

Cinnamon & Sugar

PER SERVING (1/2 tsp.)

0 CALORIES	0.0g SAT FAT	0mg SODIUM	0.1g CARBS
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Allergens:

Made With: Cinnamon Ground (CINNAMON)

Hand Tossed Style Buffalo Chicken Pizza

PER SERVING (1 slice)

355 CALORIES	6.0g SAT FAT	926mg SODIUM	36.2g CARBS
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Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Cheese Pizza Wg 16" (CRUST: FLOUR BLEND (WHITE WHOLE WHEAT FLOUR, ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHITE CORNMEAL, WHOLE GRAIN OAT FLOUR), WATER, YEAST, VEGETABLE OIL (SOYBEAN AND/OR CANOLA OIL), CONTAINS 2% OR LESS OF: SUGAR, WHEAT GLUTEN, HYDROGENATED SOYBEAN OIL, SEA SALT DATEM, DEXTROSE, GUAR GUM, SOY LECITHIN, SALT, NATURAL FLAVOR, ASCORBIC ACID, WHEAT STARCH, ENZYMES. TOPPINGS: LOW MOISTURE PART SKIM MOZZARELLA CHEESE (CUL TU RED PASTEURIZED PART SKIM MILK, SALT, ENZYMES). SAUCE: TOMATOES (WATER, TOMATO PASTE [NOT LESS THAN 28% SOLUBLE SOLIDS]), CONTAINS 2% OR LESS OF: MODIFIED FOOD STARCH, PARMESAN CHEESE, (CULTURED PASTEURIZED PART SKIM MILK, SALT, ENZYMES), SUGAR, DEXTROSE, SALT, DRIED GARLIC, SPICE, DRIED ONION, DEHYDRATED ROMANO CHEESE (CUL TU RED PASTEURIZED SHEEP'S AND COW'S MILK, SALT, ENZYMES), PAPRIKA, CITRIC ACID.); Grilled Chicken Strips (See Label for ingredients and allergens); Franks Red Hot Sauce (AGED CAYENNE RED PEPPERS, VINEGAR, WATER, SALT AND GARLIC POWDER.); Green Onion (GREEN ONIONS)

Hand Tossed Style Pepperoni Pizza

PER SERVING (1 slice)

378 CALORIES	7.7g SAT FAT	490mg SODIUM	35.5g CARBS
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Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Cheese Pizza Wg 16" (CRUST: FLOUR BLEND (WHITE WHOLE WHEAT FLOUR, ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHITE CORNMEAL, WHOLE GRAIN OAT FLOUR), WATER, YEAST, VEGETABLE OIL (SOYBEAN AND/OR CANOLA OIL), CONTAINS 2% OR LESS OF: SUGAR, WHEAT GLUTEN, HYDROGENATED SOYBEAN OIL, SEA SALT DATEM, DEXTROSE, GUAR GUM, SOY LECITHIN, SALT, NATURAL FLAVOR, ASCORBIC ACID, WHEAT STARCH, ENZYMES. TOPPINGS: LOW MOISTURE PART SKIM MOZZARELLA CHEESE (CUL TU RED PASTEURIZED PART SKIM MILK, SALT, ENZYMES). SAUCE: TOMATOES (WATER, TOMATO PASTE [NOT LESS THAN 28% SOLUBLE SOLIDS]), CONTAINS 2% OR LESS OF: MODIFIED FOOD STARCH, PARMESAN CHEESE , (CULTURED PASTEURIZED PART SKIM MILK, SALT, ENZYMES), SUGAR, DEXTROSE, SALT, DRIED GARLIC, SPICE, DRIED ONION, DEHYDRATED ROMANO CHEESE (CUL TU RED PASTEURIZED SHEEP'S AND COW'S MILK, SALT, ENZYMES), PAPRIKA, 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),); Pepperoni (Pork, Beef, Salt, Contains , 2% or Less of Spices, Dextrose, , Oleoresin Of Paprika, Lactic Acid Starter , Culture, Garlic Powder, Sodium Nitrite, , BHA, BHT, Citric Acid.)

Hand Tossed Style Sausage Pizza

PER SERVING (1 slice)

434 CALORIES	9.3g SAT FAT	634mg SODIUM	36.5g CARBS
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Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Cheese Pizza Wg 16" (CRUST: FLOUR BLEND (WHITE WHOLE WHEAT FLOUR, ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHITE CORNMEAL, WHOLE GRAIN OAT FLOUR), WATER, YEAST, VEGETABLE OIL (SOYBEAN AND/OR CANOLA OIL), CONTAINS 2% OR LESS OF: SUGAR, WHEAT GLUTEN, HYDROGENATED SOYBEAN OIL, SEA SALT DATEM, DEXTROSE, GUAR GUM, SOY LECITHIN, SALT, NATURAL FLAVOR, ASCORBIC ACID, WHEAT STARCH, ENZYMES. TOPPINGS: LOW MOISTURE PART SKIM MOZZARELLA CHEESE (CUL TU RED PASTEURIZED PART SKIM MILK, SALT, ENZYMES). SAUCE: TOMATOES (WATER, TOMATO PASTE [NOT LESS THAN 28% SOLUBLE SOLIDS]), CONTAINS 2% OR LESS OF: MODIFIED FOOD STARCH, PARMESAN CHEESE , (CULTURED PASTEURIZED PART SKIM MILK, SALT, ENZYMES), SUGAR, DEXTROSE, SALT, DRIED GARLIC, SPICE, DRIED ONION, DEHYDRATED ROMANO CHEESE (CUL TU RED PASTEURIZED SHEEP'S AND COW'S MILK, SALT, ENZYMES), PAPRIKA, CITRIC ACID.); Italian Sausage (PORK, WATER, SEASONINGS (SPICES, SUGAR, SALT, HYDROLYZED SOY PROTEIN, GARLIC POWDER, ONION POWDER, SOYBEAN OIL), TEXTURED VEGETABLE PROTEIN PRODUCT (TEXTURED SOY PROTEIN CONCENTRATE, CARAMEL COLOR), CORN SYRUP SOLIDS, SALT, SODIUM PHOSPHATE, SPICES, PAPRIKA, GARLIC POWDER, CARAMEL COLOR, BHA, BHT AND 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),)

Kidney Beans

PER SERVING (1/2 c.)

141 CALORIES	0.0g SAT FAT	151mg SODIUM	26.0g CARBS
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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
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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
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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
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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
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Allergens:

Made With: Apple Juice (Water, Apple Juice Concentrate)

100% Apple Juice

PER SERVING (4 fl oz cup)

60 CALORIES	0.0g SAT FAT	5mg SODIUM	14.0g CARBS
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Allergens:

Made With: Apple Juice (100% Apple Juice (Water sufficient to reconstitute Apple Juice Concentrate))

100% Beef Cheeseburger

PER SERVING (1 burger)

338 CALORIES	6.5g SAT FAT	545mg SODIUM	29.0g CARBS
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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
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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
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Allergens: Contains Gluten, Sesame, Wheat. May contain Soy.

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.)

100% Grape Juice

PER SERVING (4 fl oz cup)

80 CALORIES	0.0g SAT FAT	10mg SODIUM	19.0g CARBS
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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
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Allergens:

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

Alaskan Pollock

PER SERVING (4 Ounce serving)

212 CALORIES	1.0g SAT FAT	313mg SODIUM	19.2g CARBS
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Allergens: Contains Fish, Gluten, Wheat.

Made With: Pollock Sticks (65.00% Fish (Alaska Pollock), 35.00% , Batter & Breeding (Whole Wheat Flour, , Vegetable Oil [Soybean and/or Canola], , Enriched Wheat Flour [Wheat Flour, , Niacin, Iron, Thiamine, Mononitrate, , Riboflavin, Folic Acid], Water, Enriched , Rice Flour [Rice Flour, Niacin, Reduced , Iron, Thiamine Mononitrate, Riboflavin, , Folic Acid], Whole Grain Yellow Corn , Flour, Contains 2% or Less of: Whole , Grain Yellow Corn Meal, Salt, Wheat , Gluten, Sugar, Palm Oil, Yeast, Onion , Powder, Dehydrated Tomato, Garlic , Powder, Tapioca Starch, Leavening , [Cream of Tartar, Baking Soda], Malted , Barley Flour, Dehydrated Red Bell , Pepper, Corn Starch, Autolyzed Yeast, , Spices, Ascorbic Acid [Added as a , Dough Conditioner], Dehydrated Green , Bell Pepper.)

Alfredo Sauce

PER SERVING (1/4 c.)

118 CALORIES	4.2g SAT FAT	489mg SODIUM	5.1g CARBS
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Allergens: Contains Milk.

Made With: 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.)

Apple Cinnamon Muffin

PER SERVING (1 muffin)

180 CALORIES	2.0g SAT FAT	125mg SODIUM	31.0g CARBS
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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 Glazed Baby Carrots

PER SERVING (1/2 c.)

58 CALORIES	0.3g SAT FAT	68mg SODIUM	12.3g CARBS
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Allergens: Contains Milk, Soy.

Made With: Baby Carrots (CARROTS); Apple Juice (100% Apple Juice (Water sufficient to reconstitute Apple Juice Concentrate)); Green Onion (GREEN ONIONS); Clover Honey (HONEY); 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.); Black Pepper Ground (BLACK PEPPER)

Applesauce cups

PER SERVING (4 1/2 oz 1 serving)

49 CALORIES	0.0g SAT FAT	2mg SODIUM	13.4g CARBS
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Allergens:

Made With: Applesauce cups, USDA (*Refer to label on product received.)

Aztec Corn

PER SERVING (1/2 c.)

95 CALORIES	0.1g SAT FAT	52mg SODIUM	17.3g CARBS
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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.); Low Sodium Black Beans (PREPARED BLACK BEANS, WATER, SALT, AND CALCIUM CHLORIDE (FIRMING AGENT).); Peppers, red, sweet (bell), 1/4-inch diced, ready-to-serve (1/2c=3.2oz=1/2c red veg) , Recipe (Red Bell Peppers (RED SWEET PEPPER)); Salsa, Original, homemade (1/2c = 3/8c red/orange + 1/8c other veg) (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 PRUSSIAN OF SODA AS AN ANTICAKING AGENT.); Granulated Sugar (SUGAR); Cumin Ground (CUMIN); 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 Oil, 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)

Aztec Corn

PER SERVING (1/2 c.)

90 CALORIES	0.1g SAT FAT	46mg SODIUM	17.2g CARBS
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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 Peppers (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 Oil, 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)

Aztec Corn

PER SERVING (3/4 c.)

135 CALORIES	0.2g SAT FAT	69mg SODIUM	25.9g CARBS
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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 Peppers (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 Oil, 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)

Aztec Corn

PER SERVING (1 c.)

180 CALORIES	0.3g SAT FAT	93mg SODIUM	34.5g CARBS
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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 Peppers (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 Oil, 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 Carrots

PER SERVING (1/2 c.)

25 CALORIES	0.0g SAT FAT	57mg SODIUM	6.0g CARBS
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Allergens:

Made With: Baby Carrots (CARROTS)

Baked Penne Pasta

PER SERVING (1 c.)

392 CALORIES	7.0g SAT FAT	1066mg SODIUM	47.6g CARBS
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Allergens: Contains Gluten, Milk, Wheat. Processed in a facility that also processes Egg.

Made With: 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 Oil, 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))

Banana

PER SERVING (1/2 medium (7" to 7-7/8" long))

53 CALORIES	0.1g SAT FAT	1mg SODIUM	13.5g CARBS
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Allergens:

Made With: Banana (BANANA)

Banana

PER SERVING (1 medium (7" to 7-7/8" long))

105 CALORIES	0.1g SAT FAT	1mg SODIUM	27.0g CARBS
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Allergens:

Made With: Banana (BANANA)

Basil Corn Salad

PER SERVING (1/2 c.)

103 CALORIES	0.3g SAT FAT	297mg SODIUM	16.8g CARBS
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Allergens:

Made With: Corn (SWEET CORN); Peppers, red, sweet (bell), 1/4-inch diced, ready-to-serve (1/2c=3.2oz=1/2c red veg) , Recipe (Red Bell Peppers (RED SWEET PEPPER)); Basil, finely chopped , Recipe (Fresh Basil (BASIL)); Red Wine Vinegar (RED WINE VINEGAR (DILUTED WITH WATER TO 5% ACIDITY), POTASSIUM METABISULFITE (A PRESERVATIVE).); Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil.); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSIAE OF SODA AS AN ANTICAKING AGENT.); Black Pepper Ground (BLACK PEPPER)

BBQ Chicken Sandwich

PER SERVING (1 ea.)

302 CALORIES	2.8g SAT FAT	764mg SODIUM	37.2g CARBS
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Allergens: Contains Gluten, Milk, Sesame, Wheat. May contain Soy.

Made With: 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.); Grilled Chicken Strips (See Label for ingredients and allergens); Smokey BBQ Sauce (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); Red Onion (RED ONION); 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),); Municipal Water (WATER)

BBQ Chicken Sub

PER SERVING (1 sandwich)

373 CALORIES	4.0g SAT FAT	871mg SODIUM	39.5g CARBS
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Allergens: Contains Gluten, Milk, Wheat. May contain Egg, Soy.

