

# Cinnamon & Sugar

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

Allergens:

Made With: Cinnamon Ground (CINNAMON)

# Hand Tossed Style Pepperoni Pizza

PER SERVING (1 slice)			
378 CALORIES	7.7g SAT FAT	490mg SODIUM	35.5g 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.)

# 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).)

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# 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)

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# 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. )

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# 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)

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# 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))

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# 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)

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# 100% Beef Cheeseburger

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

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

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

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# 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))

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# 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)

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

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# American Sandwich

PER SERVING (1 sandwich)			
336 CALORIES	4.2g SAT FAT	998mg SODIUM	30.5g 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.); 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. ); Roast Turkey Breast (Turkey Breast, White Turkey, Turkey Broth, Contains 2% or Less Modified Food Starch, Potassium Chloride, Sodium Phosphate, Salt, Rosemary Extract); Yellow American Cheese (American Cheese (Milk, Cheese Culture, Salt, Enzymes), Water, Cream, Sodium Citrate, Salt, Sorbic Acid (Preservative), , Color Added, Soy Lecithin For Separation., )

# American Sandwich

PER SERVING (1 sandwich)			
274 CALORIES	3.5g SAT FAT	827mg SODIUM	32.0g CARBS

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

**Made With:** 51%WWW Sandwich Bread (WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), WATER, YEAST, VITAL WHEAT GLUTEN, SUGAR, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SOYBEAN OIL, SALT, XANTHAN GUM, YEAST NUTRIENT (AMMONIUM SULFATE), DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, ASCORBIC ACID), CALCIUM PROPIONATE (MOLD INHIBITOR), ENZYMES.); 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); Deli Smoked Turkey (Turkey, Deli Breast, Smoked, Sliced, USDA #110910); Yellow American Cheese (American Cheese (Milk, Cheese Culture, Salt, Enzymes), Water, Cream, Sodium Citrate, Salt, Sorbic Acid (Preservative), , Color Added, Soy Lecithin For Separation., )

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# Apple Cinnamon Muffin

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

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

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

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# Apple Frudel Stick

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

**Allergens:** Contains Gluten, Milk, Wheat.

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

# 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)

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# Aztec Corn

PER SERVING (1/2 c.)			
93 CALORIES	0.1g SAT FAT	49mg SODIUM	18.1g 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).)); Salsa (See package label for list of ingredients.); Peppers, red, sweet (bell), 1/4-inch diced, ready-to-serve (1/2c=3.2oz=1/2c red veg) , Recipe (Red Bell Peppers (RED SWEET PEPPER)); Onion, yellow, 1/4-inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe (Yellow Onion (YELLOW ONION)); Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil.); Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe (Fresh Cilantro (CILANTRO LEAVES)); Light Chile Powder (INGREDIENTS: CHILI PEPPER, SPICES, SALT, GARLIC, AND SILICON DIOXIDE (TO MAKE FREE FLOWING).); Cumin Ground (CUMIN); Paprika (PAPRIKA); Onion Powder (ONION POWDER)

# Aztec Corn

PER SERVING (3/4 c.)			
139 CALORIES	0.2g SAT FAT	74mg SODIUM	27.2g CARBS

Allergens:

Made With: Corn (SWEET CORN); Beans, black, canned, drained, ready-to-serve (1/2c=3.1oz=1/2c legume or 2oz M/MA) , Recipe (Low Sodium Black Beans (PREPARED BLACK BEANS, WATER, SALT, AND CALCIUM CHLORIDE (FIRMING AGENT).)); Salsa (See package label for list of ingredients.); Peppers, red, sweet (bell), 1/4-inch diced, ready-to-serve (1/2c=3.2oz=1/2c red veg) , Recipe (Red Bell Peppers (RED SWEET PEPPER)); Onion, yellow, 1/4-inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe (Yellow Onion (YELLOW ONION)); Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil.); Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe (Fresh Cilantro (CILANTRO LEAVES)); Light Chile Powder (INGREDIENTS: CHILI PEPPER, SPICES, SALT, GARLIC, AND SILICON DIOXIDE (TO MAKE FREE FLOWING).); Cumin Ground (CUMIN); Paprika (PAPRIKA); Onion Powder (ONION POWDER)

# Baby Carrots

PER SERVING (1/2 c.)			
25 CALORIES	0.0g SAT FAT	57mg SODIUM	6.0g CARBS

Allergens:

Made With: Baby Carrots (CARROTS)

# Baby Carrots

PER SERVING (1/4 c.)			
13 CALORIES	0.0g SAT FAT	28mg SODIUM	3.0g CARBS

Allergens:

Made With: Baby Carrots (CARROTS)

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# Baby Spinach

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

Allergens:

Made With: Fresh Spinach (SPINACH)

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# Bagel & Cream Cheese

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

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

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

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# Bagel & Cream Cheese

PER SERVING (1/2 ea.)			
107 CALORIES	1.1g SAT FAT	195mg SODIUM	18.4g CARBS

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

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

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# Baked Cinnamon Raisin Apples

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

**Allergens:** Contains Milk, Soy.

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

# Baked Penne Pasta

PER SERVING (1 c.)			
392 CALORIES	7.0g SAT FAT	1066mg SODIUM	47.6g CARBS

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

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

# Banana

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

Allergens:

Made With: Banana (BANANA)

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# 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)

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# Banana Muffin Top

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

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

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

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# Banana Muffin Top

PER SERVING (1/2 ea.)			
166 CALORIES	2.1g SAT FAT	248mg SODIUM	29.9g CARBS

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

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

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# Basil Corn Salad

PER SERVING (1/2 c.)			
102 CALORIES	0.3g SAT FAT	296mg 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)); 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.); Basil, finely chopped , Recipe (Fresh Basil (BASIL)); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSIATE OF SODA AS AN ANTICAKING AGENT.); Black Pepper Ground (BLACK PEPPER)

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# BBQ Chicken Sandwich

PER SERVING (1 ea.)			
302 CALORIES	2.8g SAT FAT	764mg SODIUM	37.2g CARBS

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

**Made With:** WWW Hamburger Bun (WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), WATER, YEAST, VITAL WHEAT GLUTEN, SUGAR, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SOYBEAN OIL, SALT, XANTHAN GUM, YEAST NUTRIENT (AMMONIUM SULFATE), DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, ASCORBIC ACID, MONOCALCIUM PHOSPHATE), CALCIUM PROPIONATE (MOLD INHIBITOR), ENZYMES, SESAME FLOUR.); Grilled Chicken Strips (See Label for ingredients and allergens); Smokey BBQ Sauce (TOMATO PUREE (WATER, TOMATO PASTE), DISTILLED VINEGAR, SUGAR, SALT, MUSTARD BRAN, CONTAINS LESS THAN 2% OF CORN STARCH, NATURAL HICKORY SMOKE FLAVOR, SPICES, MOLASSES, GARLIC\*, CELERY SEED, NATURAL FLAVORS, TAMARIND CONCENTRATE. \*DEHYDRATED); Red Onion (RED ONION); Past Skim Mozzarella Cheese (Low Moisture Part Skim Mozzarella, Cheese (Pasteurized Part Skim Milk,, Cheese Cultures, Salt, Enzymes), Powdered Cellulose (to Prevent Caking),, Natamycin (a Natural Mold Inhibitor), ); Municipal Water (WATER)

# BBQ Pork Riblet Sandwich

PER SERVING (1 ea.)			
315 CALORIES	3.5g SAT FAT	827mg SODIUM	38.5g 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 and Cheese Nachos

PER SERVING (1 nacho)			
396 CALORIES	6.5g SAT FAT	679mg SODIUM	44.3g CARBS

**Allergens:** Contains Milk.

**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.)); 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., ); Tostitos Rnd Wg (Whole Corn, Corn, Vegetable Oil (Corn, Canola and/or Sunflower Oil),, and Salt.)

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# Biscuit with Grape Jelly

PER SERVING (1/2 ea.)			
118 CALORIES	2.5g SAT FAT	205mg SODIUM	18.5g 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)

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# Biscuit with Grape Jelly

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

**Allergens:** Contains Gluten, Milk, Wheat.

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

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# Blueberry Bagel w/ Cream Cheese Burry

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

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

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

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

# Blueberry Fruit & Yogurt Parfait

PER SERVING (1 parfait)			
411 CALORIES	1.4g SAT FAT	237mg SODIUM	74.5g 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.)

# 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 CALORIES	4.5g SAT FAT	530mg SODIUM	62.9g 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))

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# Blueberry Muffin Square

PER SERVING (1 ea.)			
352 CALORIES	4.5g SAT FAT	531mg SODIUM	63.0g 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)

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# 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.)

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# 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)

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# 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.)

