

FOOD ITEM	Serving Size	Calories	Protein (gm)	Carbohydrates (gm)	Fat (gm)	Saturated fat (gm)	Cholesterol (mg)	Fiber (gm)	Sodium (mg)	Iron (mg)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)
<b>ENTREES</b>													
Beef, ground crumbled	2.03 oz	122	12.6	2	7.4	2.9	31.5	1.07	381	1.45	40	0.04	22.8
Beef, patty 2.3 oz	Each	164	16.5	1	10.3	4.1	47	0.01	260	1.16	0	N/A	4.4
Beef, teriyaki dippers	4 nuggets	44	4.2	1.6	2.3	0.9	10.6	0.13	127	0.38	6.3	N/A	4.2
Beef, Top round	3oz	190	25	4	9	3	70	0	360	n/a	0	0	n/a
Bologna	2oz	190	6	4	17	6	35	0	590	3	0	0	1
Breadstick, cheese stuffed	2 sticks	160	8	17	7	3	10	N/A	370	1	200	0	150
Burrito, bean and cheese	Each	446	16	59	16	5	8	11	1143	4	265	7	151
Burrito, beef and bean	Each	430	19	49	18	6	31	6	1101	4	275	5	111
Cheese, American shredded	1 oz	131	10.5	6.1	7.2	4.5	22.1	6.1	658	1.35	576	0.22	309
Cheese, American sliced	1 slice = 1/2 ounce	106	6.28	0.45	8.86	5.58	27	0	422	0.05	272	0	156
Cheese, American snack pack	1 ounce piece	100	6	0	9	5	25	0	430	0	300	0	150
Cheese, cheddar shredded	1 slice = 1/2 ounce	110	7	0	9	6	30	0	180	0	6	0	20
Cheese, mozzarella shredded	1oz	80	7	0	0	18	20	0	200	0	4	0	20
Cheese, string	1 oz	80	8	0	5	3	0	0	200	0	200	0	200
Chicken breaded nugget chunks 58102	3.5 OZ	180	16	13	6	1	40	0	620	1	70	1	12
Kings Delight	3.5 OZ	180	16	13	6	1	40	0	620	1	70	1	12
Chicken , grilled patty	2.5 oz	91.23	14.86	0.57	4.07	1.11	41.64	0.01	306.21	1.08	94.88	0.64	13.77
Chicken filet, Clux Deluxe	Each	208	18	17	8	1.5	40	0	760	1.2	34	1.4	13
Chicken filet, Clux Deluxe, spicy	Each	212	18	17	8	1.5	40	0	621	1.2	30	0.8	14
Chicken Nuggets	4 nuggets	184	10.3	7.8	12.4	2.4	40.5	N/A	324	1.2	0	0	0.05
Chicken nuggets, honey BBQ flavored	4 nuggets	99.32	8	6.98	5.46	1.09	25.23	1.01	311.88	1.22	74.03	0.43	20.48
Chicken patty, breaded	Each	218	13.5	10.8	13.5	3.1	63	N/A	324	13.5	130	0	19
Chicken patty, spicy breaded	Each	202	13.4	7.9	13	2.7	52.1	N/A	416.7	1.5	0	0	0.05
Chicken strips, fajita	2 ounces	80	13.5	1.4	2.25	0.61	53	N/A	283	0.5	N/A	N/A	4.8
Chicken tenders	3 pieces	240	14	15	14	3	40	1	650	8	2	0	2
Chicken, breaded/baked	Average piece	123	13.5	0.62	7.35	2.24	36	0	353	0.75	47.4	0.5	2.5
Chicken, breakfast patty	Each	200	13	12	12	2	20	2	390	1.8	0	0	40
Chicken, diced	2 ounces	76.6	12.4	0	3	0.7	35	N/A	157	4.9	N/A	N/A	4.9
Chicken, popcorn pieces	3.8 OZ. SERVING	198	14.3	11.5	10.6	2.4	42	N/A	560	1.7	0	0	9.8
Chicken, sticks	8 sticks	200	12	8	13	3	50	1	370	1.8	0	0	20
Cod nugget	4 pieces	180	14	19	5	1	25	0	300	1	0	1	0
Cod wedge	3.6 oz	160	14	13	4	1	25	0	240	1	0	2	20
Corndog, chicken	One	240	9	33	8	2	20	5	590	15%	0%	0%	15%
Corndog, turkey mini nuggets	6 NUGGETS	240	10	29	10	2	20	N/A	830	1	0	0	20
Egg roll GOLDEN TIGER-56113	1- 3 oz piece	170	8	18	8	1.5	45	2	370	6	2	2	2

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<b>ENTREES, continued</b>													
Frankfurter, beef and pork	Each	183	6.4	0	17.6	6.8	28.4	0	476	0.2	14.2	3.7	0
