Hand Tossed Style Buffalo Chicken Pizza

PER SERVING (1 slice)

355	6.0g	926mg	36.2g
CALORIES	SAT FAT	SODIUM	CARBS

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, ENZVMES). 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, ENZVMES), 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	7.7g	490mg	35.5g
CALORIES	SAT FAT	SODIUM	CARBS

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, ENZVMES). 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, ENZVMES), 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	9.3g	634mg	36.5g
CALORIES	SAT FAT	SODIUM	CARBS

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, ENZVMES). 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, ENZVMES), 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

Allergens:

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

---

1 % Milk

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

Allergens: Contains Milk.

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

1% Milk

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

Allergens: Contains Milk.

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

1% Milk

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

Allergens: Contains Milk.

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

100% Apple Juice

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

Allergens:

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

100% Apple Juice

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

Allergens:

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

100% Beef Cheeseburger

PER SERVING (1 burger)

338	6.5g	545mg	29.0g
CALORIES	SAT FAT	SODIUM	CARBS

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

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

100% Beef Cheeseburger

PER SERVING (1 burger)

329	6.5g	643mg	28.5g
CALORIES	SAT FAT	SODIUM	CARBS

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

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

100% Beef Hamburger

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

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

Made With: Beef 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

Allergens:

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

100% Orange Juice

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

Allergens:

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

Alaskan Pollock

PER SERVING (4 Ounce serving)			
212 CALORIES	1.0g SAT FAT	313mg SODIUM	19.2g CARBS

Allergens: Contains Fish, Gluten, Wheat.

Made With: Pollock Sticks (65.00% Fish (Alaska Pollock), 35.00% , Batter & Breading (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.)

Alaskan Pollock Nuggets

PER SERVING (4 nuggets)			
220 CALORIES	1.5g SAT FAT	330mg SODIUM	23.0g CARBS

Allergens: Contains Fish, Gluten, Milk, Wheat.

Made With: Alaskan Pollock Nugget (64.2% ALASKA POLLOCK; 35.8% BATTER AND BREADING: WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, WHOLE YELLOW CORN MEAL, CONTAINS 2%, OR LESS OF: WATER, YELLOW CORN FLOUR, SUGAR, SALT, YEAST, WHEY AUTOLYZED YEAST EXTRACT, LEAVENING (SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), MODIFIED CELLULOSE, DEHYDRATED ONION, CARAMEL COLOR, EXTRACTIVES OF PAPRIKA, ANNATTO AND, TURMERIC (COLOR). PREFRIED IN CANOLA, COTTONSEED, AND/OR SOYBEAN OIL. CONTAINS: FISH (POLLOCK), WHEAT, MILK)

Alfredo Cheese Sauce

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

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.)

Alfredo Cheese Sauce

PER SERVING (1/2 c.)			
201 CALORIES	7.2g SAT FAT	831mg SODIUM	8.7g CARBS

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.)

Alfredo Macaroni

PER SERVING (1 c.)

356	5.1g	879mg	48.2g
CALORIES	SAT FAT	SODIUM	CARBS

Allergens: Contains Gluten, Milk, Wheat.

Made With: Elbow Macaroni, pasta, regular, cooked al dente (1/2c = 1 oz eq grain) , Recipe (Municipal Water (WATER); Elbow Macaroni (SEMOLINA (WHEAT), NIACIN, FERROUS SULFATE (IRON), THIAMIN MONONITRATE, RIBOFLAVIN,FOLIC ACID.); Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil.); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSIATE 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.); Lowfat White Milk (LOWFAT MILK, VITAMIN A PALMITATE, VITAMIN D3)

American-style Meat Combination

PER SERVING (1 5/8 oz.)

	g	mg	g
CALORIES	SAT FAT	SODIUM	CARBS

Allergens:

Made With: 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.)

American-Style Meat Combo

PER SERVING (4 slice)

93	0.8g	453mg	1.0g
CALORIES	SAT FAT	SODIUM	CARBS

Allergens:

Made With: 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 producedfrom formed turkey breast meat. This productcontains 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., , , ,); 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.)

Apple Cinnamon Muffin

PER SERVING (1 muffin)

180	2.0g	125mg	31.0g
CALORIES	SAT FAT	SODIUM	CARBS

Allergens: Contains Egg, Gluten, Soy, Wheat.

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

Apple Glazed Baby Carrots

PER SERVING (1/2 c.)			
58 CALORIES	0.3g SAT FAT	68mg SODIUM	12.3g CARBS

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

Allergens:

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

Aztec Corn

PER SERVING (1/2 c.)			
89 CALORIES	0.1g SAT FAT	49mg SODIUM	17.1g CARBS

Allergens:

Made With: Corn (SWEET CORN); Beans, black, canned, drained, ready-to-serve (1/2c=3.1oz=1/2c legume or 2oz M/MA) , Recipe (Low Sodium Black Beans (PREPARED BLACK BEANS, WATER, SALT, AND CALCIUM CHLORIDE (FIRMING AGENT).)); 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)); Salsa, original, homemade (1/2c = 3/8c red/orange + 1/8c other veg) (Tomato; Onion, yellow, 1/4-inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe (Yellow Onion (YELLOW ONION)); Real Lime Juice (WATER, LIME JUICE CONCENTRATE AND LESS THAN 2% OF: LIME OIL, , SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES).); Peppers, jalapeno, sliced, canned, drained, ready-to-serve (Jalapeno Peppers (FRESH JALAPENO PEPPERS, WATER, VINEGAR, SALT, MALIC AND LACTIC ACID, CALCIUM CHLORIDE, SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES), YELLOW 5.)); Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe (Fresh Cilantro (CILANTRO LEAVES)); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSIATE OF SODA AS AN ANTICAKING AGENT.); Granulated Sugar (SUGAR); Cumin Ground (CUMIN)); 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

Allergens:

Made With: Baby Carrots (CARROTS)

Baked French Fries

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

Allergens:

Made With: French 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 Dextrin,, Dextrose, Extractive of Paprika (color), Extractive of Turmeric, (color), Leavening (Sodium Acid Pyrophosphate, Sodium, Bicarbonate), Pea Fiber, Pea Protein, Rice Flour, Sodium Acid, Pyrophosphate Added To Maintain Color, Xanthan Gum.)

Baked Potato

PER SERVING (1 potato)			
172 CALORIES	0.4g SAT FAT	19mg SODIUM	29.6g CARBS

Allergens:

Made With: Russet Potato (RUSSET POTATO); Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil.)

Banana

PER SERVING (1/4 medium (7" to 7-7/8" long))			
26 CALORIES	0.0g SAT FAT	0mg SODIUM	6.7g CARBS

Allergens:

Made With: Banana (BANANA)

Banana

PER SERVING (1/2 medium (7" to 7-7/8" long))			
53 CALORIES	0.1g SAT FAT	1mg SODIUM	13.5g CARBS

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

Allergens:

Made With: Banana (BANANA)

Banana Berry Smoothie Bowl

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

Allergens:

Made With:

Barbecue Sauce

PER SERVING (1 tbsp.)			
15 CALORIES	0.0g SAT FAT	235mg SODIUM	3.5g CARBS

Allergens:

Made With: 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)

Barbecue Sauce

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

Allergens:

Made With: 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)

Basil Corn Salad

PER SERVING (1/2 c.)			
103 CALORIES	0.3g SAT FAT	297mg SODIUM	16.8g CARBS

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 PRUSSIATE OF SODA AS AN ANTICAKING AGENT.); Black Pepper Ground (BLACK PEPPER)

BBQ Chicken

PER SERVING (1/2 c.)			
165 CALORIES	1.7g SAT FAT	915mg SODIUM	14.3g CARBS

Allergens:

Made With: 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)

BBQ Pork Riblet Sandwich

PER SERVING (1 ea.)

315	3.5g	825mg	38.5g
CALORIES	SAT FAT	SODIUM	CARBS

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 & Vegetable Burrito

PER SERVING (1 burrito)

	g	mg	g
CALORIES	SAT FAT	SODIUM	CARBS

Allergens:

Made With:

Bean & Vegetable Taco

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

Allergens:

Made With:

Bean and Cheese Enchilada

PER SERVING (1 enchilada)

197	2.8g	386mg	26.2g
CALORIES	SAT FAT	SODIUM	CARBS

Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Refried Beans, pinto, vegetarian (1/2c = 1/2c legume veg or 2 oz M/MA) , Recipe (Municipal Water (WATER); Reduced Sodium Vegetarian Refried Bean Mix (PINTO BEANS (DRY), SALT.)); 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).,); Queso Blanco (CHEDDAR CHEESE (pasteurized milk, cheese culture, salt, enzymes), WATER, TOMATILLOS (with citric , acid), GREEN CHILES (with citric acid), CONTAINS LESS THAN 2% OF SODIUM PHOSPHATES AND , POTASSIUM PHOSPHATES, MODIFIED FOOD STARCH, CREAM, JALAPENO PEPPERS (with salt, , acetic acid, water, calcium chloride), SEASONING (potassium chloride, flavor [contains maltodextrin]), , ONIONS, SALT, DEHYDRATED GARLIC, DEHYDRATED CILANTRO, CITRIC ACID.); Enchilada Sauce (WATER, CRUSHED TOMATOES (WATER, CRUSHED TOMATO CONCENTRATE), MODIFIED FOOD STARCH, SPICE, VEGETABLE OIL (CORN, AND/OR CANOLA), SALT, DEHYDRATED ONIONS, DEHYDRATED GARLIC, CITRIC ACID, SODIUM BENZOATE (PRESERVATIVE).); Enchilada Sauce (WATER, CRUSHED TOMATOES (WATER, CRUSHED TOMATO CONCENTRATE), MODIFIED FOOD STARCH, SPICE, VEGETABLE OIL (CORN, AND/OR CANOLA), SALT, DEHYDRATED ONIONS, DEHYDRATED GARLIC, CITRIC ACID, SODIUM BENZOATE (PRESERVATIVE).); Shredded Cheddar Cheese Reduced Fat (See Label for ingredients and allergens); Green Onion (GREEN ONIONS)

Beef Bolognese

PER SERVING (2/3 c.)

174	3.2g	650mg	13.2g
CALORIES	SAT FAT	SODIUM	CARBS

Allergens: Contains Soy.

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

PER SERVING (1 enchilada)

172	3.4g	437mg	17.2g
CALORIES	SAT FAT	SODIUM	CARBS

Allergens: Contains Gluten, Milk, Soy, 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, Corn starch, Monocalcium phosphate), Wheat protein, Preservatives (Calcium, propionate, Sorbic acid), Dough conditioner (Fumaric acid, Xanthan gum Mono- and, Diglycerides, Sodium metabisulphite).,); Beef Taco Filling (BEEF, WATER, TOMATO PASTE, TEXTURED VEGETABLE PROTEIN (soy protein concentrate, caramel color), SEASONING (dehydrated onions, chili pepper and other spices, dehydrated garlic, salt), SALT, SEASONING (potassium chloride, natural flavor [contains maltodextrin], CARAMEL COLOR, VINEGAR, PAPRIKA EXTRACT.); Queso Blanco (CHEDDAR CHEESE (pasteurized milk, cheese culture, salt, enzymes), WATER, TOMATILLOS (with citric , acid), GREEN CHILES (with citric acid), CONTAINS LESS THAN 2% OF SODIUM PHOSPHATES AND , POTASSIUM PHOSPHATES, MODIFIED FOOD STARCH, CREAM, JALAPENO PEPPERS (with salt, , acetic acid, water, calcium chloride), SEASONING (potassium chloride, flavor [contains maltodextrin]), , ONIONS, SALT, DEHYDRATED GARLIC, DEHYDRATED CILANTRO, CITRIC ACID.); Enchilada Sauce (WATER, CRUSHED TOMATOES (WATER, CRUSHED TOMATO CONCENTRATE), MODIFIED FOOD STARCH, SPICE, VEGETABLE OIL (CORN, AND/OR CANOLA), SALT, DEHYDRATED ONIONS, DEHYDRATED GARLIC, CITRIC ACID, SODIUM BENZOATE (PRESERVATIVE).); Enchilada Sauce (WATER, CRUSHED TOMATOES (WATER, CRUSHED TOMATO CONCENTRATE), MODIFIED FOOD STARCH, SPICE, VEGETABLE OIL (CORN, AND/OR CANOLA), SALT, DEHYDRATED ONIONS, DEHYDRATED GARLIC, CITRIC ACID, SODIUM BENZOATE (PRESERVATIVE).); Shredded Cheddar Cheese Reduced Fat (See Label for ingredients and allergens); Green Onion (GREEN ONIONS)

Beef Taco Filling

PER SERVING (1/4 c.)			
74 CALORIES	1.2g SAT FAT	240mg SODIUM	3.0g CARBS

Allergens: Contains Soy.

Made With: Taco Filling, beef, soy, JTM , reduced fat and sodium (BEEF, WATER, TOMATO PASTE, TEXTURED VEGETABLE PROTEIN (soy protein concentrate, caramel color), SEASONING (dehydrated onions, chili pepper and other spices, dehydrated garlic, salt), SALT, SEASONING (potassium chloride, natural flavor [contains maltodextrin], CARAMEL COLOR, VINEGAR, PAPRIKA EXTRACT.)

Beef Taco Filling

PER SERVING (1/3 c.)			
99 CALORIES	1.6g SAT FAT	320mg SODIUM	4.0g CARBS

Allergens: Contains Soy.

Made With: Taco Filling, beef, soy, JTM , reduced fat and sodium (BEEF, WATER, TOMATO PASTE, TEXTURED VEGETABLE PROTEIN (soy protein concentrate, caramel color), SEASONING (dehydrated onions, chili pepper and other spices, dehydrated garlic, salt), SALT, SEASONING (potassium chloride, natural flavor [contains maltodextrin], CARAMEL COLOR, VINEGAR, PAPRIKA EXTRACT.)

Beef Taco Filling

PER SERVING (3 tbsp.)

56	0.9g	180mg	2.3g
CALORIES	SAT FAT	SODIUM	CARBS

Allergens: Contains Soy.

Made With: Taco Filling, beef, soy, JTM , reduced fat and sodium (BEEF, WATER, TOMATO PASTE, TEXTURED VEGETABLE PROTEIN (soy protein concentrate, caramel color), SEASONING (dehydrated onions, chili pepper and other spices, dehydrated garlic, salt), SALT, SEASONING (potassium chloride, natural flavor [contains maltodextrin], CARAMEL COLOR, VINEGAR, PAPRIKA EXTRACT.)

Berry Patch Smoothie

PER SERVING (1 c.)

156	0.3g	61mg	32.8g
CALORIES	SAT FAT	SODIUM	CARBS

Allergens: Contains Milk.

Made With: Low Fat Strawberry Yogurt (Cultured Grade A Low Fat Milk, Sugar, Modified Corn Starch. Contains 1 % or less of: Natural Flavor, Corn, Starch, Citric Acid, Vegetable Juice (for color), Potassium Sorbate Added to Maintain Freshness, Vitamin A Acetate, Vitamin D3.); Unsweetened Apple Sauce (Apples, water and ascorbic acid (Vitamin C) to maintain color.); Apple Juice (100% Apple Juice (Water sufficient to reconstitute Apple Juice Concentrate))

Biscuit with Grape Jelly

PER SERVING (1/2 ea.)

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

Allergens: Contains Gluten, Milk, Wheat.