Made With: Grilled Chicken Strips (See Label for ingredients and allergens); Sub Roll Dough, whole grain, proofed and stretched, Richs (1 roll = 2 oz eq grain) , Recipe (Whole Grain Sub Roll (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.); Smokey BBQ Sauce (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); Shredded Cheddar Cheese Reduced Fat (See Label for ingredients and allergens)

BBQ Pork Riblet Sandwich

PER SERVING (1 ea.)

315 CALORIES	3.5g SAT FAT	825mg SODIUM	38.5g CARBS
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Allergens: Contains Gluten, Sesame, Soy, Wheat.

Made With: BBQ Pork Rib Patty (Ground Pork (Not More Than 24% Fat), Barbeque 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,, Turmeric, 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)], 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 BBQ Sauce (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)

Bean and Cheese Burrito

PER SERVING (1 burrito)

291 CALORIES	3.6g SAT FAT	479mg SODIUM	41.0g CARBS
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Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Bean and Cheese Burrito (FILLING: WATER, PINTO BEANS, CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, MAY CONTAIN ANNATTO COLOR), TEXTURED VEGETABLE PROTEIN PRODUCT [SOY, FLOUR, CARAMEL COLOR, ZINC OXIDE, FERROUS SULFATE, NIACINAMIDE, CALCIUM PANTOTHENATE, PYRIDOXINE HYDROCHLORIDE (B6), RIBOFLAVIN (B2), THIAMINE MONONITRATE (B1), VITAMIN A, PALMITATE, AND VITAMIN B12], SALT, FLAVORINGS, MODIFIED FOOD STARCH (REFINED CORN), WHOLE WHEAT FLOUR TORTILLA, SOY FLOUR ENRICHED (WHEAT FLOURS [WHOLE WHEAT FLOUR, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID)], WATER SOY FLOUR, SOYBEAN OIL, POTATC STARCH, PEA FIBER, DISTILLED MONOGLYCERIDE, WHEAT GLUTEN, GLYCERINE, SALT, BAKING POWDER (CORN STARCH, SODIUM, BICARBONATE, SODIUM ALUMINUM, MONOCALCIUM PHOSPHATE).)

Beef Crumbles

PER SERVING (1 1/4 oz crumbles)

67 CALORIES	2.0g SAT FAT	109mg SODIUM	2.0g CARBS
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Allergens: Contains Soy.

Made With: USDA Beef Crumble

Beef Crumbles

PER SERVING (1 1/8 oz.)

55 CALORIES	1.5g SAT FAT	199mg SODIUM	0.8g CARBS
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Allergens: Contains Soy.

Made With: 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.)

Beef Meatballs

PER SERVING (3 Meatballs)

106 CALORIES	2.0g SAT FAT	121mg SODIUM	3.5g CARBS
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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.)

Beefy Meatballs

PER SERVING (5 Meatballs)

197 CALORIES	6.2g SAT FAT	228mg SODIUM	4.1g CARBS
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Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Meatball (GROUND BEEF (NOT MORE THAN 30% FAT), WATER, VEGETABLE PROTEIN PRODUCT [SOY PROTEIN CONCENTRATE, ZINC OXIDE, NIACINAMIDE, FERRIOUS 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)], MEATBALL SEASONING [DEXTROSE, TOMATO POWDER, SOYBEAN OIL, DISODIUM INOSINATE AND DISODIUM GUANYLATE, SPICE EXTRACTIVES, NONFAT MILK], BELL PEPPERS, DEHYDRATED MINCED ONION, BREAD CRUMBS [BLEACHED WHEAT FLOUR, SOYBEAN OIL, DEXTROSE, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), WHEY, OLEORESIN PAPRIKA], SALT, SODIUM PHOSPHATE. SET IN VEGETABLE OIL.)

Biscuit with Grape Jelly

PER SERVING (1/2 ea.)

118 CALORIES	2.5g SAT FAT	205mg SODIUM	18.5g CARBS
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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)

Biscuit with Grape Jelly

PER SERVING (1 ea.)

235 CALORIES	5.0g SAT FAT	410mg SODIUM	37.0g CARBS
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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)

Blueberry Bagel w/ Cream Cheese Burry

PER SERVING (1/2 ea.)

102 CALORIES	1.1g SAT FAT	185mg SODIUM	17.4g CARBS
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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 Conditioner (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 Bagel w/ Cream Cheese Burry

PER SERVING (1 ea.)

205 CALORIES	2.2g SAT FAT	370mg SODIUM	34.7g CARBS
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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 Conditioner (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)

411 CALORIES	1.4g SAT FAT	237mg SODIUM	74.5g CARBS
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Allergens: Contains Milk, Soy. May contain Gluten.

Made With: Vanilla Yogurt (Cultured Grade A Low Fat Milk, Sugar, Modified Corn Starch. Contains 1 % or less of: Corn Starch, Natural, Flavor, Potassium Sorbate Added to Maintain Freshness, 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
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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 Muffin Square

PER SERVING (1/2 ea.)

176 CALORIES	2.3g SAT FAT	265mg SODIUM	31.5g CARBS
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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.); Blueberries, highbrush, frozen (Blueberries (BLUEBERRIES))

Blueberry Muffin Square

PER SERVING (1 ea.)

352 CALORIES	4.5g SAT FAT	530mg SODIUM	62.9g CARBS
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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.); Blueberries, highbrush, frozen (Blueberries (BLUEBERRIES))

Blueberry Muffin Square

PER SERVING (1 ea.)

352 CALORIES	4.5g SAT FAT	531mg SODIUM	63.0g CARBS
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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); Wild Blueberries (BLUEBERRIES)

Blueberry Pancake Bites

PER SERVING (1 pkg.)

210 CALORIES	1.0g SAT FAT	310mg SODIUM	35.0g CARBS
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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 Patch Parfait

PER SERVING (1 parfait)

225 CALORIES	0.7g SAT FAT	119mg SODIUM	41.7g CARBS
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Allergens: Contains Milk, Soy. May contain Gluten.

Made With: Vanilla Yogurt (Cultured Grade A Low Fat Milk, Sugar, Modified Corn Starch. Contains 1 % or less of: Corn Starch, Natural, Flavor, Potassium Sorbate Added to Maintain Freshness, 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
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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 (Monoglycerides, Sodium Stearoyl Lactylate, Ascorbic Acid, Monocalcium Phosphate, Calcium Propionate (Mold Inhibitor), Calcium Sulfate, Enzymes)

Breadstick

PER SERVING (1 breadstick)

80 CALORIES	0.0g SAT FAT	95mg SODIUM	14.0g CARBS
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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.)

190 CALORIES	2.5g SAT FAT	310mg SODIUM	17.0g CARBS
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Allergens: Contains Egg, Gluten, Soy, Wheat.

Made With: Whole Grain Pancake with Turkey Sausage (GROUND TURKEY AND VEGETABLE PROTEIN LINK INGREDIENTS: GROUND TURKEY, MECHANICALLY, SEPARATED TURKEY, WATER, TEXTURED VEGETABLE PROTEIN PRODUCT (SOY PROTEIN, CONCENTRATE, ZINC OXIDE, NIACINAMIDE, FERROUS SULFATE, COPPER GLUCONATE, VITAMIN A, PALMITATE, CALCIUM PANTOTHENATE, THIAMINE MONONITRATE, PYRIDOXINE HYDROCHLORIDE,, RIBOFLAVIN, CYANOCOBALAMIN), CONTAINS 2% OR LESS OF SALT, SPICES, SODIUM PHOSPHATE,, POTASSIUM CHLORIDE, NATURAL FLAVORING, SUGAR, SODIUM NITRITE. BATTER INGREDIENTS:, WATER, WHOLE WHEAT FLOUR, SUGAR, SOYBEAN OIL, CONTAINS LESS THAN 2% OF LEAVENING, (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), EGG YOLK, SOY FLOUR, SALT, NATURAL, MAPLE FLAVOR FRIED IN VEGETABLE OIL.)

Buffalo Chicken Salad

PER SERVING (1 salad)

313 CALORIES	4.8g SAT FAT	1476mg SODIUM	22.3g CARBS
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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). Breading set in vegetable, oil.)); Franks 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 Wrap

PER SERVING (1 wrap)

393 CALORIES	7.2g SAT FAT	1122mg SODIUM	39.8g CARBS
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Allergens: Contains Gluten, Milk, Wheat.

Made With: 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, 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 (Grilled Chicken Strips (See Label for ingredients and allergens); Franks 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)

382 CALORIES	6.7g SAT FAT	1131mg SODIUM	39.8g CARBS
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Allergens: Contains Gluten, Milk, Wheat.

Made With: 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, 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 (Grilled Chicken Strips (See Label for ingredients and allergens); Franks 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 (1/4 c.)

7 CALORIES	0.0g SAT FAT	13mg SODIUM	1.7g CARBS
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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)

Buttery Whole Grain Toast

PER SERVING (1 slice)

95 CALORIES	0.8g SAT FAT	125mg SODIUM	14.3g CARBS
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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
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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.)

Celery Sticks

PER SERVING (6 stick.)

10 CALORIES	0.0g SAT FAT	52mg SODIUM	1.9g CARBS
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Allergens:

Made With: Celery (CELERY)



Cheddar Cheese

PER SERVING (1 oz 1 serving)

110 CALORIES	6.0g SAT FAT	190mg SODIUM	0.0g CARBS
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Allergens: Contains Milk.

Made With: use SI101080- USDA Shredded Cheddar Cheese

Cheddar Cheese Sauce

PER SERVING (1/4 c.)

114 CALORIES	5.0g SAT FAT	423mg SODIUM	2.0g CARBS
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Allergens: Contains Milk.

Made With: Cheddar 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
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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 Ravioli With Tomato Sauce

PER SERVING (4 3/8 oz.)

164 CALORIES	1.3g SAT FAT	268mg SODIUM	24.2g CARBS
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Allergens: Contains Gluten, Milk, Wheat.

Made With: Whole Grain Cheese Ravioli (Ultragrain Durum Semolina Blend (Whole Wheat Flour,, Semolina [Wheat], Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin,, Folic Acid), Water, Low Fat Ricotta Cheese (Pasteurized Whey, Pasteurized Milk,, Pasteurized Cream, Vinegar, Carrageenan, Xanthan Gum), 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.); Spaghetti Sauce (TOMATO PUREE (WATER, TOMATC PASTE), ONIONS, SUGAR, SALT, NATURAL FLAVOR, SPICES, EXTRA VIRGIN OLIVE OIL, CITRIC ACID, , GARLIC..); Shredded Lite Mozzarella Cheese (See Label for ingredients and allergens); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.)

Chef Salad

PER SERVING (1 salad)

131 CALORIES	3.6g SAT FAT	435mg SODIUM	5.3g CARBS
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Allergens: Contains Egg, Milk, Soy.

Made With: Salad Mix with color (Iceburg Lettuce, Shredded Red Cabbage, Shredded Carrots); Egg, Large Hardboiled, Peeled CONV (Hard Boiled Egg (HARD COOKED EGGS)); Cucumber (CUCUMBER); 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)

148 CALORIES	3.7g SAT FAT	500mg SODIUM	5.2g CARBS
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Allergens: Contains Egg, Milk, Soy.

Made With: Salad Mix (ROMAINE LETTUCE, ICEBERG LETTUCE); Hard Boiled Egg (HARD COOKED EGGS); Cucumber (CUCUMBER); 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
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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

PER SERVING (1 serving)

330 CALORIES	3.3g SAT FAT	620mg SODIUM	29.5g CARBS
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Allergens: Contains Egg, Gluten, Milk, Soy, Wheat.

Made With: 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.); Golden Waffle (Enriched flour (wheat flour, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid), water, vegetable oil (soybean, palm and/or canola), eggs, leavening (baking soda, sodium aluminum, phosphate, monocalcium phosphate), contains 2% or less of sugar, salt, whey, soy lecithin, beta-carotene for color. Vitamins and Minerals: Calcium carbonate, reduced iron, vitamin A palmitate, vitamin B6 (pyridoxine hydrochloride), vitamin B12)

Chicken Alfredo Pasta K12, WG Penne, USDA Unseasoned Chx, JTM Alfredo

PER SERVING (1 portion)

358 CALORIES	4.3g SAT FAT	945mg SODIUM	45.1g CARBS
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Allergens: Contains Gluten, Milk, Wheat. Processed in a facility that also processes Egg.

Made With: 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 Oil, Extra Virgin Olive Oil.); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSIAN 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.); Grilled Chicken Strips (See Label for ingredients and allergens)

Chicken Bacon Ranch Wrap

PER SERVING (1 wrap)

493 CALORIES	7.2g SAT FAT	914mg SODIUM	43.5g CARBS
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Allergens: Contains Egg, Gluten, Milk, Wheat.

Made With: Grilled Chicken Strips (See Label for ingredients and allergens); 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, 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 (Iceberg 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.); Bacon (Pork Cured with Water, Salt, Sugar, Smoke , Flavoring, Sodium Phosphates, Sodium , Erythorbate, Sodium Nitrite.)

Chicken Burger

PER SERVING (1 burger)

380 CALORIES	2.5g SAT FAT	640mg SODIUM	43.0g CARBS
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Allergens: Contains Gluten, 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.)

Chicken Caesar Salad

PER SERVING (1 salad)

238 CALORIES	3.5g SAT FAT	596mg SODIUM	16.8g CARBS
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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 Caesar Wrap

PER SERVING (1 ea.)

500 CALORIES	8.0g SAT FAT	1061mg SODIUM	43.3g CARBS
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Allergens: Contains Egg, Gluten, Milk, Wheat. May contain Soy.