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# 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)

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# Bread Roll

PER SERVING (1 roll.)			
70 CALORIES	0.0g SAT FAT	90mg SODIUM	13.0g 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)

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# Breakfast for Lunch: Pancakes and Sausage

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

Allergens:

Made With:

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## Breakfast on a Stick

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

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# Buffalo Chicken Wrap

PER SERVING (1 wrap)			
313 CALORIES	6.2g SAT FAT	1002mg SODIUM	27.8g CARBS

**Allergens:** Contains Gluten, Milk, Wheat.

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

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# Buffalo Side Vegetables

PER SERVING (1/4 c.)			
7 CALORIES	0.0g SAT FAT	13mg SODIUM	1.7g CARBS

**Allergens:**

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

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# Buttermilk Pancakes

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

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

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

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# Buttermilk Pancakes

PER SERVING (1 pancake )			
80 CALORIES	0.2g SAT FAT	203mg SODIUM	15.3g CARBS

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

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

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# Buttery Whole Grain Toast

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

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

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

# Canned Corn

PER SERVING (1/2 c.)			
476 CALORIES	0.0g SAT FAT	89mg SODIUM	101.2g CARBS

**Allergens:**

**Made With:** Corn (See package label for ingredients and allergens)

# Canned Corn

PER SERVING (1/4 c.)			
238 CALORIES	0.0g SAT FAT	45mg SODIUM	50.6g CARBS

Allergens:

Made With: Corn (See package label for ingredients and allergens)

# Celery Sticks

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



Allergens:

Made With: Celery (CELERY)

# Cheddar Cheese Omelet, Papetti's, 2 oz.

PER SERVING (1 patty)			
130 CALORIES	3.5g SAT FAT	290mg SODIUM	1.0g CARBS

Allergens: Contains Egg, Milk.

Made With: Cheddar Cheese Omelet (Omelet: Whole Eggs, Water, Soybean Oil, Modified Food Starch, Salt, Whey Solids, Nonfat Dried Milk and Citric Acid. Filling: Pasteurized Process Cheddar Cheese (Cheddar Cheese [Milk, Cheese Culture, Salt, Enzymes]), Water, Sodium Phosphate, Milkfay, Salt, Sodium Hexametaphosphate, Apocarotenal (Color). )



# 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 Lasagna Rollup

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

Allergens: Contains Gluten, Milk, Wheat.

Made With: Whole Grain Cheese Lasagna Roll up (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, TOMATO PASTE), ONIONS, SUGAR, SALT, NATURAL FLAVOR, SPICES, EXTRA VIRGIN OLIVE OIL, CITRIC ACID, , GARLIC..); Spaghetti Sauce (TOMATO PUREE (WATER, TOMATO PASTE), ONIONS, SUGAR, SALT, NATURAL FLAVOR, SPICES, EXTRA VIRGIN OLIVE OIL, CITRIC ACID, , GARLIC..)

# Cheese Pizza

PER SERVING (1 slice)			
252 CALORIES	5.0g SAT FAT	512mg SODIUM	24.4g CARBS

- Allergens:** Contains Gluten, Milk, Wheat. Processed in a facility that also processes Soy.
- Made With:** Pizza Crust Whole Grain Parbaked (WATER, 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), SOYBEAN OIL, YEAST, SUGAR, SALT); 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)

# Cheese Ravioli With Tomato Sauce

PER SERVING (4 3/8 oz.)			
164 CALORIES	1.3g SAT FAT	268mg SODIUM	24.2g CARBS

- Allergens:** Contains Gluten, Milk, Wheat.
- Made With:** Whole Grain Cheese Ravioli (Ultragrain Durum Semolina Blend (Whole Wheat Flour,, Semolina [Wheat], Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin,, Folic Acid), Water, Low Fat Ricotta Cheese (Pasteurized Whey, Pasteurized Milk,, Pasteurized Cream, Vinegar, Carrageenan, Xanthan Gum), Low-Moisture Part, Skim Mozzarella Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes,, Cellulose Powder To Prevent Caking, Natamycin To Inhibit Mold), Whey Protein, Isolate, Sodium Caseinate, Romano Cheese (Pasteurized Cow's Milk, Cheese, Cultures, Salt, Enzymes), Modified Food Starch, Sugar, Salt, Garlic Powder.); Spaghetti Sauce (TOMATO PUREE (WATER, TOMATC PASTE), ONIONS, SUGAR, SALT, NATURAL FLAVOR, SPICES, EXTRA VIRGIN OLIVE OIL, CITRIC ACID, , GARLIC.); Shredded Lite Mozzarella Cheese (See Label for ingredients and allergens); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.)

# Chef Salad

PER SERVING (1 salad)			
131 CALORIES	3.6g SAT FAT	435mg SODIUM	5.3g CARBS

**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)

# Cherry Frudel Stick

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

**Allergens:** Contains Gluten, Milk, Wheat.

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

# Chicken & Waffles

PER SERVING (1 serving)			
330 CALORIES	3.3g SAT FAT	620mg SODIUM	29.5g CARBS

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

**Made With:** Chicken Nuggets (Chicken, water, whole wheat flour, textured soy flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), isolated soy, protein with less than 2% lecithin, contains 2% or less of the following: chicken type flavor [brown sugar, yeast extract, onion powder, maltodextrin, canola oil, carrot, powder, garlic powder, silicon dioxide (anti-caking agent), citric acid, spice, salt, vegetable stock (carrot, onion, celery), natural flavor], dextrose, dried garlic, dried, onion, dried yeast, paprika extract (color), salt, spice, sugar, textured soy protein concentrate, torula yeast, turmeric extract (color), wheat gluten. Breeding set in, vegetable oil.); Golden Waffle (Enriched flour (wheat flour, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid), water, vegetable oil (soybean, palm and/or canola), eggs, leavening (baking soda, sodium aluminum, phosphate, monocalcium phosphate), contains 2% or less of sugar, salt, whey, soy lecithin, beta-carotene for color. Vitamins and Minerals: Calcium carbonate, reduced iron, vitamin A palmitate, vitamin B6 (pyridoxine hydrochloride), vitamin B12)

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

PER SERVING (1 portion)			
358 CALORIES	4.3g SAT FAT	945mg SODIUM	45.1g CARBS

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

**Made With:** Penne Pasta, whole wheat, cooked al dente (1/2c = 2.7oz = 1 oz eq grain) , Recipe (Municipal Water (WATER); Whole Wheat Penne (WHOLE DURUM WHEAT FLOUR); Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil.); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSATE OF SODA AS AN ANTICAKING AGENT.)); Alfredo Sauce Rf (WATER, PASTEURIZED PROCESS CHEESE (cheddar cheese, [pasteurized milk, cheese culture, salt, enzymes], water, cream,, sodium phosphates and potassium phosphates, seasoning [potassium, chloride, flavor (contains maltodextrin)], salt), NONFAT DRY MILK,, CHEESE FLAVOR (whey, cheddar cheese [milk, cheese cultures, salt,, enzymes], buttermilk solids, butter), CONTAINS LESS THAN 2% OF, ROMANO CHEESE (sheep's milk, cheese culture, salt, enzymes,, calcium propionate), BUTTER FLAVORING (whey solids, enzymemodified butter [butter, buttermilk powder, enzymes], maltodextrin,, salt, dehydrated butter [butter, buttermilk powder], guar gum, annatto, and turmeric [for color]), MODIFIED FOOD STARCH, SODIUM, PHOSPHATES AND POTASSIUM PHOSPHATES, DEHYDRATED, GARLIC, SPICES, CITRIC ACID.); Grilled Chicken Strips (See Label for ingredients and allergens)

# Chicken Burger

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

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

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

# 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 (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.)

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# 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)

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# 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)

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# Cinnamon Breadstick

PER SERVING (1 roll.)			
93 CALORIES	0.3g SAT FAT	102mg SODIUM	15.9g CARBS

- Allergens:** Contains Gluten, Milk, Soy, Wheat. May contain Egg.
- Made With:** Whole Grain Breadstick (WATER, WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), YEAST, SUGAR, WHEAT GLUTEN, CONTAINS LESS THAN 2% OF THE FOLLOWING: FRUCTOSE, SOYBEAN OIL, OAT FIBER, SEA SALT, HONEY, SOY LECITHIN, NATURAL FLAVOR, ENZYMES (CONTAINS WHEAT), ASCORBIC ACID, SALT.); Light Brown Sugar (BROWN SUGAR); Margarine (VEGETABLE OIL BLEND (PALM OIL AND SOYBEAN OIL) WATER, SALT, CONTAINS LESS THAN 2% OF NONFAT DRY MILK, SOY LECITHIN, VEGETABLE MONO & DIGLYCERIDES, POTASSIUM SORBATE (A PRESERVATIVE), CITRIC ACID, NATURAL & ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED. ); Cinnamon Ground (CINNAMON); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.)