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

Biscuit with Grape Jelly

PER SERVING (1 ea.)

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

Allergens: Contains Gluten, Milk, Wheat.

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

Blueberries

PER SERVING (2 tbsp.)			
10 CALORIES	0.0g SAT FAT	0mg SODIUM	2.2g CARBS

Allergens:

Made With: Blueberries (BLUEBERRIES)

Blueberry Bagel w/ Cream Cheese Burry

PER SERVING (1/2 ea.)			
102 CALORIES	1.1g SAT FAT	185mg SODIUM	17.4g CARBS

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

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

Blueberry Bagel w/ Cream Cheese Burry

PER SERVING (1 ea.)

205	2.2g	370mg	34.7g
CALORIES	SAT FAT	SODIUM	CARBS

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

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

Blueberry Muffin

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

Allergens: Contains Egg, Gluten, Soy, Wheat.

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

Blueberry Muffin Square

PER SERVING (1/2 ea.)			
176 CALORIES	2.3g SAT FAT	265mg SODIUM	31.5g CARBS

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

Made With: Muffin (WHOLE WHEAT FLOUR BLEACHED, SUGAR, PALM OIL, MODIFIED CORN STARCH. CONTAINS 2% OR LESS OF: LEAVENING , (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), DEXTROSE, SALT, NONFAT MILK, EGGS WITH SODIUM , SILICOALUMINATE, MONO AND DIGLYCERIDES, XANTHAN GUM, SOY FLOUR.); Blueberries, highbrush, frozen (Blueberries (BLUEBERRIES))

Blueberry Muffin Square

PER SERVING (1 ea.)

352	4.5g	530mg	62.9g
CALORIES	SAT FAT	SODIUM	CARBS

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

Made With: Muffin (WHOLE WHEAT FLOUR BLEACHED, SUGAR, PALM OIL, MODIFIED CORN STARCH. CONTAINS 2% OR LESS OF: LEAVENING , (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), DEXTROSE, SALT, NONFAT MILK, EGGS WITH SODIUM , SILICOALUMINATE, MONO AND DIGLYCERIDES, XANTHAN GUM, SOY FLOUR.); Blueberries, highbrush, frozen (Blueberries (BLUEBERRIES))

Blueberry Muffin Square

PER SERVING (1 ea.)

352	4.5g	531mg	63.0g
CALORIES	SAT FAT	SODIUM	CARBS

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

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

Blueberry Pancake Bites

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

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

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

Blueberry Parfait

PER SERVING (1 parfait)			
190 CALORIES	0.5g SAT FAT	123mg SODIUM	39.3g CARBS

Allergens: Contains Milk.

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.); Blueberries (BLUEBERRIES); 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.)

Blueberry Patch Parfait

PER SERVING (1 parfait)			
249 CALORIES	0.6g SAT FAT	54mg SODIUM	49.4g CARBS

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

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

Blueberry Patch Parfait

PER SERVING (1 parfait)			
225 CALORIES	0.7g SAT FAT	119mg SODIUM	41.7g CARBS

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.)

Bob's Redmill Classic Granola

PER SERVING (1/4 c.)			
55 CALORIES	0.1g SAT FAT	0mg SODIUM	10.3g CARBS

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

Made With: Classic Granola (Whole grain rolled oats, cane sugar, whole grain brown rice flour, mixed fruit blend concentrate (pineapple, pear, peach), oat flour, vanilla extract (vanilla bean extractives, alcohol, water), vitamin E)

Bread Roll

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

Allergens: Contains Gluten, Sesame, Soy, Wheat.

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

Breaded Chicken Tender

PER SERVING (3 tenders)			
263 CALORIES	2.5g SAT FAT	395mg SODIUM	16.2g CARBS

Allergens: Contains Gluten, Soy, Wheat.

Made With: Whole Grain Chicken Tender (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.)

Breadstick

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

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

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

Breakfast on a Stick

PER SERVING (1 stick.)

190	2.5g	310mg	17.0g
CALORIES	SAT FAT	SODIUM	CARBS

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.)

Bruschetta Chicken

PER SERVING (5/8 c.)			
149 CALORIES	2.0g SAT FAT	368mg SODIUM	7.1g CARBS

Allergens:

Made With: Grilled Chicken Strips (See Label for ingredients and allergens); Bruschetta Topping, tomatoes, balsamic vinaigrette (1/2c = 1/2c red veg) , Recipe (Tomatoes, fresh, 1/4-inch diced, ready-to-serve (1/2c = 4.2 oz = 1/2c red/orange veg) , Recipe (Tomato (TOMATO)); Low Fat Balsamic Vinaigrette (WATER, BALSAMIC VINEGAR, SOYBEAN OIL, RED WINE VINEGAR, SUGAR, OLIVE OIL, SALT, CONTAINS LESS THAN 2% OF DISTILLED VINEGAR, XANTHAN GUM, SPICES, GARLIC*, MUSTARD SEED, ONION*, RED BELL PEPPER*, POLYSORBATE 60, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR. *DEHYDRATED); Basil, finely chopped , Recipe (Fresh Basil (BASIL)); Garlic Chopped in Water (GARLIC); Black Pepper Ground (BLACK PEPPER)); Low Fat Balsamic Vinaigrette (WATER, BALSAMIC VINEGAR, SOYBEAN OIL, RED WINE VINEGAR, SUGAR, OLIVE OIL, SALT, CONTAINS LESS THAN 2% OF DISTILLED VINEGAR, XANTHAN GUM, SPICES, GARLIC*, MUSTARD SEED, ONION*, RED BELL PEPPER*, POLYSORBATE 60, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR. *DEHYDRATED)

Buffalo Chicken Filling

PER SERVING (3 oz.)			
153 CALORIES	2.0g SAT FAT	847mg SODIUM	6.4g CARBS

Allergens:

Made With: Grilled Chicken Strips (See Label for ingredients and allergens); Franks Red Hot Sauce (AGED CAYENNE RED PEPPERS, VINEGAR, WATER, SALT AND GARLIC POWDER.)

Buffalo Chicken Flatbread Roll Up

PER SERVING (1 ea.)

402	6.4g	1362mg	37.3g
CALORIES	SAT FAT	SODIUM	CARBS

Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: 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.)); Whole Grain Oven Fired Flatbread (WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, ASCORBIC ACID ADDED AS A DOUGH CONDITIONER, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SOYBEAN OIL, YEAST, CONTAINS LESS THAN 2% OF THE FOLLOWING: SUGAR, NONFAT DRY MILK, WHEAT GLUTEN, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), SODIUM STEAROYL LACTYLATE, GUAR GUM.); Shredded Cheddar Cheese Reduced Fat (See Label for ingredients and allergens)

Buffalo Chicken Pizza

PER SERVING (1 slice)

363	6.2g	973mg	35.5g
CALORIES	SAT FAT	SODIUM	CARBS

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, ENZVMES). 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, ENZVMES), 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.); 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., ,); Franks Red Hot Sauce (AGED CAYENNE RED PEPPERS, VINEGAR, WATER, SALT AND GARLIC POWDER.); Green Onion (GREEN ONIONS)

Buffalo Ranch Sauce

PER SERVING (1 tbsp.)

18	0.2g	336mg	1.8g
CALORIES	SAT FAT	SODIUM	CARBS

Allergens: Contains Egg, Milk, Soy.

Made With: Reduced Calorie Ranch Dressing (WATER, CULTURED LOWFAT BUTTERMILK, CORN SYRUP, SOYBEAN OIL, RANCH SEASONING & SPICES (SALT, FOOD STARCH-MODIFIED, MONOSODIUM GLUTAMATE, SUGAR, DRIED GARLIC, DRIED ONION, NATURAL AND ARTIFICIAL FLAVOR [INCLUDES MILK, SOYBEAN], WHEY PROTEIN CONCENTRATE, CORN SYRUP, SPICES, XANTHAN GUM, SORBIC ACID AND CALCIUM DISODIUM EDTA AS PRESERVATIVES, CITRIC ACID, CALCIUM STEARATE), DISTILLED VINEGAR, CONTAINS LESS THAN 2% OF EGG YOLKS, CULTURED BUTTERMILK, WHEY, FOOD STARCH-MODIFIED, SALT, NATURAL FLAVOR (INCLUDES MILK), PHOSPHORIC ACID, SODIUM BENZOATE AND POTASSIUM SORBATE (AS PRESERVATIVES), ARTIFICIAL COLOR, PROPYLENE GLYCOL ALGINATE, XANTHAN GUM, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR.); Franks Red Hot Sauce (AGED CAYENNE RED PEPPERS, VINEGAR, WATER, SALT AND GARLIC POWDER.); Cayenne Pepper (CAYENNE PEPPER); Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe (Fresh Cilantro (CILANTRO LEAVES))

Buffalo Sauce

PER SERVING (1 tbsp.)

3	0.0g	627mg	0.5g
CALORIES	SAT FAT	SODIUM	CARBS

Allergens:

Made With: Franks Red Hot Sauce (AGED CAYENNE RED PEPPERS, VINEGAR, WATER, SALT AND GARLIC POWDER.)

Build-to-Orde Street Taco

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

Allergens:

Made With:

Build-to-Order Asian Street Sub

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

Allergens:

Made With:

Build-to-Order Chili Bowl

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

Allergens:

Made With:

Build-to-Order Mediterranean Flatbread, MIA

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

Allergens:

Made With:

Build-to-Order Mediterranean Totchos

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

Allergens:

Made With:

Build-to-Order, American Potato Bowl, MIA

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

Allergens:

Made With:

Build-to-Order, Asia Bowl

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

Allergens:

Made With:

Build-to-Order, Italy Bowl

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

Allergens:

Made With:

Build-to-Order, Mediterranean Bowl

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

Allergens:

Made With:

Build-to-Order, Mexico Bowl, MIA

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

Allergens:

Made With:

Burger Topping

PER SERVING (1 serving)			
5 CALORIES	0.0g SAT FAT	158mg SODIUM	1.0g CARBS

Allergens:

Made With: Lettuce, Iceburg, shredded, ready-to-serve (Shredded Lettuce (ICEBERG LETTUCE)); Dill Pickle (CUCUMBERS, WATER, VINEGAR, SALT, ALUM, CALCIUM CHLORIDE, SODIUM BENZOATE AND POTASSIUM SORBATE (PRESERVATIVE), NATURAL FLAVORS, POLYSORBATE 80, YELLOW 5, BLUE 1.); Tomatoes, fresh, 1/8-inch sliced, ready-to-serve (2.5 slices = 1/8 cup red veg) , Recipe (Tomato (TOMATO))

Buttery Whole Grain Toast

PER SERVING (1 slice)

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

Allergens: Contains Gluten, Milk, Soy, Wheat.

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

Caesar Side Salad

PER SERVING (1/2 c.)			
85 CALORIES	1.6g SAT FAT	163mg SODIUM	2.8g CARBS

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

Made With: Romaine Lettuce (ROMAINE LETTUCE); Caesar Dressing (SOYBEAN OIL, WATER, PARMESAN CHEESE WITH FLAVOR (PARMESAN CHEESE [PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES], FLAVOR [ENZYME MODIFIED CHEESE {CULTURED MILK, WATER, SALT, ENZYMES}], POWDERED CELLULOSE TO PREVENT CAKING), CORN VINEGAR, EGG YOLKS, EXTRA VIRGIN OLIVE OIL, CONTAINS LESS THAN 2% OF SALT, ANCHOVY DISTILLED VINEGAR, SPICES, GARLIC, LEMON JUICE CONCENTRATE, GARLIC*, PHOSPHORIC ACID, SODIUM BENZOATE AND POTASSIUM SORBATE (AS PRESERVATIVES), XANTHAN GUM, MOLASSES, CORN SYRUP, CARAMEL COLOR, SUGAR, TAMARIND, NATURAL FLAVORS, CELERY SEED. *DEHYDRATED CONTAINS: MILK, EGG, FISH (ANCHOVY).); Grated Parmesan Cheese (GRATED PARMESAN CHEESE (MADE FROM COW'S MILK, CHEESE CULTURE, SALT, ENZYMES), POWDERED CELLULOSE (ADDED TO PREVENT CAKING)); 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.)

Canned Corn

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

Allergens:

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

Carnitas Nachos

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

Allergens:

Made With:

Carnitas Taco

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

Allergens:

Made With:

Carrot Sticks

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

Allergens:

Made With: Carrot Sticks (CARROTS)

Celery Sticks

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

Allergens:

Made With: Celery (CELERY)

Cheddar Cheese Sauce

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

Allergens: Contains Milk.

Made With: 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.,)

Cheddar Cheese Sauce

PER SERVING (3/8 c.)			
172 CALORIES	7.5g SAT FAT	635mg SODIUM	3.1g CARBS

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.,)

Cheddar Macaroni

PER SERVING (1 c.)			
448 CALORIES	11.5g SAT FAT	1225mg SODIUM	41.1g CARBS

Allergens: Contains Gluten, Milk, Wheat.

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.,); 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 PRUSSIATE OF SODA AS AN ANTICAKING AGENT.)); Lowfat White Milk (LOWFAT MILK, VITAMIN A PALMITATE, VITAMIN D3)

Cheerios

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

Allergens:

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

Cheese Calzone, 5"

PER SERVING (1 ea.)

363	6.4g	593mg	42.5g
CALORIES	SAT FAT	SODIUM	CARBS

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

Made With: Whole Grain Pizza Dough (WATER, WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE,, ENZYME, RIBOFLAVIN, FOLIC ACID), YEAST, WHEAT GLUTEN, DEXTROSE, CONTAINS LESS THAN 2% OF THE FOLLOWING: SUGAR, OAT FIBER, SOYBEAN, OIL,SALT, POTASSIUM CHLORIDE, ENZYME, ASCORBIC ACID, WHEAT STARCH, DEXTRIN.); Ricotta Cheese Mixture (1/4 c= 1.25MMA), USDA Mozzerella (Part Skim Ricotta Cheese; 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),); Shredded Parmesan Cheese (Pasteurized part-skim milk, cheese culture, salt, enzymes. Potato starch, powdered cellulose added to prevent caking.); Parsley, finely chopped (1/2c=0.35 oz=1/4c dark green veg) , Recipe (Pasteurized Lime Juice (PARSLEY))); Pizza Sauce (VINE-RIPENED FRESH TOMATOES, SUGAR, SALT, SEASONING (SPICES, SALT, GARLIC POWDER), EXTRA VIRGIN OLIVE OIL); 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),)

Cheese Lasagna Roll

PER SERVING (1 roll.)

	g	mg	g
CALORIES	SAT FAT	SODIUM	CARBS

Allergens:

Made With:

Cheese Lasagna Rollup

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

Allergens: Contains Gluten, Milk, Wheat.

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

Cheesy Broccoli Baked Potato

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

Allergens:

Made With:

Cheesy Cheddar Nachos

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

Allergens:

Made With:

Cheesy Nachos with Refried Beans

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

Allergens:

Made With:

Cheesy Nachos with Taco Meat

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

Allergens:

Made With:

Chef Salad

PER SERVING (1 salad)

131	3.6g	435mg	5.3g
CALORIES	SAT FAT	SODIUM	CARBS

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	3.7g	500mg	5.2g
CALORIES	SAT FAT	SODIUM	CARBS

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 producedfrom formed turkey breast meat. This productcontains 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	0.7g	221mg	30.9g
CALORIES	SAT FAT	SODIUM	CARBS

Allergens: Contains Gluten, Milk, Wheat.

