calcium	52	mg		mg	52 mg
Magnesium		mg	19	mg	13 mg
Zinc		mg	6.14	mg	4 mg
Sodium	220	mg		mg	220 mg

**Product** Bun 1.72 oz

Sysco

USDA Legacy

0.54

<b>Nutrients</b>	<b>Per 54 g (1 bun)</b>		<b>Per 100 g</b>		<b>Per 1.72 Ounces (54 g svg)</b>
Potassium	45	mg		mg	45 mg
Calories	150				150
Protein	5	g		g	5 g
Carbs	27	g		g	27 g
Fiber	1	g		g	1 g
Fat	2	g		g	2 g
Vitamin A		rae	29	rae	15.66 rae
Vitamin B6		mg	0.06	mcg	0.03 mcg
Vitamin B12		mcg	0.2	mcg	0.11 mcg
Vitamin C		mg	1.3	mcg	0.70 mcg
Vitamin D	0 mcg	mcg		mcg	0 mcg
Calcium	49	mg		mg	49.00 mg
Magnesium		mg	23	mg	12.42 mg
Zinc		mg	0.73	mg	0.39 mg
Sodium	290	mg		mg	290 mg

**Product**

Potato Tater Barrel (Tater Tots)

<b>Nutrients</b>	<b>9 pcs (85 g)</b>	<b>Ore Ida (Similar) 87 g</b>	<b>Ore Ida Extra Crispy (Similar) 86 g</b>	<b>Per 85 g (3 oz svg)</b>
Potassium				***
Calories	130			130
Protein	1 g			1 g
Carbs	17 g			17 g
Fiber	1 g			1 g
Fat	7 g			7 g
Vitamin A		0		0
Vitamin B6				***
Vitamin B12				***
Vitamin C			1.2 mg	1.2 mg
Vitamin D	0 mcg			0 mcg
Calcium	10 mg	0		10 mg
Magnesium				***
Zinc				***
Sodium		420 g		420 g

\*\*\*Not reported on any frozen tater tots in the Genesis Database and no information provided as of yet from vendor/distributor

**Product**

Carrots

Sysco

**Nutrients****Per 100 g****Per 85 g (3 oz svg)**

Potassium	320	mg	272	mg
Calories	41		35	
Protein	0.93	g	0.79	g
Carbs	9.58	g	8.14	g
Fiber	2.8	g	2.4	g
Fat	0.24	g	0.20	g
Vitamin A	835.3	rae	710.0	rae
Vitamin B6	0.14	mg	0.12	mg
Vitamin B12	0	mcg	0	mcg
Vitamin C	5.9	mg	5.0	mg
Vitamin D	0	mcg	0	mcg
Calcium	33	mg	28	mg
Magnesium	12	mg	10	mg
Zinc	0.24	mg	0.20	mg
Sodium	69	mg	59	mg

**Product**

5" Round Pepperoni Pizza

Sysco

0.85

Sysco

USDA Legacy

USDA

**Nutrients****5.45 oz svg****100 gram****85 gram (3 oz svg)**

Potassium	240	mg	239	mg	120 mg
Calories	420		274		210
Protein	14	g	14.38	g	7 g
Carbs	45	g	24.69	g	22.5 g
Fiber	2	g	2	g	1 g
Fat	21	g	13.13	g	10.5 g
<b>Vitamin A</b>			69	mcg	58.65 mcg
Vitamin B6		mg	0.15	mg	0.1 mg
Vitamin B12		mcg	0.61	mcg	0.5 mcg
Vitamin C		mg	1.9	mg	1.6 mg
Vitamin D	0	mcg	0	mcg	0 mcg
<b>Calcium</b>	200	mg	168	mg	100 mg
Magnesium		mg	27	mg	31.76 mg
Zinc	0	mg	1.52	mg	1.79 mg
<b>Sodium</b>	870	mg	590	mg	435 mg