Made With: Grilled Chicken Strips (See Label for ingredients and allergens); 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, Cornstarch, Monocalcium phosphate), Wheat protein, Preservatives (Calcium propionate, Sorbic acid), Dough conditioner (Fumaric acid, Xanthan gum, Mono- and Diglycerides, Sodium metabisulphite).); Romaine Lettuce (ROMAINE LETTUCE); Caesar Creamy Dressing (Soybean Oil, Water, Parmesan and Romano Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Distilled Vinegar, Egg Yolks, Salt, Contains less than 2% of Corn Starch, Garlic*, Onion*, Spices, Buttermilk, Lemon Juice Concentrate, Xanthan Gum, Sodium Benzoate (a Preservative), Monosodium Glutamate, Caramel Color, Natural Flavor, Celery Seed. *Dehydrated); Grated Parmesan Cheese (Grated Parmesan Cheese (GRATED PARMESAN CHEESE (MADE FROM COW'S MILK, CHEESE CULTURE, SALT, ENZYMES), POWDERED CELLULOSE (ADDED TO PREVENT CAKING)))

Chicken Meatballs

PER SERVING (4 Meatballs)

141 CALORIES	2.7g SAT FAT	162mg SODIUM	4.7g CARBS
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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 Strip Filling

PER SERVING (1 #16 scoop)

CALORIES	g SAT FAT	mg SODIUM	g CARBS
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Allergens: Contains Gluten, Wheat.

Made With: Grilled Chicken Strips (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.)

Chilled Black Beans

PER SERVING (1/2 c.)

121 CALORIES	0.0g SAT FAT	142mg SODIUM	21.9g CARBS
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Allergens:

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

Chilled Corn

PER SERVING (1/2 c.)

69 CALORIES	0.1g SAT FAT	1mg SODIUM	16.4g CARBS
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Allergens:

Made With: Corn (SWEET CORN)



Chocolate Milk

PER SERVING (8 fl. oz.)

120 CALORIES	0.0g SAT FAT	180mg SODIUM	21.0g CARBS
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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
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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
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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)

Cinnamon Toast Crunch Cereal

PER SERVING (1 bowl)

120 CALORIES	0.0g SAT FAT	160mg SODIUM	22.0g CARBS
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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
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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
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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.)

Cocoa Puffs Cereal

PER SERVING (1 bowl)

110 CALORIES	0.0g SAT FAT	120mg SODIUM	25.0g CARBS
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Allergens:

Made With: Cocoa Puffs Cereal (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 A (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
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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 [NIAICINAMIDE], 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
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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
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Allergens:

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

Country Style Potato Wedges

PER SERVING (1/2 c.)

112 CALORIES	0.5g SAT FAT	130mg SODIUM	18.6g CARBS
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Allergens:

Made With: Wedge Cut Fries (Potatoes, Vegetable Oil (Contains One Or More, Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower,, Corn), Potato Starch - Modified. Contains 2% or less of Annatto, Extract (color), Corn Starch, Corn Starch - Modified, Dextrin,, Dextrose, Extractives of Capsicum, Garlic Powder, Leavening, (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Onion, Powder, Paprika (color), Paprika Extract (color), Potassium, Chloride, Rice Flour, Salt, Sodium Acid Pyrophosphate Added To, Maintain Color, Spices, Tapioca Starch - Modified, Xanthan Gum.)

Cranberry Peach Muffin Square

PER SERVING (1/2 ea.)

193 CALORIES	2.3g SAT FAT	266mg SODIUM	35.6g CARBS
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Allergens: Contains Egg, Gluten, Milk, Soy, Wheat.

Made With: Muffin Mix, variety, WGR, Gold Medal (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.); Peaches, Canned, Diced, packed in extra light syrup, USDA (Diced Peaches (See label for ingredients and allergens.)); Cranberries, dried, sweetened (CRANBERRIES, SUGAR, CITRIC ACID, ELDERBERRY JUICE CONCENTRATE, SUNFLOWER OIL.); Ground Nutmeg (NUTMEG)

Cranberry Peach Muffin Square

PER SERVING (1 ea.)

386 CALORIES	4.6g SAT FAT	532mg SODIUM	71.3g CARBS
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Allergens: Contains Egg, Gluten, Milk, Soy, Wheat.

Made With: Muffin Mix, variety, WGR, Gold Medal (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.); Peaches, Canned, Diced, packed in extra light syrup, USDA (Diced Peaches (See label for ingredients and allergens.)); Cranberries, dried, sweetened (CRANBERRIES, SUGAR, CITRIC ACID, ELDERBERRY JUICE CONCENTRATE, SUNFLOWER OIL.); Ground Nutmeg (NUTMEG)

Crinkle Cut French Fries

PER SERVING (1/2 c.)

101 CALORIES	0.6g SAT FAT	28mg SODIUM	14.6g CARBS
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Allergens:

Made With: French fries, potato, crinkle-cut, 3/8-inch, McCain (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), GUM ARABIC, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), MALTODEXTRIN, NATURAL FLAVOR, POTASSIUM CHLORIDE, RICE FLOUR, SALT, SODIUM ACID PYROPHOSPHATE ADDED TO PRESERVE NATURAL COLOR, SUCCINIC ACID, XANTHAN GUM.)

Crispy Chicken Nuggets

PER SERVING (5 nugget)

240 CALORIES	2.5g SAT FAT	440mg SODIUM	16.0g CARBS
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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
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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. Breading 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
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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 (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 (Iceberg 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 Whole Apple

PER SERVING (1 extra small (2-1/2" dia))

48 CALORIES	0.0g SAT FAT	1mg SODIUM	12.7g CARBS
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Allergens:

Made With: Apple (APPLE)

Diced Peaches

PER SERVING (1/2 c.)

59 CALORIES	0.0g SAT FAT	5mg SODIUM	13.8g CARBS
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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
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Allergens:

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

Diced Red Tomatoes

PER SERVING (2 tbsp.)

4 CALORIES	0.0g SAT FAT	1mg SODIUM	1.0g CARBS
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Allergens:

Made With: Tomato (TOMATO)



Diced Yellow Onion

PER SERVING (2 tbsp.)

9 CALORIES	0.0g SAT FAT	1mg SODIUM	2.0g CARBS
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Allergens:

Made With: Yellow Onion (YELLOW ONION)

Dinner Roll

PER SERVING (1 roll.)

70 CALORIES	0.0g SAT FAT	90mg SODIUM	13.0g CARBS
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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 (Monoglycerides, Sodium Stearoyl Lactylate, Ascorbic Acid, Monocalcium Phosphate, Calcium Propionate (Mold Inhibitor), Calcium Sulfate, Enzymes)

Double Berry Parfait

PER SERVING (1 parfait)

452 CALORIES	1.4g SAT FAT	239mg SODIUM	86.6g CARBS
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Allergens: Contains Milk, Soy. May contain Gluten.

Made With: Vanilla Yogurt (Cultured Grade A Low Fat Milk, Sugar, Modified Corn Starch. Contains 1 % or less of: Corn Starch, Natural, Flavor, Potassium Sorbate Added to Maintain Freshness, 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)

Elbow Macaroni Pasta

PER SERVING (1/2 c.)

129 CALORIES	0.1g SAT FAT	183mg SODIUM	25.2g CARBS
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Allergens: Contains Gluten, Wheat.

Made With: Municipal Water (WATER); Elbow Macaroni (SEMOLINA (WHEAT), NIACIN, FERROUS SULFATE (IRON), THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID.); Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil.); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSIAN OF SODA AS AN ANTICAKING AGENT.)

Fajita Chicken

PER SERVING (1/3 c.)

80 CALORIES	1.1g SAT FAT	240mg SODIUM	1.1g CARBS
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Allergens:

Made With: Chicken Thigh Fajita Strips (Dark Chicken, Water, Modified Food Starch, Salt, Spices, Sodium Phosphates, Sugar, Dehydrated Onion, Dehydrated Garlic, Chili Powder (Chili Pepper, Salt, Cumin, Oregano, Dehydrated Garlic), Lemon Juice Powder (Corn Syrup Solids, Concentrated Lemon Juice, Lemon Oil), Natural Mesquite Smoke Flavor (Maltodextrin, Natural Smoke Flavor), Grill Flavor (From Sunflower Oil). Use vendor CN Label or Product Formulation Statement to confirm crediting information., ,)

Flour Tortilla

PER SERVING (2 tortilla)

180 CALORIES	2.0g SAT FAT	260mg SODIUM	28.0g CARBS
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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
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Allergens: Contains Gluten, Wheat.

Made With: 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, 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 (2/3 c.)

205 CALORIES	0.1g SAT FAT	514mg SODIUM	30.6g CARBS
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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.))

Forward Sauce

PER SERVING (1 c.)

307 CALORIES	0.1g SAT FAT	770mg SODIUM	45.9g CARBS
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Allergens:

Made With: Spaghetti Sauce (TOMATO PUREE (WATER, TOMATC 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 Bites

PER SERVING (1 pkg.)

200 CALORIES	1.5g SAT FAT	240mg SODIUM	37.0g CARBS
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Allergens: Contains Egg, Gluten, Milk, Soy, Wheat.

Made With: French Toast, mini, original, WGR, Eggo Bites (WHOLE WHEAT FLOUR, WATER, SUGAR, VEGETABLE OIL (SOYBEAN, PALM, AND/OR CANOLA), EGG WHITES, CONTAINS 2% OR LESS OF LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), FRUCTOSE, NATURAL FLAVORS, MOLASSES, SOY LECITHIN, SALT, WHEY, CALCIUM CARBONATE, VITAMIN A PALMITATE, REDUCED IRON, VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B12.)

French Toast Sticks

PER SERVING (3 stick.)

193 CALORIES	1.1g SAT FAT	223mg SODIUM	28.2g CARBS
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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.)

French Toast Sticks

PER SERVING (4 stick.)

257 CALORIES	1.5g SAT FAT	297mg SODIUM	37.6g CARBS
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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
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Allergens:

Made With: Broccoli Florets (BROCCOLI)

Fresh Oranges

PER SERVING (1 small (2-3/8" dia))

45 CALORIES	0.0g SAT FAT	0mg SODIUM	11.3g CARBS
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Allergens:

Made With: Fresh Orange (ORANGES)

Garbanzo Beans

PER SERVING (1/2 c.)

76 CALORIES	0.0g SAT FAT	102mg SODIUM	12.3g CARBS
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Allergens:

Made With: Beans, garbanzo (chickpeas), USDA, low-sodium (See label for ingredients and allergens.)

Garlic Knot Breadstick

PER SERVING (1 roll.)

111 CALORIES	0.2g SAT FAT	96mg SODIUM	15.0g CARBS
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Allergens: Contains Gluten, Soy, Wheat. May contain Egg, Milk.

Made With: Whole Grain Breadstick (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 Oil, 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.)



General Tso Sauce

PER SERVING (1/4 c.)

140 CALORIES	0.0g SAT FAT	680mg SODIUM	32.0g CARBS
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Allergens: Contains Gluten, Soy, Wheat.

Made With: General Tso Sauce (Sugar, Water, Soy Sauce (Water, Wheat, Soybeans, Salt), Distilled Vinegar, Ketchup (Tomato, Concentrate, Distilled Vinegar, Sugar, Salt, Onion Powder, Spices, Natural Flavoring),, Chopped Garlic (Dehydrated Garlic Water), Garlic Puree (Dehydrated Garlic, Water), Xanthan, Gum, Spice.)

Glazed Chicken Drumstick

PER SERVING (1 piece)

249 CALORIES	3.9g SAT FAT	498mg SODIUM	3.1g CARBS
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Allergens:

Made With: Chicken Drumstick Glz Ckd, WM (Chicken drumsticks, water, contains 2% or less of the following: caramelized sugar, garlic powder, maltodextrin, modified corn starch, chicken type flavor [brown sugar,, yeast extract, onion powder, maltodextrin, canola oil, carrot powder, garlic powder, citric acid, spice, salt, vegetable stock (carrot, onion, celery), natural flavor], natural, flavors, onion powder, salt, sodium phosphates, sugar, xanthan gum, yeast extract. Blanched in vegetable oil.,)

Golden Hash Brown Rounds

PER SERVING (2 piece)

90 CALORIES	0.0g SAT FAT	190mg SODIUM	15.0g CARBS
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Allergens:

Made With: Hash Brown, potato, rounds, McCain (POTATOES, VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING OILS: CANOLA, SOYBEAN, COTTONSEED, SUNFLOWER, CORN), MODIFIED CELLULOSE, DEXTROSE, NATURAL FLAVOR, SALT, SODIUM ACID PYROPHOSPHATE ADDED TO MAINTAIN COLOR.)

Greek Meatballs

PER SERVING (3 Meatballs)

148 CALORIES	2.3g SAT FAT	122mg SODIUM	4.9g CARBS
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Allergens: Contains Gluten, Soy, Wheat.

Made With: Chicken Meatball (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.); Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil.); Garlic Powder (GARLIC POWDER); Ground Oregano (DRIED OREGANO)

Green Beans

PER SERVING (1/2 c.)

23 CALORIES	0.0g SAT FAT	127mg SODIUM	3.6g CARBS
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Allergens:

Made With: Low Sodium Green Beans (Low Sodium Green Beans, USDA #100307)

Green Salad Mix

PER SERVING (1 c.)