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

Chicken & Vegetable Potstickers

PER SERVING (3 ea.)

120	0.3g	275mg	15.5g
CALORIES	SAT FAT	SODIUM	CARBS

Allergens: Contains Gluten, Sesame, Soy, Wheat.

Made With: Chicken & Vegetable Dumplings (Potstickers) (FILLING: CHICKEN HYDRATED SOY PROTEN CONCENTRATE (WATER, SOY PROTEIN CONCENTRATE), GREEN CABBAGE, GREEN ONION, CANOLA OIL, WATER, CARROT, SUGAR, SALT, SESAME OIL, ISOLATED SOY PROTEIN WITH LESS THAN 2% LECITHIN. DOUGH: WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (ENRICHED WHEAT FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONOMITRATE, RIBOFLAVIN, FOLIC ACID], MALTED BARLEY FLOUR), WATER, MODIFIED CORN STARCH, SALT, CONOLA OIL, WHEAT GLUTEN.); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.)

Chicken Bruschetta Flatbread Pizza

PER SERVING (1 ea.)

384	7.7g	894mg	35.9g
CALORIES	SAT FAT	SODIUM	CARBS

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

Made With: Whole Grain Oven Fired Flatbread (WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, ASCORBIC ACID ADDED AS A DOUGH CONDITIONER, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SOYBEAN OIL, YEAST, CONTAINS LESS THAN 2% OF THE FOLLOWING: SUGAR, NONFAT DRY MILK, WHEAT GLUTEN, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), SODIUM STEAROYL LACTYLATE, GUAR GUM.); Bruschetta Chicken, USDA Strip Chicken (Grilled Chicken Strips (See Label for ingredients and allergens); Bruschetta Topping, tomatoes, balsamic vinaigrette (1/2c = 1/2c red veg) , Recipe (Tomatoes, fresh, 1/4-inch diced, ready-to-serve (1/2c = 4.2 oz = 1/2c red/orange veg) , Recipe (Tomato (TOMATO)); Low Fat Balsamic Vinaigrette (WATER, BALSAMIC VINEGAR, SOYBEAN OIL, RED WINE VINEGAR, SUGAR, OLIVE OIL, SALT, CONTAINS LESS THAN 2% OF DISTILLED VINEGAR, XANTHAN GUM, SPICES, GARLIC*, MUSTARD SEED, ONION*, RED BELL PEPPER*, POLYSORBATE 60, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR. *DEHYDRATED); Basil, finely chopped , Recipe (Fresh Basil (BASIL)); Garlic Chopped in Water (GARLIC); Black Pepper Ground (BLACK PEPPER)); Low Fat Balsamic Vinaigrette (WATER, BALSAMIC VINEGAR, SOYBEAN OIL, RED WINE VINEGAR, SUGAR, OLIVE OIL, SALT, CONTAINS LESS THAN 2% OF DISTILLED VINEGAR, XANTHAN GUM, SPICES, GARLIC*, MUSTARD SEED, ONION*, RED BELL PEPPER*, POLYSORBATE 60, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR. *DEHYDRATED)); 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)); 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.))

Chicken Burger

PER SERVING (1 burger)

380	2.5g	640mg	43.0g
CALORIES	SAT FAT	SODIUM	CARBS

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. Breading 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	3.5g	596mg	16.8g
CALORIES	SAT FAT	SODIUM	CARBS

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

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

Chicken Drumstick Basket

PER SERVING (1 Basket)

	g	mg	g
CALORIES	SAT FAT	SODIUM	CARBS

Allergens:

Made With:

Chicken Gravy

PER SERVING (1/4 c.)			
30 CALORIES	0.0g SAT FAT	138mg SODIUM	4.0g CARBS

Allergens: Contains Milk.

Made With: Municipal Water (WATER); 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.)

Chicken Meatballs

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

Allergens: Contains Gluten, Soy, Wheat.

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

Chicken Nugget Basket

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

Allergens:

Made With:

Chicken Strip Filling

PER SERVING (1 #16 scoop)			
CALORIES	g SAT FAT	mg SODIUM	g CARBS

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.)

Chili & Cheese Baked Potato

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

Allergens:

Made With:

Chili con Carne

PER SERVING (1 c.)			
216 CALORIES	1.9g SAT FAT	608mg SODIUM	29.9g CARBS

Allergens: Contains Soy.

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

Chili Con Carne Bowl

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

Allergens:

Made With:

Chilled Black Beans

PER SERVING (1/4 c.)			
60 CALORIES	0.0g SAT FAT	71mg SODIUM	11.0g CARBS

Allergens:

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

Chilled Black Beans

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

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

Allergens:

Made With: Corn (SWEET CORN)

Chocolate Milk

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

Allergens: Contains Milk.

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

Chocolate Milk

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

Allergens: Contains Milk.

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

Chocolate Skim Milk

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

Allergens: Contains Milk.

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

Cilantro Lime Rice

PER SERVING (2/3 c.)			
155 CALORIES	0.2g SAT FAT	185mg SODIUM	29.8g CARBS

Allergens:

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

Cilantro Lime Rice

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

Allergens:

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

Cilantro Lime Rice

PER SERVING (2/3 c.)			
155 CALORIES	0.2g SAT FAT	185mg SODIUM	29.8g CARBS

Allergens:

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

Cinnamon Toast Crunch Cereal

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

Allergens: Contains Gluten, Soy, Wheat.

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

Cinnamon Toast Crunch Cereal Bar

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

Allergens: Contains Gluten, Soy, Wheat.

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

Cinnamon UBR

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

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

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

Citrus Herb White Rice

PER SERVING (1 c.)			
309 CALORIES	0.0g SAT FAT	289mg SODIUM	68.6g CARBS

Allergens:

Made With: Rice, white, oven, steamed (1/2c = 1 oz eq grain) , Recipe (Municipal Water (WATER); Converted White Rice (LONG GRAIN PARBOILED WHITE RICE)); Citrus Vinagrette Dressing (Fat Free Golden Italian Dressing (INGREDIENTS: WATER, DISTILLED VINEGAR, MALTODEXTRIN, CORN SYRUP*, SUGAR, SALT, FOOD STARCH-MODIFIED, CONTAINS LESS THAN 2% OF ONION*, GARLIC*, RED BELL PEPPERS*, SPICES, XANTHAN GUM, SODIUM BENZOATE AND POTASSIUM SORBATE (AS PRESERVATIVES), CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR, YELLOW 5, YELLOW 6. *DEHYDRATED); Orange Juice (WATER, ORANGE JUICE CONCENTRATE); Onion, green, sliced (1/2c = 2.2 oz = 1/2c other veg) , Recipe (Green Onion (GREEN ONIONS))); Matchstick Carrots, fresh (1/2 c =1.6 oz=1/2c red/orange veg) (Carrot (CARROTS))

Classic Ham & Cheddar Wrap

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

Allergens:

Made With:

Cocoa Puffs Cereal

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

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

Allergens: Contains Gluten, Soy, Wheat.

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

Cold Citrus Herb Brown Rice

PER SERVING (1 c.)			
268 CALORIES	0.0g SAT FAT	288mg SODIUM	59.6g CARBS

Allergens:

Made With: Rice, brown, oven, steamed (1/2c = 1 oz eq grain) , Recipe (Municipal Water (WATER); Brown Rice (LONG GRAIN PARBOILED BROWN RICE)); Citrus Vinagrette Dressing (Fat Free Golden Italian Dressing (INGREDIENTS: WATER, DISTILLED VINEGAR, MALTODEXTRIN, CORN SYRUP*, SUGAR, SALT, FOOD STARCH-MODIFIED, CONTAINS LESS THAN 2% OF ONION*, GARLIC*, RED BELL PEPPERS*, SPICES, XANTHAN GUM, SODIUM BENZOATE AND POTASSIUM SORBATE (AS PRESERVATIVES), CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR, YELLOW 5, YELLOW 6. *DEHYDRATED); Orange Juice (WATER, ORANGE JUICE CONCENTRATE); Onion, green, sliced (1/2c = 2.2 oz = 1/2c other veg) , Recipe (Green Onion (GREEN ONIONS))); Matchstick Carrots, fresh (1/2 c =1.6 oz=1/2c red/orange veg) (Carrot (CARROTS))

Corn Dog

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

Allergens: Contains Egg, Gluten, Soy, Wheat.

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

Country Style Potato Wedges

PER SERVING (1/4 c.)			
56 CALORIES	0.2g SAT FAT	65mg SODIUM	9.3g CARBS

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.)

Country Style Potato Wedges

PER SERVING (1/2 c.)			
112 CALORIES	0.5g SAT FAT	130mg SODIUM	18.6g CARBS

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	2.3g	266mg	35.6g
CALORIES	SAT FAT	SODIUM	CARBS

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	4.6g	532mg	71.3g
CALORIES	SAT FAT	SODIUM	CARBS

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)

Crispy Chicken Nuggets

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

Allergens: Contains Gluten, Soy, Wheat.

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

Crispy Garden Bowl

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

Allergens:

Made With:

Crispy Whole Apple

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

Allergens:

Made With: Apple (APPLE)

Diced Cucumber

PER SERVING (2 tbsp.)			
3 CALORIES	0.0g SAT FAT	0mg SODIUM	0.7g CARBS

Allergens:

Made With: Cucumber (CUCUMBER)

Diced Green Bell Peppers

PER SERVING (2 tbsp.)			
5 CALORIES	0.0g SAT FAT	1mg SODIUM	1.1g CARBS

Allergens:

Made With: Green Bell Pepper (GREEN SWEET PEPPER)

Diced Peaches

PER SERVING (2 tbsp.)			
19 CALORIES	0.0g SAT FAT	2mg SODIUM	5.1g CARBS

Allergens:

Made With: Diced Peaches (PEACHES, WATER, PEAR JUICE FROM CONCENTRATE)

Diced Peaches

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

Allergens:

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

Diced Pears

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

Allergens:

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

Diced Red Tomatoes

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

Allergens:

Made With: Tomato (TOMATO)

Diced Yellow Onion

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

Allergens:

Made With: Yellow Onion (YELLOW ONION)

Elote Corn

PER SERVING (1/4 c.)			
65 CALORIES	0.3g SAT FAT	21mg SODIUM	14.2g CARBS

Allergens: Contains Milk.

Made With: Roasted Corn, mexican seasoning (1/2c=2.96oz=1/2c starchy veg) (Corn (SWEET CORN); 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.)); Dannon Non Fat Greek Plain Yogurt (CULTURED GRADE A NON FAT MILK.); Onion, green, sliced (1/2c = 2.2 oz = 1/2c other veg) , Recipe (Green Onion (GREEN ONIONS)); Real Lime Juice (WATER, LIME JUICE CONCENTRATE AND LESS THAN 2% OF: LIME OIL, , SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES).); Grated Parmesan Cheese (GRATED PARMESAN CHEESE (MADE FROM COW'S MILK, CHEESE CULTURE, SALT, ENZYMES), POWDERED CELLULOSE (ADDED TO PREVENT CAKING))

Enchilada Suiza, Mexican Chicken, USDA Strip, USDA Reg Cheese

PER SERVING (1 enchilada)

211	3.6g	486mg	20.8g
CALORIES	SAT FAT	SODIUM	CARBS

Allergens: Contains Gluten, Milk, Wheat.

Made With: Mexican Chicken, USDA Unseasoned Strip, taco seasoning, salsa (Grilled Chicken Strips (See Label for ingredients and allergens); 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 PRUSSIATE OF SODA AS AN ANTICAKING AGENT.); Granulated Sugar (SUGAR); Cumin Ground (CUMIN)); 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.)); (Use SR3319) White Enchilada Sauce, USDA Mozz (Municipal Water (WATER); 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 PRUSSIATE OF SODA AS AN ANTICAKING AGENT.); Granulated Sugar (SUGAR); Cumin Ground (CUMIN)); 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.); 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),); Garlic Powder (GARLIC POWDER); Onion Powder (ONION POWDER)); 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).,); Yellow Cheddar Cheese (Cheddar Cheese (Cultured Pasteurized , Milk, Salt, Enzymes, Color Added [If , Colored], Anticake (Potato Starch, , Powdered Cellulose)); 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))); Onion, green, sliced (1/2c = 2.2 oz = 1/2c other veg) , Recipe (Green Onion (GREEN ONIONS)); Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe (Fresh Cilantro (CILANTRO LEAVES))

Fajita Chicken

PER SERVING (1/3 c.)

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

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., ,)

Fajita Chicken & Cheese Nachos, MIA

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

Allergens:

Made With:

Fajita Chicken Salad

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

Allergens:

Made With:

Falafel Fritters

PER SERVING (3 ea.)			
130 CALORIES	0.0g SAT FAT	420mg SODIUM	23.0g CARBS

Allergens:

Made With: Falafel Fritters (Water, Chickpeas, Parsley, Onions, Cilantro, Serrano Peppers, Garlic Puree (Garlic, Citric Acid and Ascorbic Acid), Contains 2% or less of: Salt, Spices, Rice Flour, Xanthan Gum.); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.)

Fish N Chips Basket

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

Allergens:

Made With:

Fish Patty on a Bun

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

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

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

Flour Tortilla

PER SERVING (1 tortilla)

90	1.0g	130mg	14.0g
CALORIES	SAT FAT	SODIUM	CARBS

Allergens: Contains Gluten, Wheat.

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

Flour Tortilla

PER SERVING (1 tortilla)

210	3.0g	320mg	34.0g
CALORIES	SAT FAT	SODIUM	CARBS

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).)

French Toast Bites

PER SERVING (1 pkg.)			
200 CALORIES	1.5g SAT FAT	240mg SODIUM	37.0g CARBS

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 (4 stick.)			
321 CALORIES	2.7g SAT FAT	417mg SODIUM	41.7g CARBS

Allergens: Contains Gluten, Soy, Wheat.

Made With: French Toast Sticks (BREAD (ENRICHED WHEAT FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, SUGAR, YEAST, YELLOW CORN FLOUR, SALT, SOYBEAN OIL, WHEAT GLUTEN, GRAIN VINEGAR, GLYCERYL MONOOLEATE, SOY LECITHIN, TURMERIC [COLOR], PAPRIKA EXTRACT [COLOR], POLYSORBATE 60, POLYSORBATE 80, ASCORBIC ACID, ENZYMES, CULTURED WHEAT FLOUR), WATER, SOYBEAN OIL, ENRICHED BLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, YELLOW CORN FLOUR, CONTAINS LESS THAN 2% OF THE FOLLOWING: CARRAGEENAN, DEXTROSE, GUM ARABIC, LEAVENING (BAKING SODA, MONOCALCIUM PHOSPHATE), NATURAL AND ARTIFICIAL FLAVOR, POLYSORBATE 80, SALT, SOY FLOUR, SOY LECITHIN, YEAST.)

Fresh Broccoli Florets

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

Allergens:

Made With: Broccoli Florets (BROCCOLI)

Fresh Oranges

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

Allergens:

Made With: Fresh Orange (ORANGES)

From the Garden Bar

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

Allergens:

Made With:

Garbanzo Beans

PER SERVING (1/2 c.)			
76 CALORIES	0.0g SAT FAT	102mg SODIUM	12.3g CARBS

Allergens:

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

Garden Noodle Grain Bowl

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

Allergens:

Made With:

Garden Salad

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

Allergens:

Made With:

Glazed Chicken Drumstick

PER SERVING (1 piece)			
249 CALORIES	3.9g SAT FAT	498mg SODIUM	3.1g CARBS

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.,)

Grated Parmesan Cheese

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

Allergens: Contains Milk.