**Product**

Broccoli

Sysco

USDA Legacy

2.79

3.53

**Nutrients****Per 1 cup (79 g)****Per 100 g****Per 1 ounce (28.34 g)****Per 3 Ounces (85.046 g svg)**

Potassium	160 mg		57.4	mg	172.19 mg
Calories	25		9.0		26.91
Protein	2 g		0.7	g	2.15 g
Carbs	4 g			g	4.30 g
Fiber	2 g		1.4	g	4.30 g
Fat	0 g		0	g	0.00 g
Vitamin A		56.9	16.1	rae	48.38 rae
Vitamin B6		.18 mcg	0.1	mcg	0.15 mcg
Vitamin B12		0	0	mcg	0 mcg
Vitamin C		68.3 mcg	19.36	mcg	58.07 mcg
Vitamin D	0 mcg		0	mcg	0 mcg
Calcium	26 mcg		9.33	mg	27.98 mg
Magnesium		21.00 mg	5.95	mg	17.85 mg
Zinc		.41 mg	0.12	mg	0.35 mg
Sodium	15 mg		5.38	mg	16.14 mg

**Product**

Carrots

Sysco

**Nutrients****Per 100 g****Per 85 g (3 oz svg)**

Potassium	320	mg	272	mg
Calories	41		35	
Protein	0.93	g	0.79	g
Carbs	9.58	g	8.14	g
Fiber	2.8	g	2.4	g
Fat	0.24	g	0.20	g
Vitamin A	835.3	rae	710.0	rae
Vitamin B6	0.14	mg	0.12	mg
Vitamin B12	0	mcg	0	mcg
Vitamin C	5.9	mg	5.0	mg
Vitamin D	0	mcg	0	mcg
Calcium	33	mg	28	mg
Magnesium	12	mg	10	mg
Zinc	0.24	mg	0.20	mg
Sodium	69	mg	59	mg



**Product** Hoagie Roll

<b>Nutrients</b>	Sysco		USDA		<b>Per 2.3 oz (66 g)</b>
	<b>Per 2.3 oz (66 g)</b>		<b>Per 100 g</b>		
Potassium		mg	272	mg	180 mg
Calories	170				170
Protein	6	g		g	6 g
Carbs	34	g		g	34 g
Fiber	2	g		g	2 g
Fat	1.5	g		g	2 g
Vitamin A		rae	0.0	rae	0 rae
Vitamin B6		mg	0.20	mg	0 mg
Vitamin B12		mcg	0	mcg	0 mcg
Vitamin C		mg	0.0	mg	0 mg
Vitamin D		mcg	0	mcg	0 mcg
Calcium	40	mg	106	mg	40 mg
Magnesium		mg	85	mg	56 mg
Zinc		mg	2.01	mg	1 mg
Sodium	380	mg	521	mg	380 mg

**Product**      Pork Rib Patty

1.09

<b>Nutrients</b>	Sysco		USDA	
	<b>Per 3 oz (85 g)</b>			<b>Per 3.28 oz (93 g)</b>
Potassium	NA	mg	mg	0 mg
Calories	190			208
Protein	14	g	g	15 g
Carbs	9	g	g	10 g
Fiber	1	g	g	1 g
Fat	12	g	g	13 g
Vitamin A		rae	rae	rae
Vitamin B6		mg	mg	mg
Vitamin B12		mcg	mcg	mcg
Vitamin C		mg	mg	mg
Vitamin D	NA	mcg	mcg	0 mcg
Calcium	52	mg	mg	57 mg
Magnesium		mg	mg	mg
Zinc		mg	mg	mg
Sodium	470	mg	mg	514 mg

As of yet, we have not identified a USDA/Proper Substitute on Genesis, NOR have we heard back from our vendors

**Product**

Sweet Potatoes 3 ounce serving  
Canned in Syrup Drained

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**Nutrients**

USDA Legacy

**100 g****70 g (2.5 oz svg)**

Potassium	193	mg	135 mg
Calories	108		76
Protein	1.28	g	1 g
Carbs	25.36	g	18 g
Fiber	3	g	2 g
Fat	0.32	g	0 g
Vitamin A	458.45	rae	321 rae
Vitamin B6	0.06	mg	0 mg
Vitamin B12	0	mcg	0 mcg
Vitamin C	10.8	mg	8 mg
Vitamin D	0	mg	0 mg
Calcium	17	mg	12 mg
Magnesium	12	mg	8 mg
Zinc	0.16	mg	0 mg
Sodium	39	mg	27 mg

