

Build-to-Order Mediterranean Sub

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

Allergens:

Made With:

Cinnamon & Sugar

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

Allergens:

Made With: Cinnamon Ground (CINNAMON)

Hand Tossed Style Buffalo Chicken Pizza

PER SERVING (1 slice)			
355 CALORIES	6.0g SAT FAT	926mg SODIUM	36.2g CARBS

Allergens: Contains Gluten, Milk, Soy, Wheat.

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

Hand Tossed Style Pepperoni Pizza

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

Allergens: Contains Gluten, Milk, Soy, Wheat.

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

Hand Tossed Style Sausage Pizza

PER SERVING (1 slice)			
434 CALORIES	9.3g SAT FAT	634mg SODIUM	36.5g CARBS

Allergens: Contains Gluten, Milk, Soy, Wheat.

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

Kidney Beans

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

Allergens:

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

1 % Milk

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

Allergens: Contains Milk.

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

1% Milk

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

Allergens: Contains Milk.

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

1% Milk

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

Allergens: Contains Milk.

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

100% Apple Juice

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

Allergens:

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

100% Apple Juice

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

Allergens:

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

100% Beef Cheeseburger

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

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

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

100% Beef Cheeseburger

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

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

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

100% Beef Hamburger

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

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

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

100% Grape Juice

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

Allergens:

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

100% Orange Juice

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

Allergens:

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

Alaskan Pollock

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

Allergens: Contains Fish, Gluten, Wheat.

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

Alaskan Pollock Nuggets

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

Allergens: Contains Fish, Gluten, Milk, Wheat.

Made With: 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)

Alfredo Cheese Sauce

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

Allergens: Contains Milk.

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

Alfredo Cheese Sauce

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

Allergens: Contains Milk.

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

American Cheese Slice

PER SERVING (1 oz.)			
110 CALORIES	5.0g SAT FAT	270mg SODIUM	2.0g CARBS

Allergens: Contains Milk, Soy.

Made With: American Cheese (CULTURED MILK AND SKIM MILK, WATER, CREAM, SODIUM CITRATE, SALT, SODIUM PHOSPHATE, SORBIC ACID (PRESERVATIVE), CITRIC ACID, ARTIFICIAL COLOR, ACETIC ACID, ENZYMES, SOY LECITHIN.)

American-style Meat Combination

PER SERVING (1 5/8 oz.)			
CALORIES	g SAT FAT	mg SODIUM	g CARBS

Allergens:

Made With: Roast Turkey Breast (Turkey Breast, White Turkey, Turkey Broth, Contains 2% or Less Modified Food Starch, Potassium Chloride, Sodium Phosphate, Salt, Rosemary Extract); Deli Turkey Ham (Turkey Thigh Meat, Water, Contains 2% Or Less Lite Salt (Potassium Chloride, Sodium Chloride), Sugar, Sodium Phosphate, Salt, Carrageenan, Sodium Erythorbate, Natural Smoke Flavoring, Sodium Nitrite.)

American-Style Meat Combo

PER SERVING (4 slice)			
93 CALORIES	0.8g SAT FAT	453mg SODIUM	1.0g CARBS

Allergens:

Made With: Deli Turkey (INGREDIENTS: TURKEY BREAST, TURKEY BROTH: CONTAINS 2% OR LESS SEA SALT, MODIFIED FOOD STARCH, SUGAR, SODIUM PHOSPHATE. , This item is fully cooked deli-style turkey 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.)

Apple Cinnamon Muffin

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

Allergens: Contains Egg, Gluten, Soy, Wheat.

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

Apple Frudel Stick

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

Allergens: Contains Gluten, Milk, Wheat.

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

Apple Glazed Baby Carrots

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

Allergens: Contains Milk, Soy.

Made With: Baby Carrots (CARROTS); Apple Juice (100% Apple Juice (Water sufficient to reconstitute Apple Juice Concentrate)); Green Onion (GREEN ONIONS); Clover Honey (HONEY); Margarine (VEGETABLE OIL BLEND (PALM OIL AND SOYBEAN OIL) WATER, SALT, CONTAINS LESS THAN 2% OF NONFAT DRY MILK, SOY LECITHIN, VEGETABLE MONO & DIGLYCERIDES, POTASSIUM SORBATE (A PRESERVATIVE), CITRIC ACID, NATURAL & ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED.); Black Pepper Ground (BLACK PEPPER)

Aztec Corn

PER SERVING (1/2 c.)			
92 CALORIES	0.1g SAT FAT	52mg SODIUM	18.0g CARBS

Allergens:

Made With: Corn (SWEET CORN); Beans, black, canned, drained, ready-to-serve (1/2c=3.1oz=1/2c legume or 2oz M/MA) , Recipe (Low Sodium Black Beans (PREPARED BLACK BEANS, WATER, SALT, AND CALCIUM CHLORIDE (FIRMING AGENT).)); Peppers, red, sweet (bell), 1/4-inch diced, ready-to-serve (1/2c=3.2oz=1/2c red veg) , Recipe (Red Bell Peppers (RED SWEET PEPPER)); Onion, yellow, 1/4-inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe (Yellow Onion (YELLOW ONION)); Salsa, original, homemade (1/2c = 3/8c red/orange + 1/8c other veg) (Tomato; Onion, yellow, 1/4-inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe (Yellow Onion (YELLOW ONION)); Real Lime Juice (WATER, LIME JUICE CONCENTRATE AND LESS THAN 2% OF: LIME OIL, , SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES).); Peppers, jalapeno, sliced, canned, drained, ready-to-serve (Jalapeno Peppers (FRESH JALAPENO PEPPERS, WATER, VINEGAR, SALT, MALIC AND LACTIC ACID, CALCIUM CHLORIDE, SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES), YELLOW 5.)); Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe (Fresh Cilantro (CILANTRO LEAVES)); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSATE OF SODA AS AN ANTICAKING AGENT.); Granulated Sugar (SUGAR); Cumin Ground (CUMIN)); Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil.); Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe (Fresh Cilantro (CILANTRO LEAVES)); Light Chile Powder (INGREDIENTS: CHILI PEPPER, SPICES, SALT, GARLIC, AND SILICON DIOXIDE (TO MAKE FREE FLOWING).); Cumin Ground (CUMIN); Paprika (PAPRIKA); Onion Powder (ONION POWDER

Baby Carrots

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

Allergens:

Made With: Baby Carrots (CARROTS)

Bagel & Cream Cheese

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

Allergens: Contains Gluten, Milk, Soy, Wheat.

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

Bagel & Cream Cheese

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

Allergens: Contains Gluten, Milk, Soy, Wheat.

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

Baked Biscuit with Grape Jelly

PER SERVING (1 ea.)			
225 CALORIES	6.0g SAT FAT	310mg SODIUM	33.0g CARBS

Allergens: Contains Gluten, Milk, Wheat.

Made With: Biscuit, baked, whole grain, Easy Split, 2 oz (1 biscuit = 2 oz eq grain) , Recipe (CACFP) (Whole Grain Biscuit (WATER, WHOLE WHEAT FLOUR, ENRICHED FLOUR BLEACHED (WHEAT FLOUR, MALTED BARLEY, FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), PALM OIL, PALM KERNEL OIL, SUGAR, BAKING SODA, CALCIUM, ACID PYROPHOSPHATE, BUTTERMILK, SALT, SODIUM ALUMINUM PHOSPHATE, PECTIN.)); Grape Jelly (CONCORD GRAPE JUICE, HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, FRUIT PECTIN, CITRIC ACID, SODIUM CITRATE)

Baked Cinnamon Raisin Apples

PER SERVING (1/4 c.)			
82 CALORIES	0.5g SAT FAT	20mg SODIUM	18.2g CARBS

Allergens: Contains Milk, Soy.

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

Baked French Fries

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



Allergens:

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

Baked Potato

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

Allergens:

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

Banana

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

Allergens:

Made With: Banana (BANANA)

Banana

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

Allergens:

Made With: Banana (BANANA)

Banana

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

Allergens:

Made With: Banana (BANANA)

Banana Berry Smoothie Bowl

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

Allergens:

Made With:

Barbecue Sauce

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

Allergens:

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

Barbecue Sauce

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

Allergens:

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

Basil Corn Salad

PER SERVING (1/2 c.)			
102 CALORIES	0.3g SAT FAT	296mg SODIUM	16.8g CARBS

Allergens:

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

BBQ Chick'n Sandwich

PER SERVING (1 sandwich)			
398 CALORIES	1.3g SAT FAT	1050mg SODIUM	58.1g CARBS

Allergens: Contains Gluten, Sesame, Soy, Wheat.

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

BBQ Chicken

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

Allergens:

Made With: Grilled Chicken Strips (See Label for ingredients and allergens); Smokey BBQ Sauce (TOMATO PUREE (WATER, TOMATO PASTE), DISTILLED VINEGAR, SUGAR, SALT, MUSTARD BRAN, CONTAINS LESS THAN 2% OF CORN STARCH, NATURAL HICKORY SMOKE FLAVOR, SPICES, MOLASSES, GARLIC*, CELERY SEED, NATURAL FLAVORS, TAMARIND CONCENTRATE. *DEHYDRATED)

BBQ Chicken Sandwich

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

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

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

BBQ Pork Riblet Sandwich

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

Allergens: Contains Gluten, Sesame, Soy, Wheat.