12 CALORIES	0.0g SAT FAT	8mg SODIUM	2.5g CARBS
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Allergens:

Made With: Tossed Salad Mix (90% Iceberg, 5% Red Cabbage, 5% Carrot)

Grilled Cheese Sandwich

PER SERVING (1 sandwich)

342 CALORIES	10.1g SAT FAT	1152mg SODIUM	32.0g CARBS
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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
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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
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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:); 97% Fat Free Deli 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 Muffin

PER SERVING (1 sandwich)

206 CALORIES	3.3g SAT FAT	653mg SODIUM	21.5g CARBS
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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:); 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.,)

Ham & Cheese Sub

PER SERVING (1 sandwich)

320 CALORIES	4.1g SAT FAT	845mg SODIUM	32.0g CARBS
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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 (Whole Grain Sub Roll (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.); 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.); 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, Iceberg, 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
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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 (Whole Grain Sub Roll (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.); 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.,); Lettuce, Iceburg, shredded, ready-to-serve (Shredded Lettuce (ICEBERG LETTUCE))

Hand Tossed BBQ Chicken Pizza

PER SERVING (1 slice)

367 CALORIES	6.0g SAT FAT	613mg SODIUM	39.3g CARBS
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Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Onion, red, 1/4-inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe (Red Onion (RED ONION)); Cheese Pizza Wg 16" (CRUST: FLOUR BLEND (WHITE WHOLE WHEAT FLOUR, ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHITE CORNMEAL, WHOLE GRAIN OAT FLOUR), WATER, YEAST, VEGETABLE OIL (SOYBEAN AND/OR CANOLA OIL), CONTAINS 2% OR LESS OF: SUGAR, WHEAT GLUTEN, HYDROGENATED SOYBEAN OIL, SEA SALT, DATEM, DEXTROSE, GUAR GUM, SOY LECITHIN, SALT, NATURAL FLAVOR, ASCORBIC ACID, WHEAT STARCH, ENZYMES. TOPPINGS: LOW MOISTURE PART SKIM MOZZARELLA CHEESE (CUL TU RED PASTEURIZED PART SKIM MILK, SALT, ENZYMES). SAUCE: TOMATOES (WATER, TOMATO PASTE [NOT LESS THAN 28% SOLUBLE SOLIDS)), CONTAINS 2% OR LESS OF: MODIFIED FOOD STARCH, PARMESAN CHEESE , (CULTURED PASTEURIZED PART SKIM MILK, SALT, ENZYMES), SUGAR, DEXTROSE, SALT, DRIED GARLIC, SPICE, DRIED ONION, DEHYDRATED ROMANO CHEESE (CUL TU RED PASTEURIZED SHEEP'S AND COW'S MILK, SALT, ENZYMES), PAPRIKA, CITRIC ACID.); Grilled Chicken Strips (See Label for ingredients and allergens); Smokey BBQ Sauce (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); Fresh Cilantro (CILANTRO LEAVES)

Hand Tossed Cheese Pizza

PER SERVING (1 slice)

361 CALORIES	7.1g SAT FAT	433mg SODIUM	35.4g CARBS
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Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Cheese Pizza Wg 16" (CRUST: FLOUR BLEND (WHITE WHOLE WHEAT FLOUR, ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHITE CORNMEAL, WHOLE GRAIN OAT FLOUR), WATER, YEAST, VEGETABLE OIL (SOYBEAN AND/OR CANOLA OIL), CONTAINS 2% OR LESS OF: SUGAR, WHEAT GLUTEN, HYDROGENATED SOYBEAN OIL, SEA SALT, DATEM, DEXTROSE, GUAR GUM, SOY LECITHIN, SALT, NATURAL FLAVOR, ASCORBIC ACID, WHEAT STARCH, ENZYMES. TOPPINGS: LOW MOISTURE PART SKIM MOZZARELLA CHEESE (CUL TU RED PASTEURIZED PART SKIM MILK, SALT, ENZYMES). SAUCE: TOMATOES (WATER, TOMATO PASTE [NOT LESS THAN 28% SOLUBLE SOLIDS]), CONTAINS 2% OR LESS OF: MODIFIED FOOD STARCH, PARMESAN CHEESE , (CULTURED PASTEURIZED PART SKIM MILK, SALT, ENZYMES), SUGAR, DEXTROSE, SALT, DRIED GARLIC, SPICE, DRIED ONION, DEHYDRATED ROMANO CHEESE (CUL TU RED PASTEURIZED SHEEP'S AND COW'S MILK, SALT, ENZYMES), PAPRIKA, 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),)

Hand Tossed Hawaiian Pizza

PER SERVING (1 slice)

365 CALORIES	6.7g SAT FAT	473mg SODIUM	36.5g CARBS
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Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Cheese Pizza Wg 16" (CRUST: FLOUR BLEND (WHITE WHOLE WHEAT FLOUR, ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHITE CORNMEAL, WHOLE GRAIN OAT FLOUR), WATER, YEAST, VEGETABLE OIL (SOYBEAN AND/OR CANOLA OIL), CONTAINS 2% OR LESS OF: SUGAR, WHEAT GLUTEN, HYDROGENATED SOYBEAN OIL, SEA SALT, DATEM, DEXTROSE, GUAR GUM, SOY LECITHIN, SALT, NATURAL FLAVOR, ASCORBIC ACID, WHEAT STARCH, ENZYMES. TOPPINGS: LOW MOISTURE PART SKIM MOZZARELLA CHEESE (CUL TU RED PASTEURIZED PART SKIM MILK, SALT, ENZYMES). SAUCE: TOMATOES (WATER, TOMATO PASTE [NOT LESS THAN 28% SOLUBLE SOLIDS]), CONTAINS 2% OR LESS OF: MODIFIED FOOD STARCH, PARMESAN CHEESE , (CULTURED PASTEURIZED PART SKIM MILK, SALT, ENZYMES), SUGAR, DEXTROSE, SALT, DRIED GARLIC, SPICE, DRIED ONION, DEHYDRATED ROMANO CHEESE (CUL TU RED PASTEURIZED SHEEP'S AND COW'S MILK, SALT, ENZYMES), PAPRIKA, CITRIC ACID.); Pineapple Tidbits (PINEAPPLE, PINEAPPLE JUICE, 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),); 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.)

Homemade Salsa

PER SERVING (2 tbsp.)

8 CALORIES	0.0g SAT FAT	55mg SODIUM	1.7g CARBS
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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
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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
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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 Dog

PER SERVING (1 serving)

271 CALORIES	2.5g SAT FAT	473mg SODIUM	29.0g CARBS
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Allergens: Contains Gluten, 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.)

Jalapeno Cheese Sauce

PER SERVING (1/4 c.)

146 CALORIES	6.3g SAT FAT	535mg SODIUM	2.6g CARBS
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Allergens: Contains Milk.

Made With: Jalapeno Cheese Sauce (CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), WATER, NONFAT DRY MILK, SODIUM PHOSPHATES AND POTASSIUM PHOSPHATES, MODIFIED FOOD STARCH, SEASONING (POTASSIUM CHLORIDE, NATURAL FLAVOR [CONTAINS MALTODEXTRIN]), AMERICAN CHEESE FLAVOR (A DEHYDRATED BLEND OF CHEESES [SEMISOFT AND CHEDDAR (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES)], MALTODEXTRIN, NATURAL AND ARTIFICIAL FLAVORS, SALT, FOOD STARCH-MODIFIED, SODIUM PHOSPHATE, BUTTER [CREAM, SALT, ANNATTO], CALCIUM PHOSPHATE, LACTIC ACID), SALT, JALAPENO EXTRACTIVES, PAPRIKA EXTRACT, ANNATTO EXTRACT.)

Jalapeno Pepper Slices

PER SERVING (2 tbsp.)

0 CALORIES	0.0g SAT FAT	349mg SODIUM	0.0g CARBS
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Allergens:

Made With: Jalapeno Peppers (FRESH JALAPENO PEPPERS, WATER, VINEGAR, SALT, MALIC AND LACTIC ACID, CALCIUM CHLORIDE, SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES), YELLOW 5.)

Ketchup

PER SERVING (1 pump)

20 CALORIES	0.0g SAT FAT	175mg SODIUM	4.6g CARBS
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Allergens:

Made With: Ketchup (Front of the House) (Tomato Concentrate From Red Ripe Tomatoes, Distilled Vinegar, High Fructose Corn Syrup, Corn Syrup, Salt, Spice, Onion Powder, Natural Flavoring.)



Lowfat 1% White Milk

PER SERVING (1 Half Pint)

110 CALORIES	1.5g SAT FAT	130mg SODIUM	13.0g CARBS
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Allergens: Contains Milk.

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

Lucky Charms

PER SERVING (1 bowl)

109 CALORIES	0.0g SAT FAT	101mg SODIUM	23.3g CARBS
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Allergens:

Made With: Lucky Charms Cereal Bowlpak (Whole Grain Oats, Sugar, Corn Starch, Modified Corn Starch, Corn Syrup, Dextrose. Contains 2% or less of: Salt, Gelatin, , Trisodium Phosphate, Red 40, Yellow 5 & 6, Blue 1, Natural And Artificial Flavor. Vitamin E (mixed tocopherols) Added to Preserve Freshness. Vitamins and Minerals: 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.,)

Macaroni & Cheese

PER SERVING (1 c.)

504 CALORIES	10.9g SAT FAT	1193mg SODIUM	54.9g CARBS
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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 Oil, Extra Virgin Olive Oil.); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSIAN OF SODA AS AN ANTICAKING AGENT.); Cheddar 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.,); Regional Milk, White, Lowfat 1% (Lowfat White Milk (LOWFAT MILK, VITAMIN A PALMITATE, VITAMIN D3)); Yellow Cheddar Cheese (Cheddar Cheese (Cultured Pasteurized , Milk, Salt, Enzymes, Color Added [If , Colored], Anticake (Potato Starch, , Powdered Cellulose))

Maple Pancake Bites

PER SERVING (1 pkg.)

210 CALORIES	1.0g SAT FAT	320mg SODIUM	35.0g CARBS
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Allergens: Contains Egg, Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Tree nuts.

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

Marinara Sauce

PER SERVING (1/4 c.)

40 CALORIES	0.5g SAT FAT	63mg SODIUM	5.0g CARBS
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Allergens:

Made With: Spaghetti Sauce, Low Sodium (TOMATO PUREE (WATER TOMATO PASTE), HIGH FRUCTOSE CORN SYRUP, DEHYDRATED ONIONS,K ONION POWDER, MODIFIED FOOD STARCH, SALT, CITRIC ACID, SPICES, GARLIC PUREE.)

Mashed Potatoes

PER SERVING (1/2 c.)

82 CALORIES	1.0g SAT FAT	105mg SODIUM	15.3g CARBS
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Allergens: Contains Milk.

Made With: Municipal Water (WATER); Instant Mashed Potatoes (POTATO (DRY), SHORTENING POWDER [PALM OIL, CORN SYRUP SOLIDS, SODIUM CASEINATE, DIPOTASSIUM PHOSPHATE, MONOGLYCERIDES, AND LESS THAN 2% SODIUM SILICOALUMINATE (ANTI-CAKING AGENT)], MALTODEXTRIN, SUGAR, SALT, ENZYME MODIFIED WHOLE MILK (DRY), ARTIFICIAL PHOSPHATE, SPICE AND COLORING. FRESHNESS PRESERVED WITH SODIUM BISULFITE AND BHT.)

Mayonnaise Pump

PER SERVING (1 pump)

53 CALORIES	1.1g SAT FAT	45mg SODIUM	0.0g CARBS
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Allergens: Contains Egg.

Made With: Mayonnaise (SOYBEAN OIL, WHITE DISTILLED VINEGAR, EGG YOLKS, SALT, SUGAR, MUSTARD FLOUR, LEMON JUICE CONCENTRATE, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR, SPICE EXTRACTIVE.)

Mexican Black Beans

PER SERVING (1/2 c.)

65 CALORIES	0.0g SAT FAT	79mg SODIUM	12.1g CARBS
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Allergens:

Made With: Low Sodium Black Beans (PREPARED BLACK BEANS, WATER, SALT, AND CALCIUM CHLORIDE (FIRMING AGENT).); Municipal Water (WATER); 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)); 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.)); 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)); Cumin Ground (CUMIN); Black Pepper Ground (BLACK PEPPER)

Mexican Slaw

PER SERVING (1/2 c.)

49 CALORIES	0.0g SAT FAT	17mg SODIUM	11.9g CARBS
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Allergens:

Made With: Green Cabbage (GREEN CABBAGE); Real Lime Juice (WATER, LIME JUICE CONCENTRATE AND LESS THAN 2% OF: LIME OIL, , SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES).); Granulated Sugar (SUGAR); Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe (Fresh Cilantro (CILANTRO LEAVES))

Mini Cinnis

PER SERVING (1 pkg.)

240 CALORIES	1.5g SAT FAT	270mg SODIUM	40.0g CARBS
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Allergens: Contains Gluten, Milk, Wheat.

Made With: Mini Cinnis (Water, Whole Wheat Flour, Enriched Flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic, acid), Sugar, Vegetable Oil (soybean, palm, canola), Whey. Contain 2% or less of: Yeast, Cinnamon, Salt, Modified Corn Starch. CONTAINS WHEAT, AND MILK INGREDIENTS.)

Mini Maple Waffles

PER SERVING (1 pkg.)

200 CALORIES	1.5g SAT FAT	220mg SODIUM	35.0g CARBS
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Allergens: Contains Egg, Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Tree nuts.