Frankfurter, footlong	Each	240	8	2	22	9	40.3	0.1	800	0.8	8	1.7	33
Frankfurter, turkey	Each	150	7	3	12	3	50	0	710	0.38	25	6.6	0.02
French Bread, cheese	1 piece	290	18	30	11	4.5	10	2	640	3	500	4	400
Ham, buffet sliced 651470	2 oz.	60	8	2	3	1	25	0	740	0.36	0	0	0
Ham, deli sliced	2oz	40	6.51	0.43	1.42	0.49	19	0	423	0.3	15	0	3
Ham, sliced country	2oz	110	14	4	6	2	45	0	1400	6	0	0	0
Mac & Cheese	6 oz	356	17	32	9	5	25	2	880	1	336	3	466
Peanut butter	4 tablespoon	190	7	6	16.1	3.01	0	1	154	0.54	0	0	11
Phylly style beef steak	4 oz	120	11g	0	9g	3.5	40	0	160	6	0	0	0
Pizza cheese 5" round	Each	390	17	41	17	6	75	2	980	5	400	0	300
Pizza cheese, 4" 78453 Schwanns Individual wrap	1 Slice	330	15	32	13	4	15	3	530	3	540	0	286
Pizza, 4x6	1 Slice	270	15	33	9	3	10	3	530	25	10	0	25
Pizza, breakfast	1 Slice	160	8	16	7	2	10	N/A	470	3	295	0	135
Pizza, cheese SMART	1 Slice	320	17	30	13	6	15	2	630	3	556	0	333
Pizza, pepp 4" 78545 Schw, indiv wrap	1 Slice	350	16	31	15	5	20	3	670	3.2	467	0	230
Pizza, pepperoni 4x6	1 Slice	270	15	33	9	3	15	4	810	30	10	0	20
Pizza, pepperoni SMART	1 Slice	340	18	30	15	7	20	2	750	3	468	0	264
Pork BBQ Texas style	4 ounces	211	18.42	15.6	8.32	2.88	38.8	1.55	936	1.52	509	6.15	39
Pork rib patty	4oz	122.5	13.22	7.43	5.68	1.94	18.84	0.97	484	0.91	128.64	1.16	28.06
Pork roast	3 oz	175	26	0	7	2	81	0	55	1	40	0	6
Pork sausage patty lite	Each	108	7	0	9	14	25	0	270	1	100	0	0
Quesadilla cheese	1 Slice	320	18	35	13	5	45	4	490	2.5	331	0.2	308
Quesadilla, chicken	1 Slice	310	18	35	12	4.5	40	4	520	2.5	274	0.25	236
Ravioli	per serving, 8 pies	250	15	33	8	4	30	3	720	3	300	1	0
Sandwich, Peanut butter & jelly (Smuckers)	One sandwich	320	9	33	16	3	0	3	350	2	0	0	20
Sandwich, Peanut butter&honey (Smuckers)	One sandwich	320	9	4	16	3	0	3	330	8	0	0	2
Taco filling	3.17 OUNCE SERVING	110	13.64	2.42	5.1	1.75	30	0	290	3	1	0	0
Tuna, chunk	1/4 cup, 56 grams	50	12	0	0	0	34	0	165	0	0	0	0
Turkey and gravy, Jenni O	140g	140	18.18	3.36	6	0.29	32.2	0	534.4	0.7	0	0.5	21.2
Turkey breast, deli Jenni O	4.41oz	94.7	8	0	0.94	0.14	16.8	0	476	0.56	0	0	5.6
Turkey Combo lunch meat	3.18	103.4	15.4	1	4.4	1.24	56.1	0	1026.4	1	0	1.8	6.8
Turkey Ham	4.41 oz	94.7	18.18	3.36	0.94	0.29	31.2	0	534.4	0.7	0	0.5	21.2
Turkey Ham Diced	3.16 oz	112.2	15.11	1.76	4.67	1.5	58.3	0	956.4	1.1	10.7	1.4	9.2
Turkey roast	2 ounces	148	21	1	7	2	64	0	611	0	3	0	1

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<b>BREAKFAST ITEMS</b>													
Apple Zings cereal	Each, 21 grams	80	1	19	1	0	0	0	95	3	400	9	60
Bagel, mini	Each												
Cinnamon roll	Each	181	4.14	27.1	7.26	2.1	0	1	319.2	1.47	0	0	48.7
Coco Roos cereal	Each, 21 grams	100	1	22	1	0	0	1	160	4	400	5	80
Crispy rice cereal	Each, 21 grams	120	2	29	0	0	0	0	310	9	750	15	0
Danish, assorted	Each	270	3	40	11	3	0	N/A	235	1	0	0	100
Egg & cheese omelet	Each	230	12	2	19	6	330	0	470	1	750	0	100
Egg patty	Each	39	3.12	0.78	2.43	0.75	103	0.04	37	0.35	154	0.02	17