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

Bean & Vegetable Burrito

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

Allergens:

Made With:

Bean & Vegetable Taco

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

Allergens:

Made With:

Bean and Cheese Enchilada

PER SERVING (1 enchilada)			
197 CALORIES	2.8g SAT FAT	386mg SODIUM	26.2g CARBS

Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Refried Beans, pinto, vegetarian (1/2c = 1/2c legume veg or 2 oz M/MA) , Recipe (Municipal Water (WATER); Reduced Sodium Vegetarian Refried Bean Mix (PINTO BEANS (DRY), SALT.)); Whole Wheat Tortilla (Whole wheat flour, Enriched unbleached flour (Wheat flour,, Niacin, Reduced iron, Thiamine mononitrate, Riboflavin and Folic acid), Water, Vegetable, shortening (Contains one or more of the following: Palm oil and/or corn oil), Contains 2% or, less of the following: Salt, Aluminum-free leavening (Sodium acid pyrophosphate, Sodium, bicarbonate, Corn starch, Monocalcium phosphate), Wheat protein, Preservatives (Calcium, propionate, Sorbic acid), Dough conditioner (Fumaric acid, Xanthan gum Mono- and, Diglycerides, Sodium metabisulphite).,); Queso Blanco (CHEDDAR CHEESE (pasteurized milk, cheese culture, salt, enzymes), WATER, TOMATILLOS (with citric , acid), GREEN CHILES (with citric acid), CONTAINS LESS THAN 2% OF SODIUM PHOSPHATES AND , POTASSIUM PHOSPHATES, MODIFIED FOOD STARCH, CREAM, JALAPENO PEPPERS (with salt, , acetic acid, water, calcium chloride), SEASONING (potassium chloride, flavor [contains maltodextrin]), , ONIONS, SALT, DEHYDRATED GARLIC, DEHYDRATED CILANTRO, CITRIC ACID.); Enchilada Sauce (WATER, CRUSHED TOMATOES (WATER, CRUSHED TOMATO CONCENTRATE), MODIFIED FOOD STARCH, SPICE, VEGETABLE OIL (CORN, AND/OR CANOLA), SALT, DEHYDRATED ONIONS, DEHYDRATED GARLIC, CITRIC ACID, SODIUM BENZOATE (PRESERVATIVE).); Enchilada Sauce (WATER, CRUSHED TOMATOES (WATER, CRUSHED TOMATO CONCENTRATE), MODIFIED FOOD STARCH, SPICE, VEGETABLE OIL (CORN, AND/OR CANOLA), SALT, DEHYDRATED ONIONS, DEHYDRATED GARLIC, CITRIC ACID, SODIUM BENZOATE (PRESERVATIVE).); Shredded Cheddar Cheese Reduced Fat (See Label for ingredients and allergens); Green Onion (GREEN ONIONS)

Beef Bolognese

PER SERVING (2/3 c.)			
174 CALORIES	3.3g SAT FAT	611mg SODIUM	12.4g CARBS

Allergens: Contains Soy.

Made With: Spaghetti Sauce (TOMATO PUREE (WATER, TOMATC PASTE), ONIONS, SUGAR, SALT, NATURAL FLAVOR, SPICES, EXTRA VIRGIN OLIVE OIL, CITRIC ACID, , GARLIC..); Beef Crumble (Ground Beef (No More Than 30% Fat), Water, Textured Vegetable, Protein Product [Soy Protein Concentrate, Caramel Color, Zinc Oxide,, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate,, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine, Hydrochloride (B6), Riboflavin (B2), Cyanocobalamin (B12)], Salt And, Potassium Chloride, Flavorings, Sugar, Sodium Phosphates.)

Beef Enchilada

PER SERVING (1 enchilada)			
172 CALORIES	3.4g SAT FAT	437mg SODIUM	17.2g CARBS

Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Whole Wheat Tortilla (Whole wheat flour, Enriched unbleached flour (Wheat flour,, Niacin, Reduced iron, Thiamine mononitrate, Riboflavin and Folic acid), Water, Vegetable, shortening (Contains one or more of the following: Palm oil and/or corn oil), Contains 2% or, less of the following: Salt, Aluminum-free leavening (Sodium acid pyrophosphate, Sodium bicarbonate, Corn starch, Monocalcium phosphate), Wheat protein, Preservatives (Calcium propionate, Sorbic acid), Dough conditioner (Fumaric acid, Xanthan gum Mono- and, Diglycerides, Sodium metabisulphite).,); Beef Taco Filling (BEEF, WATER, TOMATO PASTE, TEXTURED VEGETABLE PROTEIN (soy protein concentrate, caramel color), SEASONING (dehydrated onions, chili pepper and other spices, dehydrated garlic, salt), SALT, SEASONING (potassium chloride, natural flavor [contains maltodextrin], CAMEL COLOR, VINEGAR, PAPRIKA EXTRACT.); Queso Blanco (CHEDDAR CHEESE (pasteurized milk, cheese culture, salt, enzymes), WATER, TOMATILLOS (with citric , acid), GREEN CHILES (with citric acid), CONTAINS LESS THAN 2% OF SODIUM PHOSPHATES AND , POTASSIUM PHOSPHATES, MODIFIED FOOD STARCH, CREAM, JALAPENO PEPPERS (with salt, , acetic acid, water, calcium chloride), SEASONING (potassium chloride, flavor [contains maltodextrin])), , ONIONS, SALT, DEHYDRATED GARLIC, DEHYDRATED CILANTRO, CITRIC ACID.); Enchilada Sauce (WATER, CRUSHED TOMATOES (WATER, CRUSHED TOMATO CONCENTRATE), MODIFIED FOOD STARCH, SPICE, VEGETABLE OIL (CORN, AND/OR CANOLA), SALT, DEHYDRATED ONIONS, DEHYDRATED GARLIC, CITRIC ACID, SODIUM BENZOATE (PRESERVATIVE).); Enchilada Sauce (WATER, CRUSHED TOMATOES (WATER, CRUSHED TOMATO CONCENTRATE), MODIFIED FOOD STARCH, SPICE, VEGETABLE OIL (CORN, AND/OR CANOLA), SALT, DEHYDRATED ONIONS, DEHYDRATED GARLIC, CITRIC ACID, SODIUM BENZOATE (PRESERVATIVE).); Shredded Cheddar Cheese Reduced Fat (See Label for ingredients and allergens); Green Onion (GREEN ONIONS)

Beef Taco Filling

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

Allergens: Contains Soy.

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

Beef Taco Filling

PER SERVING (3 tbsp.)			
56 CALORIES	0.9g SAT FAT	180mg SODIUM	2.3g CARBS

Allergens: Contains Soy.

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

Beef Taco Filling

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

Allergens: Contains Soy.

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

Berry Patch Smoothie

PER SERVING (1 c.)			
154 CALORIES	0.3g SAT FAT	61mg SODIUM	32.8g CARBS

Allergens: Contains Milk.

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

Blueberries

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

Allergens:

Made With: Blueberries (BLUEBERRIES)

Blueberry Bagel w/ Cream Cheese Burry

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

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

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

Blueberry Bagel w/ Cream Cheese Burry

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

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

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

Blueberry Muffin

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

Allergens: Contains Egg, Gluten, Soy, Wheat.

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

Blueberry Muffin Square

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

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

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

Blueberry Muffin Square

PER SERVING (1 ea.)			
352 CALORIES	4.5g SAT FAT	530mg SODIUM	62.9g CARBS

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

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

Blueberry Muffin Square

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

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

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

Blueberry Pancake Bites

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



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

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

Blueberry Parfait

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

Allergens: Contains Milk.

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

Blueberry Patch Parfait

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

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

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

Blueberry Patch Parfait

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

Allergens: Contains Milk, Soy. May contain Gluten.

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

Bob's Redmill Classic Granola

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

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

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

Bread Roll

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

Allergens: Contains Gluten, Sesame, Soy, Wheat.

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

Breadstick

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

- Allergens:** Contains Gluten, Soy, Wheat. May contain Egg, Milk.
- Made With:** 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.); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.)