Made With: Waffles, mini, maple, WGR, Eggo Bites (WHOLE WHEAT FLOUR, WATER, SUGAR, EGG WHITES, VEGETABLE OIL (SOYBEAN, PALM AND/OR CANOLA), CONTAINS 2% OR LESS OF LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), MOLASSES, SOY LECITHIN, MALTODEXTRIN, NATURAL FLAVORS, WHEY, SALT, MODIFIED CORN STARCH, CALCIUM CARBONATE, VITAMIN A PALMITATE, REDUCED IRON, NIACINAMIDE, VITAMIN B12, VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B1 (THIAMIN HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN).)

Mission Tortilla Chip

PER SERVING (20 chips)

284 CALORIES	6.0g SAT FAT	302mg SODIUM	34.0g CARBS
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Allergens:

Made With: Mission Tortilla Chip (Whole Grain Corn, Water, Vegetable Oil (Cottonseed, Corn, and/or Sunflower), Salt)

Mixed Berries Fruit Cup

PER SERVING (1 Container)

90 CALORIES	0.0g SAT FAT	0mg SODIUM	20.0g CARBS
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Allergens:

Made With: Mixed Berries Fruit Cup (See label for ingredients and allergens.)

Mixed Garden Vegetables

PER SERVING (1/2 c.)

53 CALORIES	0.1g SAT FAT	99mg SODIUM	11.2g CARBS
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Allergens:

Made With: Carrots (CARROTS); Corn (SWEET CORN); Cut Green Beans (GREEN BEANS); Green Pea (PEAS); Salt Free Spice Seasoning (INGREDIENTS: ONION, GARLIC, SPICES (BLACK PEPPER, PARSLEY, CELERY SEED, BASIL, BAY LEAF, MARJORAM, MUSTARD SEED, ROSEMARY, SAGE, OREGANO, RED PEPPER, SAVORY, THYME, CORIANDER SEED, CUMIN), ORANGE PEEL, RED BELL PEPPER, CARROT, CORN SYRUP SOLIDS, CITRIC ACID, LEMON JUICE POWDER & LEMON OIL.); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSIAN OF SODA AS AN ANTICAKING AGENT.)

Mozzarella String Cheese

PER SERVING (1 oz.)

80 CALORIES	3.0g SAT FAT	200mg SODIUM	1.0g CARBS
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Allergens: Contains Milk.

Made With: Arrezzo Mozzarella String Cheese (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, AND ENZYMES.)

Mozzarella Stuffed Breadsticks

PER SERVING (2 breadstick)

290 CALORIES	6.0g SAT FAT	500mg SODIUM	28.0g CARBS
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Allergens: Contains Egg, Gluten, Milk, Soy, Wheat.

Made With: Beacon Street Cheese Stuffed Breadsticks (CRUST: FLOUR BLEND (WHITE WHOLE WHEAT FLOUR, ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID]), WATER, ISOLATED SOY PROTEIN, VEGETABLE OIL (SOYBEAN AND/OR CANOLA OIL), CONTAINS 2% OR LESS OF: WHEAT GLUTEN, YEAST, SUGAR, SEA SALT, SODIUM ACID PYROPHOSPHATE, BAKING SODA, DATEM, DEXTROSE, GUAR GUM, SOY LECITHIN, ASCORBIC ACID, (DOUGH CONDITIONER), SALT, WHEAT STARCH, ENZYMES, MODIFIED FOOD STARCH; FILLING: LOW MOISTURE PART SKIM MOZZARELLA CHEESE (CULTURE PASTEURIZED PART SKIM MILK, SALT, ENZYMES), WATER, NONFAT DRY MILK, CONTAINS 2% OR LESS OF: MODIFIED FOOD STARCH, MOZZARELLA CHEESE POWDER (DEHYDRATED MOZZARELLA CHEESE, [PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES], WHEY, SALT, SODIUM PHOSPHATE, LACTIC ACID), WHEY PROTEIN CONCENTRATE, MALTODEXTRIN, ISOLATED SOY PROTEIN, DRIED WHOLE EGGS, CITRIC ACID, SODIUM CITRATE, CHEESE POWDER (CHEDDAR CHEESE [PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES], BUTTER, MODIFIED FOOD STARCH, SODIUM PHOSPHATE, ENZYMES), SALT, GARLIC POWDER.)



Nonfat Chocolate Milk

PER SERVING (1 c.)

130 CALORIES	0.0g SAT FAT	160mg SODIUM	23.0g CARBS
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Allergens: Contains Milk.

Made With: Nonfat Chocolate Milk (FAT FREE MILK, SUGAR, COCOA (PROCESSED WITH ALKALI) CORN STARCH, SALT, CARRAGEENAN, VANILLIN, VITAMIN A PALMITATE, VITAMIN D3)

Oatmeal Chocolate Chip UBR

PER SERVING (1 pkg.)

270 CALORIES	3.0g SAT FAT	180mg SODIUM	44.0g CARBS
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Allergens: Contains Egg, Gluten, Milk, Soy, Wheat.

Made With: Oatmeal Chocolate Chip UBR (WHOLE WHEAT FLOUR, SUGAR, OATS, SEMISWEET CHOCOLATE CHIPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, MILKFAT, SOY LECITHIN (AN EMULSIFIER), DEXTROSE, NATURAL FLAVOR), PALM AND SOYBEAN OILS, CHICKORY ROOT FIBER, MOLASSES, CONTAINS LESS THAN 2% OF THE FOLLOWING: GLYCERINE (VEGETABLE BASED), BROWN SUGAR, LEAVENING (BAKING SODA), MODIFIED CORNSTARCH, EGGS, RAISIN PASTE, NATURAL AND ARTIFICIAL FLAVOR, EGG WHITES, SALT, CARRAGEENAN, GUAR GUM, SOY LECITHIN, CORN SYRUP SOLIDS.)



Orange Chicken Nuggets

PER SERVING (5 nugget)

347 CALORIES	2.9g SAT FAT	643mg SODIUM	36.5g CARBS
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Allergens: Contains Gluten, Soy, Wheat.

Made With: Chicken Nuggets, Tyson (5 nuggets = 2.99 oz = 2 oz M/MA + 1 oz eq grain) , Recipe (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. Breading set in, vegetable oil.)); Orange Sauce (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.))

Orange Sauce

PER SERVING (1/4 c.)

140 CALORIES	0.0g SAT FAT	270mg SODIUM	36.0g CARBS
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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.)

Orange Smiles

PER SERVING (6 slice or wedge)

45 CALORIES	0.0g SAT FAT	0mg SODIUM	11.3g CARBS
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Allergens:

Made With: Fresh Orange (ORANGES)

Pancake & Waffle Syrup

PER SERVING (2 tbsp.)

105 CALORIES	0.0g SAT FAT	48mg SODIUM	26.0g CARBS
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Allergens:

Made With: Pancake and Waffle Syrup (Corn Syrup, Water, Salt, Potassium Sorbate, Sodium Benzoate and Benzoic Acid (Preservatives), Cellulose Gum, Caramel Color, Sodium Hexametaphosphate, Natural and Artificial Flavor, Phosphoric Acid)

Parmesan Herb Breadstick

PER SERVING (1 ea.)

113 CALORIES	0.3g SAT FAT	105mg SODIUM	15.1g CARBS
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Allergens: Contains Gluten, Milk, Soy, Wheat. May contain Egg.

Made With: Whole Grain Breadstick (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 Oil, Extra Virgin Olive Oil.); Garlic Powder (GARLIC POWDER); Grated Parmesan Cheese (GRATED PARMESAN CHEESE (MADE FROM COW'S MILK, CHEESE CULTURE, SALT, ENZYMES), POWDERED CELLULOSE (ADDED TO PREVENT CAKING)); Italian Seasoning (MARJORAM, THYME, ROSEMARY, SAVORY, SAGE, OREGANO, AND BASIL.)

Pasta with Forward Sauce

PER SERVING (1 serving)

CALORIES	g SAT FAT	mg SODIUM	g CARBS
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Allergens:

Made With:

Peach Cup,

PER SERVING (1 ea.)

90 CALORIES	0.0g SAT FAT	0mg SODIUM	21.0g CARBS
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Allergens:

Made With: Diced Peaches Cups (DICED PEACHES PACKED IN EXTRA LIGHT SYRUP.)

Po Boy Sub

PER SERVING (1 sandwich)

336 CALORIES	2.0g SAT FAT	511mg SODIUM	42.8g CARBS
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Allergens: Contains Fish, Gluten, Milk, Sesame, Soy, Wheat.

Made With: Pollock Sticks (65.00% Fish (Alaska Pollock), 35.00% , Batter & Breeding (Whole Wheat Flour, , Vegetable Oil [Soybean and/or Canola], , Enriched Wheat Flour [Wheat Flour, , Niacin, Iron, Thiamine, Mononitrate, , Riboflavin, Folic Acid], Water, Enriched , Rice Flour [Rice Flour, Niacin, Reduced , Iron, Thiamine Mononitrate, Riboflavin, , Folic Acid], Whole Grain Yellow Corn , Flour, Contains 2% or Less of: Whole , Grain Yellow Corn Meal, Salt, Wheat , Gluten, Sugar, Palm Oil, Yeast, Onion , Powder, Dehydrated Tomato, Garlic , Powder, Tapioca Starch, Leavening , [Cream of Tartar, Baking Soda], Malted , Barley Flour, Dehydrated Red Bell , Pepper, Corn Starch, Autolyzed Yeast, , Spices, Ascorbic Acid [Added as a , Dough Conditioner], Dehydrated Green , Bell Pepper.); 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.); 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.)

Popcorn Chicken

PER SERVING (12 piece)

255 CALORIES	2.8g SAT FAT	388mg SODIUM	15.5g CARBS
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Allergens: Contains Gluten, Soy, Wheat.

Made With: 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.)

Popcorn Chicken Bowl

PER SERVING (1 portion)

441 CALORIES	4.2g SAT FAT	707mg SODIUM	50.0g CARBS
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Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Municipal Water (WATER); 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.); Municipal Water (WATER); 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.); Instant Mashed Potatoes (POTATO (DRY), SHORTENING POWDER [PALM OIL, CORN SYRUP SOLIDS, SODIUM CASEINATE, DIPOTASSIUM PHOSPHATE, MONOGLYCERIDES, AND LESS THAN 2% SODIUM SILICOALUMINATE (ANTI-CAKING AGENT)], MALTODEXTRIN, SUGAR, SALT, ENZYME MODIFIED WHOLE MILK (DRY), ARTIFICIAL PHOSPHATE, SPICE AND COLORING. FRESHNESS PRESERVED WITH SODIUM BISULFITE AND BHT.); Low Sodium Chicken Gravy Mix (MODIFIED CORN STARCH, PEA FLOUR, MALTODEXTRIN, WHEY, DEXTROSE, PALM , OIL, YEAST EXTRACT, SALT, CHICKEN FAT, POTASSIUM CHLORIDE, POWDERED COOKED TURKEY, , POWDERED COOKED CHICKEN, ONION POWDER, GUM ARABIC, NATURAL FLAVORS, DISODIUM , INOSINATE, DISODIUM GUANYLATE, TORULA YEAST, CARAMEL COLOR, TURMERIC (FOR COLOR), , THIAMINE HYDROCHLORIDE, SPICES.)

Pork Carnitas

PER SERVING (2 oz.)

214 CALORIES	4.2g SAT FAT	633mg SODIUM	2.4g CARBS
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Allergens:

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.,); 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 Oil, 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 PRUSSATE 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)

Pork Posole

PER SERVING (1 portion)

422 CALORIES	5.2g SAT FAT	957mg SODIUM	39.4g CARBS
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Allergens: Contains 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.,); Hominy (White Corn, Water, Salt, Sodium Bisulfite Added to Promote Color.); Chicken Soup Broth, LS, from base (Municipal Water (WATER); Chicken Soup Base (ROASTED AND COOKED CHICKEN, CHICKEN FAT, WATER, MALTODEXTRIN, SUGAR, , SALT, AUTOLYZED YEAST EXTRACT, PALM OIL, MODIFIED TAPIOCA STARCH, POTASSIUM CHLORIDE, , NATURAL FLAVORS, CHICKEN FLAVOR, GUM ARABIC, TURMERIC, DISODIUM INOSINATE, DISODIUM , GUANYLATE, LACTIC ACID, CITRIC ACID, SOYBEAN LECITHIN.)); Tostitos Rnd Wg (Whole Corn, Corn, Vegetable Oil (Corn, Canola and/or Sunflower Oil),, and Salt.); Red Radishes (RADISHES); Green Cabbage (GREEN CABBAGE); Light Chile Powder (INGREDIENTS: CHILI PEPPER, SPICES, SALT, GARLIC, AND SILICON DIOXIDE (TO MAKE FREE FLOWING).); Garlic Chopped in Water (GARLIC); Cumin Ground (CUMIN); Ground Oregano (DRIED OREGANO)

Pork Posole with Mission Tortilla Chips

PER SERVING (1 portion)

531 CALORIES	10.2g SAT FAT	1142mg SODIUM	45.7g CARBS
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Allergens: Contains 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.); Hominy (White Corn, Water, Salt, Sodium Bisulfite Added to Promote Color.); Chicken Soup Broth, LS, from base (Municipal Water (WATER); Chicken Soup Base (ROASTED AND COOKED CHICKEN, CHICKEN FAT, WATER, MALTODEXTRIN, SUGAR, , SALT, AUTOLYZED YEAST EXTRACT, PALM OIL, MODIFIED TAPIOCA STARCH, POTASSIUM CHLORIDE, , NATURAL FLAVORS, CHICKEN FLAVOR, GUM ARABIC, TURMERIC, DISODIUM INOSINATE, DISODIUM , GUANYLATE, LACTIC ACID, CITRIC ACID, SOYBEAN LECITHIN.)); Mission Tortilla Chip (Whole Grain Corn, Water, Vegetable Oil (Cottonseed, Corn, and/or Sunflower), Salt); Red Radishes (RADISHES); Green Cabbage (GREEN CABBAGE); Light Chile Powder (INGREDIENTS: CHILI PEPPER, SPICES, SALT, GARLIC, AND SILICON DIOXIDE (TO MAKE FREE FLOWING).); Garlic Chopped in Water (GARLIC); Cumin Ground (CUMIN); Ground Oregano (DRIED OREGANO)

Raisin Box

PER SERVING (1 Box)

119 CALORIES	0.0g SAT FAT	5mg SODIUM	28.8g CARBS
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Allergens:

Made With: Raisins, 1.33 oz PKGS (Raisins, Unsweetened, USDA #100293)

Ranch Dressing

PER SERVING (1 pump)

60 CALORIES	1.0g SAT FAT	125mg SODIUM	1.0g CARBS
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Allergens: Contains Egg, Milk.