# 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 (THIAMINE 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).)

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# 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.)

# 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.)

# Corn Dog

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

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

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

# Country Breakfast Sausage Patty

PER SERVING (1 patty)			
60 CALORIES	1.5g SAT FAT	80mg SODIUM	0.0g CARBS

**Allergens:**

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



# Country Breakfast Sausage Patty

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



Allergens:

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

# Country Style Potato Wedges

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



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 ea.)			
386 CALORIES	4.6g SAT FAT	532mg SODIUM	71.3g 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. ); Peaches, Canned, Diced, packed in extra light syrup, USDA (Diced Peaches (See label for ingredients and allergens.)); Dried Sweetened Cranberries (CRANBERRIES, SUGAR, CITRIC ACID, ELDERBERRY JUICE CONCENTRATE, SUNFLOWER OIL.); Nutmeg Ground (NUTMEG)

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# Cranberry Peach Muffin Square

PER SERVING (1/2 ea.)			
193 CALORIES	2.3g SAT FAT	266mg SODIUM	35.6g 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. ); Peaches, Canned, Diced, packed in extra light syrup, USDA (Diced Peaches (See label for ingredients and allergens.)); Dried Sweetened Cranberries (CRANBERRIES, SUGAR, CITRIC ACID, ELDERBERRY JUICE CONCENTRATE, SUNFLOWER OIL.); Nutmeg Ground (NUTMEG)

# Crinkle Cut French Fries

PER SERVING (1/2 c.)			
101 CALORIES	0.6g SAT FAT	28mg SODIUM	14.6g CARBS

Allergens:

Made With: French fries, potato, crinkle-cut, 3/8-inch, McCain (POTATOES, VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING OILS: CANOLA, SOYBEAN, COTTONSEED, SUNFLOWER, CORN), POTATO STARCH - MODIFIED. CONTAINS 2% OR LESS OF DEXTRIN, DEXTROSE, EXTRACTIVE OF PAPRIKA (COLOR), GUM ARABIC, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), MALTODEXTRIN, NATURAL FLAVOR, POTASSIUM CHLORIDE, RICE FLOUR, SALT, SODIUM ACID PYROPHOSPHATE ADDED TO PRESERVE NATURAL COLOR, SUCCINIC ACID, XANTHAN GUM. )

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# Crispy Apple Slices, 163 ct

PER SERVING (4 slices)			
48 CALORIES	0.0g SAT FAT	1mg SODIUM	12.7g CARBS

Allergens:

Made With: Apple (APPLE)

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

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# Crispy Chicken Wrap

PER SERVING (1 wrap)			
379 CALORIES	6.3g SAT FAT	651mg SODIUM	35.2g CARBS

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

**Made With:** Iceberg Lettuce (ICEBERG LETTUCE); Chicken Nuggets (Chicken, water, whole wheat flour, textured soy flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), isolated soy, protein with less than 2% lecithin, contains 2% or less of the following: chicken type flavor [brown sugar, yeast extract, onion powder, maltodextrin, canola oil, carrot, powder, garlic powder, silicon dioxide (anti-caking agent), citric acid, spice, salt, vegetable stock (carrot, onion, celery), natural flavor], dextrose, dried garlic, dried, onion, dried yeast, paprika extract (color), salt, spice, sugar, textured soy protein concentrate, torula yeast, turmeric extract (color), wheat gluten. Breading set in, vegetable oil.); 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).); Ranch Dressing (Water, Soybean Oil, Buttermilk\*, Distilled Vinegar, Maltodextrin, Egg Yolk, Contains less than 2% of Salt, Sugar, Lactic and Phosphoric Acids, Natural Flavor, Modified Food Starch, Garlic\*, Spice, Xanthan Gum, Onion\*, Potassium Sorbate (preservative), Autolyzed Yeast Extract, Disodium Inosinate, Disodium Guanylate. \*Dried Allergens: Egg & Milk.); Shredded Cheddar Cheese Reduced Fat (See Label for ingredients and allergens)



# Crispy Orange Chicken over Brown Rice

PER SERVING (1 serving)			
411 CALORIES	2.5g SAT FAT	545mg SODIUM	54.6g CARBS

**Allergens:** Contains Gluten, Soy, Wheat.

**Made With:** Rice, brown, oven, steamed (1/2c = 1 oz eq grain) , Recipe (Municipal Water (WATER); Brown Rice (LONG GRAIN PARBOILED BROWN RICE)); Chicken Nuggets, Tyson (5 nuggets = 2.99 oz = 2 oz M/MA + 1 oz eq grain) , Recipe (Chicken Nuggets (Chicken, water, whole wheat flour, textured soy flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), isolated soy, protein with less than 2% lecithin, contains 2% or less of the following: chicken type flavor [brown sugar, yeast extract, onion powder, maltodextrin, canola oil, carrot, powder, garlic powder, silicon dioxide (anti-caking agent), citric acid, spice, salt, vegetable stock (carrot, onion, celery), natural flavor], dextrose, dried garlic, dried, onion, dried yeast, paprika extract (color), salt, spice, sugar, textured soy protein concentrate, torula yeast, turmeric extract (color), wheat gluten. Breeding set in, vegetable oil.)); Orange Sauce (SUGAR, WATER, VINEGAR, NATURALLY BREWED SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT), MODIFIED CORN STARCH, ORANGE JUICE CONCENTRATE, DEHYDRATED ONION, NATURAL FLAVOR, CITRIC ACID, XANTHAN GUM, SPICES, GARLIC POWDER.)

# 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)

# Cucumber Coins

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



Allergens:

Made With: Cucumber (CUCUMBER)

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# Deli Stackables Box

PER SERVING (1 Box)			
381 CALORIES	4.5g SAT FAT	975mg SODIUM	43.1g CARBS

**Allergens:** Contains Gluten, Milk, 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.); Oranges, fresh, slices, unpeeled (Fresh Orange (ORANGES)); Carrots, baby-cut, ready-to-serve (Baby Carrots (CARROTS)); 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 (APPLE); Deli Turkey (INGREDIENTS: TURKEY BREAST, TURKEY BROTH: CONTAINS 2% OR LESS SEA SALT, MODIFIED FOOD STARCH, SUGAR, SODIUM PHOSPHATE. , This item is fully cooked deli-style turkey produced from formed turkey breast meat. This product contains thinly sliced deli meat in a shingle layered package. This item is shipped frozen in cases containing eight 5-pound packages., CREDITING/YIELD One case of turkey deli breast provides approximately 448 1.43-ounce portions., CN Crediting: Approximately 1.43 ounces of turkey deli breast credit as 1 ounce equivalent meat/meat alternate. Confirm individual item crediting by using the CN Label or the product formulation statement., , , ); Broccoli Florets (BROCCOLI); American Cheese (Cultured Milk and Skim Milk, Cream, Sodium Citrate, Salt, Artificial Color (if colored), Sodium Phosphate, Sorbic Acid (preservative), Enzymes, Soy Lecithin (non-sticking agent)); 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.)

# 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.)

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# 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.)

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# Dinner Roll

PER SERVING (1 roll.)			
70 CALORIES	0.0g SAT FAT	90mg SODIUM	13.0g 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)

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# Double Berry Parfait

PER SERVING (1 parfait)			
452 CALORIES	1.4g SAT FAT	239mg SODIUM	86.6g 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.); Strawberries (STRAWBERRIES, SUGAR); Oats & Honey Crunch Granola (Whole Grain Oats, Sugar, Canola and/or Sunflower Oil, Rice Flour, Honey, Brown Sugar Syrup, Salt, Baking Soda, , Soy Lecithin, Natural Flavor.); Wild Blueberries (BLUEBERRIES)

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# EZ Pizza Box

PER SERVING (1 Box)			
420 CALORIES	8.3g SAT FAT	1042mg SODIUM	41.9g 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), ); Oranges, fresh, slices, unpeeled (Fresh Orange (ORANGES)); Broccoli Florets (BROCCOLI); 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.)

# Fiesta Taco Salad

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

**Allergens:** Contains Milk, Soy.

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

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# Forward Sauce

PER SERVING (2/3 c.)			
205 CALORIES	0.1g SAT FAT	514mg SODIUM	30.6g CARBS

**Allergens:**

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

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# 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.)

