

Cinnamon & Sugar

PER SERVING (1/2 tsp.)			
0 CALORIES	0.0g SAT FAT	0mg SODIUM	0.1g CARBS

Allergens:

Made With: Cinnamon Ground (CINNAMON)

Kidney Beans

PER SERVING (1/2 c.)			
141 CALORIES	0.0g SAT FAT	151mg SODIUM	26.0g CARBS

Allergens:

Made With: Low Sodium Kidney Beans (PREPARED KIDNEY BEANS, WATER, SUGAR, DEXTROSE, SALT, CALCIUM CHLORIDE (FIRMING AGENT), AND DISODIUM EDTA (PROMOTES COLOR RETENTION).)

1 % Milk

PER SERVING (8 fl. oz.)			
100 CALORIES	1.5g SAT FAT	110mg SODIUM	11.0g CARBS

Allergens: Contains Milk.

Made With: 1 % Milk (Low fat milk, Vitamins A & D added)

1% Milk

PER SERVING (1/2 pt.)			
110 CALORIES	1.5g SAT FAT	130mg SODIUM	13.0g CARBS

Allergens: Contains Milk.

Made With: White Milk 1% (Lowfat milk, vitamin A palmitate, vitamin D3)

1% Milk

PER SERVING (1 Carton)			
100 CALORIES	1.5g SAT FAT	105mg SODIUM	12.0g CARBS

Allergens: Contains Milk.

Made With: Milk, Smith Brothers 1% (Lowfat Milk with Vitamin A Palmitate and D3 added.)

100% Apple Juice

PER SERVING (4 fl oz cup)			
60 CALORIES	0.0g SAT FAT	5mg SODIUM	14.0g CARBS

Allergens:

Made With: Apple Juice, 4 oz, paper carton (WATER, APPLE JUICE CONCENTRATE)

100% Beef Cheeseburger

PER SERVING (1 burger)			
338 CALORIES	6.5g SAT FAT	545mg SODIUM	29.0g CARBS

Allergens: Contains Gluten, Milk, Sesame, Soy, Wheat.

Made With: Beef Patty (Beef Patties, Cooked, Frozen, USDA #110711); WWW Hamburger Bun (WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), WATER, YEAST, VITAL WHEAT GLUTEN, SUGAR, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SOYBEAN OIL, SALT, XANTHAN GUM, YEAST NUTRIENT (AMMONIUM SULFATE), DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, ASCORBIC ACID, MONOCALCIUM PHOSPHATE), CALCIUM PROPIONATE (MOLD INHIBITOR), ENZYMES, SESAME FLOUR.); American Cheese (CULTURED MILK AND SKIM MILK, WATER, CREAM, SODIUM CITRATE, SALT, SODIUM PHOSPHATE, SORBIC ACID (PRESERVATIVE), CITRIC ACID, ARTIFICIAL COLOR, ACETIC ACID, ENZYMES, SOY LECITHIN.)

100% Beef Cheeseburger

PER SERVING (1 burger)			
329 CALORIES	6.5g SAT FAT	643mg SODIUM	28.5g CARBS

Allergens: Contains Gluten, Milk, Sesame, Soy, Wheat.

Made With: Beef Patty (Beef Patties, Cooked, Frozen, USDA #110711); WWW Hamburger Bun (WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), WATER, YEAST, VITAL WHEAT GLUTEN, SUGAR, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SOYBEAN OIL, SALT, XANTHAN GUM, YEAST NUTRIENT (AMMONIUM SULFATE), DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, ASCORBIC ACID, MONOCALCIUM PHOSPHATE), CALCIUM PROPIONATE (MOLD INHIBITOR), ENZYMES, SESAME FLOUR.); Yellow American Cheese (American Cheese (Milk, Cheese Culture, Salt, Enzymes), Water, Cream, Sodium Citrate, Salt, Sorbic Acid (Preservative), , Color Added, Soy Lecithin For Separation.,)

100% Beef Hamburger

PER SERVING (1 burger)			
283 CALORIES	4.0g SAT FAT	410mg SODIUM	28.0g CARBS

Allergens: Contains Gluten, Sesame, Wheat. May contain Soy.

Made With: Beef Patties (Beef Patties, Cooked, Frozen, USDA #110711); WWW Hamburger Bun (WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), WATER, YEAST, VITAL WHEAT GLUTEN, SUGAR, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SOYBEAN OIL, SALT, XANTHAN GUM, YEAST NUTRIENT (AMMONIUM SULFATE), DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, ASCORBIC ACID, MONOCALCIUM PHOSPHATE), CALCIUM PROPIONATE (MOLD INHIBITOR), ENZYMES, SESAME FLOUR.)

100% Grape Juice

PER SERVING (4 fl oz cup)			
80 CALORIES	0.0g SAT FAT	10mg SODIUM	19.0g CARBS

Allergens:

Made With: Grape Juice, 4 oz, plastic cup (WATER, GRAPE JUICE CONCENTRATE, ASCORBIC ACID (VITAMIN C))

100% Orange Juice

PER SERVING (4 fl oz cup)			
60 CALORIES	0.0g SAT FAT	0mg SODIUM	14.0g CARBS

Allergens:

Made With: Orange Juice (WATER, ORANGE JUICE CONCENTRATE)

Alfredo Cheese Sauce

PER SERVING (1/4 c.)			
101 CALORIES	3.6g SAT FAT	415mg SODIUM	4.4g CARBS

Allergens: Contains Milk.

Made With: Alfredo Cheese Sauce (WATER, PASTEURIZED PROCESS CHEESE (cheddar cheese, [pasteurized milk, cheese culture, salt, enzymes], water, cream,, sodium phosphates and potassium phosphates, seasoning [potassium, chloride, flavor (contains maltodextrin)], salt), NONFAT DRY MILK,, CHEESE FLAVOR (whey, cheddar cheese [milk, cheese cultures, salt,, enzymes], buttermilk solids, butter), CONTAINS LESS THAN 2% OF, ROMANO CHEESE (sheep's milk, cheese culture, salt, enzymes,, calcium propionate), BUTTER FLAVORING (whey solids, enzymemodified butter [butter, buttermilk powder, enzymes], maltodextrin,, salt, dehydrated butter [butter, buttermilk powder], guar gum, annatto, and turmeric [for color]), MODIFIED FOOD STARCH, SODIUM, PHOSPHATES AND POTASSIUM PHOSPHATES, DEHYDRATED, GARLIC, SPICES, CITRIC ACID.)

Alfredo Macaroni

PER SERVING (1 serving)			
397 CALORIES	6.9g SAT FAT	927mg SODIUM	48.5g CARBS

Allergens: Contains Gluten, Milk, Wheat.

Made With: Elbow Macaroni, pasta, regular, cooked al dente (1/2c = 1 oz eq grain) , Recipe (Municipal Water (WATER); Elbow Macaroni (SEMOLINA (WHEAT), NIACIN, FERROUS SULFATE (IRON), THIAMIN MONONITRATE, RIBOFLAVIN,FOLIC ACID.); Olive Oil Blend (CANOLA, EXTRA VIRGIN OLIVE OIL); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSIAE OF SODA AS AN ANTICAKING AGENT.)); Reduced Fat Alfredo Sauce (WATER, PASTEURIZED PROCESS CHEESE (cheddar cheese, [pasteurized milk, cheese culture, salt, enzymes], water, cream,, sodium phosphates and potassium phosphates, seasoning [potassium, chloride, flavor (contains maltodextrin)], salt), NONFAT DRY MILK,, CHEESE FLAVOR (whey, cheddar cheese [milk, cheese cultures, salt,, enzymes], buttermilk solids, butter), CONTAINS LESS THAN 2% OF, ROMANO CHEESE (sheep's milk, cheese culture, salt, enzymes,, calcium propionate), BUTTER FLAVORING (whey solids, enzymemodified butter [butter, buttermilk powder, enzymes], maltodextrin,, salt, dehydrated butter [butter, buttermilk powder], guar gum, annatto, and turmeric [for color]), MODIFIED FOOD STARCH, SODIUM, PHOSPHATES AND POTASSIUM PHOSPHATES, DEHYDRATED, GARLIC, SPICES, CITRIC ACID.); Past Skim Mozzarella Cheese (Low Moisture Part Skim Mozzarella, Cheese (Pasteurized Part Skim Milk,, Cheese Cultures, Salt, Enzymes), Powdered Cellulose (to Prevent Caking),, Natamycin (a Natural Mold Inhibitor),); Lowfat White Milk (LOWFAT MILK, VITAMIN A PALMITATE, VITAMIN D3); Panko Bread Crumbs (WHEAT FLOUR, SUGAR, YEAST, SALT)

American Sub

PER SERVING (1 sandwich)			
350 CALORIES	4.3g SAT FAT	910mg SODIUM	32.0g CARBS

Allergens: Contains Gluten, Milk, Soy, Wheat. May contain Egg.

Made With: Sub Roll, regular, side slice, whole grain, Richs (1 roll = 2 oz eq grain) , Recipe (Sub Roll Dough, whole grain, proofed and stretched, Richs (1 roll = 2 oz eq grain) , Recipe (Roll Dgh Wg (WATER, WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), YEAST, SUGAR, WHEAT GLUTEN, SOYBEAN OIL, CONTAINS LESS THAN 2% OF THE FOLLOWING: OAT FIBER, FRUCTOSE, NATURAL FLAVOR (CONTAINS WHEAT INGREDIENTS), SEA SALT, HONEY, ENZYMES (CONTAINS WHEAT), ASCORBIC ACID, SALT.); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.)); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.)); Turkey Brst Rst Sl (Turkey Breast, White Turkey, Turkey Broth, Contains 2% or Less Modified Food Starch, Potassium Chloride, Sodium Phosphate, Salt, Rosemary Extract); Turkey Ham (Turkey Thigh Meat, Water, Contains 2% Or Less Lite Salt (Potassium Chloride, Sodium Chloride), Sugar, Sodium Phosphate, Salt, Carrageenan, Sodium Erythorbate, Natural Smoke Flavoring, Sodium Nitrite.); American Cheese (Cultured Milk and Skim Milk, Cream, Sodium Citrate, Salt, Artificial Color (if colored), Sodium Phosphate, Sorbic Acid (preservative), Enzymes, Soy Lecithin (non-sticking agent)); Lettuce, Iceburg, shredded, ready-to-serve (Shredded Lettuce (ICEBERG LETTUCE))

American Sub

PER SERVING (1 sandwich)			
317 CALORIES	5.7g SAT FAT	977mg SODIUM	32.4g CARBS

Allergens: Contains Gluten, Milk, Soy, Wheat. May contain Egg.

Made With: Sub Roll, regular, side slice, whole grain, Richs (1 roll = 2 oz eq grain) , Recipe (Sub Roll Dough, whole grain, proofed and stretched, Richs (1 roll = 2 oz eq grain) , Recipe (Roll Dgh Wg (WATER, WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), YEAST, SUGAR, WHEAT GLUTEN, SOYBEAN OIL, CONTAINS LESS THAN 2% OF THE FOLLOWING: OAT FIBER, FRUCTOSE, NATURAL FLAVOR (CONTAINS WHEAT INGREDIENTS), SEA SALT, HONEY, ENZYMES (CONTAINS WHEAT), ASCORBIC ACID, SALT.); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.)); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.)); Yellow American Cheese (American Cheese (Milk, Cheese Culture, Salt, Enzymes), Water, Cream, Sodium Citrate, Salt, Sorbic Acid (Preservative), , Color Added, Soy Lecithin For Separation.,); Smoked Turkey (Turkey, Deli Breast, Smoked, Sliced, USDA #110910); Turkey Ham (See product packaging for sub-ingredients and allergens. Allergen Information: The specification for this product requires that there be no gluten or soy used in the formulation. Please be sure to verify this information using the allergen, statement on the product packaging upon receipt. For more information, please contact the product manufacturer directly); Lettuce, Iceburg, shredded, ready-to-serve (Shredded Lettuce (ICEBERG LETTUCE))

Apple Cinnamon Muffin

PER SERVING (1 muffin)			
180 CALORIES	2.0g SAT FAT	125mg SODIUM	31.0g CARBS

Allergens: Contains Egg, Gluten, Soy, Wheat.

Made With: Muffin, apple cinnamon, Delicious Essentials, Otis Spunkmeyer, WGR, 2 oz (WHOLE WHEAT FLOUR, SUGAR, EGGS, WATER, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), APPLESAUCE (APPLES, WATER, ASCORBIC ACID [VITAMIN C]), INVERT SUGAR, SOYBEAN OIL, CONTAINS 2% OR LESS OF: PALM OIL, CANOLA OIL, PROPYLENE GLYCOL MONO- AND DIESTERS OF FATS AND FATTY ACIDS, WHEAT GLUTEN, OAT FIBER, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), MONO- AND DIGLYCERIDES, CINNAMON, MODIFIED CORN STARCH, POTASSIUM SORBATE (PRESERVATIVE), SODIUM ALGINATE, SALT, SOY LECITHIN, NATURAL FLAVORS, SODIUM STEAROYL LACTYLATE, CARAMEL COLOR, ENZYMES.)

Apple Frudel Stick

PER SERVING (1 pkg.)			
175 CALORIES	0.8g SAT FAT	216mg SODIUM	30.4g CARBS

Allergens: Contains Gluten, Milk, Wheat.

Made With: Apple Frudel (WATER, WHOLE WHEAT FLOUR, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), APPLE STRUDEL FILLING (WATER, SUGAR, CORN SYRUP, MODIFIED CORN STARCH, APPLE PULP, MALIC ACID, PALM KERNAL OIL, MOLASSES, SODIUM CITRATE, SALT, SODIUM BENZOATE [PRESERVATIVE], GELLAN GUM, SPICE, XANTHAN GUM, LOCUST BEAN GUM, CARRAGEENAN, NATURAL FLAVOR), SUGAR, SOYBEAN OIL. CONTAINS 2% OR LESS OF: Y EAST, NONFAT MILK, SALT, NATURAL FLAVOR.)

Asian Sweet Chili Barbecue Sauce

PER SERVING (2 tbsp.)			
73 CALORIES	0.0g SAT FAT	283mg SODIUM	18.3g CARBS

Allergens: Contains Gluten, Soy, Wheat.

Made With: Ketchup (Back of the House) (Tomato concentrate from red ripe tomatoes, distilled vinegar, high fructose corn syrup, corn syrup, salt, spice, onion powder, natural flavoring.); Low Sodium Teriyaki Glaze (SUGAR, WATER, SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT), VINEGAR, CONCENTRATED PINEAPPLE JUICE, TOMATO PASTE, MODIFIED CORN STARCH, ONION POWDER, GARLIC POWDER, CITRIC ACID, SPICE, XANTHAN GUM.); Light Brown Sugar (BROWN SUGAR); Sriracha Sauce (CHILI PEPPER, VINEGAR, GARLIC, SUGAR, SALT, WATER, NATURAL FLAVORS, XANTHAN GUM, LESS THAN 0.1% POTASSIUM SORBATE AND SODIUM BENZOATE AS PRESERVATIVES); Ginger Ground (GROUND GINGER)

Aztec Corn

PER SERVING (1/2 c.)			
90 CALORIES	0.1g SAT FAT	46mg SODIUM	17.2g CARBS

Allergens:

Made With: Corn (SWEET CORN); Beans, black, canned, drained, ready-to-serve (1/2c=3.1oz=1/2c legume or 2oz M/MA) , Recipe (Low Sodium Black Beans (PREPARED BLACK BEANS, WATER, SALT, AND CALCIUM CHLORIDE (FIRMING AGENT).)); Salsa (Peeled tomatoes, tomato puree, fresh or dried onions, green peppers, garlic, jalapenos.); Peppers, red, sweet (bell), 1/4-inch diced, ready-to-serve (1/2c=3.2oz=1/2c red veg) , Recipe (Red Bell Pepper (RED SWEET PEPPER)); Onion, yellow, 1/4-inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe (Yellow Onion (YELLOW ONION)); Olive Oil Blend (CANOLA, EXTRA VIRGIN OLIVE OIL); Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe (Fresh Cilantro (CILANTRO LEAVES)); Light Chile Powder (INGREDIENTS: CHILI PEPPER, SPICES, SALT, GARLIC, AND SILICON DIOXIDE (TO MAKE FREE FLOWING).); Cumin Ground (CUMIN); Paprika (PAPRIKA); Onion Powder (ONION POWDER)

Baby Spinach

PER SERVING (1 c.)			
16 CALORIES	0.0g SAT FAT	56mg SODIUM	2.6g CARBS

Allergens:

Made With: Fresh Spinach (SPINACH)

Bacon Cheeseburger

PER SERVING (1 burger)			
326 CALORIES	4.9g SAT FAT	590mg SODIUM	30.3g CARBS

Allergens: Contains Gluten, Milk, Sesame, Soy, Wheat.

Made With: Beef Patty w/Mushroom (GROUND BEEF (NOT MORE THAN 20% FAT), MUSHROOMS, TEXTURED VEGETABLE PROTEIN (SOY PROTEIN CONCENTRATE, CARAMEL COLOR), WATER, CONTAINS 2% OR LESS OF: POTASSIUM CHLORIDE, YEAST EXTRACT, NATURAL FLAVORING, POTATO MALTODEXTRIN, MALTODEXTRIN, SOYBEAN OIL, GRILL FLAVOR (FROM SUNFLOWER OIL), MODIFIED CORN STARCH, DISODIUM INOSINATE, DISODIUM GUANYLATE, TORULA YEAST, CORN SYRUP SOLIDS, SALT, SODIUM PHOSPHATE, CARAMEL COLOR.); WWW Hamburger Bun (WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), WATER, YEAST, VITAL WHEAT GLUTEN, SUGAR, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SOYBEAN OIL, SALT, XANTHAN GUM, YEAST NUTRIENT (AMMONIUM SULFATE), DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, ASCORBIC ACID, MONOCALCIUM PHOSPHATE), CALCIUM PROPIONATE (MOLD INHIBITOR), ENZYMES, SESAME FLOUR.); Yellow American Cheese (American Cheese (Milk, Cheese Culture, Salt, Enzymes), Water, Cream, Sodium Citrate, Salt, Sorbic Acid (Preservative), , Color Added, Soy Lecithin For Separation.,); Precooked Bacon (FRESH PORK BELLIES CURED WITH WATER, SALT, SUGAR, SMOKE FLAVOR, SODIUM PHOSPHATE, SODIUM ERYTHORBATE, SODIUM NITRITE)

Bacon Cheeseburger

PER SERVING (1 burger)			
352 CALORIES	7.2g SAT FAT	736mg SODIUM	28.5g CARBS

Allergens: Contains Gluten, Milk, Sesame, Soy, Wheat.

Made With: Beef Patty (Beef Patties, Cooked, Frozen, USDA #110711); WWW Hamburger Bun (WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), WATER, YEAST, VITAL WHEAT GLUTEN, SUGAR, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SOYBEAN OIL, SALT, XANTHAN GUM, YEAST NUTRIENT (AMMONIUM SULFATE), DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, ASCORBIC ACID, MONOCALCIUM PHOSPHATE), CALCIUM PROPIONATE (MOLD INHIBITOR), ENZYMES, SESAME FLOUR.); Yellow American Cheese (American Cheese (Milk, Cheese Culture, Salt, Enzymes), Water, Cream, Sodium Citrate, Salt, Sorbic Acid (Preservative), , Color Added, Soy Lecithin For Separation.,); Precooked Bacon (FRESH PORK BELLIES CURED WITH WATER, SALT, SUGAR, SMOKE FLAVOR, SODIUM PHOSPHATE, SODIUM ERYTHORBATE, SODIUM NITRITE)

Bacon Cheeseburger

PER SERVING (1 burger)			
361 CALORIES	7.2g SAT FAT	638mg SODIUM	29.0g CARBS

Allergens: Contains Gluten, Milk, Sesame, Soy, Wheat.

Made With: Beef Patty (Beef Patties, Cooked, Frozen, USDA #110711); WWW Hamburger Bun (WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), WATER, YEAST, VITAL WHEAT GLUTEN, SUGAR, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SOYBEAN OIL, SALT, XANTHAN GUM, YEAST NUTRIENT (AMMONIUM SULFATE), DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, ASCORBIC ACID, MONOCALCIUM PHOSPHATE), CALCIUM PROPIONATE (MOLD INHIBITOR), ENZYMES, SESAME FLOUR.); American Cheese (CULTURED MILK AND SKIM MILK, WATER, CREAM, SODIUM CITRATE, SALT, SODIUM PHOSPHATE, SORBIC ACID (PRESERVATIVE), CITRIC ACID, ARTIFICIAL COLOR, ACETIC ACID, ENZYMES, SOY LECITHIN.); Precooked Bacon (FRESH PORK BELLIES CURED WITH WATER, SALT, SUGAR, SMOKE FLAVOR, SODIUM PHOSPHATE, SODIUM ERYTHORBATE, SODIUM NITRITE)

Bacon Swiss Chicken Burger

PER SERVING (1 burger)			
453 CALORIES	5.7g SAT FAT	763mg SODIUM	43.5g CARBS

Allergens: Contains Gluten, Milk, Sesame, Soy, Wheat.

Made With: Whole Grain Chicken Patty, CF (Chicken, water, whole wheat flour, textured soy flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), isolated soy, protein with less than 2% lecithin, contains 2% or less of the following: chicken type flavor [brown sugar, yeast extract, onion powder, maltodextrin, canola oil, carrot, powder, garlic powder, silicon dioxide (anti-caking agent), citric acid, spice, salt, vegetable stock (carrot, onion, celery), natural flavor], dextrose, dried garlic, dried, onion, dried yeast, paprika extract (color), salt, spice, sugar, textured soy protein concentrate, torula yeast, turmeric extract (color), wheat gluten. Breeding set in, vegetable oil.); WWW Hamburger Bun (WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), WATER, YEAST, VITAL WHEAT GLUTEN, SUGAR, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SOYBEAN OIL, SALT, XANTHAN GUM, YEAST NUTRIENT (AMMONIUM SULFATE), DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, ASCORBIC ACID, MONOCALCIUM PHOSPHATE), CALCIUM PROPIONATE (MOLD INHIBITOR), ENZYMES, SESAME FLOUR.); Sliced Swiss Cheese (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES); Precooked Bacon (FRESH PORK BELLIES CURED WITH WATER, SALT, SUGAR, SMOKE FLAVOR, SODIUM PHOSPHATE, SODIUM ERYTHORBATE, SODIUM NITRITE)

Bagel & Cream Cheese

PER SERVING (1 ea.)			
215 CALORIES	2.2g SAT FAT	390mg SODIUM	36.7g CARBS

Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Bagel, plain, sliced, Burry, WGR, 2.3 oz (WHITE WHOLE WHEAT FLOUR, WATER, ENRICHED WHEAT, FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON,, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), BROWN SUGAR, DOUGH, CONDITIONER (ENRICHED WHEAT FLOUR [WHEAT FLOUR, NIACIN, REDUCED, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID] HYDROLYZED, WHEAT GLUTEN AND 2% OR LESS OF EACH OF THE FOLLOWING: CANOLA, OIL, ASCORBIC ACID, ENZYMES, SALT), SALT, YEAST, WHEAT GLUTEN,, VINEGAR, VEGETABLE OIL BLEND (SOYBEAN OIL, PALM OIL, SOY LECITHIN).); Light Cream Cheese (PASTEURIZED MILK AND CREAM, WHEY PROTEIN CONCENTRATE, CONTAINS LESS THAN, 2% OF SALT, CAROB BEAN GUM, GUAR GUM, SORBIC ACID (AS A PRESERVATIVE)*, VITAMIN A PALMITATE, CHEESE CULTURE. *INGREDIENT NOT IN REGULAR CREAM CHEESE)

Baked Biscuit

PER SERVING (1 biscuit)			
190 CALORIES	6.0g SAT FAT	310mg SODIUM	24.0g CARBS

Allergens: Contains Gluten, Milk, Wheat.

Made With: Biscuit Wg (WATER, WHOLE WHEAT FLOUR, ENRICHED FLOUR BLEACHED (WHEAT FLOUR, MALTED BARLEY, FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), PALM OIL, PALM KERNEL OIL, SUGAR, BAKING SODA, CALCIUM, ACID PYROPHOSPHATE, BUTTERMILK, SALT, SODIUM ALUMINUM PHOSPHATE, PECTIN.)

Baked Cinnamon Raisin Apples

PER SERVING (3/8 c.)			
123 CALORIES	0.8g SAT FAT	31mg SODIUM	27.3g CARBS

Allergens: Contains Milk, Soy.

Made With: Apples, canned, slices, unsweetened, in water, drained (1/2=3.7oz=1/2c fruit) , Recipe (Apples, canned, slices, unsweetened, in water, solids and liquids (SLICED APPLES, WATER)); Seedless Raisins (RAISINS); Light Brown Sugar (BROWN SUGAR); Margarine (VEGETABLE OIL BLEND (PALM OIL AND SOYBEAN OIL) WATER, SALT, CONTAINS LESS THAN 2% OF NONFAT DRY MILK, SOY LECITHIN, VEGETABLE MONO & DIGLYCERIDES, POTASSIUM SORBATE (A PRESERVATIVE), CITRIC ACID, NATURAL & ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED.); Cinnamon Ground (CINNAMON)

Baked French Fries

PER SERVING (1/2 c.)			
90 CALORIES	0.0g SAT FAT	30mg SODIUM	16.1g CARBS



Allergens:

Made With: French fries, potato, straight-cut, 3/8-inch, Ovations (Potatoes, Vegetable Oil (Contains One Or More Of, The Following Oils: Canola, Soybean, Cottonseed, Sunflower,, Corn), Potato Starch - Modified. Contains 2% or less of Dextrin,, Dextrose, Extractive of Paprika (color), Extractive of Turmeric, (color), Leavening (Sodium Acid Pyrophosphate, Sodium, Bicarbonate), Pea Fiber, Pea Protein, Rice Flour, Sodium Acid, Pyrophosphate Added To Maintain Color, Xanthan Gum.)

Baked Penne Pasta

PER SERVING (1 serving)			
406 CALORIES	7.0g SAT FAT	1071mg SODIUM	50.6g CARBS

Allergens: Contains Gluten, Milk, Wheat. Processed in a facility that also processes Egg.

Made With: Baked Penne Pasta, whole wheat (1c = 2M, 1.5G, 7/8c red veg) , Recipe, USDA Mozzarella (Penne Pasta, whole wheat, cooked al dente (1/2c =2.7oz = 1 oz eq grain) , Recipe (Municipal Water (WATER); Whole Wheat Penne (WHOLE DURUM WHEAT FLOUR); Olive Oil Blend (CANOLA, EXTRA VIRGIN OLIVE OIL); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSATE OF SODA AS AN ANTICAKING AGENT.)); Spaghetti Sauce (TOMATO PUREE (WATER, TOMATO PASTE), ONIONS, SUGAR, SALT, NATURAL FLAVOR, SPICES, EXTRA VIRGIN OLIVE OIL, CITRIC ACID, , GARLIC..); Tomatoes (Vine-Ripened Peeled Tomatoes, Tomato Juice, Calcium Chloride, Citric Acid.); Reduced Fat Alfredo Sauce (WATER, PASTEURIZED PROCESS CHEESE (cheddar cheese, [pasteurized milk, cheese culture, salt, enzymes], water, cream,, sodium phosphates and potassium phosphates, seasoning [potassium, chloride, flavor (contains maltodextrin)], salt), NONFAT DRY MILK,, CHEESE FLAVOR (whey, cheddar cheese [milk, cheese cultures, salt,, enzymes], buttermilk solids, butter), CONTAINS LESS THAN 2% OF, ROMANO CHEESE (sheep's milk, cheese culture, salt, enzymes,, calcium propionate), BUTTER FLAVORING (whey solids, enzymemodified butter [butter, buttermilk powder, enzymes], maltodextrin,, salt, dehydrated butter [butter, buttermilk powder], guar gum, annatto, and turmeric [for color]), MODIFIED FOOD STARCH, SODIUM, PHOSPHATES AND POTASSIUM PHOSPHATES, DEHYDRATED, GARLIC, SPICES, CITRIC ACID.); Past Skim Mozzarella Cheese (Low Moisture Part Skim Mozzarella, Cheese (Pasteurized Part Skim Milk,, Cheese Cultures, Salt, Enzymes), Powdered Cellulose (to Prevent Caking),, Natamycin (a Natural Mold Inhibitor),); Grated Parmesan Cheese (GRATED PARMESAN CHEESE (MADE FROM COW'S MILK, CHEESE CULTURE, SALT, ENZYMES), POWDERED CELLULOSE (ADDED TO PREVENT CAKING))); Panko Bread Crumbs (WHEAT FLOUR, SUGAR, YEAST, SALT)

Banana

PER SERVING (1 medium (7" to 7-7/8" long))			
105 CALORIES	0.1g SAT FAT	1mg SODIUM	27.0g CARBS

Allergens:

Made With: Bananas (BANANA)

Banana Muffin Top

PER SERVING (1 ea.)			
331 CALORIES	4.3g SAT FAT	496mg SODIUM	59.8g CARBS

Allergens: Contains Egg, Gluten, Milk, Soy, Wheat.