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

Gravy, Pepper (Country, Biscuit)

PER SERVING (1/4 c.)			
44 CALORIES	1.2g SAT FAT	168mg SODIUM	5.0g CARBS

Allergens: Contains Milk.

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

Grecian Chicken Grain Bowl

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

Allergens:

Made With:

Greek Herbed White Rice

PER SERVING (1/2 c.)			
173 CALORIES	0.4g SAT FAT	319mg SODIUM	37.5g CARBS

Allergens: Contains Milk.

Made With: Rice, white, oven, steamed (1/2c = 1 oz eq grain) , Recipe (Municipal Water (WATER); Converted White Rice (LONG GRAIN PARBOILED WHITE RICE)); Greek Vinagrette Dressing (Fat Free Golden Italian Dressing (INGREDIENTS: WATER, DISTILLED VINEGAR, MALTODEXTRIN, CORN SYRUP*, SUGAR, SALT, FOOD STARCH-MODIFIED, CONTAINS LESS THAN 2% OF ONION*, GARLIC*, RED BELL PEPPERS*, SPICES, XANTHAN GUM, SODIUM BENZOATE AND POTASSIUM SORBATE (AS PRESERVATIVES), CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR, YELLOW 5, YELLOW 6. *DEHYDRATED); Onion, green, sliced (1/2c = 2.2 oz = 1/2c other veg) , Recipe (Green Onion (GREEN ONIONS)); Grated Parmesan Cheese (Grated Parmesan Cheese (GRATED PARMESAN CHEESE (MADE FROM COW'S MILK, CHEESE CULTURE, SALT, ENZYMES), POWDERED CELLULOSE (ADDED TO PREVENT CAKING)))); Onion, red, 1/4-inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe (Red Onion (RED ONION))

Greek Meatball & Cheese Totchos

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

Allergens:

Made With:

Greek Meatball Flatbread Roll Up

PER SERVING (1 ea.)

458	7.1g	655mg	36.6g
CALORIES	SAT FAT	SODIUM	CARBS

Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Greek Meatballs, Chicken, Tyson (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)); Whole Grain Oven Fired Flatbread (WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, ASCORBIC ACID ADDED AS A DOUGH CONDITIONER, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SOYBEAN OIL, YEAST, CONTAINS LESS THAN 2% OF THE FOLLOWING: SUGAR, NONFAT DRY MILK, WHEAT GLUTEN, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), SODIUM STEAROYL LACTYLATE, GUAR GUM.); 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),)

Greek Meatball Veggie Bowl

PER SERVING (1 bowl)

	g	mg	g
CALORIES	SAT FAT	SODIUM	CARBS

Allergens:

Made With:

Greek Meatballs

PER SERVING (3 Meatballs)			
148 CALORIES	2.3g SAT FAT	122mg SODIUM	4.9g CARBS

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)

Greek Meatballs

PER SERVING (4 Meatballs)			
197 CALORIES	3.1g SAT FAT	163mg SODIUM	6.5g CARBS

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)

Greek Meatballs

PER SERVING (5 Meatballs)			
247 CALORIES	3.9g SAT FAT	204mg SODIUM	8.2g CARBS

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)

Greek Salad

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

Allergens:

Made With:

Greek Spiced Meatball Flatbread, MIA

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

Allergens:

Made With:

Greek Turkey

PER SERVING (1/4 c.)			
151 CALORIES	1.0g SAT FAT	329mg SODIUM	10.9g CARBS

Allergens:

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.); Lemon Juice (WATER, LEMON JUICE CONCENTRATE AND LESS THAN 2% OF: LEMON , OIL, SODIUM BENZOATE AND SODIUM METABISULFITE , (PRESERVATIVES).); Clover Honey (HONEY); Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil.); Garlic Granulated (GRANULATED GARLIC); Low Sodium Lemon Pepper (BLACK PEPPER, SALT, MODIFIED FOOD STARCH, CITRIC ACID, LEMON PEEL, SUGAR, GARLIC, ONION, NATURAL FLAVOR, RIBOFLAVIN (FOR COLOR).); Italian Seasoning (MARJORAM, THYME, ROSEMARY, SAVORY, SAGE, OREGANO, AND BASIL.)

Greek Turkey

PER SERVING (3/8 c.)			
227 CALORIES	1.4g SAT FAT	493mg SODIUM	16.4g CARBS

Allergens:

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.); Lemon Juice (WATER, LEMON JUICE CONCENTRATE AND LESS THAN 2% OF: LEMON , OIL, SODIUM BENZOATE AND SODIUM METABISULFITE , (PRESERVATIVES).); Clover Honey (HONEY); Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil.); Garlic Granulated (GRANULATED GARLIC); Low Sodium Lemon Pepper (BLACK PEPPER, SALT, MODIFIED FOOD STARCH, CITRIC ACID, LEMON PEEL, SUGAR, GARLIC, ONION, NATURAL FLAVOR, RIBOFLAVIN (FOR COLOR).); Italian Seasoning (MARJORAM, THYME, ROSEMARY, SAVORY, SAGE, OREGANO, AND BASIL.)

Green Beans

PER SERVING (1/2 c.)			
23 CALORIES	0.0g SAT FAT	127mg SODIUM	3.6g CARBS

Allergens:

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

Green Beans, Low Country Green Beans

PER SERVING (1/4 c.)			
34 CALORIES	0.3g SAT FAT	174mg SODIUM	2.8g CARBS

Allergens:

Made With: Cut Green Beans (GREEN BEANS); Municipal Water (WATER); 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.); Bacon (Pork Cured with Water, Salt, Sugar, Smoke , Flavoring, Sodium Phosphates, Sodium , Erythorbate, Sodium Nitrite.); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSIATE OF SODA AS AN ANTICAKING AGENT.); Black Pepper Ground (BLACK PEPPER)

Green Beans, Low Country Green Beans

PER SERVING (1/2 c.)			
68 CALORIES	0.6g SAT FAT	348mg SODIUM	5.7g CARBS

Allergens:

Made With: Cut Green Beans (GREEN BEANS); Municipal Water (WATER); 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.); Bacon (Pork Cured with Water, Salt, Sugar, Smoke , Flavoring, Sodium Phosphates, Sodium , Erythorbate, Sodium Nitrite.); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSIATE OF SODA AS AN ANTICAKING AGENT.); Black Pepper Ground (BLACK PEPPER)

Green Bell Pepper Strips

PER SERVING (2 tbsp.)			
2 CALORIES	0.0g SAT FAT	0mg SODIUM	0.6g CARBS

Allergens:

Made With: Green Bell Pepper (GREEN SWEET PEPPER)

Green Onion

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

Allergens:

Made With: Green Onion (GREEN ONIONS)

Green Salad Mix

PER SERVING (1 c.)			
12 CALORIES	0.0g SAT FAT	8mg SODIUM	2.5g CARBS

Allergens:

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

Grilled Cheese Sandwich

PER SERVING (1 sandwich)			
360 CALORIES	10.0g SAT FAT	860mg SODIUM	30.0g CARBS

Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Whole Wheat Bread (Whole White Wheat Flour, Water, Unbleached Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Wheat Gluten, Sugar, Soybean Oil, Contains 2% or less of the following: Yeast, Salt, Malt (Corn Syrup Solids, Barley Malt Extract), Calcium Propionate (Preservative), Monocalcium Phosphate, Calcium Sulfate, Ammonium Sulfate, Potassium Sorbate (Preservative), Wheat Starch, Ascorbic Acid, 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.); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.)

Ham & Cheese English Muffin

PER SERVING (1 sandwich)

174	3.0g	529mg	22.5g
CALORIES	SAT FAT	SODIUM	CARBS

Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: English Muffin WWW (WATER, WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), YEAST, VITAL WHEAT GLUTEN, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: CORNMEAL, SALT, DISTILLED VINEGAR, SOYBEAN OIL, SUGAR, YEAST NUTRIENTS (AMMONIUM SULFATE), ASCORBIC ACID, CALCIUM SULFATE, ENZYMES, POTASSIUM SORBATE (MOLD INHIBITOR), CALCIUM PROPIONATE (MOLD INHIBITOR)., CONTAINS:); 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	3.3g	653mg	21.5g
CALORIES	SAT FAT	SODIUM	CARBS

Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: English Muffin WWW (WATER, WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), YEAST, VITAL WHEAT GLUTEN, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: CORNMEAL, SALT, DISTILLED VINEGAR, SOYBEAN OIL, SUGAR, YEAST NUTRIENTS (AMMONIUM SULFATE), ASCORBIC ACID, CALCIUM SULFATE, ENZYMES, POTASSIUM SORBATE (MOLD INHIBITOR), CALCIUM PROPIONATE (MOLD INHIBITOR)., CONTAINS:); 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.,)

Hand Tossed Cheese Pizza

PER SERVING (1 slice)

361	7.1g	433mg	35.4g
CALORIES	SAT FAT	SODIUM	CARBS

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, ENZVMES). 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, ENZVMES), 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	6.7g	473mg	36.5g
CALORIES	SAT FAT	SODIUM	CARBS

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, ENZVMES). 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, ENZVMES), 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.)

Hand Tossed Taco Pizza

PER SERVING (1 slice)

364	7.2g	437mg	34.9g
CALORIES	SAT FAT	SODIUM	CARBS

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, ENZVMES). 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, ENZVMES), 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.); Taco Filling, beef, WA Comm W135 (GROUND BEEF (no more than 20% fat), WATER, CONTAINS LESS THAN 2% OF DEHYDRATED ONION, CITRUS FLOUR, SEASONING (potassium chloride, flavor [contains maltodextrin]), SALT, CHILI PEPPER, DEHYDRATED GARLIC, VINEGAR, SPICES, BLACK COCOA POWDER, PAPRIKA EXTRACT); Yellow Cheddar Cheese (Cheddar Cheese (Cultured Pasteurized , Milk, Salt, Enzymes, Color Added [If , Colored], Anticake (Potato Starch, , Powdered Cellulose))

Hard Boiled Eggs

PER SERVING (1/2 egg)

3	0.1g	2mg	0.0g
CALORIES	SAT FAT	SODIUM	CARBS

Allergens: Contains Egg.

Made With: Hard Boiled Egg (EGGS)

Hard Boiled Eggs

PER SERVING (1 egg)			
6 CALORIES	0.1g SAT FAT	5mg SODIUM	0.0g CARBS

Allergens: Contains Egg.

Made With: Hard Boiled Egg (EGGS)

Homemade Salsa

PER SERVING (2 tbsp.)			
7 CALORIES	0.0g SAT FAT	79mg SODIUM	1.5g CARBS

Allergens:

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

Honey Graham Crackers

PER SERVING (1 pkg.)

90	0.0g	95mg	17.0g
CALORIES	SAT FAT	SODIUM	CARBS

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

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

Honey Mustard

PER SERVING (1 tbsp.)

72	1.1g	77mg	3.3g
CALORIES	SAT FAT	SODIUM	CARBS

Allergens: Contains Soy.

Made With: Honey Mustard Dressing (Soybean Oil, White Distilled Vinegar, High Fructose Corn Syrup, Yellow Mustard (Distilled White Vinegar, Water, Mustard Seed, Salt, Turmeric, Natural Flavor), Egg Yolk, Honey, Sugar, Contains 2% or Less of: Modified Cornstarch, Salt, Xanthan Gum, Natural Flavoring, Mustard Bran, Mustard, Sodium Benzoate (Preservative), Corn Maltodextrin, Spice, Horseradish, Beta Carotene (Contains Soy), Yeast Extract, Onion Powder, Molasses, Calcium Disodium EDTA Added to Protect Flavor, Tricalcium Phosphate, Citric Acid)

Honey Nut Cheerios Cereal

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

Allergens: Contains Tree nuts.

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

Italian Meat Sauce Pasta Bowl

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

Allergens:

Made With:

Italian Salad

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

Allergens:

Made With:

Italian Salad Dressing

PER SERVING (1 tbsp.)			
15 CALORIES	0.0g SAT FAT	175mg SODIUM	4.0g CARBS

Allergens:

Made With: Italian Dressing (Back of the House) (INGREDIENTS: WATER, DISTILLED VINEGAR, MALTODEXTRIN, CORN SYRUP*, SUGAR, SALT, FOOD STARCH-MODIFIED, CONTAINS LESS THAN 2% OF ONION*, GARLIC*, RED BELL PEPPERS*, SPICES, XANTHAN GUM, SODIUM BENZOATE AND POTASSIUM SORBATE (AS PRESERVATIVES), CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR, YELLOW 5, YELLOW 6. *DEHYDRATED)

Jalapeno Pepper Slices

PER SERVING (1 tbsp.)			
0 CALORIES	0.0g SAT FAT	174mg SODIUM	0.0g CARBS

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

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.)

Korean BBQ Chicken

PER SERVING (1/2 c.)			
149 CALORIES	2.6g SAT FAT	595mg SODIUM	7.0g CARBS

Allergens: Contains Gluten, Sesame, Soy, Wheat.