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# French Toast Sticks

PER SERVING (2 stick.)			
129 CALORIES	0.7g SAT FAT	148mg SODIUM	18.8g CARBS

**Allergens:** Contains Gluten, Soy, Wheat.

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

# French Toast Sticks

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

**Allergens:** Contains Gluten, Soy, Wheat.

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

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# French Toast Sticks

PER SERVING (3 stick.)			
193 CALORIES	1.1g SAT FAT	223mg SODIUM	28.2g CARBS

**Allergens:** Contains Gluten, Soy, Wheat.

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

# Fresh Broccoli Florets

PER SERVING (1/4 c.)			
5 CALORIES	0.0g SAT FAT	5mg SODIUM	1.1g CARBS



**Allergens:**

**Made With:** Broccoli Florets (BROCCOLI)

# 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)

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# Fresh Cauliflower

PER SERVING (1/2 c.)			
13 CALORIES	0.1g SAT FAT	15mg SODIUM	2.5g CARBS

Allergens:

Made With: Cauliflower Floret (CAULIFLOWER)

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# 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)

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# Fresh Sliced Apples

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

Allergens:

Made With: Apple (APPLE); Pineapple Juice (Pineapple Juice, Ascorbic Acid (Vitamin C), Vitamin E, and Vitamin A.)

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# From the Garden

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

Allergens:

Made With:

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# Fruit & Yo To Go Box

PER SERVING (1 Box)			
461 CALORIES	6.8g SAT FAT	487mg SODIUM	68.3g CARBS

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

**Made With:** Banana (BANANA); 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.); 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.); Carrots, baby-cut, ready-to-serve (Baby Carrots (CARROTS)); String Cheese (See package for ingredients and allergens); Goldfish Graham Crackers (WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN AND PALM OILS, FRUCTOSE, CONTAINS 2% OR LESS OF: CINNAMON, SALT,, CALCIUM CARBONATE, BAKING SODA, CORNSTARCH, FERRIC ORTHOPHOSPHATE, VITAMIN A PALMITATE.); 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.)

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# Garden Salad

PER SERVING (1 salad)			
206 CALORIES	5.8g SAT FAT	342mg SODIUM	11.9g CARBS

- Allergens:** Contains Egg, Gluten, Milk, Wheat. Processed in a facility that also processes Tree nuts.
- Made With:** Salad Mix with color (Iceburg Lettuce, Shredded Red Cabbage, Shredded Carrots ); Yellow Cheddar Cheese (Cheddar Cheese (Cultured Pasteurized , Milk, Salt, Enzymes, Color Added [If , Colored], Anticake (Potato Starch, , Powdered Cellulose)); Tomatoes, fresh, 1/4-inch diced, ready-to-serve (1/2c = 4.2 oz = 1/2c red/orange veg) , Recipe (Tomato (TOMATO)); Egg, Large Hardboiled, Peeled CONV (Hard Boiled Egg (HARD COOKED EGGS)); Cucumber (CUCUMBER); 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.)

# Garlic Knot Breadstick

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

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



# 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., )

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# Golden Hash Brown Rounds

PER SERVING (2 piece)			
90 CALORIES	0.0g SAT FAT	190mg SODIUM	15.0g CARBS

Allergens:

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

# Greek Salad

PER SERVING (1 salad)			
184 CALORIES	2.0g SAT FAT	613mg SODIUM	9.4g CARBS

**Allergens:** Contains Milk.

**Made With:** Beans, garbanzo, USDA, canned, drained, ready-to-serve (1/2c=3.1oz=1/2c legume or 2oz M/MA), Recipe (Low Sodium Garbanzo Beans (See label for ingredients and allergens.)); Tomatoes, fresh, 8 cut wedge, ready-to-serve (1/2c = 4 wedges = 1/2c red/orange veg) , Recipe (Tomato (TOMATO)); Salad Mix with color (Iceburg Lettuce, Shredded Red Cabbage, Shredded Carrots ); Roast Turkey Breast (Turkey Breast, White Turkey, Turkey Broth, Contains 2% or Less Modified Food Starch, Potassium Chloride, Sodium Phosphate, Salt, Rosemary Extract); Cucumber (CUCUMBER); 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))); Grated Parmesan Cheese (GRATED PARMESAN CHEESE (MADE FROM COW'S MILK, CHEESE CULTURE, SALT, ENZYMES), POWDERED CELLULOSE (ADDED TO PREVENT CAKING))

# 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)			
342 CALORIES	10.1g SAT FAT	1152mg SODIUM	32.0g CARBS

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

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

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# Ham & Cheese English Muffin

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

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

**Made With:** English Muffin WWW (WATER, WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), YEAST, VITAL WHEAT GLUTEN, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: CORNMEAL, SALT, DISTILLED VINEGAR, SOYBEAN OIL, SUGAR, YEAST NUTRIENTS (AMMONIUM SULFATE), ASCORBIC ACID, CALCIUM SULFATE, ENZYMES, POTASSIUM SORBATE (MOLD INHIBITOR), CALCIUM PROPIONATE (MOLD INHIBITOR)., CONTAINS:); 97% Fat Free Deli Ham; Yellow American Cheese (American Cheese (Milk, Cheese Culture, Salt, Enzymes), Water, Cream, Sodium Citrate, Salt, Sorbic Acid (Preservative), , Color Added, Soy Lecithin For Separation., )



# Ham & Cheese Muffin

PER SERVING (1 sandwich)			
206 CALORIES	3.3g SAT FAT	653mg SODIUM	21.5g CARBS

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

**Made With:** English Muffin WWW (WATER, WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), YEAST, VITAL WHEAT GLUTEN, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: CORNMEAL, SALT, DISTILLED VINEGAR, SOYBEAN OIL, SUGAR, YEAST NUTRIENTS (AMMONIUM SULFATE), ASCORBIC ACID, CALCIUM SULFATE, ENZYMES, POTASSIUM SORBATE (MOLD INHIBITOR), CALCIUM PROPIONATE (MOLD INHIBITOR)., CONTAINS:); Deli Turkey Ham (Turkey Thigh Meat, Water, Contains 2% Or Less Lite Salt (Potassium Chloride, Sodium Chloride), Sugar, Sodium Phosphate, Salt, Carrageenan, Sodium Erythorbate, Natural Smoke Flavoring, Sodium Nitrite. ); Yellow American Cheese (American Cheese (Milk, Cheese Culture, Salt, Enzymes), Water, Cream, Sodium Citrate, Salt, Sorbic Acid (Preservative), , Color Added, Soy Lecithin For Separation., )

# Ham and Cheese Sandwich

PER SERVING (1 ea.)			
326 CALORIES	6.2g SAT FAT	1046mg SODIUM	31.0g CARBS

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

**Made With:** 51%WWW Sandwich Bread (WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), WATER, YEAST, VITAL WHEAT GLUTEN, SUGAR, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SOYBEAN OIL, SALT, XANTHAN GUM, YEAST NUTRIENT (AMMONIUM SULFATE), DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, ASCORBIC ACID), CALCIUM PROPIONATE (MOLD INHIBITOR), ENZYMES.); 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 CALORIES	7.1g SAT FAT	433mg SODIUM	35.4g 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, ENZYMES). SAUCE: TOMATOES (WATER, TOMATO PASTE [NOT LESS THAN 28% SOLUBLE SOLIDS]), CONTAINS 2% OR LESS OF: MODIFIED FOOD STARCH, PARMESAN CHEESE , (CULTURED PASTEURIZED PART SKIM MILK, SALT, ENZYMES), SUGAR, DEXTROSE, SALT, DRIED GARLIC, SPICE, DRIED ONION, DEHYDRATED ROMANO CHEESE (CUL TU RED PASTEURIZED SHEEP'S AND COW'S MILK, SALT, ENZYMES), PAPRIKA, CITRIC ACID. ); Past Skim Mozzarella Cheese (Low Moisture Part Skim Mozzarella, Cheese (Pasteurized Part Skim Milk,, Cheese Cultures, Salt, Enzymes), Powdered Cellulose (to Prevent Caking),, Natamycin (a Natural Mold Inhibitor), )

# Honey Graham Crackers

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

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

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

# Honey Nut Cheerios Cereal

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

**Allergens:** Contains Tree nuts.

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

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# Hot Dog

PER SERVING (1 serving)			
271 CALORIES	2.5g SAT FAT	473mg SODIUM	29.0g CARBS

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

**Made With:** Frankfurter, turkey (hot dog) , (1 frank = 2 oz M/MA) , Recipe (Uncured Turkey Hot Dog (MECHANICALLY SEPARATED TURKEY, WATER, CONTAINS 2% OR LESS: SEASONING (CORN SYRUP SOLIDS, DEXTROSE, SUGAR, PAPRIKA, NATURAL FLAVORING), SALT, POTASSIUM CHLORIDE, NATURAL FLAVOR (CELERY JUICE POWDER), NATURAL FLAVORING, NATURAL SMOKED FLAVORING.)); WWW Hot Dog Bun (WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), WATER, SUGAR, VITAL WHEAT GLUTEN, YEAST, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SOYBEAN OIL, SALT, XANTHAN GUM, YEAST NUTRIENT (AMMONIUM SULFATE), DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, ASCORBIC ACID, MONOCALCIUM PHOSPHATE), CALCIUM PROPIONATE (MOLD INHIBITOR), ENZYMES, SESAME FLOUR.)