Eggs, scrambled	3 oz	138	11.66	2.32	8.71	2.71	370	0.12	124	1.26	600	0.15	71
French toast sticks	3 sticks	210	10	32	5	1.5	150	3	380	1.8	200	0	40
French toast sticks, maple flavored	3 sticks	260	11	32	11	2.5	145	3	340	1.8	200	0	40
Honey Grahams cereal	Each, 21 grams	120	1	25	1	0	0	1	270	5	500	6	350
Honey Nut Toasted cereal	Each, 21 grams	90	2	20	1	0	0	2	220	4	300	4	30
Marshmallow Matey cereal	Each, 21 grams	110	2	24	1	0	0	1	190	4	400	5	80
Muffin, apple cinnamon	1.8 oz	160	3	25	6	1	30	2	180	30	30	0	0
Muffin, blueberry, 1.8 oz	Each	160	2	29	4	1	10	0	190	1	0	0	0
Muffins, mini assorted	Two muffins	240	2	28	12	2	50	0	230	0	0	0	0
Pancakes, mini	4 pancakes	80	2	15	1	0	0	1	200	1	2022	0	14
Poptarts, assorted	Each	200	2.5	36.5	5	2	0	0.5	2	2	500	0	0
Toaster pastry whole grain brown sugar	Each	190	2	35	5	1.5	0	3	160	10	10	0	0
Toaster pastry whole grain strawberry	Each	190	2	35	5	1.5	0	3	160	10	10	0	0
Toasty Os cereal	Each, 21 grams	79	3	15	1	0	0	2	175	6	141	4	79
Tootie Fruities cereal	Each, 21 grams	80	1	19	1	0	0	0	100	2	500	9	60
Waffle snack n maple flavor	2.2 oz	230	5.34	32.55	8.84	3.48	39.69	1.26	262.9	1.25	107	0	25.13
Waffle, jumbo	2 Waffles	200	5	32	6	2	N/A	1	440	4	0	0	40

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<b>VEGETABLES</b>													
Baby Carrots & Broccoli w/Dip	1/2 Cup	63	2.5	9.2	2.2	0.3	2.1	1.6	231	0.7	7043	29.7	77
Baby Carrots & Celery w/Dip	1/2 Cup	56	1.9	7.8	2.1	0.3	2.1	1.3	244	0.5	6037	4.9	76
Baby Carrots w/Dip	1/2 Cup	58	1.8	8.5	2.1	0.3	2.1	1.2	233	0.6	8810	5.6	68
Black beans	1/2 Cup	105	7	14	0	0	0	6	521	2.34	0	0	40
Broccoli	1/2 Cup	25	2.6	4.5	0.3	0	0	2.8	23	0.8	972	53.3	53
Broccoli & Cauliflower	1/2 Cup	24	1.9	3.9	0	0	0	1.9	24	0.4	194	34.9	19
Broccoli, frozen	1/2 Cup	29	0.98	1.97	0	0	0	0.98	9.88	0.15	250	17	9.23
Broccoli, frozen spears	1/2 Cup	35	0.98	1.97	0	0	0	0.98	9.88	0.15	250	17	9.23
Cabbage, raw for slaw	1/2 Cup	9	0.5	2	0	0	0	0.8	6.5	0.2	46.5	16.5	16.5
Carrots, raw	1/2 Cup	35	1	8	0	0	0	0	2	0.5	750	0	1
Carrots, sliced, canned	1/2 Cup	23	0.64	4.5	0	0	0	1.28	43.5	0	719	1.6	23
Celery, raw	1/2 Cup	3	0	0.5	0	0	0	0.3	17.5	0.1	27	0	8
Corn, canned	1/2 Cup	100	3	21	1	0	0	1	0	0	0	6	0
Corn, frozen	1/2 Cup	99	3	21	1	0	0	1	2	0.18	0	4.2	0
Corn, small frozen cobs	1 Ear=1/4 Cup	94	0	19	0	0	0	1	2	1	0	2.01	0
Cucumber, raw	1/2 Cup	7	0.5	1.5	0	0	0	0.4	1	0.1	44	0	7.5
Green beans, italian	1/2 Cup	27	0	5	0	0	0	2.78	459	0	278	5.57	27.83
Green beans, Italian	1/2 Cup	7	0	1	0.03	0.01	0	0	85	0.3	55	1	9
Greens, chopped	1/2 Cup	35	3	5	0	0	0	3	50	2	5000	5	100
Lettuce, salad	1/2 Cup	0.5	0	0	0	0	0	.05	0	0	13	0	1
Mixed vegetables, frozen	1/2 Cup	67	3	13	0	0	0	3	90	1	990	5	20
Okra, breaded 454769	1/2 Cup	80	2	4	0	0	0	2	330	2	0	0	4
Onion, raw	1 Slice	5	0	1	0	0	0	0.3	22	0	0	0	3
Peas	1/2 Cup	50	0	8.62	0	0	0	2.87	75.5	0.62	240	7.36	6.61
Pinto beans	1/2 Cup	112	3	20	1	0	0	6	382	2	0	1	60

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<b>VEGETABLES, continued</b>													
