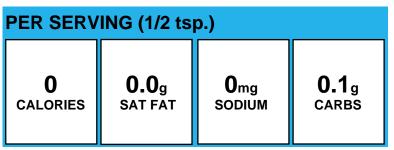
### **Cinnamon & Sugar**



Allergens:

Made With: Cinnamon Ground (CINNAMON)

### Hand Tossed Style Pepperoni Pizza

PER SERVING (1 slice)			
378	<b>7.7</b> g	490 <sub>mg</sub>	<b>35.5</b> g
calories	SAT FAT	sodium	carbs

Allergens: Contains Gluten, Milk, Soy, Wheat.

Cheese Pizza Wg 16" (CRUST: FLOUR BLEND Made With: (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**



Allergens:

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

### 1 % Milk

PER SERVING (8 fl. oz.)			
100 CALORIES1.5g SAT FAT110mg SODIUM11.0g CARBS			

Allergens: Contains Milk.

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

### 1% Milk

PER SERVING (1 Carton)				
100 calories	<b>1.5</b> g SAT FAT	105 <sub>mg</sub> sodium	<b>12.0</b> g carbs	
Allergens:	Contains Milk.			

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

### 1% Milk

PER SERVING (1/2 pt.)			
110	<b>1.5</b> g	130 <sub>mg</sub>	<b>13.0</b> g
calories	SAT FAT	sodium	carbs

Allergens: Contains Milk.

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

### 100% Apple Juice



#### Allergens:

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

# 100% Apple Juice



Allergens:

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

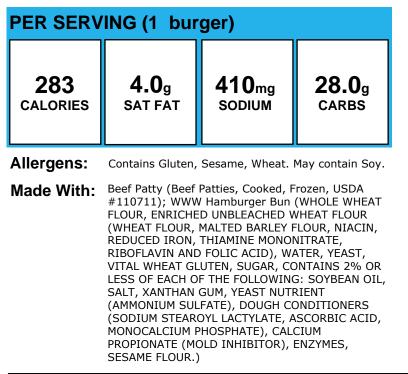
### **100% Beef Cheeseburger**

PER SERVING (1 burger)			
329	<b>6.5</b> g	643 <sub>mg</sub>	<b>28.5</b> g
CALORIES	SAT FAT	sodium	carbs

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

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

### 100% Beef Hamburger



# 100% Grape Juice

PER SERVING (4 fl oz cup)			
80	<b>0.0</b> g	10 <sub>mg</sub>	<b>19.0</b> g
CALORIES	SAT FAT	sodium	carbs

Allergens:

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

# 100% Orange Juice

60 CALORIES0.0g SAT FAT0mg SODIUM14.0g CARBS	PER SERVING (4 fl oz cup)				

#### Allergens:

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

### Alaskan Pollock

PER SERVING (4 Ounce serving)			
212	<b>1.0</b> g	313 <sub>mg</sub>	<b>19.2</b> g
CALORIES	SAT FAT	sodium	carbs

Allergens: Contains Fish, Gluten, Wheat.

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

### American Sandwich

PER SERVING (1 sandwich)			
336	<b>4.2</b> g	998 <sub>mg</sub>	<b>30.5</b> g
CALORIES	SAT FAT	SODIUM	carbs

Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: 51%WWW Sandwich Bread (WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), WATER, YEAST, VITAL WHEAT GLUTEN, SUGAR, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SOYBEAN OIL, SALT, XANTHAN GUM, YEAST NUTRIENT (AMMONIUM SULFATE), DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, ASCORBIC ACID), CALCIUM PROPIONATE (MOLD INHIBITOR), ENZYMES.); 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	<b>3.5</b> g	827 <sub>mg</sub>	<b>32.0</b> g
CALORIES	SAT FAT	SODIUM	carbs

Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: 51%WWW Sandwich Bread (WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), WATER, YEAST, VITAL WHEAT GLUTEN, SUGAR, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SOYBEAN OIL, SALT, XANTHAN GUM, YEAST NUTRIENT (AMMONIUM SULFATE), DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, ASCORBIC ACID), CALCIUM PROPIONATE (MOLD INHIBITOR), ENZYMES.); 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., )

### **Apple Cinnamon Muffin**

PER SERVING (1 muffin)			
180	<b>2.0</b> g	125 <sub>mg</sub>	<b>31.0</b> g
calories	SAT FAT	sodium	carbs

Allergens: Contains Egg, Gluten, Soy, Wheat.

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

# **Apple 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	<b>0.3</b> g	68 <sub>mg</sub>	12.3 <sub>g</sub>
calories	SAT FAT	SODIUM	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 & amp; DIGLYCERIDES, POTASSIUM SORBATE (A PRESERVATIVE), CITRIC ACID, NATURAL & amp; ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED. ); Black Pepper Ground (BLACK PEPPER)

### **Aztec Corn**

PER SERVING (1/2 c.)			
<b>93</b>	<b>0.1</b> g	49 <sub>mg</sub>	<b>18.1</b> g
calories	SAT FAT	sodium	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, readyto-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	<b>0.2</b> g	74 <sub>mg</sub>	<b>27.2</b> g
calories	SAT FAT	sodium	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, readyto-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**



#### Allergens:

Made With: Baby Carrots (CARROTS)

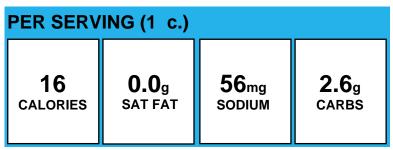
### **Baby Carrots**



Allergens:

Made With: Baby Carrots (CARROTS)

### **Baby Spinach**



Allergens:

Made With: Fresh Spinach (SPINACH)

### **Bagel & Cream Cheese**

PER SERVING (1 ea.)			
215	<b>2.2</b> g	390mg	<b>36.7</b> g
calories	SAT FAT	SODIUM	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

# **Bagel & Cream Cheese**

PER SERVING (1/2 ea.)			
<b>107</b>	<b>1.1</b> g	195 <sub>mg</sub>	<b>18.4</b> g
calories	SAT FAT	sodium	carbs

Allergens: Contains Gluten, Milk, Soy, Wheat.

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

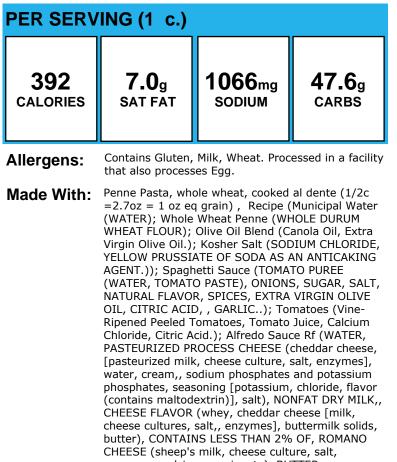
### **Baked Cinnamon Raisin Apples**

PER SERVING (3/8 c.)			
123	<b>0.8</b> g	31 <sub>mg</sub>	27.3g
CALORIES	SAT FAT	sodium	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 & amp; DIGLYCERIDES, POTASSIUM SORBATE (A PRESERVATIVE), CITRIC ACID, NATURAL & amp; ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED. ); Cinnamon Ground (CINNAMON)

### **Baked Penne Pasta**



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					

#### Allergens:

Made With: Banana (BANANA)

### Banana

PER SERVING (1 medium (7" to 7-7/8" long))			
105	<b>0.1</b> g	1 <sub>mg</sub>	<b>27.0</b> g
calories	SAT FAT	sodium	carbs

#### Allergens:

Made With: Banana (BANANA)

### Banana Muffin Top

PER SERVING (1 ea.)					
<b>331</b> calories	<b>4.3</b> g SAT FAT	<b>496</b> mg SODIUM	<b>59.8</b> g carbs		
Allergens:	Contains Egg, Gluten, Milk, Soy, Wheat.				
Made With:	Muffin ( WHOLE WHEAT FLOUR BLEACHED, SUGAR, PALM OIL, MODIFIED CORN STARCH. CONTAINS 2% OR LESS OF: LEAVENING, (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), DEXTROSE, SALT, NONFAT MILK, EGGS WITH SODIUM, SILICOALUMINATE, MONO AND DIGLYCERIDES, XANTHAN GUM, SOY FLOUR. ); Municipal Water (WATER); Banana (BANANA); Cinnamon Ground (CINNAMON)				

### Banana Muffin Top

PER SERVING (1/2 ea.)			
166	<b>2.1</b> g	248 <sub>mg</sub>	<b>29.9</b> g
calories	SAT FAT	SODIUM	carbs

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

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

### **Basil Corn Salad**

PER SERVING (1/2 c.)			
<b>102</b>	<b>0.3</b> g	<b>296</b> mg	<b>16.8</b> g
calories	SAT FAT	SODIUM	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)