Breakfast on a Stick

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

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

Bruschetta Chicken

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

Allergens:

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

Buffalo Chicken Filling

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

Allergens:

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

Buffalo Chicken Flatbread Roll Up

PER SERVING (1 ea.)			
402 CALORIES	6.4g SAT FAT	1362mg SODIUM	37.3g CARBS

Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Buffalo Chicken, Tyson popcorn, Franks hot sauce (12 pieces=4.6 oz=2 oz M/MA+1 oz grain) , Recipe (Popcorn Chicken, Tyson (12 pieces = 3.36 oz = 2 oz M/MA + 1 oz eq grain) , Recipe (Chick Popcorn (Chicken, water, textured soy protein concentrate, isolated soy protein with less than 2% lecithin, chicken type flavor [brown sugar, yeast extract, onion powder,, maltodextrin, canola oil, carrot powder, garlic powder, silicon dioxide (anti-caking agent), citric acid, spice, salt, vegetable stock (carrot, onion, celery), natural flavor],, sodium phosphates.BREADED WITH: Whole wheat flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water,, salt, wheat gluten, sugar, dried onion, dried garlic, torula yeast, dextrose, spice, dried yeast, paprika extract (color) turmeric extract (color). Breadding set in vegetable, oil.)); Franks Red Hot Sauce (AGED CAYENNE RED PEPPERS, VINEGAR, WATER, SALT AND GARLIC POWDER.)); Whole Grain Oven Fired Flatbread (WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, ASCORBIC ACID ADDED AS A DOUGH CONDITIONER, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SOYBEAN OIL, YEAST, CONTAINS LESS THAN 2% OF THE FOLLOWING: SUGAR, NONFAT DRY MILK, WHEAT GLUTEN, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), SODIUM STEAROYL LACTYLATE, GUAR GUM.); Shredded Cheddar Cheese Reduced Fat (See Label f

Buffalo Ranch Sauce

PER SERVING (1 tbsp.)			
18 CALORIES	0.2g SAT FAT	336mg SODIUM	1.8g CARBS

Allergens: Contains Egg, Milk, Soy.

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

Buffalo Sauce

PER SERVING (1 tbsp.)			
3 CALORIES	0.0g SAT FAT	627mg SODIUM	0.5g CARBS

Allergens:

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

Build-to-Order Asian Burrito

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

Allergens:

Made With:

Build-to-Order Asian Taco

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

Allergens:

Made With:

Build-to-Order Mexican Burrito, MIA

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

Allergens:

Made With:

Build-to-Order Taco

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

Allergens:

Made With:

Build-to-Order, Italy Bowl

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

Allergens:

Made With:

Build-to-Order, Mediterranean Bowl

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

Allergens:

Made With:

Builld-to-Order Asian Rice Bowl

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

Allergens:

Made With:

Burger Topping

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

Allergens:

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

Buttermilk Pancakes

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

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

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

Buttery Whole Grain Toast

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

Allergens: Contains Gluten, Milk, Soy, Wheat.

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

Caesar Side Salad

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

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

Made With: Romaine Lettuce (ROMAINE LETTUCE); Caesar Dressing (SOYBEAN OIL, WATER, PARMESAN CHEESE WITH FLAVOR (PARMESAN CHEESE [PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES], FLAVOR [ENZYME MODIFIED CHEESE {CULTURED MILK, WATER, SALT, ENZYMES}], POWDERED CELLULOSE TO PREVENT CAKING), CORN VINEGAR, EGG YOLKS, EXTRA VIRGIN OLIVE OIL, CONTAINS LESS THAN 2% OF SALT, ANCHOVY DISTILLED VINEGAR, SPICES, GARLIC, LEMON JUICE CONCENTRATE, GARLIC*, PHOSPHORIC ACID, SODIUM BENZOATE AND POTASSIUM SORBATE (AS PRESERVATIVES), XANTHAN GUM, MOLASSES, CORN SYRUP, CARAMEL COLOR, SUGAR, TAMARIND, NATURAL FLAVORS, CELERY SEED. *DEHYDRATED CONTAINS: MILK, EGG, FISH (ANCHOVY).); Grated Parmesan Cheese (GRATED PARMESAN CHEESE (MADE FROM COW'S MILK, CHEESE CULTURE, SALT, ENZYMES), POWDERED CELLULOSE (ADDED TO PREVENT CAKING)); Croutons (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Canola And/Or Sunflower Oil (With Rosemary Extract And Ascorbic Acid [To Preserve Freshness],), Whey, Salt, Sugar, Yeast, 2% Or Less of Spices, Dehydrated Parsley, Onion Powder, Paprika (Color), Turmeric (Color), Extractive of Paprika (Color), Spice Extractive, Enzymes.)

Carnitas Nachos

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

Allergens:

Made With:

Celery Sticks

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



Allergens:
Made With: Celery (CELERY)

Cheddar Cheese Sauce

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

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

Cheddar Cheese Sauce

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

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

Cheerios

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

Allergens:

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



Cheese Calzone, 5"

PER SERVING (1 ea.)			
363 CALORIES	6.4g SAT FAT	593mg SODIUM	42.5g CARBS

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

Made With: Whole Grain Pizza Dough (WATER, WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE,, ENZYME, RIBOFLAVIN, FOLIC ACID), YEAST, WHEAT GLUTEN, DEXTROSE, CONTAINS LESS THAN 2% OF THE FOLLOWING: SUGAR, OAT FIBER, SOYBEAN, OIL,SALT, POTASSIUM CHLORIDE, ENZYME, ASCORBIC ACID, WHEAT STARCH, DEXTRIN.); Ricotta Cheese Mixture (1/4 c= 1.25MMA), USDA Mozzarella (Part Skim Ricotta Cheese (Whey, Milk, Vinegar, And Xanthan Gum, Locust Bean Gum, Guar Gum (Stabilizers).); Past Skim Mozzarella Cheese (Low Moisture Part Skim Mozzarella, Cheese (Pasteurized Part Skim Milk,, Cheese Cultures, Salt, Enzymes), Powdered Cellulose (to Prevent Caking),, Natamycin (a Natural Mold Inhibitor),); Shredded Parmesan Cheese (Pasteurized part-skim milk, cheese culture, salt, enzymes. Potato starch, powdered cellulose added to prevent caking.); Parsley, finely chopped (1/2c=0.35 oz=1/4c dark green veg) , Recipe (Pasteurized Lime Juice (PARSLEY))); Pizza Sauce (VINE-RIPENED FRESH TOMATOES, SUGAR, SALT, SEASONING (SPICES, SALT, GARLIC POWDER), EXTRA VIRGIN OLIVE OIL); Past Skim Mozzarella Cheese (Low Moisture Part Skim Mozzarella, Cheese (Pasteurized Part Skim Milk,, Cheese Cultures, Salt, Enzymes), Powdered Cellulose (to Prevent Caking),, Natamycin (a Natural Mold Inhibitor),)

Cheese Lasagna Roll

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

Allergens:

Made With:

Cheese Lasagna Rollup

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

Allergens: Contains Gluten, Milk, Wheat.

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

Cheesy Broccoli Baked Potato

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

Allergens:

Made With:

Cheesy Cheddar Nachos

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

Allergens:

Made With:

Cheesy Nachos with Refried Beans

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

Allergens:

Made With:

Cheesy Nachos with Taco Meat

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

Allergens:

Made With:

Chef Salad

PER SERVING (1 salad)			
148 CALORIES	3.7g SAT FAT	500mg SODIUM	5.2g CARBS

Allergens: Contains Egg, Milk, Soy.

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

Chef Salad

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

Allergens: Contains Egg, Milk, Soy.

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

Cherry Frudel Stick

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

Allergens: Contains Gluten, Milk, Wheat.

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

Chick'n & Waffle Stacker

Breakfast Plate

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

Allergens:

Made With:

Chicken & Vegetable Potstickers

PER SERVING (3 ea.)			
120 CALORIES	0.3 ^g SAT FAT	275 ^{mg} SODIUM	15.5 ^g CARBS

Allergens: Contains Gluten, Sesame, Soy, Wheat.

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

Chicken Bruschetta Flatbread Pizza

PER SERVING (1 ea.)			
384 CALORIES	7.7g SAT FAT	894mg SODIUM	35.9g CARBS

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

Made With: Whole Grain Oven Fired Flatbread (WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, ASCORBIC ACID ADDED AS A DOUGH CONDITIONER, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SOYBEAN OIL, YEAST, CONTAINS LESS THAN 2% OF THE FOLLOWING: SUGAR, NONFAT DRY MILK, WHEAT GLUTEN, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), SODIUM STEAROYL LACTYLATE, GUAR GUM.); Bruschetta Chicken, USDA Strip Chicken (Grilled Chicken Strips (See Label for ingredients and allergens); Bruschetta Topping, tomatoes, balsamic vinaigrette (1/2c = 1/2c red veg) , Recipe (Tomatoes, fresh, 1/4-inch diced, ready-to-serve (1/2c = 4.2 oz = 1/2c red/orange veg) , Recipe (Tomato (TOMATO))); Low Fat Balsamic Vinaigrette (WATER, BALSAMIC VINEGAR, SOYBEAN OIL, RED WINE VINEGAR, SUGAR, OLIVE OIL, SALT, CONTAINS LESS THAN 2% OF DISTILLED VINEGAR, XANTHAN GUM, SPICES, GARLIC*, MUSTARD SEED, ONION*, RED BELL PEPPER*, POLYSORBATE 60, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR. *DEHYDRATED); Basil, finely chopped , Recipe (Fresh Basil (BASIL)); Garlic Chopped in Water (GARLIC); Black Pepper Ground (BLACK PEPPER)); Low Fat Balsamic Vinaigrette (WATER, BALSAMIC VINEGAR, SOYBEAN OIL, RED WINE VINEGAR, SUGAR, OLIVE OIL, SALT, CONTAINS LESS THAN 2% OF DISTILLED VINEGAR, XANTHAN GUM, SPICES, GARLIC*, MUSTARD SEED, ONION*, RED BELL PEPPER*, POLYSORBATE 60, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR. *DEHYDRATED)); Past Skim Mozzarella Cheese (Low Moisture Part Skim Mozzarella, Cheese (Pasteurized Part Skim Milk,, Cheese Cultures, Salt, Enzymes), Powdered Cellulose (to Prevent Caking),, Natamycin (a Natural Mold Inhibitor),); Grated Parmesan Cheese (GRATED PARMESAN CHEESE (MADE FROM COW'S MILK, CHEESE CULTURE, SALT, ENZYMES), POWDERED CELLULOSE (ADDED TO PREVENT CAKING)); Garlic Seasoned Oil, Italian seasoning (Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil.); Garlic Powder (GARLIC POWDER); Italian Seasoning (MARJORAM, THYME, ROSEMARY, SAVORY, SAGE, OREGANO, AND BASIL.))

