

Item Description	Calories	Total Fat	Sat. Fat	Trans Fat	Sodium (mg)	Carbs	Fiber	Sugar	Protein	Allergens
Alfredo Sauce	145	13	8.00	0	315	8	0	1	3	MILK, SOY
Apple Bosco Stick, 7"	170	2	0.00	0	150	36	3	8	5	wheat
Apple Sauce, NO added sugar	25	0	0.00	0	7	7	1	4	0	
Apples, Sliced Canned	18	0	0.00	0	3	5-Jan	1	4	0	
Apricots	40	0	0.00	0	5	11	0.5	10	0	
Bacon Bits, Imitation, Bulk	21	1	0.00	0	105	2	0	0	2	
Bacon Bits, REAL	25	2	0.50	0	110	0	0	0	3	
Bacon Slices	80	7	3.00	0	280	0	0	0	5	
Bacon, Round	39	1	0.00	0	149	0	0	0	3	
Bagel, Whole Grain	140	1	0.00	0	180	29	4	0	6	WHEAT, SOY
Banana Peppers, Rings, Mild	2	0	0.00	0	150	0.5	0.2	0	0.15	
Barbeque Sauce Banquet	15	0	0.00	0	85	4	0	2	0	NONE
Barbeque Sauce Cups	40	0	0.10	0	203	10	0.5	10.5	0.5	NONE LISTED
Barbeque Sauce, Sweet Baby Rays	70	0	0.00	0	290	2T 17	0	16	0	NONE LISTED
BEEF: Beef Hoagie, 2.5 oz	150	10	4.00	0	460	2	1	0	12	soy
BEEF: BURGER, COLOSSAL	300	19	8.00	1	640	5	1	1	27	SOY
BEEF: BURGERS, PREMIUM	130	8	3.00	0	135	0	0	0	15	NONE
BEEF: BURGERS, SMOKEY GRILL	230	17	7.00	1	370	0	0	0	16	NONE LISTED
BEEF: BURGERS, CHARBROILED	216	15	6.00	0	129	0	0	0	18	NONE LISTED
BEEF: BURRITO, BEEF & BEAN WG	287	9	2.00	0	390	40	8	0	15	MILK, SOY, WHEAT
BEEF: BURRITO, BEEF & CHEESE WG	221	6	3.00	0	359	41	6	0	12	MILK, SOY WHEAT
BEEF: CHILI WITH BEANS, REDUCED FAT	152	5	2.00	0	230	5.83 OZ 17	4	5	13	SOY
BEEF: CINCINNATI STYLE CHILI	225	16	5.90	0	607	6	1	2	14	NONE
BEEF: Country Fried Chicken ,whole grain	210	11	5.00	0	180	14	2	1	12	WHEAT, SOY
BEEF: MEATBALLS	170	9	3.00	0	450	4	0	0	16	MILK, WHEAT
Beef: Meatloaf, Charbroiled with Ketchup	150	8	3.50	0	230	7	1	0	14	MILK, WHEAT, SOY, GLUTEN, EGG
BEEF: Roast Beef, Deli Style	60	2	0.50	0	410	1	0	1	10	NONE
BEEF: SALISBURY STEAK PATTIES	190	15	6.00	0	260	3	1	1	12	WHEAT, SOY, MILK
BEEF: Sloppy Joe, Reduced Fat	145	6	2.20	0	417	3.63OZ 10	2	8	13	SOY
BEEF: SPAGHETTI SAUCE	167	7	2.80	0	290	9	2	7	15	NONE LISTED
BEEF: TACO MEAT, RED.FAT & SODIUM	111	5	2.00	0	292	5	2	2	13	SOY
Beets, Diced, Canned	23	0	0.00	0	175	4.5	1	4	0	
Belgian Waffle Sticks, Whole Grain	140	2	0.00	0	250	27	2	5	4	WHEAT, MILK, SOY, EGG
Biscuits, Whole Grain,	170	7	4.50	0	390	22	3	3	4	WHEAT, MILK, SOY, EGG, SESAME
Black Beans	110	2	0.00	0	520	19	6	2	7	
Boom Boom Sauce	160	17	2.50	0	270	2 T 2	0	2	0	NONE LISTED
Bread, Banana	280	10	2.00	0	220	44	2	25	5	WHEAT, SOY, EGGS
Bread, Mixed Berry	270	9	2.00	0	190	43	2	24	6	WHEAT, EGGS, SOY
Bread, Sourdough Slices	100	1	0.00	0	190	1 slice 20	1	1	3	WHEAT, SOY
Bread: Breadsticks, Soft, Plain, Whole Wheat, 1 Oz. Each	80	1	0.00	0	150	16	1	2	3	WHEAT, SOY
Bread: Hamburger Buns, Multi Grain, 4"	160	2	0.00	0	310	31	2	4	5	WHEAT, SOY
Bread: Hamburger Buns, Plain, 3.5", Whole Grain White	110	1.5	0.00	0	190	20	2	3	4	WHEAT, SOY
Bread: Hamburger Buns, Plain, 4", Whole Grain White	140	2	0.00	0	240	26	2	4	6	WHEAT, SOY
Bread: Hamburger Buns, Whole Wheat, 4"	140	2.5	0.00	0	260	27	4	3	6	WHEAT, SOY
Bread: Hoagie Buns, Plain, 6" WG	180	2.5	0.00	0	320	33	3	5	6	WHEAT, SOY
Bread: Hotdog Buns, 6", Sliced, Whole Grain	110	1.5	0.00	0	190	21	2	4	4	WHEAT, SOY
Bread: Oval Buns, White, 5", Buddy Boy, WG	150	2	0.00	0	260	28	3	4	5	WHEAT, SOY
Bread: Pita Pocket, Whole Wheat	100	0	0.00	0	170	20	5	1	6	WHEAT
Bread: Steak Hoagie Buns, White, WG 6"	180	2.5	0.00	0	320	33	3	5	6	WHEAT, SOY
Bread: Texas Toast	160	2	0.00	0	180	2 slc 32	2	1	3	WHEAT

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Bread: Wheat Bread, Whole Grain	140	1	0.00	0	280	2 slc 28	6	4	6	WHEAT, SOY
Bread: White Bread, Whole Grain, 1 Oz. Slices	120	2	0.00	0	140	2 SLC 24	4	2	4	WHEAT, SOY
Breadstick Dough, Rich's	130	2	0.00	0	260	2 each 24	1	2	5	EGGS, WHEAT
Breadsticks With Cheese, 6" Reduced Fat Whole Grain	150	5	3.00	0	220	1 each 17	2	1	10	MILK, WHEAT
Breadsticks With Pepperoni, 4" WG	270	10	4.00	0	520	2 each 31	2	2	13	MILK, WHEAT
Breadsticks, Cheese Filled	150	6	2.00	0	370	1 each 17	2	3	7	MILK, SOY, WHEAT
Breadsticks, Garlic 53% Whole Grain, 6"	110	4	1.00	0	240	1 each 17	2	2	3	MILK, WHEAT
Breadsticks, Wheat	80	1	0.00	0	170	1 each 17	1	3	3	WHEAT, SOY, MILK
Breakfast Bar, Whole Grain, Banana Choc Chunk	280	8	3.00	0	220	48	3	23	5	EGGS, MILK, WHEAT, SOY
Breakfast Bar, Whole Grain, Oatmeal Chocolate Chip	290	9	3.00	0	240	47	3	22	5	EGGS, MILK, WHEAT, SOY
Breakfast Bar, Whole Grain, Oatmeal Raisin	290	10	3.00	0	180	48	3	23	5	EGGS, MILK, WHEAT, SOY
BREAKFAST PIZZA, BACON/EGG	220	9	4.00	0	320	24	2	7	10	MILK, EGG, WHEAT, SOY
BREAKFAST PIZZA, SAUSAGE/GRAVY	210	8	2.00	0	420	25	2	8	10	MILK, WHEAT, SOY
Broccoli Crowns, Frozen	8	0	0.00	0	5	1	0.5	0	0.25	
Brussel Sprouts, Frozen	45	0	0.00	0	15	8	3	2	3	
Butter Beans, Canned	90	0	0.00	0	430	16	4	1	5	
California Vegetable-Broccoli,Cauliflower,Carrot	8	0	0.00	0	9	1.5	0.5	0	0.5	
Calzone, Italian Beef Pepperoni	340	13	5.00	0	510	35	3	5	20	WHEAT, SOY, MILK, EGG