Made With: Muffin (WHOLE WHEAT FLOUR BLEACHED, SUGAR, PALM OIL, MODIFIED CORN STARCH. CONTAINS 2% OR LESS OF: LEAVENING , (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), DEXTROSE, SALT, NONFAT MILK, EGGS WITH SODIUM , SILICOALUMINATE, MONO AND DIGLYCERIDES, XANTHAN GUM, SOY FLOUR.); Municipal Water (WATER); Banana (BANANA); Cinnamon Ground (CINNAMON)

Banana Pepper Sauce

PER SERVING (1 tbsp.)			
13 CALORIES	0.1g SAT FAT	120mg SODIUM	1.3g CARBS

Allergens: Contains Egg, Milk, Soy.

Made With: Light Ranch Dressing (Back of the House) (WATER, CULTURED LOWFAT BUTTERMILK, CORN SYRUP, SOYBEAN OIL, RANCH SEASONING & SPICES [SALT, FOOD STARCH-MODIFIED, MONOSODIUM GLUTAMATE, SUGAR, DRIED GARLIC, DRIED ONION, NATURAL AND ARTIFICIAL FLAVOR [INCLUDES MILK, SOYBEAN], WHEY PROTEIN CONCENTRATE, CORN SYRUP, SPICES, XANTHAN GUM, SORBIC ACID AND CALCIUM DISODIUM EDTA AS PRESERVATIVES, CITRIC ACID, CALCIUM STEARATE), DISTILLED VINEGAR, CONTAINS LESS THAN 2% OF EGG YOLKS, CULTURED BUTTERMILK, WHEY, FOOD STARCH-MODIFIED, SALT, NATURAL FLAVOR (INCLUDES MILK), PHOSPHORIC ACID, SODIUM BENZOATE AND POTASSIUM SORBATE (AS PRESERVATIVES), ARTIFICIAL COLOR, PROPYLENE GLYCOL ALGINATE, XANTHAN GUM, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR.); Plain Greek Yogurt (CULTURED GRADE A NON FAT MILK.); Frank's Red Hot Sauce (AGED CAYENNE RED PEPPERS, VINEGAR, WATER, SALT AND GARLIC POWDER.); Peppers, banana, sliced, canned, drained, ready-to-serve (1/2c = 1.8oz = 1/2c other) , Recipe (Mild Banana Pepper Rings (FRESH BANANA PEPPERS, WATER, VINEGAR, SALT, MALIC AND LACTIC ACID, CALCIUM CHLORIDE, SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES), YELLOW 5.)); Mild Banana Pepper Rings (FRESH BANANA PEPPERS, WATER, VINEGAR, SALT, MALIC AND LACTIC ACID, CALCIUM CHLORIDE, SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES), YELLOW 5.)

Barbecue Sauce

PER SERVING (2 tbsp.)			
30 CALORIES	0.0g SAT FAT	470mg SODIUM	7.0g CARBS

Allergens:

Made With: Smokey Barbecue Sauce (Back of the House)
(TOMATO PUREE (WATER, TOMATO PASTE),
DISTILLED VINEGAR, SUGAR, SALT, MUSTARD
BRAN, CONTAINS LESS THAN 2% OF CORN
STARCH, NATURAL HICKORY SMOKE FLAVOR,
SPICES, MOLASSES, GARLIC*, CELERY SEED,
NATURAL FLAVORS, TAMARIND CONCENTRATE.
*DEHYDRATED)

BBQ Pork Riblet Sandwich

PER SERVING (1 ea.)			
315 CALORIES	3.5g SAT FAT	825mg SODIUM	38.5g CARBS

Allergens: Contains Gluten, Sesame, Soy, Wheat.

Made With: BBQ Riblet Patty, pork (GROUND PORK (NOT MORE THAN 24% FAT), BARBECUE SAUCE [TOMATO KETCHUP (TOMATO CONCENTRATE, CORN SYRUP, DISTILLED VINEGAR, SALT, NATURAL FLAVORINGS, ONION POWDER, SPICE, GARLIC POWDER), BROWN SUGAR, SUGAR, MUSTARD (DISTILLED VINEGAR, WATER, MUSTARD SEED, SALT, TUMERIC, PAPRIKA, SPICE, GARLIC POWDER), DEXTROSE, VINEGAR, CLOVE], WATER, VEGETABLE PROTEIN PRODUCT [SOY PROTEIN CONCENTRATE, ZINC OXIDE, NIACINAMIDE, FERROUS SULFATE, COPPER GLUCONATE, VITAMIN A PALMITATE, CALCIUM PANTOTHENATE, THIAMINE MONONITRATE (B1), PYRIDOXINE HYDROCHLORIDE (B6), RIBOFLAVIN (B2), CYANOCOBALAMIN (B12), (MAY CONTAIN CARAMEL COLOR), (MAY CONTAIN SOY LECITHIN)], SMOKE FLAVOR, SALT, MODIFIED FOOD STARCH, SODIUM PHOSPHATE.); WWW Hamburger Bun (WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), WATER, YEAST, VITAL WHEAT GLUTEN, SUGAR, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SOYBEAN OIL, SALT, XANTHAN GUM, YEAST NUTRIENT (AMMONIUM SULFATE), DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, ASCORBIC ACID, MONOCALCIUM PHOSPHATE), CALCIUM PROPIONATE (MOLD INHIBITOR), ENZYMES, SESAME FLOUR.); Smokey Barbecue Sauce (Back of the House) (TOMATO PUREE (WATER, TOMATO PASTE), DISTILLED VINEGAR, SUGAR, SALT, MUSTARD BRAN, CONTAINS LESS THAN 2% OF CORN STARCH, NATURAL HICKORY SMOKE FLAVOR, SPICES, MOLASSES, GARLIC*, CELERY SEED, NATURAL FLAVORS, TAMARIND CONCENTRATE. *DEHYDRATED)

BBQ Pulled Pork Sandwich

PER SERVING (1 sandwich)			
346 CALORIES	4.0g SAT FAT	975mg SODIUM	32.6g CARBS

Allergens: Contains Gluten, Sesame, Wheat. May contain Soy.

Made With: USDA Pulled Pork (This item is a fully cooked, minimally seasoned pulled pork. This product is delivered frozen in cases containing eight 5-pound or four 10-pound packages.,); WWW Hamburger Bun (WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), WATER, YEAST, VITAL WHEAT GLUTEN, SUGAR, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SOYBEAN OIL, SALT, XANTHAN GUM, YEAST NUTRIENT (AMMONIUM SULFATE), DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, ASCORBIC ACID, MONOCALCIUM PHOSPHATE), CALCIUM PROPIONATE (MOLD INHIBITOR), ENZYMES, SESAME FLOUR.); Smokey Barbecue Sauce (Back of the House) (TOMATO PUREE (WATER, TOMATO PASTE), DISTILLED VINEGAR, SUGAR, SALT, MUSTARD BRAN, CONTAINS LESS THAN 2% OF CORN STARCH, NATURAL HICKORY SMOKE FLAVOR, SPICES, MOLASSES, GARLIC*, CELERY SEED, NATURAL FLAVORS, TAMARIND CONCENTRATE. *DEHYDRATED)

Biscuit & Chorizo Sausage Gravy

PER SERVING (1 serving)			
CALORIES	g SAT FAT	mg SODIUM	g CARBS

Allergens:

Made With:

Biscuit with Grape Jelly

PER SERVING (1 ea.)			
235 CALORIES	5.0g SAT FAT	410mg SODIUM	37.0g CARBS

Allergens: Contains Gluten, Milk, Wheat.

Made With: Biscuit, baked, Easy Split , Pillsbury, Buttermilk, 2.25 oz (1 biscuit=2 oz grain) (Enriched Flour Bleached (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Palm Oil, Buttermilk, Sugar, Palm Kernel Oil, Calcium Acid Pyrophosphate, Baking Soda, Salt, Sodium Aluminum Phosphate, Pectin, Natural And Artificial Flavor. Contains Wheat And Milk Ingredients.); Concord Grape Jelly Packet (CONCORD GRAPE JUICE, HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, FRUIT PECTIN, CITRIC ACID, SODIUM CITRATE)

Black Beans

PER SERVING (1/2 c.)			
157 CALORIES	0.0g SAT FAT	202mg SODIUM	28.9g CARBS

Allergens:

Made With: USDA Black Beans

Blazing Hot Chicken Salad

PER SERVING (1 salad)			
211 CALORIES	3.9g SAT FAT	1136mg SODIUM	16.0g CARBS

Allergens: Contains Milk.

Made With: Salad Mix with color (Iceburg Lettuce, Shredded Red Cabbage, Shredded Carrots); Blazing Hot Chicken,USDA Unseasoned Strip Chicken (Grilled Chicken Strips (See Label for ingredients and allergens); Flaming Hot Buffalo Sauce, sriracha, apple cider vinegar, garlic, chipotle peppers, jalapenos (Sriracha Sauce (CHILI PEPPER, VINEGAR, GARLIC, SUGAR, SALT, WATER, NATURAL FLAVORS, XANTHAN GUM, LESS THAN 0.1% POTASSIUM SORBATE AND SODIUM BENZOATE AS PRESERVATIVES); Apple Cider (APPLE CIDER VINEGAR (DILUTED WITH WATER TO 5% ACIDITY))); Peppers, jalapeno, sliced, canned, drained, ready-to-serve (Jalapeno Peppers (FRESH JALAPENO PEPPERS, WATER, VINEGAR, SALT, MALIC AND LACTIC ACID, CALCIUM CHLORIDE, SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES), YELLOW 5.)); Chipotle Peppers In Adobo Sauce (CHIPOTLE PEPPERS, WATER, VINEGAR, SUGAR, SALT, TOMATO PASTE, SMOKE ESSENCE, ONION, GARLIC); Garlic Powder (GARLIC POWDER)); Peppers, jalapeno, sliced, canned, drained, ready-to-serve (Jalapeno Peppers (FRESH JALAPENO PEPPERS, WATER, VINEGAR, SALT, MALIC AND LACTIC ACID, CALCIUM CHLORIDE, SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES), YELLOW 5.)); Parsley, finely chopped (1/2c=0.35 oz=1/4c dark green veg) , Recipe (Pasteurized Lime Juice (PARSLEY))); Tomatoes, fresh, 8 cut wedge, ready-to-serve (1/2c = 4 wedges = 1/2c red/orange veg) , Recipe (Tomato (TOMATO)); Buffalo Side Vegetables, carrots, celery, cucumber (1/4c = 1/8c other + 1/8c red veg) , Recipe (Carrot (CARROTS); Cucumbers, unpared, 1/4-inch diced, ready-to-serve (1/2c = 2.8 oz = 1/2c other veg) , Recipe (Cucumber (CUCUMBER)); Celery (CELERY)); Peppers, jalapeno, sliced, canned, drained, ready-to-serve (Jalapeno Peppers (FRESH JALAPENO PEPPERS, WATER, VINEGAR, SALT, MALIC AND LACTIC ACID, CALCIUM CHLORIDE, SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES), YELLOW 5.)); Yellow Cheddar Cheese (Cheddar Cheese (Cultured Pasteurized , Milk, Salt, Enzymes, Color Added [If , Colored], Anticake (Potato Starch, , Powdered Cellulose)); Parsley, finely chopped (1/2c=0.35 oz=1/4c dark green veg) , Recipe (Pasteurized Lime Juice (PARSLEY))

Blazing Hot Chicken Salad

PER SERVING (1 salad)			
200 CALORIES	3.4g SAT FAT	1145mg SODIUM	16.0g CARBS

Allergens: Contains Milk.

Made With: Salad Mix with color (Iceburg Lettuce, Shredded Red Cabbage, Shredded Carrots); Blazing Hot Chicken,USDA Unseasoned Strip Chicken (Grilled Chicken Strips (See Label for ingredients and allergens); Flaming Hot Buffalo Sauce, sriracha, apple cider vinegar, garlic, chipotle peppers, jalapenos (Sriracha Sauce (CHILI PEPPER, VINEGAR, GARLIC, SUGAR, SALT, WATER, NATURAL FLAVORS, XANTHAN GUM, LESS THAN 0.1% POTASSIUM SORBATE AND SODIUM BENZOATE AS PRESERVATIVES); Apple Cider (APPLE CIDER VINEGAR (DILUTED WITH WATER TO 5% ACIDITY))); Peppers, jalapeno, sliced, canned, drained, ready-to-serve (Jalapeno Peppers (FRESH JALAPENO PEPPERS, WATER, VINEGAR, SALT, MALIC AND LACTIC ACID, CALCIUM CHLORIDE, SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES), YELLOW 5.)); Chipotle Peppers In Adobo Sauce (CHIPOTLE PEPPERS, WATER, VINEGAR, SUGAR, SALT, TOMATO PASTE, SMOKE ESSENCE, ONION, GARLIC); Garlic Powder (GARLIC POWDER)); Peppers, jalapeno, sliced, canned, drained, ready-to-serve (Jalapeno Peppers (FRESH JALAPENO PEPPERS, WATER, VINEGAR, SALT, MALIC AND LACTIC ACID, CALCIUM CHLORIDE, SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES), YELLOW 5.)); Parsley, finely chopped (1/2c=0.35 oz=1/4c dark green veg) , Recipe (Pasteurized Lime Juice (PARSLEY))); Tomatoes, fresh, 8 cut wedge, ready-to-serve (1/2c = 4 wedges = 1/2c red/orange veg) , Recipe (Tomato (TOMATO)); Buffalo Side Vegetables, carrots, celery, cucumber (1/4c = 1/8c other + 1/8c red veg) , Recipe (Carrot (CARROTS); Cucumbers, unpared, 1/4-inch diced, ready-to-serve (1/2c = 2.8 oz = 1/2c other veg) , Recipe (Cucumber (CUCUMBER)); Celery (CELERY)); Peppers, jalapeno, sliced, canned, drained, ready-to-serve (Jalapeno Peppers (FRESH JALAPENO PEPPERS, WATER, VINEGAR, SALT, MALIC AND LACTIC ACID, CALCIUM CHLORIDE, SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES), YELLOW 5.)); Shredded Cheddar Cheese Reduced Fat (See Label for ingredients and allergens); Parsley, finely chopped (1/2c=0.35 oz=1/4c dark green veg) , Recipe (Pasteurized Lime Juice (PARSLEY))

Blazing Hot Chicken Sub

PER SERVING (1 sandwich)			
344 CALORIES	3.9g SAT FAT	1115mg SODIUM	39.5g CARBS

Allergens: Contains Gluten, Milk, Wheat. May contain Egg, Soy.

Made With: Blazing Hot Chicken, USDA Unseasoned Strip Chicken (Grilled Chicken Strips (See Label for ingredients and allergens); Flaming Hot Buffalo Sauce, sriracha, apple cider vinegar, garlic, chipotle peppers, jalapenos (Sriracha Sauce (CHILI PEPPER, VINEGAR, GARLIC, SUGAR, SALT, WATER, NATURAL FLAVORS, XANTHAN GUM, LESS THAN 0.1% POTASSIUM SORBATE AND SODIUM BENZOATE AS PRESERVATIVES); Apple Cider (APPLE CIDER VINEGAR (DILUTED WITH WATER TO 5% ACIDITY))); Peppers, jalapeno, sliced, canned, drained, ready-to-serve (Jalapeno Peppers (FRESH JALAPENO PEPPERS, WATER, VINEGAR, SALT, MALIC AND LACTIC ACID, CALCIUM CHLORIDE, SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES), YELLOW 5.)); Chipotle Peppers In Adobo Sauce (CHIPOTLE PEPPERS, WATER, VINEGAR, SUGAR, SALT, TOMATO PASTE, SMOKE ESSENCE, ONION, GARLIC); Garlic Powder (GARLIC POWDER))); Peppers, jalapeno, sliced, canned, drained, ready-to-serve (Jalapeno Peppers (FRESH JALAPENO PEPPERS, WATER, VINEGAR, SALT, MALIC AND LACTIC ACID, CALCIUM CHLORIDE, SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES), YELLOW 5.)); Parsley, finely chopped (1/2c=0.35 oz=1/4c dark green veg) , Recipe (Pasteurized Lime Juice (PARSLEY))); Sub Roll, zesty pepper, Richs WG (1 roll = 2 oz eq grain) , Recipe (Sub Roll Dough, whole grain, proofed and stretched, Richs (1 roll = 2 oz eq grain) , Recipe (Roll Dgh Wg (WATER, WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), YEAST, SUGAR, WHEAT GLUTEN, SOYBEAN OIL, CONTAINS LESS THAN 2% OF THE FOLLOWING: OAT FIBER, FRUCTOSE, NATURAL FLAVOR (CONTAINS WHEAT INGREDIENTS), SEA SALT, HONEY, ENZYMES (CONTAINS WHEAT), ASCORBIC ACID, SALT.); Pan Spray (Canola Oil, Phosphated Mono &&& Diglycerides, Propellant.)); Low Sodium Lemon Pepper (BLACK PEPPER, SALT, MODIFIED FOOD STARCH, CITRIC ACID, LEMON PEEL, SUGAR, GARLIC, ONION, NATURAL FLAVOR, RIBOFLAVIN (FOR COLOR).); Pan Spray (Canola Oil, Phosphated Mono && Diglycerides, Propellant.)); Buffalo Side Vegetables, carrots, celery, cucumber (1/4c = 1/8c other + 1/8c red veg) , Recipe (Carrot (CARROTS); Cucumbers, unpared, 1/4-inch diced, ready-to-serve (1/2c = 2.8 oz = 1/2c other veg) , Recipe (Cucumber (CUCUMBER)); Celery (CELERY)); Yellow Cheddar Cheese (Cheddar Cheese (Cultured Pasteurized , Milk, Salt, Enzymes, Color Added [If , Colored], Anticake (Potato Starch, , Powdered Cellulose))

Blazing Hot Chicken Sub

PER SERVING (1 sandwich)			
333 CALORIES	3.4g SAT FAT	1124mg SODIUM	39.5g CARBS

- Allergens:** Contains Gluten, Milk, Wheat. May contain Egg, Soy.
- Made With:** Blazing Hot Chicken, USDA Unseasoned Strip Chicken (Grilled Chicken Strips (See Label for ingredients and allergens); Flaming Hot Buffalo Sauce, sriracha, apple cider vinegar, garlic, chipotle peppers, jalapenos (Sriracha Sauce (CHILI PEPPER, VINEGAR, GARLIC, SUGAR, SALT, WATER, NATURAL FLAVORS, XANTHAN GUM, LESS THAN 0.1% POTASSIUM SORBATE AND SODIUM BENZOATE AS PRESERVATIVES); Apple Cider (APPLE CIDER VINEGAR (DILUTED WITH WATER TO 5% ACIDITY))); Peppers, jalapeno, sliced, canned, drained, ready-to-serve (Jalapeno Peppers (FRESH JALAPENO PEPPERS, WATER, VINEGAR, SALT, MALIC AND LACTIC ACID, CALCIUM CHLORIDE, SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES), YELLOW 5.)); Chipotle Peppers In Adobo Sauce (CHIPOTLE PEPPERS, WATER, VINEGAR, SUGAR, SALT, TOMATO PASTE, SMOKE ESSENCE, ONION, GARLIC); Garlic Powder (GARLIC POWDER))); Peppers, jalapeno, sliced, canned, drained, ready-to-serve (Jalapeno Peppers (FRESH JALAPENO PEPPERS, WATER, VINEGAR, SALT, MALIC AND LACTIC ACID, CALCIUM CHLORIDE, SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES), YELLOW 5.)); Parsley, finely chopped (1/2c=0.35 oz=1/4c dark green veg) , Recipe (Pasteurized Lime Juice (PARSLEY))); Sub Roll, zesty pepper, Richs WG (1 roll = 2 oz eq grain) , Recipe (Sub Roll Dough, whole grain, proofed and stretched, Richs (1 roll = 2 oz eq grain) , Recipe (Roll Dgh Wg (WATER, WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), YEAST, SUGAR, WHEAT GLUTEN, SOYBEAN OIL, CONTAINS LESS THAN 2% OF THE FOLLOWING: OAT FIBER, FRUCTOSE, NATURAL FLAVOR (CONTAINS WHEAT INGREDIENTS), SEA SALT, HONEY, ENZYMES (CONTAINS WHEAT), ASCORBIC ACID, SALT.); Pan Spray (Canola Oil, Phosphated Mono &&& Diglycerides, Propellant.)); Low Sodium Lemon Pepper (BLACK PEPPER, SALT, MODIFIED FOOD STARCH, CITRIC ACID, LEMON PEEL, SUGAR, GARLIC, ONION, NATURAL FLAVOR, RIBOFLAVIN (FOR COLOR).); Pan Spray (Canola Oil, Phosphated Mono && Diglycerides, Propellant.)); Buffalo Side Vegetables, carrots, celery, cucumber (1/4c = 1/8c other + 1/8c red veg) , Recipe (Carrot (CARROTS); Cucumbers, unpared, 1/4-inch diced, ready-to-serve (1/2c = 2.8 oz = 1/2c other veg) , Recipe (Cucumber (CUCUMBER))); Celery (CELERY)); Shredded Cheddar Cheese Reduced Fat (See Label for ingredients and allergens)

Blue Ribbon Slaw

PER SERVING (1/2 c.)			
44 CALORIES	0.0g SAT FAT	114mg SODIUM	10.4g CARBS

Allergens:

Made With: Green Cabbage (GREEN CABBAGE); Slaw Juice, cider vinegar, lime juice, sugar (not creditable) , Recipe (Apple Cider (APPLE CIDER VINEGAR (DILUTED WITH WATER TO 5% ACIDITY))); Granulated Sugar (SUGAR); Real Lime Juice (WATER, LIME JUICE CONCENTRATE AND LESS THAN 2% OF: LIME OIL, , SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES).)); Carrot (CARROTS); Onion, green, sliced (1/2c = 2.2 oz = 1/2c other veg) , Recipe (Green Onion (GREEN ONIONS)); Black Pepper Ground (BLACK PEPPER); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSATE OF SODA AS AN ANTICAKING AGENT.); Celery Seed (CELERY SEED)

Blueberry Bagel w/ Cream Cheese Burry

PER SERVING (1 ea.)			
205 CALORIES	2.2g SAT FAT	370mg SODIUM	34.7g CARBS

Allergens: Contains Gluten, Milk, Wheat. Processed in a facility that also processes Egg, Soy.

Made With: Bagel, Blueberry, sliced, Burry, WGR, 2 oz
(INGREDIENTS: WHITE WHOLE WHEAT FLOUR, WATER, ENRICHED WHEAT FLOUR, (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin , Mononitrate, Ribofavin, Folic Acid), Dried Blueberries (Sugar, Blueberry, Sunflower Oil), Blueberry Flavor Bits (Sugar, Wheat Flour, Canola Oil, Wheat Starch, Dextrose [colored with fruit juice], Natural Flavor (WONF), Blueberry Solids, Sodium Bicarbonate), Brown Sugar, Contains less than 2% of Blueberry Flavor (Natural and Artfcial Flavor), Dough Conditoner (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Ribofavin, Folic Acid] Hydrolyzed Wheat Gluten and 2% or Less of Each of the Following: Canola Oil, Ascorbic Acid, Enzymes, Salt), Salt, Vinegar, Wheat Gluten, Yeast,); Light Cream Cheese (PASTEURIZED MILK AND CREAM, WHEY PROTEIN CONCENTRATE, CONTAINS LESS THAN, 2% OF SALT, CAROB BEAN GUM, GUAR GUM, SORBIC ACID (AS A PRESERVATIVE)*, VITAMIN A PALMITATE, CHEESE CULTURE. *INGREDIENT NOT IN REGULAR CREAM CHEESE)

Blueberry Fruit & Yogurt Parfait

PER SERVING (1 parfait)			
409 CALORIES	1.6g SAT FAT	234mg SODIUM	75.2g CARBS

Allergens: Contains Milk, Soy. May contain Gluten.

Made With: Vanilla Yogurt (Cultured Grade A Low Fat Milk, Sugar, Modified Corn Starch. Contains less than 1% of: Corn Starch, Potassium Sorbate Added to , Maintain Freshness, Natural Flavor, Vitamin A Acetate, Vitamin D3.); Wild Blueberries (BLUEBERRIES); Oats & Honey Crunch Granola (Whole Grain Oats, Sugar, Canola and/or Sunflower Oil, Rice Flour, Honey, Brown Sugar Syrup, Salt, Baking Soda, , Soy Lecithin, Natural Flavor.)

Blueberry Muffin

PER SERVING (1 muffin)			
190 CALORIES	2.0g SAT FAT	130mg SODIUM	30.0g CARBS

Allergens: Contains Egg, Gluten, Soy, Wheat.

Made With: Whole Grain Blueberry Muffin (WHOLE WHEAT FLOUR, SUGAR, EGGS, WATER, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), APPLESAUCE (APPLES, WATER, ASCORBIC ACID [TO RETAIN COLOR]), INVERT SUGAR, SOYBEAN OIL, CONTAINS 2% OR LESS OF: FRACTIONATED INTERESTERIFIED PALM OIL, CANOLA OIL, PROPYLENE GLYCOL MONO- AND DIESTERS OF FATS AND FATTY ACIDS, WHEAT GLUTEN, OAT FIBER, MONO- AND DIGLYCERIDES, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), CINNAMON, MODIFIED CORN STARCH, POTASSIUM SORBATE (PRESERVATIVE), SODIUM ALGINATE, SALT, NATURAL APPLE FLAVOR, SOY LECITHIN, SODIUM STEAROYL LACTYLATE, CARAMEL COLOR, ENZYMES.)

Blueberry Pancake Bites

PER SERVING (1 pkg.)			
210 CALORIES	1.0g SAT FAT	310mg SODIUM	35.0g CARBS

Allergens: Contains Egg, Gluten, Milk, Soy, Wheat.

Made With: Pancakes, mini, blueberry, WGR, Eggo Bites (WHOLE WHEAT FLOUR, WATER, SUGAR, VEGETABLE OIL (SOYBEAN, PALM, PALM KERNEL, AND/OR CANOLA OIL), BUTTERMILK, EGGS, CONTAINS 2% OR LESS OF LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), FRUCTOSE, SALT, NATURAL FLAVORS, CORN CEREAL, YELLOW CORN FLOUR, CORNSTARCH, CORN SYRUP SOLIDS, BLACK CARROT JUICE CONCENTRATE FOR COLOR, BLUEBERRY JUICE CONCENTRATE FOR COLOR, SOY LECITHIN, VITAMIN A PALMITATE, REDUCED IRON, NIACINAMIDE, VITAMIN B6 (PYRODOXINE HYDROCHLORIDE), VITAMIN B1 (THIAMIN HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), VITAMIN B12.)



Blueberry Parfait

PER SERVING (1 parfait)			
189 CALORIES	0.6g SAT FAT	121mg SODIUM	39.7g CARBS

Allergens: Contains Milk.

Made With: Vanilla Yogurt (Cultured Grade A Low Fat Milk, Sugar, Modified Corn Starch. Contains less than 1% of: Corn Starch, Potassium Sorbate Added to , Maintain Freshness, Natural Flavor, Vitamin A Acetate, Vitamin D3.); Blueberries (BLUEBERRIES); Cheerioes Cereal Cup (Whole Grain Oats, Corn Starch, Sugar, Salt, Tripotassium Phosphate. Vitamin E (mixed tocopherols) Added to , Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin, (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin A (palmitate), Vitamin B1 (thiamin mononitrate), A B Vitamin (folic , acid), Vitamin B12, Vitamin D3.)