Chicken Burger

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

Allergens: Contains Gluten, Sesame, Soy, Wheat.

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

Chicken Caesar Salad

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

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

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

Chicken Drumstick Basket

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

Allergens:

Made With:

Chicken Enchilada Suiza

PER SERVING (1 enchilada)			
204 CALORIES	3.2g SAT FAT	491mg SODIUM	20.8g CARBS

Allergens: Contains Gluten, Milk, Wheat.

Made With: Mexican Chicken, USDA Unseasoned Strip, taco seasoning, salsa (Grilled Chicken Strips (See Label for ingredients and allergens); Salsa, Original, homemade (1/2c = 3/8c red/orange + 1/8c other veg) (Tomatoes (Vine-Ripened Peeled Tomatoes, Tomato Juice, Calcium Chloride, Citric Acid.);

Onion, yellow, 1/4-inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe (Yellow Onion (YELLOW ONION)); Real Lime Juice (WATER, LIME JUICE CONCENTRATE AND LESS THAN 2% OF: LIME OIL, , SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES).); Peppers, jalapeno, sliced, canned, drained, ready-to-serve (Jalapeno Peppers (FRESH JALAPENO PEPPERS, WATER, VINEGAR, SALT, MALIC AND LACTIC ACID, CALCIUM CHLORIDE, SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES), YELLOW 5.)); Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe (Fresh Cilantro (CILANTRO LEAVES)); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSATE OF SODA AS AN ANTICAKING AGENT.); Granulated Sugar (SUGAR); Cumin Ground (CUMIN)); Taco Seasoning (INGREDIENTS: SPICES (INCLUDING PAPRIKA, CHILI PEPPER), ONION, SALT, GARLIC, POTATO FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), COCOA POWDER PROCESSED WITH ALKALI, CORN SYRUP SOLIDS, AND NATURAL FLAVOR.)); (Use SR3319) White Enchilada Sauce, USDA Mozz (Municipal Water (WATER); Salsa, Original, homemade (1/2c = 3/8c red/orange + 1/8c other veg) (Tomatoes (Vine-Ripened Peeled Tomatoes, Tomato Juice, Calcium Chloride, Citric Acid.)); Onion, yellow, 1/4-inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe (Yellow Onion (YELLOW ONION)); Real Lime Juice (WATER, LIME JUICE CONCENTRATE AND LESS THAN 2% OF: LIME OIL, , SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES).); Peppers, jalapeno, sliced, canned, drained, ready-to-serve (Jalapeno Peppers (FRESH JALAPENO PEPPERS, WATER, VINEGAR, SALT, MALIC AND LACTIC ACID, CALCIUM CHLORIDE, SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES), YELLOW 5.)); Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe (Fresh Cilantro (CILANTRO LEAVES)); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSATE OF SODA AS AN ANTICAKING AGENT.); Granulated Sugar (SUGAR); Cumin Ground (CUMIN)); Low Sodium Chicken Gravy Mix (MODIFIED CORN STARCH, PEA FLOUR, MALTODEXTRIN, WHEY, DEXTROSE, PALM , OIL, YEAST EXTRACT, SALT, CHICKEN FAT, POTASSIUM CHLORIDE, POWDERED COOKED TURKEY, , POWDERED COOKED CHICKEN, ONION POWDER, GUM ARABIC, NATURAL FLAVORS, DISODIUM , INOSINATE, DISODIUM GUANYLATE, TORULA YEAST, CARAMEL COLOR, TURMERIC (FOR COLOR), , THIAMINE HYDROCHLORIDE, SPICES.); Past Skim Mozzarella Cheese (Low Moisture Part Skim Mozzarella, Cheese (Pasteurized Part Skim Milk,, Cheese Cultures, Salt, Enzymes), Powdered Cellulose (to Prevent Caking),, Natamycin (a Natural Mold Inhibitor),); Garlic Powder (GARLIC POWDER); Onion Powder (ONION POWDER)); Whole Wheat Tortilla (Whole wheat flour, Enriched unbleached flour (Wheat flour,, Niacin, Reduced iron, Thiamine mononitrate, Riboflavin and Folic acid), Water, Vegetable, shortening (Contains one or more of the following: Palm oil and/or corn oil), Contains 2% or, less of the following: Salt, Aluminum-free leavening (Sodium acid pyrophosphate, Sodium bicarbonate, Corn starch, Monocalcium phosphate), Wheat protein, Preservatives (Calcium propionate, Sorbic acid), Dough conditioner (Fumaric acid, Xanthan gum Mono- and, Diglycerides, Sodium metabisulphite).,); Shredded Cheddar Cheese Reduced Fat (See Label for ingredients and allergens); Black Olives, sliced, canned, drained (1/2c = 2.2 oz = 1/2c other

veg) , Recipe (Sliced Black Olives (RIPE OLIVES, WATER, SEA SALT, FERROUS GLUCONATE (AN IRON DERIVATIVE))); Onion, green, sliced (1/2c = 2.2 oz = 1/2c other veg) , Recipe (Green Onion (GREEN ONIONS)); Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe (Fresh Cilantro (CILANTRO LEAVES))

Chicken Gravy

PER SERVING (1/4 c.)

30 CALORIES	0.0g SAT FAT	138mg SODIUM	4.0g CARBS
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Allergens: Contains Milk.

Made With: Municipal Water (WATER); Low Sodium Chicken Gravy Mix (MODIFIED CORN STARCH, PEA FLOUR, MALTODEXTRIN, WHEY, DEXTROSE, PALM , OIL, YEAST EXTRACT, SALT, CHICKEN FAT, POTASSIUM CHLORIDE, POWDERED COOKED TURKEY, , POWDERED COOKED CHICKEN, ONION POWDER, GUM ARABIC, NATURAL FLAVORS, DISODIUM , INOSINATE, DISODIUM GUANYLATE, TORULA YEAST, CARAMEL COLOR, TURMERIC (FOR COLOR), , THIAMINE HYDROCHLORIDE, SPICES.)

Chicken Meatballs

PER SERVING (5 Meatballs)

177 CALORIES	3.4g SAT FAT	202mg SODIUM	5.9g CARBS
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Allergens: Contains Gluten, Soy, Wheat.

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

Chicken Nugget Basket

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

Allergens:

Made With:

Chicken Strip Filling

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

Allergens: Contains Gluten, Wheat.

Made With: Grilled Chicken Strips (See Label for ingredients and allergens); Taco Seasoning (INGREDIENTS: SPICES (INCLUDING PAPRIKA, CHILI PEPPER), ONION, SALT, GARLIC, POTATO FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), COCOA POWDER PROCESSED WITH ALKALI, CORN SYRUP SOLIDS, AND NATURAL FLAVOR.)

Chili & Cheese Baked Potato

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

Allergens:

Made With:

Chilled Corn

PER SERVING (1/2 c.)			
69 CALORIES	0.1g SAT FAT	1mg SODIUM	16.4g CARBS



Allergens:

Made With: Corn (SWEET CORN)

Chocolate Milk

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

Allergens: Contains Milk.

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

Chocolate Milk

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

Allergens: Contains Milk.

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

Chocolate Skim Milk

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

Allergens: Contains Milk.

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

Cilantro Lime Rice

PER SERVING (2/3 c.)			
155 CALORIES	0.2g SAT FAT	185mg SODIUM	29.1g CARBS

Allergens:

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

Cinnamon Toast Crunch Cereal

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

Allergens: Contains Gluten, Soy, Wheat.

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



Cinnamon Toast Crunch Cereal Bar

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

Allergens: Contains Gluten, Soy, Wheat.

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



Cinnamon UBR

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

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

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

Citrus Herb White Rice

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

Allergens:

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

Classic Ham & Cheddar Wrap

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

Allergens:

Made With:

Cocoa Puffs Cereal

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

Allergens:

Made With: Cocoa Puffs Cereal (Whole Grain Corn, Sugar, Corn Meal, Corn Syrup, Cocoa Processed with Alkali,, Fructose, Canola Oil, Salt, Caramel Color, Refiner's Syrup, Baking Soda, Natural, Flavor. Vitamins and Minerals: Tricalcium Phosphate, Calcium Carbonate, Zinc, and Iron (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin, (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin),, Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid),, Vitamin B12, Vitamin D3.)