**Product**

Vegetarian Baked Beans

<b>Nutrients</b>	Sysco		USDA Legacy		Sysco	0.54
	<b>Per 130 g</b>		<b>Per 100 g</b>		USDA	0.70
					<b>70 g (2.5 oz svg)</b>	
Potassium		mg	224	mg		157 mg
Calories	220					118
Protein	11	g		g		6 g
Carbs	43	g		g		23 g
Fiber	8	g		g		4 g
Fat	1	g		g		1 g
Vitamin A		rae	5.4	rae		4 rae
Vitamin B6		mg	0.08	mg		0 mg
Vitamin B12		mcg	0	mcg		0 mcg
Vitamin C		mg	0.0	mg		0 mg
Vitamin D	0	mcg		mcg		0 mcg
Calcium	87	mg		mg		47 mg
Magnesium		mg	27	mg		19 mg
Zinc		mg	2.28	mg		2 mg
Sodium	510	mg		mg		275 mg

**Product**

Mini Chicken Corn Dogs

1.86

USDA - Foster Farms (76 g)

**Nutrients****Per 5 oz (141 g)**

Potassium	***	mg	*** mg
Calories	210		390
Protein	7.00	g	13 g
Carbs	18.00	g	33 g
Fiber	1.0	g	2 g
Fat	12.00	g	22 g
Vitamin A	0.0	rae	0 rae
Vitamin B6	***	mg	#VALUE! mg
Vitamin B12	***	mcg	#VALUE! mcg
Vitamin C	0	mg	0 mg
Vitamin D	0	mcg	0 mcg
Calcium	40	mg	74 mg
Magnesium	***	mg	#VALUE! mg
Zinc	***	mg	#VALUE! mg
Sodium	490	mg	909 mg

\*\*\*Info not available in Genesis & have not yet heard back from vendors

**Product**

Green Beans

2.5 oz svg

/

**Nutrients****2/3 cup (85 g)**Sysco  
USDA Legacy  
**100 g****70 g (2.5 oz svg)**0.82  
0.7

Potassium	135 mg		111 mg
Calories	25	39	21
Protein	1g	1.79	1 g
Carbs	5g	7.54g	4 g
Fiber	3g	2.6g	2 g
Fat	0g	1.89g	1.32 g
Vitamin A		27.35mcg	19.15 mcg
Vitamin B6		.04 mcg	0.03 mcg
Vitamin B12		0 g	0 g
Vitamin C		12.9 mg	9.03 mg
Vitamin D	0mcg	0 mcg	0 mcg
Calcium	36mg	42 mg	30 mg
Magnesium		22 mg	15.40 mg
Zinc		.26 mg	0.18 mg
Sodium	0mg	3 mg	2.10 mg

**Product**

Potato Tater Barrel (Tater Tots) 2.5 oz svg

0.82

<b>Nutrients</b>	<b>9 pcs (85 g)</b>	<b>Ore Ida (Similar) 87 g</b>	<b>Ore Ida Extra Crispy (Similar) 86 g</b>	<b>Per 70 g (2.5 oz svg)</b>
Potassium				***
Calories	130			107.06
Protein	1 g			0.82 g
Carbs	17 g			14.00 g
Fiber	1 g			0.82 g
Fat	7 g			5.76 g
Vitamin A		0		0
Vitamin B6				***
Vitamin B12				***
Vitamin C			1.2 mg	0.99 mg
Vitamin D	0 mcg			0 mcg
Calcium	10 mg	0		8.24 mg
Magnesium				***
Zinc				***
Sodium		420 g		345.88 g

\*\*\*Not reported on any frozen tater tots in the Genesis Database and no information provided as of yet from vendor/distributor