Potato rounds (tots) Cavendish 56210-04101	1/2 Cup	140	2	17	7	1	310	2	260	0.36	0	1.2	0
Potato shapes	1/2 Cup	180	2	20	10	1	0	2	390	4	0	4	0
Potato, au gratin	1/2 Cup	363	8	4	4	1	5	6	1942	7	0	35	12
Potato, baked	1/2 Cup	220	5	51	0	0.1	0	4.8	16	2.7	0	0	20
Potato hash brown patty Cavendish 56210-34500	2.25 Oz	120	1	15	7	1	0	1	250	2	0	2	0
Potato, mashed instant	1/2 Cup	76	1.5	15	1	0.1	0	1.3	345	0.2	0	3.6	8
Potato, oven fries	2.2 Oz	96	2.22	17.04	2.22	0	0	1.48	14.82	2	0	3	0
Potato, scalloped	1/2 Cup	371	9	4	5	2	4	5	1554	8	0	36	15
Potato, sweet potato fries	3 Oz	150	2	4	6	0	0	3	140	2	160	15	2
Potato, waffle fries	1/2 Cup	90	1	15	3	0.5	0	1	25	1	0	2	0
Potato, wedges	1/2 Cup	110	2	15	5	1	0	2	20	0.36	0	360	0
Potato, whole canned w parsley	1/2 Cup	69	3	15	1	0	0	1	370	0	0	7	57
Rice, mexican fiesta	1/2 Cup	194	5	43	1	0	0	1	818	4	680	18	36
Rice, pilaf chicken flavored	1/2 Cup	193	4	43	1	0	0	1	1012	4	707	9	24
Rice, plain	1/2 Cup	170	4	37	0	0	0	0	0	1.44	0	0	0
Shoestring potato fries	1/2 Cup	120	2	18	4.5	1	0	2	35	0	0	4.8	0
Squash, breaded	1/2 Cup	90	2	19	0	0	0	1	300	2	0	4	0
Sweet potatoes, canned	1/2 Cup	120	0	30	0	0	2	0	30	0	1100	5	0
Tomato, diced, canned	1/2 Cup	23	1	6	0	0	0	2	300	0.36	506	13	25
Tomato, paste	2 Tbsp	33	2	6	0	0	0	1	20	1	500	6	0
Tomato, raw	1/2 Cup	19	1	4	0.5	0	0	1	8	0.4	560.5	0	4.5
Tomato, sauce	25 Cup	18	0	4	0.1	0	0	0	370	0.5	300	8	8
Vegetables, california frozen	1/2 Cup	31	1	5	0	0	0	2	35	0	978	20	26
Vegetables, oriental frozen	1/2 Cup	31	1	5	0	0	0	2	12	0	96	15	26
Vegetarian beans	1/2 Cup	130	7	26	0	0	0	6	470	1	0	0	0

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<b>FRUITS</b>													
Apple, fresh	1 Apple	72	0.4	19.1	0.2	0	0	3.3	1	0.2	75	6.4	8
Apples, baked	1/2 Cup	123	0.2	26.17	2.7	0.5	0	2.4	17.36	0.5	81	0.3	13
Apples, canned, sliced	1/2 Cup	43	0	10	0	0	0	2	0	1	0	0	
Applesauce	1/2 Cup	66	0.2	16.7	0.1	0	0	1.2	4.4	0.2	2.2	1.5	8.1
Banana, fresh	1 Banana	107	1.3	27.4	0.4	0.1	0	3.1	1	0.3	77	10.4	6
Cantalope, fresh	1/2 Cup	36	1.0	8.0	0.0	0.0	0	2.9	2	0.3	532		4
Fruit cocktail, canned	1/2 Cup	72	0	19	0	0	0	1	8	2	5	4	1
Fruit cocktail, tropical, canned	1/2 Cup	90	0	22	0	0	0	2	0	0	500	36	0
Grapes, fresh	1/2 Cup	63	n/a	22.0	0.0	0.0	n/a	2.0	0	n/a	10	60.0	n/a
Honeydew ,melon fresh	1/2 Cup	30	0.5	8.0	0.0	0.0	0	0.5	9	0.0	34	0.0	5
Kiwi, fresh	1/2 Cup	46	1.0	11.0	0.0	0.0	0	2.6	4	0.3	17	0.0	15
Orange, fresh	1 Fruit	62	1.2	15.4	0.2	0	0	3.1	0	0.1	295	69.7	52
Peach cups, frozen	4 Oz	117	4	4	0	0	0	2	7	2	4	195	0
Peach, fresh	1 Fruit	38	0.9	9.4	0.3	0	0	1.5	0	0.3	319	6.5	6
Peaches, slices canned	1/2 Cup	68	1	18	0	0	0	2	6	0.36	44	3	4
Pear halves, canned in syrup	1/2 Cup	80	0	20	0	0	0	2	7	0.36	0	2	7
Pear, fresh	1 Fruit	96	0.6	25.7	0.2	0	0	5.2	2	0.3	38	7	15
Pineapple tidbits, canned	1/2 Cup	70	0	17	0	0	0	1	0	0.36	0	12	0
Pineapple fresh	1/2 Cup	38	0.5	8.5	0	0	0	0.95	1	0.3	18	0	5.5
Raisins	1/2 Cup	42	0	11	0	0	0	0.6	105	0.3	2	0	7