Caroteens, Fresh in Bag	35	0	0.00	0	65	8	2	5	1	
Carrots, Baby, Frozen	12	0	0.00	0	20	2.5	0.7	1.5	0.5	
Carrots, Frozen, Crinkle Cut	14	1	0.00	0	22	3	1	1.5	0	
Cauliflower, Frozen	13	0	0.00	0	23	2	0.5	1	0.5	
Cereal Bar, Whole Grain, Cheerios Fruity	150	3	0.50	0	105	30	3	9	2	WHEAT, SOY
Cereal Bar, Whole Grain, Cinnamon Toast Crunch	150	3	0.50	0	115	30	3	8	3	WHEAT, SOY
Cereal Bar, Whole Grain, Cocoa Puffs	150	3	0.50	0	110	30	3	9	3	WHEAT, SOY
Cereal Bar, Whole Grain, Trix	150	3	0.50	0	105	30	3	9	2	WHEAT, SOY
Cereal, Cocoa Puffs, red sugar, whole grain	110	2	0.00	0	160	20	2	8	2	WHEAT, SOY
Cereal, Corn Pops, Whole Grain Rich	80	0	0.00	0	75	25	2	7	1	WHEAT, SOY
Cereal, Frosted Mini Whts, Chocolate, Whole Grain	100	1	0.00	0	105	23	3	6	3	WHEAT, SOY
Cereal: Apple Jacks, Bowl Packs, Reduced Sugar, Whole Grain	70	1	0.00	0	85	16	2	8	1	WHEAT, SOY
Cereal: Cheerios, Bowl Packs, SUGAR FREE	100	2	0.50	0	140	20	3	1	3	WHEAT
Cereal: Cin.Toast Crunch, Bowl Packs,RED.SUGAR	110	3	0.50	0	160	22	3	6	1	WHEAT, SOY
Cereal: Froot Loops, Bowl Packs, RED SUGAR, whole grain	110	1	0.50	0	170	24	3	8	2	WHEAT, SOY
Cereal: Frosted Flakes, Bowl Packs,RED.SUGAR, Whole Grain	100	0	0.00	0	160	24	2	7	2	WHEAT
Cereal: Trix, Bowl Packs, REDUCED SUGAR	110	1	0.00	0	140	24	1	7	1	NONE LISTED
Cheese Sauce, Mild Cheddar, Bulk	80	6	1.00	0	550	6	0	0	1	MILK
Cheese Sauce, Nacho, Bulk	80	6	1.00	0	560	5	0	0	1	MILK, SOY
Cheese: Colby Jack Slices	80	7	4.00	0	140	0	0	0	5	MILK
CHEESE: AMERICAN CHEESE SLICES	106	9	6.00	0	422	0	0	0	6	MILK
CHEESE: CHEDDAR, SHRED ANGEL	114	9	6.00	0	176	0	0	0	7	MILK
Cheese: Mozzarella, Block	86	6	4.00	0	207	1	0	0	7	MILK
CHEESE: MOZZARELLA, SHREDDED	59	3	2.00	0	192	1	1	0	8	MILK
Cheese: Pepper Jack Slices	80	6	4.00	0	130	1 SL 1	0	0	5	MILK
Cheese: Provolone Cheese Slices	100	8	5.00	0	170	1	0	0	7	MILK
CHEESE: STRING CHEESE, LITE	60	3	2.00	0	210	1	0	0	8	MILK
Cheese: Swiss, Sliced	80	6	4.00	0	45	0	0	0	6	MILK
Cheese: White American Chz	100	8	5.00	0	470	2	1	1	5	MILK
Cherries, Maraschino	10	0	0.00	0	1	2	0	2	0	
Chicken Patty on Whole Grain Biscuit, Whole Grain	280	12	4.50	0	640	32	3	2	12	MILK, EGGS, SOY, WHEAT
Chicken: Taco Meat, Shredded Chicken	62	1	0.30	0	195	4	1	2	9	SOY, WHEAT

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CHICKEN: BONELESS WINGS, WG	237	10	2.00	0	387	13.75	1	1	22	MILK, WHEAT
Chicken: Canned	130	9	3.00	0	330	0	0	0	14	NONE LISTED
CHICKEN: DICED CHICKEN	130	4	1.00	0	40	0	0	0	26	NONE
CHICKEN: FAJITA STRIPS, WHITE	75	3	2.00	0	300	0	0	0	6	SOY
CHICKEN: GRILLED CHICKEN BRST	120	3	1.00	0	320	1	0	0	22	SOY
CHICKEN: GRILLED HONEY BBQ NUGGETS	165	9	2.00	0	353	9	0	2	15	EGG, MILK, SOY, WHEAT
CHICKEN: NUGGETS, WHITE MEAT, HOMESTYLE WHOLE GRAIN	260	15	2.50	0	400	13	2	2	16	SOY, WHEAT
CHICKEN: PATTIE,BREADED,SPICY	270	15	3.00	0	400	17	3	1	15	SOY, WHEAT
CHICKEN: PATTIE,BREADED,WHOLE GRAIN	230	13	2.00	0	490	15	3	1	13	SOY, WHEAT
CHICKEN: POPCORN, BUFFALO, WHOLE GRAIN	270	15	2.50	0	790	10 EA 18	1	1	16	WHEAT
CHICKEN: POPCORN, HOMESTYLE WHOLE GRAIN	250	14	3.00	0	370	14	2	1	15	MILK, SOY, WHEAT
CHICKEN: RINGS, TYSON WHOLE GRAIN	300	18	3.00	0	450	15	1	1	20	SOY, WHEAT
CHICKEN: SMACKERS, POPCORN, WG	269	13	3.00	0	590	20	3	0	18	EGGS, SOY
CHICKEN: STICKS , BREADED, KRISPY KRUNCHY WHOLE GRAIN	250	15	3.00	0	375	14	2	1	15	SOY, WHEAT
CHICKEN: TENDER KRISPY /KRUNCHY	260	15	3.00	0	390	16	3	1	15	SOY, WHEAT
CHICKEN: TENDER, BUFFALO ,TYSON WHOLE GRAIN	260	15	3.00	0	390	16	3	1	15	SOY, WHEAT
Chiles, Green, Diced	10	0	0.00	0	25	2	0	0	0	
Chips: Baked Cheetos Flamin Hot, NOT WG	120	5	0.50	0	210	20	0	0	2	MILK, SOY
Chips: Baked Cheeto's, Crunchy, NOT WG	120	5	1.00	0	210	20	0	0	2	MILK
Chips: Baked Lays, Masterpiece BBQ, NOT WG	140	4	0.58	0	240	24	2	3	2	WHEAT, SOY, MILK
Chips: Baked Potato Chips, NOT WG	130	2	0.00	0	200	26	2	2	2	SOY
Chips: Baked Sour Cream and Onion Potato Chips, NOT WG	140	4	1.00	0	240	24	2	3	2	MILK
Chips: Cheese Balls, Barrel o Fun	100	4	0.00	0	95	21	1	1	2	MILK
Chips: Cheetos Fantastix, Baked, Chili Cheese, WG	130	5	1.00	0	200	15	2	1	2	MILK
Chips: Cheetos Fantastix, Baked, Flamin Hot	130	5	1.00	0	200	19	2	1	2	MILK
Chips: Cheetos Puffs, WG, Hot, Reduced Fat	90	4	0.00	0	135	20	1	1	2	MILK
Chips: Cheetos Puffs, WG, Mellow Cheese, Reduced Fat	90	4	0.00	0	135	14	1	1	2	MILK
Chips: Cheez-It Crackers, Atomic Cheddar, Whole Grain	90	4	0.00	0	190	15	1	0	2	WHEAT, MILK, SOY
Chips: Cheez-It Crackers, White Cheddar, Whole Grain	210	11	2.50	0	290	26	0	0	4	WHEAT, MILK SOY
Chips: Cheez-It Crackers, Whole Grain	100	4	1.00	0	150	14	1	0	2	WHEAT, MILK, SOY
Chips: Chex Mix, Cheddar	210	6	1.00	0	370	35	2	5	4	WHEAT, MILK SOY
Chips: Chex Mix, Hot and Spicy	110	3	1.00	0	140	19	2	2	2	WHEAT, MILK, SOY
Chips: Cracker Chip, Sea Salt	90	2	0.00	0	190	19	3	0	2	WHEAT, MILK SOY