# **BBQ Chicken Sandwich**

PER SERV	PER SERVING (1 ea.)				
<b>302</b> CALORIES	<b>2.8</b> g SAT FAT	764 <sub>mg</sub> sodium	<b>37.2</b> g carbs		
Allergens:	Contains Gluten, Soy.	Milk, Sesame, Wh	neat. May contain		
Made With:	ENRICHED UNBL FLOUR, MALTED IRON, THIAMINE FOLIC ACID), WA GLUTEN, SUGAR, OF THE FOLLOWI XANTHAN GUM, Y SULFATE), DOUG STEAROYL LACTY MONOCALCIUM F PROPIONATE (MC SESAME FLOUR.) for ingredients ai (TOMATO PUREE DISTILLED VINEC BRAN, CONTAINS STARCH, NATURA SPICES, MOLASS NATURAL FLAVOI *DEHYDRATED); Skim Mozzarella Mozzarella, Chee Cheese Cultures, Cellulose (to Prev	r Bun (WHOLE WH EACHED WHEAT F BARLEY FLOUR, N MONONITRATE, F ATER, YEAST, VITA , CONTAINS 2% O ING: SOYBEAN OI YEAST NUTRIENT GH CONDITIONERS (LATE, ASCORBIC 2HOSPHATE), CALC DLD INHIBITOR), I ; Grilled Chicken S and allergens); Smo (WATER, TOMATC) GAR, SUGAR, SALT S LESS THAN 2% (A AL HICKORY SMOH ES, GARLIC*, CEL RS, TAMARIND CC Red Onion (RED ( Cheese (Low Mois se (Pasteurized Pa Salt, Enzymes), Pate Vent Caking), Nat	LOUR (WHEAT IACIN, REDUCED RIBOFLAVIN AND AL WHEAT R LESS OF EACH L, SALT, (AMMONIUM 5 (SODIUM ACID, CIUM ENZYMES, Strips (See Label okey BBQ Sauce D PASTE), T, MUSTARD OF CORN (E FLAVOR, LERY SEED, INCENTRATE. DNION); Past ture Part Skim art Skim Milk,, Powdered amycin (a		

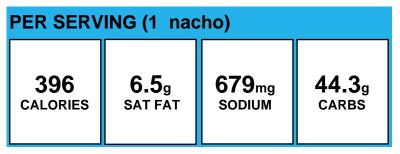
# **BBQ Pork Riblet Sandwich**

PER SERVING (1 ea.)			
315	<b>3.5</b> g	827 <sub>mg</sub>	<b>38.5</b> g
CALORIES	SAT FAT	SODIUM	carbs

Allergens: Contains Gluten, Sesame, Soy, Wheat.

Made With: BBQ Pork Rib Patty (Ground Pork (Not More Than 24% Fat), Barbeque Sauce [Tomato Ketchup (Tomato, Concentrate, Corn Syrup, Distilled Vinegar, Salt, Natural Flavorings, Onion Powder, Spice,, Garlic Powder), Brown Sugar, Sugar, Mustard (Distilled Vinegar, Water, Mustard Seed, Salt,, Turmeric, Paprika, Spice, Garlic Powder), Dextrose, Vinegar, Clove], Water, Vegetable, Protein Product [Soy Protein Concentrate, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper, Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), Cyanocobalamin (B12)], Smoke Flavor, Salt,, Modified Food Starch, Sodium Phosphate.); WWW Hamburger Bun (WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR) MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), WATER, YEAST, VITAL WHEAT GLUTEN, SUGAR, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SOYBEAN OIL, SALT, XANTHAN GUM, YEAST NUTRIENT (AMMONIUM SULFATE), DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, ASCORBIC ACID, MONOCALCIUM PHOSPHATE), CALCIUM PROPIONATE (MOLD INHIBITOR), ENZYMES, SESAME FLOUR.); Smokey BBQ Sauce (TOMATO PUREE (WATER, TOMATO PASTE), DISTILLED VINEGAR, SUGAR, SALT, MUSTARD BRAN, CONTAINS LESS THAN 2% OF CORN STARCH, NATURAL HICKORY SMOKE FLAVOR, SPICES, MOLASSES, GARLIC\*, CELERY SEED, NATURAL FLAVORS, TAMARIND CONCENTRATE. \*DEHYDRATED)

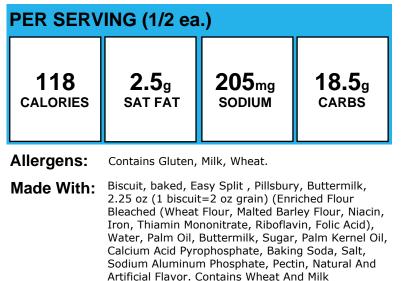
### **Bean and Cheese Nachos**



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.)

# **Biscuit with Grape Jelly**



Ingredients.); Concord Grape Jelly Packet (CONCORD GRAPE JUICE, HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, FRUIT PECTIN, CITRIC ACID,

SODIUM CITRATE)

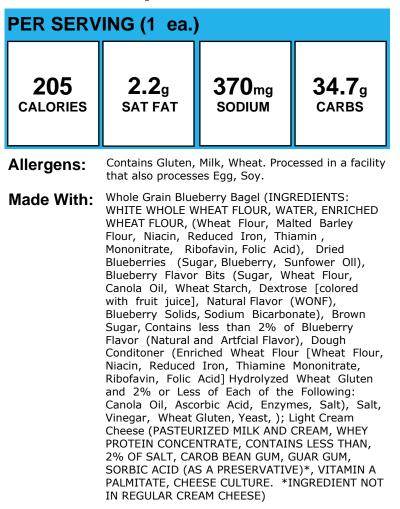
# **Biscuit with Grape Jelly**

PER SERVING (1 ea.)			
235	<b>5.0</b> g	410 <sub>mg</sub>	<b>37.0</b> g
calories	SAT FAT	sodium	carbs

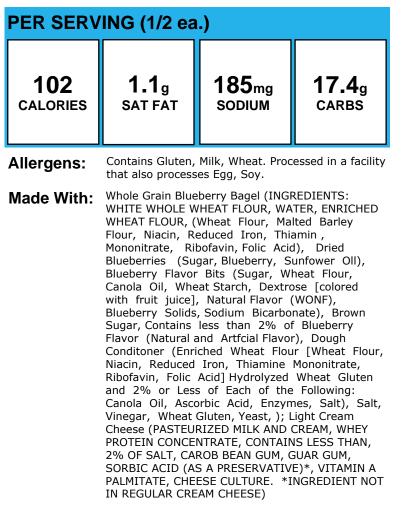
Allergens: Contains Gluten, Milk, Wheat.

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

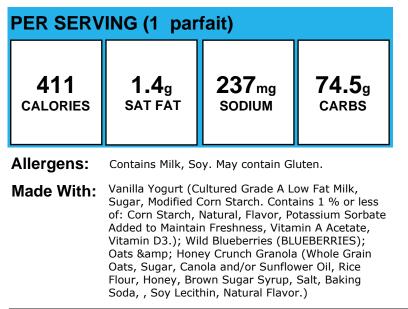
### Blueberry Bagel w/ Cream Cheese Burry



### Blueberry Bagel w/ Cream Cheese Burry



### **Blueberry Fruit & Yogurt Parfait**



### **Blueberry Muffin**

PER SERVING (1 muffin)				
190 calories	190 2.0g 130mg 30.0g			

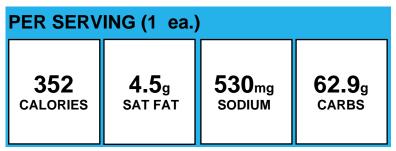
Allergens: Contains Egg, Gluten, Soy, Wheat.

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: Made With:					

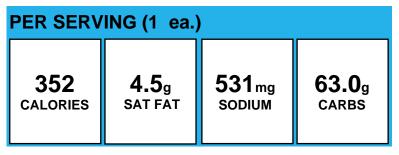
### **Blueberry Muffin Square**



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))

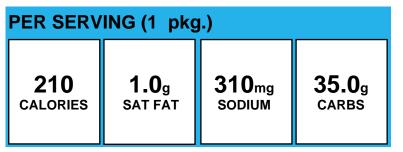
### **Blueberry Muffin Square**



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

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

### **Blueberry Pancake Bites**



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

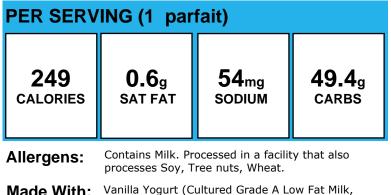
Made With: Pancakes, mini, blueberry, WGR, Eggo Bites (WHOLE WHEAT FLOUR, WATER, SUGAR, VEGETABLE OIL (SOYBEAN, PALM, PALM KERNEL, AND/OR CANOLA OIL), BUTTERMILK, EGGS, CONTAINS 2% OR LESS OF LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), FRUCTOSE, SALT, NATURAL FLAVORS, CORN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



### **Blueberry Parfait**

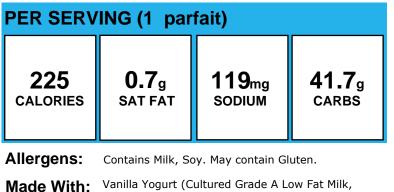


### **Blueberry Patch Parfait**



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

# **Blueberry Patch Parfait**



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 & amp; Honey Crunch Granola (Whole Grain Oats, Sugar, Canola and/or Sunflower Oil, Rice Flour, Honey, Brown Sugar Syrup, Salt, Baking Soda, , Soy Lecithin, Natural Flavor.)

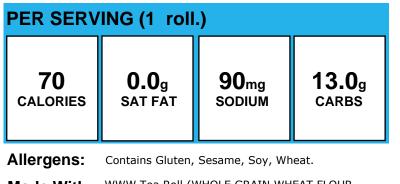
### **Bread Roll**



Allergens: Contains Gluten, Sesame, Soy, Wheat.