# Hummus Snack Plate

PER SERVING (1 ea.)			
381 CALORIES	6.5g SAT FAT	1026mg SODIUM	39.9g CARBS

**Allergens:** Contains Gluten, Milk, 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.); Hummus, Original, scratch, USDA Garbanzo (Beans, garbanzo, USDA, canned, drained, ready-to-serve (1/2c=3.1oz=1/2c legume or 2oz M/MA), Recipe (Low Sodium Garbanzo Beans (See label for ingredients and allergens.)); 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)); Baby Carrots (CARROTS); Celery (CELERY); Yellow American Cheese (American Cheese (Milk, Cheese Culture, Salt, Enzymes), Water, Cream, Sodium Citrate, Salt, Sorbic Acid (Preservative), , Color Added, Soy Lecithin For Separation., )

# Italian Stacker Box

PER SERVING (1 Box)			
402 CALORIES	4.2g SAT FAT	1083mg SODIUM	41.0g CARBS

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

**Made With:** Oranges, fresh, slices, unpeeled (Fresh Orange (ORANGES)); Italian-style Meat Combo, USDA turkey, turkey ham, pepperoni, sliced (Deli Turkey (INGREDIENTS: TURKEY BREAST, TURKEY BROTH: CONTAINS 2% OR LESS SEA SALT, MODIFIED FOOD STARCH, SUGAR, SODIUM PHOSPHATE. , This item is fully cooked deli-style turkey produced from formed turkey breast meat. This product contains thinly sliced deli meat in a shingle layered package. This item is shipped frozen in cases containing eight 5-pound packages., CREDITING/YIELD One case of turkey deli breast provides approximately 448 1.43-ounce portions., CN Crediting: Approximately 1.43 ounces of turkey deli breast credit as 1 ounce equivalent meat/meat alternate. Confirm individual item crediting by using the CN Label or the product formulation statement., , , ); Deli Turkey Ham (Turkey Thigh Meat, Water, Contains 2% Or Less Lite Salt (Potassium Chloride, Sodium Chloride), Sugar, Sodium Phosphate, Salt, Carrageenan, Sodium Erythorbate, Natural Smoke Flavoring, Sodium Nitrite. ); Pepperoni (Pork, Beef, Salt, Contains , 2% or Less of Spices, Dextrose, , Oleoresin Of Paprika, Lactic Acid Starter , Culture, Garlic Powder, Sodium Nitrite, , BHA, BHT, Citric Acid.)); 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 Lite Mozzarella Cheese (See Label for ingredients and allergens)

# Italian Sub Sandwich

PER SERVING (1 sandwich)			
342 CALORIES	4.3g SAT FAT	977mg SODIUM	29.2g CARBS

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

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

# Just Peachy Parfait

PER SERVING (1 parfait)			
430 CALORIES	1.4g SAT FAT	242mg SODIUM	79.4g 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.); Peaches, Canned, Diced, packed in extra light syrup, USDA (Diced Peaches (See label for ingredients and allergens.)); 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.)

# 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.)



# 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., )



# Macaroni & Cheese

PER SERVING (1 c.)			
497 CALORIES	10.5g SAT FAT	1199mg SODIUM	54.9g 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 PRUSSIAE OF SODA AS AN ANTICAKING AGENT.)); Cheddar Cheese Sauce (CHEDDAR CHEESE (pasteurized milk, cheese culture, salt, enzymes), WATER, NONFAT DRY MILK, , SODIUM PHOSPHATES AND POTASSIUM PHOSPHATES, CONTAINS LESS THAN 2% OF MODIFIED , FOOD STARCH, SEASONING (potassium chloride, flavor [contains maltodextrin]), SALT, PAPRIKA , EXTRACT, ANNATTO EXTRACT., ); Regional Milk, White, Lowfat 1% (Lowfat White Milk (LOWFAT MILK, VITAMIN A PALMITATE, VITAMIN D3)); Shredded Cheddar Cheese Reduced Fat (See Label for ingredients and allergens)

# 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.)

# Marinara Meatball Sub

PER SERVING (1 sandwich)			
378 CALORIES	4.3g SAT FAT	639mg SODIUM	43.3g CARBS

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

**Made With:** Spaghetti Sauce (TOMATO PUREE (WATER, TOMATC PASTE), ONIONS, SUGAR, SALT, NATURAL FLAVOR, SPICES, EXTRA VIRGIN OLIVE OIL, CITRIC ACID, , GARLIC..); 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. ); WWW Hot Dog Bun (WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), WATER, SUGAR, VITAL WHEAT GLUTEN, YEAST, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SOYBEAN OIL, SALT, XANTHAN GUM, YEAST NUTRIENT (AMMONIUM SULFATE), DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, ASCORBIC ACID, MONOCALCIUM PHOSPHATE), CALCIUM PROPIONATE (MOLD INHIBITOR), ENZYMES, SESAME FLOUR.); 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), )

# Mashed Potatoes

PER SERVING (1/4 c.)			
41 CALORIES	0.5g SAT FAT	52mg SODIUM	7.7g 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.)

# Mashed Potatoes

PER SERVING (1/2 c.)			
82 CALORIES	1.0g SAT FAT	105mg SODIUM	15.3g 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.)

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# 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.)

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# Mexican Black Beans

PER SERVING (1/2 c.)			
71 CALORIES	0.0g SAT FAT	85mg SODIUM	13.7g 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 (1/4 c.)			
35 CALORIES	0.0g SAT FAT	42mg SODIUM	6.9g 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 Slaw

PER SERVING (1/2 c.)			
49 CALORIES	0.0g SAT FAT	17mg SODIUM	11.9g CARBS

Allergens:

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

# Mexican Slaw

PER SERVING (1/4 c.)			
24 CALORIES	0.0g SAT FAT	8mg SODIUM	6.0g CARBS

Allergens:

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

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# 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.)

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# 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).)

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# 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 Garden Vegetables

PER SERVING (1/2 c.)			
54 CALORIES	0.1g SAT FAT	91mg SODIUM	11.4g CARBS

Allergens:

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

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# Mozzarella String Cheese

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

Allergens: Contains Milk.

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

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# 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, EN2YMES], 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, EN2YMES], 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.)

# 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)

# Pancake & Waffle Syrup

PER SERVING (2 tbsp.)			
105 CALORIES	0.0g SAT FAT	48mg SODIUM	26.0g CARBS

**Allergens:**

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

# Pasta with Forward Sauce

PER SERVING (1 serving)			
CALORIES	<sup>g</sup> SAT FAT	<sup>mg</sup> SODIUM	<sup>g</sup> CARBS

Allergens:

Made With:

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# Peach Cup,

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

Allergens:

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

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# Peachy Parfait

PER SERVING (1 parfait)			
209 CALORIES	0.5 <sup>g</sup> SAT FAT	126 <sup>mg</sup> SODIUM	44.2 <sup>g</sup> 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.)

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# Pepperoni Pizza

PER SERVING (1 slice)			
269 CALORIES	5.6g SAT FAT	569mg SODIUM	24.4g CARBS

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

**Made With:** Pizza Crust Whole Grain Parbaked (WATER, 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), SOYBEAN OIL, YEAST, SUGAR, SALT); 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); 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.)

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# Pinwheel Party Box

PER SERVING (1 Box)			
469 CALORIES	7.6g SAT FAT	1053mg SODIUM	69.0g CARBS

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

**Made With:** Banana (BANANA); Baby Carrots (CARROTS); 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).); Deli Smoked Turkey (Turkey, Del 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); Yellow American Cheese (American Cheese (Milk, Cheese Culture, Salt, Enzymes), Water, Cream, Sodium Citrate, Salt, Sorbic Acid (Preservative), , Color Added, Soy Lecithin For Separation., )

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# Po Boy Fish Sub

PER SERVING (1 sandwich)			
362 CALORIES	2.4g SAT FAT	582mg SODIUM	51.5g CARBS

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

**Made With:** Whole Grain 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); WWW Hot Dog Bun (WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), WATER, SUGAR, VITAL WHEAT GLUTEN, YEAST, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SOYBEAN OIL, SALT, XANTHAN GUM, YEAST NUTRIENT (AMMONIUM SULFATE), DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, ASCORBIC ACID, MONOCALCIUM PHOSPHATE), CALCIUM PROPIONATE (MOLD INHIBITOR), ENZYMES, SESAME FLOUR.); Mexican Slaw, cabbage, cilantro, lime juice, sugar (1/2c = 2.6 oz = 5/8c other veg) , Recipe (Green Cabbage (GREEN CABBAGE); Real Lime Juice (WATER, LIME JUICE CONCENTRATE AND LESS THAN 2% OF: LIME OIL, , SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES).); Granulated Sugar (SUGAR); Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe (Fresh Cilantro (CILANTRO LEAVES))); Yellow American Cheese (American Cheese (Milk, Cheese Culture, Salt, Enzymes), Water, Cream, Sodium Citrate, Salt, Sorbic Acid (Preservative), , Color Added, Soy Lecithin For Separation., )