Strawberries, fresh	1/2 Cup	50	1.0	11.0	0.0	0	0	2.0	0	0.2	0	32	0
Tangerine, raw	1 Fruit				62.5	0	0	0.0	1	0.0	523	n/a	22.5
Watermelon, fresh	1/2 Cup	40	0.5	10.5	0.0	0	0	0.5	0	0.2	30	3	2

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<b>SNACKS / DESSERTS</b>													
Animal Cracker	1 Bag (1 oz)	130	2	21	4	2	0	0	115	1	0	0	0
Brownie	1.41 oz	230	2	33	11	3	30	N/A	130	1	0	0	0
Cereal Bar Fruity Cheerios	1.4 oz Bar	150	2	28	4	0.5	0	1	120	10	2	6	20
Cereal Bar--Cheerios Strawberry	1.4 oz Bar	160	2	30	3.5	0	0	2	130	1.8	0	3.6	200
Cereal Bar--Cinnamon Toast Crnch	1.4 oz Bar	160	2	30	3.5	0	0	1	170	3.6	0	0	200
Cereal Bar--Cocoa Puffs	1.4 oz Bar	150	2	28	3	0	0	2	105	3.6	0	0	200
Chips, Baked Ched&Sour Cream	1 Bag (.875 oz)	110	2	19	3	0.5	0	2	190	1	0	1.2	29
Chips, Baked Lays, Bbq	1 Bag (.875 oz)	110	2	19	2.5	0	0	2	190	1	0	2.2	26
Chips, Baked Lays, Plain	1 Bag (.875 oz)	130	2	19	2	0	0	2	200	1	0	N/A	26
Chips, Baked Tostitos Scoops	1 Bag (.875 oz)	110	2	19	2.5	0	0	2	115	2	0	0	2
Chips, Cheetos, Baked	1 Bag (.875 oz)	120	2	17	4.5	1	0	0	210	1	400	0	0
Chips, Doritos, Baked, Nacho	1 Bag (.75)	90	2	16	2.5	1.5	0	1	170	0.36	0	0	20
Chips, Fritos, Plain	1 Bag (1 oz)	160	2	16	10	1.5	0	2	160	0	0	0	45
Cinnamania, Cinnamon Bun Flavor	1.76 oz	230	3	36	8	3	0	1	210	1	0	0	100
Cinnamania, French Toast Flavor	1.76 oz	230	3	36	8	3	0	1	200	1	0	0	100
Cookie Apple Filled Smiley Face	1.41oz	160	2	27	5	1.5	5	1	125	4	0	0	0
Cookie Dough Carnival	1 oz	110	1	19	3.5	1	5	1	65	2	0	0	0
Cookie Dough Oatmeal Raisin	1 oz	110	1	17	4	1	5	1	105	1	0	0	0
Cookie, M&M	1.3 oz	160	2	23	7	2.5	10	0	160	1	100	0	20
Cookie, Choc Chip, Reduced Fat	1 oz	110	1	18	3.5	1	10	0.5	65	0.72	0	0	0
Cookie, Sugar	1 oz	120	2	17	6	1	10	0	95	1	0	0	20
Cookie, White Choc/Macadamia Nut	1.3 oz	180	2	21	10	4	10	0	140	1	0	0	20
Cookie,Chocolate Chunk	1.3 oz	160	2	22	7	3	10	0	150	1	0	0	0
Cookies, Vanilla Wafer	8 each	150	1	20	7	2	0	0	120	0.36	0	0	0
Crackers Cinnamon Scooby Doo	1oz	120	2	20	4	0.5	0	1	115	4	0	0	10
Crackers, Cheese Mini- Dolphin Shape	1 Bag (.9 oz)	110	2	16	4.5	1.5	0	0.5	220	0.72	0	0	0
Crackers, Graham Bug Bites	1.1 oz	140	2	23	4.5	1.5	0	1	125	4	0	0	10
Crackers, Snack Peanut Butter	1 PKG (6 CRACKERS)	190	4	23	10	2	0	1	370	1	0	0	0
Fruit By The Foot	1 each	80	0	17	1	0	0	0	50	0	0	12	0
Fruit Snack Scooby -Doo	.9 oz	80	0		0.5	0	0	0	50	0	0	0	0
Funnel Cake	1 (2.19 oz)	280	5	45	9	3	30	1	360	2	0	0	40

FOOD ITEM	Serving Size	Calories	Protein (gm)	Carbohydrates (gm)	Fat (gm)	Saturated fat (gm)	Cholesterol (mg)	Fiber (gm)	Sodium (mg)	Iron (mg)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)
<b>SNACKS / DESSERTS, continued</b>													
Graham Crackers	1 pkg (23 gram)	90	2	16	3	0	0	2	95	1	0	0	0
Granola Bar, Peanut & Chocolate	1 each	120	2	20	4	1	0	1	85	0	0	0	0
Granola Bar, Choc Chip	1 each	120	2	21	4	2	0	1	70	0	0	0	0
Marshmallow Crispy Treat Large	1-1.2 oz	130	1	25	3	1	0	0	170	1.8	100	0	0
Marshmallow Treat, Kellogg's Mini	1-.39 oz	45	0	9	1	0	0	0	50	0.18	100	0	0