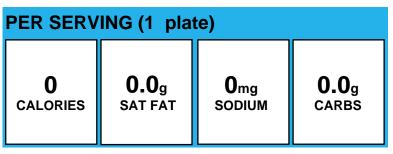
Made With: WWW Tea Roll (WHOLE GRAIN WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin, Mononitrate, Riboflavin and Folic Acid), WATER, YEAST, VITAL WHEAT GLUTEN, SUGAR, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: Vegetable oil (canola and/or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

### **Bread Roll**



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 (Monodiglycerides, Sodium Stearoyl Lactylate, Ascorbic Acid, Monocalcium Phosphate, Calcium Propionate (Mold Inhibitor), Calcium Sulfate, Enzymes)

# Breakfast for Lunch: Pancakes and Sausage



Allergens:

Made With:

# **Breakfast on a Stick**

PER SERVING (1 stick.)				
<b>190</b> calories	<b>2.5</b> g SAT FAT	310 <sub>mg</sub> sodium	<b>17.0</b> g carbs	
Allergens:	Contains Egg, Gl	uten, Soy, Wheat.		
Made With:				

# **Buffalo Chicken Wrap**

PER SERVING (1 wrap)			
313	<b>6.2</b> g	1002 <sub>mg</sub>	<b>27.8</b> g
CALORIES	SAT FAT	SODIUM	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))

### **Buffalo Side Vegetables**

PER SERVING (1/4 c.)			
7	<b>0.0</b> g	13 <sub>mg</sub>	1.7 <sub>g</sub>
CALORIES	SAT FAT	sodium	carbs

Allergens:

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

### **Buttermilk Pancakes**

PER SERVING (2 pancake )					
160 calories					

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.)

### **Buttermilk Pancakes**

PER SERVING (1 pancake )				
<b>80</b> calories	<b>0.2</b> g SAT FAT	203 <sub>mg</sub> 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.)

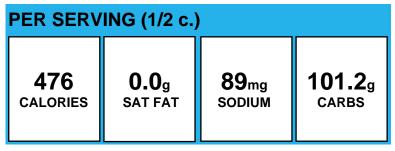
### **Buttery Whole Grain Toast**

PER SERVING (1 slice)			
95	<b>0.8</b> g	125 <sub>mg</sub>	14.3 <sub>g</sub>
calories	SAT FAT	SODIUM	carbs

Allergens: Contains Gluten, Milk, Soy, Wheat.

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

### **Canned Corn**



#### Allergens:

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

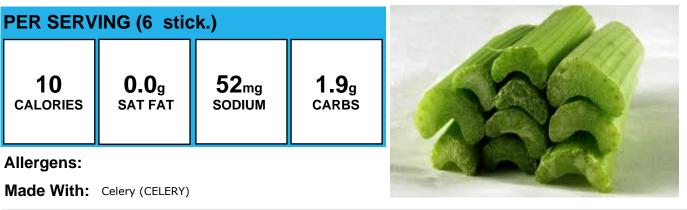
### **Canned Corn**

PER SERVING (1/4 c.)			
238	<b>0.0</b> g	45 <sub>mg</sub>	<b>50.6</b> g
CALORIES	SAT FAT	sodium	carbs

#### Allergens:

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



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

PER SERVING (1 patty)			
130	<b>3.5</b> g	290 <sub>mg</sub>	<b>1.0</b> g
calories	SAT FAT	sodium	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

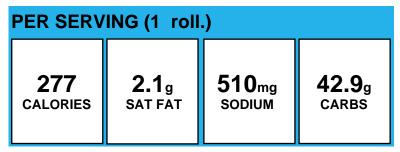
PER SERVING (1 bowl)			
<b>101</b>	<b>0.4</b> g	136 <sub>mg</sub>	<b>20.8</b> g
calories	SAT FAT	sodium	carbs

#### 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



Allergens: Contains Gluten, Milk, Wheat.

Whole Grain Cheese Lasagna Roll up (Low Fat Made With: 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..)

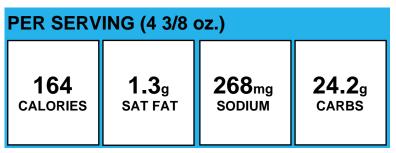
### **Cheese Pizza**

PER SERVING (1 slice)			
252 CALORIES	<b>5.0</b> g SAT FAT	512 <sub>mg</sub> sodium	24.4g carbs
Allergens: Contains Gluten, Milk, Wheat. Processed in a facility			

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)

that also processes Soy.

### Cheese Ravioli With Tomato Sauce



Allergens: Contains Gluten, Milk, Wheat.

Whole Grain Cheese Ravioli (Ultragrain Durum Made With: 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 & amp; Diglycerides, Propellant.)

### Chef Salad

PER SERVING (1 salad)			
131	<b>3.6</b> g	435 <sub>mg</sub>	5.3g
CALORIES	SAT FAT	sodium	carbs

Allergens: Contains Egg, Milk, Soy.

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

# **Cherry Frudel Stick**

PER SERVING (1 pkg.)				
176 calories	<b>0.7</b> g SAT FAT	221 <sub>mg</sub> sodium	<b>30.9</b> g 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.)

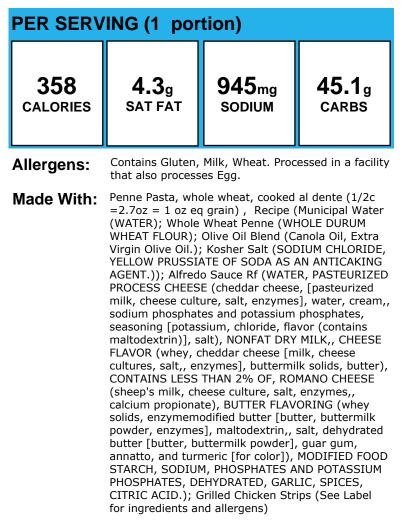
### **Chicken & Waffles**

PER SERVING (1 serving)			
330	<b>3.3</b> g	620 <sub>mg</sub>	<b>29.5</b> g
CALORIES	SAT FAT	SODIUM	carbs

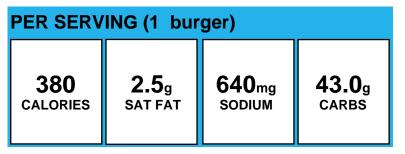
Allergens: Contains Egg, Gluten, Milk, Soy, Wheat.

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

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



# **Chicken Burger**



Allergens: Contains Gluten, Sesame, Soy, Wheat.

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

# **Chilled Corn**

PER SERVING (1/2 c.)					
69 calories	<b>0.1</b> g SAT FAT	1 <sub>mg</sub> sodium	<b>16.4</b> g carbs		
Allergens:					

Made With: Corn (SWEET CORN)



# **Chocolate Milk**

PER SERVING (1/2 pt.)				
<b>120</b> calories	<b>0.0</b> g SAT FAT	180 <sub>mg</sub> sodium	<b>20.0</b> g carbs	
Allergens:	Contains Milk.			

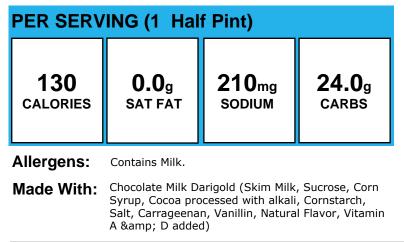
Made With: TruMoo (Nonfat milk, liquid sugar(sugar,water), contains less than 1% of cocoa(processed with alkali), cocoa, cornstarch, salt, carrageenan, natural flavor, vitamin A palmtate, vitamin D3.)

# **Chocolate Milk**

PER SERVING (8 fl. oz.)					
120 calories	<b>0.0</b> g SAT FAT	180 <sub>mg</sub> sodium	<b>21.0</b> g carbs		
Allergens:	Contains Milk.				
Made With:	Chocolate Milk (Skim Milk, Sucrose, Corn Syrup, Cocoa processed with alkali, Cornstarch, Salt,				

Cocoa processed with alkali, Cornstarch, Salt, Carrageenan, Vanillin, Natural Flavor, Vitamin A & D added)

# **Chocolate Skim Milk**



# **Cinnamon Breadstick**

PER SERVING (1 roll.)				
<b>93</b> calories	<b>0.3</b> g SAT FAT	102 <sub>mg</sub> SODIUM	15.9 <sub>g</sub> carbs	
Allergens:	Contains Gluten, Milk, Soy, Wheat. May contain Egg.			
Made With:	FLOUR, ENRICHE (WHEAT FLOUR, SULFATE, THIAM RIBOFLAVIN, FOI GLUTEN, CONTAJ FOLLOWING: FRU FIBER, SEA SALT NATURAL FLAVOI ASCORBIC ACID, (BROWN SUGAR) BLEND (PALM OI SALT, CONTAINS MILK, SOY LECIT DIGLYCERIDES, PRESERVATIVE),	adstick (WATER, W D UNBLEACHED V NIACIN, IRON AS INE MONONITRAT LIC ACID), YEAST, INS LESS THAN 29 JCTOSE, SOYBEAN C, HONEY, SOY LEC R, ENZYMES (CON SALT.); Light Bro ); Margarine (VEG L AND SOYBEAN C G LESS THAN 2% C HIN, VEGETABLE POTASSIUM SORB CITRIC ACID, NA OR, BETA CAROTE	VHEAT FLOUR FERROUS FE, ENZYME, SUGAR, WHEAT OF THE OF THE OIL, OAT CITHIN, TAINS WHEAT), WAN SUGAR ETABLE OIL DIL) WATER, OF NONFAT DRY MONO & amp; ATE (A TURAL & amp;	

# **Cinnamon Toast Crunch Cereal**



VITAMIN A PALMITATE ADDED. ); Cinnamon Ground (CINNAMON); Pan Spray (Canola Oil, Phosphated Mono & (Diglycerides, Propellant.)