**Product** Chicken Nuggets

Nutrients	Sysco		USDA Legacy	
	<b>119 g</b>		<b>100 g</b>	<b>Per 5 oz (141 g)</b>
Potassium		mg	281 mg	396 mg
Calories	270			320
Protein	14.00	g	g	17 g
Carbs	13.00	g	g	15 g
Fiber	0.0	g	g	0 g
Fat	18.00	g	g	21 g
Vitamin A	0.0	rae	rae	0 rae
Vitamin B6		mg	0.33 mg	0.47 mg
Vitamin B12		mcg	0.23 mcg	0.32 mcg
Vitamin C	0	mg	mg	0 mg
Vitamin D	NA	mcg	mcg	NA mcg
Calcium	10	mg	mg	12 mg
Magnesium		mg	35 mg	49 mg
Zinc		mg	0.75 mg	1.06 mg
Sodium	220	mg	mg	261 mg

\*\*\*Info not available in Genesis & have not yet heard back from vendors



**Product**

Green Beans

2.5 oz svg

/

**Nutrients****2/3 cup (85 g)**Sysco  
USDA Legacy  
**100 g****70 g (2.5 oz svg)**0.82  
0.7

Potassium	135 mg		111 mg
Calories	25	39	21
Protein	1g	1.79	1 g
Carbs	5g	7.54g	4 g
Fiber	3g	2.6g	2 g
Fat	0g	1.89g	1.32 g
Vitamin A		27.35mcg	19.15 mcg
Vitamin B6		.04 mcg	0.03 mcg
Vitamin B12		0 g	0 g
Vitamin C		12.9 mg	9.03 mg
Vitamin D	0mcg	0 mcg	0 mcg
Calcium	36mg	42 mg	30 mg
Magnesium		22 mg	15.40 mg
Zinc		.26 mg	0.18 mg
Sodium	0mg	3 mg	2.10 mg

**Product**

Potato Tater Barrel (Tater Tots) 2.5 oz svg

0.82

<b>Nutrients</b>	<b>9 pcs (85 g)</b>	<b>Ore Ida (Similar) 87 g</b>	<b>Ore Ida Extra Crispy (Similar) 86 g</b>	<b>Per 70 g (2.5 oz svg)</b>
Potassium				***
Calories	130			107.06
Protein	1 g			0.82 g
Carbs	17 g			14.00 g
Fiber	1 g			0.82 g
Fat	7 g			5.76 g
Vitamin A		0		0
Vitamin B6				***
Vitamin B12				***
Vitamin C			1.2 mg	0.99 mg
Vitamin D	0 mcg			0 mcg
Calcium	10 mg	0		8.24 mg
Magnesium				***
Zinc				***
Sodium		420 g		345.88 g

\*\*\*Not reported on any frozen tater tots in the Genesis Database and no information provided as of yet from vendor/distributor

**Product** Pollock Nuggets

1.26

	Sysco		USDA Nearest Match	
<b>Nutrients</b>	<b>112 g</b>		<b>56</b>	<b>Per 5 oz (141 g)</b>
Potassium	200	mg		252 mg
Calories	210			264
Protein	12.00	g		15 g
Carbs	23.00	g		29 g
Fiber	2.0	g		3 g
Fat	8.00	g		10 g
Vitamin A	0.0	rae		0 rae
Vitamin B6		mg	0.18 mg	0.45 mg
Vitamin B12		mcg	0.75 mcg	1.89 mcg
Vitamin C		mg	0 mg	0 mg
Vitamin D		mcg	***	*** mcg
Calcium	30	mg		38 mg
Magnesium		mg	***	*** mg
Zinc		mg	2.4 mg	6.04 mg
Sodium	330	mg		415 mg

\*\*\*Info not available in Genesis & have not yet heard back from vendors

**Product**

Green Beans

2.5 oz svg

/

**Nutrients****2/3 cup (85 g)**Sysco  
USDA Legacy  
**100 g****70 g (2.5 oz svg)**0.82  
0.7

Potassium	135 mg		111 mg
Calories	25	39	21
Protein	1g	1.79	1 g
Carbs	5g	7.54g	4 g
Fiber	3g	2.6g	2 g
Fat	0g	1.89g	1.32 g
Vitamin A		27.35mcg	19.15 mcg
Vitamin B6		.04 mcg	0.03 mcg
Vitamin B12		0 g	0 g
Vitamin C		12.9 mg	9.03 mg
Vitamin D	0mcg	0 mcg	0 mcg
Calcium	36mg	42 mg	30 mg
Magnesium		22 mg	15.40 mg
Zinc		.26 mg	0.18 mg
Sodium	0mg	3 mg	2.10 mg