Made With: Unseasoned Chicken Strips (GOLDKIST FARMS: CHICKEN MEAT, WATER, MODIFIED FOOD STARCH, SODIUM PHOSPHATES, REDUCED SODIUM SEA SALT (SEA SALT, POTASSIUM CHLORIDE, RICE FLOUR).
, CRIDER FOODS: CHICKEN WHITE AND DARK MEAT, WATER, SALT, MODIFIED FOOD STARCH & SODIUM PHOSPHATE.); Korean Barbecue Sauce, Asian dressing, lime, cilantro, ginger, garlic, sesame (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); Toasted Sesame Dressing (SOYBEAN OIL, SUGAR, SOY SAUCE (WATER, WHEAT, SOYBEAN, SALT, SODIUM BENZOATE [A PRESERVATIVE]), WATER, DISTILLED VINEGAR, SESAME OIL, RICE VINEGAR, CONTAINS LESS THAN 2% OF TOMATO PASTE, SALT, SESAME SEED, ORANGE PUREE, SPICES, RED BELL PEPPER*, APRICOT PUREE CONCENTRATE, XANTHAN GUM, GARLIC*, ONION*, MUSTARD SEED, SORBIC ACID AND SODIUM BENZOATE (AS PRESERVATIVES), CARRAGEENAN, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR. *DEHYDRATED CONTAINS: WHEAT, SOYBEAN.); Real Lime Juice (WATER, LIME JUICE CONCENTRATE AND LESS THAN 2% OF: LIME OIL, , SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES).); Garlic Granulated (GRANULATED GARLIC); Sesame Seed White (SESAME SEEDS); Ginger Ground (GROUND GINGER); Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe (Fresh Cilantro (CILANTRO LEAVES))); Green Onion (GREEN ONIONS); Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe (Fresh Cilantro (CILANTRO LEAVES))

Korean BBQ Chicken Flatbread Pizza

PER SERVING (1 ea.)			
407 CALORIES	9.6g SAT FAT	1128mg SODIUM	36.5g CARBS

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

Made With: Whole Grain Oven Fired Flatbread (WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, ASCORBIC ACID ADDED AS A DOUGH CONDITIONER, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SOYBEAN OIL, YEAST, CONTAINS LESS THAN 2% OF THE FOLLOWING: SUGAR, NONFAT DRY MILK, WHEAT GLUTEN, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), SODIUM STEAROYL LACTYLATE, GUAR GUM.); Past Skim Mozzarella Cheese (Low Moisture Part Skim Mozzarella, Cheese (Pasteurized Part Skim Milk,, Cheese Cultures, Salt, Enzymes), Powdered Cellulose (to Prevent Caking),, Natamycin (a Natural Mold Inhibitor),); Pizza Sauce (VINE-RIPENED FRESH TOMATOES, SUGAR, SALT, SEASONING (SPICES, SALT, GARLIC POWDER), EXTRA VIRGIN OLIVE OIL); Korean BBQ Chicken, USDA Strip Chicken (1/2 cup = 2 MMA) (Unseasoned Chicken Strips (GOLDKIST FARMS: CHICKEN MEAT, WATER, MODIFIED FOOD STARCH, SODIUM PHOSPHATES, REDUCED SODIUM SEA SALT (SEA SALT, POTASSIUM CHLORIDE, RICE FLOUR).
, CRIDER FOODS: CHICKEN WHITE AND DARK MEAT, WATER, SALT, MODIFIED FOOD STARCH & SODIUM PHOSPHATE.); Korean Barbecue Sauce, Asian dressing, lime, cilantro, ginger, garlic, sesame (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); Toasted Sesame Dressing (SOYBEAN OIL, SUGAR, SOY SAUCE (WATER, WHEAT, SOYBEAN, SALT, SODIUM BENZOATE [A PRESERVATIVE]), WATER, DISTILLED VINEGAR, SESAME OIL, RICE VINEGAR, CONTAINS LESS THAN 2% OF TOMATO PASTE, SALT, SESAME SEED, ORANGE PUREE, SPICES, RED BELL PEPPER*, APRICOT PUREE CONCENTRATE, XANTHAN GUM, GARLIC*, ONION*, MUSTARD SEED, SORBIC ACID AND SODIUM BENZOATE (AS PRESERVATIVES), CARRAGEENAN, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR. *DEHYDRATED CONTAINS: WHEAT, SOYBEAN.); Real Lime Juice (WATER, LIME JUICE CONCENTRATE AND LESS THAN 2% OF: LIME OIL, , SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES).); Garlic Granulated (GRANULATED GARLIC); Sesame Seed White (SESAME SEEDS); Ginger Ground (GROUND GINGER); Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe (Fresh Cilantro (CILANTRO LEAVES))); Green Onion (GREEN ONIONS); Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe (Fresh Cilantro (CILANTRO LEAVES))); Grated Parmesan Cheese (GRATED PARMESAN CHEESE (MADE FROM COW'S MILK, CHEESE CULTURE, SALT, ENZYMES), POWDERED CELLULOSE (ADDED TO PREVENT CAKING)); Shredded Cheddar Cheese Reduced Fat (See Label for ingredients and allergens)

Lemon Pepper Chicken

PER SERVING (1/2 c.)

88	2.0g	301mg	1.1g
CALORIES	SAT FAT	SODIUM	CARBS

Allergens:

Made With: Unseasoned Chicken Strips (GOLDKIST FARMS: CHICKEN MEAT, WATER, MODIFIED FOOD STARCH, SODIUM PHOSPHATES, REDUCED SODIUM SEA SALT (SEA SALT, POTASSIUM CHLORIDE, RICE FLOUR).
, CRIDER FOODS: CHICKEN WHITE AND DARK MEAT, WATER, SALT, MODIFIED FOOD STARCH & SODIUM PHOSPHATE.); Lemon Juice (WATER, LEMON JUICE CONCENTRATE AND LESS THAN 2% OF: LEMON , OIL, SODIUM BENZOATE AND SODIUM METABISULFITE , (PRESERVATIVES).); Low Sodium Lemon Pepper (BLACK PEPPER, SALT, MODIFIED FOOD STARCH, CITRIC ACID, LEMON PEEL, SUGAR, GARLIC, ONION, NATURAL FLAVOR, RIBOFLAVIN (FOR COLOR).)

Light Ranch Dressing

PER SERVING (1 tbsp.)

25	0.3g	190mg	2.5g
CALORIES	SAT FAT	SODIUM	CARBS

Allergens: Contains Egg, Milk, Soy.

Made With: Reduced Calorie Ranch Dressing (WATER, CULTURED LOWFAT BUTTERMILK, CORN SYRUP, SOYBEAN OIL, RANCH SEASONING & SPICES (SALT, FOOD STARCH-MODIFIED, MONOSODIUM GLUTAMATE, SUGAR, DRIED GARLIC, DRIED ONION, NATURAL AND ARTIFICIAL FLAVOR [INCLUDES MILK, SOYBEAN], WHEY PROTEIN CONCENTRATE, CORN SYRUP, SPICES, XANTHAN GUM, SORBIC ACID AND CALCIUM DISODIUM EDTA AS PRESERVATIVES, CITRIC ACID, CALCIUM STEARATE), DISTILLED VINEGAR, CONTAINS LESS THAN 2% OF EGG YOLKS, CULTURED BUTTERMILK, WHEY, FOOD STARCH-MODIFIED, SALT, NATURAL FLAVOR (INCLUDES MILK), PHOSPHORIC ACID, SODIUM BENZOATE AND POTASSIUM SORBATE (AS PRESERVATIVES), ARTIFICIAL COLOR, PROPYLENE GLYCOL ALGINATE, XANTHAN GUM, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR.)


Product formulations, packaging and promotions may change.
For current information, refer to packaging on store shelves.

Hidden Valley
THE ORIGINAL Ranch®
GLUTEN FREE
DRESSING
Light
90 CALORIES PER SERVING
7 GRAMS OF FAT PER SERVING
HIDDEN VALLEY® ORIGINAL RANCH® DRESSING
140 CALORIES PER SERVING
14 GRAMS OF FAT PER SERVING

INGREDIENTS: WATER, VEGETABLE OIL (SOYBEAN AND/OR CANOLA), MALTODEXTRIN, BUTTERMILK, SUGAR, SALT, LESS THAN 2%: OF: SPICES, DRIED GARLIC, DRIED ONION, NATURAL FLAVORS (SOY), EGG YOLK, MODIFIED FOOD STARCH, PHOSPHORIC ACID, VINEGAR, ARTIFICIAL FLAVOR, DISODIUM PHOSPHATE, XANTHAN GUM, MONOSODIUM GLUTAMATE, ARTIFICIAL COLOR, DISODIUM INOSINATE, DISODIUM GUANYLATE, SORBIC ACID AND CALCIUM DISODIUM EDTA AS PRESERVATIVES.
CONTAINS: MILK, SOY, EGG.
GLUTEN-FREE.

Nutrition Facts
Serv. Size 2 Tbsp (30mL)
Servings about 35
Calories 80
Calories from fat 70

Amount/Serving	% DV*	Amount/Serving	% DV*
Total Fat 7g	10%	**Total Carb.** 3g	1%
Sat.Fat 1g	5%	Fiber 0g	0%
Trans Fat 0g		Sugars 2g	
Cholest. 5mg	1%	**Protein** 1g	
Sodium 280mg	11%		
Vitamin A 0%	•	Vitamin C 0%	
Calcium 2%	•	Iron 0%	

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

Lowfat 1% White Milk

PER SERVING (1 Half Pint)			
110 CALORIES	1.5g SAT FAT	130mg SODIUM	13.0g CARBS

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

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.,)

Maple Pancake Bites

PER SERVING (1 pkg.)			
210 CALORIES	1.0g SAT FAT	320mg SODIUM	35.0g CARBS

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.)

Matchstick Carrots

PER SERVING (2 tbsp.)			
5 CALORIES	0.0g SAT FAT	8mg SODIUM	1.1g CARBS

Allergens:

Made With: Carrot (CARROTS)

Mayonnaise Pump

PER SERVING (1 pump)			
53 CALORIES	1.1g SAT FAT	45mg SODIUM	0.0g CARBS

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.)

Mediterranean Vegetable Bowl

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

Allergens:

Made With:

Mediterranean Vegetable Totchos

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

Allergens:

Made With:

Mex Roasted Sweet Potatoes

PER SERVING (1/4 c.)			
76 CALORIES	0.2g SAT FAT	96mg SODIUM	12.2g CARBS

Allergens:

Made With: Sweet Potato, Raw, Trimmed, Peeled, Diced 1/2" (Raw Sweet Potato (Sweet Potato)); 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.)); Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil.); Light Brown Sugar (BROWN SUGAR); Garlic Powder (GARLIC POWDER); Cumin Ground (CUMIN)

Mex Zucchini

PER SERVING (1/4 c.)			
74 CALORIES	0.6g SAT FAT	86mg SODIUM	2.5g CARBS

Allergens:

Made With: Squash, summer, zucchini, 3/4-inch cubes, ready-to-serve (1/2c=2.4 oz=1/2c other veg) (Zucchini (ZUCCHINI SUMMER SQUASH)); Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil.); Garlic Powder (GARLIC POWDER); Light Chile Powder (INGREDIENTS: CHILI PEPPER, SPICES, SALT, GARLIC, AND SILICON DIOXIDE (TO MAKE FREE FLOWING).); Onion Powder (ONION POWDER); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSIATE OF SODA AS AN ANTICAKING AGENT.); Cumin Ground (CUMIN)

Mex Zucchini

PER SERVING (1/2 c.)			
147 CALORIES	1.1g SAT FAT	171mg SODIUM	5.1g CARBS

Allergens:

Made With: Squash, summer, zucchini, 3/4-inch cubes, ready-to-serve (1/2c=2.4 oz=1/2c other veg) (Zucchini (ZUCCHINI SUMMER SQUASH)); Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil.); Garlic Powder (GARLIC POWDER); Light Chile Powder (INGREDIENTS: CHILI PEPPER, SPICES, SALT, GARLIC, AND SILICON DIOXIDE (TO MAKE FREE FLOWING).); Onion Powder (ONION POWDER); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSIATE OF SODA AS AN ANTICAKING AGENT.); Cumin Ground (CUMIN)

Mexican Black Beans

PER SERVING (1/4 c.)

33	0.0g	40mg	6.1g
CALORIES	SAT FAT	SODIUM	CARBS

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 Black Beans

PER SERVING (1/2 c.)			
65 CALORIES	0.0g SAT FAT	79mg SODIUM	12.1g CARBS

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 Black Beans

PER SERVING (1 #12 scoop)

44	0.0g	53mg	8.1g
CALORIES	SAT FAT	SODIUM	CARBS

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 Tinga Chicken

PER SERVING (1 portion)

151	1.7g	420mg	9.7g
CALORIES	SAT FAT	SODIUM	CARBS

Allergens:

Made With: Grilled Chicken Strips (See Label for ingredients and allergens); Salsa Roja, homemade (1/2c= 3/8c red + 1/8c other veg) (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 PRUSSIATE OF SODA AS AN ANTICAKING AGENT.); Granulated Sugar (SUGAR); Cumin Ground (CUMIN)); Chipotle Peppers In Adobo Sauce (CHIPOTLE PEPPERS, WATER, VINEGAR, SUGAR, SALT, TOMATO PASTE, SMOKE ESSENCE, ONION, GARLIC); Apple Cider (APPLE CIDER VINEGAR (DILUTED WITH WATER TO 5% ACIDITY)); Ancho Chile Powder (ANCHO CHILE PEPPERS AND SILICON DIOXIDE (ADDED TO MAKE FREE FLOWING).)); 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).); Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe (Fresh Cilantro (CILANTRO LEAVES)); Garlic Powder (GARLIC POWDER)

Mini Cinnis

PER SERVING (1 pkg.)			
240 CALORIES	1.5g SAT FAT	270mg SODIUM	40.0g CARBS

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

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).)

Mini Sub Roll

PER SERVING (1 roll (small submarine, hoagie roll))

163	0.0g	183mg	29.5g
CALORIES	SAT FAT	SODIUM	CARBS

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

Made With: 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.)

Mission Tortilla Chip

PER SERVING (10 chips)

142	3.0g	151mg	17.0g
CALORIES	SAT FAT	SODIUM	CARBS

Allergens:

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

Mission Tortilla Chip

PER SERVING (20 chips)			
284 CALORIES	6.0g SAT FAT	302mg SODIUM	34.0g CARBS

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

Allergens:

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

Mixed Salad Greens

PER SERVING (2 c.)			
26 CALORIES	0.0g SAT FAT	25mg SODIUM	5.0g CARBS

Allergens:

Made With: Salad Mix (ROMAINE LETTUCE, ICEBERG LETTUCE); Fresh Spinach (SPINACH)

Moroccan Spiced Carrots

PER SERVING (1/2 c.)			
119 CALORIES	0.8g SAT FAT	127mg SODIUM	8.0g CARBS

Allergens:

Made With: Carrots (CARROTS); Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil.); Spice Mix, Moroccan (Cumin Ground (CUMIN); Coriander Ground (Dried Ground Coriander (Cilantro).); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSIATE OF SODA AS AN ANTICAKING AGENT.); Black Pepper Ground (BLACK PEPPER); Cinnamon Ground (CINNAMON); Cayenne Pepper (CAYENNE PEPPER))

Mozzarella Cheese

PER SERVING (1/2 oz.)			
40 CALORIES	1.5g SAT FAT	81mg SODIUM	1.0g CARBS

Allergens: Contains Milk.

Made With: 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),)

Mozzarella Cheese

PER SERVING (1 oz.)			
81 CALORIES	3.0g SAT FAT	162mg SODIUM	2.0g CARBS

Allergens: Contains Milk.

Made With: 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),)

Mozzarella String Cheese

PER SERVING (1 oz.)			
80 CALORIES	3.0g SAT FAT	200mg SODIUM	1.0g CARBS

Allergens: Contains Milk.

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

Mozzarella Stuffed Breadstick Basket

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

Allergens:

Made With:

Mozzarella Stuffed Breadsticks

PER SERVING (2 breadstick)			
290 CALORIES	6.0g SAT FAT	500mg SODIUM	28.0g CARBS

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, EN2YMES, MODIFIED FOOD STARCH; FILLING: LOW MOISTURE PART SKIM MOZZARELLA CHEESE (CUL TU RED PASTEURIZED PART SKIM MILK, SALT, EN2YMES), 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, EN2YMES), SALT, GARLIC POWDER.)

Nonfat Chocolate Milk

PER SERVING (1 c.)			
130 CALORIES	0.0g SAT FAT	160mg SODIUM	23.0g CARBS

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

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.)

Oats & Honey Granola

PER SERVING (1/4 c.)			
86 CALORIES	0.4g SAT FAT	65mg SODIUM	12.8g CARBS

Allergens: Contains Soy. May contain Gluten.

Made With: 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.)

Old School Spud

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

Allergens:

Made With:

Orange Smiles

PER SERVING (6 slice or wedge)			
45 CALORIES	0.0g SAT FAT	0mg SODIUM	11.3g CARBS

Allergens:

Made With: Fresh Orange (ORANGES)

Orange Smoothie

PER SERVING (1 c.)			
158 CALORIES	0.3g SAT FAT	59mg SODIUM	33.3g CARBS

Allergens: Contains Milk.