Allergens: Contains Gluten, Soy, Wheat.

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



# Cinnamon Toast Crunch Cereal Bar

PER SERVING (1 Bar)				
157	<b>0.4</b> g	122 <sub>mg</sub>	<b>29.6</b> g	
calories	SAT FAT	SODIUM	carbs	



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



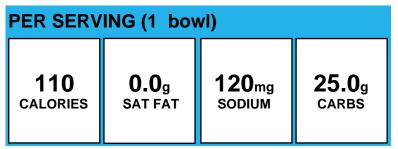
# Cinnamon UBR

PER SERVING (1 pkg.)				
270 CALORIES	<b>3.0</b> g SAT FAT	180 <sub>mg</sub> sodium	<b>44.0</b> g 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**



### 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**



Allergens: Contains Gluten, Soy, Wheat.

Cocoa Puffs Cereal Bar (WHOLE GRAIN OATS, Made With: 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.)

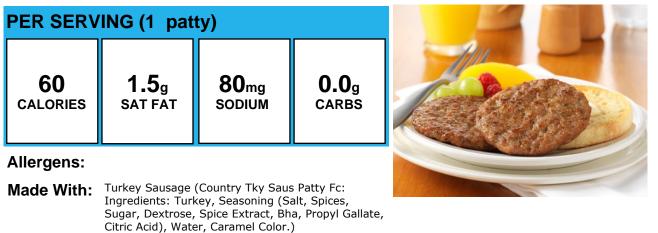
# Corn Dog

PER SERVING (1 corn dog)			
240	<b>2.5</b> g	470 <sub>mg</sub>	<b>30.0</b> g
calories	SAT FAT	sodium	carbs

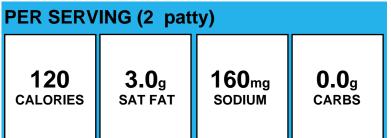
Allergens: Contains Egg, Gluten, Soy, Wheat.

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**



# **Country Breakfast Sausage Patty**



### 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	<b>0.5</b> g	130 <sub>mg</sub>	<b>18.6</b> g	
CALORIES	SAT FAT	sodium	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.)





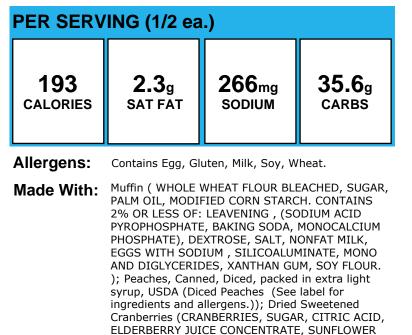
# **Cranberry Peach Muffin Square**

PER SERVING (1 ea.)				
386	<b>4.6</b> g	532 <sub>mg</sub>	71.3g	
CALORIES	SAT FAT	SODIUM	carbs	

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

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

# **Cranberry Peach Muffin Square**



OIL.); Nutmeg Ground (NUTMEG)

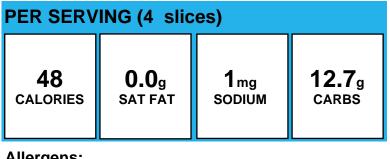
# **Crinkle Cut French Fries**

PER SERVING (1/2 c.)				
<b>101</b>	<b>0.6</b> g	28 <sub>mg</sub>	<b>14.6</b> g	
calories	SAT FAT	SODIUM	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. )

# Crispy Apple Slices, 163 ct



Allergens:

Made With: Apple (APPLE)

# **Crispy Chicken Nuggets**

PER SERVING (5 nugget)				
240	<b>2.5</b> g	<b>440</b> mg	<b>16.0</b> g	
calories	SAT FAT	SODIUM	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. Breading set in, vegetable oil.)

# **Crispy Chicken Wrap**

PER SERVING (1 wrap)				
379	<b>6.3</b> g	651 <sub>mg</sub>	<b>35.2</b> g	
calories	SAT FAT	sodium	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 (anticaking 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 CALORIES2.5g SAT FAT545mg SODIUM54.6g CARBS				

Allergens: Contains Gluten, Soy, Wheat.

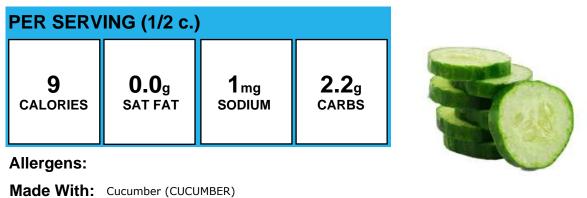
Made With: Rice, brown, oven, steamed (1/2c = 1 oz eq grain)Recipe (Municipal Water (WATER); Brown Rice (LONG GRAIN PARBOILED BROWN RICE)); Chicken Nuggets, Tyson (5 nuggets = 2.99 oz = 2 oz M/MA + 1 oz eq grain), Recipe (Chicken Nuggets (Chicken, water, whole wheat flour, textured soy flour, enriched 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. Breading 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))			
<b>48</b> calories	<b>0.0</b> g SAT FAT	1 <sub>mg</sub> sodium	<b>12.7</b> g carbs
Allergens:			

Made With: Apple (APPLE)

# **Cucumber Coins**



# Deli Stackables Box

PER SERVING (1 Box)				
381	<b>4.5</b> g	975 <sub>mg</sub>	<b>43.1</b> g	
calories	SAT FAT	sodium	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.)			
<b>59</b>	<b>0.0</b> g	5 <sub>mg</sub>	<b>13.8</b> g
calories	SAT FAT	SODIUM	carbs

Allergens:

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

# **Diced Pears**

PER SERVING (1/2 c.)			
<b>57</b>	<b>0.0</b> g	5 <sub>mg</sub>	<b>15.3</b> g
calories	SAT FAT	SODIUM	carbs

### Allergens:

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

PER SERVING (1 roll.)			
70	<b>0.0</b> g	<b>90</b> mg	<b>13.0</b> g
calories	SAT FAT	SODIUM	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 (Monodiglycerides, Sodium Stearoyl Lactylate, Ascorbic Acid, Monocalcium Phosphate, Calcium Propionate (Mold Inhibitor), Calcium Sulfate, Enzymes)

# **Double Berry Parfait**

PER SERVING (1 parfait)			
452 CALORIES1.4g SAT FAT239mg SODIUM86.6g 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 & amp; 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)

# EZ Pizza Box

PER SERVING (1 Box)				
420 calories	<b>8.3</b> g SAT FAT	1042 <sub>mg</sub> sodium	<b>41.9</b> g carbs	
Allergens:		,	essed in a facility	
Made With:	Contains Gluten, Milk, Wheat. Processed in a facility that also processes Soy. 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 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			

# Fiesta Taco Salad

PER SERVING (1 salad)			
<b>399</b>	<b>5.1</b> g	493 <sub>mg</sub>	<b>38.4</b> g
CALORIES	sat fat	sodium	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)

# **Forward Sauce**

PER SERVING (2/3 c.)			
205	<b>0.1</b> g	514 <sub>mg</sub>	<b>30.6</b> g
calories	SAT FAT	sodium	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.))

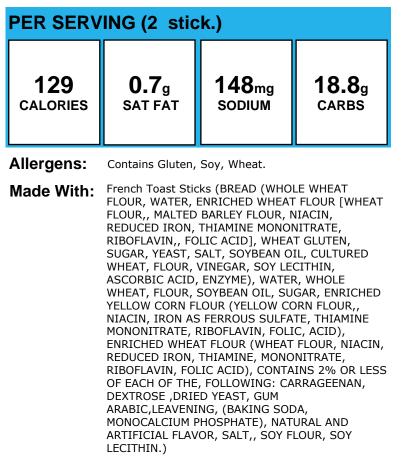
# **French Toast Bites**



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

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

# **French Toast Sticks**



# **French Toast Sticks**

PER SERVING (4 stick.)			
257	<b>1.5</b> g	297 <sub>mg</sub>	<b>37.6</b> g
calories	SAT FAT	SODIUM	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.)

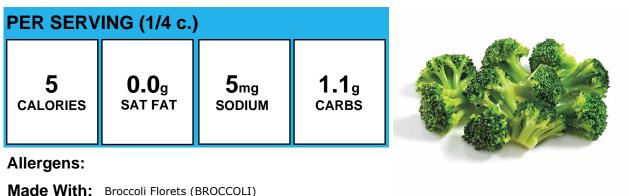
# **French Toast Sticks**

PER SERVING (3 stick.)				
193	<b>1.1</b> g	223 <sub>mg</sub>	<b>28.2</b> g	
calories	SAT FAT	SODIUM	carbs	

Allergens: Contains Gluten, Soy, Wheat.