Made With: Ranch Dressing (Soybean Oil, Water, Distilled Vinegar, Cultured Lowfat Buttermilk (Cultured Lowfat Milk, Nonfat Milk, Salt, Sodium Citrate, Vitamin A Palmitate), Corn Syrup, Egg Yolk, Salt, Contains Less Than 2% Of: Sugar, Modified Food Starch, Modified Tapioca Starch, Lactic Acid, Sodium Benzoate And Potassium Sorbate (Preservatives), Disodium Inosinate And Disodium Guanylate, Xanthan Gum, Garlic Powder, Lemon Juice Concentrate, Onion Powder, Natural Flavoring, Cultured Cream, Dehydrated Parsley, Buttermilk, Heavy Cream (From Milk), Calcium Disodium Edta Added To Protect Flavor, Yeast Extract.)

Roasted Broccoli

PER SERVING (1/2 c.)

65 CALORIES	0.3g SAT FAT	72mg SODIUM	5.4g CARBS
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Allergens:

Made With: Broccoli (BROCCOLI); Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil.); Garlic Granulated (GRANULATED GARLIC); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSIAN OF SODA AS AN ANTICAKING AGENT.); Black Pepper Ground (BLACK PEPPER)

Roasted Broccoli and Carrots

PER SERVING (1/2 c.)

85 CALORIES	0.5g SAT FAT	15mg SODIUM	5.0g CARBS
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Allergens:

Made With: Broccoli (BROCCOLI); Carrot (CARROTS); Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil.)

Roasted Chickpeas

PER SERVING (1/2 c.)

151 CALORIES	0.1g SAT FAT	327mg SODIUM	23.3g CARBS
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Allergens:

Made With: Low Sodium Garbanzo Beans (See label for ingredients and allergens.); Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil.); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSATE OF SODA AS AN ANTICAKING AGENT.)

Roasted Peppers and Onions Blend

PER SERVING (1/4 c.)

35 CALORIES	0.2g SAT FAT	44mg SODIUM	4.1g CARBS
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Allergens:

Made With: 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 Oil, Extra Virgin Olive Oil.); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSATE OF SODA AS AN ANTICAKING AGENT.); Black Pepper Ground (BLACK PEPPER)

Sausage Breakfast Pizza

PER SERVING (1 slice)

210
CALORIES

2.0g
SAT FAT

350mg
SODIUM

27.0g
CARBS



Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Turkey Sausage Breakfast Pizza (CRUST: WHITE WHOLE WHEAT FLOUR, WATER, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, YEAST, VEGETABLE OIL (SOYBEAN, COTTONSEED, CORN, AND/OR CANOLA OIL), CONTAINS 2% OR LESS OF WHEAT GLUTEN, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE, CALCIUM LACTATE), SEA SALT, FOOD STARCH, DEFATTED SOY FLOUR, DOUGH CONDITIONER (WHEAT STARCH, L-CYSTEINE HYDROCHLORIDE, AMMONIUM SULFATE), ENZYMES (CONTAINS WHEAT). TOPPINGS: COOKED TURKEY PIZZA TOPPING (TURKEY BREAKFAST SAUSAGE [MECHANICALLY SEPARATED TURKEY, SEASONING {SALT, NATURAL FLAVOR, DEXTROSE, SUGAR, CITRIC ACID, BHA, BHT}, WATER], TEXTURED VEGETABLE PROTEIN [SOY FLOUR, CARAMEL COLOR, ZINC OXIDE, NIACINAMIDE, FERROUS SULFATE, COPPER GLUCONATE, VITAMIN A PALMITATE, CALCIUM PANTOTHENATE, THIAMINE MONONITRATE, PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN, CYANOCOBALAMIN], WATER), LOW MOISTURE PART SKIM MOZZARELLA CHEESE (CULTURED PASTEURIZED PART SKIM MILK, SALT, ENZYMES), SUBSTITUTE MOZZARELLA CHEESE (WATER, CORN OIL AND/OR SOY OIL, CASEIN, MODIFIED FOOD STARCH, WHEY, NONFAT DRY MILK, NATURAL FLAVOR, SODIUM ALUMINUM PHOSPHATE, SALT, LACTIC ACID, SODIUM PHOSPHATE, SORBIC ACID [PRESERVATIVE], XANTHAN GUM, VITAMIN AND MINERAL SUPPLEMENT (MAGNESIUM OXIDE, DICALCIUM PHOSPHATE, ZINC OXIDE, RIBOFLAVIN [VITAMIN B2], ELECTROLYTIC IRON, FOLIC ACID, PYRIDOXINE HYDROCHLORIDE [VITAMIN B6], NIACINAMIDE, THIAMINE MONONITRATE [VITAMIN B1], CYANOCOBALAMIN [VITAMIN B12], VITAMIN A PALMITATE), ARTIFICIAL COLOR). SAUCE: TOMATOES (WATER, TOMATO PASTE [NO LESS THAN 28% SOLUBLE SOLIDS]), MALTODEXTRIN, MODIFIED FOOD STARCH, CONTAINS 2% OR LESS OF: SALT, SPICE, SUGAR, HYDROLYZED SOY AND CORN PROTEIN, PAPRIKA, GARLIC POWDER, POWDERED CELLULOSE.)

Shredded Lettuce

PER SERVING (1/4 cup shredded)

3 CALORIES	0.0g SAT FAT	2mg SODIUM	0.5g CARBS
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Allergens:

Made With: Shredded Lettuce (ICEBERG LETTUCE)

Shredded Yellow Cheddar Cheese

PER SERVING (1 oz.)

90 CALORIES	4.0g SAT FAT	210mg SODIUM	1.0g CARBS
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Allergens: Contains Milk.

Made With: Shredded Cheddar Cheese Reduced Fat (See Label for ingredients and allergens)

Skim Milk

PER SERVING (8 fl. oz.)

80 CALORIES	0.0g SAT FAT	110mg SODIUM	11.0g CARBS
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Allergens: Contains Milk.

Made With: Skim Milk (Fat Free Milk, Vitamins A & D Added)

Skim Milk

PER SERVING (1 Half Pint)

90 CALORIES	0.0g SAT FAT	mg SODIUM	13.0g CARBS
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Allergens: Contains Milk.

Made With: Meadow Gold Skim Milk (NONFAT MILK, VITAMIN A PALMITATE, VITAMIN D3)

Skim Milk

PER SERVING (1 Carton)

80 CALORIES	0.0g SAT FAT	105mg SODIUM	12.0g CARBS
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Allergens: Contains Milk.

Made With: Skim Milk (Fat Free Milk with Vitamin A Palmitate and D3 Added.)

Sliced Black Olives

PER SERVING (2 tbsp.)

14 CALORIES	0.0g SAT FAT	118mg SODIUM	0.9g CARBS
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Allergens:

Made With: Sliced Black Olives (RIPE OLIVES, WATER, SEA SALT, FERROUS GLUCONATE (AN IRON DERIVATIVE))

Sloppy Joe

PER SERVING (1 ea.)

302 CALORIES	3.0g SAT FAT	843mg SODIUM	40.0g CARBS
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Allergens: Contains Gluten, Sesame, Soy, Wheat.

Made With: Beef Crumble (GROUND BEEF (NO MORE THAN 30% FAT), WATER, TEXTURED VEGETABLE PROTEIN (SOY PROTEIN CONCENTRATE, CARMEL 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.); 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.); Ketchup (Tomato Concentrate From Red Ripe Tomatoes, Distilled Vinegar, High Fructose Corn Syrup, Corn Syrup, Salt, Spice, Onion Powder, Natural Flavoring.); Tomato Paste (VINE-RIPENED TOMATOES); Municipal Water (WATER); Yellow Onion (YELLOW ONION); White Vinegar (DISTILLED WHITE VINEGAR (DILUTED WITH WATER TO 5% ACIDITY).); Light Brown Sugar (BROWN SUGAR); Mustard Dry Ground (GROUND MUSTARD SEED); Garlic Powder (GARLIC POWDER); Black Pepper Ground (BLACK PEPPER)

Sour Cream

PER SERVING (2 tbsp.)

45 CALORIES	2.0g SAT FAT	65mg SODIUM	3.0g CARBS
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Allergens: Contains Milk.

Made With: Sour Cream (rBST free cultured milk & cream, whey, modified food starch (corn), guar gum, carrageenan, locust bean gum, skim milk, gelatin)

Sour Cream

PER SERVING (2 tbsp.)

60 CALORIES	3.5g SAT FAT	60mg SODIUM	2.0g CARBS
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Allergens: Contains Milk.

Made With: Sour Cream (CULTURED MILK AND CREAM, MODIFIED CORN STARCH, SODIUM PHOSPHATES, GELATIN, GUAR GUM, SODIUM CITRATE, CARRAGEENAN AND LOCUST BEAN GUM.)

Sour Cream, Darigold, Fat Free

PER SERVING (2 tbsp.)

25 CALORIES	0.0g SAT FAT	45mg SODIUM	4.0g CARBS
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Allergens: Contains Milk.

Made With: Darigold Fat Free Sour Cream (Cultured Skim Milk and Cream*, Modified Corn Starch, Titanium Dioxide** (for color), Sodium Phosphate, Carrageenan, Sodium Stearoyl Lactylate, Locust Bean Gum, Potassium Sorbate (to protect freshness), Vitamin A Palmitate**
*Adds a trivial amount of fat **Not found in regular sour cream)

Spaghetti Sauce

PER SERVING (1/4 c.)

38 CALORIES	0.5g SAT FAT	60mg SODIUM	4.8g CARBS
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Allergens:

Made With: Spaghetti Sauce, Low Sodium (TOMATO PUREE (WATER TOMATO PASTE), HIGH FRUCTOSE CORN SYRUP, DEHYDRATED ONIONS, K ONION POWDER, MODIFIED FOOD STARCH, SALT, CITRIC ACID, SPICES, GARLIC PUREE.)

Spaghetti Sauce

PER SERVING (1/2 c.)

65 CALORIES	0.1g SAT FAT	260mg SODIUM	13.3g CARBS
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Allergens:

Made With: Spaghetti Sauce (TOMATO PUREE (WATER, TOMATC PASTE), ONIONS, SUGAR, SALT, NATURAL FLAVOR, SPICES, EXTRA VIRGIN OLIVE OIL, CITRIC ACID, , GARLIC..)

Spanish Rice

PER SERVING (1 c.)

249 CALORIES	0.0g SAT FAT	222mg SODIUM	54.3g CARBS
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Allergens: Contains Gluten, Wheat.

Made With: Municipal Water (WATER); Brown Rice (LONG GRAIN PARBOILED BROWN RICE); WA COMM Salsa (Tomato Puree, Diced Tomatoes in Tomato Juice, Jalapenos, Vinegar, Contains Less Than 2% of: Dehydrated Onion, Salt, Sea Salt, Natural Flavors, Sugar, Dehydrated Garlic, Vitamin C (Ascorbic Acid), Spices, Vitamin E (DL-alpha tocopheryl acetate), Vitamin A (Retinol Palmitate).); 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.)

Spicy Chicken Burger

PER SERVING (1 burger)

370 CALORIES	2.5g SAT FAT	550mg SODIUM	42.0g CARBS
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Allergens: Contains Gluten, Sesame, Soy, Wheat.

Made With: Chick Patty Brd Spicy Wg (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., 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 PROPIÓNATE (MOLD INHIBITOR), ENZYMES, SESAME FLOUR.)

Spicy Italian Sub

PER SERVING (1 sandwich)

403 CALORIES	5.5g SAT FAT	941mg SODIUM	35.2g CARBS
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Allergens: Contains Gluten, Milk, Wheat. May contain Egg, Soy.