**Product**

Meatloaf 3.5 oz

Nutrients	Sysco	USDA Legacy		Genesis Same Item	
	<b>2.89 oz (81 g)</b>	<b>100 g</b>		<b>Per 100 g</b>	<b>Per 3.5 oz (99 g)</b>
Potassium	NA	mg		mg	NA
Calories	190				232
Protein	11	g		g	13 g
Carbs	8	g		g	10 g
Fiber	1	g		g	1 g
Fat	12	g		g	15 g
Vitamin A		rae	3	rae	40 rae
Vitamin B6		mg	0.35	mg	0 mcg
Vitamin B12		mcg	2.49	mcg	2 mcg
Vitamin C		mg	0	mg	0 mcg
Vitamin D		mcg	0	mcg	0 mcg
Calcium	78	mg		mg	95 mg
Magnesium		mg	21	mg	21 mg
Zinc		mg	6.65	mg	7 mg
Sodium	390	mg		mg	390 mg

**Product** Bun 1.72 oz

Sysco

USDA Legacy

0.54

<b>Nutrients</b>	<b>Per 54 g (1 bun)</b>		<b>Per 100 g</b>		<b>Per 1.72 Ounces (54 g svg)</b>
Potassium	45	mg		mg	45 mg
Calories	150				150
Protein	5	g		g	5 g
Carbs	27	g		g	27 g
Fiber	1	g		g	1 g
Fat	2	g		g	2 g
Vitamin A		rae	29	rae	15.66 rae
Vitamin B6		mg	0.06	mcg	0.03 mcg
Vitamin B12		mcg	0.2	mcg	0.11 mcg
Vitamin C		mg	1.3	mcg	0.70 mcg
Vitamin D	0 mcg	mcg		mcg	0 mcg
Calcium	49	mg		mg	49.00 mg
Magnesium		mg	23	mg	12.42 mg
Zinc		mg	0.73	mg	0.39 mg
Sodium	290	mg		mg	290 mg

**Product**

Potato Tater Barrel (Tater Tots) 2.5 oz svg

0.82

<b>Nutrients</b>	<b>9 pcs (85 g)</b>	<b>Ore Ida (Similar) 87 g</b>	<b>Ore Ida Extra Crispy (Similar) 86 g</b>	<b>Per 70 g (2.5 oz svg)</b>
Potassium				***
Calories	130			107.06
Protein	1 g			0.82 g
Carbs	17 g			14.00 g
Fiber	1 g			0.82 g
Fat	7 g			5.76 g
Vitamin A		0		0
Vitamin B6				***
Vitamin B12				***
Vitamin C			1.2 mg	0.99 mg
Vitamin D	0 mcg			0 mcg
Calcium	10 mg	0		8.24 mg
Magnesium				***
Zinc				***
Sodium		420 g		345.88 g

\*\*\*Not reported on any frozen tater tots in the Genesis Database and no information provided as of yet from vendor/distributor

**Product**

Broccoli

Sysco  
2.79USDA Legacy  
3.53**Nutrients**

	<b>Per 1 cup (79 g)</b>	<b>Per 100 g</b>	<b>Per 1 ounce (28.34 g)</b>		<b>Per 2.4 Ounces (68 g)</b>
Potassium	160 mg		57.4	mg	137.75 mg
Calories	25		9.0		21.52
Protein	2 g		0.7	g	1.72 g
Carbs	4 g			g	0.00 g
Fiber	2 g		1.4	g	3.44 g
Fat	0 g		0	g	0.00 g
<b>Vitamin A</b>		56.9	16.1	rae	38.70 rae
Vitamin B6		.18 mcg	0.1	mcg	0.12 mcg
Vitamin B12		0	0	mcg	0.00 mcg
Vitamin C		68.3 mcg	19.36	mcg	46.45 mcg
Vitamin D	0 mcg		0	mcg	0.00 mcg
<b>Calcium</b>	26 mcg		9.33	mg	22.39 mg
Magnesium		21.00 mg	5.95	mg	14.28 mg
Zinc		.41 mg	0.12	mg	0.28 mg
<b>Sodium</b>	15 mg		5.38	mg	12.91 mg