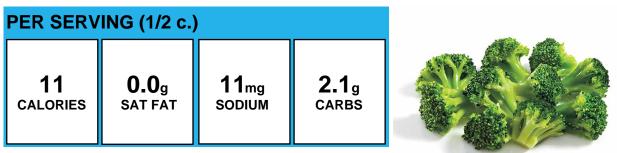
Made With: French Toast Sticks (BREAD (WHOLE WHEAT FLOUR, WATER, ENRICHED WHEAT FLOUR [WHEAT FLOUR,, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN,, FOLIC ACID], WHEAT GLUTEN, SUGAR, YEAST, SALT, SOYBEAN OIL, CULTURED WHEAT, FLOUR, VINEGAR, SOY LECITHIN, ASCORBIC ACID, ENZYME), 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



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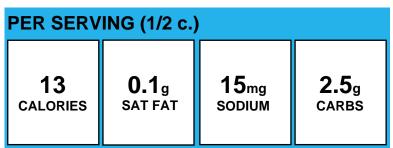
# Fresh Broccoli Florets



Allergens:

Made With: Broccoli Florets (BROCCOLI)

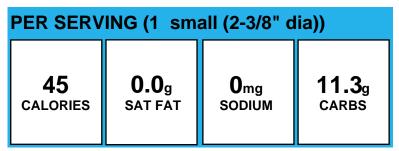
# **Fresh Cauliflower**



Allergens:

Made With: Cauliflower Floret (CAULIFLOWER)

# **Fresh Oranges**



Allergens:

Made With: Fresh Orange (ORANGES)

# **Fresh Sliced Apples**

PER SERVING (1/2 c.)				
<b>31</b>	<b>0.0</b> g	1 <sub>mg</sub>	<b>8.3</b> g	
calories	SAT FAT	sodium	carbs	

Allergens:

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

# From the Garden

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

Allergens:

Made With:

# Fruit & Yo To Go Box

PER SERVING (1 Box)				
<b>461</b>	<b>6.8</b> g	487 <sub>mg</sub>	68.3g	
calories	SAT FAT	sodium	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 & amp; 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.)

# **Garden Salad**

PER SERVING (1 salad)					
206 CALORIES5.8g SAT FAT342mg SODIUM11.9g 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				

# (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 SERV	'ING (1 roll	.)		
111 CALORIES	<b>0.2</b> g SAT FAT	96 <sub>mg</sub> SODIUM	<b>15.0</b> g carbs	
Allergens:	Contains Gluten, Milk.	Soy, Wheat. May	contain Egg,	
Made With:	, ,, , , , , , , , , , , , , , , , , , ,			

# **Glazed Chicken Drumstick**

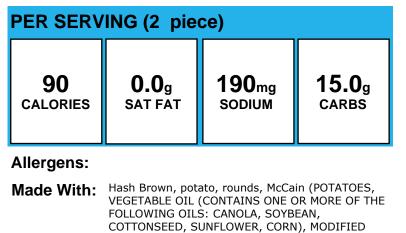


### Allergens:

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

# **Golden Hash Brown Rounds**

MAINTAIN COLOR.)



CELLULOSE, DEXTROSE, NATURAL FLAVOR, SALT, SODIUM ACID PYROPHOSPHATE ADDED TO

# **Greek Salad**

PER SERVING (1 salad)				
184	<b>2.0</b> g	613 <sub>mg</sub>	<b>9.4</b> g	
calories	SAT FAT	sodium	carbs	

Allergens: Contains Milk.

Made With: Beans, garbanzo, USDA, canned, drained, ready-toserve (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 = 1/2cred/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	<b>0.0</b> g	8mg	<b>2.5</b> g	
CALORIES	SAT FAT	SODIUM	carbs	

Allergens:

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

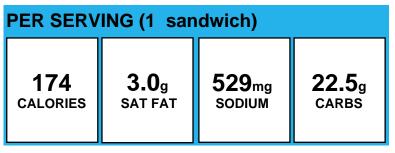
# **Grilled Cheese Sandwich**

PER SERVING (1 sandwich)				
342	<b>10.1</b> g	1152 <sub>mg</sub>	<b>32.0</b> g	
calories	SAT FAT	sodium	carbs	

Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: 51%WWW Sandwich Bread (WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), WATER, YEAST, VITAL WHEAT GLUTEN, SUGAR, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SOYBEAN OIL, SALT, XANTHAN GUM, YEAST NUTRIENT (AMMONIUM SULFATE), DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, ASCORBIC ACID), CALCIUM PROPIONATE (MOLD INHIBITOR), ENZYMES.); 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 English Muffin



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	<b>3.3</b> g	653 <sub>mg</sub>	<b>21.5</b> g	
calories	SAT FAT	sodium	carbs	

Allergens: Contains Gluten, Milk, Soy, Wheat.

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

# Ham and Cheese Sandwich

PER SERVING (1 ea.)				
326	<b>6.2</b> g	<b>1046</b> mg	<b>31.0</b> g	
CALORIES	SAT FAT	SODIUM	carbs	

Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: 51%WWW Sandwich Bread (WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), WATER, YEAST, VITAL WHEAT GLUTEN, SUGAR, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SOYBEAN OIL, SALT, XANTHAN GUM, YEAST NUTRIENT (AMMONIUM SULFATE), DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, ASCORBIC ACID), CALCIUM PROPIONATE (MOLD INHIBITOR), ENZYMES.); 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., )

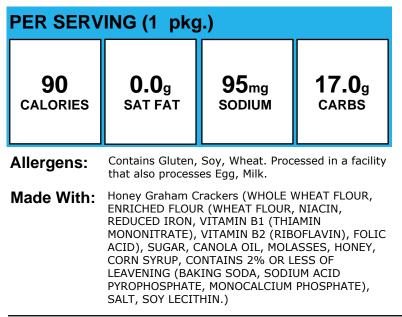
# Hand Tossed Cheese Pizza

PER SERVING (1 slice)				
361	<b>7.1</b> g	433 <sub>mg</sub>	35.4 <sub>g</sub>	
CALORIES	SAT FAT	sodium	carbs	

Allergens: Contains Gluten, Milk, Soy, Wheat.

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

# **Honey Graham Crackers**



# Honey Nut Cheerios Cereal

PER SERVING (1 bowl)			
113	<b>0.3</b> g	158 <sub>mg</sub>	<b>22.7</b> g
calories	SAT FAT	sodium	carbs

Allergens: Contains Tree nuts.

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

# Hot Dog

PER SERVING (1 serving)			
271	<b>2.5</b> g	473 <sub>mg</sub>	<b>29.0</b> g
CALORIES	SAT FAT	sodium	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	<b>6.5</b> g	<b>1026</b> mg	<b>39.9</b> g
calories	SAT FAT	SODIUM	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, readyto-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



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)

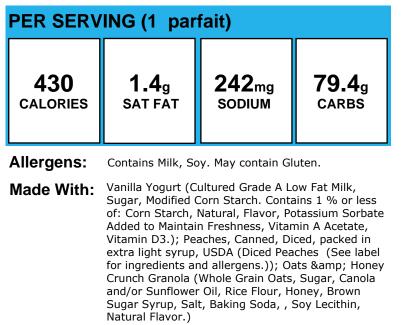
# Italian Sub Sandwich

PER SERVING (1 sandwich)			
342	<b>4.3</b> g	977 <sub>mg</sub>	<b>29.2</b> g
calories	SAT FAT	sodium	carbs

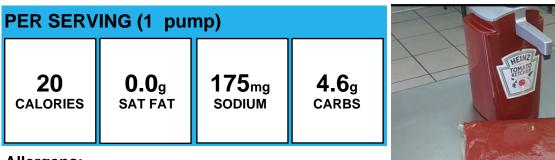
Allergens: Contains Gluten, Milk, Sesame, Soy, Wheat.

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



# Ketchup



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



D dddcd)

# Lucky Charms

PER SERVING (1 bowl)			
109	<b>0.0</b> g	<b>101</b> mg	23.3g
calories	SAT FAT	SODIUM	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 & mp; 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.)			
<b>497</b>	<b>10.5</b> g	1199 <sub>mg</sub>	54.9 <sub>g</sub>
CALORIES	SAT FAT	sodium	carbs

Allergens: Contains Gluten, Milk, Wheat.

Made With: Elbow Macaroni, pasta, regular, cooked al dente (1/2c = 1 oz eq grain), Recipe (Municipal Water (WATER); Elbow Macaroni (SEMOLINA (WHEAT), NIACIN, FERROUS SULFATE (IRON), THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID.); Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil.); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSIATE OF SODA AS AN ANTICAKING AGENT.)); 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	<b>1.0</b> g SAT FAT	320mg SODIUM	<b>35.0</b> g carbs	
Allergens:	Contains Egg, Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Tree nuts.			
Made With:	in a facility that also processes Tree nuts.			

# Marinara Meatball Sub

PER SERVING (1 sandwich)			
378	<b>4.3</b> g	639 <sub>mg</sub>	<b>43.3</b> g
calories	SAT FAT	SODIUM	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.)					
<b>41</b> calories	0.5g SAT FAT 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	<b>1.0</b> g	105 <sub>mg</sub>	<b>15.3</b> g
CALORIES	SAT FAT	sodium	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.)