Made With: Italian Salad, tomato, pepper, olives (1/2c = 1/4c red + 1/4c other veg) , Recipe (Tomatoes, fresh, 1/4-inch diced, ready-to-serve (1/2c = 4.2 oz = 1/2c red/orange veg) , Recipe (Tomato (TOMATO)); Black Olives, sliced, canned, drained (1/2c = 2.2 oz = 1/2c other veg) , Recipe (Sliced Black Olives (RIPE OLIVES, WATER, SEA SALT, FERROUS GLUCONATE (AN IRON DERIVATIVE))); 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)); Sub Roll, spicy Italian herb, Richs (1 roll = 2 oz eq grain) , Recipe (Sub Roll Dough, whole grain, proofed and stretched, Richs (1 roll = 2 oz eq grain) , Recipe (Whole Grain Sub Roll (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.); Spicy Italian Seasoning, red pepper, garlic (Garlic Granulated (GRANULATED GARLIC); Italian Seasoning (MARJORAM, THYME, ROSEMARY, SAVORY, SAGE, OREGANO, AND BASIL.); Crushed Red Pepper (CRUSHED RED PEPPER)); Pan Spray (Canola Oil, Phosphated Mono && Diglycerides, Propellant.); 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),); Roast Turkey Breast (Turkey Breast, White Turkey, Turkey Broth, Contains 2% or Less Modified Food Starch, Potassium Chloride, Sodium Phosphate, Salt, Rosemary Extract); 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.); Pepperoni (Pork, Beef, Salt, Contains , 2% or Less of Spices, Dextrose, , Oleoresin Of Paprika, Lactic Acid Starter , Culture, Garlic Powder, Sodium Nitrite, , BHA, BHT, Citric Acid.)

Sriracha Sauce

PER SERVING (1 tsp.)

5 CALORIES	0.0g SAT FAT	80mg SODIUM	1.0g CARBS
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Allergens:

Made With: Sauce Chili Hot Sriracha, Huy Fong (Chili, sugar, salt, garlic, distilled vinegar, potassium sorbate, contains sodium bisulfite as preservatives, and xanthan gum.)

Steamed Brown Rice

PER SERVING (1/2 c.)

117 CALORIES	0.0g SAT FAT	2mg SODIUM	25.5g CARBS
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Allergens:

Made With: Municipal Water (WATER); Brown Rice (LONG GRAIN PARBOILED BROWN RICE)



Steamed Rice

PER SERVING (1/2 c.)

138 CALORIES	0.0g SAT FAT	2mg SODIUM	30.0g CARBS
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Allergens:

Made With: Municipal Water (WATER); Converted White Rice (LONG GRAIN PARBOILED WHITE RICE)

Strawberry Yogurt

PER SERVING (1 ea.)

70 CALORIES	0.0g SAT FAT	60mg SODIUM	14.0g CARBS
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Allergens: Contains Milk.

Made With: Strawberry Crunch Yogurt (CULTURED GRADE A NON FAT MILK, CANE SUGAR, WATER, CORN STARCH, STRAWBERRY PUREE, CONTAINS LESS THAN 1% OF AGAR-AGAR, NATURAL FLAVORS, FRUIT AND VEGETABLE JUICE (FOR COLOR), CAROB BEAN GUM, LEMON JUICE CONCENTRATE, VITAMIN D3)

String Cheese Stick

PER SERVING (1 stick.)

90 CALORIES	5.0g SAT FAT	200mg SODIUM	0.0g CARBS
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Allergens: Contains Milk.

Made With: String Cheese (See Label for ingredients and allergens)

Supreme Pizza

PER SERVING (1 slice)

379 CALORIES	7.2g SAT FAT	550mg SODIUM	35.5g CARBS
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Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Cheese Pizza Wg 16" (CRUST: FLOUR BLEND (WHITE WHOLE WHEAT FLOUR, ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHITE CORNMEAL, WHOLE GRAIN OAT FLOUR), WATER, YEAST, VEGETABLE OIL (SOYBEAN AND/OR CANOLA OIL), CONTAINS 2% OR LESS OF: SUGAR, WHEAT GLUTEN, HYDROGENATED SOYBEAN OIL, SEA SALT, DATEM, DEXTROSE, GUAR GUM, SOY LECITHIN, SALT, NATURAL FLAVOR, ASCORBIC ACID, WHEAT STARCH, ENZYMES. TOPPINGS: LOW MOISTURE PART SKIM MOZZARELLA CHEESE (CUL TU RED PASTEURIZED PART SKIM MILK, SALT, ENZYMES). SAUCE: TOMATOES (WATER, TOMATO PASTE [NOT LESS THAN 28% SOLUBLE SOLIDS]), CONTAINS 2% OR LESS OF: MODIFIED FOOD STARCH, PARMESAN CHEESE , (CULTURED PASTEURIZED PART SKIM MILK, SALT, ENZYMES), SUGAR, DEXTROSE, SALT, DRIED GARLIC, SPICE, DRIED ONION, DEHYDRATED ROMANO CHEESE (CUL TU RED PASTEURIZED SHEEP'S AND COW'S MILK, SALT, ENZYMES), PAPRIKA, CITRIC ACID.); 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.); Green Bell Pepper (GREEN SWEET PEPPER); 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),); Pepperoni (Pork, Beef, Salt, Contains , 2% or Less of Spices, Dextrose, , Oleoresin Of Paprika, Lactic Acid Starter , Culture, Garlic Powder, Sodium Nitrite, , BHA, BHT, Citric Acid.); Yellow Onion (YELLOW ONION)

Sweet & Sour Chicken

PER SERVING (5 nugget)

347 CALORIES	2.9g SAT FAT	583mg SODIUM	36.5g CARBS
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Allergens: Contains Gluten, Soy, Wheat.

Made With: Chicken Nuggets, Tyson (5 nuggets = 2.99 oz = 2 oz M/MA + 1 oz eq grain) , Recipe (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. Breading set in, vegetable oil.)); Sweet and Sour Sauce (Sweet and Sour Sauce (SUGAR, WATER, VINEGAR, MODIFIED CORN STARCH, PINEAPPLE FLAKES (PINEAPPLE, BROWN SUGAR SYRUP, TAPIOCA FLOUR, NATURAL FLAVOR, ASCORBIC ACID, SALT), DEHYDRATED RED BELL PEPPER, SALT, EXTRACTIVES OF PAPRIKA.))

Sweet & Sour Sauce

PER SERVING (1/4 c.)

140 CALORIES	0.0g SAT FAT	150mg SODIUM	36.0g CARBS
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Allergens:

Made With: Sweet and Sour Sauce (SUGAR, WATER, VINEGAR, MODIFIED CORN STARCH, PINEAPPLE FLAKES (PINEAPPLE, BROWN SUGAR SYRUP, TAPIOCA FLOUR, NATURAL FLAVOR, ASCORBIC ACID, SALT), DEHYDRATED RED BELL PEPPER, SALT, EXTRACTIVES OF PAPRIKA.)

Sweet Chili Sauce

PER SERVING (4 tbsp.)

160 CALORIES	0.0g SAT FAT	1060mg SODIUM	40.0g CARBS
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Allergens:

Made With: Sweet Chili Sauce - Mae Ploy (Sugar, Water, Pickled Red Chili, Vinegar, Garlic, Salt, Xanthan Gum)

Sweet Potato Fries

PER SERVING (1/2 c.)

162 CALORIES	1.0g SAT FAT	193mg SODIUM	25.4g CARBS
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Allergens:

Made With: French fries, sweet potato, straight-cut, 5/16-inch, Harvest Splendor (SWEET POTATOES, VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING OILS: CANOLA, SOYBEAN, COTTONSEED, SUNFLOWER, CORN), CORN STARCH - MODIFIED, POTATO STARCH - MODIFIED. CONTAINS 2% OR LESS OF BAKING SODA, DEXTRIN, EXTRACTS OF PAPRIKA AND TURMERIC (COLOR), FIBER (PEA, CORN), MOLASSES POWDER (REFINERS SYRUP, MOLASSES), RICE FLOUR, SALT, SODIUM ACID PYROPHOSPHATE, (MAINTAINS NATURAL COLOR & LEVENING), SUGAR, XANTHAN GUM.)

Tater Tots

PER SERVING (1/2 c.)

111 CALORIES	1.0g SAT FAT	312mg SODIUM	14.1g CARBS
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Allergens:

Made With: Tater Tots, potato, ORE-IDA (Potatoes, Vegetable Oil (Contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn). Contains 2% or less of Dextrose, Natural Flavor, Salt, Sodium Acid Pyrophosphate Added To Maintain Color.)

Teriyaki Sauce

PER SERVING (1/4 c.)

186 CALORIES	0.5g SAT FAT	576mg SODIUM	43.5g CARBS
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Allergens: Contains Gluten, Soy, Wheat.

Made With: Low Sodium Teriyaki Glaze (Sugar, Water, Soy Sauce (Water, Soybeans, Wheat, Salt), Vinegar, Concentrated Pineapple Juice, Tomato , Paste, Modified Corn Starch, Onion Powder, Garlic Powder, Citric Acid, Spice, Xanthan Gum.)

Teriyaki Sauce

PER SERVING (2 tbsp.)

93 CALORIES	0.3g SAT FAT	288mg SODIUM	21.8g CARBS
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Allergens: Contains Gluten, Soy, Wheat.

Made With: Low Sodium Teriyaki Glaze (Sugar, Water, Soy Sauce (Water, Soybeans, Wheat, Salt), Vinegar, Concentrated Pineapple Juice, Tomato , Paste, Modified Corn Starch, Onion Powder, Garlic Powder, Citric Acid, Spice, Xanthan Gum.)

Thick & Chunky Salsa

PER SERVING (2 tbsp.)

5 CALORIES	0.0g SAT FAT	115mg SODIUM	1.5g CARBS
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Allergens:

Made With: 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.)

Thrive Bar

PER SERVING (1 serv.)

CALORIES	g SAT FAT	mg SODIUM	g CARBS
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Allergens:

Made With:

Tortilla Chips

PER SERVING (1 1/2 oz.)

206 CALORIES	1.5g SAT FAT	169mg SODIUM	29.5g CARBS
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Allergens:

Made With: Tostitos Rnd Wg (Whole Corn, Corn, Vegetable Oil (Corn, Canola and/or Sunflower Oil),, and Salt.)

Tot'chos

PER SERVING (1 portion)

330 CALORIES	7.6g SAT FAT	920mg SODIUM	19.7g CARBS
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Allergens: Contains Milk, Soy.

Made With: Tater Tots (Potatoes, Vegetable Oil (Contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn). Contains 2% or less of Dextrose, Natural Flavor, Salt, Sodium Acid Pyrophosphate Added To Maintain Color.); Cheddar 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.,); Turkey Taco Filling (Turkey Taco Filling, Cooked, Frozen, USDA, #100119)

Trix Cereal Bar

PER SERVING (1 Bar)

159 CALORIES	0.6g SAT FAT	107mg SODIUM	29.2g CARBS
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Allergens: Contains Gluten, Soy, Wheat.

Made With: Trix Cereal Bar, WG (WHOLE GRAIN OATS, CORN SYRUP, SUGAR, WHOLE GRAIN CORN, FRUCTOSE, CANOLA OIL, DEGERMED YELLOW CORN MEAL, WHOLE WHEAT FLOUR, CHICORY ROOT EXTRACT, MALTODEXTRIN. CONTAINS 2% OR LESS OF: BROWN RICE FLOUR, VEGETABLE GLYCERIN, CALCIUM CARBONATE, CORN FLOUR, WHEAT STARCH, SALT, COLOR (VEGETABLE JUICE, FRUIT JUICE, TURMERIC EXTRACT, ANNATTO EXTRACT), NATURAL FLAVOR, CALCIUM PHOSPHATE, BAKING SODA, TRISODIUM PHOSPHATE, ZINC AND IRON (MINERAL NUTRIENTS), CITRIC ACID, MALIC ACID, VITAMIN C (SODIUM ASCORBATE), A B VITAMIN (NIACINAMIDE), SOY LECITHIN, VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), VITAMIN B1 (THIAMIN MONONITRATE), VITAMIN A (PALMITATE), A B VITAMIN (FOLIC ACID), VITAMIN B12, VITAMIN D3.)

Trix Cereal reduced sugar

PER SERVING (1 bowl)

109 CALORIES	0.3g SAT FAT	162mg SODIUM	23.2g CARBS
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Allergens:

Made With: Trix Cereal (Whole Grain Corn, Rice Flour, Sugar, Corn Syrup, Canola and/or Sunflower Oil, Color (vegetable and fruit juice,, annatto extract, turmeric extract), Salt, Trisodium Phosphate, Natural Flavor, Citric Acid, Malic Acid. Vitamins and Minerals: Calcium Carbonate,, Tricalcium Phosphate, 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.)



Turkey & Cheese Sub

PER SERVING (1 ea.)

302 CALORIES	5.1g SAT FAT	894mg SODIUM	32.1g CARBS
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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 (Whole Grain Sub Roll (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.); Deli Smoked Turkey (Turkey, Deli Breast, Smoked, Sliced, USDA #110910); 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))

Turkey & Cheese Sub

PER SERVING (1 ea.)

289 CALORIES	3.0g SAT FAT	701mg SODIUM	33.0g CARBS
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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 (Whole Grain Sub Roll (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.); 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., , ,); 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, Iceberg, shredded, ready-to-serve (Shredded Lettuce (ICEBERG LETTUCE))

Turkey Gravy

PER SERVING (3/8 c.)

130 CALORIES	1.0g SAT FAT	953mg SODIUM	5.5g CARBS
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Allergens: Contains Milk.