Blueberry Patch Parfait

PER SERVING (1 parfait)			
458 CALORIES	1.4g SAT FAT	104mg SODIUM	90.7g CARBS

Allergens: Contains Milk. Processed in a facility that also processes Soy, Tree nuts, Wheat.

Made With: Vanilla Yogurt (Cultured Grade A Low Fat Milk, Sugar, Modified Corn Starch. Contains less than 1% of: Corn Starch, Potassium Sorbate Added to , Maintain Freshness, Natural Flavor, Vitamin A Acetate, Vitamin D3.); Blueberries (BLUEBERRIES); Classic Granola (Whole grain rolled oats, cane sugar, whole grain brown rice flour, mixed fruit blend concentrate (pineapple, pear, peach), oat flour, vanilla extract (vanilla bean extractives, alcohol, water), vitamin E)

Blueberry Patch Parfait

PER SERVING (1 parfait)			
249 CALORIES	0.7g SAT FAT	53mg SODIUM	49.8g CARBS

Allergens: Contains Milk. Processed in a facility that also processes Soy, Tree nuts, Wheat.

Made With: Vanilla Yogurt (Cultured Grade A Low Fat Milk, Sugar, Modified Corn Starch. Contains less than 1% of: Corn Starch, Potassium Sorbate Added to , Maintain Freshness, Natural Flavor, Vitamin A Acetate, Vitamin D3.); Blueberries (BLUEBERRIES); Classic Granola (Whole grain rolled oats, cane sugar, whole grain brown rice flour, mixed fruit blend concentrate (pineapple, pear, peach), oat flour, vanilla extract (vanilla bean extractives, alcohol, water), vitamin E)

Blueberry Patch Parfait

PER SERVING (1 parfait)			
224 CALORIES	0.8g SAT FAT	117mg SODIUM	42.0g CARBS

Allergens: Contains Milk, Soy. May contain Gluten.

Made With: Vanilla Yogurt (Cultured Grade A Low Fat Milk, Sugar, Modified Corn Starch. Contains less than 1% of: Corn Starch, Potassium Sorbate Added to , Maintain Freshness, Natural Flavor, Vitamin A Acetate, Vitamin D3.); Wild Blueberries (BLUEBERRIES); Oats & Honey Crunch Granola (Whole Grain Oats, Sugar, Canola and/or Sunflower Oil, Rice Flour, Honey, Brown Sugar Syrup, Salt, Baking Soda, , Soy Lecithin, Natural Flavor.)

Bread Roll

PER SERVING (2 roll.)			
140 CALORIES	0.0g SAT FAT	180mg SODIUM	26.0g CARBS

Allergens: Contains Gluten, Sesame, Soy, Wheat.

Made With: WWW Tea Roll (WHOLE GRAIN WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin, Mononitrate, Riboflavin and Folic Acid), WATER, YEAST, VITAL WHEAT GLUTEN, SUGAR, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: Vegetable oil (canola and/or soy), Salt, Guar and/or Xanthan Gum, Yeast Nutrient (Ammonium Sulfate), Dough Conditioners (Mono-diglycerides, Sodium Stearoyl Lactylate, Ascorbic Acid, Monocalcium Phosphate, Calcium Propionate (Mold Inhibitor), Calcium Sulfate, Enzymes)

Breaded Chicken Patty

PER SERVING (1 patty)			
240 CALORIES	2.5g SAT FAT	440mg SODIUM	16.0g CARBS

Allergens: Contains Gluten, Soy, Wheat.

Made With: Whole Grain Chicken Patty, CF (Chicken, water, whole wheat flour, textured soy flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), isolated soy, protein with less than 2% lecithin, contains 2% or less of the following: chicken type flavor [brown sugar, yeast extract, onion powder, maltodextrin, canola oil, carrot, powder, garlic powder, silicon dioxide (anti-caking agent), citric acid, spice, salt, vegetable stock (carrot, onion, celery), natural flavor], dextrose, dried garlic, dried, onion, dried yeast, paprika extract (color), salt, spice, sugar, textured soy protein concentrate, torula yeast, turmeric extract (color), wheat gluten. Breading set in, vegetable oil.)

Breadstick

PER SERVING (1 breadstick)			
80 CALORIES	0.0g SAT FAT	95mg SODIUM	14.0g CARBS

Allergens: Contains Gluten, Soy, Wheat. May contain Egg, Milk.

Made With: Breadstick Dgh (WATER, WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), YEAST, SUGAR, WHEAT GLUTEN, CONTAINS LESS THAN 2% OF THE FOLLOWING: FRUCTOSE, SOYBEAN OIL, OAT FIBER, SEA SALT, HONEY, SOY LECITHIN, NATURAL FLAVOR, ENZYMES (CONTAINS WHEAT), ASCORBIC ACID, SALT.); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.)



Breakfast on a Stick

PER SERVING (1 stick.)			
200 CALORIES	2.5g SAT FAT	310mg SODIUM	17.0g CARBS

Allergens: Contains Egg, Gluten, Soy, Wheat.

Made With: Maple Pancake Wrap with Turkey Sausage (GROUND TURKEY, MECHANICALLY SEPARATED TURKEY AND TEXTURED VEGETABLE PROTEIN LINK: GROUND TURKEY, MECHANICALLY SEPARATED TURKEY, WATER, TEXTURED VEGETABLE PROTEIN PRODUCT (SOY PROTEIN CONCENTRATE, CARAMEL COLOR, ZINC OXIDE, NIACINAMIDE, FERROUS SULFATE, COPPER GLUCONATE, VITAMIN A PALMITATE, CALCIUM PANTOTHENATE, THIAMINE MONONITRATE, PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN, CYANOCOBALAMIN), CONTAINS LESS THAN 2% OF SALT, POTASSIUM LACTATE, POTASSIUM ACETATE, SPICES, SODIUM PHOSPHATE, POTASSIUM CHLORIDE, SUGAR, CARAMEL COLOR, SODIUM DIACETATE, SODIUM NITRATE. BATTER INGREDIENTS: WATER, WHOLE WHEAT FLOUR, SUGAR, SOYBEAN OIL, CONTAINS LESS THAN 2% OF LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), NATURAL AND ARTIFICIAL SWEET MAPLE FLAVOR (MODIFIED CORN STARCH, ACESULFAME POTASSIUM, NATURAL FLAVORING, MAPLE SYRUP, CARAMEL COLOR), EGG YOLK, SALT, ARTIFICIAL FLAVOR, SOY FLOUR. FRIED IN VEGETABLE OIL.)

Brown Gravy

PER SERVING (1 fl. oz.)			
15 CALORIES	0.0g SAT FAT	78mg SODIUM	2.4g CARBS

Allergens: Contains Soy.

Made With: Municipal Water (WATER); Low Sodium Brown Gravy (MODIFIED CORN STARCH, PEA FLOUR, YEAST EXTRACT, PALM OIL, ONION POWDER, MALTODEXTRIN, SUGAR, SALT, NATURAL FLAVOR, CARAMEL COLOR (SULFITES), SOY LECITHIN, CELERY POWDER, CARROT POWDER, POTASSIUM CHLORIDE, MUSHROOM EXTRACT, DISODIUM GUANYLATE, DISODIUM INOSINATE, SPICE, GARLIC POWDER, CITRIC ACID.)



Buffalo Chicken Pizza

PER SERVING (1 slice)			
501 CALORIES	7.6g SAT FAT	1487mg SODIUM	61.6g CARBS

Allergens: Contains Egg, Gluten, Milk, Soy, Wheat.

Made With: Pizza Dough, Richs White 16-inch, Oven Rise w/Sauce Ring, 27.5 oz (8-cut=3 oz; 10-cut=2.25 oz grain) (Oven Rise 16" Sheeted Pizza Dough (ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, CONTAINS LESS THAN 2% OF THE FOLLOWING: PALM OIL, SUGAR, SOYBEAN OIL, SALT, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE), BUTTERMILK, PASTEURIZED PART SKIM MILK, CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), WHEY POWDER (A MILK DERIVATIVE), GARLIC POWDER, CHEESE CULTURE, GUAR GUM, MALTED BARLEY FLOUR, DEXTROSE, XANTHAN GUM, DATEM, ENZYME, SODIUM PHOSPHATE, LACTIC ACID, ASCORBIC ACID.); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.); Buffalo Chicken, Tyson popcorn, Franks hot sauce (12 pieces=4.6 oz=2 oz M/MA+1 oz grain) , Recipe (Popcorn Chicken, Tyson (12 pieces = 3.36 oz = 2 oz M/MA + 1 oz eq grain) , Recipe (Golden Crispy Popcorn Chicken (Chicken, water, textured soy protein concentrate, isolated soy protein with less than 2% lecithin, chicken type flavor [brown sugar, yeast extract, onion powder,, maltodextrin, canola oil, carrot powder, garlic powder, silicon dioxide (anti-caking agent), citric acid, spice, salt, vegetable stock (carrot, onion, celery), natural flavor],, sodium phosphates.BREADED WITH: Whole wheat flour,

enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water,, salt, wheat gluten, sugar, dried onion, dried garlic, torula yeast, dextrose, spice, dried yeast, paprika extract (color) turmeric extract (color). Breeding set in vegetable, oil.)); Frank's Red Hot Sauce (AGED CAYENNE RED PEPPERS, VINEGAR, WATER, SALT AND GARLIC POWDER.)); CHEESE MOZZ PS SHRD USDA (Low Moisture Part Skim Mozzarella, Cheese (Pasteurized Part Skim Milk,, Cheese Cultures, Salt, Enzymes), Powdered Cellulose (to Prevent Caking),, Natamycin (a Natural Mold Inhibitor),); Pizza Sauce (VINE-RIPENED FRESH TOMATOES, SUGAR, SALT, SEASONING (SPICES, SALT, GARLIC POWDER), EXTRA VIRGIN OLIVE OIL); Yellow Cheddar Cheese (Cheddar Cheese (Cultured Pasteurized , Milk, Salt, Enzymes, Color Added [If , Colored], Anticake (Potato Starch, , Powdered Cellulose)); Buffalo Side Vegetables, carrots, celery, cucumber (1/4c = 1/8c other + 1/8c red veg) , Recipe (Carrot (CARROTS); Cucumbers, unpared, 1/4-inch diced, ready-to-serve (1/2c = 2.8 oz = 1/2c other veg) , Recipe (Cucumber (CUCUMBER)); Celery (CELERY)); Banana Pepper Sauce, ranch, greek yogurt, Franks hot sauce (Light Ranch Dressing (Back of the House) (WATER, CULTURED LOWFAT BUTTERMILK, CORN SYRUP, SOYBEAN OIL, RANCH SEASONING && SPICES (SALT, FOOD STARCH-MODIFIED, MONOSODIUM GLUTAMATE, SUGAR, DRIED GARLIC, DRIED ONION, NATURAL AND ARTIFICIAL FLAVOR [INCLUDES MILK, SOYBEAN], WHEY PROTEIN CONCENTRATE, CORN SYRUP, SPICES, XANTHAN GUM, SORBIC ACID AND CALCIUM DISODIUM EDTA AS PRESERVATIVES, CITRIC ACID, CALCIUM STEARATE), DISTILLED VINEGAR, CONTAINS LESS THAN 2% OF EGG YOLKS, CULTURED BUTTERMILK, WHEY, FOOD STARCH-MODIFIED, SALT, NATURAL FLAVOR (INCLUDES MILK), PHOSPHORIC ACID, SODIUM BENZOATE AND POTASSIUM SORBATE (AS PRESERVATIVES), ARTIFICIAL COLOR, PROPYLENE GLYCOL ALGINATE, XANTHAN GUM, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR.); Plain Greek Yogurt (CULTURED GRADE A NON FAT MILK.); Frank's Red Hot Sauce (AGED CAYENNE RED PEPPERS, VINEGAR, WATER, SALT AND GARLIC POWDER.); Peppers, banana, sliced, canned, drained, ready-to-serve (1/2c = 1.8oz = 1/2c other) , Recipe (Mild Banana Pepper Rings (FRESH BANANA PEPPERS, WATER, VINEGAR, SALT, MALIC AND LACTIC ACID, CALCIUM CHLORIDE, SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES), YELLOW 5.)); Mild Banana Pepper Rings (FRESH BANANA PEPPERS, WATER, VINEGAR, SALT, MALIC AND LACTIC ACID, CALCIUM CHLORIDE, SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES), YELLOW 5.)); Onion, green, sliced (1/2c = 2.2 oz = 1/2c other veg) , Recipe (Green Onion (GREEN ONIONS)); Garlic Seasoned Oil, Italian seasoning (Olive Oil Blend (CANOLA, EXTRA VIRGIN OLIVE OIL); Garlic Powder (GARLIC POWDER); Italian Seasoning (MARJORAM, THYME, ROSEMARY, SAVORY, SAGE, OREGANO, AND BASIL.))

Buffalo Chicken Salad

PER SERVING (1 salad)			
313 CALORIES	4.8g SAT FAT	1476mg SODIUM	22.3g CARBS

Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Mixed Salad Greens, Romaine blend, spinach (2c = 5 oz = 1/2c dark green + 1/2c other veg) , Recipe (Salad Mix (ROMAINE LETTUCE, ICEBERG LETTUCE)); Fresh Spinach (SPINACH)); Buffalo Chicken, Tyson popcorn, Franks hot sauce (12 pieces=4.6 oz=2 oz M/MA+1 oz grain) , Recipe (Popcorn Chicken, Tyson (12 pieces = 3.36 oz = 2 oz M/MA + 1 oz eq grain) , Recipe (Golden Crispy Popcorn Chicken (Chicken, water, textured soy protein concentrate, isolated soy protein with less than 2% lecithin, chicken type flavor [brown sugar, yeast extract, onion powder,, maltodextrin, canola oil, carrot powder, garlic powder, silicon dioxide (anti-caking agent), citric acid, spice, salt, vegetable stock (carrot, onion, celery), natural flavor],,, sodium phosphates.BREADED WITH: Whole wheat flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water,, salt, wheat gluten, sugar, dried onion, dried garlic, torula yeast, dextrose, spice, dried yeast, paprika extract (color) turmeric extract (color). Breadding set in vegetable, oil.)); Frank's Red Hot Sauce (AGED CAYENNE RED PEPPERS, VINEGAR, WATER, SALT AND GARLIC POWDER.)); Tomatoes, fresh, 1/4-inch diced, ready-to-serve (1/2c = 4.2 oz = 1/2c red/orange veg) , Recipe (Tomato (TOMATO)); Buffalo Side Vegetables, carrots, celery, cucumber (1/4c = 1/8c other + 1/8c red veg) , Recipe (Carrot (CARROTS); Cucumbers, unpared, 1/4-inch diced, ready-to-serve (1/2c = 2.8 oz = 1/2c other veg) , Recipe (Cucumber (CUCUMBER)); Celery (CELERY)); Shredded Mild Cheddar Cheese (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES AND ANNATTO (IF COLORED), POTATO STARCH AND POWDERED CELLULOSE ADDED TO PREVENT CAKING.); Onion, green, sliced (1/2c = 2.2 oz = 1/2c other veg) , Recipe (Green Onion (GREEN ONIONS))



Buffalo Chicken Sandwich

PER SERVING (1 burger)			
452 CALORIES	4.0g SAT FAT	1399mg SODIUM	44.5g CARBS

Allergens: Contains Egg, Gluten, Milk, Sesame, Soy, Wheat.

Made With: Whole Grain Chicken Patty, CF (Chicken, water, whole wheat flour, textured soy flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), isolated soy, protein with less than 2% lecithin, contains 2% or less of the following: chicken type flavor [brown sugar, yeast extract, onion powder, maltodextrin, canola oil, carrot, powder, garlic powder, silicon dioxide (anti-caking agent), citric acid, spice, salt, vegetable stock (carrot, onion, celery), natural flavor], dextrose, dried garlic, dried, onion, dried yeast, paprika extract (color), salt, spice, sugar, textured soy protein concentrate, torula yeast, turmeric extract (color), wheat gluten. Breeding set in, vegetable oil.); WWW Hamburger Bun (WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), WATER, YEAST, VITAL WHEAT GLUTEN, SUGAR, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SOYBEAN OIL, SALT, XANTHAN GUM, YEAST NUTRIENT (AMMONIUM SULFATE), DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, ASCORBIC ACID, MONOCALCIUM PHOSPHATE), CALCIUM PROPIONATE (MOLD INHIBITOR), ENZYMES, SESAME FLOUR.); Franks Red Hot Sauce (AGED CAYENNE RED PEPPERS, VINEGAR, WATER, SALT AND GARLIC POWDER.); Thick & Chunky Blue Cheese Dressing (SOYBEAN OIL, BLUE CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES, POWDERED CELLULOSE TO PREVENT CAKING, NATAMYCIN AS AN ANTI-MYCOTIC AGENT), CULTURED LOWFAT BUTTERMILK, WATER, HIGH FRUCTOSE CORN SYRUP, EGG YOLKS, DISTILLED VINEGAR, CIDER VINEGAR, CORN VINEGAR, CONTAINS LESS THAN 2% OF SALT, SUGAR, NATURAL & ARTIFICIAL FLAVORS (INCLUDES MILK), PHOSPHORIC ACID, XANTHAN GUM, PROPYLENE GLYCOL ALGINATE, SODIUM BENZOATE AND POTASSIUM SORBATE (AS PRESERVATIVES), CARAMEL COLOR, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR, BETA-APO-8'-CAROTENAL (COLOR). CONTAINS: MILK, EGG.)

Buffalo Chicken Wrap

PER SERVING (1 wrap)			
393 CALORIES	7.2g SAT FAT	1206mg SODIUM	39.9g CARBS

Allergens: Contains Gluten, Milk, Wheat.

Made With: Whole Wheat Tortilla, 10" (Whole wheat flour, Enriched unbleached flour (Wheat flour, Niacin, Reduced iron, Thiamine mononitrate, Riboflavin and Folic acid), Water, Vegetable shortening (Contains one or more of the following: Palm oil and/or Corn oil), Contains 2% or less of the following: Salt, Aluminum-free leavening (Sodium acid Pyrophosphate, Sodium bicarbonate, Cornstarch, Monocalcium phosphate), Wheat protein, Preservatives (Calcium propionate, Sorbic acid), Dough conditioner (Fumaric acid, Xanthan gum, Mono- and Diglycerides, Sodium metabisulphite).); Filling, Buffalo Chicken, USDA Unseasoned (Chicken Strips, USDA (See Label for ingredients and allergens); Frank's Red Hot Sauce (AGED CAYENNE RED PEPPERS, VINEGAR, WATER, SALT AND GARLIC POWDER.)); Yellow Cheddar Cheese (Cheddar Cheese (Cultured Pasteurized , Milk, Salt, Enzymes, Color Added [If , Colored], Anticake (Potato Starch, , Powdered Cellulose))

Buffalo Chicken Wrap

PER SERVING (1 wrap)			
383 CALORIES	6.7g SAT FAT	1215mg SODIUM	39.9g CARBS

Allergens: Contains Gluten, Milk, Wheat.

Made With: Whole Wheat Tortilla, 10" (Whole wheat flour, Enriched unbleached flour (Wheat flour, Niacin, Reduced iron, Thiamine mononitrate, Riboflavin and Folic acid), Water, Vegetable shortening (Contains one or more of the following: Palm oil and/or Corn oil), Contains 2% or less of the following: Salt, Aluminum-free leavening (Sodium acid Pyrophosphate, Sodium bicarbonate, Cornstarch, Monocalcium phosphate), Wheat protein, Preservatives (Calcium propionate, Sorbic acid), Dough conditioner (Fumaric acid, Xanthan gum, Mono- and Diglycerides, Sodium metabisulphite).); Filling, Buffalo Chicken, USDA Unseasoned (Chicken Strips, USDA (See Label for ingredients and allergens); Frank's Red Hot Sauce (AGED CAYENNE RED PEPPERS, VINEGAR, WATER, SALT AND GARLIC POWDER.)); Shredded Cheddar Cheese Reduced Fat (See Label for ingredients and allergens)

Buffalo Side Vegetables

PER SERVING (1/2 c.)			
15 CALORIES	0.0g SAT FAT	27mg SODIUM	3.3g CARBS

Allergens:

Made With: Carrot (CARROTS); Cucumbers, unpared, 1/4-inch diced, ready-to-serve (1/2c = 2.8 oz = 1/2c other veg) , Recipe (Cucumber (CUCUMBER)); Celery (CELERY)

Buttermilk Pancakes

PER SERVING (2 pancake)			
160 CALORIES	0.3g SAT FAT	407mg SODIUM	30.7g CARBS

Allergens: Contains Egg, Gluten, Milk, Soy, Wheat.

Made With: Krusteaz Pancakes (Whole Wheat Flour, Water, Whey, Buttermilk, Enriched Wheat Flour (Bleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, less than 2% of: Eggs, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate, Sodium Acid Pyrophosphate, Monocalcium Phosphate), Dextrose, Soybean and/or Canola Oil, salt, Soy Lecithin.)

Buttery Whole Grain Toast

PER SERVING (1 slice)			
95 CALORIES	0.8g SAT FAT	125mg SODIUM	14.3g CARBS

Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: 51%WWW Sandwich Bread (WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), WATER, YEAST, VITAL WHEAT GLUTEN, SUGAR, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SOYBEAN OIL, SALT, XANTHAN GUM, YEAST NUTRIENT (AMMONIUM SULFATE), DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, ASCORBIC ACID), CALCIUM PROPIONATE (MOLD INHIBITOR), ENZYMES.); Margarine (VEGETABLE OIL BLEND (PALM OIL AND SOYBEAN OIL) WATER, SALT, CONTAINS LESS THAN 2% OF NONFAT DRY MILK, SOY LECITHIN, VEGETABLE MONO & DIGLYCERIDES, POTASSIUM SORBATE (A PRESERVATIVE), CITRIC ACID, NATURAL & ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED.)

Canned Corn

PER SERVING (1/2 c.)			
79 CALORIES	0.0g SAT FAT	15mg SODIUM	16.9g CARBS

Allergens:

Made With: Canned Corn (Nutrient values in this section are from the, USDA Food Composition Database or are, representative values from USDA Foods vendor, labels. Please refer to the product’s Nutrition, Facts label or ingredient list for product-specific, information. , Product not permitted to contain top 8 allergens, but check packing to ensure.)

Carnitas

PER SERVING (1 1/2 oz.)			
CALORIES	^g SAT FAT	^{mg} SODIUM	^g CARBS

Allergens:

Made With: Pork; Onion, yellow, 1/4-inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe (Yellow Onion (YELLOW ONION)); Real Lime Juice (WATER, LIME JUICE CONCENTRATE AND LESS THAN 2% OF: LIME OIL, , SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES).); Orange Juice (WATER, ORANGE JUICE CONCENTRATE); Olive Oil Blend (CANOLA, EXTRA VIRGIN OLIVE OIL); Light Chile Powder (INGREDIENTS: CHILI PEPPER, SPICES, SALT, GARLIC, AND SILICON DIOXIDE (TO MAKE FREE FLOWING).); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSIAE OF SODA AS AN ANTICAKING AGENT.); Yellow Mustard (DISTILLED VINEGAR, WATER, NO. 1 GRADE MUSTARD SEED, SALT, TUMERIC, PAPRIKA, SPICE, NATURAL FLAVORS AND GARLIC POWDER.); Garlic Powder (GARLIC POWDER); Black Pepper Ground (BLACK PEPPER); Ground Oregano (DRIED OREGANO); Cumin Ground (CUMIN); Cayenne Pepper (CAYENNE PEPPER)

Carrot Sticks

PER SERVING (6 stick.)			
25 CALORIES	0.0^g SAT FAT	42^{mg} SODIUM	5.8^g CARBS

Allergens:

Made With: Carrot Sticks (CARROTS)

Celery Sticks

PER SERVING (6 stick.)			
10 CALORIES	0.0g SAT FAT	52mg SODIUM	1.9g CARBS

Allergens:

Made With: Celery (CELERY)



Cheddar Cheese Sauce

PER SERVING (1/4 c.)			
114 CALORIES	5.0g SAT FAT	423mg SODIUM	2.0g CARBS

Allergens: Contains Milk.

Made With: Ched Cheese Sauce (CHEDDAR CHEESE (pasteurized milk, cheese culture, salt, enzymes), WATER, NONFAT DRY MILK, , SODIUM PHOSPHATES AND POTASSIUM PHOSPHATES, CONTAINS LESS THAN 2% OF MODIFIED , FOOD STARCH, SEASONING (potassium chloride, flavor [contains maltodextrin]), SALT, PAPRIKA , EXTRACT, ANNATTO EXTRACT.,)

Cheerios

PER SERVING (1 bowl)			
101 CALORIES	0.4g SAT FAT	136mg SODIUM	20.8g CARBS

Allergens:

Made With: Cheerios Cereal (WHOLE GRAIN OATS, CORN STARCH, SUGAR, SALT, TRIPOTASSIUM PHOSPHATE, VITAMIN E (MIXED TOCOPHEROLS) ADDED TO PRESERVE FRESHNESS, VITAMINS AND MINERALS: CALCIUM CARBONATE, IRON AND ZINC (MINERAL NUTRIENTS), VITAMIN C (SODIUM ASCORBATE), A B VITAMIN (NIACINAMIDE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN A (PALMITATE), VITAMIN B1 (THIAMIN MONONITRATE), A B VITAMIN (FOLIC ACID), VITAMIN B12, VITAMIN D3.)



Cheese Burger

PER SERVING (1 ea.)			
300 CALORIES	3.8g SAT FAT	455mg SODIUM	30.5g CARBS

Allergens: Contains Gluten, Milk, Sesame, Soy, Wheat.

Made With: Beef Patty, 2.4 oz (GROUND BEEF (NOT MORE THAN 20% FAT), MUSHROOMS, TEXTURED VEGETABLE PROTEIN (SOY PROTEIN CONCENTRATE, CARAMEL COLOR), WATER, CONTAINS 2% OR LESS OF: POTASSIUM CHLORIDE, YEAST EXTRACT, NATURAL FLAVORING, POTATO MALTODEXTRIN, MALTODEXTRIN, SOYBEAN OIL, GRILL FLAVOR (FROM SUNFLOWER OIL), MODIFIED CORN STARCH, DISODIUM INOSINATE, DISODIUM GUANYLATE, TORULA YEAST, CORN SYRUP SOLIDS, SALT, SODIUM PHOSPHATE, CARAMEL COLOR.); WWW Hamburger Bun (WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), WATER, YEAST, VITAL WHEAT GLUTEN, SUGAR, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SOYBEAN OIL, SALT, XANTHAN GUM, YEAST NUTRIENT (AMMONIUM SULFATE), DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, ASCORBIC ACID, MONOCALCIUM PHOSPHATE), CALCIUM PROPIONATE (MOLD INHIBITOR), ENZYMES, SESAME FLOUR.); American Cheese Slice, yellow, skim, USDA (Cultured Milk and Skim Milk, Cream, Sodium Citrate, Salt, Artificial Color (if colored), Sodium Phosphate, Sorbic Acid (preservative), Enzymes, Soy Lecithin (non-sticking agent))

Cheese Lasagna Rollup

PER SERVING (1 roll.)			
277 CALORIES	2.1g SAT FAT	510mg SODIUM	42.9g CARBS

Allergens: Contains Gluten, Milk, Wheat.

Made With: Lasagna Cheese Roll Up Wg (Low Fat Ricotta Cheese (Pasteurized Whey, Pasteurized Milk,, Pasteurized Cream, Vinegar, Carrageenan, Xanthan Gum), Ultragrain Durum, Semolina Blend (Whole Wheat Flour, Semolina [Wheat], Niacin, Ferrous Sulfate,, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Low-Moisture Part Skim, Mozzarella Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Cellulose, Powder To Prevent Caking, Natamycin To Inhibit Mold), Whey Protein Isolate,, Sodium Caseinate, Romano Cheese (Pasteurized Cow's Milk, Cheese Cultures,, Salt, Enzymes), Modified Food Starch, Sugar, Salt, Garlic Powder, Ascorbic Acid, (To Promote Color Retention).); Spaghetti Sauce (TOMATO PUREE (WATER, TOMATC PASTE), ONIONS, SUGAR, SALT, NATURAL FLAVOR, SPICES, EXTRA VIRGIN OLIVE OIL, CITRIC ACID, , GARLIC..); Spaghetti Sauce (TOMATO PUREE (WATER, TOMATO PASTE), ONIONS, SUGAR, SALT, NATURAL FLAVOR, SPICES, EXTRA VIRGIN OLIVE OIL, CITRIC ACID, , GARLIC..)