### **Mayonnaise Pump**

PER SERVING (1 pump)					
53 calories	<b>1.1</b> g SAT FAT	45 <sub>mg</sub> sodium	<b>0.0</b> g 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.)				

# **Mexican Black Beans**

PER SERVING (1/2 c.)			
71	<b>0.0</b> g	<b>85</b> mg	<b>13.7</b> g
calories	SAT FAT	SODIUM	carbs

#### Allergens:

Made With: Low Sodium Black Beans (PREPARED BLACK BEANS, WATER, SALT, AND CALCIUM CHLORIDE (FIRMING AGENT).); Municipal Water (WATER); Peppers, green, sweet (bell), 1/4-inch diced, readyto-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 & amp; GREEN BELL PEPPER, TOMATO, GARLIC, CITRIC ACID, SILICON DIOXIDE AND CALCIUM SILICATE (TO MAKE FREE FLOWING), EXTRACTIVES OF LIME & amp; 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.)			
<b>35</b>	<b>0.0</b> g	42 <sub>mg</sub>	<b>6.9</b> g
calories	SAT FAT	sodium	carbs

#### Allergens:

Made With: Low Sodium Black Beans (PREPARED BLACK BEANS, WATER, SALT, AND CALCIUM CHLORIDE (FIRMING AGENT).); Municipal Water (WATER); Peppers, green, sweet (bell), 1/4-inch diced, readyto-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 & amp; GREEN BELL PEPPER, TOMATO, GARLIC, CITRIC ACID, SILICON DIOXIDE AND CALCIUM SILICATE (TO MAKE FREE FLOWING), EXTRACTIVES OF LIME & amp; 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)

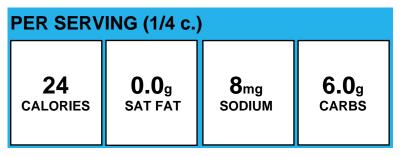
# Mexican Slaw

PER SERVING (1/2 c.)			
<b>49</b>	<b>0.0</b> g	17 <sub>mg</sub>	<b>11.9</b> g
calories	SAT FAT	sodium	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**



#### Allergens:

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

#### **Mini Cinnis**

PER SERVING (1 pkg.)			
240	<b>1.5</b> g	270 <sub>mg</sub>	<b>40.0</b> g
calories	SAT FAT	SODIUM	carbs

Allergens: Contains Gluten, Milk, Wheat.

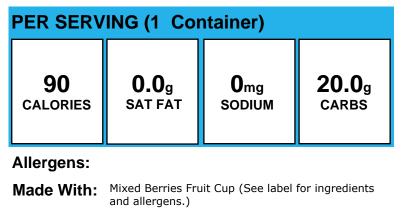
Made With: Mini Cinnis (Water, Whole Wheat Flour, Enriched Flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic, acid), Sugar, Vegetable Oil (soybean, palm, canola), Whey. Contain 2% or less of: Yeast, Cinnamon, Salt, Modified Corn Starch. CONTAINS WHEAT, AND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

# **Mini Maple Waffles**

PER SERVING (1 pkg.)			
200	<b>1.5</b> g	220 <sub>mg</sub>	<b>35.0</b> g
CALORIES	SAT FAT	sodium	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).)

# **Mixed Berries Fruit Cup**



# Mixed Garden Vegetables

PER SERVING (1/2 c.)			
54	<b>0.1</b> g	91 <sub>mg</sub>	<b>11.4</b> g
calories	SAT FAT	sodium	carbs

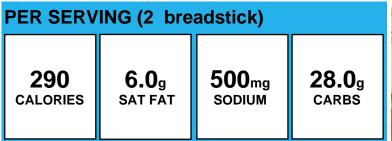
#### Allergens:

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 & amp; LEMON OIL.); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSIATE OF SODA AS AN ANTICAKING AGENT.)

### **Mozzarella String Cheese**

PER SERVING (1 oz.)				
80 calories	<b>3.0</b> g SAT FAT	200 <sub>mg</sub> SODIUM	<b>1.0</b> g carbs	
Allergens:	Contains Milk.			
Made With:	Arrezzio Mozzarella String Cheese (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, AND ENZYMES.)			

### **Mozzarella Stuffed Breadsticks**

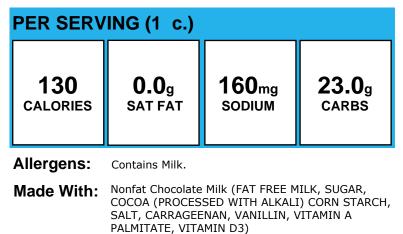


Allergens: Contains Egg, Gluten, Milk, Soy, Wheat.

Made With: Beacon Street Cheese Stuffed Breadsticks (CRUST: FLOUR BLEND (WHITE WHOLE WHEAT FLOUR, ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID]), WATER, ISOLATED SOY PROTEIN, VEGETABLE OIL (SOYBEAN AND/OR CANOLA OIL), CONTAINS 2% OR LESS OF: WHEAT GLUTEN, YEAST, SUGAR, SEA SALT, SODIUM ACID PYROPHOSPHATE, BAKING SODA, DATEM, DEXTROSE, GUAR GUM, SOY LECITHIN, ASCORBIC ACID , (DOUGH CONDITIONER), SALT, WHEAT STARCH, EN2YMES, MODIFIED FOOD STARCH; FILLING: LOW MOISTURE PART SKIM MOZZARELLA CHEESE (CUL TU RED PASTEURIZED PART SKIM MILK, SALT, EN2YMES), WATER, NONFAT DRY MILK, CONTAINS 2% OR LESS OF: MODIFIED FOOD STARCH, MOZZARELLA CHEESE POWDER (DEHYDRATED MOZZARELLA CHEESE , [PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES], WHEY, SALT, SODIUM PHOSPHATE, LACTIC ACID), WHEY PROTEIN CONCENTRATE, MALTODEXTRIN, ISOLATED SOY PROTEIN, DRIED WHOLE EGGS CITRIC ACID, SODIUM CITRATE, CHEESE POWDER (CHEDDAR CHEESE [PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES], BUTTER, MODIFIED FOOD STARCH, SODIUM PHOSPHATE, EN2YMES), SALT, GARLIC POWDER. )



#### **Nonfat Chocolate Milk**



# **Oatmeal Chocolate Chip UBR**

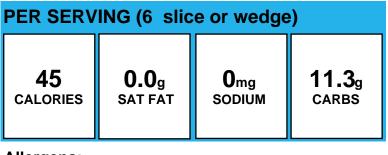
PER SERVING (1 pkg.)			
270	<b>3.0</b> g	<b>180</b> mg	<b>44.0</b> g
CALORIES	SAT FAT	SODIUM	carbs

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**



Allergens:

Made With: Fresh Orange (ORANGES)

# Pancake & Waffle Syrup



#### 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 Elayor, Phosphoric Acid)
	Flavor, Phosphoric Acid)
	Sorbate, Sodium Benzoate and Benzoic Acid (Preservatives), Cellulose Gum, Caramel Color,

# Pasta with Forward Sauce

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

Allergens:

Made With:

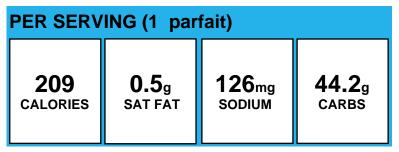
# Peach Cup,



#### Allergens:

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

# **Peachy Parfait**



Allergens: Contains Milk.

Peaches, Canned, Diced, packed in extra light Made With: 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.)

# Pepperoni Pizza

PER SERVING (1 slice)				
<b>269</b> calories	<b>5.6</b> g SAT FAT	569 <sub>mg</sub> SODIUM	24.4g carbs	
Allergens:	,	,	essed in a facility	
Made With:	Contains Gluten, Milk, Wheat. Processed in a facility that also processes Soy. 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			

# **Pinwheel Party Box**



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 subingredients 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., )

#### **Po Boy Fish Sub**

PER SERVING (1 sandwich)			
<b>362</b>	<b>2.4</b> g	582mg	51.5g
calories	SAT FAT	SODIUM	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., )

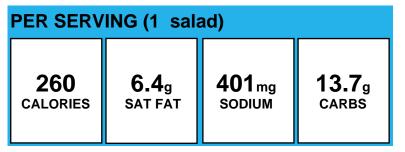
### **Popcorn Chicken Bowl**

PER SERVING (1 portion)			
633	<b>4.2</b> g	743 <sub>mg</sub>	<b>90.6</b> g
CALORIES	SAT FAT	sodium	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 (anticaking agent), citric acid, spice, salt, vegetable stock (carrot, onion, celery), natural flavor],, sodium phosphates.BREADED WITH: Whole wheat flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water,, salt, wheat gluten, sugar, dried onion, dried garlic, torula yeast, dextrose, spice, dried yeast, paprika extract (color) turmeric extract (color). Breading set in vegetable, oil.); 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



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). Breading 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)

#### **Pork Posole**

PER SERVING (1 portion)			
422	<b>5.2</b> g	957 <sub>mg</sub>	<b>39.4</b> g
CALORIES	SAT FAT	sodium	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)

# Pretzel and Cheese Sauce

PER SERVING (1 portion)			
<b>396</b>	<b>10.8</b> g	<b>1050</b> mg	<b>34.4</b> g
calories	SAT FAT	SODIUM	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	<b>0.0</b> g	5 <sub>mg</sub>	<b>28.8</b> g
calories	SAT FAT	sodium	carbs

Allergens:

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

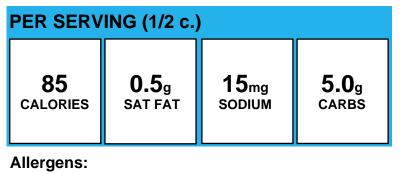
# **Ranch Dressing**

PER SERVING (1 pump)			
60	<b>1.0</b> g	125 <sub>mg</sub>	<b>1.0</b> g
CALORIES	SAT FAT	SODIUM	carbs

Allergens: Contains Egg, Milk.