Nutrigrain Bar Strawberry	1.3 oz	140	1	26	3	0.5	0	1	105	2	750	0	200
Nutrigrain Bar, Blueberry	1.3 oz	140	1	26	3	0.5	0	1	105	2	750	0	200
Pie, Pumpkin	1/10	300	5	46	11	5	45	1	350	0	0	0	0
Pretzels, Rold Gold	1 Bag (1 oz)	110	2	23	1	0	0	1	580	2	0	0	0
Pudding, Vanilla	1/2 cup	150	3	26	4	1	0	0	159	0	2	0.6	79
Pudding, Chocolate	1/2 cup	144	2	26	4	1	0	0	153	0	1	0	54
Quaker Oatmeal To Go	1 Bar	150	3	29	2.5	0.5	10	3	150	20	20	0	20
Quaker Rice Cake Cheddar	.91oz	70	1	11	2.5	0	0	0	230	0	0	0	0
Quaker Rice Cakes Caramel	.91 oz	60	1	13	0	0	0	0	150	0	0	0	0
Snack Mix, Kids Mix (Frito Lay)	1 Bag (.875 oz)	110	2	18	3.5	1	0	0	220	2	500	5	0
Whipped Topping	2 tbsp	25	0	2	2	2	0	0	0	0	0	0	0
Yogurt Cup, Strawberry	4 oz	110	4	22	1	0.5	5	0	55	0	500	0	100
Yogurt Raspberry And Peach	4 oz	110	4	22	1	0.5	5	0	55	0	500	0	100



FOOD ITEM	Serving Size	Calories	Protein (gm)	Carbohydrates (gm)	Fat (gm)	Saturated fat (gm)	Cholesterol (mg)	Fiber (gm)	Sodium (mg)	Iron (mg)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)
<b>BREADS</b>													
Biscuit Dough Southern	1 Biscuit	190	4	23	9	2.5	0	1	600	1	0	0	20
Biscuit Dough Cinnamon	1 Biscuit	340	6	45	15	4.5	0	2	620	2	0	0	20
Bun, Sub 6" Seeded	1 Bun	220	7	42	3	0.5	0	1	430	2.7	0	0	100
Chip Tortilla Corn	1 Ounce	130	2	19	6	1	0	1	110	0.36	0	0	20
Corn Bread	1 Piece	116	3	19	4	1	9	1	334	0	3100	0	320
Croissant	1 Croissant	240	5	25	11	3	0	1	280	1	N/A	0	40
English Muffins	1 Muffin	130	4	25	1	0	0	1	290	8	0	0	15
Hushpuppies	3 Hushpuppies	150	3	24	5	1	0	2	430	1	0	0	40
Loaf Bread Wheat	1 Slice	70	3	12	1	0	0	1	170	2	0	0	2
Loaf Bread, White	1 Slice	70	2	12	1	0	0	0.5	140	0	0	0	16
Roll Honey Wheat	1 Roll	120	4	23	1.5	0.5	0	2	200	1	0	0	24
Roll Parkhouse	1 Roll	156	5	29	3	1	0	1	289	2	0	1	33
Taco Shell Yellow	2 Shells	150	2	21	6	2	0	2	0	1	0	0	20
Taco Shell Yellow Jumbo	1 Shell	200	3	28	9	2	0	3	0	1	0	0	0
Texas Toast	1 Slice	100	3	19	1.5	0	0	0	200	1.08	0	0	20
Tortilla Flour 12"	1 Shell	300	8	54	7	2	0	2	640	2.7	0	0	0
Tortilla Flour 6"	1 Shell	90	2	15	2	0	0	0	250	1	0	0	0
Wheat Hamburger Bun	1 Bun	110	4	21	1.5	0	0	2	220	1.08	0	0	150
Wheat Hot Dog Bun	1 Bun	110	4	21	1.5	0	0	2	220	1.08	0	0	150

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<b>STAPLES</b>													
Cheese, Cream Strawberry For Bagels	1 oz.	100	2	3	9	5	28	0	98	0	200	0	19
Cheese, For Bagels Cream	1 oz	99	2	1	10	6	35	0	120	0	332	0	40
Cracker Club Keebler	2 Crackers	25	0	3	1	0	0	0	55	0	0	0	0
Cracker Saltine	4 Crackers	40	0	1	0	0	0	0	190	1	0	0	0
Gelatin Mix Cherry	1/2 Cup	71	1	17	0	0	0	0	105	0	0	15	1
Gelatin Mix Citrus	1/2 Cup	71	1	17	0	0	0	0	105	0	0	15	1
Gelatin Mix Orange	1/2 Cup	71	1	17	0	0	0	0	105	0	0	15	1
Gravy Peppered Mix	.64 tbsp	50	0	5	3	1	0	0	257	0	0	0	1
Gravy Brown Mix	1 tbsp	23	0	4	2	1	0	0	340	0	23	0	2
Gravy Chicken Mix	2 fl.oz	15	0	4	1	0	0	0	310	0	0	0	0
Ketchup Pack	1 pkg.	10	0	2	0	0	0	0	100	0	2	0	0
Margarine Cup	1 each	25	0	0	3	0	0	0	40	0	200	0	0