Chips: Dorito's Cool Ranch, Reduced Fat, WG	130	5	1.00	0	160	19	2	1	2	MILK
Chips: Doritos, Nacho Cheese, Reduced Fat, WG	130	5	1.00	0	200	20	2	0	2	MILK
Chips: Doritos, Spicy Sweet Chili Flavored, Reduced Fat, WG	130	5	1.00	0	180	20	2	0	2	SOY, WHEAT
Chips: FunSize Gold Fish Flavor Blasted, Hot 'n Spicy Cheddar,	100	3	1.00	0	190	14	1	0	3	MILK, WHEAT
Chips: FunSize Gold Fish Flavor Blasted, Racing Ranch, WG	100	3	1.00	0	190	14	0	0	3	MILK, WHEAT
Chips: FunSize Gold Fish,WholeGrain Chz.Crackers	100	3	0.50	0	170	14	1	0	3	MILK, WHEAT, GLUTEN
Chips: FunSize Goldfish Pretzels, WG	90	2	0.00		200	16	1	0	2	MILK, WHEAT
Chips: Munchies Kids Mix, WG	110	4	1.00	0	220	18	1	4	2	MILK, WHEAT
Chips: Pop Chips, BBQ	100	3	0.00	0	180	15	1	2	1	MILK
Chips: Pop Chips, Original	100	3	0.00	0	230	16	1	0	1	NONE LISTED
Chips: Pop Chips, Sour Cream & Onion	100	3	0.00	0	180	15	1	2	1	MILK
Chips: Popcorn, White Cheddar, Smartfood Delight	70	2.5	0.00	0	110	30	2	0	2	MILK
Chips: Popped Crisps, Honey BBQ, WG	90	3	0.00	0	170	17	1	2	1	MILK, WHEAT, SOY
Chips: Popped Crisps, Original w Sea Salt, WG	80	3	0.00	0	200	15	1	0	1	MILK, WHEAT, SOY
Chips: popped Crisps, Sour Cream and Onion, WG	90	3	0.00	0	180	16	1	1	2	MILK, WHEAT, SOY
Chips: Pretzels, Heartzels, WG	80	2	0.00	0	200	15	2	0	2	WHEAT
Chips: Simply Chex, Chocolate Caramel	130	4	1.00	0	65	22	2	8	2	WHEAT, MILK, SOY

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Chips: Simply Chex, Snack Mix, Cheddar, WG	110	3	0.50	0	135	20	2	4	2	WHEAT, MILK, SOY
Chips: Simply Chex, Snack Mix, Hot 'n Spicy, WG	110	3	1.00	0	140	19	2	2	2	WHEAT, MILK, SOY
Chips: Simply Chex, Strawberry Yogurt	120	3	1.00	0	55	23	2	6	2	WHEAT, MILK, SOY
Chips: Tostitos , WG	120	5	0.50	0	105	18	2	0	2	NONE LISTED
Chips: Tostitos, Bite Size, Round BAKED Scoops, WG	110	3	0.00	0	110	22	2	0	2	NONE LISTED
Ciabatta Roll, WG	250	6	0.50	0	400	42	4	2	9	WHEAT, SESAME, SOY
Cinnamon Breakfast Roll	170	4	1.00	0	190	31	1	6	4	WHEAT, EGGS, MILK, SOY
Cinnamon Tastries, WG	250	9	3.50	0	380	38	1	31	5	MILK, WHEAT, SOY
Cocktail Sauce for Seafood	33	0	0.10	0	340	7.5	0.5	5	0.5	NONE LISTED
Cole Slaw	75	5	1.00	0	165	9	0	7	0.5	EGGS
Cookies: Otis Red. Fat, Whole Grain, Carnival Cookie Dough	160	5	1.50	0	120	26	2	12	2	WHEAT, MILK, SOY, EGGS
Cookies: Otis Red. Fat, Whole Grain, Chocolate Brownie Cookie Dough	150	5	1.50	0	115	26	2	12	2	WHEAT, EGGS, SOY, MILK
Cookies: Otis Red. Fat, Whole Grain, Chocolate Chip Cookie Dough	160	5	1.50	0	100	26	2	12	2	WHEAT, EGGS, SOY, MILK
Cookies: Otis Red. Fat, Whole Grain, Sugar Cookie Dough	150	5	1.50	0	120	26	2	12	2	WHEAT, MILK, EGGS, SOY
Corn Dogs: Turkey, Whole Grain	280	13	4.00	0	660	31	2	9	9	WHEAT, SOY, EGGS
Corn On The Cob, Petite	90	1	0.00	0	0	19	1	5	3	
Corn Puppies, Turkey, Mini, Whole Grain	240	8	1.50	0	885	6 each 33	3	9	12	EGGS, MILK, SOY, WHEAT
Corn, Whole Kernel Golden, Frozen	26	0	0.00	0	17	1/4 C 8	1	0.75	1	
Corn/Black Bean-Fire Roasted	140	3	0.00	0	230	24	6	6	6	
Crackers: Animal Crakers, WG	130	4	1.00	0	110	21	2	8	2	WHEAT, SOY
Crackers: CINNAMON Graham Crackers, WG	110	3	1.00	0	150	20	1	7	1	WHEAT
Crackers: Graham Crackers, WG	90	2	0.00	0	125	16	1	5	1	WHEAT
Crackers: Graham Keebler Elf, Chocolate, WG	120	4	1.00	0	125	20	2	7	2	WHEAT, SOY
Crackers: Graham, Giant Goldfish, Whole Grain, Cinnamon	120	4	1.00	0	110	19	1	6	1	WHEAT
Crackers: Graham, Giant Goldfish, Whole Grain, Chocolate	110	4	1.00	0	120	19	1	6	2	SOY, WHEAT
Crackers: Oyster Crackers, Whole Grain	45	2	0.00	0	75	8	1	0	1	WHEAT, NO NUTS
Crackers: Saltine Crackers, Whole Grain	64	2	0.00	0	120	2CT 10	0	0	0	WHEAT, GLUTEN
Crackers: Scooby-Doo Graham Sticks, Cinnamon	120	4	1.00	0	115	21	1	8	2	SOY, WHEAT
Crackers: Spikerz Spicy Cracker Bites, Nacho Cheese, WG	100	3	0.00	0	160	16	2	1	2	MILK, SOY, WHEAT
Crackers: Spikerz Spicy Cracker Bites, Ranch, WG	100	3	0.00	0	160	16	2	1	2	MILK, SOY, WHEAT
Craisins, Blueberry	110	0	0.00	0	0	28	3	24	0	NONE LISTED
Craisins, Strawberry	110	0	0.00	0	0	28	3	24	0	NONE LISTED
Cream Cheese, Bulk	100	9	6.00	0	95	1	0	1	2	MILK
Cream Cheese, Lite, Cups	60	5	4.00	0	95	2	0	0	1	MILK
Cream Cheese, Strawberry	80	7	4.00	0	100	4	0	4	1	MILK
Croissants, Crescent Shape, WG	130	6	2.00	0	190	18	2	2	3	EGGS, MILK, SOY, WHEAT
Dough, Rich's WG Pizza Dough	175	2	0.00	0	250	1/8 slice 34	4	3	6	WHEAT, MILK, SOY, EGG, SESAME
Dressing Pkts: California French Fat Free	45	0	0.00	0	260	11	1	9	0	NONE LISTED
Dressing Pkts: Creamy Caesar	230	25	4.00	0	290	1	0	0	1	EGGS, MILK, ANCHOVIES
Dressing Pkts: French	50	4	0.50	0	72	2.5	0	1.5	0	NONE LISTED
Dressing Pkts: Greek	180	20	3.00	0	440	0	0	0	0	NONE LISTED
Dressing Pkts: Honey French	130	7	1.00	0	25	15	0	12	0	NONE LISTED
Dressing Pkts: Honey Mustard , Fat Free	180	16	2.50	0	230	8	0	7	0	EGGS
Dressing Pkts: Italian Fat Free	25	0	0.00	0	370	5	0	3	0	NONE LISTED
Dressing Pkts: Italian Golden	10	1	0.00	0	110	1	0	0	0	NONE