Cheese Pizza

PER SERVING (1 slice)			
449 CALORIES	8.3g SAT FAT	948mg SODIUM	56.2g CARBS

Allergens: Contains Gluten, Milk, Wheat. Processed in a facility that also processes Soy. May contain Egg.

Made With: Pizza Dough, Richs White 16-inch, Oven Rise w/Sauce Ring, 27.5 oz (8-cut=3 oz; 10-cut=2.25 oz grain) (Oven Rise 16" Sheeted Pizza Dough (ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, CONTAINS LESS THAN 2% OF THE FOLLOWING: PALM OIL, SUGAR, SOYBEAN OIL, SALT, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE), BUTTERMILK, PASTEURIZED PART SKIM MILK, CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), WHEY POWDER (A MILK DERIVATIVE), GARLIC POWDER, CHEESE CULTURE, GUAR GUM, MALTED BARLEY FLOUR, DEXTROSE, XANTHAN GUM, DATEM, ENZYME, SODIUM PHOSPHATE, LACTIC ACID, ASCORBIC ACID.); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.)); CHEESE MOZZ PS SHRD USDA (Low Moisture Part Skim Mozzarella, Cheese (Pasteurized Part Skim Milk,, Cheese Cultures, Salt, Enzymes), Powdered Cellulose (to Prevent Caking),, Natamycin (a Natural Mold Inhibitor),); Pizza Sauce (VINE-RIPENED FRESH TOMATOES, SUGAR, SALT, SEASONING (SPICES, SALT, GARLIC POWDER), EXTRA VIRGIN OLIVE OIL); Garlic Seasoned Oil, Italian seasoning (Olive Oil Blend (CANOLA, EXTRA VIRGIN OLIVE OIL); Garlic Powder (GARLIC POWDER); Italian Seasoning (MARJORAM, THYME, ROSEMARY, SAVORY, SAGE, OREGANO, AND BASIL.))

Chef Salad

PER SERVING (1 salad)			
128 CALORIES	3.6g SAT FAT	433mg SODIUM	5.3g CARBS

Allergens: Contains Egg, Milk, Soy.

Made With: Salad Mix with color (Iceburg Lettuce, Shredded Red Cabbage, Shredded Carrots); Cucumber (CUCUMBER); Hard Boiled Egg (EGGS); Fresh Tomatoes (TOMATO); Yellow American Cheese (American Cheese (Milk, Cheese Culture, Salt, Enzymes), Water, Cream, Sodium Citrate, Salt, Sorbic Acid (Preservative), , Color Added, Soy Lecithin For Separation.,); Deli Smoked Turkey (Turkey, Deli Breast, Smoked, Sliced, USDA #110910); Deli Turkey Ham (See product packaging for sub-ingredients and allergens. Allergen Information: The specification for this product requires that there be no gluten or soy used in the formulation. Please be sure to verify this information using the allergen, statement on the product packaging upon receipt. For more information, please contact the product manufacturer directly)

Chef Salad

PER SERVING (1 salad)			
145 CALORIES	3.6g SAT FAT	498mg SODIUM	5.2g CARBS

Allergens: Contains Egg, Milk, Soy.

Made With: Salad Mix (ROMAINE LETTUCE, ICEBERG LETTUCE); Cucumber (CUCUMBER); Hard Boiled Egg (EGGS); Deli Turkey (INGREDIENTS: TURKEY BREAST, TURKEY BROTH: CONTAINS 2% OR LESS SEA SALT, MODIFIED FOOD STARCH, SUGAR, SODIUM PHOSPHATE. , This item is fully cooked deli-style turkey produced from formed turkey breast meat. This product contains thinly sliced deli meat in a shingle layered package. This item is shipped frozen in cases containing eight 5-pound packages., CREDITING/YIELD One case of turkey deli breast provides approximately 448 1.43 -ounce portions., CN Crediting: Approximately 1.43 ounces of turkey deli breast credit as 1 ounce equivalent meat/meat alternate. Confirm individual item crediting by using the CN Label or the product formulation statement., , ,); Fresh Tomatoes (TOMATO); Deli Turkey Ham (Turkey Thigh Meat, Water, Contains 2% Or Less Lite Salt (Potassium Chloride, Sodium Chloride), Sugar, Sodium Phosphate, Salt, Carrageenan, Sodium Erythorbate, Natural Smoke Flavoring, Sodium Nitrite.); Yellow American Cheese (American Cheese (Milk, Cheese Culture, Salt, Enzymes), Water, Cream, Sodium Citrate, Salt, Sorbic Acid (Preservative), , Color Added, Soy Lecithin For Separation.,)

Cherry Frudel Stick

PER SERVING (1 pkg.)			
176 CALORIES	0.7g SAT FAT	221mg SODIUM	30.9g CARBS

Allergens: Contains Gluten, Milk, Wheat.

Made With: Cherry Frudel (WATER, WHOLE WHEAT FLOUR, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), CHERRY STRUDEL FILLING (WATER, SUGAR, CORN SYRUP, MODIFIED CORN STARCH, CHERRIES, CITRIC ACID, SODIUM CITRATE, BLACK CARROT AND BLACK CURRANT JUICE CONCENTRATE ADDED FOR COLOR, MALIC ACID, SALT, INVERT SUGAR, SODIUM BENZOATE [PRESERVATIVE], NATURAL FLAVOR, GELLAN GUM, XANTHAN GUM, LOCUST BEAN GUM, CARRAGEENAN), SUGAR, SOYBEAN OIL. CONTAINS 2% OR LESS OF: YEAST, NONFAT MILK, SALT, NATURAL FLAVOR.)

Chicken & Waffles Stacker

PER SERVING (1 serving)			
CALORIES	g SAT FAT	mg SODIUM	g CARBS

Allergens:

Made With:

Chicken Alfredo Macaroni

PER SERVING (1 c.)			
315 CALORIES	5.3g SAT FAT	791mg SODIUM	35.6g CARBS

Allergens: Contains Gluten, Milk, Wheat.

Made With: Elbow Macaroni, pasta, regular, cooked al dente (1/2c = 1 oz eq grain) , Recipe (Municipal Water (WATER); Elbow Macaroni (SEMOLINA (WHEAT), NIACIN, FERROUS SULFATE (IRON), THIAMIN MONONITRATE, RIBOFLAVIN,FOLIC ACID.); Olive Oil Blend (CANOLA, EXTRA VIRGIN OLIVE OIL); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSIAE OF SODA AS AN ANTICAKING AGENT.)); Reduced Fat Alfredo Sauce (WATER, PASTEURIZED PROCESS CHEESE (cheddar cheese, [pasteurized milk, cheese culture, salt, enzymes], water, cream,, sodium phosphates and potassium phosphates, seasoning [potassium, chloride, flavor (contains maltodextrin)], salt), NONFAT DRY MILK,, CHEESE FLAVOR (whey, cheddar cheese [milk, cheese cultures, salt,, enzymes], buttermilk solids, butter), CONTAINS LESS THAN 2% OF, ROMANO CHEESE (sheep's milk, cheese culture, salt, enzymes,, calcium propionate), BUTTER FLAVORING (whey solids, enzymemodified butter [butter, buttermilk powder, enzymes], maltodextrin,, salt, dehydrated butter [butter, buttermilk powder], guar gum, annatto, and turmeric [for color]), MODIFIED FOOD STARCH, SODIUM, PHOSPHATES AND POTASSIUM PHOSPHATES, DEHYDRATED, GARLIC, SPICES, CITRIC ACID.); Broccoli (BROCCOLI); Blended Chicken Meat (CHICKEN MEAT); Past Skim Mozzarella Cheese (Low Moisture Part Skim Mozzarella, Cheese (Pasteurized Part Skim Milk,, Cheese Cultures, Salt, Enzymes), Powdered Cellulose (to Prevent Caking),, Natamycin (a Natural Mold Inhibitor),)

Chicken Bacon Ranch Poppers

PER SERVING (1 bowl)			
376 CALORIES	5.7g SAT FAT	958mg SODIUM	21.3g CARBS

Allergens: Contains Egg, Gluten, Milk, Soy, Wheat.

Made With: Chick Popcorn (Chicken, water, textured soy protein concentrate, isolated soy protein with less than 2% lecithin, chicken type flavor [brown sugar, yeast extract, onion powder,, maltodextrin, canola oil, carrot powder, garlic powder, silicon dioxide (anti-caking agent), citric acid, spice, salt, vegetable stock (carrot, onion, celery), natural flavor],,, sodium phosphates.BREADED WITH: Whole wheat flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water,, salt, wheat gluten, sugar, dried onion, dried garlic, torula yeast, dextrose, spice, dried yeast, paprika extract (color) turmeric extract (color). Breeding set in vegetable, oil.); Reduced Calorie Ranch Dressing (WATER, CULTURED LOWFAT BUTTERMILK, CORN SYRUP, SOYBEAN OIL, RANCH SEASONING & SPICES (SALT, FOOD STARCH-MODIFIED, MONOSODIUM GLUTAMATE, SUGAR, DRIED GARLIC, DRIED ONION, NATURAL AND ARTIFICIAL FLAVOR [INCLUDES MILK, SOYBEAN], WHEY PROTEIN CONCENTRATE, CORN SYRUP, SPICES, XANTHAN GUM, SORBIC ACID AND CALCIUM DISODIUM EDTA AS PRESERVATIVES, CITRIC ACID, CALCIUM STEARATE), DISTILLED VINEGAR, CONTAINS LESS THAN 2% OF EGG YOLKS, CULTURED BUTTERMILK, WHEY, FOOD STARCH-MODIFIED, SALT, NATURAL FLAVOR (INCLUDES MILK), PHOSPHORIC ACID, SODIUM BENZOATE AND POTASSIUM SORBATE (AS PRESERVATIVES), ARTIFICIAL COLOR, PROPYLENE GLYCOL ALGINATE, XANTHAN GUM, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR.); CHEESE MOZZ PS SHRD USDA (Low Moisture Part Skim Mozzarella, Cheese (Pasteurized Part Skim Milk,, Cheese Cultures, Salt, Enzymes), Powdered Cellulose (to Prevent Caking),, Natamycin (a Natural Mold Inhibitor),); Bacon Crumble, pork (not creditable) , Recipe (Bacon Chips (FRESH PORK BELLIES, CURED WITH WATER, SALT, MAY CONTAIN LESS THAN 2% SUGAR, SODIUM PHOSPHATE, SODIUM ERYTHORBATE, SODIUM NITRITE))

Chicken Burger

PER SERVING (1 burger)			
380 CALORIES	2.5g SAT FAT	640mg SODIUM	43.0g CARBS

Allergens: Contains Gluten, Sesame, Soy, Wheat.

Made With: Whole Grain Chicken Patty, CF (Chicken, water, whole wheat flour, textured soy flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), isolated soy, protein with less than 2% lecithin, contains 2% or less of the following: chicken type flavor [brown sugar, yeast extract, onion powder, maltodextrin, canola oil, carrot, powder, garlic powder, silicon dioxide (anti-caking agent), citric acid, spice, salt, vegetable stock (carrot, onion, celery), natural flavor], dextrose, dried garlic, dried, onion, dried yeast, paprika extract (color), salt, spice, sugar, textured soy protein concentrate, torula yeast, turmeric extract (color), wheat gluten. Breeding set in, vegetable oil.); WWW Hamburger Bun (WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), WATER, YEAST, VITAL WHEAT GLUTEN, SUGAR, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SOYBEAN OIL, SALT, XANTHAN GUM, YEAST NUTRIENT (AMMONIUM SULFATE), DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, ASCORBIC ACID, MONOCALCIUM PHOSPHATE), CALCIUM PROPIONATE (MOLD INHIBITOR), ENZYMES, SESAME FLOUR.)

Chicken Caesar Salad

PER SERVING (1 salad)			
238 CALORIES	3.5g SAT FAT	596mg SODIUM	16.8g CARBS

Allergens: Contains Gluten, Milk, Wheat. Processed in a facility that also processes Tree nuts.

Made With: Romaine Lettuce (ROMAINE LETTUCE); Grilled Chicken Strips (See Label for ingredients and allergens); Croutons (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Canola And/Or Sunflower Oil (With Rosemary Extract And Ascorbic Acid [To Preserve Freshness],), Whey, Salt, Sugar, Yeast, 2% Or Less of Spices, Dehydrated Parsley, Onion Powder, Paprika (Color), Turmeric (Color), Extractive of Paprika (Color), Spice Extractive, Enzymes.); Grated Parmesan Cheese (GRATED PARMESAN CHEESE (MADE FROM COW'S MILK, CHEESE CULTURE, SALT, ENZYMES), POWDERED CELLULOSE (ADDED TO PREVENT CAKING))

Chicken Cordon Bleu Sandwich

PER SERVING (1 sandwich)			
430 CALORIES	4.1g SAT FAT	775mg SODIUM	43.3g CARBS

Allergens: Contains Gluten, Milk, Sesame, Soy, Wheat.

Made With: Whole Grain Chicken Patty (Chicken, water, whole wheat flour, textured soy flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), isolated soy, protein with less than 2% lecithin, contains 2% or less of the following: chicken type flavor [brown sugar, yeast extract, onion powder, maltodextrin, canola oil, carrot, powder, garlic powder, silicon dioxide (anti-caking agent), citric acid, spice, salt, vegetable stock (carrot, onion, celery), natural flavor], dextrose, dried garlic, dried, onion, dried yeast, paprika extract (color), salt, spice, sugar, textured soy protein concentrate, torula yeast, turmeric extract (color), wheat gluten. Breeding set in, vegetable oil.); WWW Hamburger Bun (WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), WATER, YEAST, VITAL WHEAT GLUTEN, SUGAR, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SOYBEAN OIL, SALT, XANTHAN GUM, YEAST NUTRIENT (AMMONIUM SULFATE), DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, ASCORBIC ACID, MONOCALCIUM PHOSPHATE), CALCIUM PROPIONATE (MOLD INHIBITOR), ENZYMES, SESAME FLOUR.); Turkey Ham (Turkey Thigh Meat, Water, Contains 2% Or Less Lite Salt (Potassium Chloride, Sodium Chloride), Sugar, Sodium Phosphate, Salt, Carrageenan, Sodium Erythorbate, Natural Smoke Flavoring, Sodium Nitrite.); Sliced Swiss Cheese (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES)

Chicken Gravy

PER SERVING (1/4 c.)			
30 CALORIES	0.0g SAT FAT	133mg SODIUM	4.0g CARBS

Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Municipal Water (WATER); Low Sodium Chicken Gravy Mix (MODIFIED CORN STARCH, WHEY (MILK), INSTANTIZED BLEACHED AND ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MALTODEXTRIN, CHICKEN POWDER, CULTURED BUTTERMILK, CHICKEN FAT, AUTOLYZED YEAST EXTRACT, BUTTER (CREAM, SALT), HYDROLYZED CORN PROTEIN, HYDROLYZED WHEAT GLUTEN, NONFAT MILK, SILICON DIOXIDE (ANTI-CAKING), ONION POWDER, NATURAL FLAVOR, SALT, XANTHAN GUM, DISODIUM GUANYLATE, DISODIUM INOSINATE, HYDROLYZED SOY PROTEIN, SUGAR,, SPICES, LACTIC ACID, TOCOPHEROLS AND ASCORBYL PALMITATE (TO PROTECT QUALITY), BETA CAROTENE (COLOR), SOY LECITHIN.)

Chicken Meatballs

PER SERVING (5 Meatballs)			
177 CALORIES	3.4g SAT FAT	202mg SODIUM	5.9g CARBS

Allergens: Contains Gluten, Soy, Wheat.

Made With: Chicken Meatballs, 0.54oz (Ground chicken, water, textured soy protein concentrate, wheat flour, contains 2% or less of the following: dextrose, garlic powder, maltodextrin, natural flavors, onion, powder, salt, soybean oil, spice, sugar, torula yeast, yeast, yeast extract.)

Chicken Parmesan Sandwich

PER SERVING (1 sandwich)			
441 CALORIES	4.3g SAT FAT	752mg SODIUM	46.5g CARBS

Allergens: Contains Gluten, Milk, Sesame, Soy, Wheat.

Made With: Whole Grain Chicken Patty, CF (Chicken, water, whole wheat flour, textured soy flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), isolated soy, protein with less than 2% lecithin, contains 2% or less of the following: chicken type flavor [brown sugar, yeast extract, onion powder, maltodextrin, canola oil, carrot, powder, garlic powder, silicon dioxide (anti-caking agent), citric acid, spice, salt, vegetable stock (carrot, onion, celery), natural flavor], dextrose, dried garlic, dried, onion, dried yeast, paprika extract (color), salt, spice, sugar, textured soy protein concentrate, torula yeast, turmeric extract (color), wheat gluten. Breeding set in, vegetable oil.); WWW Hamburger Bun (WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), WATER, YEAST, VITAL WHEAT GLUTEN, SUGAR, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SOYBEAN OIL, SALT, XANTHAN GUM, YEAST NUTRIENT (AMMONIUM SULFATE), DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, ASCORBIC ACID, MONOCALCIUM PHOSPHATE), CALCIUM PROPIONATE (MOLD INHIBITOR), ENZYMES, SESAME FLOUR.); Spaghetti Sauce LS (TOMATO PUREE (WATER TOMATO PASTE), HIGH FRUCTOSE CORN SYRUP, DEHYDRATED ONIONS,K ONION POWDER, MODIFIED FOOD STARCH, SALT, CITRIC ACID, SPICES, GARLIC PUREE.); CHEESE MOZZ PS SHRD USDA (Low Moisture Part Skim Mozzarella, Cheese (Pasteurized Part Skim Milk,, Cheese Cultures, Salt, Enzymes), Powdered Cellulose (to Prevent Caking),, Natamycin (a Natural Mold Inhibitor),)

Chili Cheese Dog

PER SERVING (1 serving)			
371 CALORIES	3.8g SAT FAT	645mg SODIUM	42.7g CARBS

Allergens: Contains Gluten, Milk, Sesame, Soy, Wheat.

Made With: Frankfurter, turkey (hot dog) , (1 frank = 2 oz M/MA) , Recipe (Uncured Turkey Hot Dog (MECHANICALLY SEPARATED TURKEY, WATER, CONTAINS 2% OR LESS: SEASONING (CORN SYRUP SOLIDS, DEXTROSE, SUGAR, PAPRIKA, NATURAL FLAVORING), SALT, POTASSIUM CHLORIDE, NATURAL FLAVOR (CELERY JUICE POWDER), NATURAL FLAVORING, NATURAL SMOKED FLAVORING.)); Chili, Santiago QUICKSTART Vegetarian (USDA Kidney Beans; Tomatoes (Vine-Ripened Peeled Tomatoes, Tomato Juice, Calcium Chloride, Citric Acid.); Water (Water); Vegetarian Chili Mix (RED BEANS (DRY) TOMATO, CHILI PEPPER, ONION, SUGAR, SALT, MODIFIED CORN STARCH, SPICE, GREEN BELL PEPPER, GARLIC, CITRIC ACID, CALCIUM CHLORIDE, NATURAL FLAVOR); Granulated Sugar (SUGAR); Garlic Powder (GARLIC POWDER); Cumin Ground (CUMIN); Onion Powder (ONION POWDER)); WWW Hot Dog Bun (WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), WATER, SUGAR, VITAL WHEAT GLUTEN, YEAST, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SOYBEAN OIL, SALT, XANTHAN GUM, YEAST NUTRIENT (AMMONIUM SULFATE), DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, ASCORBIC ACID, MONOCALCIUM PHOSPHATE), CALCIUM PROPIONATE (MOLD INHIBITOR), ENZYMES, SESAME FLOUR.); Shredded Mild Cheddar Cheese (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES AND ANNATTO (IF COLORED), POTATO STARCH AND POWDERED CELLULOSE ADDED TO PREVENT CAKING.)

Chili con Carne

PER SERVING (3/4 c.)			
162 CALORIES	1.4g SAT FAT	456mg SODIUM	22.4g CARBS

Allergens: Contains Soy.

Made With: Municipal Water (WATER); Beef Crumble (GROUND BEEF (NO MORE THAN 30% FAT), WATER, TEXTURED VEGETABLE PROTEIN (SOY PROTEIN CONCENTRATE, CARAMEL COLOR, ZINC OXIDE, NIACINAMIDE, FERROUS SULFATE, COPPER GLUCONATE, VITAMIN A PALMITATE, CALCIUM PANTOTHENATE, THIAMINE MONONITRATE [B1], PYRIDOXINE HYDROCHLORIDE [B6], RIBOFLAVIN [B2], CYANOCOBALAMIN [B12])), SALT, FLAVORINGS, SODIUM PHOSPHATE.); Vegetarian Chili Mix (RED BEANS (DRY) TOMATO, CHILI PEPPER, ONION, SUGAR, SALT, MODIFIED CORN STARCH, SPICE, GREEN BELL PEPPER, GARLIC, CITRIC ACID, CALCIUM CHLORIDE, NATURAL FLAVOR); Onion, red, 1/4-inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe (Red Onions (RED ONION)); Green Bell Pepper (GREEN SWEET PEPPER); Carrots (CARROTS); Red Bell Peppers (RED SWEET PEPPER)

Chili Dog

PER SERVING (1 serving)			
347 CALORIES	3.8g SAT FAT	763mg SODIUM	38.3g CARBS

Allergens: Contains Gluten, Milk, Sesame, Soy, Wheat.

Made With: Frankfurter, turkey (hot dog) , (1 frank = 2 oz M/MA) , Recipe (Uncured Turkey Hot Dog (MECHANICALLY SEPARATED TURKEY, WATER, CONTAINS 2% OR LESS: SEASONING (CORN SYRUP SOLIDS, DEXTROSE, SUGAR, PAPRIKA, NATURAL FLAVORING), SALT, POTASSIUM CHLORIDE, NATURAL FLAVOR (CELERY JUICE POWDER), NATURAL FLAVORING, NATURAL SMOKED FLAVORING.)); Chili, Rainbow Scratch, USDA Beans (USDA Kidney Beans; Low Sodium Black Beans (PREPARED BLACK BEANS, WATER, SALT, AND CALCIUM CHLORIDE (FIRMING AGENT).); Tomato Sauce (Tomato Concentrate, tomatoes, salt, citric acid, red bell pepper powder, dextrose, spice, natural flavoring); Mild Thick & Chunky Salsa (CRUSHED TOMATOES (WATER, CRUSHED TOMATO CONCENTRATE), JALAPENO PEPPERS, DICED TOMATOES IN TOMATO JUICE, FRESH ONIONS, DISTILLED VINEGAR, DEHYDRATED ONIONS, SALT, GARLIC, NATURAL FLAVORING.); Canned Corn (Nutrient values in this section are from the, USDA Food Composition Database or are, representative values from USDA Foods vendor, labels. Please refer to the product's Nutrition, Facts label or ingredient list for product-specific, information. , Product not permitted to contain top 8 allergens, but check packing to ensure.); Municipal Water (WATER); Light Chile Powder (INGREDIENTS: CHILI PEPPER, SPICES, SALT, GARLIC, AND SILICON DIOXIDE (TO MAKE FREE FLOWING).); Cumin Ground (CUMIN)); WWW Hot Dog Bun (WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), WATER, SUGAR, VITAL WHEAT GLUTEN, YEAST, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SOYBEAN OIL, SALT, XANTHAN GUM, YEAST NUTRIENT (AMMONIUM SULFATE), DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, ASCORBIC ACID, MONOCALCIUM PHOSPHATE), CALCIUM PROPIONATE (MOLD INHIBITOR), ENZYMES, SESAME FLOUR.); Shredded Mild Cheddar Cheese (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES AND ANNATTO (IF COLORED), POTATO STARCH AND POWDERED CELLULOSE ADDED TO PREVENT CAKING.)

Chili Dog

PER SERVING (1 serving)			
378 CALORIES	5.1g SAT FAT	643mg SODIUM	36.4g CARBS

Allergens: Contains Gluten, Milk, Sesame, Soy, Wheat.

Made With: Frankfurter, turkey (hot dog) , (1 frank = 2 oz M/MA) , Recipe (Uncured Turkey Hot Dog (MECHANICALLY SEPARATED TURKEY, WATER, CONTAINS 2% OR LESS: SEASONING (CORN SYRUP SOLIDS, DEXTROSE, SUGAR, PAPRIKA, NATURAL FLAVORING), SALT, POTASSIUM CHLORIDE, NATURAL FLAVOR (CELERY JUICE POWDER), NATURAL FLAVORING, NATURAL SMOKED FLAVORING.)); WWW Hot Dog Bun (WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), WATER, SUGAR, VITAL WHEAT GLUTEN, YEAST, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SOYBEAN OIL, SALT, XANTHAN GUM, YEAST NUTRIENT (AMMONIUM SULFATE), DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, ASCORBIC ACID, MONOCALCIUM PHOSPHATE), CALCIUM PROPIONATE (MOLD INHIBITOR), ENZYMES, SESAME FLOUR.); MT - Old Fashion Scratch Chili (Tomatoes (Vine-Ripened Peeled Tomatoes, Tomato Juice, Calcium Chloride, Citric Acid.); USDA Beef Crumble ; Low Sodium Pinto Beans (PREPARED PINTO BEANS, WATER, SALT, CALCIUM CHLORIDE (FIRMING AGENT), AND CALCIUM DISODIUM EDTA (PROMOTES COLOR RETENTION).); Tomato Paste (VINE-RIPENED TOMATOES); Low Sodium Kidney Beans (PREPARED KIDNEY BEANS, WATER, SUGAR, DEXTROSE, SALT, CALCIUM CHLORIDE (FIRMING AGENT), AND DISODIUM EDTA (PROMOTES COLOR RETENTION).); Municipal Water (WATER); Garlic Granulated (GRANULATED GARLIC); Green Bell Pepper (GREEN SWEET PEPPER); Onion Minced Dehydrated (ONION); Light Chile Powder (INGREDIENTS: CHILI PEPPER, SPICES, SALT, GARLIC, AND SILICON DIOXIDE (TO MAKE FREE FLOWING).); Black Pepper Ground (BLACK PEPPER); Cumin Ground (CUMIN); Onion Powder (ONION POWDER); Paprika (PAPRIKA)); Shredded Mild Cheddar Cheese (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES AND ANNATTO (IF COLORED), POTATO STARCH AND POWDERED CELLULOSE ADDED TO PREVENT CAKING.)

Chili Frito Pie

PER SERVING (1 pie)			
CALORIES	^g SAT FAT	^{mg} SODIUM	^g CARBS

Allergens:

Made With:

Chilled Black Beans

PER SERVING (1/2 c.)			
121 CALORIES	0.0^g SAT FAT	142^{mg} SODIUM	21.9^g CARBS

Allergens:

Made With: Low Sodium Black Beans (PREPARED BLACK BEANS, WATER, SALT, AND CALCIUM CHLORIDE (FIRMING AGENT).)

Chipotle Lime Mayonnaise

PER SERVING (1 tbsp.)			
25 CALORIES	0.2g SAT FAT	54mg SODIUM	2.4g CARBS

Allergens: Contains Egg, Milk.

Made With: Reduced Calorie Mayonnaise (WATER, SOYBEAN OIL, CORN SYRUP, FOOD STARCH-MODIFIED*, EGG YOLKS, CONTAINS LESS THAN 2% OF DISTILLED VINEGAR, SALT, SODIUM BENZOATE AND POTASSIUM SORBATE (AS PRESERVATIVES)*, SPICE, CITRIC ACID, XANTHAN GUM*, NATURAL FLAVORS, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR, YELLOW 5*. *INGREDIENTS NOT NORMALLY FOUND IN MAYONNAISE.); Dannon Non Fat Greek Plain Yogurt (CULTURED GRADE A NON FAT MILK.); Peppers, chipotle in adobo, diced, ready-to-serve (1/2c = 4 oz = 1/2c other veg) , Recipe (Chipotle Peppers In Adobo Sauce (CHIPOTLE PEPPERS, WATER, VINEGAR, SUGAR, SALT, TOMATO PASTE, SMOKE ESSENCE, ONION, GARLIC)); Clover Honey (HONEY); Real Lime Juice (WATER, LIME JUICE CONCENTRATE AND LESS THAN 2% OF: LIME OIL, , SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES).); Yellow Mustard (DISTILLED VINEGAR, WATER, NO. 1 GRADE MUSTARD SEED, SALT, TUMERIC, PAPRIKA, SPICE, NATURAL FLAVORS AND GARLIC POWDER.); Garlic Powder (GARLIC POWDER); Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe (Fresh Cilantro (CILANTRO LEAVES))

Chocolate Milk

PER SERVING (8 fl. oz.)			
120 CALORIES	0.0g SAT FAT	180mg SODIUM	21.0g CARBS

Allergens: Contains Milk.