# Popcorn Chicken Bowl

PER SERVING (1 portion)			
633 CALORIES	4.2g SAT FAT	743mg SODIUM	90.6g CARBS

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

**Made With:** Corn (See package label for ingredients and allergens); Municipal Water (WATER); Chick Popcorn (Chicken, water, textured soy protein concentrate, isolated soy protein with less than 2% lecithin, chicken type flavor [brown sugar, yeast extract, onion powder,, maltodextrin, canola oil, carrot powder, garlic powder, silicon dioxide (anti-caking agent), citric acid, spice, salt, vegetable stock (carrot, onion, celery), natural flavor],, sodium phosphates.BREADED WITH: Whole wheat flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water,, salt, wheat gluten, sugar, dried onion, dried garlic, torula yeast, dextrose, spice, dried yeast, paprika extract (color) turmeric extract (color). Breadding set in vegetable, oil.); 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.); 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. )

# Poppin Chicken Salad

PER SERVING (1 salad)			
260 CALORIES	6.4g SAT FAT	401mg SODIUM	13.7g CARBS

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

**Made With:** Salad Mix with color (Iceburg Lettuce, Shredded Red Cabbage, Shredded Carrots ); Chick Popcorn (Chicken, water, textured soy protein concentrate, isolated soy protein with less than 2% lecithin, chicken type flavor [brown sugar, yeast extract, onion powder,, maltodextrin, canola oil, carrot powder, garlic powder, silicon dioxide (anti-caking agent), citric acid, spice, salt, vegetable stock (carrot, onion, celery), natural flavor],, sodium phosphates.BREADED WITH: Whole wheat flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water,, salt, wheat gluten, sugar, dried onion, dried garlic, torula yeast, dextrose, spice, dried yeast, paprika extract (color) turmeric extract (color). Breeding set in vegetable, oil.); Yellow Cheddar Cheese (Cheddar Cheese (Cultured Pasteurized , Milk, Salt, Enzymes, Color Added [If , Colored], Anticake (Potato Starch, , Powdered Cellulose)); Tomatoes, fresh, 1/4-inch diced, ready-to-serve (1/2c = 4.2 oz = 1/2c red/orange veg) , Recipe (Tomato (TOMATO)); Cucumber (CUCUMBER); Carrot (CARROTS)

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# Pork Posole

PER SERVING (1 portion)			
422 CALORIES	5.2g SAT FAT	957mg SODIUM	39.4g CARBS

**Allergens:** Contains Soy.

**Made With:** USDA Pulled Pork (This item is a fully cooked, minimally seasoned pulled pork. This product is delivered frozen in cases containing eight 5-pound or four 10-pound packages., ); Hominy (White Corn, Water, Salt, Sodium Bisulfite Added to Promote Color.); Chicken Soup Broth, LS, from base (Municipal Water (WATER); Chicken Soup Base (ROASTED AND COOKED CHICKEN, CHICKEN FAT, WATER, MALTODEXTRIN, SUGAR, , SALT, AUTOLYZED YEAST EXTRACT, PALM OIL, MODIFIED TAPIOCA STARCH, POTASSIUM CHLORIDE, , NATURAL FLAVORS, CHICKEN FLAVOR, GUM ARABIC, TURMERIC, DISODIUM INOSINATE, DISODIUM , GUANYLATE, LACTIC ACID, CITRIC ACID, SOYBEAN LECITHIN. )); Tostitos Rnd Wg (Whole Corn, Corn, Vegetable Oil (Corn, Canola and/or Sunflower Oil),, and Salt.); Red Radishes (RADISHES); Green Cabbage (GREEN CABBAGE); Light Chile Powder (INGREDIENTS: CHILI PEPPER, SPICES, SALT, GARLIC, AND SILICON DIOXIDE (TO MAKE FREE FLOWING).); Garlic Chopped in Water (GARLIC); Cumin Ground (CUMIN); Ground Oregano (DRIED OREGANO)

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# Pretzel and Cheese Sauce

PER SERVING (1 portion)			
396 CALORIES	10.8g SAT FAT	1050mg SODIUM	34.4g 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., ); Whole Grain Pretzels (WHOLE WHEAT FLOUR, ENRICHED , WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY , FLOUR, NIACIN, REDUCED IRON, THIAMINE , MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, , YEAST, CONTAINS 2% OR LESS OF THE FOLLOWING: , CORN SYRUP, WHEAT GLUTEN, MALTED BARLEY , POWDER (BARLEY MALT FLOUR, DEXTROSE, WHEAT , FLOUR), DOUGH CONDITIONER (WHEAT FLOUR, SALT, , SOYBEAN OIL, I-CYSTEINE, ASCORBIC ACID, ENZYMES), , ASCORBIC ACID, BICARBONATES AND CARBONATES , OF SODA.)

# 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.)

# Roasted Broccoli and Carrots

PER SERVING (1/2 c.)			
85 CALORIES	0.5g SAT FAT	15mg SODIUM	5.0g CARBS

**Allergens:**

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

# Roasted Green Beans

PER SERVING (1/2 c.)			
22 CALORIES	0.0g SAT FAT	43mg SODIUM	5.1g CARBS

**Allergens:**

**Made With:** Cut Green Beans (GREEN BEANS); Municipal Water (WATER); Garlic Granulated (GRANULATED GARLIC); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSATE OF SODA AS AN ANTICAKING AGENT.); Black Pepper Ground (BLACK PEPPER)



# Roasted Red Potatoes

PER SERVING (1/2 c.)			
111 CALORIES	0.3g SAT FAT	21mg SODIUM	18.4g CARBS

Allergens:

Made With: POTATOES,RED,FLESH & SKN,RAW (Red Potatoes); Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil.); Garlic Powder (GARLIC POWDER); Italian Seasoning (MARJORAM, THYME, ROSEMARY, SAVORY, SAGE, OREGANO, AND BASIL.)

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# Salsa

PER SERVING (2 tbsp.)			
7 CALORIES	0.0g SAT FAT	57mg SODIUM	1.6g CARBS

Allergens:

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

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# Sausage Breakfast Pizza

PER SERVING (1 slice)			
210 CALORIES	2.0g SAT FAT	350mg SODIUM	27.0g CARBS

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

**Made With:** Turkey Sausage Breakfast Pizza (CRUST: WHITE WHOLE 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.)



# 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. )

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# 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)

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# 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)

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# Southwest Chicken Wrap

PER SERVING (1 wrap)			
364 CALORIES	5.4g SAT FAT	893mg SODIUM	38.9g CARBS

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

**Made With:** Filling, SW Chicken USDA Strip (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.)); 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).); Salad Mix (ROMAINE LETTUCE, ICEBERG LETTUCE); Low Sodium Black Beans (PREPARED BLACK BEANS, WATER, SALT, AND CALCIUM CHLORIDE (FIRMING AGENT).); Sliced Black Olives (RIPE OLIVES, WATER, SEA SALT, FERROUS GLUCONATE (AN IRON DERIVATIVE)); Tomatoes, fresh, 1/8-inch sliced, ready-to-serve (2.5 slices = 1/8 cup red veg) , Recipe (Tomato (TOMATO)); Chipotle Lime Mayonnaise, Greek yogurt, mayonnaise, cilantro, mustard, honey (Reduced Calorie Mayonnaise (WATER, SOYBEAN OIL, CORN SYRUP, FOOD STARCH-MODIFIED\*, EGG YOLKS, CONTAINS LESS THAN 2% OF DISTILLED VINEGAR, SALT, SODIUM BENZOATE AND POTASSIUM SORBATE (AS PRESERVATIVES)\*, SPICE, CITRIC ACID, XANTHAN GUM\*, NATURAL FLAVORS, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR, YELLOW 5\*. \*INGREDIENTS NOT NORMALLY FOUND IN MAYONNAISE.); Dannon Non Fat Greek Plain Yogurt (CULTURED GRADE A NON FAT MILK.); Peppers, chipotle in adobo, diced, ready-to-serve (1/2c = 4 oz = 1/2c other veg) , Recipe (Chipotle Peppers In Adobo Sauce (CHIPOTLE PEPPERS, WATER, VINEGAR, SUGAR, SALT, TOMATO PASTE, SMOKE ESSENCE, ONION, GARLIC)); Clover Honey (HONEY); Real Lime Juice (WATER, LIME JUICE CONCENTRATE AND LESS THAN 2% OF: LIME OIL, , SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES).); Yellow Mustard (DISTILLED VINEGAR, WATER, NO. 1 GRADE MUSTARD SEED, SALT, TUMERIC, PAPRIKA, SPICE, NATURAL FLAVORS AND GARLIC POWDER.); Garlic Powder (GARLIC POWDER); Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe (Fresh Cilantro (CILANTRO LEAVES))); Shredded Cheddar Cheese Reduced Fat (See Label for ingredients and allergens)

# Southwest Soft Taco

PER SERVING (1 taco)			
299 CALORIES	5.5g SAT FAT	505mg SODIUM	27.0g CARBS

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

**Made With:** Turkey Taco Filling (Turkey Taco Filling, Cooked, Frozen, USDA, #100119); 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).); Shredded Cheddar Cheese Reduced Fat (See Label for ingredients and allergens)

# Southwest Taco Nachos

PER SERVING (1 portion)			
443 CALORIES	8.7g SAT FAT	842mg SODIUM	34.7g CARBS

**Allergens:** Contains Milk, Soy.

**Made With:** Turkey Taco Filling (Turkey Taco Filling, Cooked, Frozen, USDA, #100119); 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., ); Tostitos Rnd Wg (Whole Corn, Corn, Vegetable Oil (Corn, Canola and/or Sunflower Oil),, and Salt.)