Dressing Pkts: Italian, Light	20	1	0.00	0	770	2	0	2	0	SOY
Dressing Pkts: Ranch	70	7	1.00	0	95	1	0	0	0	EGGS, MILK
Dressing Pkts: Ranch Buttermilk	210	22	3.50	0	310	2	0	1	0	MILK, EGGS, SOY
Dressing Pkts: Ranch Dipping Cup	140	14	2.00	0	210	1	0	1	0	MILK, EGGS, SOY
Dressing Pkts: Ranch Lite	70	4	0.50	0	310	8	0	3	1	MILK

Item Description	Calories	Total Fat	Sat. Fat	Trans Fat	Sodium (mg)	Carbs	Fiber	Sugar	Protein	Allergens
Dressing Pkts: Ranch, Fat Free	45	0	0.00	0	540	10	1	4	0	MILK
Dressing Pkts: Raspberry Vinaigrette	49	0	0.00	0	416	11	0	11	0	NONE
Dressing Pkts: Thousand Island	180	17	3.00	0	230	6	0	5	0	EGGS
Dressing: Caesar, Bulk	133	14	2.00	0	205	1	0	1	0	EGGS, FISH, SOY, WHEAT
Dressing: French, BULK	120	7	1.00	0	290	14	0	13	0	NONE
Dressing: Italian Golden, BULK	60	4	1.00	0	320	6	0	4	0	SOY
DRESSING: RANCH, BULK	90	7	1.00	0	170	7	0	4	0	MILK, EGGS
Drink: Apple and Eve juice box-strawberry kiwi	100	0	0.00	0	20	24	0	22	0	NONE LISTED
Drink: Arizona, Arnold Palmer Zero Tea	0	0	0	0	15	1	0	1	0	NONE LISTED
Drink: Arizona, Arnold Palmer, Diet Green	0	0	0	0	10	0	0	1	0	NONE LISTED
Drink: Crystal Geyser Water, 25.3 Oz. Sport	0	0	0.00	0	0	0	0	0	0	NONE
Drink: Crystal Light, Sunrise	10	0	0.00	0	20	0	0	0	0	NONE LISTED
Drink: Crystal Lite , Iced Tea,16 oz bottle	10	0	0.00	0	80	0	0	0	0	NONE LISTED
Drink: Crystal Lite Lemonade, 16 oz bottle	10	0	0.00	0	80	0	0	0	0	NONE LISTED
Drink: Crystal Lite Raspberry Ice,16 oz bottle	10	0	0.00	0	80	0	0	0	0	NONE LISTED
Drink: Fruit2 0 Sugar Free- Cherry	0	0	0.00	0	35	0	0	0	0	NONE LISTED
Drink: Fruit2 0 Sugar Free- Fruit Punch	0	0	0.00	0	35	0	0	0	0	NONE LISTED
Drink: Fruit2 0 Sugar Free- Grape	0	0	0.00	0	35	0	0	0	0	NONE LISTED
Drink: Fruit2 0 Sugar Free- Lemon	0	0	0.00	0	35	0	0	0	0	NONE LISTED
Drink: Fruit2 0 Sugar Free- Strawberry	0	0	0.00	0	35	0	0	0	0	NONE LISTED
Drink: Gatorade G2 12 oz Fruit Punch	30	1	1.00	1	160	7	1	7	1	NONE LISTED
Drink: Gatorade G2 12 oz Grape	30	1	1.00	1	160	7	1	7	1	NONE LISTED
Drink: Gatorade G2 12 oz Ice Freeze	30	1	1.00	1	160	7	1	7	1	NONE LISTED
Drink: Gatorade G2 12 oz Mix Berry	30	1	1.00	1	160	7	1	7	1	NONE LISTED
Drink: Gatorade G2 12 oz Orange	30	1	1.00	1	160	7	1	7	1	NONE LISTED
Drink: JUICE 4 U-Apple	110	0	0.00	0	15	25	24	0	0	NONE LISTED
Drink: JUICE 4 U-Berry Blend	100	0	0.00	0	15	23	23	0	0	NONE LISTED
Drink: Juice 4 U-Blue Razz	60	0	0.00	0	15	14	13	0	0	NONE LISTED
Drink: Juice 4 U-Citrus Blast	60	0	0.00	0	15	14	13	0	0	NONE LISTED
Drink: JUICE 4 U-Grape	110	0	0.00	0	15	27	26	0	0	NONE LISTED
Drink: Juice 4 U-Merry Cherry	60	0	0.00	0	15	14	13	0	0	NONE LISTED
Drink: JUICE 4 U-Orange Tangerine	110	0	0.00	0	15	26	26	0	0	NONE LISTED
Drink: Juice 4 U-Purplelicious	60	0	0.00	0	15	14	13	0	0	NONE LISTED
Drink: Juice 4 U-Sour Apple	60	0	0.00	0	15	14	13	0	0	NONE LISTED
Drink: JUICE 4 U-Tropical Punch	110	0	0.00	0	15	27	26	0	0	NONE LISTED
Drink: Juice: Apple, 6 OZ	100	0	0.00	0	15	20	24	0	0	NONE LISTED
Drink: Juice: Dragon Punch	50	0	0.00	0	35	13	0	12	0	NONE LISTED
Drink: Juice: Mango Wango	50	0	0.00	0	30	13	0	12	0	NONE LISTED
Drink: Juice: Orange Frozen, 6 OZ	80	0	0.00	0	20	19	17	0	1	NONE LISTED
Drink: Lipton Iced Tea, 16.9 oz Bottles, Green Tea	0	0	0.00	0	170	0	0	0	0	NONE LISTED
Drink: Milk, 1% White	100	2.5	1.50	0	120	12	0	12	8	MILK
Drink: Milk, Fat Free Chocolate	120	0	0.00	0	240	23	0	21	8	MILK
Drink: Milk, Fat Free White	90	0	0.00	0	125	13	0	12	8	MILK
Drink: Naked Juice- Green Machine	170	0	0.00	0	20	41	0	35	2	NONE LISTED
Drink: Naked Juice- Mighty Mango	180	0	0.00	0	10	44	0	37	1	NONE LISTED
Drink: Naked Juice- Strawberry Banana	160	0	0.00	0	5	38	0	29	2	NONE LISTED
Drink: Naked Juice-Berry Blast	160	0	0.00	0	10	37	0	32	2	NONE LISTED
Drink: Riptide Wave, Zero Calories, Gonzo Grape	0	0	0.00	0	0	0	0	0	0	NONE LISTED
Drink: Riptide Wave, Zero Calories, Maholo Orange Mango	0	0	0.00	0	0	0	0	0	0	NONE LISTED
Drink: Riptide Wave, Zero Calories, Strawberry Swells	0	0	0.00	0	0	0	0	0	0	NONE LISTED

Item Description	Calories	Total Fat	Sat. Fat	Trans Fat	Sodium (mg)	Carbs	Fiber	Sugar	Protein	Allergens
Drink: Sparkling Ice- Apple	0	0	0.00	0	0	0	0	0	0	NONE LISTED
Drink: Sparkling Ice- Black Raspberry	0	0	0.00	0	0	0	0	0	0	NONE LISTED
Drink: Sparkling Ice- Cherry Limeade	0	0	0.00	0	0	0	0	0	0	NONE LISTED
Drink: Sparkling Ice- Coconut Pineapple	0	0	0.00	0	0	0	0	0	0	NONE LISTED
Drink: Sparkling Ice- Kiwi Strawberry	0	0	0.00	0	0	0	0	0	0	NONE LISTED
Drink: Sparkling Ice- Lemon Lime	0	0	0.00	0	0	0	0	0	0	NONE LISTED
Drink: Sparkling Ice- Lemonade	0	0	0.00	0	0	0	0	0	0	NONE LISTED
Drink: Sparkling Ice- Mango Lemonade	0	0	0.00	0	0	0	0	0	0	NONE LISTED
Drink: Sparkling Ice- Orange Mango	0	0	0.00	0	0	0	0	0	0	NONE LISTED
Drink: Sparkling Ice- Peach Lemonade	0	0	0.00	0	0	0	0	0	0	NONE LISTED