Made With: Chocolate Milk (Skim Milk, Sucrose, Corn Syrup, Cocoa processed with alkali, Cornstarch, Salt, Carrageenan, Vanillin, Natural Flavor, Vitamin A & D added)

Chocolate Milk

PER SERVING (1/2 pt.)			
120 CALORIES	0.0g SAT FAT	180mg SODIUM	20.0g CARBS

Allergens: Contains Milk.

Made With: TruMoo (Nonfat milk, liquid sugar(sugar,water), contains less than 1% of cocoa(processed with alkali), cocoa, cornstarch, salt, carrageenan, natural flavor, vitamin A palmtate, vitamin D3.)

Chocolate Skim Milk

PER SERVING (1 Half Pint)			
130 CALORIES	0.0g SAT FAT	210mg SODIUM	24.0g CARBS

Allergens: Contains Milk.

Made With: Chocolate Milk Darigold (Skim Milk, Sucrose, Corn Syrup, Cocoa processed with alkali, Cornstarch, Salt, Carrageenan, Vanillin, Natural Flavor, Vitamin A & D added)

Chopsticks- Fried Rice Bowl

PER SERVING (1 bowl)			
CALORIES	g SAT FAT	mg SODIUM	g CARBS

Allergens:

Made With:

Chopsticks- Noodle Bowl

PER SERVING (1 bowl)			
CALORIES	g SAT FAT	mg SODIUM	g CARBS

Allergens:

Made With:

Chopsticks- Rice Bowl

PER SERVING (1 bowl)			
CALORIES	g SAT FAT	mg SODIUM	g CARBS

Allergens:

Made With:

Chorizo Sausage Pizza

PER SERVING (1 slice)			
451 CALORIES	7.2g SAT FAT	938mg SODIUM	56.6g CARBS

Allergens: Contains Egg, Gluten, Milk, Wheat. Processed in a facility that also processes Soy.

Made With: Pizza Dough, Richs White 16-inch, Oven Rise w/Sauce Ring, 27.5 oz (8-cut=3 oz; 10-cut=2.25 oz grain) (Oven Rise 16" Sheeted Pizza Dough (ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, CONTAINS LESS THAN 2% OF THE FOLLOWING: PALM OIL, SUGAR, SOYBEAN OIL, SALT, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE), BUTTERMILK, PASTEURIZED PART SKIM MILK, CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), WHEY POWDER (A MILK DERIVATIVE), GARLIC POWDER, CHEESE CULTURE, GUAR GUM, MALTED BARLEY FLOUR, DEXTROSE, XANTHAN GUM, DATEM, ENZYME, SODIUM PHOSPHATE, LACTIC ACID, ASCORBIC ACID.); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.)); CHEESE MOZZ PS SHRD USDA (Low

Moisture Part Skim Mozzarella, Cheese (Pasteurized Part Skim Milk,, Cheese Cultures, Salt, Enzymes), Powdered Cellulose (to Prevent Caking),, Natamycin (a Natural Mold Inhibitor),); Chorizo, savory turkey crumble (1/4c = 1.25 oz = 1 oz M/MA) , Recipe (Turkey Meat Crumble Savry (TURKEY, MECHANICALLY SEPARATED TURKEY, CONTAINS 2% OR LESS OF SEASONING (YEAST EXTRACT, SUGAR, DEXTROSE, ONION POWDER, GARLIC POWDER, SPICE, DISODIUM INOSINATE AND DISODIUM GURANYLATE), SALT FLAVORINGS, POTASSIUM, CHLORIDE.); Onion, yellow, 1/4-inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe (Yellow Onion (YELLOW ONION)); Apple Cider (APPLE CIDER VINEGAR (DILUTED WITH WATER TO 5% ACIDITY)); Olive Oil Blend (CANOLA, EXTRA VIRGIN OLIVE OIL); Garlic Chopped in Water (GARLIC); Cumin Ground (CUMIN); Paprika Smoked (PAPRIKA AND SILICON DIOXIDE (ADDED TO MAKE FREE FLOWING).); Ground Oregano (DRIED OREGANO); Cayenne Pepper (CAYENNE PEPPER)); Pizza Sauce (VINE-RIPENED FRESH TOMATOES, SUGAR, SALT, SEASONING (SPICES, SALT, GARLIC POWDER), EXTRA VIRGIN OLIVE OIL); Peppers, red, sweet (bell), 1/4-inch diced, ready-to-serve (1/2c=3.2oz=1/2c red veg) , Recipe (Red Bell Pepper (RED SWEET PEPPER)); Yellow Cheddar Cheese (Cheddar Cheese (Cultured Pasteurized , Milk, Salt, Enzymes, Color Added [If , Colored], Anticake (Potato Starch, , Powdered Cellulose)); Chipotle Lime Mayonnaise, Greek yogurt, mayonnaise, cilantro, mustard, honey (Reduced Calorie Mayonnaise (WATER, SOYBEAN OIL, CORN SYRUP, FOOD STARCH-MODIFIED*, EGG YOLKS, CONTAINS LESS THAN 2% OF DISTILLED VINEGAR, SALT, SODIUM BENZOATE AND POTASSIUM SORBATE (AS PRESERVATIVES)*, SPICE, CITRIC ACID, XANTHAN GUM*, NATURAL FLAVORS, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR, YELLOW 5*. *INGREDIENTS NOT NORMALLY FOUND IN MAYONNAISE.); Dannon Non Fat Greek Plain Yogurt (CULTURED GRADE A NON FAT MILK.); Peppers, chipotle in adobo, diced, ready-to-serve (1/2c = 4 oz = 1/2c other veg) , Recipe (Chipotle Peppers In Adobo Sauce (CHIPOTLE PEPPERS, WATER, VINEGAR, SUGAR, SALT, TOMATO PASTE, SMOKE ESSENCE, ONION, GARLIC)); Clover Honey (HONEY); Real Lime Juice (WATER, LIME JUICE CONCENTRATE AND LESS THAN 2% OF: LIME OIL, , SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES).); Yellow Mustard (DISTILLED VINEGAR, WATER, NO. 1 GRADE MUSTARD SEED, SALT, TUMERIC, PAPRIKA, SPICE, NATURAL FLAVORS AND GARLIC POWDER.); Garlic Powder (GARLIC POWDER); Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe (Fresh Cilantro (CILANTRO LEAVES))); Onion, green, sliced (1/2c = 2.2 oz = 1/2c other veg) , Recipe (Green Onion (GREEN ONIONS)); Garlic Seasoned Oil, Italian seasoning (Olive Oil Blend (CANOLA, EXTRA VIRGIN OLIVE OIL); Garlic Powder (GARLIC POWDER); Italian Seasoning (MARJORAM, THYME, ROSEMARY, SAVORY, SAGE, OREGANO, AND BASIL.))

Chorizo Sausage Pizza

PER SERVING (1 slice)

446 CALORIES	7.0g SAT FAT	942mg SODIUM	56.6g CARBS
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Allergens: Contains Egg, Gluten, Milk, Wheat. Processed in a facility that also processes Soy.

Made With: Pizza Dough, Richs White 16-inch, Oven Rise w/Sauce Ring, 27.5 oz (8-cut=3 oz; 10-cut=2.25 oz grain) (Oven Rise 16" Sheeted Pizza Dough (ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, CONTAINS LESS THAN 2% OF THE FOLLOWING: PALM OIL, SUGAR, SOYBEAN OIL, SALT, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE), BUTTERMILK, PASTEURIZED PART SKIM MILK, CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), WHEY POWDER (A MILK DERIVATIVE), GARLIC POWDER, CHEESE CULTURE, GUAR GUM, MALTED BARLEY FLOUR, DEXTROSE, XANTHAN GUM, DATEM, ENZYME, SODIUM PHOSPHATE, LACTIC ACID, ASCORBIC ACID.); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.); CHEESE MOZZ PS SHRD USDA (Low Moisture Part Skim Mozzarella, Cheese (Pasteurized Part Skim Milk,, Cheese Cultures, Salt, Enzymes), Powdered Cellulose (to Prevent Caking),, Natamycin (a Natural Mold Inhibitor),); Chorizo, savory turkey crumble (1/4c = 1.25 oz = 1 oz M/MA) , Recipe (Turkey Meat Crumble Savry (TURKEY, MECHANICALLY SEPARATED TURKEY, CONTAINS 2% OR LESS OF SEASONING (YEAST EXTRACT, SUGAR, DEXTROSE, ONION POWDER, GARLIC POWDER, SPICE, DISODIUM INOSINATE AND DISODIUM GURANYLATE), SALT FLAVORINGS, POTASSIUM, CHLORIDE.); Onion, yellow, 1/4-inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe (Yellow Onion (YELLOW ONION)); Apple Cider (APPLE CIDER VINEGAR (DILUTED WITH WATER TO 5% ACIDITY)); Olive Oil Blend (CANOLA, EXTRA VIRGIN OLIVE OIL); Garlic Chopped in Water (GARLIC); Cumin Ground (CUMIN); Paprika Smoked (PAPRIKA AND SILICON DIOXIDE (ADDED TO MAKE FREE FLOWING).); Ground Oregano (DRIED OREGANO); Cayenne Pepper (CAYENNE PEPPER)); Pizza Sauce (VINE-RIPENED FRESH TOMATOES, SUGAR, SALT, SEASONING (SPICES, SALT, GARLIC POWDER), EXTRA VIRGIN OLIVE OIL); Peppers, red, sweet (bell), 1/4-inch diced, ready-to-serve (1/2c=3.2oz=1/2c red veg) , Recipe (Red Bell Pepper (RED SWEET PEPPER)); Shredded Cheddar Cheese Reduced Fat (See Label for ingredients and allergens); Chipotle Lime Mayonnaise, Greek yogurt, mayonnaise, cilantro, mustard, honey (Reduced Calorie Mayonnaise (WATER, SOYBEAN OIL, CORN SYRUP, FOOD STARCH-MODIFIED*, EGG YOLKS, CONTAINS LESS THAN 2% OF DISTILLED VINEGAR, SALT, SODIUM BENZOATE AND POTASSIUM SORBATE (AS PRESERVATIVES)*, SPICE, CITRIC ACID, XANTHAN GUM*, NATURAL FLAVORS, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR, YELLOW 5*. *INGREDIENTS NOT NORMALLY FOUND IN MAYONNAISE.); Dannon Non Fat Greek Plain Yogurt (CULTURED GRADE A NON FAT MILK.); Peppers, chipotle in adobo, diced,

ready-to-serve (1/2c = 4 oz = 1/2c other veg) ,
Recipe (Chipotle Peppers In Adobo Sauce
(CHIPOTLE PEPPERS, WATER, VINEGAR, SUGAR,
SALT, TOMATO PASTE, SMOKE ESSENCE, ONION,
GARLIC)); Clover Honey (HONEY); Real Lime Juice
(WATER, LIME JUICE CONCENTRATE AND LESS
THAN 2% OF: LIME OIL, , SODIUM BENZOATE AND
SODIUM METABISULFITE (PRESERVATIVES).);
Yellow Mustard (DISTILLED VINEGAR, WATER, NO.
1 GRADE MUSTARD SEED, SALT, TURMERIC,
PAPRIKA, SPICE, NATURAL FLAVORS AND GARLIC
POWDER.); Garlic Powder (GARLIC POWDER);
Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark
green veg) , Recipe (Fresh Cilantro (CILANTRO
LEAVES))); Onion, green, sliced (1/2c = 2.2 oz =
1/2c other veg) , Recipe (Green Onion (GREEN
ONIONS)); Garlic Seasoned Oil, Italian seasoning
(Olive Oil Blend (CANOLA, EXTRA VIRGIN OLIVE
OIL); Garlic Powder (GARLIC POWDER); Italian
Seasoning (MARJORAM, THYME, ROSEMARY,
SAVORY, SAGE, OREGANO, AND BASIL.))

Cilantro Lime Crema

PER SERVING (1 tbsp.)			
25 CALORIES	0.2g SAT FAT	39mg SODIUM	1.6g CARBS

Allergens: Contains Egg, Milk.

Made With: Reduced Calorie Mayonnaise (WATER, SOYBEAN OIL, CORN SYRUP, FOOD STARCH-MODIFIED*, EGG YOLKS, CONTAINS LESS THAN 2% OF DISTILLED VINEGAR, SALT, SODIUM BENZOATE AND POTASSIUM SORBATE (AS PRESERVATIVES)*, SPICE, CITRIC ACID, XANTHAN GUM*, NATURAL FLAVORS, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR, YELLOW 5*. *INGREDIENTS NOT NORMALLY FOUND IN MAYONNAISE.); Dannon Non Fat Greek Plain Yogurt (CULTURED GRADE A NON FAT MILK.); Real Lime Juice (WATER, LIME JUICE CONCENTRATE AND LESS THAN 2% OF: LIME OIL, , SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES).); Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe (Fresh Cilantro (CILANTRO LEAVES))

Cilantro Lime Rice

PER SERVING (1/4 c.)			
58 CALORIES	0.1g SAT FAT	69mg SODIUM	11.2g CARBS

Allergens:

Made With: Municipal Water (WATER); Converted White Rice (LONG GRAIN PARBOILED WHITE RICE); Onion, yellow, 1/4-inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe (Yellow Onion (YELLOW ONION)); Real Lime Juice (WATER, LIME JUICE CONCENTRATE AND LESS THAN 2% OF: LIME OIL, , SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES).); Olive Oil Blend (CANOLA, EXTRA VIRGIN OLIVE OIL); Garlic Chopped in Water (GARLIC); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSIAE OF SODA AS AN ANTICAKING AGENT.); Black Pepper Ground (BLACK PEPPER); Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe (Fresh Cilantro (CILANTRO LEAVES))

Cinnamon Toast Crunch Cereal

PER SERVING (1 bowl)			
120 CALORIES	0.0g SAT FAT	160mg SODIUM	22.0g CARBS

Allergens: Contains Gluten, Soy, Wheat.

Made With: Cinnamon Toast Crunch Cereal, reduced sugar (WHOLE GRAIN WHEAT, SUGAR, RICE FLOUR, RICE BRAN AND/OR CANOLA OIL, POLYDEXTROSE, MALTODEXTRIN, FRUCTOSE, DEXTROSE, SALT, CINNAMON, TRISODIUM PHOSPHATE, SOY LECITHIN, CARAMEL COLOR, BHT ADDED TO PRESERVE FRESHNESS. VITAMINS AND MINERALS: CALCIUM CARBONATE, ZINC AND IRON (MINERAL NUTRIENTS), VITAMIN C (SODIUM ASCORBATE), A B VITAMIN (NIACINAMIDE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B12 (RIBOFLAVIN), VITAMIN B1 (THIAMIN MONONITRATE), VITAMIN A (PALMITATE), A B VITAMIN (FOLIC ACID), VITAMIN B12, VITAMIN D3).)



Cinnamon Toast Crunch Cereal Bar

PER SERVING (1 Bar)			
157 CALORIES	0.4g SAT FAT	122mg SODIUM	29.6g CARBS



Allergens: Contains Gluten, Soy, Wheat.

Made With: Cinnamon Toast Crunch Cereal Bar (WHOLE GRAIN OATS, CORN SYRUP, WHOLE GRAIN WHEAT, SUGAR, FRUCTOSE, CANOLA OIL, BROWN RICE FLOUR, RICE FLOUR, MALTODEXTRIN, CHICORY ROOT EXTRACT, WHOLE CORN FLOUR, CONTAINS 2% OR LESS OF: VEGETABLE GLYCERIN, WHEAT STARCH, CALCIUM CARBONATE, SALT, DEXTROSE, COLOR (CARAMEL COLOR, ANNATTO EXTRACT), CINNAMON, BAKING SODA, TRISODIUM PHOSPHATE, ZINC AND IRON (MINERAL NUTRIENTS), A B VITAMIN (NIACINAMIDE), NATURAL FLAVOR, SOY LECITHIN, VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), A B VITAMIN (FOLIC ACID).)

Cinnamon UBR

PER SERVING (1 pkg.)			
270 CALORIES	3.0g SAT FAT	180mg SODIUM	44.0g CARBS

Allergens: Contains Egg, Gluten, Milk, Soy, Wheat.

Made With: Cinnamon UBR (WHOLE WHEAT FLOUR, SUGAR, OATS, PALM AND SOYBEAN OILS, CINNAMON DROPS (SUGAR, PALM OIL, CINNAMON, NONFAT DRY MILK, SOY LECITHIN (AN EMULSIFIER)), CHICKORY ROOT FIBER, MOLASSES, CONTAINS LESS THAN 2% OF THE FOLLOWING: GLYCERINE (VEGETABLE BASED), BROWN SUGAR, LEAVENING (BAKING SODA), CINNAMON, MODIFIED CORNSTARCH, EGGS, RAISIN PASTE, NATURAL AND ARTIFICIAL FLAVOR, EGG WHITES, SALT, CARRAGEENAN, GUAR GUM, SOY LECITHIN, CORN SYRUP SOLIDS.)

Citrus Glazed Carrots

PER SERVING (1/2 c.)			
60 CALORIES	0.1g SAT FAT	68mg SODIUM	13.3g CARBS



Allergens:

Made With: Carrots (CARROTS); Orange Juice (WATER, ORANGE JUICE CONCENTRATE); Light Brown Sugar (BROWN SUGAR); Corn Starch (CORN STARCH); Cinnamon Ground (CINNAMON); Black Pepper Ground (BLACK PEPPER); Ginger Ground (GROUND GINGER)

Classic Hummus Wrap

PER SERVING (1 wrap)			
490 CALORIES	7.0g SAT FAT	800mg SODIUM	50.0g CARBS

Allergens: Contains Gluten, Sesame, Wheat.

Made With: Hummus, classic, Sabra (Cooked Chickpeas, (Water, Chickpeas), Water, Tahini (Ground Sesame), Soybean Oil, Garlic, Salt, Citric Acid, Potassium Sorbate To Maintain Freshness.); Whole Wheat Tortilla, 10" (Whole wheat flour, Enriched unbleached flour (Wheat flour, Niacin, Reduced iron, Thiamine mononitrate, Riboflavin and Folic acid), Water, Vegetable shortening (Contains one or more of the following: Palm oil and/or Corn oil), Contains 2% or less of the following: Salt, Aluminum-free leavening (Sodium acid Pyrophosphate, Sodium bicarbonate, Cornstarch, Monocalcium phosphate), Wheat protein, Preservatives (Calcium propionate, Sorbic acid), Dough conditioner (Fumaric acid, Xanthan gum, Mono- and Diglycerides, Sodium metabisulphite).)

Cocoa Puffs Cereal

PER SERVING (1 bowl)			
110 CALORIES	0.0g SAT FAT	120mg SODIUM	25.0g CARBS

Allergens:

Made With: Cocoa Puffs Cereal, reduced sugar (WHOLE GRAIN CORN, SUGAR, CORN MEAL, CORN SYRUP, COCOA PROCESSED WITH ALKALI, FRUCTOSE, CANOLA OIL, SALT, CARAMEL COLOR, REFINER'S SYRUP, BAKING SODA, NATURAL FLAVOR. VITAMINS AND MINERALS: TRICALCIUM PHOSPHATE, CALCIUM CARBONATE, ZINC AND IRON (MINERAL NUTRIENTS), VITAMIN C (SODIUM ASCORBATE), A B VITAMIN (NIACINAMIDE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), VITAMIN B1 (THIAMIN MONONITRATE), VITAMIN B (PALMITATE), A B VITAMIN (FOLIC ACID), VITAMIN B12, VITAMIN D3.)



Cocoa Puffs Cereal Bar

PER SERVING (1 Bar)			
158 CALORIES	0.4g SAT FAT	106mg SODIUM	29.5g CARBS

Allergens: Contains Gluten, Soy, Wheat.

Made With: Cocoa Puffs Cereal Bar (WHOLE GRAIN OATS, CEREAL (WHOLE GRAIN CORN, SUGAR, CORN MEAL, CORN SYRUP, COCOA PROCESSED WITH ALKALI, FRUCTOSE, CANOLA OIL, SALT, CARAMEL COLOR, BROWN SUGAR SYRUP, BAKING SODA, NATURAL FLAVOR, VITAMINS AND MINERALS,; TRICALCIUM PHOSPHATE, CALCIUM CARBONATE, ZINC AND IRON [MINERAL NUTRIENTS], VITAMIN C [SODIUM ASCORBATE], A B VITAMIN [NIACINAMIDE], VITAMIN B6 [PYRIDOXINE HYDROCHLORIDE], VITAMIN B2 [RIBOFLAVIN], VITAMIN B1 [THIAMIN MONONITRATE], VITAMIN A [PALMITATE], A B VITAMIN [FOLIC ACID], VITAMIN B12, VITAMIN D3) CORN SYRUP, SUGAR, WHOLE WHEAT FLOUR, FRUCTOSE, CANOLA OIL, BROWN RICE FLOUR, CHICORY ROOT EXTRACT. CONTAINS 2% OR LESS OF: VEGETABLE GLYCERIN, CALCIUM CARBONATE, COCOA PROCESSED WITH ALKALI, MALTODEXTRIN, CORN FLOUR, MODIFIED WHEAT STARCH, SALT, CARAMEL COLOR, BAKING SODA, NATURAL FLAVOR, SOY LECITHIN.)

Corn Dog

PER SERVING (1 corn dog)			
240 CALORIES	2.5g SAT FAT	470mg SODIUM	30.0g CARBS

Allergens: Contains Egg, Gluten, Soy, Wheat.

Made With: Corn Dogs (BATTER INGREDIENTS: WATER, WHOLE WHEAT FLOUR, WHOLE GRAIN CORN, SUGAR, CONTAINS 2% OR LESS OF LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), SOY FLOUR, SOYBEAN OIL, SALT, EGG YOLK WITH SODIUM, SILICOALUMINATE, ASCORBIC ACID, EGG WHITE, DRIED HONEY, ARTIFICIAL FLAVOR. FRIED IN VEGETABLE OIL. CHICKEN FRANKFURTER INGREDIENTS: MECHANICALLY SEPARATED CHICKEN, WATER, CORN SYRUP SOLIDS, CONTAINS LESS THAN 2% OF SPICES, SALT, POTASSIUM, LACTATE, SODIUM LACTATE, SODIUM PHOSPHATE, POTASSIUM CHLORIDE, FLAVORINGS, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE.)

Country Breakfast Sausage Patty

PER SERVING (2 patty)			
120 CALORIES	3.0g SAT FAT	160mg SODIUM	0.0g CARBS

Allergens:

Made With: Country Turkey Sausage Patty (Country Tky Saus Patty Fc: Ingredients: Turkey, Seasoning (Salt, Spices, Sugar, Dextrose, Spice Extract, Bha, Propyl Gallate, Citric Acid), Water, Caramel Color.)



Country Fried Steak

PER SERVING (1 patty)			
305 CALORIES	4.6g SAT FAT	325mg SODIUM	19.3g CARBS

Allergens: Contains Gluten, Soy, Wheat.

Made With: Discontinued-use SI101003 by 8/1/20-Breaded Beef Patties (GROUND BEEF (NOT MORE THAN 20% FAT), WATER, TEXTURED VEGETABLE PROTEIN PRODUCT [SOY FLOUR, ZINC OXIDE, NIACINAMIDE, FERROUS SULFATE, COPPER GLUCONATE, VITAMIN A PALMITATE, CALCIUM PANTOTHENATE, THIAMINE MONONITRATE (B1), PYRIDOXINE HYDROCHLORIDE (B6), RIBOFLAVIN (B2), CYANOCOBALAMIN (B12), (MAY CONTAIN CARAMEL COLOR)], SEASONING [SOY SAUCE (FERMENTED SOYBEANS, WHEAT, SALT), SUGAR, MALTODEXTRIN, SALT, SPICES, GARLIC POWDER, ONION POWDER, SOYBEAN OIL, DISODIUM INOSINATE AND DISODIUM GUANYLATE, NATURAL FLAVORS, EXTRACTIVE OF PAPRIKA], DEHYDRATED ONIONS, SALT, POTASSIUM PHOSPHATES. BREADED WITH: WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), DEHYDRATED POTATOES (POTATOES, MONO AND DIGLYCERIDES, DEXTROSE) YEAST, SUGAR, SALT, SOYBEAN OIL (PROCESSING AID). BATTERED WITH: WATER, WHOLE WHEAT FLOUR, ENRICHED FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), POTATO FLOUR, SALT, MODIFIED CORN STARCH, LEAVENING (CALCIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE, SODIUM BICARBONATE), CHICKEN FLAVOR (CONTAINS MALTODEXTRIN, SALT AND NATURAL FLAVORS), HYDROLYZED CORN PROTEIN, ONION POWDER, GARLIC POWDER, YEAST EXTRACT, CHICKEN BROTH, SPICE. SET IN VEGETABLE OIL.)

Crispy Chicken Nuggets

PER SERVING (5 nugget)			
240 CALORIES	2.5g SAT FAT	440mg SODIUM	16.0g CARBS

Allergens: Contains Gluten, Soy, Wheat.

Made With: Chicken Nuggets, CF (Chicken, water, whole wheat flour, textured soy flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), isolated soy, protein with less than 2% lecithin, contains 2% or less of the following: chicken type flavor [brown sugar, yeast extract, onion powder, maltodextrin, canola oil, carrot, powder, garlic powder, silicon dioxide (anti-caking agent), citric acid, spice, salt, vegetable stock (carrot, onion, celery), natural flavor], dextrose, dried garlic, dried, onion, dried yeast, paprika extract (color), salt, spice, sugar, textured soy protein concentrate, torula yeast, turmeric extract (color), wheat gluten. Breeding set in, vegetable oil.)

Crispy Chicken Salad

PER SERVING (1 salad)			
319 CALORIES	4.5g SAT FAT	571mg SODIUM	23.5g CARBS

Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Salad Mix with color (Iceburg Lettuce, Shredded Red Cabbage, Shredded Carrots); Chicken Nuggets (Chicken, water, whole wheat flour, textured soy flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), isolated soy, protein with less than 2% lecithin, contains 2% or less of the following: chicken type flavor [brown sugar, yeast extract, onion powder, maltodextrin, canola oil, carrot, powder, garlic powder, silicon dioxide (anti-caking agent), citric acid, spice, salt, vegetable stock (carrot, onion, celery), natural flavor], dextrose, dried garlic, dried, onion, dried yeast, paprika extract (color), salt, spice, sugar, textured soy protein concentrate, torula yeast, turmeric extract (color), wheat gluten. Breeding set in, vegetable oil.); Fresh Tomatoes (TOMATO); Shredded Cheddar Cheese Reduced Fat (See Label for ingredients and allergens); Carrot (CARROTS)

Crispy Chicken Wrap

PER SERVING (1 wrap)			
914 CALORIES	13.5g SAT FAT	1475mg SODIUM	62.4g CARBS

Allergens: Contains Egg, Gluten, Milk, Soy, Wheat.