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.); Applesauce, canned, unsweetened (1/2c = 4.5 oz = 1/2c fruit) , Recipe (Unsweetened Apple Sauce (Apples, water and ascorbic acid (Vitamin C) to maintain color.)); Orange Juice (WATER, ORANGE JUICE CONCENTRATE)

Original Homemade Hummus

PER SERVING (2/3 c.)			
249 CALORIES	0.8g SAT FAT	402mg SODIUM	24.4g CARBS

Allergens:

Made With: Beans, garbanzo, Bush, canned, drained, ready-to-serve (1/2c=3.1oz=1/2c legume or 2oz M/MA), Recipe (Beans, garbanzo (chickpeas), Bushs Best, low-sodium (PREPARED CHICK PEAS, WATER, SALT, CALCIUM CHLORIDE (FIRMING AGENT), AND DISODIUM EDTA (PROMOTES COLOR RETENTION).)); Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil.); Lemon Juice (WATER, LEMON JUICE CONCENTRATE AND LESS THAN 2% OF: LEMON , OIL, SODIUM BENZOATE AND SODIUM METABISULFITE , (PRESERVATIVES).); Municipal Water (WATER); Garlic Chopped in Water (GARLIC); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSIATE OF SODA AS AN ANTICAKING AGENT.); Cayenne Pepper (CAYENNE PEPPER); Cumin Ground (CUMIN); Black Pepper Ground (BLACK PEPPER)

Oven Fired Flatbread

PER SERVING (1/2 piece)			
90 CALORIES	0.5g SAT FAT	165mg SODIUM	14.0g CARBS

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

Made With: Whole Grain Oven Fired Flatbread (WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, ASCORBIC ACID ADDED AS A DOUGH CONDITIONER, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SOYBEAN OIL, YEAST, CONTAINS LESS THAN 2% OF THE FOLLOWING: SUGAR, NONFAT DRY MILK, WHEAT GLUTEN, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), SODIUM STEAROYL LACTYLATE, GUAR GUM.)

Oven Fired Flatbread

PER SERVING (1 piece)			
180 CALORIES	1.0g SAT FAT	330mg SODIUM	28.0g CARBS

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

Made With: Whole Grain Oven Fired Flatbread (WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, ASCORBIC ACID ADDED AS A DOUGH CONDITIONER, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SOYBEAN OIL, YEAST, CONTAINS LESS THAN 2% OF THE FOLLOWING: SUGAR, NONFAT DRY MILK, WHEAT GLUTEN, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), SODIUM STEAROYL LACTYLATE, GUAR GUM.)

Parmesan Green Beans

PER SERVING (1/4 c.)			
21 CALORIES	0.2g SAT FAT	7mg SODIUM	2.6g CARBS

Allergens: Contains Milk.

Made With: Cut Green Beans (GREEN BEANS); Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil.); Grated Parmesan Cheese (GRATED PARMESAN CHEESE (MADE FROM COW'S MILK, CHEESE CULTURE, SALT, ENZYMES), POWDERED CELLULOSE (ADDED TO PREVENT CAKING)); Garlic Chopped in Water (GARLIC)

Parmesan Green Beans

PER SERVING (1/2 c.)			
42 CALORIES	0.3g SAT FAT	14mg SODIUM	5.2g CARBS

Allergens: Contains Milk.

Made With: Cut Green Beans (GREEN BEANS); Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil.); Grated Parmesan Cheese (GRATED PARMESAN CHEESE (MADE FROM COW'S MILK, CHEESE CULTURE, SALT, ENZYMES), POWDERED CELLULOSE (ADDED TO PREVENT CAKING)); Garlic Chopped in Water (GARLIC)

Pavo al Pastor Taco

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

Allergens:

Made With:

Peach Cup,

PER SERVING (1 ea.)			
90 CALORIES	0.0g SAT FAT	0mg SODIUM	21.0g CARBS

Allergens:

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

Peachy Parfait

PER SERVING (1 parfait)			
209 CALORIES	0.5g SAT FAT	126mg SODIUM	44.2g CARBS

Allergens: Contains Milk.

Made With: Peaches, Canned, Diced, packed in extra light syrup, USDA (Diced Peaches (See label for ingredients and allergens.)); 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.); 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.)

Penne Chicken Bruschetta Bowl

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

Allergens:

Made With:

Pepperoni Flatbread Pizza

PER SERVING (1 ea.)

405	10.1g	1093mg	35.0g
CALORIES	SAT FAT	SODIUM	CARBS

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

Made With: Whole Grain Oven Fired Flatbread (WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, ASCORBIC ACID ADDED AS A DOUGH CONDITIONER, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SOYBEAN OIL, YEAST, CONTAINS LESS THAN 2% OF THE FOLLOWING: SUGAR, NONFAT DRY MILK, WHEAT GLUTEN, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), SODIUM STEAROYL LACTYLATE, GUAR GUM.); Past Skim Mozzarella Cheese (Low Moisture Part Skim Mozzarella, Cheese (Pasteurized Part Skim Milk,, Cheese Cultures, Salt, Enzymes), Powdered Cellulose (to Prevent Caking),, Natamycin (a Natural Mold Inhibitor),); Pizza Sauce (VINE-RIPENED FRESH TOMATOES, SUGAR, SALT, SEASONING (SPICES, SALT, GARLIC POWDER), EXTRA VIRGIN OLIVE OIL); Grated Parmesan Cheese (GRATED PARMESAN CHEESE (MADE FROM COW'S MILK, CHEESE CULTURE, SALT, ENZYMES), POWDERED CELLULOSE (ADDED TO PREVENT CAKING)); Shredded Cheddar Cheese Reduced Fat (See Label for ingredients and allergens); 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.)

Pickle Cucumbers

PER SERVING (2 tbsp.)

3	0.0g	55mg	0.9g
CALORIES	SAT FAT	SODIUM	CARBS

Allergens:

Made With: Cucumbers, unpared, 1/4-inch sliced, ready-to-serve(1/2c = 2.17oz =8 slice=1/2c other veg) , Recipe (Cucumber (CUCUMBER)); Granulated Sugar (SUGAR); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSIATE OF SODA AS AN ANTICAKING AGENT.); Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe (Fresh Cilantro (CILANTRO LEAVES))

Pineapple Tidbits

PER SERVING (2 tbsp.)			
16 CALORIES	0.0g SAT FAT	0mg SODIUM	4.1g CARBS

Allergens:

Made With: Pineapple Tidbits (PINEAPPLE, PINEAPPLE JUICE, CITRIC ACID.)

Pinto Beans

PER SERVING (1 #16 scoop)			
58 CALORIES	0.0g SAT FAT	81mg SODIUM	10.4g CARBS

Allergens:

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

Plant-Based Sweet & Sour Chick'n Bowl

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

Allergens:

Made With:

Popcorn Chicken

PER SERVING (12 piece)			
255 CALORIES	2.8g SAT FAT	388mg SODIUM	15.5g CARBS

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). Breading set in vegetable, oil.)

Rainbow Chili

PER SERVING (1 c.)			
186 CALORIES	0.0g SAT FAT	413mg SODIUM	36.2g CARBS

Allergens:

Made With: Municipal Water (WATER); Vegetarian Chili Mix (RED BEANS (DRY) TOMATO, CHILI PEPPER, ONION, SUGAR, SALT, MODIFIED CORN STARCH, SPICE, GREEN BELL PEPPER, GARLIC, CITRIC ACID, CALCIUM CHLORIDE, NATURAL FLAVOR); 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, red, 1/4-inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe (Red Onion (RED ONION)); Carrots (CARROTS); Beans, kidney, dark red, canned, drained, ready-to-serve (1/2c=3.3oz=1/2c legume or 2oz M/MA),Recipe (Low Sodium Kidney Beans (PREPARED KIDNEY BEANS, WATER, SUGAR, DEXTROSE, SALT, CALCIUM CHLORIDE (FIRMING AGENT), AND DISODIUM EDTA (PROMOTES COLOR RETENTION).)); 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))

Rainbow Chili Bowl

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

Allergens:

Made With:

Raisin Box

PER SERVING (1 Box)			
119 CALORIES	0.0g SAT FAT	5mg SODIUM	28.8g CARBS

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

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.)

Red Pepper Flakes

PER SERVING (1/4 tsp.)			
1 CALORIES	0.0g SAT FAT	0mg SODIUM	0.3g CARBS

Allergens:

Made With: Crushed Red Pepper (CRUSHED RED PEPPER)

Roasted Broccoli

PER SERVING (1/4 c.)			
33 CALORIES	0.2g SAT FAT	36mg SODIUM	2.7g CARBS

Allergens:

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

Roasted Broccoli

PER SERVING (1/2 c.)			
65 CALORIES	0.3g SAT FAT	72mg SODIUM	5.4g CARBS

Allergens:

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

Roasted Broccoli and Red Peppers

PER SERVING (1/4 c.)			
43 CALORIES	0.2g SAT FAT	5mg SODIUM	2.9g CARBS

Allergens:

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

Roasted Butternut Squash

PER SERVING (1/4 c.)			
37 CALORIES	0.0g SAT FAT	16mg SODIUM	9.3g CARBS

Allergens:

Made With: Butternut Squash (butternut squash); Light Brown Sugar (BROWN SUGAR); Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil.); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSIATE OF SODA AS AN ANTICAKING AGENT.); Cinnamon Ground (CINNAMON); Cayenne Pepper (CAYENNE PEPPER)

Roasted Chickpeas

PER SERVING (1/4 c.)			
98 CALORIES	0.0g SAT FAT	170mg SODIUM	15.3g CARBS

Allergens:

Made With: Beans, garbanzo, Bush, canned, drained, ready-to-serve (1/2c=3.1oz=1/2c legume or 2oz M/MA), Recipe (Beans, garbanzo (chickpeas), Bushs Best, low-sodium (PREPARED CHICK PEAS, WATER, SALT, CALCIUM CHLORIDE (FIRMING AGENT), AND DISODIUM EDTA (PROMOTES COLOR RETENTION).)); Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil.); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSIATE OF SODA AS AN ANTICAKING AGENT.)

Roasted Chickpeas

PER SERVING (1 #10 scoop)			
157 CALORIES	0.0g SAT FAT	271mg SODIUM	24.5g CARBS

Allergens:

Made With: Beans, garbanzo, Bush, canned, drained, ready-to-serve (1/2c=3.1oz=1/2c legume or 2oz M/MA), Recipe (Beans, garbanzo (chickpeas), Bushs Best, low-sodium (PREPARED CHICK PEAS, WATER, SALT, CALCIUM CHLORIDE (FIRMING AGENT), AND DISODIUM EDTA (PROMOTES COLOR RETENTION).)); Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil.); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSIATE OF SODA AS AN ANTICAKING AGENT.)

Roasted Chickpeas

PER SERVING (1 #16 scoop)

98	0.0g	170mg	15.3g
CALORIES	SAT FAT	SODIUM	CARBS

Allergens:

Made With: Beans, garbanzo, Bush, canned, drained, ready-to-serve (1/2c=3.1oz=1/2c legume or 2oz M/MA), Recipe (Beans, garbanzo (chickpeas), Bushs Best, low-sodium (PREPARED CHICK PEAS, WATER, SALT, CALCIUM CHLORIDE (FIRMING AGENT), AND DISODIUM EDTA (PROMOTES COLOR RETENTION).)); Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil.); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSIATE OF SODA AS AN ANTICAKING AGENT.)

Roasted Sesame Carrots

PER SERVING (1/2 c.)

131	1.3g	358mg	10.9g
CALORIES	SAT FAT	SODIUM	CARBS

Allergens: Contains Gluten, Sesame, Soy, Wheat.

Made With: Carrots (CARROTS); Toasted Sesame Dressing (SOYBEAN OIL, SUGAR, SOY SAUCE (WATER, WHEAT, SOYBEAN, SALT, SODIUM BENZOATE [A PRESERVATIVE]), WATER, DISTILLED VINEGAR, SESAME OIL, RICE VINEGAR, CONTAINS LESS THAN 2% OF TOMATO PASTE, SALT, SESAME SEED, ORANGE PUREE, SPICES, RED BELL PEPPER*, APRICOT PUREE CONCENTRATE, XANTHAN GUM, GARLIC*, ONION*, MUSTARD SEED, SORBIC ACID AND SODIUM BENZOATE (AS PRESERVATIVES), CARRAGEENAN, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR. *DEHYDRATED CONTAINS: WHEAT, SOYBEAN.); Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil.); Sesame Seed White (SESAME SEEDS); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSIATE OF SODA AS AN ANTICAKING AGENT.); Black Pepper Ground (BLACK PEPPER)

Roasted Summer Squash

PER SERVING (1/4 c.)			
17 CALORIES	0.1g SAT FAT	21mg SODIUM	1.6g CARBS

Allergens:

Made With: Squash, summer, yellow, 1/4-inch coin, ready-to-serve (1/2c=2 oz=1/2c other veg) , Recipe (Yellow Summer Squash (crookneck or straightneck) (YELLOW SUMMER SQUASH)); Squash, summer, zucchini, 1/4-inch coin, ready-to-serve (1/2c=2.3 oz=1/2c other veg) , Recipe (Zucchini (ZUCCHINI SUMMER SQUASH)); Peppers, red, sweet (bell), julienne/strips, ready-to-serve (1/2c=1.7oz=1/2c red veg) , Recipe (Red Bell Peppers (RED SWEET PEPPER)); Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil.); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSIATE OF SODA AS AN ANTICAKING AGENT.); Garlic Chopped in Water (GARLIC); Black Pepper Ground (BLACK PEPPER)

Roasted Tuscan Vegetables

PER SERVING (1 #8 scoop)			
55 CALORIES	0.0g SAT FAT	114mg SODIUM	10.5g CARBS

Allergens:

Made With: Beans, cannellini, white kidney, canned, drained, ready-to-serve (1/2c=3.3oz=1/2c legume or 2oz M/MA),Recipe (Cannellini Beans (white kidney) (PREPARED CANNELLINI BEANS, WATER, SALT, AND CALCIUM DISODIUM EDTA (TO PROMOTE COLOR RETENTION).)); Squash, summer, zucchini, 1/4-inch coin, ready-to-serve (1/2c=2.3 oz=1/2c other veg) , Recipe (Zucchini (ZUCCHINI SUMMER SQUASH)); Squash, summer, yellow, 1/4-inch coin, ready-to-serve (1/2c=2 oz=1/2c other veg) , Recipe (Yellow Summer Squash (crookneck or straightneck) (YELLOW SUMMER SQUASH)); 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)); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSIATE OF SODA AS AN ANTICAKING AGENT.); Black Pepper Ground (BLACK PEPPER); Italian Seasoning (MARJORAM, THYME, ROSEMARY, SAVORY, SAGE, OREGANO, AND BASIL.)

Roasted Tuscan Vegetables

PER SERVING (1 #6 scoop)

74	0.0g	151mg	14.0g
CALORIES	SAT FAT	SODIUM	CARBS

Allergens:

Made With: Beans, cannellini, white kidney, canned, drained, ready-to-serve (1/2c=3.3oz=1/2c legume or 2oz M/MA),Recipe (Cannellini Beans (white kidney) (PREPARED CANNELLINI BEANS, WATER, SALT, AND CALCIUM DISODIUM EDTA (TO PROMOTE COLOR RETENTION).)); Squash, summer, zucchini, 1/4-inch coin, ready-to-serve (1/2c=2.3 oz=1/2c other veg) , Recipe (Zucchini (ZUCCHINI SUMMER SQUASH)); Squash, summer, yellow, 1/4-inch coin, ready-to-serve (1/2c=2 oz=1/2c other veg) , Recipe (Yellow Summer Squash (crookneck or straightneck) (YELLOW SUMMER SQUASH)); 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)); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSIATE OF SODA AS AN ANTICAKING AGENT.); Black Pepper Ground (BLACK PEPPER); Italian Seasoning (MARJORAM, THYME, ROSEMARY, SAVORY, SAGE, OREGANO, AND BASIL.)