Drink: Sparkling Ice- Peach Nectarine	0	0	0.00	0	0	0	0	0	0	NONE LISTED
Drink: Sparkling Ice- Pink Grapefruit	0	0	0.00	0	0	0	0	0	0	NONE LISTED
Drink: Sparkling Ice- Pomegranate Berry	0	0	0.00	0	0	0	0	0	0	NONE LISTED
Drink: Sparkling Ice- Strawberry Lemonade	0	0	0.00	0	0	0	0	0	0	NONE LISTED
Drink: Sparkling Ice- Strawberry Watermelon	0	0	0.00	0	0	0	0	0	0	NONE LISTED
Drink: Sparkling Ice- Tea & Lemonade	0	0	0.00	0	0	0	0	0	0	NONE LISTED
Drink: Sparkling Ice-Raspberry Lemonade	0	0	0.00	0	0	0	0	0	0	NONE LISTED
Drink: Switch, 8.3 oz Slim Line Can, Black Cherry	120	0	0.00	0	5	30	0	29	0	NONE LISTED
Drink: Switch, 8.3 oz Slim Line Can, Fruit Punch	120	0	0.00	0	5	30	0	28	0	NONE LISTED
Drink: Switch, 8.3 oz Slim Line Can, Grape	120	0	0.00	0	5	30	0	28	0	NONE LISTED
Drink: Switch, 8.3 oz Slim Line Can, Hardcore Apple	120	0	0.00	0	7	29	0	28	0	NONE LISTED
Drink: Switch, 8.3 oz Slim Line Can, Kiwi Berry	120	0	0.00	0	5	30	0	29	0	NONE LISTED
Drink: Switch, 8.3 oz Slim Line Can, Orange Tangerine	120	0	0.00	0	5	30	0	29	0	NONE LISTED
Drink: Switch, 8.3 oz Slim Line Can, Watermelon Strawberry	120	0	0.00	0	5	29	0	28	0	NONE LISTED
Drink: V-8 Fusion Sparkling Pomegranate-Blueberry	100	0	0.00	0	60	25	0	23	0	NONE LISTED
Drink: V-8 Fusion Sparkling Strawberry Banana	110	0	0.00	0	70	28	0	22	0	NONE LISTED
Drink: V-8 Fusion Sparkling Strawberry Lemonade	100	0	0.00	0	60	25	0	23	0	NONE LISTED
Drink: Very Fine, 12 oz 100% Juice Cans, Apple	170	0	0.00	0	35	41	0	41	0	NONE LISTED
Drink: Very Fine, 12 oz 100% Juice Cans, Apple Strawberry	170	0	0.00	0	35	43	0	43	0	NONE LISTED
Drink: Very Fine, 12 oz 100% Juice Cans, Fruit Punch	170	0	0.00	0	35	43	0	43	0	NONE LISTED
Drink: Very Fine, 12 oz 100% Juice Cans, Grape	170	0	0.00	0	35	43	0	43	0	NONE LISTED
Drink: Very Fine, 12 oz 100% Juice Cans, Crazy Kiwi	170	0	0.00	0	25	43	0	43	0	NONE LISTED
Drink: Very Fine, 12 oz 100% Juice Cans, Orange	170	0	0.00	0	35	43	0	43	0	NONE LISTED
Drink: Very Fine, 12 oz 100% Juice Cans, Twisted Cherry	170	0	0.00	0	35	43	0	43	0	NONE LISTED
Drink: Water, Absopure 16.9 oz.	0	0	0.00	0	0	0	0	0	0	NONE
Drink: Water, Absopure, 10 oz	0	0	0.00	0	0	0	0	0	0	NONE
EGG PATTIE	67	5	1.00	0	108	1	0	0	3	EGG
Eggo French Toast Minis, Chocolate Chip	210	6	1.50	0	270	36	4	11	5	WHEAT, EGGS, SOY, MILK
Eggo Mini Waffles, Maple	200	5	1.50	0	220	35	4	10	4	WHEAT, EGGS, SOY, MILK
EGGS, SCRAMBLED	70	4	1.00	0	220	1	0.1	0	6.5	EGGS
English Muffin, Whole Wheat	120	1	0.00	0	220	23	3	1	5	WHEAT, MILK SOY
Fajita Vegetables	9	0	0.00	0	1	2	0	0	0	
Fish, WG	180	7	1.00	0	180	16	2	1	14	FISH, WHEAT
Flapstick, Pancake & Sausage On A Stick, WG	220	13	3.50	0	460	22	2	9	6	EGGS, MILK, SOY, WHEAT
Flatbread, Whole Grain	120	2	0.00	0	135	22	2	1	4	WHEAT
French Toast Sticks, WHOLE GRAIN	280	10	1.50	0	540	3 EA 42	2	7	7	MILK, SOY, WHEAT
French Toast, Mini, Rush Cinnamon, WG	220	7	1.00	0	380	37	2	11	3	WHEAT, MILK, SOY, EGGS
Fried Rice, Vegetarian	105	2	0.00	0	265	22	1	2	3	WHEAT, SOY
Fruit Cocktail, Light Syrup	35	0	0.00	0	3	9	0.5	8	0.5	
Fruit Snacks: Fruit By The Foot, Tye Dye	80	2	0.50	0	40	16	0	7	0	NONE

Item Description	Calories	Total Fat	Sat. Fat	Trans Fat	Sodium (mg)	Carbs	Fiber	Sugar	Protein	Allergens
Fruit Snacks: Fruit Rollup Hot Colors	45	1	0.00	0	55	11	2	4	0	NONE LISTED
Fruit Snacks: Fruit Rollup, Crazy Colors	45	1	0.00	0	55	11	2	4	0	NONE LISTED
Fruit Snacks: Fruit Rollup, Strawberry Punch	50	1	0.00	0	55	11	0	7	0	NONE LISTED
Fruit Snacks: Fruit Snacks, Scooby Doo	70	0	0.00	0	30	21	4	8	0	NONE
General Tso Sauce	30	0	0.00	0	155	7	0	6	0	SOY, WHEAT
Graham Snacker Peanut Butter & Grape Jelly on Whole Grain C	300	17	4.00	0	220	32	4	14	9	PEANUTS, WHEAT, SOY
Granola Bar, Chewy, Whole Grain, Maple Brown Sugar	140	3	1.00	0	120	28	1	9	2	WHEAT, SOY, MILK, PEANUT, TREE NUT
Granola Bar: 1 Ounce-Choc Chip, WG	100	3	1.00	0	75	18	1	7	1	WHEAT, SOY, MILK, COCONUT
Granola Bar: Cocoa Cherry-Whole Grain	200	5	2.00	0	55	37	6	18	3	WHEAT, SOY, EGGS, MILK, PEANUT
Granola Bar: Low Fat Choc. Chunk	90	2	0.00	0	80	19	0	7	1	WHEAT, SOY, MILK, COCONUT
Granola Bar: Peanut Butter/Chocolate Chip	100	3	1.00	0	95	17	1	7	2	WHEAT, SOY, PEANUT, MILK
Granola Bar: Variety Low Fat Quaker	90	2	1.00	0	8	19	1	7	1	WHEAT, SOY, MILK, COCONUT
Gravy: Country Style (Biscuit)	35	1	0.00	0	200	6	0	3	0	MILK, WHEAT
Gravy: Instant Turkey Gravy	30	1	0.00	0	220	6	0	0	0	MILK, WHEAT, SOY
Gravy: Mix, Brown	20	1	0.00	0	240	3	0	1	1	MILK WHEAT, SOY, EGGS
Gravy: Mix, Instant, Chicken Flavored	20	0	0.00	0	220	1/4C 4	0	0	0	WHEAT, MILK, SOY
Gravy: Sausage Gravy	100	8	2.00	0	240	1/4C 2	0	0	2	MILK, WHEAT, SOY
Great Northern Beans	120	1	0.00	0	350	19	5	1	6	
Green Beans, Stringless	13	0	0.00	0	19+0	2	1	1	0.5	
HAM: TURKEY HAM	138	8	2.00	0	912	3.58 OZ 3	0	0	15	NONE LISTED
Honey Mustard Packets	70	6	1.00	0	220	4	0	2	0	EGGS
Honey Sauce Packets	30	0	0.00	0	0	8	0	4	0	NONE LISTED