Made With: Ranch Dressing (Water, Soybean Oil, Buttermilk*, Distilled Vinegar, Maltodextrin, Egg Yolk, Contains less than 2% of Salt, Sugar, Lactic and Phosphoric Acids, Natural Flavor, Modified Food Starch, Garlic*, Spice, Xanthan Gum, Onion*, Potassium Sorbate (preservative), Autolyzed Yeast Extract, Disodium Inosinate, Disodium Guanylate. *Dried Allergens: Egg & Milk.); Whole Grain Chicken Patty (Chicken, water, whole wheat flour, textured soy flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), isolated soy, protein with less than 2% lecithin, contains 2% or less of the following: chicken type flavor [brown sugar, yeast extract, onion powder, maltodextrin, canola oil, carrot, powder, garlic powder, silicon dioxide (anti-caking agent), citric acid, spice, salt, vegetable stock (carrot, onion, celery), natural flavor], dextrose, dried garlic, dried, onion, dried yeast, paprika extract (color), salt, spice, sugar, textured soy protein concentrate, torula yeast, turmeric extract (color), wheat gluten. Breading set in, vegetable oil.); Whole Wheat Tortilla, 10" (Whole wheat flour, Enriched unbleached flour (Wheat flour, Niacin, Reduced iron, Thiamine mononitrate, Riboflavin and Folic acid), Water, Vegetable shortening (Contains one or more of the following: Palm oil and/or Corn oil), Contains 2% or less of the following: Salt, Aluminum-free leavening (Sodium acid Pyrophosphate, Sodium bicarbonate, Cornstarch, Monocalcium phosphate), Wheat protein, Preservatives (Calcium propionate, Sorbic acid), Dough conditioner (Fumaric acid, Xanthan gum, Mono- and Diglycerides, Sodium metabisulphite).); Salad Mix with color (Iceburg Lettuce, Shredded Red Cabbage, Shredded Carrots); Fresh Tomatoes (TOMATO); Shredded Cheddar Cheese Reduced Fat (See Label for ingredients and allergens); Green Bell Pepper (GREEN SWEET PEPPER)

Crispy Chicken Wrap

PER SERVING (1 wrap)			
648 CALORIES	9.6g SAT FAT	971mg SODIUM	56.6g CARBS

Allergens: Contains Egg, Gluten, Milk, Soy, Wheat.

Made With: Breaded Chicken Tender, Fritter, Tyson, whole grain, cooked, CN (3 tenders=3.39 oz=2 MMA+1oz WG) (Chick Tender Wg Breaded Fc (Chicken, water, textured soy protein concentrate, isolated soy protein with less than 2% lecithin, chicken type flavor [brown sugar, yeast extract, onion powder,, maltodextrin, canola oil, carrot powder, garlic powder, silicon dioxide (anti-caking agent), citric acid, spice, salt, vegetable stock (carrot, onion, celery), natural flavor],, sodium phosphates.BREADED WITH: Whole wheat flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water,, salt, wheat gluten, sugar, dried onion, dried garlic, torula yeast, dextrose, spice, dried yeast, paprika extract (color) turmeric extract (color). Breeding set in vegetable, oil.)); Whole Wheat Tortilla, 10" (Whole wheat flour, Enriched unbleached flour (Wheat flour, Niacin, Reduced iron, Thiamine mononitrate, Riboflavin and Folic acid), Water, Vegetable shortening (Contains one or more of the following: Palm oil and/or Corn oil), Contains 2% or less of the following: Salt, Aluminum-free leavening (Sodium acid Pyrophosphate, Sodium bicarbonate, Cornstarch, Monocalcium phosphate), Wheat protein, Preservatives (Calcium propionate, Sorbic acid), Dough conditioner (Fumaric acid, Xanthan gum, Mono- and Diglycerides, Sodium metabisulphite).); Salad Mix with color (Iceburg Lettuce, Shredded Red Cabbage, Shredded Carrots); Ranch Dressing (Water, Soybean Oil, Buttermilk*, Distilled Vinegar, Maltodextrin, Egg Yolk, Contains less than 2% of Salt, Sugar, Lactic and Phosphoric Acids, Natural Flavor, Modified Food Starch, Garlic*, Spice, Xanthan Gum, Onion*, Potassium Sorbate (preservative), Autolyzed Yeast Extract, Disodium Inosinate, Disodium Guanylate. *Dried Allergens: Egg & Milk.); Fresh Tomatoes (TOMATO); Yellow Cheddar Cheese (Cheddar Cheese (Cultured Pasteurized , Milk, Salt, Enzymes, Color Added [If , Colored], Anticake (Potato Starch, , Powdered Cellulose)); Green Bell Pepper (GREEN SWEET PEPPER)

Crispy Corn Taco Shell

PER SERVING (3 shells)			
255 CALORIES	1.5g SAT FAT	0mg SODIUM	33.0g CARBS

Allergens:

Made With: 6" Yellow Corn Taco Shell (Whole Grain Corn, Water Vegetable Oil (Cottonseed, Corn, and/or Sunflower))

Crispy Whole Apple

PER SERVING (1 extra small (2-1/2" dia))			
48 CALORIES	0.0g SAT FAT	1mg SODIUM	12.7g CARBS

Allergens:

Made With: Extra Small Fresh Apples (APPLE)

Cucumber Coins

PER SERVING (1/2 c.)			
9 CALORIES	0.0g SAT FAT	1mg SODIUM	2.2g CARBS



Allergens:

Made With: Cucumber (CUCUMBER)

Diced Peaches

PER SERVING (1/2 c.)			
59 CALORIES	0.0g SAT FAT	5mg SODIUM	13.8g CARBS

Allergens:

Made With: Diced Peaches (See label for ingredients and allergens.)

Diced Pears

PER SERVING (1/2 c.)			
57 CALORIES	0.0g SAT FAT	5mg SODIUM	15.3g CARBS

Allergens:

Made With: Diced Pears (See label for ingredients and allergens.)

Diced Red Onion

PER SERVING (2 tbsp.)			
9 CALORIES	0.0g SAT FAT	1mg SODIUM	2.0g CARBS

Allergens:

Made With: Red Onions (RED ONION)

Diced Red Tomatoes

PER SERVING (2 tbsp.)			
4 CALORIES	0.0g SAT FAT	1mg SODIUM	1.0g CARBS

Allergens:

Made With: Tomato (TOMATO)



Dill Pickle Chips

PER SERVING (2 tbsp.)			
0 CALORIES	0.0g SAT FAT	256mg SODIUM	0.0g CARBS

Allergens:

Made With: Pickle Slices (CUCUMBERS, WATER, VINEGAR, SALT, ALUM, CALCIUM CHLORIDE, SODIUM BENZOATE AND POTASSIUM SORBATE (PRESERVATIVE), NATURAL FLAVORS, POLYSORBATE 80, YELLOW 5, BLUE 1.)

Double Berry Parfait

PER SERVING (1 parfait)			
499 CALORIES	1.4g SAT FAT	106mg SODIUM	102.8g CARBS

Allergens: Contains Milk. Processed in a facility that also processes Soy, Tree nuts, Wheat.

Made With: Vanilla Yogurt (Cultured Grade A Low Fat Milk, Sugar, Modified Corn Starch. Contains less than 1% of: Corn Starch, Potassium Sorbate Added to , Maintain Freshness, Natural Flavor, Vitamin A Acetate, Vitamin D3.); Strawberries (STRAWBERRIES, SUGAR); Classic Granola (Whole grain rolled oats, cane sugar, whole grain brown rice flour, mixed fruit blend concentrate (pineapple, pear, peach), oat flour, vanilla extract (vanilla bean extractives, alcohol, water), vitamin E); Blueberries (BLUEBERRIES)

Double Berry Parfait

PER SERVING (1 parfait)			
451 CALORIES	1.6g SAT FAT	236mg SODIUM	87.3g CARBS

Allergens: Contains Milk, Soy. May contain Gluten.

Made With: Vanilla Yogurt (Cultured Grade A Low Fat Milk, Sugar, Modified Corn Starch. Contains less than 1% of: Corn Starch, Potassium Sorbate Added to , Maintain Freshness, Natural Flavor, Vitamin A Acetate, Vitamin D3.); Strawberries (STRAWBERRIES, SUGAR); Oats & Honey Crunch Granola (Whole Grain Oats, Sugar, Canola and/or Sunflower Oil, Rice Flour, Honey, Brown Sugar Syrup, Salt, Baking Soda, , Soy Lecithin, Natural Flavor.); Wild Blueberries (BLUEBERRIES)

Egg & Chorizo Burrito

PER SERVING (1 wrap)			
CALORIES	g SAT FAT	mg SODIUM	g CARBS

Allergens:

Made With:

Fajita Chicken

PER SERVING (1/2 c.)			
93 CALORIES	1.5g SAT FAT	460mg SODIUM	1.5g CARBS

Allergens:

Made With: Fajita Chicken Strips, USDA (Refer to product packaging on location.)

Fajita Chicken

PER SERVING (2/3 c.)			
124 CALORIES	2.0g SAT FAT	614mg SODIUM	2.0g CARBS

Allergens:

Made With: Fajita Chicken Strips, USDA (Refer to product packaging on location.)

Fajita Chicken Pizza

PER SERVING (1 slice)			
465 CALORIES	7.3g SAT FAT	1048mg SODIUM	59.1g CARBS

Allergens: Contains Egg, Gluten, Milk, Soy, Wheat.

Made With: Pizza Dough, Richs White 16-inch, Oven Rise w/Sauce Ring, 27.5 oz (8-cut=3 oz; 10-cut=2.25 oz grain) (Oven Rise 16" Sheeted Pizza Dough (ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, CONTAINS LESS THAN 2% OF THE FOLLOWING: PALM OIL, SUGAR, SOYBEAN OIL, SALT, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE), BUTTERMILK, PASTEURIZED PART SKIM MILK, CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), WHEY POWDER (A MILK DERIVATIVE), GARLIC POWDER, CHEESE CULTURE, GUAR GUM, MALTED BARLEY FLOUR, DEXTROSE, XANTHAN GUM, DATEM, ENZYME, SODIUM PHOSPHATE, LACTIC ACID, ASCORBIC ACID.); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.); CHEESE MOZZ PS SHRD USDA (Low Moisture Part Skim Mozzarella, Cheese (Pasteurized Part Skim Milk,, Cheese Cultures, Salt, Enzymes), Powdered Cellulose (to Prevent Caking),, Natamycin (a Natural Mold Inhibitor),); Filling, SW Chicken USDA Strip (Chicken Strips, USDA (See Label for ingredients and allergens); Taco Seasoning (INGREDIENTS: SPICES (INCLUDING PAPRIKA, CHILI PEPPER), ONION, SALT, GARLIC, POTATO FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), COCOA POWDER PROCESSED WITH ALKALI, CORN SYRUP SOLIDS, AND NATURAL FLAVOR.); Pizza Sauce (VINE-RIPENED FRESH TOMATOES, SUGAR, SALT, SEASONING (SPICES, SALT, GARLIC POWDER), EXTRA VIRGIN OLIVE OIL); Pico Sauce, ranch, tomato, Mexican seasoning (Reduced Calorie Ranch Dressing (WATER, CULTURED LOWFAT BUTTERMILK, CORN SYRUP, SOYBEAN OIL, RANCH

SEASONING & SPICES (SALT, FOOD STARCH-MODIFIED, MONOSODIUM GLUTAMATE, SUGAR, DRIED GARLIC, DRIED ONION, NATURAL AND ARTIFICIAL FLAVOR [INCLUDES MILK, SOYBEAN], WHEY PROTEIN CONCENTRATE, CORN SYRUP, SPICES, XANTHAN GUM, SORBIC ACID AND CALCIUM DISODIUM EDTA AS PRESERVATIVES, CITRIC ACID, CALCIUM STEARATE), DISTILLED VINEGAR, CONTAINS LESS THAN 2% OF EGG YOLKS, CULTURED BUTTERMILK, WHEY, FOOD STARCH-MODIFIED, SALT, NATURAL FLAVOR (INCLUDES MILK), PHOSPHORIC ACID, SODIUM BENZOATE AND POTASSIUM SORBATE (AS PRESERVATIVES), ARTIFICIAL COLOR, PROPYLENE GLYCOL ALGINATE, XANTHAN GUM, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR.); Tomato Diced LS; Real Lime Juice (WATER, LIME JUICE CONCENTRATE AND LESS THAN 2% OF: LIME OIL, , SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES).); Salt Free Mexican Seasoning (INGREDIENTS: SPICES (INCLUDING CUMIN, ANCHO CHILI PEPPER, OREGANO, RED PEPPER), SUGAR, ONION, RED & GREEN BELL PEPPER, TOMATO, GARLIC, CITRIC ACID, SILICON DIOXIDE AND CALCIUM SILICATE (TO MAKE FREE FLOWING), EXTRACTIVES OF LIME & NATURAL FLAVOR.); Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe (Fresh Cilantro (CILANTRO LEAVES))); Roasted Southwest Vegetable Blend, green pepper, onion (1/2c=1/2c other veg) (Peppers, green, sweet (bell), 1/4-inch diced, ready-to-serve (1/2c=3.2 oz=1/2c other veg) , Recipe (Green Bell Pepper (GREEN SWEET PEPPER))); Onion, yellow, 1/4-inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe (Yellow Onion (YELLOW ONION)); Olive Oil Blend (CANOLA, EXTRA VIRGIN OLIVE OIL); Salt Free Mexican Seasoning (INGREDIENTS: SPICES (INCLUDING CUMIN, ANCHO CHILI PEPPER, OREGANO, RED PEPPER), SUGAR, ONION, RED & GREEN BELL PEPPER, TOMATO, GARLIC, CITRIC ACID, SILICON DIOXIDE AND CALCIUM SILICATE (TO MAKE FREE FLOWING), EXTRACTIVES OF LIME & NATURAL FLAVOR.); Yellow Cheddar Cheese (Cheddar Cheese (Cultured Pasteurized , Milk, Salt, Enzymes, Color Added [If , Colored], Anticake (Potato Starch, , Powdered Cellulose)); Garlic Seasoned Oil, Italian seasoning (Olive Oil Blend (CANOLA, EXTRA VIRGIN OLIVE OIL); Garlic Powder (GARLIC POWDER); Italian Seasoning (MARJORAM, THYME, ROSEMARY, SAVORY, SAGE, OREGANO, AND BASIL.)); Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe (Fresh Cilantro (CILANTRO LEAVES))

Fajita Chicken Pizza

PER SERVING (1 slice)			
459 CALORIES	7.0g SAT FAT	1053mg SODIUM	59.1g CARBS

Allergens: Contains Egg, Gluten, Milk, Soy, Wheat.

Made With: Pizza Dough, Richs White 16-inch, Oven Rise w/Sauce Ring, 27.5 oz (8-cut=3 oz; 10-cut=2.25

oz grain) (Oven Rise 16" Sheeted Pizza Dough (ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, CONTAINS LESS THAN 2% OF THE FOLLOWING: PALM OIL, SUGAR, SOYBEAN OIL, SALT, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE), BUTTERMILK, PASTEURIZED PART SKIM MILK, CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), WHEY POWDER (A MILK DERIVATIVE), GARLIC POWDER, CHEESE CULTURE, GUAR GUM, MALTED BARLEY FLOUR, DEXTROSE, XANTHAN GUM, DATEM, ENZYME, SODIUM PHOSPHATE, LACTIC ACID, ASCORBIC ACID.); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.); CHEESE MOZZ PS SHRD USDA (Low Moisture Part Skim Mozzarella, Cheese (Pasteurized Part Skim Milk,, Cheese Cultures, Salt, Enzymes), Powdered Cellulose (to Prevent Caking),, Natamycin (a Natural Mold Inhibitor),); Filling, SW Chicken USDA Strip (Chicken Strips, USDA (See Label for ingredients and allergens); Taco Seasoning (INGREDIENTS: SPICES (INCLUDING PAPRIKA, CHILI PEPPER), ONION, SALT, GARLIC, POTATO FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), COCOA POWDER PROCESSED WITH ALKALI, CORN SYRUP SOLIDS, AND NATURAL FLAVOR.); Pizza Sauce (VINE-RIPENED FRESH TOMATOES, SUGAR, SALT, SEASONING (SPICES, SALT, GARLIC POWDER), EXTRA VIRGIN OLIVE OIL); Pico Sauce, ranch, tomato, Mexican seasoning (Reduced Calorie Ranch Dressing (WATER, CULTURED LOWFAT BUTTERMILK, CORN SYRUP, SOYBEAN OIL, RANCH SEASONING & SPICES (SALT, FOOD STARCH-MODIFIED, MONOSODIUM GLUTAMATE, SUGAR, DRIED GARLIC, DRIED ONION, NATURAL AND ARTIFICIAL FLAVOR [INCLUDES MILK, SOYBEAN], WHEY PROTEIN CONCENTRATE, CORN SYRUP, SPICES, XANTHAN GUM, SORBIC ACID AND CALCIUM DISODIUM EDTA AS PRESERVATIVES, CITRIC ACID, CALCIUM STEARATE), DISTILLED VINEGAR, CONTAINS LESS THAN 2% OF EGG YOLKS, CULTURED BUTTERMILK, WHEY, FOOD STARCH-MODIFIED, SALT, NATURAL FLAVOR (INCLUDES MILK), PHOSPHORIC ACID, SODIUM BENZOATE AND POTASSIUM SORBATE (AS PRESERVATIVES), ARTIFICIAL COLOR, PROPYLENE GLYCOL ALGINATE, XANTHAN GUM, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR.); Tomato Diced LS; Real Lime Juice (WATER, LIME JUICE CONCENTRATE AND LESS THAN 2% OF: LIME OIL, , SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES).); Salt Free Mexican Seasoning (INGREDIENTS: SPICES (INCLUDING CUMIN, ANCHO CHILI PEPPER, OREGANO, RED PEPPER), SUGAR, ONION, RED & GREEN BELL PEPPER, TOMATO, GARLIC, CITRIC ACID, SILICON DIOXIDE AND CALCIUM SILICATE (TO MAKE FREE FLOWING), EXTRACTIVES OF LIME & NATURAL FLAVOR.); Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe (Fresh Cilantro (CILANTRO LEAVES))); Roasted Southwest Vegetable Blend, green pepper, onion (1/2c=1/2c other veg) (Peppers, green, sweet (bell), 1/4-inch diced, ready-to-serve (1/2c=3.2 oz=1/2c other veg) , Recipe (Green Bell Pepper (GREEN SWEET PEPPER))); Onion, yellow, 1/4-inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe (Yellow Onion (YELLOW ONION)); Olive Oil Blend (CANOLA, EXTRA VIRGIN OLIVE OIL); Salt Free Mexican Seasoning (INGREDIENTS: SPICES (INCLUDING

CUMIN, ANCHO CHILI PEPPER, OREGANO, RED PEPPER), SUGAR, ONION, RED && GREEN BELL PEPPER, TOMATO, GARLIC, CITRIC ACID, SILICON DIOXIDE AND CALCIUM SILICATE (TO MAKE FREE FLOWING), EXTRACTIVES OF LIME && NATURAL FLAVOR.)); Shredded Cheddar Cheese Reduced Fat (See Label for ingredients and allergens); Garlic Seasoned Oil, Italian seasoning (Olive Oil Blend (CANOLA, EXTRA VIRGIN OLIVE OIL); Garlic Powder (GARLIC POWDER); Italian Seasoning (MARJORAM, THYME, ROSEMARY, SAVORY, SAGE, OREGANO, AND BASIL.)); Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe (Fresh Cilantro (CILANTRO LEAVES))

Fajita Chicken Salad

PER SERVING (1 salad)

206 CALORIES	3.9g SAT FAT	390mg SODIUM	14.2g CARBS
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Allergens: Contains Gluten, Milk, Wheat.

Made With: Salad Mix with color (Iceburg Lettuce, Shredded Red Cabbage, Shredded Carrots); Filling, SW Chicken USDA Strip (Chicken Strips, USDA (See Label for ingredients and allergens); Taco Seasoning (INGREDIENTS: SPICES (INCLUDING PAPRIKA, CHILI PEPPER), ONION, SALT, GARLIC, POTATO FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), COCOA POWDER PROCESSED WITH ALKALI, CORN SYRUP SOLIDS, AND NATURAL FLAVOR.)); Tomatoes, fresh, 1/4-inch diced, ready-to-serve (1/2c = 4.2 oz = 1/2c red/orange veg) , Recipe (Tomato (TOMATO)); Roasted Southwest Vegetable Blend, green pepper, onion (1/2c=1/2c other veg) (Peppers, green, sweet (bell), 1/4-inch diced, ready-to-serve (1/2c=3.2 oz=1/2c other veg) , Recipe (Green Bell Pepper (GREEN SWEET PEPPER)); Onion, yellow, 1/4-inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe (Yellow Onion (YELLOW ONION)); Olive Oil Blend (CANOLA, EXTRA VIRGIN OLIVE OIL); Salt Free Mexican Seasoning (INGREDIENTS: SPICES (INCLUDING CUMIN, ANCHO CHILI PEPPER, OREGANO, RED PEPPER), SUGAR, ONION, RED && GREEN BELL PEPPER, TOMATO, GARLIC, CITRIC ACID, SILICON DIOXIDE AND CALCIUM SILICATE (TO MAKE FREE FLOWING), EXTRACTIVES OF LIME && NATURAL FLAVOR.)); Yellow Cheddar Cheese (Cheddar Cheese (Cultured Pasteurized , Milk, Salt, Enzymes, Color Added [If , Colored], Anticake (Potato Starch, , Powdered Cellulose)); Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe (Fresh Cilantro (CILANTRO LEAVES))

Fajita Chicken Salad

PER SERVING (1 salad)			
195 CALORIES	3.4g SAT FAT	399mg SODIUM	14.2g CARBS

Allergens: Contains Gluten, Milk, Wheat.

Made With: Salad Mix with color (Iceburg Lettuce, Shredded Red Cabbage, Shredded Carrots); Filling, SW Chicken USDA Strip (Chicken Strips, USDA (See Label for ingredients and allergens); Taco Seasoning (INGREDIENTS: SPICES (INCLUDING PAPRIKA, CHILI PEPPER), ONION, SALT, GARLIC, POTATO FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), COCOA POWDER PROCESSED WITH ALKALI, CORN SYRUP SOLIDS, AND NATURAL FLAVOR.)); Tomatoes, fresh, 1/4-inch diced, ready-to-serve (1/2c = 4.2 oz = 1/2c red/orange veg) , Recipe (Tomato (TOMATO)); Roasted Southwest Vegetable Blend, green pepper, onion (1/2c=1/2c other veg) (Peppers, green, sweet (bell), 1/4-inch diced, ready-to-serve (1/2c=3.2 oz=1/2c other veg) , Recipe (Green Bell Pepper (GREEN SWEET PEPPER)); Onion, yellow, 1/4-inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe (Yellow Onion (YELLOW ONION)); Olive Oil Blend (CANOLA, EXTRA VIRGIN OLIVE OIL); Salt Free Mexican Seasoning (INGREDIENTS: SPICES (INCLUDING CUMIN, ANCHO CHILI PEPPER, OREGANO, RED PEPPER), SUGAR, ONION, RED && GREEN BELL PEPPER, TOMATO, GARLIC, CITRIC ACID, SILICON DIOXIDE AND CALCIUM SILICATE (TO MAKE FREE FLOWING), EXTRACTIVES OF LIME && NATURAL FLAVOR.)); Shredded Cheddar Cheese Reduced Fat (See Label for ingredients and allergens); Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe (Fresh Cilantro (CILANTRO LEAVES))

Fajita Chicken Sub

PER SERVING (1 sandwich)			
360 CALORIES	4.2g SAT FAT	686mg SODIUM	39.3g CARBS

Allergens: Contains Gluten, Milk, Wheat. May contain Egg, Soy.

Made With: Sub Roll, jalapeno cheese, whole grain, Richs (1 roll = 2 oz eq grain) , Recipe (Sub Roll Dough, whole grain, proofed and stretched, Richs (1 roll = 2 oz eq grain) , Recipe (Roll Dgh Wg (WATER, WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), YEAST, SUGAR, WHEAT GLUTEN, SOYBEAN OIL, CONTAINS LESS THAN 2% OF THE FOLLOWING: OAT FIBER, FRUCTOSE, NATURAL FLAVOR (CONTAINS WHEAT INGREDIENTS), SEA SALT, HONEY, ENZYMES (CONTAINS WHEAT), ASCORBIC ACID, SALT.); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.); Peppers, jalapeno, sliced, canned, drained, ready-to-serve (Jalapeno Peppers (FRESH JALAPENO PEPPERS, WATER, VINEGAR, SALT, MALIC AND LACTIC ACID, CALCIUM CHLORIDE, SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES), YELLOW 5.); Shredded Part Skim Mozzarella Cheese (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, AND ENZYMES. POTATO STARCH, POWDERED CELLULOSE ADDED TO PREVENT CAKING.); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.); Filling, SW Chicken USDA Strip (Chicken Strips, USDA (See Label for ingredients and allergens); Taco Seasoning (INGREDIENTS: SPICES (INCLUDING PAPRIKA, CHILI PEPPER), ONION, SALT, GARLIC, POTATO FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), COCOA POWDER PROCESSED WITH ALKALI, CORN SYRUP SOLIDS, AND NATURAL FLAVOR.); Roasted Southwest Vegetable Blend, green pepper, onion (1/2c=1/2c other veg) (Peppers, green, sweet (bell), 1/4-inch diced, ready-to-serve (1/2c=3.2 oz=1/2c other veg) , Recipe (Green Bell Pepper (GREEN SWEET PEPPER)); Onion, yellow, 1/4-inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe (Yellow Onion (YELLOW ONION)); Olive Oil Blend (CANOLA, EXTRA VIRGIN OLIVE OIL); Salt Free Mexican Seasoning (INGREDIENTS: SPICES (INCLUDING CUMIN, ANCHO CHILI PEPPER, OREGANO, RED PEPPER), SUGAR, ONION, RED & GREEN BELL PEPPER, TOMATO, GARLIC, CITRIC ACID, SILICON DIOXIDE AND CALCIUM SILICATE (TO MAKE FREE FLOWING), EXTRACTIVES OF LIME & NATURAL FLAVOR.); Yellow Cheddar Cheese (Cheddar Cheese (Cultured Pasteurized , Milk, Salt, Enzymes, Color Added [If , Colored], Anticake (Potato Starch, , Powdered Cellulose))

Fajita Chicken Sub

PER SERVING (1 sandwich)			
349 CALORIES	3.7g SAT FAT	695mg SODIUM	39.3g CARBS

Allergens: Contains Gluten, Milk, Wheat. May contain Egg, Soy.

Made With: Sub Roll, jalapeno cheese, whole grain, Richs (1 roll = 2 oz eq grain) , Recipe (Sub Roll Dough, whole grain, proofed and stretched, Richs (1 roll = 2 oz eq grain) , Recipe (Roll Dgh Wg (WATER, WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), YEAST, SUGAR, WHEAT GLUTEN, SOYBEAN OIL, CONTAINS LESS THAN 2% OF THE FOLLOWING: OAT FIBER, FRUCTOSE, NATURAL FLAVOR (CONTAINS WHEAT INGREDIENTS), SEA SALT, HONEY, ENZYMES (CONTAINS WHEAT), ASCORBIC ACID, SALT.); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.); Peppers, jalapeno, sliced, canned, drained, ready-to-serve (Jalapeno Peppers (FRESH JALAPENO PEPPERS, WATER, VINEGAR, SALT, MALIC AND LACTIC ACID, CALCIUM CHLORIDE, SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES), YELLOW 5.); Shredded Part Skim Mozzarella Cheese (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, AND ENZYMES. POTATO STARCH, POWDERED CELLULOSE ADDED TO PREVENT CAKING.); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.); Filling, SW Chicken USDA Strip (Chicken Strips, USDA (See Label for ingredients and allergens); Taco Seasoning (INGREDIENTS: SPICES (INCLUDING PAPRIKA, CHILI PEPPER), ONION, SALT, GARLIC, POTATO FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), COCOA POWDER PROCESSED WITH ALKALI, CORN SYRUP SOLIDS, AND NATURAL FLAVOR.); Roasted Southwest Vegetable Blend, green pepper, onion (1/2c=1/2c other veg) (Peppers, green, sweet (bell), 1/4-inch diced, ready-to-serve (1/2c=3.2 oz=1/2c other veg) , Recipe (Green Bell Pepper (GREEN SWEET PEPPER)); Onion, yellow, 1/4-inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe (Yellow Onion (YELLOW ONION)); Olive Oil Blend (CANOLA, EXTRA VIRGIN OLIVE OIL); Salt Free Mexican Seasoning (INGREDIENTS: SPICES (INCLUDING CUMIN, ANCHO CHILI PEPPER, OREGANO, RED PEPPER), SUGAR, ONION, RED & GREEN BELL PEPPER, TOMATO, GARLIC, CITRIC ACID, SILICON DIOXIDE AND CALCIUM SILICATE (TO MAKE FREE FLOWING), EXTRACTIVES OF LIME & NATURAL FLAVOR.); Shredded Cheddar Cheese Reduced Fat (See Label for ingredients and allergens)

Fiesta Burrito

PER SERVING (1 burrito)			
CALORIES	g SAT FAT	mg SODIUM	g CARBS

Allergens:

Made With:

Fiesta Nachos

PER SERVING (1 nacho)			
CALORIES	g SAT FAT	mg SODIUM	g CARBS

Allergens:

Made With:

Fiesta Taco Salad

PER SERVING (1 salad)			
478 CALORIES	10.1g SAT FAT	609mg SODIUM	41.6g CARBS

Allergens: Contains Milk, Soy.