Cocoa Puffs Cereal Bar

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

Allergens: Contains Gluten, Soy, Wheat.

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

Cold Citrus Herb Brown Rice

PER SERVING (1 c.)			
268 CALORIES	0.0g SAT FAT	288mg SODIUM	58.2g CARBS

Allergens:

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

Corn Dog

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

Allergens: Contains Egg, Gluten, Soy, Wheat.

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

Country Breakfast Sausage Patty

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

Allergens:

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



Country Style Potato Wedges

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



Allergens:

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

Cranberry Peach Muffin Square

PER SERVING (1 ea.)			
386 CALORIES	4.6g SAT FAT	532mg SODIUM	71.3g CARBS

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

Made With: Muffin (WHOLE WHEAT FLOUR BLEACHED, SUGAR, PALM OIL, MODIFIED CORN STARCH. CONTAINS 2% OR LESS OF: LEAVENING , (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), DEXTROSE, SALT, NONFAT MILK, EGGS WITH SODIUM , SILICOALUMINATE, MONO AND DIGLYCERIDES, XANTHAN GUM, SOY FLOUR.); Peaches, Canned, Diced, packed in extra light syrup, USDA (Diced Peaches (See label for ingredients and allergens.)); Dried Sweetened Cranberries (CRANBERRIES, SUGAR, CITRIC ACID, ELDERBERRY JUICE CONCENTRATE, SUNFLOWER OIL.); Nutmeg Ground (NUTMEG)

Cranberry Peach Muffin Square

PER SERVING (1/2 ea.)			
193 CALORIES	2.3g SAT FAT	266mg SODIUM	35.6g CARBS

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

Made With: Muffin (WHOLE WHEAT FLOUR BLEACHED, SUGAR, PALM OIL, MODIFIED CORN STARCH. CONTAINS 2% OR LESS OF: LEAVENING , (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), DEXTROSE, SALT, NONFAT MILK, EGGS WITH SODIUM , SILICOALUMINATE, MONO AND DIGLYCERIDES, XANTHAN GUM, SOY FLOUR.); Peaches, Canned, Diced, packed in extra light syrup, USDA (Diced Peaches (See label for ingredients and allergens.)); Dried Sweetened Cranberries (CRANBERRIES, SUGAR, CITRIC ACID, ELDERBERRY JUICE CONCENTRATE, SUNFLOWER OIL.); Nutmeg Ground (NUTMEG)

Crispy Chicken Nuggets

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

Allergens: Contains Gluten, Soy, Wheat.

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

Crispy Corn Taco Shell

PER SERVING (1 shells)			
85 CALORIES	0.5g SAT FAT	0mg SODIUM	11.0g CARBS

Allergens:

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

Crispy Garden Bowl

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

Allergens:

Made With:

Crispy Whole Apple

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

Allergens:

Made With: Apple (APPLE)

Diced Cucumber

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

Allergens:

Made With: Cucumber (CUCUMBER)

Diced Green Bell Peppers

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

Allergens:

Made With: Green Bell Pepper (GREEN SWEET PEPPER)

Diced Peaches

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

Allergens:

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

Diced Peaches

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

Allergens:

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

Diced Pears

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

Allergens:

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

Diced Red Tomatoes

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

Allergens:

Made With: Tomato (TOMATO)



Dill Pickle Chips

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

Allergens:

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

Elote Corn

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

Allergens: Contains Milk.

Made With: Roasted Corn, mexican seasoning (1/2c=2.96oz=1/2c starchy veg) (Corn (SWEET CORN); Salt Free Mexican Seasoning (INGREDIENTS: SPICES (INCLUDING CUMIN, ANCHO CHILI PEPPER, OREGANO, RED PEPPER), SUGAR, ONION, RED && GREEN BELL PEPPER, TOMATO, GARLIC, CITRIC ACID, SILICON DIOXIDE AND CALCIUM SILICATE (TO MAKE FREE FLOWING), EXTRACTIVES OF LIME && NATURAL FLAVOR.)); Dannon Non Fat Greek Plain Yogurt (CULTURED GRADE A NON FAT MILK.); Onion, green, sliced (1/2c = 2.2 oz = 1/2c other veg) , Recipe (Green Onion (GREEN ONIONS)); Real Lime Juice (WATER, LIME JUICE CONCENTRATE AND LESS THAN 2% OF: LIME OIL, , SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES).); Grated Parmesan Cheese (GRATED PARMESAN CHEESE (MADE FROM COW'S MILK, CHEESE CULTURE, SALT, ENZYMES), POWDERED CELLULOSE (ADDED TO PREVENT CAKING))

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

PER SERVING (1 enchilada)

211
CALORIES

3.6g
SAT FAT

486mg
SODIUM

20.8g
CARBS

Allergens: Contains Gluten, Milk, Wheat.

Made With: Mexican Chicken, USDA Unseasoned Strip, taco seasoning, salsa (Grilled Chicken Strips (See Label for ingredients and allergens); Salsa, Original, homemade (1/2c = 3/8c red/orange + 1/8c other veg) (Tomatoes (Vine-Ripened Peeled Tomatoes, Tomato Juice, Calcium Chloride, Citric Acid.); Onion, yellow, 1/4-inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe (Yellow Onion (YELLOW ONION)); Real Lime Juice (WATER, LIME JUICE CONCENTRATE AND LESS THAN 2% OF: LIME OIL, , SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES).); Peppers, jalapeno, sliced, canned, drained, ready-to-serve (Jalapeno Peppers (FRESH JALAPENO PEPPERS, WATER, VINEGAR, SALT, MALIC AND LACTIC ACID, CALCIUM CHLORIDE, SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES), YELLOW 5.)); Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe (Fresh Cilantro (CILANTRO LEAVES)); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSATE OF SODA AS AN ANTICAKING AGENT.); Granulated Sugar (SUGAR); Cumin Ground (CUMIN)); Taco Seasoning (INGREDIENTS: SPICES (INCLUDING PAPRIKA, CHILI PEPPER), ONION, SALT, GARLIC, POTATO FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), COCOA POWDER PROCESSED WITH ALKALI, CORN SYRUP SOLIDS, AND NATURAL FLAVOR.)); (Use SR3319) White Enchilada Sauce, USDA Mozz (Municipal Water (WATER); Salsa, Original, homemade (1/2c = 3/8c red/orange + 1/8c other veg) (Tomatoes (Vine-Ripened Peeled Tomatoes, Tomato Juice, Calcium Chloride, Citric Acid.); Onion, yellow, 1/4-inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe (Yellow Onion (YELLOW ONION)); Real Lime Juice (WATER, LIME JUICE CONCENTRATE AND LESS THAN 2% OF: LIME OIL, , SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES).); Peppers, jalapeno, sliced, canned, drained, ready-to-serve (Jalapeno Peppers (FRESH JALAPENO PEPPERS, WATER, VINEGAR, SALT, MALIC AND LACTIC ACID, CALCIUM CHLORIDE, SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES), YELLOW 5.)); Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe (Fresh Cilantro (CILANTRO LEAVES)); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSATE OF SODA AS AN ANTICAKING AGENT.); Granulated Sugar (SUGAR); Cumin Ground (CUMIN)); Low Sodium Chicken Gravy Mix (MODIFIED CORN STARCH, PEA FLOUR, MALTODEXTRIN, WHEY, DEXTROSE, PALM , OIL, YEAST EXTRACT, SALT, CHICKEN FAT, POTASSIUM CHLORIDE, POWDERED COOKED TURKEY, , POWDERED COOKED CHICKEN, ONION POWDER, GUM ARABIC, NATURAL FLAVORS, DISODIUM , INOSINATE, DISODIUM GUANYLATE, TORULA YEAST, CARAMEL COLOR, TURMERIC (FOR COLOR), , THIAMINE HYDROCHLORIDE, SPICES.); Past Skim Mozzarella Cheese (Low Moisture Part Skim

Mozzarella, Cheese (Pasteurized Part Skim Milk,, Cheese Cultures, Salt, Enzymes), Powdered Cellulose (to Prevent Caking),, Natamycin (a Natural Mold Inhibitor),); Garlic Powder (GARLIC POWDER); Onion Powder (ONION POWDER)); Whole Wheat Tortilla (Whole wheat flour, Enriched unbleached flour (Wheat flour,, Niacin, Reduced iron, Thiamine mononitrate, Riboflavin and Folic acid), Water, Vegetable, shortening (Contains one or more of the following: Palm oil and/or corn oil), Contains 2% or, less of the following: Salt, Aluminum-free leavening (Sodium acid pyrophosphate, Sodium bicarbonate, Corn starch, Monocalcium phosphate), Wheat protein, Preservatives (Calcium, propionate, Sorbic acid), Dough conditioner (Fumaric acid, Xanthan gum Mono- and, Diglycerides, Sodium metabisulphite).,); Yellow Cheddar Cheese (Cheddar Cheese (Cultured Pasteurized , Milk, Salt, Enzymes, Color Added [If , Colored], Anticake (Potato Starch, , Powdered Cellulose)); Black Olives, sliced, canned, drained (1/2c = 2.2 oz = 1/2c other veg) , Recipe (Sliced Black Olives (RIPE OLIVES, WATER, SEA SALT, FERROUS GLUCONATE (AN IRON DERIVATIVE))); Onion, green, sliced (1/2c = 2.2 oz = 1/2c other veg) , Recipe (Green Onion (GREEN ONIONS)); Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe (Fresh Cilantro (CILANTRO LEAVES))

Fajita Chicken

PER SERVING (1/3 c.)