Margarine Liquid	1tbsp	100	0	0	11	2	0	0	110	0	10	0	0
Mayonaisse Packet	1each	110	0	0	12	2	10	0	75	0	0	0	0
Mayonaisse, From 1 Gallon Container	1 tbsp	110	0	0	12	2	10	0	75	0	0	0	0
Mustard Packet	1 each	0	0	0	0	0	0	0	65	0	0	0	0
Parmesan Cheese, Grated	1tbsp	20	2	4	2	1	6	0	85	0	0	0	6
Pasta Egg Noodle	2 oz	216	8	40	2	1	54	1	12	3	35	0	18
Pasta Elbow Mac	2 oz.	86	2.86	17.13	0.41	0	0	0.82	0	0.88	0	0	4.08
Pasta Lasagna Sheet Flat	.75 Serving	282	4	27	18	4	0	1	174	2	841	0	0
Pasta Rotini	2 oz	99	3.3	19	0.47	0	0	0.94	0	0.94	0	0	0
Pasta Spaghetti	2 oz	156	5	31.3	0.75	0	0	1.49	0	1.49	0	0	0
Pickle Dill Hamburger	4 pieces	2	0	0	0	0	0	0	390	0	0	0	0
Pickle Dill Spear	1 Spear	4	0	1	0	0	0	0	220	0	0	0	0
Soup Broccoli Cheese	1/2 Cup	210	9	11	14	5	50	1	1330	0.36	400	4	100
Soup Chix Noodle Heinz	3.53 oz	60	3	8	2	0	0	0	799	0.36	307	0	0
Soup Tomato	1/2 Cup	90	2	19	0	0	0	1	680	1	4000	48	0
Sour Cream Cup	1 each	21	1	4.4	0	0	2.5	0	39.5	0	71.4	0	35
Stuffing Mix	3/4 Cup	170	5	33	1.5	0.5	0	3	600	0	0	0	0
Sweet Pickle Relish	1 tbsp	16	0	4	0	0	0	0	140	0	0	0	0
Vegetable Oil	1 tbsp	124	0	0	14	1	0	0	0	0	0	0	0

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<b>SAUCES</b>													
Asian Base Sauce	2 OZ	2.24	0	24	0	0	0	0	720	0	8	0	8
Bbq Sauce Cup	1 each	41	0	10	0	0	0	0	231	0	56	2	3
Cheese Sauce, Cheddar	2 oz	80	4	2	6	3.5	15	0	420	0	300	0	150
Chili Hot Dog Sauce	2 oz.	66	4	4	3.8	0	0	0	185	1.68	215	0.68	43.5
French Dressing	1 each	50	0	2	4	0.5	0	0	75	0	10	0	0
French Honey Dressing	1 each	215	0	14	18	3	0	0	313	0	141	1	2
Grape Jelly Packet	1 each	37	0	9	0	0	0	0	1	0	0	0	1
Honey Mustard Cup	1 each	41	0	10	0	0	0	0	231	0	56	2	3
Honey Mustard Dressing	1 each	64	0	15	0	0	0	0	347	0	4	0	5
Honey Packet	1 each	26	N/A	7	0	0	0	N/A	N/A	N/A	N/A	N/A	N/A
Italian Fat Free Dressing	1 each	24	0	5	0	0	0	0	392	0	102	3	2
Pancake Syrup	1 each	123	31	0	0	0	0	0	1	0	0	0	0
Ranch Btrmk Drssing Pck	1 each	66	0	1	7	3	6	0	100	0	8	0	3
Ranch Btrmk Drssing	1 each	228	1	2	24	4	9	0	397	0	18	0	14
Ranch Dressing	2tsp	150	0	1	16	3	5	0	250	0	0	0	0
Ranch Fat Free Dressing	1 each	41	0	10	0	0	0	1	534	0	9	0	15
Salsa	1/2 cup	10	0	2	0	0	0	0	240	0	100	0	0
Soy Sauce	1 tbsp	1	0	0	0	0	0	0	485	0	0	0	9
Soy Sauce Packet	7 GRAMS	1	0	0	0	0	0	0	485	0	0	0	9
Spaghetti Sauce	.5 cup	71	1	10	2.72	0	0	1.81	407	0.91	603	9	39
Strawberry Jam Packet	1 each	39	0	10	0	0	0	0	0	0	2	4	2
Sweet And Sour Sauce	1 oz	48	0	12	0	0	0	0	92	0	19	1	9
Taco Sauce Gal	1 tbsp	10	0	2	0	0	0	0	65	0	0	0	0
Taco Sauce Packet	1=9 gram	10	0	2	0	0	0	0	65	0	0	0	0
Tartar Sauce Packet	1= 12 gram	37	0	3	0	0	4	0	112	0	0	1	0
Thousand Island Dressing	1= 1.5 oz	217	1	6	21	3	22	0	349	0	69	1	6
Tomato Sauce	.25cup	18	0	4	0	0	0	n/a	370	0	6	13	1

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<b>BEVERAGES</b>													
Apple Juice Sncup 6oz	4 Oz Serving	60	0	13	N/A	N/A	N/A	N/A	0	0	N/A	60	11
Apple Juice, Sun Cup	6 Oz Serving	90	0	19	N/A	N/A	N/A	N/A	0	0	N/A	60	17