**Product**

Veg Egg Roll

<b>Nutrients</b>	SYSCO		USDA Legacy		2
	<b>Per 1 Roll (85 g)</b>		<b>Per 100 g</b>		<b>Per 6 Ounces (170 g)</b>
Potassium	120	mg		mg	240 mg
Calories	140				280
Protein	4	g		g	8 g
Carbs	20	g		g	40 g
Fiber	2	g		g	4 g
Fat	5	g		g	10 g
<b>Vitamin A</b>		rae	48.6	rae	82.62 rae
Vitamin B6		mg	0.1	mg	0.17 mcg
Vitamin B12		mcg	0	mcg	0.00 mcg
Vitamin C		mg	6.7	mg	11.39 mcg
Vitamin D	0	mcg	0	mcg	0 mcg
<b>Calcium</b>	20	mg		mg	40 mg
Magnesium		mg	23	mg	39 mg
Zinc		mg	0.45	mg	0.77 mg
<b>Sodium</b>	550	mg		mg	1100 mg

**Product** Fried Rice

Nutrients	SYSCO		USDA Legacy		Per 3 Ounces (85 g)	
	167 g		Per 100 g		0.51	0.85
Potassium	0	mg		mg		0 mg
Calories	270		174			135
Protein	6	g	4	g		3 g
Carbs	54	g	32	g		27 g
Fiber	4	g	1	g		2 g
Fat	2.5	g	3	g		1 g
Vitamin A		rae	22	rae		19 rae
Vitamin B6		mg	0.03	mg		0 mcg
Vitamin B12		mcg	0	mcg		0 mcg
Vitamin C		mg	3.8	mg		3 mcg
Vitamin D	NA	mcg	0	mcg		0 mcg
Calcium	10	mg	12	mg		5 mg
Magnesium		mg	10	mg		0 mg
Zinc		mg	0.72	mg		0 mg
Sodium	440	mg		mg		220 mg

**Product**

Green Beans

2 oz

/

Sysco  
USDA Legacy

0.67  
0.57

**Nutrients**

**2/3 cup (85 g)**

**100 g**

**57 g (2 oz svg)**

Potassium	135 mg		90 mg
Calories	25	39	17
Protein	1g	1.79	1 g
Carbs	5g	7.54g	3 g
Fiber	3g	2.6g	2 g
Fat	0g	1.89g	0.00 g
Vitamin A		27.35mcg	15.59 mcg
Vitamin B6		.04 mcg	0.02 mcg
Vitamin B12		0 g	0 g
Vitamin C		12.9 mg	7.35 mg
Vitamin D	0mcg	0 mcg	0 mcg
Calcium	36mg	42 mg	24 mg
Magnesium		22 mg	12.54 mg
Zinc		.26 mg	0.15 mg
Sodium	0mg	3 mg	1.71 mg

**Product**

Broccoli

Sysco  
2.79USDA Legacy  
3.53**Nutrients****Per 1 cup (79 g)****Per 100 g****Per 1 ounce (28.34 g)****Per 57 g (2 oz)**

Potassium	160 mg		57.4	mg	114.79 mg
Calories	25		9.0		17.94
Protein	2 g		0.7	g	1.43 g
Carbs	4 g			g	0.00 g
Fiber	2 g		1.4	g	2.87 g
Fat	0 g		0	g	0.00 g
<b>Vitamin A</b>		56.9	16.1	rae	32.25 rae
Vitamin B6		.18 mcg	0.1	mcg	0.10 mcg
Vitamin B12		0	0	mcg	0.00 mcg
Vitamin C		68.3 mcg	19.36	mcg	38.71 mcg
Vitamin D	0 mcg		0	mcg	0.00 mcg
<b>Calcium</b>	26 mcg		9.33	mg	18.65 mg
Magnesium		21.00 mg	5.95	mg	11.90 mg
Zinc		.41 mg	0.12	mg	0.23 mg
<b>Sodium</b>	15 mg		5.38	mg	10.76 mg