Sausage Breakfast Pizza

PER SERVING (1 slice)

210	2.0g	350mg	27.0g
CALORIES	SAT FAT	SODIUM	CARBS

Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Turkey Sausage Breakfast Pizza (CRUST: WHITE WHOLE 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 MONONIRATE [VIATMIN 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 Cheddar Cheese

PER SERVING (1/2 oz.)			
56 CALORIES	2.5g SAT FAT	96mg SODIUM	0.5g CARBS

Allergens: Contains Milk.

Made With: Yellow Cheddar Cheese (Cheddar Cheese (Cultured Pasteurized , Milk, Salt, Enzymes, Color Added [If , Colored], Anticake (Potato Starch, , Powdered Cellulose))

Shredded Lettuce

PER SERVING (1/4 cup shredded)			
3 CALORIES	0.0g SAT FAT	2mg SODIUM	0.5g CARBS

Allergens:

Made With: Shredded Lettuce (ICEBERG LETTUCE)

Shredded Yellow Cheddar Cheese

PER SERVING (1/2 oz.)			
45 CALORIES	2.0g SAT FAT	105mg SODIUM	0.5g CARBS

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

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

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

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

Allergens:

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

Sliced Deli Turkey

PER SERVING (5 slice)			
138 CALORIES	1.3g SAT FAT	462mg SODIUM	0.0g CARBS

Allergens:

Made With: Roast Turkey Breast (Turkey Breast, White Turkey, Turkey Broth, Contains 2% or Less Modified Food Starch, Potassium Chloride, Sodium Phosphate, Salt, Rosemary Extract)

Sliced Turkey Ham

PER SERVING (5 slice)			
125 CALORIES	1.9g SAT FAT	600mg SODIUM	0.0g CARBS

Allergens:

Made With: 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.)

Smoky BBQ Chick'n Nuggets Basket, America MIA

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

Allergens:

Made With:

Smoky BBQ Chicken Potato Bowl

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

Allergens:

Made With:

Smoky BBQ Chicken Tenders Basket

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

Allergens:

Made With:

Sour Cream

PER SERVING (1 tbsp.)			
30 CALORIES	1.8g SAT FAT	8mg SODIUM	0.5g CARBS

Allergens: Contains Milk.

Made With: Sour Cream (Cultured Cream.)

Sour Cream, Darigold, Fat Free

PER SERVING (2 tbsp.)			
25 CALORIES	0.0g SAT FAT	45mg SODIUM	4.0g CARBS

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)

Southern Style Crispy Chicken Potato Bowl

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

Allergens:

Made With:

Soy Roasted Potatoes

PER SERVING (1/4 c.)			
93 CALORIES	0.8g SAT FAT	335mg SODIUM	9.6g CARBS

Allergens: Contains Gluten, Soy, Wheat.

Made With: Roasted Potato (Potatoes, Vegetable Oil (Contains One Or More Of, The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn),, Corn Starch - Modified, Dehydrated Garlic, Salt, Black Pepper,, Sodium Acid Pyrophosphate Added To Maintain Natural Color,, Dextrose, Dehydrated Onion, Rosemary, Dehydrated Red Bell, Pepper, Autolyzed Yeast Extract, Paprika (color), Thyme, Celery, Seed.); Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil.); Onion, green, sliced (1/2c = 2.2 oz = 1/2c other veg) , Recipe (Green Onion (GREEN ONIONS)); Low Sodium Soy Sauce (WATER, WHEAT, SOYBEANS, SALT, LACTIC ACID, SODIUM BENZOATE: LESS THAN 1/10 OF 1% AS A PRESERVATIVE.); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSIATE OF SODA AS AN ANTICAKING AGENT.); Ginger Ground (GROUND GINGER)

Spaghetti and Meatball Marinara Bowl

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

Allergens:

Made With:

Spaghetti Sauce

PER SERVING (1/4 c.)			
32 CALORIES	0.0g SAT FAT	130mg SODIUM	6.7g CARBS

Allergens:

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

Spaghetti Sauce

PER SERVING (1/2 c.)			
65 CALORIES	0.1g SAT FAT	260mg SODIUM	13.3g CARBS

Allergens:

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

Spicy Asian Vegetable Blend

PER SERVING (1/4 c.)			
40 CALORIES	0.3g SAT FAT	100mg SODIUM	1.9g CARBS

Allergens: Contains Gluten, Sesame, Soy, Wheat.

Made With: Spicy Asian Side Vegetables, cabbage, carrot, pepper, sesame (1/4c = 1/4c other veg) , Recipe (Green Cabbage (GREEN CABBAGE); Carrot (CARROTS); 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)); 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.)); Sesame Seed White (SESAME SEEDS)); Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil.); Low Sodium Soy Sauce (WATER, WHEAT, SOYBEANS, SALT, LACTIC ACID, SODIUM BENZOATE: LESS THAN 1/10 OF 1% AS A PRESERVATIVE.)

Spicy Buffalo Chick'n Nuggets Basket

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

Allergens:

Made With:

Spicy Buffalo Chicken Grain Bowl

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

Allergens:

Made With:

Spicy Buffalo Chicken Salad

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

Allergens:

Made With:

Spicy Buffalo Chicken Tenders Basket

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

Allergens:

Made With:

Spicy Buffalo Chicken Wrap

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

Allergens:

Made With:

Spicy Chicken Burger

PER SERVING (1 burger)			
370 CALORIES	2.5g SAT FAT	550mg SODIUM	42.0g CARBS

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., Breading 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.)

Spicy Korean BBQ & Dumpling Bowl

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

Allergens:

Made With:

Spicy Korean BBQ Chicken Sub

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

Allergens:

Made With:

Spicy Tinga Chicken Bowl

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

Allergens:

Made With:

Spicy Tinga Chicken Burrito

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

Allergens:

Made With:

Spiral-cut French Fries

PER SERVING (1/2 c.)			
107 CALORIES	0.7g SAT FAT	257mg SODIUM	14.3g CARBS

Allergens: Contains Gluten, Wheat.

Made With: French fries, potato, spiral-cut, skin-on, Redstone Canyon (POTATOES, VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING OILS: CANOLA, SOYBEAN, COTTONSEED, SUNFLOWER, CORN), BLEACHED ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID). CONTAINS 2% OR LESS OF ANNATTO (COLOR), BAKING SODA, DEXTRIN, DEXTROSE, EXTRACTIVES OF CAPSICUM, EXTRACTIVES OF PAPRIKA (COLOR), GARLIC POWDER, ONION POWDER, PAPRIKA (COLOR), SALT, SODIUM ACID PYROPHOSPHATE (MAINTAINS NATURAL COLOR & LEAVENING), SPICES, TAPIOCA STARCH, TAPIOCA STARCH - MODIFIED, XANTHAN GUM.)

Sriracha Hot Chili Sauce

PER SERVING (1 tbsp.)			
21 CALORIES	0.0g SAT FAT	517mg SODIUM	4.7g CARBS

Allergens:

Made With: Sriracha Sauce (CHILI PEPPER, VINEGAR, GARLIC, SUGAR, SALT, WATER, NATURAL FLAVORS, XANTHAN GUM, LESS THAN 0.1% POTASSIUM SORBATE AND SODIUM BENZOATE AS PRESERVATIVES)

Steamed Brown Rice

PER SERVING (1/2 c.)			
117 CALORIES	0.0g SAT FAT	2mg SODIUM	25.5g CARBS

Allergens:

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

Steamed Corn

PER SERVING (1/4 c.)			
34 CALORIES	0.0g SAT FAT	0mg SODIUM	8.2g CARBS

Allergens:

Made With: Corn (SWEET CORN)

Strawberries

PER SERVING (2 tbsp.)			
31 CALORIES	0.0g SAT FAT	1mg SODIUM	8.3g CARBS

Allergens:

Made With: Strawberries (STRAWBERRIES, SUGAR)

Strawberry Yogurt

PER SERVING (1 ea.)			
70 CALORIES	0.0g SAT FAT	60mg SODIUM	14.0g CARBS

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

PER SERVING (1 stick.)			
80 CALORIES	3.5g SAT FAT	190mg SODIUM	0.0g CARBS

Allergens: Contains Milk.

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

String Cheese Stick

PER SERVING (1 stick.)			
90 CALORIES	5.0g SAT FAT	200mg SODIUM	0.0g CARBS

Allergens: Contains Milk.

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

Sunflower Seeds

PER SERVING (1/4 c.)			
190 CALORIES	2.0g SAT FAT	160mg SODIUM	6.0g CARBS

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

Made With: Sunflower Seeds Roasted Unsalted (SUNFLOWER KERNELS, COTTONSEED OIL, SALT.)

Sunshine Smoothie Bowl

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

Allergens:

Made With:

Supreme Pizza

PER SERVING (1 slice)

379	7.2g	550mg	35.5g
CALORIES	SAT FAT	SODIUM	CARBS

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, ENZVMES). 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, ENZVMES), 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 Chick'n

PER SERVING (4 nugget)

239	1.0g	364mg	33.7g
CALORIES	SAT FAT	SODIUM	CARBS

Allergens: Contains Gluten, Soy, Wheat.

Made With: Chick'n Nugget, plant (4 Nugget = 3.04 oz =2 oz MMA) (Vegan Chickn Nugget (Water, wheat flour, soy protein concentrate, vegetable oil (corn, canola and/or sunflower), soy protein isolate., Contains 2% or less of wheat gluten, yellow corn flour, dextrose, methylcellulose, cornstarch, potato starch, yeast extract, maltodextrin, sugar, natural flavors, wheat starch, salt, spices, onion powder, , yeast, potassium salt, paprika color, leavening (sodium acid pyrophosphate, sodium bicarbonate), garlic powder, citric acid, xanthan gum)); Low Sodium Sweet & 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 Chick'n

PER SERVING (5 nugget)

298	1.3g	455mg	42.1g
CALORIES	SAT FAT	SODIUM	CARBS

Allergens: Contains Gluten, Soy, Wheat.

Made With: Chick'n Nugget, plant (4 Nugget = 3.04 oz =2 oz MMA) (Vegan Chickn Nugget (Water, wheat flour, soy protein concentrate, vegetable oil (corn, canola and/or sunflower), soy protein isolate., Contains 2% or less of wheat gluten, yellow corn flour, dextrose, methylcellulose, cornstarch, potato starch, yeast extract, maltodextrin, sugar, natural flavors, wheat starch, salt, spices, onion powder, , yeast, potassium salt, paprika color, leavening (sodium acid pyrophosphate, sodium bicarbonate), garlic powder, citric acid, xanthan gum)); Low Sodium Sweet & 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 Chick'n Sub

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

Allergens:

Made With:

Sweet & Sour Chicken

PER SERVING (5 nugget)			
347 CALORIES	2.9g SAT FAT	583mg SODIUM	36.5g CARBS

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.))

Taco Beef Baked Potato

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

Allergens:

Made With:

Taco Calzone

PER SERVING (1 ea.)			
350 CALORIES	4.2g SAT FAT	481mg SODIUM	39.3g CARBS

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

Made With: Whole Grain Pizza Dough (WATER, WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE,, ENZYME, RIBOFLAVIN, FOLIC ACID), YEAST, WHEAT GLUTEN, DEXTROSE, CONTAINS LESS THAN 2% OF THE FOLLOWING: SUGAR, OAT FIBER, SOYBEAN, OIL,SALT, POTASSIUM CHLORIDE, ENZYME, ASCORBIC ACID, WHEAT STARCH, DEXTRIN.); Turkey Taco Filling (Turkey Taco Filling, Cooked, Frozen, USDA, #100119); Shredded Cheddar Cheese Reduced Fat (See Label for ingredients and allergens); Salsa (Peeled tomatoes, tomato puree, fresh or dried onions, green peppers, garlic, jalapenos.)

Taco Calzone, 5"

PER SERVING (1 ea.)

328	4.2g	567mg	38.8g
CALORIES	SAT FAT	SODIUM	CARBS

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

Made With: Whole Grain Pizza Dough (WATER, WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE,, ENZYME, RIBOFLAVIN, FOLIC ACID), YEAST, WHEAT GLUTEN, DEXTROSE, CONTAINS LESS THAN 2% OF THE FOLLOWING: SUGAR, OAT FIBER, SOYBEAN, OIL,SALT, POTASSIUM CHLORIDE, ENZYME, ASCORBIC ACID, WHEAT STARCH, DEXTRIN.); Taco Filling, beef, JTM (3/8c = 3.17oz = 2 oz M/MA+1/8c red/orange veg) , Recipe (Taco Filling, beef, soy, JTM , reduced fat and sodium (BEEF, WATER, TOMATO PASTE, TEXTURED VEGETABLE PROTEIN (soy protein concentrate, caramel color), SEASONING (dehydrated onions, chili pepper and other spices, dehydrated garlic, salt), SALT, SEASONING (potassium chloride, natural flavor [contains maltodextrin], CARAMEL COLOR, VINEGAR, PAPRIKA EXTRACT.)); Shredded Cheddar Cheese Reduced Fat (See Label for ingredients and allergens); Salsa (Peeled tomatoes, tomato puree, fresh or dried onions, green peppers, garlic, jalapenos.)

Taco Enchilada

PER SERVING (1 enchilada)

190	3.6g	413mg	17.6g
CALORIES	SAT FAT	SODIUM	CARBS

Allergens: Contains Gluten, Milk, Soy, 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, Corn starch, Monocalcium phosphate), Wheat protein, Preservatives (Calcium, propionate, Sorbic acid), Dough conditioner (Fumaric acid, Xanthan gum Mono- and, Diglycerides, Sodium metabisulphite).,); Turkey Taco Filling (Turkey Taco Filling, Cooked, Frozen, USDA, #100119); Queso Blanco (CHEDDAR CHEESE (pasteurized milk, cheese culture, salt, enzymes), WATER, TOMATILLOS (with citric , acid), GREEN CHILES (with citric acid), CONTAINS LESS THAN 2% OF SODIUM PHOSPHATES AND , POTASSIUM PHOSPHATES, MODIFIED FOOD STARCH, CREAM, JALAPENO PEPPERS (with salt, , acetic acid, water, calcium chloride), SEASONING (potassium chloride, flavor [contains maltodextrin]), , ONIONS, SALT, DEHYDRATED GARLIC, DEHYDRATED CILANTRO, CITRIC ACID.); Enchilada Sauce (WATER, CRUSHED TOMATOES (WATER, CRUSHED TOMATO CONCENTRATE), MODIFIED FOOD STARCH, SPICE, VEGETABLE OIL (CORN, AND/OR CANOLA), SALT, DEHYDRATED ONIONS, DEHYDRATED GARLIC, CITRIC ACID, SODIUM BENZOATE (PRESERVATIVE).); Enchilada Sauce (WATER, CRUSHED TOMATOES (WATER, CRUSHED TOMATO CONCENTRATE), MODIFIED FOOD STARCH, SPICE, VEGETABLE OIL (CORN, AND/OR CANOLA), SALT, DEHYDRATED ONIONS, DEHYDRATED GARLIC, CITRIC ACID, SODIUM BENZOATE (PRESERVATIVE).); Shredded Cheddar Cheese Reduced Fat (See Label for ingredients and allergens); Green Onion (GREEN ONIONS)

Tartar Sauce

PER SERVING (1 tbsp.)			
43 CALORIES	0.4g SAT FAT	88mg SODIUM	3.1g CARBS

Allergens: Contains Egg.