Hot Dog: All Meat Jumbo Franks	170	16	8.00	0	670	0	0	0	6	NONE LISTED
Hot Dog: Turkey	120	9	3.00	0	630	4	0	2	7	NONE
Hot Sauce Packets	1	0	0.00	0	43	0	0	0	0	NONE LISTED
Hot Sauce, Bulk	0	0	0.00	0	135	0	0	0	0	NONE LISTED
Hummus: Roasted Red Pepper	60	4	0.00	0	140	7	2	1	2	SOY
Ice Cream: Chocolate Crunch Bar	140	4.5	1.50	0	60	22	0	15	2	milk, wheat, soy
Ice Cream: Chocolate Ice Cream Cup-No Sugar Added	70	0	0.00	0	50	17	4	4	3	milk
Ice Cream: Chocolate Ripple Ice Cream Cup-Reduced Fat	90	2	1.00	0	60	17	0	11	2	milk
Ice Cream: Cookie & Cream Bar-Reduced Fat	100	1.5	1.00	0	70	19	0	13	2	milk, wheat, soy
Ice Cream: Cotton Candy Ice Cream Cup-Reduced Fat	90	2	1.00	0	22	15	0	10	2	milk
Ice Cream: Cotton Candy Push-up Pop-Reduced Fat	90	2	1.00	0	55	14	0	10	2	milk
Ice Cream: Crumbled Cookie Cone	170	3.5	1.50	0	105	31	0	15	3	milk, wheat, soy
Ice Cream: Frog Spit Push-up-Lemon/Lime	80	5	0.50	0	75	19	0	7	3	milk
Ice Cream: Fudge Frenzy	80	5	0.50	0	75	19	0	7	3	milk
Ice Cream: Ice Cream Sandwich-Reduced Fat	160	3	1.00	0	95	30	0	15	0	milk, wheat, soy
Ice Cream: Mini Cone	80	2	1.00	0	50	14	0	9	1	milk, wheat, soy
Ice Cream: Orange & Cream Bar	90	1	1.00	0	40	18	0	14	0	milk
Ice Cream: Orange Juice Sherbet Cup	120	1	0.50	0	20	26	0	14	1	milk
Ice Cream: Orange Juice Sherbet Push-up Pop-Reduced Fat	90	1	0.00	0	15	21	0	10	1	milk
Ice Cream: Raspberry Juice Sherbet Cup	120	1	0.50	0	15	27	0	14	1	milk
Ice Cream: Strawberry Crunch Bar	130	3.5	1.00	0	40	23	0	15	0	milk, wheat, soy
Ice Cream: Strawberry Ripple Ice Cream Cup-Reduced Fat	90	1.5	1.00	0	55	16	0	11	2	milk
Ice Cream: Vanilla Ice Cream Cup-No Sugar Added	70	0	0.00	0	60	16	3	5	3	milk
Ice Cream: Vanilla/Fudge Push-up Pop-Reduced Fat	90	2	1.00	0	60	17	0	11	2	milk
Jalapeno Peppers, Sliced	5	0	0.00	0	280	1	1	0	0	
Jamwich: Peanut Butter & Jelly	310	16	2.50	0	310	35	4	13	10	WHEAT, SOY, NUTS
Jelly	25	0	0.00	0	0	6	0	5	0	NONE LISTED
KETCHUP	15	0	0.00	0	190	1T 4	0	4	0	NONE

Item Description	Calories	Total Fat	Sat. Fat	Trans Fat	Sodium (mg)	Carbs	Fiber	Sugar	Protein	Allergens
KETCHUP, BAG IN BOX-For Dispenser(HS ONLY)	0	0	0.00	0	140	4	0	4	0	NONE
KETCHUP, FOIL PACKETS	8	0	0.00	0	85	2	0	2	0	NONE
Kidney Beans	110	0	0.00	0	450	20	5	2	6	
Lima Beans	55	0	0.00	0	105	10	2.5	1	3	
Mandarin Oranges, Whole Segments	60	0	0.00	0	11	14.5	1	12	1	
Margarine	7	1	0.00	0	120	0	0	0	0	MILK
Margarine Cups	20	3	0.50	0	35	0	0	0	0	SOY
Marshmallows, Mini	90	0	0.00	0	20	1/2C 20	0	16	0	NONE LISTED
Mayonnaise Packets	80	9	1.50	0	70	1	0	1	0	EGGS
Mayonnaise, Light	35	4	0.50	0	130	1	0	1	0	EGGS
Mini Cinni	240	7	2.00	0	300	40	2	15	5	WHEAT, MILK
Mixed Vegetables	50	0	0.00	0	60	10	1	1	1	
Mozzarella Cheese Sticks, WG	310	11	4.00	0	690	41	4	1	21	WHEAT
Muffin: Apple Cinnamon, Whole Grain	180	5	2.00	0	120	28	3	16	3	WHEAT, EGGS, SOY
Muffin: Chocolate Chip, Whole Grain	170	5	2.00	0	120	30	2	15	3	WHEAT, EGGS, SOY
Muffin: Wild Blueberry, Whole Grain	170	5	2.00	0	120	29	2	15	3	WHEAT, EGGS, SOY
Mushrooms, Canned	25	0	0.00	0	400	3	1	0	3	
Mustard Packets	4	0	0.00	0	51	0.5	0	0.1	0.3	NONE LISTED
Mustard, Bulk	0	0	0.00	0	80	0	0	0	0	NONE LISTED
Nutrigrain Breakfast Bars, Apple/Cinn, WG	160	4	1.00	0	130	30	3	14	2	WHEAT, MILK, SOY
Nutrigrain Breakfast Bars, Strawberry, WG	160	4	1.00	0	150	29	3	14	2	WHEAT, MILK, SOY
Nutrigrain Yogurt Bar, Strawberry	130	4	1.00	0	115	25	3	12	2	WHEAT, MILK, SOY
Oatmeal Bar, Butterscotch, Chocolate Chip, Whole Grain	150	5	2.00	0	120	23	2	8	2	WHEAT, EGGS, MILK, SOY
Oatmeal Bar, Chocolate Chip, Whole Grain	150	5	1.00	0	120	23	2	8	2	WHEAT, EGGS, MILK, SOY
Oatmeal Bar, Double Chocolate, Whole Grain	150	5	1.00	0	115	24	3	8	2	WHEAT, EGGS, MILK, SOY
Oatmeal, Instant, Regular	100	2	0.00	0	80	19	3	0	4	NONE LISTED
Oats, Quick Oats	140	3	1.00	0	0	26	4	0	5	NONE
Olives, Black	30	3	1.00	0	150	1	0	0	0	
Orange Sauce, Gallon-Chinese	40	1	0.00	0	75	8	0	7	0	NONE LISTED
Oriental Vegetables	18	0	0.00	0	6	3	1.5	1.5	0.75	
Pancakes, Mini Maple Burstin, Whole Grain	230	7	1.00	0	270	40	3	14	5	WHEAT, MILK, EGG
Parmesan Cheese Packets	15	1	0.50	0	65	0	0	0	1	
Peach Cups	80	0	0.00	0	0	19	1	16	1	
Peaches, Diced	35	0	0.00	0	5	9	0	7	0	
Peaches, Sliced	70	0	0.00	0	10	17	1	16	1	
Peanut Butter, Creamy	200	16	4.00	0	150	7	2	3	8	NUTS
Pears, Diced	40	0	0.00	0	3	10	1	7	0	
Pears, Sliced	80	0	0.00	0	5	20	2	14	0	
Peas	26	0	0.00	0	74	4.5	1.5	1.5	1.75	
Peas & Carrots Mixed	22	0	0.00	0	22	3.5	1	1.5	0.75	
Penne, Whole Grain	210	2	0.00	0	25	38	4	2	10	WHEAT, EGGS
Pepperoni, Sliced	140	13	5.00	0	490	0	0	0	5	NONE
Pickle Relish Packet, Sweet	10	0	0.00	0	60	3	0	2	0	NONE
Pickle Relish, Dill	0	0	0.00	0	200	0	0	0	0	NONE
Pickle Relish, Sweet	15	0	0.00	0	140	4	0	4	0	NONE
Pickles: Dill Pickle Slices, Crinkle Cut	4	0	0.00	0	256	1	0	0	0	NONE LISTED
Pickles: Dill Pickle Spears	4	0	0.00	0	256	0	0	0	0	NONE LISTED