# 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..)

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# 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..)

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# Steamed Rice

PER SERVING (1/2 c.)			
138 CALORIES	0.0g SAT FAT	2mg SODIUM	30.0g CARBS

Allergens:

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

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# Steamed Rice

PER SERVING (3/4 c.)			
207 CALORIES	0.0g SAT FAT	4mg SODIUM	45.0g CARBS

Allergens:

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

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# Strawberry Banana Parfait

PER SERVING (1 parfait)			
466 CALORIES	1.4g SAT FAT	240mg SODIUM	90.8g CARBS

Allergens: Contains Milk, Soy. May contain Gluten.

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.); Strawberries (STRAWBERRIES, SUGAR); Banana (BANANA); 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.)

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# Strawberry Fields Yogurt Parfait

PER SERVING (1 parfait)			
494 CALORIES	1.4g SAT FAT	241mg SODIUM	98.7g 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.); Strawberries (STRAWBERRIES, SUGAR); Oats & Honey Crunch Granola (Whole Grain Oats, Sugar, Canola and/or Sunflower Oil, Rice Flour, Honey, Brown Sugar Syrup, Salt, Baking Soda, , Soy Lecithin, Natural Flavor.)

# Strawberry Yogurt

PER SERVING (1 ea.)			
60 CALORIES	0.0g SAT FAT	70mg SODIUM	12.0g CARBS

**Allergens:** Contains Milk.

**Made With:** Strawberry Yogurt (CULTURED GRADE A NON FAT MILK, CANE SUGAR, WATER, MODIFIED CORN STARCH, STRAWBERRIES, CONTAINS LESS THAN 1% OF NATURAL FLAVORS, FRUIT AND VEGETABLE JUICE (FOR COLOR), AGAR AGAR, VITAMIN D3, LEMON JUICE CONCENTRATE, )

# 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)

# Sunbutter & jelly Sandwich

PER SERVING (1 sandwich)			
662 CALORIES	4.0g SAT FAT	473mg SODIUM	71.3g CARBS

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

**Made With:** 51%WWW Sandwich Bread (WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), WATER, YEAST, VITAL WHEAT GLUTEN, SUGAR, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SOYBEAN OIL, SALT, XANTHAN GUM, YEAST NUTRIENT (AMMONIUM SULFATE), DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, ASCORBIC ACID), CALCIUM PROPIONATE (MOLD INHIBITOR), ENZYMES.); Sunflower Seed Butter (ROASTED SUNFLOWER SEEDS, SUGAR, MONO-DIGLYCERIDES, SALT); Grape Jelly (Concord Grape Juice, High Fructose Corn Syrup, Corn Syrup, Citric Acid, Fruit Pectin, Sodium Citrate.)

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# Sweet & Sour Chicken

PER SERVING (5 nugget)			
310 CALORIES	2.5g SAT FAT	515mg SODIUM	34.0g 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 (Chicken, water, whole wheat flour, textured soy flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), isolated soy, protein with less than 2% lecithin, contains 2% or less of the following: chicken type flavor [brown sugar, yeast extract, onion powder, maltodextrin, canola oil, carrot, powder, garlic powder, silicon dioxide (anti-caking agent), citric acid, spice, salt, vegetable stock (carrot, onion, celery), natural flavor], dextrose, dried garlic, dried, onion, dried yeast, paprika extract (color), salt, spice, sugar, textured soy protein concentrate, torula yeast, turmeric extract (color), wheat gluten. Breeding set in, vegetable oil.)); Sweet and Sour Sauce (Sweet and Sour Sauce (SUGAR, WATER, VINEGAR, MODIFIED CORN STARCH, PINEAPPLE FLAKES (PINEAPPLE, BROWN SUGAR SYRUP, TAPIOCA FLOUR, NATURAL FLAVOR, ASCORBIC ACID, SALT), DEHYDRATED RED BELL PEPPER, SALT, EXTRACTIVES OF PAPRIKA.))

# Sweet Potato Fries

PER SERVING (1/2 c.)			
162 CALORIES	1.0g SAT FAT	193mg SODIUM	25.4g CARBS

Allergens:

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

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# Tater Tot Hash

PER SERVING (1/2 c.)			
126 CALORIES	1.1g SAT FAT	347mg SODIUM	15.0g CARBS

Allergens:

Made With: Tater Tots (Potatoes, Vegetable Oil (Contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn). Contains 2% or less of Dextrose, Natural Flavor, Salt, Sodium Acid Pyrophosphate Added To Maintain Color.); Peppers, green, sweet (bell), 1/4-inch diced, ready-to-serve (1/2c=3.2 oz=1/2c other veg) , Recipe (Green Bell Pepper (GREEN SWEET PEPPER)); Onion, yellow, 1/4-inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe (Yellow Onion (YELLOW ONION)); Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil.); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSATE OF SODA AS AN ANTICAKING AGENT.); Black Pepper Ground (BLACK PEPPER)

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# Teriyaki Chicken Rice Bowl

PER SERVING (1 portion)			
509 CALORIES	2.8g SAT FAT	720mg SODIUM	75.0g CARBS

**Allergens:** Contains Gluten, Soy, Wheat.

**Made With:** Rice, brown, oven, steamed (1/2c = 1 oz eq grain) , Recipe (Municipal Water (WATER); Brown Rice (LONG GRAIN PARBOILED BROWN RICE)); Chicken Nuggets (Chicken, water, whole wheat flour, textured soy flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), isolated soy, protein with less than 2% lecithin, contains 2% or less of the following: chicken type flavor [brown sugar, yeast extract, onion powder, maltodextrin, canola oil, carrot, powder, garlic powder, silicon dioxide (anti-caking agent), citric acid, spice, salt, vegetable stock (carrot, onion, celery), natural flavor], dextrose, dried garlic, dried, onion, dried yeast, paprika extract (color), salt, spice, sugar, textured soy protein concentrate, torula yeast, turmeric extract (color), wheat gluten. Breading set in, vegetable oil.); 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.); Garlic Chopped in Water (GARLIC)

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## Thick & Chunky Salsa

PER SERVING (2 tbsp.)			
5 CALORIES	0.0g SAT FAT	115mg SODIUM	1.5g CARBS

**Allergens:**

**Made With:** Mild Thick & Chunky Salsa (CRUSHED TOMATOES (WATER, CRUSHED TOMATO CONCENTRATE), JALAPENO PEPPERS, DICED TOMATOES IN TOMATO JUICE, FRESH ONIONS, DISTILLED VINEGAR, DEHYDRATED ONIONS, SALT, GARLIC, NATURAL FLAVORING.)

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# 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)

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# Tot'chos

PER SERVING (1 portion)			
330 CALORIES	7.6g SAT FAT	920mg SODIUM	19.7g CARBS

Allergens: Contains Milk, Soy.

Made With: Tater Tots (Potatoes, Vegetable Oil (Contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn). Contains 2% or less of Dextrose, Natural Flavor, Salt, Sodium Acid Pyrophosphate Added To Maintain Color.); Cheddar Cheese Sauce (CHEDDAR CHEESE (pasteurized milk, cheese culture, salt, enzymes), WATER, NONFAT DRY MILK, , SODIUM PHOSPHATES AND POTASSIUM PHOSPHATES, CONTAINS LESS THAN 2% OF MODIFIED , FOOD STARCH, SEASONING (potassium chloride, flavor [contains maltodextrin]), SALT, PAPRIKA , EXTRACT, ANNATTO EXTRACT., ); Turkey Taco Filling (Turkey Taco Filling, Cooked, Frozen, USDA, #100119)

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# 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 (VEGETABLE JUICE, FRUIT JUICE, TURMERIC EXTRACT, ANNATTO EXTRACT), NATURAL FLAVOR, CALCIUM PHOSPHATE, BAKING SODA, TRISODIUM PHOSPHATE, ZINC AND IRON (MINERAL NUTRIENTS), CITRIC ACID, MALIC ACID, VITAMIN C (SODIUM ASCORBATE), A B VITAMIN (NIACINAMIDE), SOY LECITHIN, VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), VITAMIN B1 (THIAMIN MONONITRATE), VITAMIN A (PALMITATE), A B VITAMIN (FOLIC ACID), VITAMIN B12, VITAMIN D3.)