Berry Flavored Propel Water	16.9 Oz	10	0	3	0	0	0	N/A	35	N/A	N/A	6	N/A
Gatorade Cool Blue 12oz	12 Oz Serving	133	0	37	0	0	0	0	292	N/A	N/A	N/A	N/A
Gatorade Orange 12oz	12 Oz Serving	133	0	37	0	0	0	0	292	N/A	N/A	N/A	N/A
Gatorade Riptide Rush 12oz	12 Oz Serving	133	0	37	0	0	0	0	292	N/A	N/A	N/A	N/A
Grape Juice, Sun Cup	6 Oz Serving	90	1	24	0	N/A	N/A	N/A	0	1	N/A	0	15
Juice Alive Mix	6 Oz Serving	120	1	28	0	0	0	0	15	0.36	0	60	50
Juice Pouch Apple 100%	6.75 Fl.Oz	100	0	24	0	0	0	0	15	0	0	100	0
Juice Pouch Orange Tangerine 100%	6.75 Fl.Oz	110	0	27	0	0	0	0	15	0	0	100	0
Juice Pouch, Punch 100%	6.75 Fl. Oz	100	0	24	0	0	0	0	15	0	0	100	0
Lemon Spring Water, Fruit 16.9 Oz	16.9 Oz.	0	0	0	0	0	0	0	0	0	0	3	50
Milk, 1%	1/2 Pint	100	8	12	2.5	1.5	10	0	125	0	500	2.5	300
Milk, 2%	1/2 Pint	120	8	12	5	3	20	0	120	0	500	6	300
Milk, Chocolate Low Fat 1%	1/2 Pint	160	8	25	2	1.5	10	0	200	0.5	500	2.5	300
Milk, Strawberry Flavored	1/2 Pint	180	8	30	2.5	1.5	5	0	125	0.5	500	1	300
Orange Juice	4 Oz Serving	60	0	13	0	N/A	N/A	N/A	0	0	188	62	10
Orange Juice, Sun Cup	6 Oz Serving	82	0	19	0	N/A	N/A	N/A	0	0	281	62	15
Strawberry Flavored Water, 16.9 Oz.	20 Oz Serving	0	0	0	0	0	0	0	0	0	0	3	50
Water, Non Carbonated	16.9 Oz	0	0	0	0	0	0	0	1	0	0	0	0
Water California Strawberry Flavd	8 Oz Serving	0	0	0	0	0	0	0	0	0	0	3	50
Water, California Grape Flavored	8 Oz Serving	0	0	0	0	0	0	0	0	0	0	3	50
Water, Non Carbonated	8 Oz.	0	0	0	0	0	0	0	1	0	0	0	0

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<b>ICE CREAM</b>													
Choco Taco	4 oz	290	4	36	15	11	10	1	120	6	2	0	6
Chocolate Éclair	1 bar	220	2	30	11	405	10	0	75	0	0	0	0
Cookies/Crème Pop	1 bar	110	3	23	2	1	5	3	65	1	300	0	150
Cookies/Crème Pop	1 bar	250	4	36	10	5	20	0	310	0	0	0	0
Crunch Bar	1 bar	260	3	24	18	14	25	0	75	0	0	0	0
Fire Pop	1 bar	35	0	8	0	0	0	0	0	0	0	12	0
Fruit Bar	1 bar	90	0	23	0	0	0	0	5	0	0	2.4	0
Fudge Bar	1 bar	90	3	20	0	0	3	0.75	90	0.36	0	0	100
Fz Sand Ice Crm Mini	3 ounce	130	2	26	2	1	5	2	80	0.72	100	0	80
Ice Cream Cup_Chocolate	1cup	150	3	13	5	4	23	0	45	0	6	0	8
Ice Cream Cup_Vanilla	1 cup	145	2	13	5	4	23	0	35	0	6	0	8
Ice Cream Sandwich	1bar	160	3	24	6	3	15	1	95	4	2	0	4
Ice Cream Sandwich, M&M	1 bar	220	3	29	11	4.5	25	1	170	2	2	0	4
Ice Cream Sandwich, Strawberry Scake	1 bar	230	2	4	12	5	15	0	75	2	2	N/A	4
Italian Ice	1/2 cup	98	0	24.5	0	0	0	0	15	0	0	12	0
Milky Way Bar	1 bar	220	3	25	12	9	20	0	70	0	0	0	0
Nutty Buddy	1 bar	210	3	24	11	7	10	0	70	0	0	0	0
Push Up Bar	1 bar	90	0	10	1	0	0	0	15	0	0	1.2	20
Scribbler Pop	1 bar	60	0	15	0	0	0	0	5	0	0	12	0
Sherbert Cup Raspberry	1/2 cup	120	0	27	1.5	1	5	0	35	2	0	100	2
Sherbert Cup, Lemon	1/2 cup	110	0	25	1.5	1	5	0	30	0	0	100	4
Sherbert, Lime	1/2 cup	110	0	27	1	0.5	30	0	20	0	0	2	2
Sherbet Cup Grape	1/2 cup	120	0	27	1.5	1	5	0	35	1	0	50	20
Sherbet Cup Orange	1/2 cup	120	0	27	1.5	1	5	0	35	1	0	50	20
Snickers Bar	1 bar	180	3	18	11	6	10	0	60	0	0	0	0
Snickers Cone	1 bar	280	5	33	15	6	20	1	130	2	2	0	10