Pineapple, Tidbits	75	0	0.00	0	2	20	1	18	0.5	
Pizza Sauce, Complete	30	0	0.00	0	90	6	1	3	1	NONE LISTED
Pizza Sauce, Dei Fratelli	25	0	0.00	0	160	1/4C 5	1	3	1	NONE LISTED

Item Description	Calories	Total Fat	Sat. Fat	Trans Fat	Sodium (mg)	Carbs	Fiber	Sugar	Protein	Allergens
pizza, primo cheese	360	16	7.00	0	630	34	2	9	21	MILK, WHEAT, SOY
Pizza: Self Rising, Stuffed Crust, Cheese, LARGE	360	13	7.00	0	640	44	4	4	18	MILK, WHEAT, SOY
Pizza: Self Rising, Stuffed Crust, Cheese, SMALL	300	11	6.00	0	600	35	4	4	16	MILK, WHEAT, SOY
Pizza: 4 x 6 Cheese, Whole Grain, Max, Reduced Sodium	280	8	3.00	0	560	37	4	4	16	MILK, WHEAT, SOY
Pizza: 4 x 6 Pepperoni, Whole Grain	280	9	3.00	0	600	37	4	4	16	MILK, WHEAT, SOY
Pizza: Big Daddy Hand Tossed, Whole Grain	340	15	7.00	0	670	36	4	6	18	MILK, WHEAT, SOY
Pizza: Flatbread, Garlic/Cheese	310	12	5.00	0	580	38	4	12	15	MILK, WHEAT, SOY
Pizza: Three Cheese Pizza Boat, WG	300	13	6.00	0	570	29	3	3	18	MILK, WHEAT, SOY
Pizza: Wedge, Real Slice Pizza, Cheese	270	10	3.00	0	800	32	4	5	15	MILK, WHEAT, SOY
Pizza: Wedge, Real Slice Pizza, Pepperoni	270	10	4.00	0	860	32	4	5	16	MILK, WHEAT, SOY
Pizza: Wedge, Whole Grain, Cheese, Stuffed Crust	330	14	5.00	0	820	35	3	4	16	MILK, WHEAT, SOY
Pizza: Wedge, Whole Grain, Pepperoni, Stuffed Crust	330	14	5.00	0	870	35	3	4	17	MILK, WHEAT, SOY
Pop Tart: Toaster Pastry, Br Sugar Cinnamon, WG	370	6	2.00	0	380	74	6	30	5	WHEAT, SOY
Pop Tart: Toaster Pastry, Chocolate Chip, not WG	410	12	5.00	0	480	71	2	35	5	WHEAT, SOY
Pop Tart: Toaster Pastry, Frst Brwn Sgr Cinn, Single, WG	180	3	1.00	0	190	37	3	15	2	WHEAT, SOY
Pop Tart: Toaster Pastry, S'Mores, no WG	400	10	4.00	0	420	72	2	37	6	WHEAT, SOY
Pop Tart: Toaster Pastry, Strawberry, Single, Whole Grain	180	3	1.00	0	180	38	3	15	2	WHEAT, SOY
Pop Tart: Toaster Pastry, Strawberry, Whole Grain	360	5	2.00	0	360	74	6	29	4	WHEAT, SOY
Pork Chops, Country Fried Breaded	270	17	5.00	0	500	16	1	1	13	WHEAT, SOY, EGG
Pot Pie, Chicken WG	480	30	12.00	0	1050	36	2	4	16	MILK, WHEAT, SOY, GLUTEN
Potatoes: Munchers, Cheddar Rounds	180	10	4.00	0	450	18	3	1	5	WHEAT, MILK
Potatoes: Baked, Whole	120	0	0.00	0	10	29	3	2	3	
Potatoes: Canned, Sliced	52	0	0.00	0	237	11	0.75	0	1.5	
Potatoes: Diced, Canned	52	0	0.00	0	333	12	1.5	0	0.75	
Potatoes: French Fries, SPICY, CURLY	120	6	1.50	0	320	30Z 20	2	0	2	WHEAT
Potatoes: FRENCH FRIES, OVEN, GEN X, STRAIGHT	170	6	1.00	0	200	27	2	0	2	NONE
Potatoes: FRENCH FRIES, SS, CAVENDISH, THICK	105	4	0.00	0	285	17	2	0	2	NONE LISTED
Potatoes: FRENCH FRIES, SS, CAVENDISH, THIN	150	6	1.00	0	400	22	2	0	2	NONE LISTED
Potatoes: Mashed	40	1	0.00	0	182	8	0.5	0.5	1	MILK
Potatoes: Smiles	65	3	0.50	0	90	10	1	0	1	NONE
Potatoes: Sweet, Canned	60	0	0.00	0	15	15	1	12	0	NONE
Potatoes: Tater Tots or Puffs	170	10	3.00	0	300	19	2	0	2	NONE LISTED
Potatoes: Tri-Taters	195	10	1.75	0	400	2EA 26	2.5	0	2	NONE
Potatoes: Whole Baked Potato	80	0	0.00	0	10	18	2	1	2	
Potatoes: Whole Potatoes, Canned	66	0	0.00	0	357	15	1	0	2	
Pretzel Bun, Sliced, 2.7 oz.	230	4	1.00	0	240	45	1	6	6	WHEAT
Pretzel: Soft Pretzels, Regular, WG	180	1	0.00	0	150	38	1	1	6	WHEAT
Produce: Canteloupe	27	0	0.00	0	13	6	0.5	6	0.5	
Produce: Grapefruit	25	0	0.00	0	0	8	1	4	0.5	
Produce: Watermelon	23	0	0.00	0	1	6	0.3	4.5	0.5	
Produce: Apples, Red Delicious	72	0	0.00	0	1	19	3	14	0	
Produce: Apples, Red Delicious, Secondary	65	0	0.00	0	0	18	3	16	0	
Produce: Banana	72	0	0.00	0	1	18	2	10	1	
Produce: Broccoli	12	0	0.00	0	10	2.5	1.5	0.5	1.5	
Produce: Cabbage, Red	10	0	0.00	0	5	2	0.5	1.5	0.5	
Produce: Carrots, Baby	22	0	0.00	0	28	5.5	1.5	3	0.75	
Produce: Cauliflower	13	0	0.00	0	15	2.5	1	1	1	
Produce: Cherry Tomatoes	14	0	0.00	0	3.5	3	1	2	0.5	
Produce: Cucumbers, Sliced	2	0	0.00	0	0.25	0.5	0	0.25	0	
Produce: Grapes, Red, Seedless	30	0	0.00	0	5	8	0	7	0	

Item Description	Calories	Total Fat	Sat. Fat	Trans Fat	Sodium (mg)	Carbs	Fiber	Sugar	Protein	Allergens
Produce: Lettuce, ICEBERG	10	0	0.00	0	7	2	1	1	1	
Produce: Lettuce, Leaf	5	0	0.00	0	10	1	0	0	0	
Produce: Orange Valencia	80	0	0.00	0	0	21	7	14	1	
Produce: Potato, Diced, Fresh	55	0	0.00	0	28	12	1.5	0	1.5	
Produce: Prep. Broccoli Buds	6	0	0.00	0	6	1	0	0	0.5	
Produce: Prep. Cauliflower Florets	9	0	0.00	0	25	1	2	2	0	
Produce: Prep. Celery Sticks	4	0	0.00	0	25	1	0.5	0.5	0.25	
Produce: Prep. Celery/Carrot Sticks	30	0	0.00	0	75	6	2	3	1	
Produce: Prep. Salad Mix	17	0	0.00	0	16	4	1	2	1	
Produce: Prep. Salad Plain	17	0	0.00	0	16	4	1	2	1	
Produce: Prep. Taco Shredded Lettuce	10	0	0.00	0	7	1	1	1	1	
Produce: Romaine Lettuce	10	0	0.00	0	0	1	1	0	1	
Produce: Spinach, Fresh, Cleaned	7	0	0.00	0	24	1	1	0	1	
Produce: Tomatoes	16	0	0.00	0	4.5	3.5	1	2.5	1	
Propel, Flavored Water, Berry	0	0	0.00	0	0	0	0	0	0	
Propel, Flavored Water, Lemon	0	0	0.00	0	0	0	0	0	0	
Pudding: Choc. Pudding, INDIVIDUAL	120	4	2.00	0	135	21	0	16	2	MILK, SOY