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

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

Fajita Chicken & Cheese Nachos, MIA

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

Allergens:

Made With:

Fajita Chicken Salad

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



Allergens:

Made With:

Falafel Fritters

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

Allergens:

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

Fish N Chips Basket

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

Allergens:

Made With:

Flour Tortilla

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



Allergens: Contains Gluten, Wheat.

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

Flour Tortilla

PER SERVING (1 tortilla)			
90 CALORIES	1.0g SAT FAT	130mg SODIUM	14.0g CARBS



Allergens: Contains Gluten, Wheat.

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

French Toast Bites

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

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

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

Fresh Broccoli Florets

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



Allergens:

Made With: Broccoli Florets (BROCCOLI)

Fresh Oranges

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

Allergens:

Made With: Fresh Orange (ORANGES)

Fried Rice

PER SERVING (2/3 c.)			
177 CALORIES	0.2g SAT FAT	326mg SODIUM	35.2g CARBS

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

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

From the Garden Bar

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

Allergens:

Made With:

Fruit-Topped Waffle Breakfast Plate

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

Allergens:

Made With:

Garden Noodle Grain Bowl

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

Allergens:

Made With:

Garden Salad

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

Allergens:
Made With:



Glazed Chicken Drumstick

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

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

Golden Hash Brown Rounds

PER SERVING (1 piece)			
45 CALORIES	0.0g SAT FAT	95mg SODIUM	7.5g CARBS

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

Grated Parmesan Cheese

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

Allergens: Contains Milk.

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

Gravy, Pepper (Country, Biscuit)

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

Allergens: Contains Milk.

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

Grecian Chicken Grain Bowl

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

Allergens:

Made With:

Greek Meatball Flatbread Roll Up

PER SERVING (1 ea.)			
458 CALORIES	7.1g SAT FAT	655mg SODIUM	36.6g CARBS

Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Greek Meatballs, Chicken, Tyson (Chicken Meatball (Ground chicken, water, textured soy protein concentrate, wheat flour, contains 2% or less of the following: dextrose, garlic powder, maltodextrin, natural flavors, onion, powder, salt, soybean oil, spice, sugar, torula yeast, yeast, yeast extract.); Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil.); Garlic Powder (GARLIC POWDER); Ground Oregano (DRIED OREGANO)); Whole Grain Oven Fired Flatbread (WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, ASCORBIC ACID ADDED AS A DOUGH CONDITIONER, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SOYBEAN OIL, YEAST, CONTAINS LESS THAN 2% OF THE FOLLOWING: SUGAR, NONFAT DRY MILK, WHEAT GLUTEN, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), SODIUM STEAROYL LACTYLATE, GUAR GUM.); Past Skim Mozzarella Cheese (Low Moisture Part Skim Mozzarella, Cheese (Pasteurized Part Skim Milk,, Cheese Cultures, Salt, Enzymes), Powdered Cellulose (to Prevent Caking),, Natamycin (a Natural Mold Inhibitor),)

Greek Meatball Veggie Bowl

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

Allergens:

Made With:

Greek Meatballs

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

Allergens: Contains Gluten, Soy, Wheat.

Made With: Chicken Meatball (Ground chicken, water, textured soy protein concentrate, wheat flour, contains 2% or less of the following: dextrose, garlic powder, maltodextrin, natural flavors, onion, powder, salt, soybean oil, spice, sugar, torula yeast, yeast, yeast extract.); Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil.); Garlic Powder (GARLIC POWDER); Ground Oregano (DRIED OREGANO)

Greek Meatballs

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

Allergens: Contains Gluten, Soy, Wheat.

Made With: Chicken Meatball (Ground chicken, water, textured soy protein concentrate, wheat flour, contains 2% or less of the following: dextrose, garlic powder, maltodextrin, natural flavors, onion, powder, salt, soybean oil, spice, sugar, torula yeast, yeast, yeast extract.); Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil.); Garlic Powder (GARLIC POWDER); Ground Oregano (DRIED OREGANO)

Greek Salad

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

Allergens:

Made With:



Greek Spiced Meatball Sub

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

Allergens:

Made With:

Greek Turkey

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

Allergens:

Made With: Turkey Pot Roast (TURKEY THIGH MEAT, WATER, CONTAINS 2% OR LESS OF: MODIFIED FOOD STARCH, SALT, SUGAR, NATURAL FLAVOR (POTATO MALTODEXTRIN, GUM ARABIC, NATURAL FLAVOR), SEASONING (NATURAL FLAVORING, SALT, POTATO MALTODEXTRIN), SODIUM PHOSPHATE, SEASONING (YEAST EXTRACT, NATURAL FLAVORS, SALT), FLAVORING.); Lemon Juice (WATER, LEMON JUICE CONCENTRATE AND LESS THAN 2% OF: LEMON , OIL, SODIUM BENZOATE AND SODIUM METABISULFITE , (PRESERVATIVES).); Clover Honey (HONEY); Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil.); Garlic Granulated (GRANULATED GARLIC); Low Sodium Lemon Pepper (BLACK PEPPER, SALT, MODIFIED FOOD STARCH, CITRIC ACID, LEMON PEEL, SUGAR, GARLIC, ONION, NATURAL FLAVOR, RIBOFLAVIN (FOR COLOR).); Italian Seasoning (MARJORAM, THYME, ROSEMARY, SAVORY, SAGE, OREGANO, AND BASIL.)

Greek Turkey

PER SERVING (1/2 c.)			
302 CALORIES	1.9g SAT FAT	658mg SODIUM	21.8g CARBS

Allergens:

Made With: Turkey Pot Roast (TURKEY THIGH MEAT, WATER, CONTAINS 2% OR LESS OF: MODIFIED FOOD STARCH, SALT, SUGAR, NATURAL FLAVOR (POTATO MALTODEXTRIN, GUM ARABIC, NATURAL FLAVOR), SEASONING (NATURAL FLAVORING, SALT, POTATO MALTODEXTRIN), SODIUM PHOSPHATE, SEASONING (YEAST EXTRACT, NATURAL FLAVORS, SALT), FLAVORING.); Lemon Juice (WATER, LEMON JUICE CONCENTRATE AND LESS THAN 2% OF: LEMON , OIL, SODIUM BENZOATE AND SODIUM METABISULFITE , (PRESERVATIVES).); Clover Honey (HONEY); Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil.); Garlic Granulated (GRANULATED GARLIC); Low Sodium Lemon Pepper (BLACK PEPPER, SALT, MODIFIED FOOD STARCH, CITRIC ACID, LEMON PEEL, SUGAR, GARLIC, ONION, NATURAL FLAVOR, RIBOFLAVIN (FOR COLOR).); Italian Seasoning (MARJORAM, THYME, ROSEMARY, SAVORY, SAGE, OREGANO, AND BASIL.)

Greek Turkey Sandwich

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

Allergens:

Made With:

Green Beans, Low Country Green Beans

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

Allergens:

Made With: Cut Green Beans (GREEN BEANS); Municipal Water (WATER); Onion, yellow, 1/4-inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe (Yellow Onion (YELLOW ONION)); Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil.); Bacon (Pork Cured with Water, Salt, Sugar, Smoke , Flavoring, Sodium Phosphates, Sodium , Erythorbate, Sodium Nitrite.); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSIAE OF SODA AS AN ANTICAKING AGENT.); Black Pepper Ground (BLACK PEPPER)

Green Beans, Low Country Green Beans

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

Allergens:

Made With: Cut Green Beans (GREEN BEANS); Municipal Water (WATER); Onion, yellow, 1/4-inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe (Yellow Onion (YELLOW ONION)); Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil.); Bacon (Pork Cured with Water, Salt, Sugar, Smoke , Flavoring, Sodium Phosphates, Sodium , Erythorbate, Sodium Nitrite.); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSIAE OF SODA AS AN ANTICAKING AGENT.); Black Pepper Ground (BLACK PEPPER)

Green Bell Pepper Strips

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

Allergens:

Made With: Green Bell Pepper (GREEN SWEET PEPPER)

Green Onion

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

Allergens:

Made With: Green Onion (GREEN ONIONS)

Green Salad Mix

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

Allergens:

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

Grilled Cheese Sandwich

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

Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Whole Wheat Bread (Whole White Wheat Flour, Water, Unbleached Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Wheat Gluten, Sugar, Soybean Oil, Contains 2% or less of the following: Yeast, Salt, Malt (Corn Syrup Solids, Barley Malt Extract), Calcium Propionate (Preservative), Monocalcium Phosphate, Calcium Sulfate, Ammonium Sulfate, Potassium Sorbate (Preservative), Wheat Starch, Ascorbic Acid, Enzymes.); American Cheese (CULTURED MILK AND SKIM MILK, WATER, CREAM, SODIUM CITRATE, SALT, SODIUM PHOSPHATE, SORBIC ACID (PRESERVATIVE), CITRIC ACID, ARTIFICIAL COLOR, ACETIC ACID, ENZYMES, SOY LECITHIN.); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.)