Made With: Turkey Taco Filling (Turkey Taco Filling, Cooked, Frozen, USDA, #100119); Salad Mix with color (Iceburg Lettuce, Shredded Red Cabbage, Shredded Carrots); Mission Tortilla Chip (Whole Grain Corn, Water, Vegetable Oil (Cottonseed, Corn, and/or Sunflower), Salt); Yellow Cheddar Cheese (Cheddar Cheese (Cultured Pasteurized , Milk, Salt, Enzymes, Color Added [If , Colored], Anticake (Potato Starch, , Powdered Cellulose))

Fiesta Taco Salad

PER SERVING (1 salad)			
399 CALORIES	5.1g SAT FAT	493mg SODIUM	38.4g CARBS

Allergens: Contains Milk, Soy.

Made With: Turkey Taco Filling (Turkey Taco Filling, Cooked, Frozen, USDA, #100119); Salad Mix with color (Iceburg Lettuce, Shredded Red Cabbage, Shredded Carrots); Tostitos Rnd Wg (Whole Corn, Corn, Vegetable Oil (Corn, Canola and/or Sunflower Oil),, and Salt.); Shredded Cheddar Cheese Reduced Fat (See Label for ingredients and allergens)

Fiesta Taco Salad

PER SERVING (1 salad)			
CALORIES	g SAT FAT	mg SODIUM	g CARBS

Allergens:

Made With:

Fiesta Tacos

PER SERVING (1 taco)			
CALORIES	g SAT FAT	mg SODIUM	g CARBS

Allergens:

Made With:

Fish Patty on a Bun

PER SERVING (1 patty)			
310 CALORIES	1.0g SAT FAT	470mg SODIUM	43.0g CARBS

Allergens: Contains Fish, Gluten, Milk, Sesame, Wheat. May contain Soy.

Made With: Fish Patty, whole grain golden crunchy, Alaskan Pollock (1.3% ALASKA POLLOCK; 28.7% BATTER AND BREADING: WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, WHOLE YELLOW, CORN MEAL, WATER, YELLOW CORN FLOUR, SUGAR, SALT, YEAST, WHEY, AUTOLYZED YEAST EXTRACT, LEAVENING (SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), MODIFIED CELLULOSE, DEHYDRATED ONION, CARAMEL COLOR, EXTRACTIVES OF PAPRIKA, ANNATTO AND, TURMERIC (COLOR). PREFRIED IN CANOLA, COTTONSEED, AND/OR SOYBEAN OIL. CONTAINS: FISH (POLLOCK), WHEAT, MILK); WWW Hamburger Bun (WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), WATER, YEAST, VITAL WHEAT GLUTEN, SUGAR, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SOYBEAN OIL, SALT, XANTHAN GUM, YEAST NUTRIENT (AMMONIUM SULFATE), DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, ASCORBIC ACID, MONOCALCIUM PHOSPHATE), CALCIUM PROPIONATE (MOLD INHIBITOR), ENZYMES, SESAME FLOUR.)

Flour Tortilla

PER SERVING (2 tortilla)			
180 CALORIES	2.0g SAT FAT	260mg SODIUM	28.0g CARBS

Allergens: Contains Gluten, Wheat.

Made With: 6" Whole Wheat Tortilla (Whole wheat flour, Enriched unbleached flour (Wheat flour,, Niacin, Reduced iron, Thiamine mononitrate, Riboflavin and Folic acid), Water, Vegetable, shortening (Contains one or more of the following: Palm oil and/or corn oil), Contains 2% or, less of the following: Salt, Aluminum-free leavening (Sodium acid pyrophosphate, Sodium, bicarbonate, Corn starch, Monocalcium phosphate), Wheat protein, Preservatives (Calcium, propionate, Sorbic acid), Dough conditioner (Fumaric acid, Xanthan gum Mono- and, Diglycerides, Sodium metabisulphite).,)



Flour Tortilla

PER SERVING (1 tortilla)			
210 CALORIES	3.0g SAT FAT	320mg SODIUM	34.0g CARBS

Allergens: Contains Gluten, Wheat.

Made With: Whole Wheat Tortilla, 10" (Whole wheat flour, Enriched unbleached flour (Wheat flour, Niacin, Reduced iron, Thiamine mononitrate, Riboflavin and Folic acid), Water, Vegetable shortening (Contains one or more of the following: Palm oil and/or Corn oil), Contains 2% or less of the following: Salt, Aluminum-free leavening (Sodium acid Pyrophosphate, Sodium bicarbonate, Cornstarch, Monocalcium phosphate), Wheat protein, Preservatives (Calcium propionate, Sorbic acid), Dough conditioner (Fumaric acid, Xanthan gum, Mono- and Diglycerides, Sodium metabisulphite).)



Forward Sauce

PER SERVING (1 c.)			
307 CALORIES	0.1g SAT FAT	770mg SODIUM	45.9g CARBS

Allergens:

Made With: Spaghetti Sauce (TOMATO PUREE (WATER, TOMATO PASTE), ONIONS, SUGAR, SALT, NATURAL FLAVOR, SPICES, EXTRA VIRGIN OLIVE OIL, CITRIC ACID, , GARLIC.); Lentil Crumbles, Prepared, Plain (1/2c= 3.9oz=2.25MMA) (Municipal Water (WATER); Lentil Crumbles (LENTILS, SUNFLOWER OIL, YEAST EXTRACT, GARLIC, ONION, SALT, PAPRIKA, SPICES.))

French Toast Sticks

PER SERVING (4 stick.)			
257 CALORIES	1.5g SAT FAT	297mg SODIUM	37.6g CARBS

Allergens: Contains Gluten, Soy, Wheat.

Made With: French Toast Sticks (BREAD (WHOLE WHEAT FLOUR, WATER, ENRICHED WHEAT FLOUR [WHEAT FLOUR,, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN,, FOLIC ACID], WHEAT GLUTEN, SUGAR, YEAST, SALT, SOYBEAN OIL, CULTURED WHEAT, FLOUR, VINEGAR, SOY LECITHIN, ASCORBIC ACID, ENZYME), WATER, WHOLE WHEAT, FLOUR, SOYBEAN OIL, SUGAR, ENRICHED YELLOW CORN FLOUR (YELLOW CORN FLOUR,, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC, ACID), ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE, MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF EACH OF THE, FOLLOWING: CARRAGEENAN, DEXTROSE ,DRIED YEAST, GUM ARABIC,LEAVENING, (BAKING SODA, MONOCALCIUM PHOSPHATE), NATURAL AND ARTIFICIAL FLAVOR, SALT,, SOY FLOUR, SOY LECITHIN.)

Fresh Broccoli Florets

PER SERVING (1/2 c.)			
11 CALORIES	0.0g SAT FAT	11mg SODIUM	2.1g CARBS



Allergens:

Made With: Broccoli Florets (BROCCOLI)

Fresh Cilantro

PER SERVING (1 tsp.)			
0 CALORIES	0.0g SAT FAT	0mg SODIUM	0.0g CARBS

Allergens:

Made With: Fresh Cilantro (CILANTRO LEAVES)

Fresh Oranges

PER SERVING (1 small (2-3/8" dia))			
45 CALORIES	0.0g SAT FAT	0mg SODIUM	11.3g CARBS

Allergens:

Made With: Fresh Orange (ORANGES)

Freshly Sliced Jalapeno Peppers

PER SERVING (1 tbsp.)			
2 CALORIES	0.0g SAT FAT	0mg SODIUM	0.5g CARBS

Allergens:

Made With: Jalapeno Peppers (JALAPENO PEPPER)

Fried Rice

PER SERVING (1 1/3 c.)			
343 CALORIES	0.5g SAT FAT	629mg SODIUM	70.3g CARBS

Allergens: Contains Egg, Gluten, Milk, Soy, Wheat.

Made With: Rice, white, oven, steamed (1/2c = 1 oz eq grain) , Recipe (Municipal Water (WATER); Converted White Rice (LONG GRAIN PARBOILED WHITE RICE)); Onion, yellow, 1/4-inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe (Yellow Onion (YELLOW ONION)); Green Pea (PEAS); Carrot (CARROTS); Low Sodium Soy Sauce (WATER, WHEAT, SOYBEANS, SALT, LACTIC ACID, SODIUM BENZOATE: LESS THAN 1/10 OF 1% AS A PRESERVATIVE.); Egg Patty (Whole Eggs, Water, Whey Solids, Nonfat Dried Milk, Corn Syrup Solids, Xanthan Gum, Citric Acid.); Onion, green, sliced (1/2c = 2.2 oz = 1/2c other veg) , Recipe (Green Onion (GREEN ONIONS)); Garlic Powder (GARLIC POWDER); Ginger Ground (GROUND GINGER); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.)

Frito Corn Chips

PER SERVING (1 c.)			
227 CALORIES	2.1g SAT FAT	242mg SODIUM	22.7g CARBS

Allergens:

Made With: Fritos Corn Chips (CORN, CORN OIL AND SALT.)

Fruit Cocktail

PER SERVING (1/2 c.)			
87 CALORIES	0.0g SAT FAT	7mg SODIUM	21.7g CARBS

Allergens:

Made With: Mixed Fruit (This item consists of U.S. Grade B peaches, pears, and grapes in the following proportions:, 40-60% diced peaches, 20-45% diced pears, and, 15-25% whole seedless grapes. It is packed in, extra light syrup that may consist of a variety of, different packing mediums and/or sweeteners. See label for ingredients and allergens.)

Garden Side Salad

PER SERVING (1 c.)			
20 CALORIES	0.0g SAT FAT	26mg SODIUM	4.2g CARBS

Allergens:

Made With: Salad Mix (ROMAINE LETTUCE, ICEBERG LETTUCE); Tomatoes, fresh, 1/4-inch diced, ready-to-serve (1/2c = 4.2 oz = 1/2c red/orange veg) , Recipe (Tomato (TOMATO)); Carrot (CARROTS); Fresh Spinach (SPINACH); Cucumber (CUCUMBER)

Garlic Knot Breadstick

PER SERVING (1 roll.)			
111 CALORIES	0.2g SAT FAT	96mg SODIUM	15.0g CARBS



- Allergens:** Contains Gluten, Soy, Wheat. May contain Egg, Milk.
- Made With:** Breadstick Dgh (WATER, WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), YEAST, SUGAR, WHEAT GLUTEN, CONTAINS LESS THAN 2% OF THE FOLLOWING: FRUCTOSE, SOYBEAN OIL, OAT FIBER, SEA SALT, HONEY, SOY LECITHIN, NATURAL FLAVOR, ENZYMES (CONTAINS WHEAT), ASCORBIC ACID, SALT.); Olive Oil Blend (CANOLA, EXTRA VIRGIN OLIVE OIL); Garlic Powder (GARLIC POWDER); Italian Seasoning (MARJORAM, THYME, ROSEMARY, SAVORY, SAGE, OREGANO, AND BASIL.); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.)

Garlic Parmesan Mayonnaise

PER SERVING (1 tbsp.)			
31 CALORIES	0.3g SAT FAT	61mg SODIUM	2.0g CARBS

- Allergens:** Contains Egg, Milk.
- Made With:** Reduced Calorie Mayonnaise (WATER, SOYBEAN OIL, CORN SYRUP, FOOD STARCH-MODIFIED*, EGG YOLKS, CONTAINS LESS THAN 2% OF DISTILLED VINEGAR, SALT, SODIUM BENZOATE AND POTASSIUM SORBATE (AS PRESERVATIVES)*, SPICE, CITRIC ACID, XANTHAN GUM*, NATURAL FLAVORS, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR, YELLOW 5*. *INGREDIENTS NOT NORMALLY FOUND IN MAYONNAISE.); Dannon Non Fat Greek Plain Yogurt (CULTURED GRADE A NON FAT MILK.); Yellow Mustard (DISTILLED VINEGAR, WATER, NO. 1 GRADE MUSTARD SEED, SALT, TUMERIC, PAPRIKA, SPICE, NATURAL FLAVORS AND GARLIC POWDER.); Grated Parmesan Cheese (GRATED PARMESAN CHEESE (MADE FROM COW'S MILK, CHEESE CULTURE, SALT, ENZYMES), POWDERED CELLULOSE (ADDED TO PREVENT CAKING)); Garlic Powder (GARLIC POWDER); Italian Seasoning (MARJORAM, THYME, ROSEMARY, SAVORY, SAGE, OREGANO, AND BASIL.)

General Tso Sauce

PER SERVING (2 tbsp.)			
111 CALORIES	0.0g SAT FAT	126mg SODIUM	28.5g CARBS

Allergens: Contains Gluten, Soy, Wheat.

Made With: Orange Sauce (SUGAR, WATER, VINEGAR, NATURALLY BREWED SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT), MODIFIED CORN STARCH, ORANGE JUICE CONCENTRATE, DEHYDRATED ONION, NATURAL FLAVOR, CITRIC ACID, XANTHAN GUM, SPICES, GARLIC POWDER.); Light Brown Sugar (BROWN SUGAR); Crushed Red Pepper (CRUSHED RED PEPPER)

Grated Parmesan Cheese

PER SERVING (1/2 tsp.)			
3 CALORIES	0.2g SAT FAT	15mg SODIUM	0.2g CARBS

Allergens: Contains Milk.

Made With: Grated Parmesan Cheese (GRATED PARMESAN CHEESE (MADE FROM COW'S MILK, CHEESE CULTURE, SALT, ENZYMES), POWDERED CELLULOSE (ADDED TO PREVENT CAKING))

Gravy, Pepper (Country, Biscuit)

PER SERVING (1/4 c.)			
43 CALORIES	2.2g SAT FAT	179mg SODIUM	4.6g CARBS

Allergens: Contains Milk.

Made With: Municipal Water (WATER); Cream Soup Base (MODIFIED CORN STARCH, PALM OIL, MALTODEXTRIN, BUTTERMILK, CORN SYRUP SOLIDS, SUGAR, SALT, BUTTERMILK POWDER, YEAST EXTRACT, SOYBEAN OIL, ONION POWDER, POTASSIUM CHLORIDE, NATURAL FLAVOR, DISODIUM GUANYLATE, DISODIUM INOSINATE.); Black Pepper Ground (BLACK PEPPER); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSIATE OF SODA AS AN ANTICAKING AGENT.)

Green Chili Chicken Pizza

PER SERVING (1 slice)			
448 CALORIES	7.5g SAT FAT	954mg SODIUM	56.2g CARBS

Allergens: Contains Egg, Gluten, Milk, Wheat. Processed in a facility that also processes Soy.

Made With: Pizza Dough, Richs White 16-inch, Oven Rise w/Sauce Ring, 27.5 oz (8-cut=3 oz; 10-cut=2.25 oz grain) (Oven Rise 16" Sheeted Pizza Dough (ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, CONTAINS LESS THAN 2% OF THE FOLLOWING: PALM OIL, SUGAR, SOYBEAN OIL, SALT, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE), BUTTERMILK, PASTEURIZED PART SKIM MILK, CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), WHEY POWDER (A MILK DERIVATIVE), GARLIC POWDER, CHEESE CULTURE, GUAR GUM, MALTED BARLEY FLOUR, DEXTROSE, XANTHAN GUM, DATEM, ENZYME, SODIUM PHOSPHATE, LACTIC ACID, ASCORBIC ACID.); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.)); Green Chili Chicken, USDA Strip, peppers (Unseasoned Chicken Strips (GOLDKIST FARMS: CHICKEN MEAT, WATER, MODIFIED FOOD STARCH, SODIUM PHOSPHATES, REDUCED SODIUM SEA SALT (SEA SALT, POTASSIUM CHLORIDE, RICE FLOUR). , CRIDER FOODS: CHICKEN WHITE AND DARK MEAT, WATER, SALT, MODIFIED FOOD STARCH & SODIUM PHOSPHATE.); Peppers, green, sweet (bell), 1/4-inch diced, ready-to-serve (1/2c=3.2 oz=1/2c other veg) , Recipe (Green Bell Pepper (GREEN

SWEET PEPPER)); Onion, yellow, 1/4-inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe (Yellow Onion (YELLOW ONION)); Green Chile Peppers (GREEN CHILI PEPPERS, WATER, SALT, CITRIC ACID, CALCIUM CHLORIDE); Real Lime Juice (WATER, LIME JUICE CONCENTRATE AND LESS THAN 2% OF: LIME OIL, , SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES).); Salt Free Mexican Seasoning (INGREDIENTS: SPICES (INCLUDING CUMIN, ANCHO CHILI PEPPER, OREGANO, RED PEPPER), SUGAR, ONION, RED && GREEN BELL PEPPER, TOMATO, GARLIC, CITRIC ACID, SILICON DIOXIDE AND CALCIUM SILICATE (TO MAKE FREE FLOWING), EXTRACTIVES OF LIME && NATURAL FLAVOR.); Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe (Fresh Cilantro (CILANTRO LEAVES)); Past Skim Mozzarella Cheese (Low Moisture Part Skim Mozzarella, Cheese (Pasteurized Part Skim Milk,, Cheese Cultures, Salt, Enzymes), Powdered Cellulose (to Prevent Caking),, Natamycin (a Natural Mold Inhibitor),); Pizza Sauce (VINE-RIPENED FRESH TOMATOES, SUGAR, SALT, SEASONING (SPICES, SALT, GARLIC POWDER), EXTRA VIRGIN OLIVE OIL); Pico de Gallo, salsa, homemade (1/2c = 3/8c red + 1/8c other) , Recipe (Tomato; Tomatoes, fresh, 1/4-inch diced, ready-to-serve (1/2c = 4.2 oz = 1/2c red/orange veg) , Recipe (Tomato (TOMATO)); Onion, yellow, 1/4-inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe (Yellow Onion (YELLOW ONION)); Real Lime Juice (WATER, LIME JUICE CONCENTRATE AND LESS THAN 2% OF: LIME OIL, , SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES).); Peppers, jalapeno, sliced, canned, drained, ready-to-serve (Jalapeno Peppers (FRESH JALAPENO PEPPERS, WATER, VINEGAR, SALT, MALIC AND LACTIC ACID, CALCIUM CHLORIDE, SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES), YELLOW 5.)); Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe (Fresh Cilantro (CILANTRO LEAVES)); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSIAN OF SODA AS AN ANTICAKING AGENT.); Granulated Sugar (SUGAR); Cumin Ground (CUMIN)); Yellow Cheddar Cheese (Cheddar Cheese (Cultured Pasteurized , Milk, Salt, Enzymes, Color Added [If , Colored], Anticake (Potato Starch, , Powdered Cellulose)); Cilantro Lime Crema, Greek yogurt, mayonnaise (Reduced Calorie Mayonnaise (WATER, SOYBEAN OIL, CORN SYRUP, FOOD STARCH-MODIFIED*, EGG YOLKS, CONTAINS LESS THAN 2% OF DISTILLED VINEGAR, SALT, SODIUM BENZOATE AND POTASSIUM SORBATE (AS PRESERVATIVES)*, SPICE, CITRIC ACID, XANTHAN GUM*, NATURAL FLAVORS, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR, YELLOW 5*. *INGREDIENTS NOT NORMALLY FOUND IN MAYONNAISE.); Dannon Non Fat Greek Plain Yogurt (CULTURED GRADE A NON FAT MILK.); Real Lime Juice (WATER, LIME JUICE CONCENTRATE AND LESS THAN 2% OF: LIME OIL, , SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES).); Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe (Fresh Cilantro (CILANTRO LEAVES)); Garlic Seasoned Oil, Italian seasoning (Olive Oil Blend (CANOLA, EXTRA VIRGIN OLIVE OIL); Garlic Powder (GARLIC POWDER); Italian Seasoning (MARJORAM, THYME, ROSEMARY, SAVORY, SAGE, OREGANO, AND BASIL.)); Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe (Fresh Cilantro (CILANTRO LEAVES))

Green Chili Chicken Pizza

PER SERVING (1 slice)

443 CALORIES	7.3g SAT FAT	958mg SODIUM	56.2g CARBS
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Allergens: Contains Egg, Gluten, Milk, Wheat. Processed in a facility that also processes Soy.

Made With: Pizza Dough, Richs White 16-inch, Oven Rise w/Sauce Ring, 27.5 oz (8-cut=3 oz; 10-cut=2.25 oz grain) (Oven Rise 16" Sheeted Pizza Dough (ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, CONTAINS LESS THAN 2% OF THE FOLLOWING: PALM OIL, SUGAR, SOYBEAN OIL, SALT, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE), BUTTERMILK, PASTEURIZED PART SKIM MILK, CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), WHEY POWDER (A MILK DERIVATIVE), GARLIC POWDER, CHEESE CULTURE, GUAR GUM, MALTED BARLEY FLOUR, DEXTROSE, XANTHAN GUM, DATEM, ENZYME, SODIUM PHOSPHATE, LACTIC ACID, ASCORBIC ACID.); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.); Green Chili Chicken, USDA Strip, peppers (Unseasoned Chicken Strips (GOLDKIST FARMS: CHICKEN MEAT, WATER, MODIFIED FOOD STARCH, SODIUM PHOSPHATES, REDUCED SODIUM SEA SALT (SEA SALT, POTASSIUM CHLORIDE, RICE FLOUR).

, CRIDER FOODS: CHICKEN WHITE AND DARK MEAT, WATER, SALT, MODIFIED FOOD STARCH & SODIUM PHOSPHATE.); Peppers, green, sweet (bell), 1/4-inch diced, ready-to-serve (1/2c=3.2 oz=1/2c other veg) , Recipe (Green Bell Pepper (GREEN SWEET PEPPER)); Onion, yellow, 1/4-inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe (Yellow Onion (YELLOW ONION)); Green Chile Peppers (GREEN CHILI PEPPERS, WATER, SALT, CITRIC ACID, CALCIUM CHLORIDE); Real Lime Juice (WATER, LIME JUICE CONCENTRATE AND LESS THAN 2% OF: LIME OIL, , SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES).); Salt Free Mexican Seasoning (INGREDIENTS: SPICES (INCLUDING CUMIN, ANCHO CHILI PEPPER, OREGANO, RED PEPPER), SUGAR, ONION, RED & GREEN BELL PEPPER, TOMATO, GARLIC, CITRIC ACID, SILICON DIOXIDE AND CALCIUM SILICATE (TO MAKE FREE FLOWING), EXTRACTIVES OF LIME & NATURAL FLAVOR.); Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe (Fresh Cilantro (CILANTRO LEAVES)); Past Skim Mozzarella Cheese (Low Moisture Part Skim Mozzarella, Cheese (Pasteurized Part Skim Milk,, Cheese Cultures, Salt, Enzymes), Powdered Cellulose (to Prevent Caking),, Natamycin (a Natural Mold Inhibitor),); Pizza Sauce (VINE-RIPENED FRESH TOMATOES, SUGAR, SALT, SEASONING (SPICES, SALT, GARLIC POWDER), EXTRA VIRGIN OLIVE OIL); Pico de Gallo, salsa, homemade (1/2c = 3/8c red + 1/8c other) , Recipe (Tomato; Tomatoes, fresh, 1/4-inch diced,

ready-to-serve (1/2c = 4.2 oz = 1/2c red/orange veg) , Recipe (Tomato (TOMATO)); Onion, yellow, 1/4-inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe (Yellow Onion (YELLOW ONION)); Real Lime Juice (WATER, LIME JUICE CONCENTRATE AND LESS THAN 2% OF: LIME OIL, , SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES).); Peppers, jalapeno, sliced, canned, drained, ready-to-serve (Jalapeno Peppers (FRESH JALAPENO PEPPERS, WATER, VINEGAR, SALT, MALIC AND LACTIC ACID, CALCIUM CHLORIDE, SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES), YELLOW 5.)); Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe (Fresh Cilantro (CILANTRO LEAVES)); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSATE OF SODA AS AN ANTICAKING AGENT.); Granulated Sugar (SUGAR); Cumin Ground (CUMIN)); Shredded Cheddar Cheese Reduced Fat (See Label for ingredients and allergens); Cilantro Lime Crema, Greek yogurt, mayonnaise (Reduced Calorie Mayonnaise (WATER, SOYBEAN OIL, CORN SYRUP, FOOD STARCH-MODIFIED*, EGG YOLKS, CONTAINS LESS THAN 2% OF DISTILLED VINEGAR, SALT, SODIUM BENZOATE AND POTASSIUM SORBATE (AS PRESERVATIVES)*, SPICE, CITRIC ACID, XANTHAN GUM*, NATURAL FLAVORS, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR, YELLOW 5*. *INGREDIENTS NOT NORMALLY FOUND IN MAYONNAISE.); Dannon Non Fat Greek Plain Yogurt (CULTURED GRADE A NON FAT MILK.); Real Lime Juice (WATER, LIME JUICE CONCENTRATE AND LESS THAN 2% OF: LIME OIL, , SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES).); Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe (Fresh Cilantro (CILANTRO LEAVES)); Garlic Seasoned Oil, Italian seasoning (Olive Oil Blend (CANOLA, EXTRA VIRGIN OLIVE OIL); Garlic Powder (GARLIC POWDER); Italian Seasoning (MARJORAM, THYME, ROSEMARY, SAVORY, SAGE, OREGANO, AND BASIL.)); Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe (Fresh Cilantro (CILANTRO LEAVES))

Green Chili Chicken Salad

PER SERVING (1 salad)			
175 CALORIES	4.5g SAT FAT	333mg SODIUM	8.7g CARBS

Allergens: Contains Milk.

Made With:

Salad Mix with color (Iceburg Lettuce, Shredded Red Cabbage, Shredded Carrots); Green Chili Chicken, USDA Strip, peppers (Unseasoned Chicken Strips (GOLDKIST FARMS: CHICKEN MEAT, WATER, MODIFIED FOOD STARCH, SODIUM PHOSPHATES, REDUCED SODIUM SEA SALT (SEA SALT, POTASSIUM CHLORIDE, RICE FLOUR).

CRIDER FOODS: CHICKEN WHITE AND DARK MEAT, WATER, SALT, MODIFIED FOOD STARCH & SODIUM PHOSPHATE.); Peppers, green, sweet (bell), 1/4-inch diced, ready-to-serve (1/2c=3.2 oz=1/2c other veg) , Recipe (Green Bell Pepper (GREEN SWEET PEPPER)); Onion, yellow, 1/4-inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe (Yellow Onion (YELLOW ONION)); Green Chile Peppers (GREEN CHILI PEPPERS, WATER, SALT, CITRIC ACID, CALCIUM CHLORIDE); Real Lime Juice (WATER, LIME JUICE CONCENTRATE AND LESS THAN 2% OF: LIME OIL, , SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES).); Salt Free Mexican Seasoning (INGREDIENTS: SPICES (INCLUDING CUMIN, ANCHO CHILI PEPPER, OREGANO, RED PEPPER), SUGAR, ONION, RED & GREEN BELL PEPPER, TOMATO, GARLIC, CITRIC ACID, SILICON DIOXIDE AND CALCIUM SILICATE (TO MAKE FREE FLOWING), EXTRACTIVES OF LIME & NATURAL FLAVOR.); Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe (Fresh Cilantro (CILANTRO LEAVES)); Pico de Gallo, salsa, homemade (1/2c = 3/8c red + 1/8c other) , Recipe (Tomato; Tomatoes, fresh, 1/4-inch diced, ready-to-serve (1/2c = 4.2 oz = 1/2c red/orange veg) , Recipe (Tomato (TOMATO)); Onion, yellow, 1/4-inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe (Yellow Onion (YELLOW ONION)); Real Lime Juice (WATER, LIME JUICE CONCENTRATE AND LESS THAN 2% OF: LIME OIL, , SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES).); Peppers, jalapeno, sliced, canned, drained, ready-to-serve (Jalapeno Peppers (FRESH JALAPENO PEPPERS, WATER, VINEGAR, SALT, MALIC AND LACTIC ACID, CALCIUM CHLORIDE, SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES), YELLOW 5.)); Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe (Fresh Cilantro (CILANTRO LEAVES)); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSIAN OF SODA AS AN ANTICAKING AGENT.); Granulated Sugar (SUGAR); Cumin Ground (CUMIN)); Yellow Cheddar Cheese (Cheddar Cheese (Cultured Pasteurized , Milk, Salt, Enzymes, Color Added [If , Colored], Anticake (Potato Starch, , Powdered Cellulose)); Onion, green, sliced (1/2c = 2.2 oz = 1/2c other veg) , Recipe (Green Onion (GREEN ONIONS)); Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe (Fresh Cilantro (CILANTRO LEAVES))

Green Chili Chicken Salad

PER SERVING (1 salad)			
164 CALORIES	3.9g SAT FAT	342mg SODIUM	8.6g CARBS

Allergens: Contains Milk.