Pudding: Vanilla Pudding, INDIVIDUAL	100	3	1.00	0	125	20	1	13	1	MILK
Quesadilla, Beef	340	12	3.00	0	740	41	4	4	16	MILK, SOY, WHEAT
Quesadilla, Cheese	330	12	4.00	0	830	40	4	3	16	MILK, SOY, WHEAT
Quesadilla, Chicken	340	12	3.00	0	740	38	4	4	16	MILK, SOY, WHEAT
Queso Sauce	120	9	5.40	0	563	2	0	0	7	MILK, SOY
Raisins	133	0	0.00	0	8	32	3	30	1	NONE LISTED
Refried Beans, Vegetarian	90	2	1.00	0	490	6	4	0	6	NONE LISTED
RIBBQ/PORK	130	7	3.00	0	440	7	1	2	13	SOY
Rice, Brown	171	1	0.00	0	5	37	2	0	4	NONE
Rice, Converted, White	170	0	0.00	0	0	37	1	0	4	NONE LISTED
Rice, Mexican Fiesta	101	1	0.00	0	150	21	1	0	2	NONE
Roll Dough, Honey Wheat	150	2	0.00	0	260	28	3	4	5	GLUTEN, MILK, SOY, WHEAT
Rotini	87	0	0.00	0	2	19	3	1	4	WHEAT, EGGS
Salad Dressing, LITE, Bulk	50	5	0.50	0	125	3	0	2	0	EGGS
Salami, Hard, Sliced	110	10	4.00	0	450	0	0	0	5	NONE
SALSA, CHUNKY	22	0	0.00	0	70	2T 2	1	0	1	NONE LISTED
Sauerkraut	5	0	0.00	0	200	1	1	1	0	NONE
Sausage Biscuit, Whole Grain	220	9	4.00	0	550	25	2	3	10	SOY, MILK, WHEAT
Sausage Patties-2 OZ	210	20	7.00	0	390	0	0	1	7	NONE LISTED
Shrimp, Country Style, Popcorn, WG	230	10	1.50	0	760	23	2	1	9	EGGS, MILK, SHELLFISH, WHEAT
Smokey Grill Honey BBQ	200	10	4.00	0	670	13	2	10	14	NONE LISTED
Soup: Tomato	90	1	0.50	0	720	19	2	11	2	NONE LISTED
Sour Cream, Bulk	60	6	4.00	0	50	2T 2	0	1	0	MILK
Soy Butter - Nut Free	200	15	3.00	0	120	8	2	4	7	SOY
Soy Milk, Chocolate	150	3	0.50	0	100	25	2	21	5	SOY
Soy Sauce Packets	1	0	0.00	0	297	0	0	0	0	SOY
Spaghetti Sauce, No Meat, Canned	60	1	0.00	0	610	11	2	7	2	NONE
Spaghetti, Whole Grain	180	1	0.00	0	0	41	6	2	7	WHEAT
Stir Fry Veggies	35	0	0.00	0	45	6	1	2	3	
Strawberries	25	0	0.00	0	0	7	1.5	4.5	0.5	
Strawberry Cups	90	0	0.00	0	0	22	2	18	1	
Sub Buns, 8", Wheat	260	2	1.00	0	550	53	4	3	8	SOY, WHEAT, MILK, EGGS
Sunflower Kernels, Honey Roasted	170	14	2.00	0	88	8	2	2	4	NUTS

Item Description	Calories	Total Fat	Sat. Fat	Trans Fat	Sodium (mg)	Carbs	Fiber	Sugar	Protein	Allergens
Sweet-N-Sour Sauce Packets	43	0	0.00	0	160	11	0	8.3	0	SOY
Sweet-N-Sour Sauce, Bulk	38	1	0.00	0	106	8	0	7	0	WHEAT, SOY
Syrup, Pancake Syrup	210	0	0.00	0	25	51	0	35	0	NONE LISTED
Syrup, Pancake, Cups	120	0	0.00	0	0	31	0	19	0	NONE LISTED
Taco Sauce Packets, Medium Flavor	5	0	0.00	0	94	1	0.1	0.4	0.1	NONE LISTED
Taco Shell, Bakeable, 8.5"	220	12	2.00	0	160	25	1	0	4	WHEAT
Tartar Sauce Packets	25	3	0.00	0	115	2	0	1	0	EGG
Teriyaki Sauce	45	0	0.00	0	930	10	0	9	0	WHEAT, SOY
Tortilla Wraps, Whole Grain, 10"	200	6	2.00	0	450	30	6	3	8	WHEAT
Tortilla, Flour Tortilla, 8"	110	3	0.50	0	155	19	0.5	0.5	3.5	WHEAT
Tuna	60	1	0.00	0	310	0	0	0	13	TUNA, SOY
TURKEY & GRAVY, PRE-COOKED	120	6	2.00	0	460	2	0	0	15	MILK, SOY
TURKEY BREAST, Low Sodium	90	1	0.50	0	540	3	0	0	18	NONE
Turkey Roast	140	6	2.00	0	550	1	1	0	20	NONE
TURKEY TACO MEAT	124	5	2.00	0	412	2	0	0	18	NONE LISTED
Ultimate Breakfast Round, UBR, Original, Whole Grain	250	6	2.00	0	220	45	6	19	5	EGGS, WHEAT, SOY
Ultimate Breakfast Round, UBR, Sunberry-WG (Cranberry/Ora	250	5	1.00	0	230	47	7	20	5	EGGS, WHEAT, SOY
Vegetarian Beans	130	1	0.00	0	501	24	6	3	7	NONE
Waffle, Butter Maple, WG	240	7	1.50	0	310	42	4	19	5	WHEAT, EGGS, MILK
Whipped Dessert Topping, Non-Dairy	25	2	2.00	0	0	2	0	2	0	MILK
Winter Vegetables (Broccoli/Cauliflower)	10	0	0.00	0	11	2	0.6	0	0.6	
Yogurt Greek Strawberry	110	0	0.00	0	65	0	0	13	8	MILK
Yogurt, Greek Honey Vanilla	100	0	0.00	0	80	16	0	12	8	MILK
Yogurt: Cherry Vanilla	90	0	0.00	0	50	19	0	15	3	MILK
Yogurt: Go-Gurt	70	1	0.00	0	30	13	0	10	2	MILK
Yogurt: Raspberry	90	0	0.00	0	50	19	0	15	3	MILK
Yogurt: Strawberry/Banana	90	0	0.00	0	50	19	0	14	3	MILK
Yogurt: Strawberry	90	0	0.00	0	50	19	0	15	3	MILK
Yogurt: Yogurt, Frozen, Annies, Chocolate	100	0	0.00	0	55	1/2C 23	1	18	3	MILK
Yogurt: Yogurt, Frozen, Annies, Vanilla	100	0	0.00	0	65	1/2C 22	0	17	4	MILK
Yogurt: Yogurt, Frozen, Double Dutch Chocolate	100	0	0.00	0	95	1/3C 22	0	17	4	MILK
Yogurt: Yogurt, Frozen, French Vanilla	100	0	0.00	0	80	1/2C 21	0	18	4	MILK
Yogurt: Yogurt, Frozen, SIMPLY Vanilla	100	0	0.00	0	80	1/2C 21	0	18	4	MILK
Yogurt: Yogurt, Frozen, Strawberry	100	0	0.00	0	80	1/3C 21	0	18	4	MILK
Yogurt: Yoplait, 6 Oz. Strawberry & Strawberry/Banana	170	2	1.00	0	85	33	0	26	5	MILK
USDA is an equal opportunity provider & employer										
"NONE"=manufacturer has stated "no allergens present"										
"NONE LISTED"=manufacturer has not listed any allergens, but has not explicitly stated there are none										
***WE OBTAIN NUTRITIONAL INFORMATION FROM CLAIMS MADE BY THE PRODUCT MANUFACTURER(S). EVERY EFFORT IS MADE TO ASSURE ACCURACY; HOWEVER, MANUFACTURERS MAY ALTER FORMULATIONS AND A TIME LAG MAY EXIST PRIOR TO UPDATING THESE ALTERATIONS. AS SUCH, WE CANNOT BE RESPONSIBLE FOR INDIVIDUAL REACTIONS TO ANY PRODUCTS LISTED HERE.										