Ham & Cheese English Muffin

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

Allergens: Contains Gluten, Milk, Soy, Wheat.

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

Ham & Cheese Muffin

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

Allergens: Contains Gluten, Milk, Soy, Wheat.

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

Hand Tossed BBQ Chicken Pizza

PER SERVING (1 slice)			
367 CALORIES	6.0g SAT FAT	613mg SODIUM	39.3g CARBS

Allergens: Contains Gluten, Milk, Soy, Wheat.

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

Hand Tossed Cheese Pizza

PER SERVING (1 slice)			
361 CALORIES	7.1g SAT FAT	433mg SODIUM	35.4g CARBS

Allergens: Contains Gluten, Milk, Soy, Wheat.

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

Hand Tossed Hawaiian Pizza

PER SERVING (1 slice)			
365 CALORIES	6.7g SAT FAT	473mg SODIUM	36.5g CARBS

Allergens: Contains Gluten, Milk, Soy, Wheat.

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

Hand Tossed Taco Pizza

PER SERVING (1 slice)			
364 CALORIES	7.2g SAT FAT	437mg SODIUM	34.9g CARBS

Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Cheese Pizza Wg 16" (CRUST: FLOUR BLEND (WHITE WHOLE WHEAT FLOUR, ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHITE CORNMEAL, WHOLE GRAIN OAT FLOUR), WATER, YEAST, VEGETABLE OIL (SOYBEAN AND/OR CANOLA OIL), CONTAINS 2% OR LESS OF: SUGAR, WHEAT GLUTEN, HYDROGENATED SOYBEAN OIL, SEA SALT, DATEM, DEXTROSE, GUAR GUM, SOY LECITHIN, SALT, NATURAL FLAVOR, ASCORBIC ACID, WHEAT STARCH, ENZYMES. TOPPINGS: LOW MOISTURE PART SKIM MOZZARELLA CHEESE (CUL TU RED PASTEURIZED PART SKIM MILK, SALT, ENZYMES). SAUCE: TOMATOES (WATER, TOMATO PASTE [NOT LESS THAN 28% SOLUBLE SOLIDS]), CONTAINS 2% OR LESS OF: MODIFIED FOOD STARCH, PARMESAN CHEESE , (CULTURED PASTEURIZED PART SKIM MILK, SALT, ENZYMES), SUGAR, DEXTROSE, SALT, DRIED GARLIC, SPICE, DRIED ONION, DEHYDRATED ROMANO CHEESE (CUL TU RED PASTEURIZED SHEEP'S AND COW'S MILK, SALT, ENZYMES), PAPRIKA, CITRIC ACID.); Taco Filling, beef, WA Comm W135 (GROUND BEEF (no more than 20% fat), WATER, CONTAINS LESS THAN 2% OF DEHYDRATED ONION, CITRUS FLOUR, SEASONING (potassium chloride, flavor [contains maltodextrin]), SALT, CHILI PEPPER, DEHYDRATED GARLIC, VINEGAR, SPICES, BLACK COCOA POWDER, PAPRIKA EXTRACT); Yellow Cheddar Cheese (Cheddar Cheese (Cultured Pasteurized , Milk, Salt, Enzymes, Color Added [If , Colored], Anticake (Potato Starch, , Powdered Cellulose))

Hard Boiled Eggs

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

Allergens: Contains Egg.

Made With: Hard Boiled Egg (HARD COOKED EGGS)

Hard Boiled Eggs

PER SERVING (1/2 egg)			
3 CALORIES	0.1g SAT FAT	2mg SODIUM	0.0g CARBS

Allergens: Contains Egg.

Made With: Hard Boiled Egg (HARD COOKED EGGS)

Homemade Salsa

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



Allergens:

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

Homestyle Breakfast Plate

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

Allergens:

Made With:

Honey Graham Crackers

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

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

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

Honey Mustard

PER SERVING (1 tbsp.)			
72 CALORIES	1.1g SAT FAT	77mg SODIUM	3.3g CARBS

Allergens: Contains Soy.

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

Honey Nut Cheerios Cereal

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

Allergens: Contains Tree nuts.

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

Italian Garden Sub

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

Allergens:

Made With:

Italian Meat Sauce Pasta Bowl

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

Allergens:

Made With:

Italian Meatball Sub

PER SERVING (1 sandwich)			
416 CALORIES	4.4g SAT FAT	658mg SODIUM	45.5g CARBS

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

Made With: Meatball Sauce, Schicken, spaghetti sauce (5 meatballs= 2 oz M/MA + 3/8 c red veg) , Recipe (Spaghetti Sauce (TOMATO PUREE (WATER, TOMATO 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.)); Sub Roll, regular, top slice, whole grain, Richs (1 roll = 2 oz eq grain) , Recipe (Sub Roll Dough, whole grain, proofed and stretched, Richs (1 roll = 2 oz eq grain) , Recipe (Whole Grain Sub Roll (WATER, WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), YEAST, SUGAR, WHEAT GLUTEN, SOYBEAN OIL, CONTAINS LESS THAN 2% OF THE FOLLOWING: OAT FIBER, FRUCTOSE, NATURAL FLAVOR (CONTAINS WHEAT INGREDIENTS), SEA SALT, HONEY, ENZYMES (CONTAINS WHEAT), ASCORBIC ACID, SALT.)); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.)); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.)); Shredded Lite Mozzarella Cheese (See Label for ingredients and allergens)

Italian Salad

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

Allergens:

Made With:



Italian Salad Dressing

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

Allergens:

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

Italian-style Deli Sub

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

Allergens:

Made With:

Italian-Style Meat Combo

PER SERVING (1 portion)			
147 CALORIES	2.1g SAT FAT	666mg SODIUM	1.2g CARBS

Allergens:

Made With: Deli Turkey (INGREDIENTS: TURKEY BREAST, TURKEY BROTH: CONTAINS 2% OR LESS SEA SALT, MODIFIED FOOD STARCH, SUGAR, SODIUM PHOSPHATE. , This item is fully cooked deli-style turkey 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.)

Jalapeno Pepper Slices

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

Allergens:

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

Just Peachy Parfait

PER SERVING (1 parfait)			
245 CALORIES	0.7g SAT FAT	124mg SODIUM	46.6g CARBS

Allergens: Contains Milk, Soy. May contain Gluten.

Made With: Peaches, Canned, Diced, packed in extra light syrup, USDA (Diced Peaches (See label for ingredients and allergens.)); Vanilla Yogurt (Cultured Grade A Low Fat Milk, Sugar, Modified Corn Starch. Contains 1 % or less of: Corn Starch, Natural, Flavor, Potassium Sorbate Added to Maintain Freshness, Vitamin A Acetate, Vitamin D3.); Oats & Honey Crunch Granola (Whole Grain Oats, Sugar, Canola and/or Sunflower Oil, Rice Flour, Honey, Brown Sugar Syrup, Salt, Baking Soda, , Soy Lecithin, Natural Flavor.)

Just Peachy Parfait

PER SERVING (1 parfait)			
269 CALORIES	0.6g SAT FAT	58mg SODIUM	54.3g CARBS

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

Made With: Peaches, Canned, Diced, packed in extra light syrup, USDA (Diced Peaches (See label for ingredients and allergens.)); Vanilla Yogurt (Cultured Grade A Low Fat Milk, Sugar, Modified Corn Starch. Contains 1 % or less of: Corn Starch, Natural, Flavor, Potassium Sorbate Added to Maintain Freshness, Vitamin A Acetate, Vitamin D3.); 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)

Ketchup

PER SERVING (1 pump)			
20 CALORIES	0.0g SAT FAT	175mg SODIUM	4.6g CARBS

Allergens:

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



Korean BBQ Chicken

PER SERVING (3 oz.)			
215 CALORIES	2.6g SAT FAT	765mg SODIUM	13.0g CARBS

Allergens: Contains Gluten, Sesame, Soy, Wheat.