Made With: Reduced Calorie Mayonnaise (WATER, SOYBEAN OIL, CORN SYRUP, FOOD STARCH-MODIFIED*, EGG YOLKS, CONTAINS LESS THAN 2% OF DISTILLED VINEGAR, SALT, SODIUM BENZOATE AND POTASSIUM SORBATE (AS PRESERVATIVES)*, SPICE, CITRIC ACID, XANTHAN GUM*, NATURAL FLAVORS, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR, YELLOW 5*. *INGREDIENTS NOT NORMALLY FOUND IN MAYONNAISE.); Sweet Pickle Relish (CUCUMBERS, HIGH FRUCTOSE CORN SYRUP, WATER, VINEGAR, SALT, XANTHAN GUM, ALUM, CALCIUM CHLORIDE, SODIUM BENZOATE (PRESERVATIVE), POLYSORBATE 80, NATURAL FLAVORS, TURMERIC (COLOR).); Lemon Juice (WATER, LEMON JUICE CONCENTRATE AND LESS THAN 2% OF: LEMON , OIL, SODIUM BENZOATE AND SODIUM METABISULFITE , (PRESERVATIVES).)

Tater Tots

PER SERVING (3/4 c.)			
166 CALORIES	1.5g SAT FAT	468mg SODIUM	21.1g CARBS

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 Chicken

PER SERVING (1/2 c.)			
130 CALORIES	2.1g SAT FAT	320mg SODIUM	10.9g CARBS

Allergens: Contains Gluten, Soy, Wheat.

Made With: Unseasoned Chicken Strips (GOLDKIST FARMS: CHICKEN MEAT, WATER, MODIFIED FOOD STARCH, SODIUM PHOSPHATES, REDUCED SODIUM SEA SALT (SEA SALT, POTASSIUM CHLORIDE, RICE FLOUR). , CRIDER FOODS: CHICKEN WHITE AND DARK MEAT, WATER, SALT, MODIFIED FOOD STARCH & SODIUM PHOSPHATE.); 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.); Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe (Fresh Cilantro (CILANTRO LEAVES))

Teriyaki Chicken & Dumpling Bowl

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

Allergens:

Made With:

Teriyaki Meatball Roll Up

PER SERVING (1 ea.)			
505 CALORIES	7.3g SAT FAT	799mg SODIUM	47.4g CARBS

Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Greek Meatballs, Chicken, Tyson (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)); Whole Grain Oven Fired Flatbread (WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, ASCORBIC ACID ADDED AS A DOUGH CONDITIONER, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SOYBEAN OIL, YEAST, CONTAINS LESS THAN 2% OF THE FOLLOWING: SUGAR, NONFAT DRY MILK, WHEAT GLUTEN, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), SODIUM STEAROYL LACTYLATE, GUAR GUM.); 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),); Teriyaki Sauce (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 Meatball Sub

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

Allergens:

Made With:

Teriyaki Meatballs

PER SERVING (5 Meatballs)			
271 CALORIES	3.6g SAT FAT	490mg SODIUM	27.9g CARBS

Allergens: Contains Gluten, Sesame, 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.); 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.); Onion, green, sliced (1/2c = 2.2 oz = 1/2c other veg) , Recipe (Green Onion (GREEN ONIONS)); Sesame Seed White (SESAME SEEDS)

Teriyaki Sauce

PER SERVING (1 tbsp.)			
46 CALORIES	0.1g SAT FAT	144mg SODIUM	10.9g CARBS

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.)

Tex Mex Beef Burrito

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

Allergens:

Made With:

Tex Mex Bowl

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

Allergens:

Made With:

The Greek Gyro Bowl, MIA

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

Allergens:

Made With:

The Mediterranean Flatbread

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

Allergens:

Made With:

Three Cheese Flatbread Pizza

PER SERVING (1 ea.)

370	8.9g	979mg	34.8g
CALORIES	SAT FAT	SODIUM	CARBS

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

Made With: Whole Grain Oven Fired Flatbread (WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, ASCORBIC ACID ADDED AS A DOUGH CONDITIONER, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SOYBEAN OIL, YEAST, CONTAINS LESS THAN 2% OF THE FOLLOWING: SUGAR, NONFAT DRY MILK, WHEAT GLUTEN, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), SODIUM STEAROYL LACTYLATE, GUAR GUM.); Pizza Sauce (VINE-RIPENED FRESH TOMATOES, SUGAR, SALT, SEASONING (SPICES, SALT, GARLIC POWDER), EXTRA VIRGIN OLIVE OIL); 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),); Shredded Cheddar Cheese Reduced Fat (See Label for ingredients and allergens); Grated Parmesan Cheese (GRATED PARMESAN CHEESE (MADE FROM COW'S MILK, CHEESE CULTURE, SALT, ENZYMES), POWDERED CELLULOSE (ADDED TO PREVENT CAKING))

Tokyo Teriyaki Grain Bowl

PER SERVING (1 bowl)

CALORIES	g SAT FAT	mg SODIUM	g CARBS

Allergens:

Made With:

Tomato and Shredded Lettuce Salad

PER SERVING (1/2 c.)			
11 CALORIES	0.0g SAT FAT	4mg SODIUM	2.5g CARBS

Allergens:

Made With: Tomatoes, fresh, 1/4-inch diced, ready-to-serve (1/2c = 4.2 oz = 1/2c red/orange veg) , Recipe (Tomato (TOMATO)); Shredded Lettuce (ICEBERG LETTUCE)

Tortilla Chips

PER SERVING (7/8 oz.)			
118 CALORIES	0.8g SAT FAT	97mg SODIUM	16.8g CARBS

Allergens:

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

Tortilla Chips

PER SERVING (1 1/2 oz.)			
206 CALORIES	1.5g SAT FAT	169mg SODIUM	29.5g CARBS

Allergens:

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

Trix Cereal Bar

PER SERVING (1 Bar)			
159 CALORIES	0.6g SAT FAT	107mg SODIUM	29.2g CARBS

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 (VEGTEABLE 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

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.)

Tropical Smoothie Bowl

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

Allergens:

Made With:

Turkey

PER SERVING (2 7/8 oz 1 serving)			
87 CALORIES	0.0g SAT FAT	433mg SODIUM	2.0g CARBS

Allergens:

Made With: 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 producedfrom formed turkey breast meat. This productcontains 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., , , ,)

Turkey Al Pastor

PER SERVING (1/4 c.)			
66 CALORIES	0.5g SAT FAT	491mg SODIUM	3.4g CARBS

Allergens:

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.); Pineapple, canned, tidbits, juice pack, drained (1/2c=4 oz=1/2c fruit) , Recipe (Pineapple Tidbits (PINEAPPLE, PINEAPPLE JUICE, CITRIC ACID.)); Real Lime Juice (WATER, LIME JUICE CONCENTRATE AND LESS THAN 2% OF: LIME OIL, , SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES).); Chipotle Peppers In Adobo Sauce (CHIPOTLE PEPPERS, WATER, VINEGAR, SUGAR, SALT, TOMATO PASTE, SMOKE ESSENCE, ONION, GARLIC); Apple Cider (APPLE CIDER VINEGAR (DILUTED WITH WATER TO 5% ACIDITY)); Paprika Smoked (PAPRIKA AND SILICON DIOXIDE (ADDED TO MAKE FREE FLOWING).); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSIATE OF SODA AS AN ANTICAKING AGENT.); Garlic Chopped in Water (GARLIC); Ancho Chile Powder (ANCHO CHILE PEPPERS AND SILICON DIOXIDE (ADDED TO MAKE FREE FLOWING).); Cumin Ground (CUMIN); Black Pepper Ground (BLACK PEPPER); Cinnamon Ground (CINNAMON)

Turkey Carnitas

PER SERVING (1/4 c.)

76	0.6g	480mg	2.7g
CALORIES	SAT FAT	SODIUM	CARBS

Allergens:

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.); Onion, yellow, 1/4-inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe (Yellow Onion (YELLOW ONION)); Real Lime Juice (WATER, LIME JUICE CONCENTRATE AND LESS THAN 2% OF: LIME OIL, , SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES).); Orange Juice (WATER, ORANGE JUICE CONCENTRATE); Olive Oil Blend (Canola 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 PRUSSIATE 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)

Turkey Cheddar Ranch Flatbread

PER SERVING (1 wrap)

	g	mg	g
CALORIES	SAT FAT	SODIUM	CARBS

Allergens:

Made With:

Turkey Gyro & Cheese Totchos

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

Allergens:

Made With:

Turkey Taco Filling

PER SERVING (1 3/4 oz.)			
83 CALORIES	1.0g SAT FAT	134mg SODIUM	3.0g CARBS

Allergens: Contains Soy.

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

Tuscan Penne Veggie Alfredo Bowl

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

Allergens:

Made With:

Two Bean & Vegetable Bowl

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

Allergens:

Made With:

Tzatziki Sauce

PER SERVING (1 tbsp.)			
7 CALORIES	0.0g SAT FAT	64mg SODIUM	0.8g CARBS

Allergens: Contains Milk.

Made With: Dannon Non Fat Greek Plain Yogurt (CULTURED GRADE A NON FAT MILK.); Cucumbers, pared, seeded, grated, drained (1/2c = 4.8 oz = 1/2c other veg) , Recipe (Cucumber (CUCUMBER)); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSIATE OF SODA AS AN ANTICAKING AGENT.); Mint, spearmint, finely chopped (Fresh Mint (MINT (SPEARMINT))); Garlic Chopped in Water (GARLIC); Dill Weed, fresh, finely chopped (Fresh Dill (DILL WEED)); Cumin Ground (CUMIN); Black Pepper Ground (BLACK PEPPER)

Ultimate Breakfast Round, Cinnamon, BULK

PER SERVING (1 round)			
240 CALORIES	2.0g SAT FAT	200mg SODIUM	42.0g CARBS

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

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.)

Unbreaded Chicken Strips

PER SERVING (3/4 oz.)			
38 CALORIES	0.5g SAT FAT	87mg SODIUM	1.5g CARBS

Allergens:

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

Unseasoned Chicken Strips

PER SERVING (2 1/2 oz.)			
125 CALORIES	1.7g SAT FAT	288mg SODIUM	5.0g CARBS

Allergens:

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

Unseasoned Chicken Strips

PER SERVING (3 oz.)			
150 CALORIES	2.0g SAT FAT	346mg SODIUM	6.0g CARBS

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

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

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

Allergens:

Made With: Variety Bar Ingredient

Vegetable Lo Mein

PER SERVING (2/3 c.)			
143 CALORIES	0.3g SAT FAT	533mg SODIUM	30.2g CARBS

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

Made With: Spaghetti Noodles, pasta, whole wheat, cooked al dente (1/2c = 1 oz eq grain) , Recipe (Municipal Water (WATER); Whole Wheat Spaghetti (WHOLE DURUM WHEAT FLOUR); Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil.); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSIATE OF SODA AS AN ANTICAKING AGENT.)); 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.); Carrot (CARROTS); Low Sodium Soy Sauce (WATER, WHEAT, SOYBEANS, SALT, LACTIC ACID, SODIUM BENZOATE: LESS THAN 1/10 OF 1% AS A PRESERVATIVE.); Onion, green, sliced (1/2c = 2.2 oz = 1/2c other veg) , Recipe (Green Onion (GREEN ONIONS)); Garlic Chopped in Water (GARLIC)

Vegetable Lo Mein

PER SERVING (2/3 c.)			
178 CALORIES	0.2g SAT FAT	508mg SODIUM	36.2g CARBS

Allergens: Contains Gluten, Soy, Wheat.

Made With: Spaghetti Noodles, pasta, regular, cooked al dente (1/2c = 1 oz eq grain) , Recipe (Municipal Water (WATER); Spaghetti (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 PRUSSIATE OF SODA AS AN ANTICAKING AGENT.)); 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.); Carrot (CARROTS); Low Sodium Soy Sauce (WATER, WHEAT, SOYBEANS, SALT, LACTIC ACID, SODIUM BENZOATE: LESS THAN 1/10 OF 1% AS A PRESERVATIVE.); Onion, green, sliced (1/2c = 2.2 oz = 1/2c other veg) , Recipe (Green Onion (GREEN ONIONS)); Garlic Chopped in Water (GARLIC)

Vegetarian Baked Beans

PER SERVING (1/2 c.)			
133 CALORIES	0.0g SAT FAT	561mg SODIUM	29.6g CARBS

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 Chick'n Nugget

PER SERVING (4 nuggets)			
183 CALORIES	1.0g SAT FAT	304mg SODIUM	19.3g CARBS

Allergens: Contains Gluten, Soy, Wheat.

Made With: Vegan Chickn Nugget (Water, wheat flour, soy protein concentrate, vegetable oil (corn, canola and/or sunflower), soy protein isolate., Contains 2% or less of wheat gluten, yellow corn flour, dextrose, methylcellulose, cornstarch, potato starch, yeast extract, maltodextrin, sugar, natural flavors, wheat starch, salt, spices, onion powder, , yeast, potassium salt, paprika color, leavening (sodium acid pyrophosphate, sodium bicarbonate), garlic powder, citric acid, xanthan gum)

Vegetarian Refried Beans

PER SERVING (1 #10 scoop)			
129 CALORIES	0.0g SAT FAT	132mg SODIUM	22.1g CARBS

Allergens:

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

Vegetarian Refried Beans

PER SERVING (1 #16 scoop)			
81 CALORIES	0.0g SAT FAT	82mg SODIUM	13.8g CARBS

Allergens:

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

Very Berry Smoothie Bowl

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

Allergens:

Made With:

Waffles

PER SERVING (1 ea.)			
90 CALORIES	0.8g SAT FAT	180mg SODIUM	13.5g CARBS

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

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 (3/4 c.)			
120 CALORIES	1.5g SAT FAT	154mg SODIUM	22.5g CARBS

Allergens: Contains Milk.

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

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

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 (CARAMEL 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 Sub Roll

PER SERVING (1 roll (small submarine, hoagie roll))

163	0.0g	183mg	29.5g
CALORIES	SAT FAT	SODIUM	CARBS

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

Made With: 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.)

Whole Wheat Penne Pasta

PER SERVING (1/2 c.)

101	0.1g	208mg	19.3g
CALORIES	SAT FAT	SODIUM	CARBS

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 PRUSSIATE OF SODA AS AN ANTICAKING AGENT.)

Whole Wheat Spaghetti Noodles

PER SERVING (1/2 c.)			
96 CALORIES	0.2g SAT FAT	211mg SODIUM	19.8g CARBS

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

Made With: Municipal Water (WATER); Whole Wheat Spaghetti (WHOLE DURUM WHEAT FLOUR); Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil.); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSIATE 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

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 PRUSSIATE OF SODA AS AN ANTICAKING AGENT.)