Made With: Salad Mix with color (Iceburg Lettuce, Shredded Red Cabbage, Shredded Carrots); Green Chili Chicken, USDA Strip, peppers (Unseasoned Chicken Strips (GOLDKIST FARMS: CHICKEN MEAT, WATER, MODIFIED FOOD STARCH, SODIUM PHOSPHATES, REDUCED SODIUM SEA SALT (SEA SALT, POTASSIUM CHLORIDE, RICE FLOUR).

CRIDER FOODS: CHICKEN WHITE AND DARK MEAT, WATER, SALT, MODIFIED FOOD STARCH && SODIUM PHOSPHATE.); Peppers, green, sweet (bell), 1/4-inch diced, ready-to-serve (1/2c=3.2 oz=1/2c other veg) , Recipe (Green Bell Pepper (GREEN SWEET PEPPER)); Onion, yellow, 1/4-inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe (Yellow Onion (YELLOW ONION)); Green Chile Peppers (GREEN CHILI PEPPERS, WATER, SALT, CITRIC ACID, CALCIUM CHLORIDE); Real Lime Juice (WATER, LIME JUICE CONCENTRATE AND LESS THAN 2% OF: LIME OIL, , SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES).); Salt Free Mexican Seasoning (INGREDIENTS: SPICES (INCLUDING CUMIN, ANCHO CHILI PEPPER, OREGANO, RED PEPPER), SUGAR, ONION, RED && GREEN BELL PEPPER, TOMATO, GARLIC, CITRIC ACID, SILICON DIOXIDE AND CALCIUM SILICATE (TO MAKE FREE FLOWING), EXTRACTIVES OF LIME & NATURAL FLAVOR.); Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe (Fresh Cilantro (CILANTRO LEAVES)); Pico de Gallo, salsa, homemade (1/2c = 3/8c red + 1/8c other) , Recipe (Tomato; Tomatoes, fresh, 1/4-inch diced, ready-to-serve (1/2c = 4.2 oz = 1/2c red/orange veg) , Recipe (Tomato (TOMATO)); Onion, yellow, 1/4-inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe (Yellow Onion (YELLOW ONION)); Real Lime Juice (WATER, LIME JUICE CONCENTRATE AND LESS THAN 2% OF: LIME OIL, , SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES).); Peppers, jalapeno, sliced, canned, drained, ready-to-serve (Jalapeno Peppers (FRESH JALAPENO PEPPERS, WATER, VINEGAR, SALT, MALIC AND LACTIC ACID, CALCIUM CHLORIDE, SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES), YELLOW 5.)); Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe (Fresh Cilantro (CILANTRO LEAVES)); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSIAE OF SODA AS AN ANTICAKING AGENT.); Granulated Sugar (SUGAR); Cumin Ground (CUMIN)); Shredded Cheddar Cheese Reduced Fat (See Label for ingredients and allergens); Onion, green, sliced (1/2c = 2.2 oz = 1/2c other veg) , Recipe (Green Onion (GREEN ONIONS)); Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe (Fresh Cilantro (CILANTRO LEAVES))

Green Chili Chicken Sub

PER SERVING (1 sandwich)			
321 CALORIES	4.7g SAT FAT	666mg SODIUM	33.6g CARBS

Allergens: Contains Gluten, Milk, Wheat. May contain Egg, Soy.

Made With: Green Chili Chicken, USDA Strip, peppers (Unseasoned Chicken Strips (GOLDKIST FARMS: CHICKEN MEAT, WATER, MODIFIED FOOD STARCH, SODIUM PHOSPHATES, REDUCED SODIUM SEA SALT (SEA SALT, POTASSIUM CHLORIDE, RICE FLOUR). , CRIDER FOODS: CHICKEN WHITE AND DARK MEAT, WATER, SALT, MODIFIED FOOD STARCH & SODIUM PHOSPHATE.); Peppers, green, sweet (bell), 1/4-inch diced, ready-to-serve (1/2c=3.2 oz=1/2c other veg) , Recipe (Green Bell Pepper (GREEN SWEET PEPPER)); Onion, yellow, 1/4-inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe (Yellow Onion (YELLOW ONION)); Green Chile Peppers (GREEN CHILI PEPPERS, WATER, SALT, CITRIC ACID, CALCIUM CHLORIDE); Real Lime Juice (WATER, LIME JUICE CONCENTRATE AND LESS THAN 2% OF: LIME OIL, , SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES).); Salt Free Mexican Seasoning (INGREDIENTS: SPICES (INCLUDING CUMIN, ANCHO CHILI PEPPER, OREGANO, RED PEPPER), SUGAR, ONION, RED & GREEN BELL PEPPER, TOMATO, GARLIC, CITRIC ACID, SILICON DIOXIDE AND CALCIUM SILICATE (TO MAKE FREE FLOWING), EXTRACTIVES OF LIME & NATURAL FLAVOR.); Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe (Fresh Cilantro (CILANTRO LEAVES))); Sub Roll, jalapeno cheese, whole grain, Richs (1 roll = 2 oz eq grain) , Recipe (Sub Roll Dough, whole grain, proofed and stretched, Richs (1 roll = 2 oz eq grain) , Recipe (Roll Dgh Wg (WATER, WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), YEAST, SUGAR, WHEAT GLUTEN, SOYBEAN OIL, CONTAINS LESS THAN 2% OF THE FOLLOWING: OAT FIBER, FRUCTOSE, NATURAL FLAVOR (CONTAINS WHEAT INGREDIENTS), SEA SALT, HONEY, ENZYMES (CONTAINS WHEAT), ASCORBIC ACID, SALT.); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.); Peppers, jalapeno, sliced, canned, drained, ready-to-serve (Jalapeno Peppers (FRESH JALAPENO PEPPERS, WATER, VINEGAR, SALT, MALIC AND LACTIC ACID, CALCIUM CHLORIDE, SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES), YELLOW 5.); Shredded Part Skim Mozzarella Cheese (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, AND ENZYMES. POTATO STARCH, POWDERED CELLULOSE ADDED TO PREVENT CAKING.); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.); Pico de Gallo, salsa, homemade (1/2c = 3/8c red + 1/8c other) , Recipe (Tomato;

Tomatoes, fresh, 1/4-inch diced, ready-to-serve (1/2c = 4.2 oz = 1/2c red/orange veg) , Recipe (Tomato (TOMATO)); Onion, yellow, 1/4-inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe (Yellow Onion (YELLOW ONION)); Real Lime Juice (WATER, LIME JUICE CONCENTRATE AND LESS THAN 2% OF: LIME OIL, , SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES).); Peppers, jalapeno, sliced, canned, drained, ready-to-serve (Jalapeno Peppers (FRESH JALAPENO PEPPERS, WATER, VINEGAR, SALT, MALIC AND LACTIC ACID, CALCIUM CHLORIDE, SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES), YELLOW 5.)); Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe (Fresh Cilantro (CILANTRO LEAVES)); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSIAN OF SODA AS AN ANTICAKING AGENT.); Granulated Sugar (SUGAR); Cumin Ground (CUMIN); Yellow Cheddar Cheese (Cheddar Cheese (Cultured Pasteurized , Milk, Salt, Enzymes, Color Added [If , Colored], Anticake (Potato Starch, , Powdered Cellulose))

Green Chili Chicken Sub

PER SERVING (1 sandwich)

310 CALORIES	4.2g SAT FAT	674mg SODIUM	33.6g CARBS
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Allergens: Contains Gluten, Milk, Wheat. May contain Egg, Soy.

Made With: Green Chili Chicken, USDA Strip, peppers (Unseasoned Chicken Strips (GOLDKIST FARMS: CHICKEN MEAT, WATER, MODIFIED FOOD STARCH, SODIUM PHOSPHATES, REDUCED SODIUM SEA SALT (SEA SALT, POTASSIUM CHLORIDE, RICE FLOUR). , CRIDER FOODS: CHICKEN WHITE AND DARK MEAT, WATER, SALT, MODIFIED FOOD STARCH & SODIUM PHOSPHATE.); Peppers, green, sweet (bell), 1/4-inch diced, ready-to-serve (1/2c=3.2 oz=1/2c other veg) , Recipe (Green Bell Pepper (GREEN SWEET PEPPER)); Onion, yellow, 1/4-inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe (Yellow Onion (YELLOW ONION)); Green Chile Peppers (GREEN CHILI PEPPERS, WATER, SALT, CITRIC ACID, CALCIUM CHLORIDE); Real Lime Juice (WATER, LIME JUICE CONCENTRATE AND LESS THAN 2% OF: LIME OIL, , SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES).); Salt Free Mexican Seasoning (INGREDIENTS: SPICES (INCLUDING CUMIN, ANCHO CHILI PEPPER, OREGANO, RED PEPPER), SUGAR, ONION, RED & GREEN BELL PEPPER, TOMATO, GARLIC, CITRIC ACID, SILICON DIOXIDE AND CALCIUM SILICATE (TO MAKE FREE FLOWING), EXTRACTIVES OF LIME & NATURAL FLAVOR.); Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe (Fresh Cilantro (CILANTRO LEAVES)); Sub Roll, jalapeno cheese, whole grain, Richs (1 roll = 2 oz eq grain) , Recipe (Sub Roll Dough, whole grain, proofed and stretched, Richs (1 roll = 2 oz eq

grain) , Recipe (Roll Dgh Wg (WATER, WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), YEAST, SUGAR, WHEAT GLUTEN, SOYBEAN OIL, CONTAINS LESS THAN 2% OF THE FOLLOWING: OAT FIBER, FRUCTOSE, NATURAL FLAVOR (CONTAINS WHEAT INGREDIENTS), SEA SALT, HONEY, ENZYMES (CONTAINS WHEAT), ASCORBIC ACID, SALT.); Pan Spray (Canola Oil, Phosphated Mono &&& Diglycerides, Propellant.); Peppers, jalapeno, sliced, canned, drained, ready-to-serve (Jalapeno Peppers (FRESH JALAPENO PEPPERS, WATER, VINEGAR, SALT, MALIC AND LACTIC ACID, CALCIUM CHLORIDE, SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES), YELLOW 5.)); Shredded Part Skim Mozzarella Cheese (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, AND ENZYMES. POTATO STARCH, POWDERED CELLULOSE ADDED TO PREVENT CAKING.); Pan Spray (Canola Oil, Phosphated Mono && Diglycerides, Propellant.); Pico de Gallo, salsa, homemade (1/2c = 3/8c red + 1/8c other) , Recipe (Tomato; Tomatoes, fresh, 1/4-inch diced, ready-to-serve (1/2c = 4.2 oz = 1/2c red/orange veg) , Recipe (Tomato (TOMATO)); Onion, yellow, 1/4-inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe (Yellow Onion (YELLOW ONION)); Real Lime Juice (WATER, LIME JUICE CONCENTRATE AND LESS THAN 2% OF: LIME OIL, , SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES).); Peppers, jalapeno, sliced, canned, drained, ready-to-serve (Jalapeno Peppers (FRESH JALAPENO PEPPERS, WATER, VINEGAR, SALT, MALIC AND LACTIC ACID, CALCIUM CHLORIDE, SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES), YELLOW 5.)); Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe (Fresh Cilantro (CILANTRO LEAVES)); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSIATE OF SODA AS AN ANTICAKING AGENT.); Granulated Sugar (SUGAR); Cumin Ground (CUMIN)); Shredded Cheddar Cheese Reduced Fat (See Label for ingredients and allergens)

Grilled Cheese Sandwich

PER SERVING (1 sandwich)			
342 CALORIES	10.1g SAT FAT	1152mg SODIUM	32.0g CARBS

Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: 51%WWW Sandwich Bread (WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), WATER, YEAST, VITAL WHEAT GLUTEN, SUGAR, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SOYBEAN OIL, SALT, XANTHAN GUM, YEAST NUTRIENT (AMMONIUM SULFATE), DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, ASCORBIC ACID), CALCIUM PROPIONATE (MOLD INHIBITOR), ENZYMES.); Yellow American Cheese (American Cheese (Milk, Cheese Culture, Salt, Enzymes), Water, Cream, Sodium Citrate, Salt, Sorbic Acid (Preservative), , Color Added, Soy Lecithin For Separation.,)

Grilled Cheese Sandwich

PER SERVING (1 sandwich)			
380 CALORIES	10.0g SAT FAT	760mg SODIUM	34.0g CARBS

Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: 51%WWW Sandwich Bread (WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), WATER, YEAST, VITAL WHEAT GLUTEN, SUGAR, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SOYBEAN OIL, SALT, XANTHAN GUM, YEAST NUTRIENT (AMMONIUM SULFATE), DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, ASCORBIC ACID), CALCIUM PROPIONATE (MOLD INHIBITOR), ENZYMES.); American Cheese (CULTURED MILK AND SKIM MILK, WATER, CREAM, SODIUM CITRATE, SALT, SODIUM PHOSPHATE, SORBIC ACID (PRESERVATIVE), CITRIC ACID, ARTIFICIAL COLOR, ACETIC ACID, ENZYMES, SOY LECITHIN.)

Ham & Cheese English Muffin

PER SERVING (1 sandwich)			
174 CALORIES	3.0g SAT FAT	529mg SODIUM	22.5g CARBS

Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: English Muffin WWW (WATER, WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), YEAST, VITAL WHEAT GLUTEN, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: CORNMEAL, SALT, DISTILLED VINEGAR, SOYBEAN OIL, SUGAR, YEAST NUTRIENTS (AMMONIUM SULFATE), ASCORBIC ACID, CALCIUM SULFATE, ENZYMES, POTASSIUM SORBATE (MOLD INHIBITOR), CALCIUM PROPIONATE (MOLD INHIBITOR)., CONTAINS:); HAM; Yellow American Cheese (American Cheese (Milk, Cheese Culture, Salt, Enzymes), Water, Cream, Sodium Citrate, Salt, Sorbic Acid (Preservative), , Color Added, Soy Lecithin For Separation.,)

Ham & Cheese Sub

PER SERVING (1 sandwich)			
320 CALORIES	4.1g SAT FAT	845mg SODIUM	32.0g CARBS

Allergens: Contains Gluten, Milk, Soy, Wheat. May contain Egg.

Made With: Sub Roll, regular, side slice, whole grain, Richs (1 roll = 2 oz eq grain) , Recipe (Sub Roll Dough, whole grain, proofed and stretched, Richs (1 roll = 2 oz eq grain) , Recipe (Roll Dgh Wg (WATER, WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), YEAST, SUGAR, WHEAT GLUTEN, SOYBEAN OIL, CONTAINS LESS THAN 2% OF THE FOLLOWING: OAT FIBER, FRUCTOSE, NATURAL FLAVOR (CONTAINS WHEAT INGREDIENTS), SEA SALT, HONEY, ENZYMES (CONTAINS WHEAT), ASCORBIC ACID, SALT.); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.)); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.)); Turkey Ham (Turkey Thigh Meat, Water, Contains 2% Or Less Lite Salt (Potassium Chloride, Sodium Chloride), Sugar, Sodium Phosphate, Salt, Carrageenan, Sodium Erythorbate, Natural Smoke Flavoring, Sodium Nitrite.); American Cheese (Cultured Milk and Skim Milk, Cream, Sodium Citrate, Salt, Artificial Color (if colored), Sodium Phosphate, Sorbic Acid (preservative), Enzymes, Soy Lecithin (non-sticking agent)); Lettuce, Iceburg, shredded, ready-to-serve (Shredded Lettuce (ICEBERG LETTUCE))

Ham & Cheese Sub Sandwich

PER SERVING (1 sandwich)			
331 CALORIES	6.2g SAT FAT	1011mg SODIUM	31.0g CARBS

Allergens: Contains Gluten, Milk, Soy, Wheat. May contain Egg.

Made With: Sub Roll, regular, side slice, whole grain, Richs (1 roll = 2 oz eq grain) , Recipe (Sub Roll Dough, whole grain, proofed and stretched, Richs (1 roll = 2 oz eq grain) , Recipe (Roll Dgh Wg (WATER, WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), YEAST, SUGAR, WHEAT GLUTEN, SOYBEAN OIL, CONTAINS LESS THAN 2% OF THE FOLLOWING: OAT FIBER, FRUCTOSE, NATURAL FLAVOR (CONTAINS WHEAT INGREDIENTS), SEA SALT, HONEY, ENZYMES (CONTAINS WHEAT), ASCORBIC ACID, SALT.); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.)); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.)); Turkey Ham (Turkey Thigh Meat, Water, Contains 2% Or Less Lite Salt (Potassium Chloride, Sodium Chloride), Sugar, Sodium Phosphate, Salt, Carrageenan, Sodium Erythorbate, Natural Smoke Flavoring, Sodium Nitrite.); Yellow American Cheese (American Cheese (Milk, Cheese Culture, Salt, Enzymes), Water, Cream, Sodium Citrate, Salt, Sorbic Acid (Preservative), , Color Added, Soy Lecithin For Separation.,); Lettuce, Iceburg, shredded, ready-to-serve (Shredded Lettuce (ICEBERG LETTUCE))

Hamburger

PER SERVING (1 burger)			
280 CALORIES	3.0g SAT FAT	380mg SODIUM	30.0g CARBS

Allergens: Contains Gluten, Sesame, Soy, Wheat.

Made With: Beef Patty, 2.4 oz (GROUND BEEF (NOT MORE THAN 20% FAT), MUSHROOMS, TEXTURED VEGETABLE PROTEIN (SOY PROTEIN CONCENTRATE, CARAMEL COLOR), WATER, CONTAINS 2% OR LESS OF: POTASSIUM CHLORIDE, YEAST EXTRACT, NATURAL FLAVORING, POTATO MALTODEXTRIN, MALTODEXTRIN, SOYBEAN OIL, GRILL FLAVOR (FROM SUNFLOWER OIL), MODIFIED CORN STARCH, DISODIUM INOSINATE, DISODIUM GUANYLATE, TORULA YEAST, CORN SYRUP SOLIDS, SALT, SODIUM PHOSPHATE, CARAMEL COLOR.); WWW Hamburger Bun (WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), WATER, YEAST, VITAL WHEAT GLUTEN, SUGAR, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SOYBEAN OIL, SALT, XANTHAN GUM, YEAST NUTRIENT (AMMONIUM SULFATE), DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, ASCORBIC ACID, MONOCALCIUM PHOSPHATE), CALCIUM PROPIONATE (MOLD INHIBITOR), ENZYMES, SESAME FLOUR.)

Hawaiian Pizza

PER SERVING (1 slice)			
319 CALORIES	4.2g SAT FAT	948mg SODIUM	34.9g CARBS

Allergens: Contains Gluten, Milk, Wheat. Processed in a facility that also processes Soy. May contain Egg.

Made With: use SI100633- 16-inch Pizza Dough Sheet- White (ENRICHED UNBLEACHED WHEAT , FLOUR (WHEAT , FLOUR, MALTED BARLEY , FLOUR, NIACIN, IRON AS , FERROUS , SULFATE, , THIAMINE , MONONITRATE, , ENZYME, , RIBOFLAVIN, FOLIC ACID), , WATER, YEAST, , HIGH FRUCTOSE CORN SYRUP, , CONTAINS , LESS , THAN 2% , OF THE , FOLLOWI NG: SALT, , SOYBEAN OIL, , WHEAT , GLUTEN, ASCORBIC ACID, ENZYME); Turkey Ham (Turkey Thigh Meat, Water, Contains 2% Or Less Lite Salt (Potassium Chloride, Sodium Chloride), Sugar, Sodium Phosphate, Salt, Carrageenan, Sodium Erythorbate, Natural Smoke Flavoring, Sodium Nitrite.); Pineapple Tidbits (PINEAPPLE, PINEAPPLE JUICE, CITRIC ACID.); Shredded Part Skim Mozzarella Cheese (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, AND ENZYMES. POTATO STARCH, POWDERED CELLULOSE ADDED TO PREVENT CAKING.); Pizza Sauce (VINE- RIPENED FRESH TOMATOES, SUGAR, SALT, SEASONING (SPICES, SALT, GARLIC POWDER), EXTRA VIRGIN OLIVE OIL)

Heat Around the World Hummus Bowl

PER SERVING (1 bowl)			
587 CALORIES	5.7g SAT FAT	1219mg SODIUM	58.0g CARBS

Allergens: Contains Egg, Gluten, Milk, Sesame, Wheat. May contain Soy.

Made With: Hummus, Heat Around The World (3/8c = 3.36 oz = 1 oz M/MA) , Recipe (Hummus, Classic, Sabra, Bulk (1 oz = .5 M/MA) (Hummus, classic, Sabra (Cooked Chickpeas, (Water, Chickpeas), Water, Tahini (Ground Sesame), Soybean Oil, Garlic, Salt, Citric Acid, Potassium Sorbate To Maintain Freshness.)); Chipotle Lime Mayonnaise, Greek yogurt, mayonnaise, cilantro, mustard, honey (Reduced Calorie Mayonnaise (WATER, SOYBEAN OIL, CORN SYRUP, FOOD STARCH-MODIFIED*, EGG YOLKS, CONTAINS LESS THAN 2% OF DISTILLED VINEGAR, SALT, SODIUM BENZOATE AND POTASSIUM SORBATE (AS PRESERVATIVES)*, SPICE, CITRIC ACID, XANTHAN GUM*, NATURAL FLAVORS, CALCIUM DISODIUM EDTA ADDED TO

PROTECT FLAVOR, YELLOW 5*. *INGREDIENTS NOT NORMALLY FOUND IN MAYONNAISE.); Dannon Non Fat Greek Plain Yogurt (CULTURED GRADE A NON FAT MILK.); Peppers, chipotle in adobo, diced, ready-to-serve (1/2c = 4 oz = 1/2c other veg) , Recipe (Chipotle Peppers In Adobo Sauce (CHIPOTLE PEPPERS, WATER, VINEGAR, SUGAR, SALT, TOMATO PASTE, SMOKE ESSENCE, ONION, GARLIC)); Clover Honey (HONEY); Real Lime Juice (WATER, LIME JUICE CONCENTRATE AND LESS THAN 2% OF: LIME OIL, , SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES).); Yellow Mustard (DISTILLED VINEGAR, WATER, NO. 1 GRADE MUSTARD SEED, SALT, TUMERIC, PAPRIKA, SPICE, NATURAL FLAVORS AND GARLIC POWDER.); Garlic Powder (GARLIC POWDER); Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe (Fresh Cilantro (CILANTRO LEAVES))); Ancho Chile Powder (ANCHO CHILE PEPPERS AND SILICON DIOXIDE (ADDED TO MAKE FREE FLOWING).); Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe (Fresh Cilantro (CILANTRO LEAVES)); Cayenne Pepper (CAYENNE PEPPER); Heat Around the World Bean Salsa (1/2 c =3.6 oz= 1/8c legume +1/8c red/orange+ 1/4c other veg) (Beans, kidney, dark red, canned, drained, ready-to-serve (1/2c=3.3oz=1/2c legume or 2oz M/MA),Recipe (Low Sodium Kidney Beans (PREPARED KIDNEY BEANS, WATER, SUGAR, DEXTROSE, SALT, CALCIUM CHLORIDE (FIRMING AGENT), AND DISODIUM EDTA (PROMOTES COLOR RETENTION).)); Tomatoes, fresh, 1/4-inch diced, ready-to-serve (1/2c = 4.2 oz = 1/2c red/orange veg) , Recipe (Tomato (TOMATO)); Onion, yellow, 1/4-inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe (Yellow Onion (YELLOW ONION)); Poblano Peppers (Poblano Peppers); Green Chile Peppers (GREEN CHILI PEPPERS, WATER, SALT, CITRIC ACID, CALCIUM CHLORIDE); Peppers, jalapeno, sliced, canned, drained, ready-to-serve (Jalapeno Peppers (FRESH JALAPENO PEPPERS, WATER, VINEGAR, SALT, MALIC AND LACTIC ACID, CALCIUM CHLORIDE, SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES), YELLOW 5.)); Real Lime Juice (WATER, LIME JUICE CONCENTRATE AND LESS THAN 2% OF: LIME OIL, , SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES).); Olive Oil Blend (CANOLA, EXTRA VIRGIN OLIVE OIL); Garlic Chopped in Water (GARLIC); Pasteurized Lime Juice (PARSLEY); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSIAN OF SODA AS AN ANTICAKING AGENT.); Whole Grain Oven Fired Flatbread (WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, ASCORBIC ACID ADDED AS A DOUGH CONDITIONER, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SOYBEAN OIL, YEAST, CONTAINS LESS THAN 2% OF THE FOLLOWING: SUGAR, NONFAT DRY MILK, WHEAT GLUTEN, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), SODIUM STEAROYL LACTYLATE, GUAR GUM.)

Homemade Salsa

PER SERVING (2 tbsp.)			
8 CALORIES	0.0g SAT FAT	55mg SODIUM	1.7g CARBS

Allergens:

Made With: Tomatoes (Vine-Ripened Peeled Tomatoes, Tomato Juice, Calcium Chloride, Citric Acid.); Onion, yellow, 1/4-inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe (Yellow Onion (YELLOW ONION)); Real Lime Juice (WATER, LIME JUICE CONCENTRATE AND LESS THAN 2% OF: LIME OIL, , SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES).); Peppers, jalapeno, sliced, canned, drained, ready-to-serve (Jalapeno Peppers (FRESH JALAPENO PEPPERS, WATER, VINEGAR, SALT, MALIC AND LACTIC ACID, CALCIUM CHLORIDE, SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES), YELLOW 5.)); Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe (Fresh Cilantro (CILANTRO LEAVES)); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSATE OF SODA AS AN ANTICAKING AGENT.); Granulated Sugar (SUGAR); Cumin Ground (CUMIN)

Honey Graham Crackers

PER SERVING (1 pkg.)			
90 CALORIES	0.0g SAT FAT	95mg SODIUM	17.0g CARBS

Allergens: Contains Gluten, Soy, Wheat. Processed in a facility that also processes Egg, Milk.

Made With: Honey Graham Crackers (WHOLE WHEAT FLOUR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B1 (THIAMIN MONONITRATE), VITAMIN B2 (RIBOFLAVIN), FOLIC ACID), SUGAR, CANOLA OIL, MOLASSES, HONEY, CORN SYRUP, CONTAINS 2% OR LESS OF LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), SALT, SOY LECITHIN.)

Honey Nut Cheerios Cereal

PER SERVING (1 bowl)			
113 CALORIES	0.3g SAT FAT	158mg SODIUM	22.7g CARBS

Allergens: Contains Tree nuts.

Made With: Honey Nut Cheerios Cereal (Whole Grain Oats, Sugar, Corn Starch, Honey, Brown Sugar Syrup, Salt, Tripotassium Phosphate, Canola and/or Sunflower Oil, , Natural Almond Flavor. Vitamin E (mixed tocopherols) Added to Preserve Freshness. Calcium Carbonate, Vitamin C (sodium ascorbate), Iron and Zinc (mineral nutrients), A B Vitamin (niacinamide), Vitamin , B6 (pyridoxine hydrochloride), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), Vitamin B2 (riboflavin), A B Vitamin (folic acid), Vitamin B12,, Vitamin D3.)

Hot & Spicy Chicken Patty

PER SERVING (1 patty)			
230 CALORIES	2.5g SAT FAT	350mg SODIUM	15.0g CARBS

Allergens: Contains Gluten, Soy, Wheat.

Made With: Chick Patty Brd Spicy Wg, MWWM (Chicken, water, whole wheat flour, enriched wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), textured soy flour, isolated soy, protein with less than 2% lecithin, contains 2% or less of the following: chicken type flavor [brown sugar, yeast extract, onion powder, maltodextrin, canola oil, carrot, powder, garlic powder, silicon dioxide (anti-caking agent), citric acid, spice, salt, vegetable stock (carrot, onion, celery), natural flavor], extractives of paprika, garlic, powder, leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), maltodextrin, modified corn starch, natural flavors, onion powder, salt,, sea salt blend (potassium chloride, sea salt), spices (including celery seed), starter distillate, sugar, textured soy protein concentrate, vinegar, wheat gluten, yeast extract., Breading set in vegetable oil.,)