# Trix Cereal reduced sugar

PER SERVING (1 bowl)			
109 CALORIES	0.3g SAT FAT	162mg SODIUM	23.2g CARBS

**Allergens:**

**Made With:** Trix Cereal (Whole Grain Corn, Rice Flour, Sugar, Corn Syrup, Canola and/or Sunflower Oil, Color (vegetable and fruit juice,, annatto extract, turmeric extract), Salt, Trisodium Phosphate, Natural Flavor, Citric Acid, Malic Acid. Vitamins and Minerals: Calcium Carbonate,, Tricalcium Phosphate, Vitamin C (sodium ascorbate), Iron and Zinc (mineral nutrients), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride),, Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), Vitamin B2 (riboflavin), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.)





# Turkey & Cheese Sandwich

PER SERVING (1 ea.)			
282 CALORIES	3.0g SAT FAT	730mg SODIUM	33.0g CARBS

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

**Made With:** 51%WWW Sandwich Bread (WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), WATER, YEAST, VITAL WHEAT GLUTEN, SUGAR, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SOYBEAN OIL, SALT, XANTHAN GUM, YEAST NUTRIENT (AMMONIUM SULFATE), DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, ASCORBIC ACID), CALCIUM PROPIONATE (MOLD INHIBITOR), ENZYMES.); Deli Turkey (INGREDIENTS: TURKEY BREAST, TURKEY BROTH: CONTAINS 2% OR LESS SEA SALT, MODIFIED FOOD STARCH, SUGAR, SODIUM PHOSPHATE. , This item is fully cooked deli-style turkey produced from formed turkey breast meat. This product contains thinly sliced deli meat in a shingle layered package. This item is shipped frozen in cases containing eight 5-pound packages., CREDITING/YIELD One case of turkey deli breast provides approximately 448 1.43 -ounce portions., CN Crediting: Approximately 1.43 ounces of turkey deli breast credit as 1 ounce equivalent meat/meat alternate. Confirm individual item crediting by using the CN Label or the product formulation statement., , , , ); American Cheese (Cultured Milk and Skim Milk, Cream, Sodium Citrate, Salt, Artificial Color (if colored), Sodium Phosphate, Sorbic Acid (preservative), Enzymes, Soy Lecithin (non-sticking agent))

# Turkey & Cheese Sandwich

PER SERVING (1 sandwich)			
297 CALORIES	5.1g SAT FAT	929mg SODIUM	32.0g CARBS

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

**Made With:** 51%WWW Sandwich Bread (WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), WATER, YEAST, VITAL WHEAT GLUTEN, SUGAR, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SOYBEAN OIL, SALT, XANTHAN GUM, YEAST NUTRIENT (AMMONIUM SULFATE), DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, ASCORBIC ACID), CALCIUM PROPIONATE (MOLD INHIBITOR), ENZYMES.); Deli Smoked Turkey (Turkey, Deli Breast, Smoked, Sliced, USDA #110910); Yellow American Cheese (American Cheese (Milk, Cheese Culture, Salt, Enzymes), Water, Cream, Sodium Citrate, Salt, Sorbic Acid (Preservative), , Color Added, Soy Lecithin For Separation., )

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# Turkey and Cheese Sandwich

PER SERVING (1 sandwich)			
334 CALORIES	5.8g SAT FAT	963mg SODIUM	31.0g CARBS

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

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

# Turkey Gravy

PER SERVING (3/8 c.)			
130 CALORIES	1.0g SAT FAT	953mg SODIUM	5.5g CARBS

**Allergens:** Contains Milk.

**Made With:** Turkey Pot Roast (TURKEY THIGH MEAT, WATER, CONTAINS 2% OR LESS OF: MODIFIED FOOD STARCH, SALT, SUGAR, NATURAL FLAVOR (POTATO MALTODEXTRIN, GUM ARABIC, NATURAL FLAVOR), SEASONING (NATURAL FLAVORING, SALT, POTATO MALTODEXTRIN), SODIUM PHOSPHATE, SEASONING (YEAST EXTRACT, NATURAL FLAVORS, SALT), FLAVORING.); No MSG Turkey Gravy Mix ( MODIFIED CORN STARCH, WHEY, SALT, DEXTROSE, POWDERED COOKED TURKEY, , CHICKEN FAT, YEAST EXTRACT, ONION POWDER, CARAMEL COLOR, NATURAL FLAVORS, SPICES, , DISODIUM INOSINATE, DISODIUM GUANYLATE, TURMERIC (COLOR). ); Municipal Wat

# Twisted Breadstick

PER SERVING (1 breadstick)			
173 CALORIES	0.1g SAT FAT	190mg SODIUM	28.4g CARBS

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

**Made With:** Whole Grain Breadstick (WATER, WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), YEAST, SUGAR, WHEAT GLUTEN, CONTAINS LESS THAN 2% OF THE FOLLOWING: FRUCTOSE, SOYBEAN OIL, OAT FIBER, SEA SALT, HONEY, SOY LECITHIN, NATURAL FLAVOR, ENZYMES (CONTAINS WHEAT), ASCORBIC ACID, SALT.); Garlic Seasoned Oil, Italian seasoning (Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil.); Garlic Powder (GARLIC POWDER); Italian Seasoning (MARJORAM, THYME, ROSEMARY, SAVORY, SAGE, OREGANO, AND BASIL.)); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.)

# Ultimate Breakfast Round, Cinnamon, BULK

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

**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)

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# 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.)

# 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.)

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# Unsweetened Applesauce

PER SERVING (1/2 c.)			
52 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. )

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# Variety of Entrees

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

Allergens:

Made With: Variety Bar Ingredient

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# Vegetarian Baked Beans

PER SERVING (1/2 c.)			
150 CALORIES	0.0g SAT FAT	550mg SODIUM	30.0g CARBS

Allergens:

Made With: Vegetarian Baked Beans (Prepared Navy Beans, Water, Brown Sugar, Salt, Mustard (Water, Vinegar, Mustard Seed, Salt,, Paprika, Turmeric), Modified Corn Starch, Onion Powder, Caramel Color, Spice, Garlic Powder,, Natural Flavor.)

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# Veggie Burger

PER SERVING (1 burger)			
292 CALORIES	0.5g SAT FAT	677mg SODIUM	39.2g CARBS

Allergens: Contains Gluten, Sesame, Soy, Wheat.

Made With: Teriyaki Patty, Vegetarian (Water, Textured Vegetable Protein (Soy Protein Concentrate, Caramel Color), Sunflower Oil, Seasoning [Salt,Tomato Powder, Garlic Powder, Dehydrated Parsley, Hydrolyzed Corn Soy Wheat Protein, Celery Powder, Spices, Carrot Powder, Onion Powder, Yeas Extract, Dextrose], Methylcellulose, Morton Lite Salt (Salt, Potassium Chloride Magnesium Carbonate), Sugar, Caramel Color, Flavor, Natural Flavor, Natural Flavor. Teriyaki Sauce: Soy Sauce (Water, Soybeans, Wheat, Salt And Less Than 0.1% Sodium Benzoate As A Preservative), Sugar, Water, Distilled Vinegar, Modified Food Starch, Pineapple Juice Concentrate, Soybean Oil, Caramel Color, Xanthan Gum, Garlic Powder, Sodium Benzoate (A Preservative), Spice, and Natural Flavor). CONTAINS: SOY, WHEAT); WWW Hamburger Bun (WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), WATER, YEAST, VITAL WHEAT GLUTEN, SUGAR, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SOYBEAN OIL, SALT, XANTHAN GUM, YEAST NUTRIENT (AMMONIUM SULFATE), DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, ASCORBIC ACID, MONOCALCIUM PHOSPHATE), CALCIUM PROPIONATE (MOLD INHIBITOR), ENZYMES, SESAME FLOUR.)

# Waffles

PER SERVING (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)

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# 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)

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# 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)

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# 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.)

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# Whole Grain Pancake Bites with Cinnamon & Sugar

PER SERVING (6 ea.)			
380 CALORIES	11.0g SAT FAT	520mg SODIUM	38.0g CARBS

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

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

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# 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.)