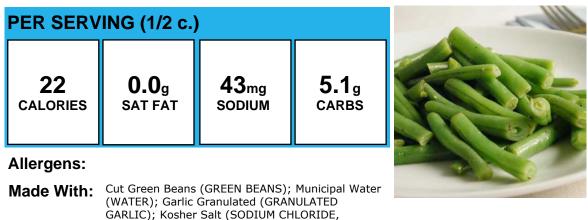
Made With: Ranch Dressing (Soybean Oil, Water, Distilled Vinegar, Cultured Lowfat Buttermilk (Cultured Lowfat Milk, Nonfat Milk, Salt, Sodium Citrate, Vitamin A Palmitate), Corn Syrup, Egg Yolk, Salt, Contains Less Than 2% Of: Sugar, Modified Food Starch, Modified Tapioca Starch, Lactic Acid, Sodium 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**



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

# **Roasted Green Beans**



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

Powered by PrimeroEdge for: Lake Washington School District No.

# **Roasted Red Potatoes**

PER SERVING (1/2 c.)			
111	<b>0.3</b> g	21 <sub>mg</sub>	<b>18.4</b> g
CALORIES	SAT FAT	sodium	carbs

#### Allergens:

Made With: POTATOES,RED,FLESH & amp; 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.)

#### Salsa

PER SERVING (2 tbsp.)			
7	<b>0.0</b> g	57 <sub>mg</sub>	<b>1.6</b> g
CALORIES	SAT FAT	sodium	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).)

#### Sausage Breakfast Pizza



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, CYANOCOBALAMIN1, 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 SERV	ING (1 Car	ton)	
<b>80</b> calories	<b>0.0</b> g SAT FAT	105 <sub>mg</sub> sodium	<b>12.0</b> g carbs
Allergens:	Contains Milk.		

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

# **Skim Milk**

PER SERVING (1 Half Pint)			
90 CALORIES	<b>0.0</b> g SAT FAT	mg SODIUM	<b>13.0</b> g carbs
Allergens:	Contains Milk.		
Made With:	Meadow Gold Sk PALMITATE, VITA	im Milk (NONFAT N AMIN D3)	11LK, VITAMIN A

# **Skim Milk**

PER SERVING (8 fl. oz.)			
<b>80</b> calories	<b>0.0</b> g SAT FAT	110 <sub>mg</sub> sodium	<b>11.0</b> g carbs
Allergens:	Contains Milk.		
Made With:	Skim Milk (Fat Fr Added)	ee Milk, Vitamins	A & D

# Southwest Chicken Wrap

PER SERVING (1 wrap)			
<b>364</b>	<b>5.4</b> g	893 <sub>mg</sub>	<b>38.9</b> g
calories	SAT FAT	SODIUM	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)

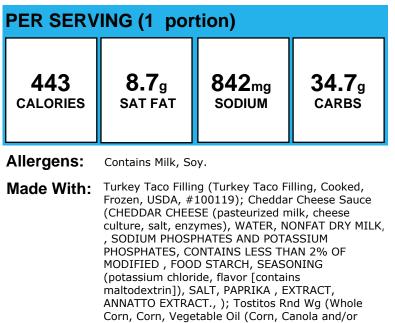
### Southwest Soft Taco

PER SERVING (1 taco)			
299	<b>5.5</b> g	505 <sub>mg</sub>	<b>27.0</b> g
CALORIES	SAT FAT	SODIUM	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**



Sunflower Oil),, and Salt.)

# Spaghetti Sauce

PER SERVING (1/2 c.)			
65	<b>0.1</b> g	260 <sub>mg</sub>	<b>13.3</b> g
CALORIES	SAT FAT	SODIUM	carbs

Allergens:

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

# Spaghetti Sauce

PER SERV	ING (1/4 c.)		
<b>32</b>	<b>0.0</b> g	130 <sub>mg</sub>	<b>6.7</b> g
calories	SAT FAT	sodium	carbs

#### Allergens:

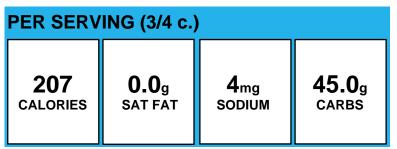
Made With:	Spaghetti Sauce (TOMATO PUREE (WATER, TOMATC PASTE), ONIONS, SUGAR, SALT, NATURAL FLAVOR, SPICES, EXTRA VIRGIN OLIVE OIL, CITRIC ACID, , GARLIC)
	GARLIC)

# **Steamed Rice**

PER SERV	ING (1/2 c.)		
138 calories	<b>0.0</b> g SAT FAT	2 <sub>mg</sub> sodiuм	<b>30.0</b> g carbs
Allergens:			
Mede With.	Municipal Wator		ad White Dice

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

# **Steamed Rice**



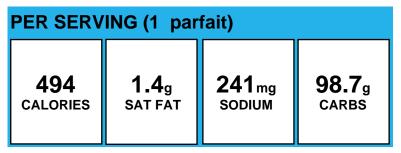
Allergens:

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

# Strawberry Banana Parfait

PER SERVING (1 parfait)				
466 calories	1.4g 240mg 90.8g CARBS			
Allergens:	Contains Milk, Soy. May contain Gluten.			
Made With:	Fat Milk, Sugar, I or less of: Natura Vegetable Juice ( Added to Maintai Vitamin D3.); Str SUGAR); Banana Crunch Granola ( and/or Sunflower	rry Yogurt (Culturd Modified Corn Star al Flavor, Corn, Sta for color), Potassi n Freshness, Vitar awberries (STRAV (BANANA); Oats Whole Grain Oats r Oil, Rice Flour, H t, Baking Soda, , S	rch. Contains 1 % arch, Citric Acid, um Sorbate nin A Acetate, VBERRIES, & Honey , Sugar, Canola oney, Brown	

# **Strawberry Fields Yogurt Parfait**



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 & amp; 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.)

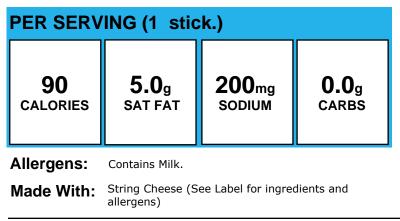
# Strawberry Yogurt



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**



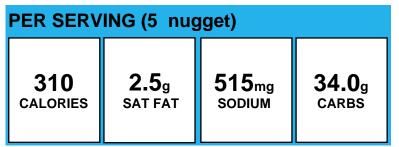
# Sunbutter & jelly Sandwich

PER SERVING (1 sandwich)			
662	<b>4.0</b> g	473 <sub>mg</sub>	71.3g
CALORIES	SAT FAT	sodium	carbs

Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: 51%WWW Sandwich Bread (WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), WATER, YEAST, VITAL WHEAT GLUTEN, SUGAR, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SOYBEAN OIL, SALT, XANTHAN GUM, YEAST NUTRIENT (AMMONIUM SULFATE), DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, ASCORBIC ACID), CALCIUM PROPIONATE (MOLD INHIBITOR), ENZYMES.); 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.)

# Sweet & Sour Chicken



Allergens: Contains Gluten, Soy, Wheat.

Made With: Chicken Nuggets, Tyson (5 nuggets = 2.99 oz = 2oz M/MA + 1 oz eg 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 (anticaking agent), citric acid, spice, salt, vegetable stock (carrot, onion, celery), natural flavor], dextrose, dried garlic, dried, onion, dried yeast, paprika extract (color), salt, spice, sugar, textured soy protein concentrate, torula yeast, turmeric extract (color), wheat gluten. Breading set in, vegetable oil.)); Sweet and Sour Sauce (Sweet and Sour Sauce (SUGAR, WATER, VINEGAR, MODIFIED CORN STARCH, PINEAPPLE FLAKES (PINEAPPLE, BROWN SUGAR SYRUP, TAPIOCA FLOUR, NATURAL FLAVOR, ASCORBIC ACID, SALT), DEHYDRATED RED BELL PEPPER, SALT, EXTRACTIVES OF PAPRIKA.))

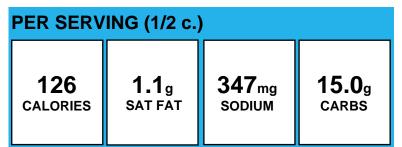
# **Sweet Potato Fries**

PER SERVING (1/2 c.)			
162	<b>1.0</b> g	193 <sub>mg</sub>	25.4 <sub>g</sub>
CALORIES	SAT FAT	sodium	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 & amp; LEVENING), SUGAR, XANTHAN GUM.)