Made With: Turkey Pot Roast (TURKEY THIGH MEAT, WATER, CONTAINS 2% OR LESS OF: MODIFIED FOOD STARCH, SALT, SUGAR, NATURAL FLAVOR (POTATO MALTODEXTRIN, GUM ARABIC, NATURAL FLAVOR), SEASONING (NATURAL FLAVORING, SALT, POTATO MALTODEXTRIN), SODIUM PHOSPHATE, SEASONING (YEAST EXTRACT, NATURAL FLAVORS, SALT), FLAVORING.); No MSG Turkey Gravy Mix (Modified Corn Starch, Whey (Milk), Salt, Dextrose, Turkey Powder, Chicken Fat, Autolyzed Yeast Extract, Onion Powder, Caramel Color, Natural Flavors, Maltodextrin, Fructose, Spices, Disodium Guanylate, Disodium Inosinate, Turmeric (Color), Chicken Powder, Dehydrated Beef Stock, Dehydrated Chicken Broth, Sesame Oil, Cheddar and Blue Cheese (Milk, Cheese Cultures, Salt, Enzymes), Reduced Lactose Whey, Nonfat Dry Milk.); Municipal Water (WATER)

Turkey Taco Filling

PER SERVING (1 3/4 oz.)

83 CALORIES	1.0g SAT FAT	134mg SODIUM	3.0g CARBS
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Allergens: Contains Soy.

Made With: Turkey Taco Filling (Turkey Taco Filling, Cooked, Frozen, USDA, #100119)

Twisted Breadstick

PER SERVING (1 breadstick)

173 CALORIES	0.1g SAT FAT	190mg SODIUM	28.4g CARBS
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Allergens: Contains Gluten, Soy, Wheat. May contain Egg, Milk.

Made With: Whole Grain Breadstick (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.); Garlic Seasoned Oil, Italian seasoning (Olive Oil Blend (Canola Oil, 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.)

Ultimate Breakfast Round, Cinnamon, BULK

PER SERVING (1 round)

240 CALORIES	2.0g SAT FAT	200mg SODIUM	42.0g CARBS
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Allergens: Contains Egg, Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Peanuts, Tree nuts.

Made With: UBR Cinnamon (INGREDIENTS FOR U.S. MARKET: WHOLE WHEAT FLOUR, OATS, SUGAR, WATER, CINNAMON DROPS (SUGAR, PALM OIL, CINNAMON, NONFAT DRY MILK, SOY LECITHIN (AN EMULSIFIER)), MOLASSES, HIGH OLEIC CANOLA AND HYDROGENATED COTTONSEED OILS, MALTODEXTRIN, EGGS, CONTAINS LESS THAN 2% OF THE FOLLOWING: INULIN, SOYBEAN OIL, LEAVENING (BAKING SODA), CINNAMON, MODIFIED CORNSTARCH, CITRUS FIBER, NATURAL AND ARTIFICIAL FLAVOR, SALT, RICE FLOUR, DATEM, MONO AND DIGLYCERIDES. CONTAINS: WHEAT, MILK, SOY, EGGS MANUFACTURED ON SHARED EQUIPMENT WITH PEANUTS AND TREE NUTS)

Ultimate Breakfast Round, Oatmeal Chocolate Chip, BULK

PER SERVING (1 round)

250 CALORIES	2.0g SAT FAT	190mg SODIUM	42.0g CARBS
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Allergens: Contains Egg, Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Peanuts, Tree nuts.

Made With: Oatmeal Chocolate Chip UBR (WHOLE WHEAT FLOUR, SUGAR, OATS, SEMISWEET CHOCOLATE CHIPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, MILKFAT, SOY LECITHIN (AN EMULSIFIER), DEXTROSE, NATURAL FLAVOR), PALM AND SOYBEAN OILS, CHICKORY ROOT FIBER, MOLASSES, CONTAINS LESS THAN 2% OF THE FOLLOWING: GLYCERINE (VEGETABLE BASED), BROWN SUGAR, LEAVENING (BAKING SODA), MODIFIED CORNSTARCH, EGGS, RAISIN PASTE, NATURAL AND ARTIFICIAL FLAVOR, EGG WHITES, SALT, CARRAGEENAN, GUAR GUM, SOY LECITHIN, CORN SYRUP SOLIDS.)

Unseasoned Chicken Strips

PER SERVING (2 1/2 oz.)

125 CALORIES	1.7g SAT FAT	288mg SODIUM	5.0g CARBS
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Allergens:

Made With: Grilled Chicken Strips (See Label for ingredients and allergens)

Unsweetened Applesauce

PER SERVING (1/2 c.)

56 CALORIES	0.0g SAT FAT	10mg SODIUM	12.6g CARBS
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Allergens:

Made With: Unsweetened Apple Sauce (Apples, water and ascorbic acid (Vitamin C) to maintain color.)

Unsweetened Applesauce

PER SERVING (1 Container)

60 CALORIES	0.0g SAT FAT	15mg SODIUM	14.0g CARBS
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Allergens:

Made With: Unsweetened Apple Sauce (APPLES, WATER AND ASCORBIC ACID (VITAMIN C) TO MAINTAIN COLOR.)

Variety of Entrees

PER SERVING (1 serving)

0 CALORIES	0.0g SAT FAT	0mg SODIUM	0.0g CARBS
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Allergens:

Made With: Variety Bar Ingredient

Vegetarian Baked Beans

PER SERVING (1/2 c.)

133 CALORIES	0.0g SAT FAT	561mg SODIUM	29.6g CARBS
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Allergens:

Made With: Vegetarian Baked Beans (PREPARED WHITE BEANS, WATER, BROWN SUGAR, SUGAR, SALT, MUSTARD (VINEGAR, WATER, MUSTARD SEED, SALT, TURMERIC, PAPRIKA), MODIFIED CORN STARCH, ONION POWDER, CARAMEL COLOR, SPICES, GARLIC POWDER, NATURAL FLAVOR.)

Vegetarian Refried Beans

PER SERVING (1/2 c.)

161 CALORIES	0.0g SAT FAT	165mg SODIUM	27.6g CARBS
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Allergens:

Made With: Municipal Water (WATER); Reduced Sodium Vegetarian Refried Bean Mix (PINTO BEANS (DRY), SALT.)

Veggie Burger

PER SERVING (1 burger)

292 CALORIES	0.5g SAT FAT	677mg SODIUM	39.2g CARBS
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Allergens: Contains Gluten, Sesame, Soy, Wheat.

Made With: Teriyaki Patty, Vegetarian (Water, Textured Vegetable Protein (Soy Protein Concentrate, Caramel Color), Sunflower Oil, Seasoning [Salt, Tomato Powder, Garlic Powder, Dehydrated Parsley, Hydrolyzed Corn Soy Wheat Protein, Celery Powder, Spices, Carrot Powder, Onion Powder, Yeas Extract, Dextrose], Methylcellulose, Morton Lite Salt (Salt, Potassium Chloride Magnesium Carbonate), Sugar, Caramel Color, Flavor, Natural Flavor, Natural Flavor. Teriyaki Sauce: Soy Sauce (Water, Soybeans, Wheat, Salt And Less Than 0.1% Sodium Benzoate As A Preservative), Sugar, Water, Distilled Vinegar, Modified Food Starch, Pineapple Juice Concentrate, Soybean Oil, Caramel Color, Xanthan Gum, Garlic Powder, Sodium Benzoate (A Preservative), Spice, and Natural Flavor). CONTAINS: SOY, WHEAT); 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.)

Waffles

PER SERVING (1 ea.)

90 CALORIES	0.8g SAT FAT	180mg SODIUM	13.5g CARBS
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Allergens: Contains Egg, Gluten, Milk, Soy, Wheat.

Made With: Golden Waffle (Enriched flour (wheat flour, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid), water, vegetable oil (soybean, palm and/or canola), eggs, leavening (baking soda, sodium aluminum, phosphate, monocalcium phosphate), contains 2% or less of sugar, salt, whey, soy lecithin, beta-carotene for color. Vitamins and Minerals: Calcium carbonate, reduced iron, vitamin A palmitate, vitamin B6 (pyridoxine hydrochloride), vitamin B12)

Waffles

PER SERVING (2 ea.)

180 CALORIES	1.5g SAT FAT	360mg SODIUM	27.0g CARBS
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Allergens: Contains Egg, Gluten, Milk, Soy, Wheat.

Made With: Golden Waffle (Enriched flour (wheat flour, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid), water, vegetable oil (soybean, palm and/or canola), eggs, leavening (baking soda, sodium aluminum, phosphate, monocalcium phosphate), contains 2% or less of sugar, salt, whey, soy lecithin, beta-carotene for color. Vitamins and Minerals: Calcium carbonate, reduced iron, vitamin A palmitate, vitamin B6 (pyridoxine hydrochloride), vitamin B12)

Whipped Potatoes

PER SERVING (1/2 c.)

80 CALORIES	1.0g SAT FAT	103mg SODIUM	15.0g CARBS
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Allergens: Contains Milk.

Made With: Municipal Water (WATER); Instant Mashed Potatoes (POTATO (DRY), SHORTENING POWDER [PALM OIL, CORN SYRUP SOLIDS, SODIUM CASEINATE, DIPOTASSIUM PHOSPHATE, MONOGLYCERIDES, AND LESS THAN 2% SODIUM SILICOALUMINATE (ANTI-CAKING AGENT)], MALTODEXTRIN, SUGAR, SALT, ENZYME MODIFIED WHOLE MILK (DRY), ARTIFICIAL PHOSPHATE, SPICE AND COLORING. FRESHNESS PRESERVED WITH SODIUM BISULFITE AND BHT.)

White Skim Milk

PER SERVING (1 Half Pint)

90 CALORIES	0.0g SAT FAT	130mg SODIUM	13.0g CARBS
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Allergens: Contains Milk.

Made With: Skim Darigold Milk (NONFAT MILK, VITAMIN A PALMITATE, VITAMIN D3)

Whole Grain Cinnamon Roll with Icing

PER SERVING (1 ea.)

299 CALORIES	1.3g SAT FAT	135mg SODIUM	64.2g CARBS
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Allergens: Contains Egg, Gluten, Wheat. May contain Milk, Soy.

Made With: Cinnamon Roll Dough (WATER, WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), SUGAR, YEAST, CONTAINS LESS THAN 2% OF THE FOLLOWING: MALTODEXTRIN, EGGS, MODIFIED CORN STARCH, CINNAMON, CITRUS FIBER, SALT, NATURAL AND ARTIFICIAL FLAVOR, MOLASSES, DISTILLED MONOGLYCERIDES, POTASSIUM CHLORIDE, DATEM, SODIUM STEAROYL LACTYLATE, COLORED WITH (CAMEL COLOR, BETA CAROTENE), MODIFIED TAPIOCA STARCH, PECTIN, ASCORBIC ACID, ENZYME.); Heat N Serve Icing (SUGAR, WATER, CORN SYRUP, PALM OIL, CONTAINS LESS THAN 2% OF THE FOLLOWING: MODIFIED TAPIOCA STARCH, TO PRESERVE FRESHNESS (SORBIC ACID, SULFITING AGENTS), COLORED WITH (TITANIUM DIOXIDE), ARTIFICIAL FLAVOR.)

Whole Grain Pancake Bites with Cinnamon & Sugar

PER SERVING (6 ea.)

380 CALORIES	11.0g SAT FAT	520mg SODIUM	38.0g CARBS
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Allergens: Contains Egg, Gluten, Milk, Soy, Wheat.

Made With: Pancake Bites (WHOLE WHEAT FLOUR, PALM OIL, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, WATER, WHEY (A MILK DERIVATIVE), SOYBEAN OIL, CONTAINS LESS THAN 2% OF THE FOLLOWING: EGG YOLKS, DEFATTED SOY FLOUR, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA), DEXTROSE, WHEAT STARCH, SALT, BROWN SUGAR, NATURAL FLAVOR, MODIFIED WHEAT STARCH, CORN SYRUP, CORN CEREAL, CORNSTARCH, SUNFLOWER LECITHIN.)

Whole Wheat Penne Pasta

PER SERVING (1/2 c.)

101 CALORIES	0.1g SAT FAT	208mg SODIUM	19.3g CARBS
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Allergens: Contains Gluten, Wheat. Processed in a facility that also processes Egg.

Made With: Municipal Water (WATER); Whole Wheat Penne (WHOLE DURUM WHEAT FLOUR); Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil.); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSATE OF SODA AS AN ANTICAKING AGENT.)

Whole Wheat Spaghetti Noodles

PER SERVING (1/2 c.)

93 CALORIES	0.1g SAT FAT	214mg SODIUM	16.9g CARBS
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Allergens: Contains Gluten, Wheat.

Made With: Municipal Water (WATER); Whole Grain Spaghetti (Spaghetti, Whole Grain-Rich, USDA #110506); Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil.); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSATE OF SODA AS AN ANTICAKING AGENT.)

Yakisoba Noodles

PER SERVING (1 c.)

250 CALORIES	0.0g SAT FAT	250mg SODIUM	49.0g CARBS
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Allergens: Contains Gluten, Soy, Wheat.

Made With: Wheat Yakisoba Noodles (FLOUR (WHOLE WHEAT FLOUR, ENRICHED, WHEAT FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR,, NIACIN, REDUCED IRON, THIAMINE MONONITRATE,, RIBOFLAVIN, FOLIC ACID]), WATER, TAPIOCA STARCH, WHEAT, GLUTEN, CANOLA/SOYBEAN OIL, CORN STARCH, SEA SALT.); Municipal Water (WATER)