### **Tater Tot Hash**



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

# Teriyaki Chicken Rice Bowl

PER SERVING (1 portion)			
509	<b>2.8</b> g	720 <sub>mg</sub>	<b>75.0</b> g
calories	SAT FAT	SODIUM	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 (anticaking 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)

# Thick & Chunky Salsa



#### Allergens:

Made With: Mild Thick & amp; 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.)

# Tomato and Shredded Lettuce Salad

PER SERVING (1/2 c.)			
11	<b>0.0</b> g	4 <sub>mg</sub>	<b>2.5</b> g
calories	SAT FAT	sodium	carbs

#### Allergens:

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

# **Tot'chos**

PER SERVING (1 portion)				
<b>330</b> calories	<b>7.6</b> g SAT FAT	920 <sub>mg</sub> SODIUM	<b>19.7</b> g carbs	
Allergens:	Contains Milk, Soy.			
Made With:	Or More Of The F Cottonseed, Sunf of Dextrose, Natu Pyrophosphate A Cheese Sauce (C milk, cheese cult NONFAT DRY MIL POTASSIUM PHO 2% OF MODIFIED (potassium chlori maltodextrin]), S ANNATTO EXTRA	oes, Vegetable Oil ollowing Oils: Can flower, Corn). Con ural Flavor, Salt, S dded To Maintain HEDDAR CHEESE ure, salt, enzymes LK, , SODIUM PHO SPHATES, CONTA D, FOOD STARCH ide, flavor [contain GALT, PAPRIKA, E2 CT., ); Turkey Tac ked, Frozen, USDA	nola, Soybean, tains 2% or less fodium Acid Color.); Cheddar (pasteurized s), WATER, SPHATES AND INS LESS THAN , SEASONING ns XTRACT, co Filling (Turkey	

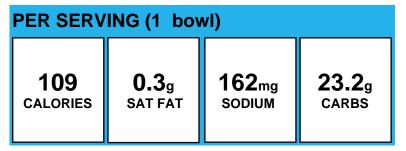
#### **Trix Cereal Bar**

PER SERVING (1 Bar)			
159	<b>0.6</b> g	107 <sub>mg</sub>	<b>29.2</b> g
calories	SAT FAT	sodium	carbs

Allergens: Contains Gluten, Soy, Wheat.

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

#### Trix Cereal reduced sugar



#### 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	<b>3.0</b> g	730 <sub>mg</sub>	<b>33.0</b> g
CALORIES	SAT FAT	SODIUM	carbs

Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: 51%WWW Sandwich Bread (WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), WATER, YEAST, VITAL WHEAT GLUTEN, SUGAR, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SOYBEAN OIL, SALT, XANTHAN GUM, YEAST NUTRIENT (AMMONIUM SULFATE), DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, ASCORBIC ACID), CALCIUM PROPIONATE (MOLD INHIBITOR), ENZYMES.); 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 5pound 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	<b>5.1</b> g	929 <sub>mg</sub>	<b>32.0</b> g
CALORIES	sat fat	SODIUM	carbs

Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: 51%WWW Sandwich Bread (WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), WATER, YEAST, VITAL WHEAT GLUTEN, SUGAR, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SOYBEAN OIL, SALT, XANTHAN GUM, YEAST NUTRIENT (AMMONIUM SULFATE), DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, ASCORBIC ACID), CALCIUM PROPIONATE (MOLD INHIBITOR), ENZYMES.); 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., )

# **Turkey and Cheese Sandwich**

PER SERVING (1 sandwich)			
334	<b>5.8</b> g	963 <sub>mg</sub>	<b>31.0</b> g
CALORIES	SAT FAT	SODIUM	carbs

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

51%WWW Sandwich Bread (WHOLE WHEAT Made With: 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	<b>1.0</b> g	953 <sub>mg</sub>	5.5g
calories	SAT FAT	sodium	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

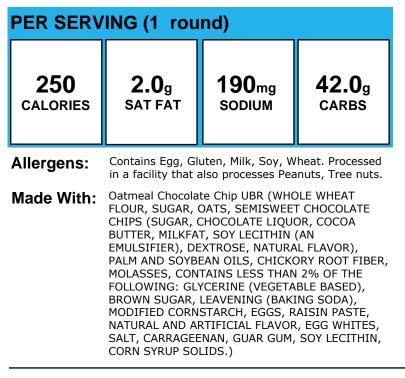
# **Twisted Breadstick**

PER SERVING (1 breadstick)			
173 calories	<b>0.1</b> g SAT FAT	190 <sub>mg</sub> sodium	28.4 <sub>g</sub> carbs
Allergens:	Contains Gluten, Soy, Wheat. May contain Egg, Milk.		
Made With:	Milk. 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 & amp; Diglycerides, Propellant.)		

#### Ultimate Breakfast Round, Cinnamon, BULK

PER SERVING (1 round)			
240 calories	<b>2.0</b> g SAT FAT	200 <sub>mg</sub> SODIUM	<b>42.0</b> g carbs
Allergens:	Contains Egg, Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Peanuts, Tree nuts.		
Made With:	In a facility that also processes Peanuts, Tree nuts. UBR Cinnamon (INGREDIENTS FOR U.S. MARKET: WHOLE WHEAT FLOUR, OATS, SUGAR, WATER, CINNAMON DROPS (SUGAR, PALM OIL, CINNAMON, NONFAT DRY MILK, SOY LECITHIN (AN EMULSIFIER)), MOLASSES, HIGH OLEIC CANOLA AND HYDROGENATED COTTONSEED OILS, MALTODEXTRIN, EGGS, CONTAINS LESS THAN 2% OF THE FOLLOWING: INULIN, SOYBEAN OIL, LEAVENING (BAKING SODA), CINNAMON, MODIFIED CORNSTARCH, CITRUS FIBER, NATURAL AND ARTIFICIAL FLAVOR, SALT, RICE FLOUR, DATEM, MONO AND DIGLYCERIDES. CONTAINS: WHEAT, MILK, SOY, EGGS MANUFACTURED ON SHARED EQUIPMENT WITH PEANUTS AND TREE NUTS)		

#### Ultimate Breakfast Round, Oatmeal Chocolate Chip, BULK



# **Unsweetened Applesauce**

PER SERVING (1 Container)			
60	<b>0.0</b> g	<b>15</b> mg	<b>14.0</b> g
calories	SAT FAT	sodiuм	carbs

Allergens:

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

# **Unsweetened Applesauce**

PER SERVING (1/2 c.)			
<b>52</b>	<b>0.0</b> g	<b>10</b> mg	<b>12.6</b> g
calories	SAT FAT	SODIUM	carbs

#### Allergens:

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

# Variety of Entrees



Allergens:

Made With: Variety Bar Ingredient

# Vegetarian Baked Beans



#### 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.)

# Veggie Burger

PER SERVING (1 burger)			
<b>292</b>	<b>0.5</b> g	677 <sub>mg</sub>	<b>39.2</b> g
calories	SAT FAT	sodium	carbs

Allergens: Contains Gluten, Sesame, Soy, Wheat.

Teriyaki Patty, Vegetarian (Water, Textured Made With: 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



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

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

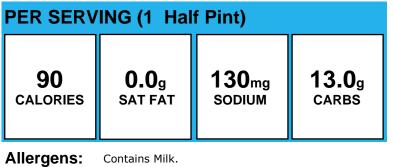
### Waffles

PER SERVING (1 ea.)			
<b>90</b>	<b>0.8</b> g	180 <sub>mg</sub>	13.5g
calories	SAT FAT	sodium	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)

# White Skim Milk

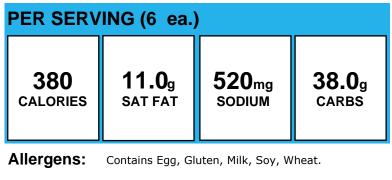


Made With: Skim Darigold Milk (NONFAT MILK, VITAMIN A PALMITATE, VITAMIN D3)

# Whole Grain Cinnamon Roll with Icing

PER SERVING (1 ea.)			
<b>299</b> calories	<b>1.3</b> g SAT FAT	135 <sub>mg</sub> sodium	<b>64.2</b> g carbs
Allergens:	Contains Egg, Gluten, Wheat. May contain Milk, Soy.		
Made With:	Soy. Cinnamon Roll Dough (WATER, WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), SUGAR, YEAST, CONTAINS LESS THAN 2% OF THE FOLLOWING: MALTODEXTRIN, EGGS, MODIFIED CORN STARCH, CINNAMON, CITRUS FIBER, SALT, NATURAL AND ARTIFICIAL FLAVOR, MOLASSES, DISTILLED MONOGLYCERIDES, POTASSIUM CHLORIDE, DATEM, SODIUM STEAROYL LACTYLATE, COLORED WITH (CARAMEL COLOR, BETA CAROTENE), MODIFIED TAPIOCA STARCH,PECTIN, ASCORBIC ACID, ENZYME.); Heat N Serve Icing (SUGAR, WATER, CORN SYRUP, PALM OIL, CONTAINS LESS THAN 2% OF THE FOLLOWING: MODIFIED TAPIOCA STARCH, TO PRESERVE FRESHNESS (SORBIC ACID, SULFITING AGENTS), COLORED WITH (TITANIUM DIOXIDE), ARTIFICIAL FLAVOR.)		

### Whole Grain Pancake Bites with Cinnamon & Sugar



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

# Whole Wheat Spaghetti Noodles