Made With: Grilled Chicken Strips (See Label for ingredients and allergens); Korean Barbecue Sauce, Asian dressing, lime, cilantro, ginger, garlic, sesame (Smokey BBQ Sauce (TOMATO PUREE (WATER, TOMATO PASTE), DISTILLED VINEGAR, SUGAR, SALT, MUSTARD BRAN, CONTAINS LESS THAN 2% OF CORN STARCH, NATURAL HICKORY SMOKE FLAVOR, SPICES, MOLASSES, GARLIC*, CELERY SEED, NATURAL FLAVORS, TAMARIND CONCENTRATE. *DEHYDRATED); Toasted Sesame Dressing (SOYBEAN OIL, SUGAR, SOY SAUCE (WATER, WHEAT, SOYBEAN, SALT, SODIUM BENZOATE [A PRESERVATIVE]), WATER, DISTILLED VINEGAR, SESAME OIL, RICE VINEGAR, CONTAINS LESS THAN 2% OF TOMATO PASTE, SALT, SESAME SEED, ORANGE PUREE, SPICES, RED BELL PEPPER*, APRICOT PUREE CONCENTRATE, XANTHAN GUM, GARLIC*, ONION*, MUSTARD SEED, SORBIC ACID AND SODIUM BENZOATE (AS PRESERVATIVES), CARRAGEENAN, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR. *DEHYDRATED CONTAINS: WHEAT, SOYBEAN.); Real Lime Juice (WATER, LIME JUICE CONCENTRATE AND LESS THAN 2% OF: LIME OIL, , SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES).); Garlic Granulated (GRANULATED GARLIC); Sesame Seed White (SESAME SEEDS); Ginger Ground (GROUND GINGER); Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe (Fresh Cilantro (CILANTRO LEAVES))); Green Onion (GREEN ONIONS); Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe (Fresh Cilantro (CILANTRO LEAVES))

Korean BBQ Chicken Burrito

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

Allergens:

Made With:

Korean BBQ Chicken Flatbread Pizza

PER SERVING (1 ea.)			
417 CALORIES	9.5^g SAT FAT	1145^{mg} SODIUM	37.6^g CARBS

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

Made With:

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

Korean BBQ Chicken Taco

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

Allergens:

Made With:

Lemon Pepper Chicken

PER SERVING (1/2 c.)			
88 CALORIES	2.0 ^g SAT FAT	301 ^{mg} SODIUM	1.1 ^g CARBS

Allergens:

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

Light Ranch Dressing

PER SERVING (1 tbsp.)			
25 CALORIES	0.3g SAT FAT	190mg SODIUM	2.5g CARBS

Allergens: Contains Egg, Milk, Soy.

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



Lowfat 1% White Milk

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

Allergens: Contains Milk.

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

Lucky Charms

PER SERVING (1 bowl)			
109 CALORIES	0.0g SAT FAT	101mg SODIUM	23.3g CARBS

Allergens:

Made With: Lucky Charms Cereal Bowlpak (Whole Grain Oats, Sugar, Corn Starch, Modified Corn Starch, Corn Syrup, Dextrose. Contains 2% or less of: Salt, Gelatin, , Trisodium Phosphate, Red 40, Yellow 5 & 6, Blue 1, Natural And Artificial Flavor. Vitamin E (mixed tocopherols) Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Vitamin C (sodium ascorbate), Iron and Zinc (mineral nutrients), A B Vitamin (niacinamide), Vitamin , B6 (pyridoxine hydrochloride), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), Vitamin B2 (riboflavin), A B Vitamin (folic acid), Vitamin B12, , Vitamin D3.,)

Maple Pancake Bites

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

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

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

Matchstick Carrots

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

Allergens:

Made With: Carrot (CARROTS)

Mayonnaise Pump

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

Allergens: Contains Egg.

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

Mediterranean Falafel & Vegetable Sub

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

Allergens:

Made With:

Mex Roasted Sweet Potatoes

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

Allergens:

Made With: Sweet Potato, Raw, Trimmed, Peeled, Diced 1/2" (Raw Sweet Potato (Sweet Potato)); Peppers, jalapeno, sliced, canned, drained, ready-to-serve (Jalapeno Peppers (FRESH JALAPENO PEPPERS, WATER, VINEGAR, SALT, MALIC AND LACTIC ACID, CALCIUM CHLORIDE, SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES), YELLOW 5.)); Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil.); Light Brown Sugar (BROWN SUGAR); Garlic Powder (GARLIC POWDER); Cumin Ground (CUMIN)

Mex Zucchini

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

Allergens:

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

Mexican Black Beans

PER SERVING (1 #12 scoop)			
47 CALORIES	0.0g SAT FAT	57mg SODIUM	9.2g CARBS

Allergens:

Made With: Low Sodium Black Beans (PREPARED BLACK BEANS, WATER, SALT, AND CALCIUM CHLORIDE (FIRMING AGENT).); Municipal Water (WATER); Peppers, green, sweet (bell), 1/4-inch diced, ready-to-serve (1/2c=3.2 oz=1/2c other veg) , Recipe (Green Bell Pepper (GREEN SWEET PEPPER)); Onion, yellow, 1/4-inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe (Yellow Onion (YELLOW ONION)); Peppers, jalapeno, sliced, canned, drained, ready-to-serve (Jalapeno Peppers (FRESH JALAPENO PEPPERS, WATER, VINEGAR, SALT, MALIC AND LACTIC ACID, CALCIUM CHLORIDE, SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES), YELLOW 5.)); Salt Free Mexican Seasoning (INGREDIENTS: SPICES (INCLUDING CUMIN, ANCHO CHILI PEPPER, OREGANO, RED PEPPER), SUGAR, ONION, RED & GREEN BELL PEPPER, TOMATO, GARLIC, CITRIC ACID, SILICON DIOXIDE AND CALCIUM SILICATE (TO MAKE FREE FLOWING), EXTRACTIVES OF LIME & NATURAL FLAVOR.); Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe (Fresh Cilantro (CILANTRO LEAVES)); Cumin Ground (CUMIN); Black Pepper Ground (BLACK PEPPER)

Mexican Black Beans

PER SERVING (1/4 c.)			
35 CALORIES	0.0g SAT FAT	42mg SODIUM	6.9g CARBS

Allergens:

Made With: Low Sodium Black Beans (PREPARED BLACK BEANS, WATER, SALT, AND CALCIUM CHLORIDE (FIRMING AGENT).); Municipal Water (WATER); Peppers, green, sweet (bell), 1/4-inch diced, ready-to-serve (1/2c=3.2 oz=1/2c other veg) , Recipe (Green Bell Pepper (GREEN SWEET PEPPER)); Onion, yellow, 1/4-inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe (Yellow Onion (YELLOW ONION)); Peppers, jalapeno, sliced, canned, drained, ready-to-serve (Jalapeno Peppers (FRESH JALAPENO PEPPERS, WATER, VINEGAR, SALT, MALIC AND LACTIC ACID, CALCIUM CHLORIDE, SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES), YELLOW 5.)); Salt Free Mexican Seasoning (INGREDIENTS: SPICES (INCLUDING CUMIN, ANCHO CHILI PEPPER, OREGANO, RED PEPPER), SUGAR, ONION, RED & GREEN BELL PEPPER, TOMATO, GARLIC, CITRIC ACID, SILICON DIOXIDE AND CALCIUM SILICATE (TO MAKE FREE FLOWING), EXTRACTIVES OF LIME & NATURAL FLAVOR.); Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe (Fresh Cilantro (CILANTRO LEAVES)); Cumin Ground (CUMIN); Black Pepper Ground (BLACK PEPPER)

Mexican Black Beans

PER SERVING (1/2 c.)			
71 CALORIES	0.0g SAT FAT	85mg SODIUM	13.7g CARBS

Allergens:

Made With: Low Sodium Black Beans (PREPARED BLACK BEANS, WATER, SALT, AND CALCIUM CHLORIDE (FIRMING AGENT).); Municipal Water (WATER); Peppers, green, sweet (bell), 1/4-inch diced, ready-to-serve (1/2c=3.2 oz=1/2c other veg) , Recipe (Green Bell Pepper (GREEN SWEET PEPPER)); Onion, yellow, 1/4-inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe (Yellow Onion (YELLOW ONION)); Peppers, jalapeno, sliced, canned, drained, ready-to-serve (Jalapeno Peppers (FRESH JALAPENO PEPPERS, WATER, VINEGAR, SALT, MALIC AND LACTIC ACID, CALCIUM CHLORIDE, SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES), YELLOW 5.)); Salt Free Mexican Seasoning (INGREDIENTS: SPICES (INCLUDING CUMIN, ANCHO CHILI PEPPER, OREGANO, RED PEPPER), SUGAR, ONION, RED & GREEN BELL PEPPER, TOMATO, GARLIC, CITRIC ACID, SILICON DIOXIDE AND CALCIUM SILICATE (TO MAKE FREE FLOWING), EXTRACTIVES OF LIME & NATURAL FLAVOR.); Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe (Fresh Cilantro (CILANTRO LEAVES)); Cumin Ground (CUMIN); Black Pepper Ground (BLACK PEPPER)

Mexican Tinga Chicken

PER SERVING (1 portion)			
151 CALORIES	1.7g SAT FAT	420mg SODIUM	9.7g CARBS

Allergens:

Made With: Grilled Chicken Strips (See Label for ingredients and allergens); Salsa Roja, homemade (1/2c= 3/8c red + 1/8c other veg) (Salsa, Original, homemade (1/2c = 3/8c red/orange + 1/8c other veg) (Tomatoes (Vine-Ripened Peeled Tomatoes, Tomato Juice, Calcium Chloride, Citric Acid.); Onion, yellow, 1/4-inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe (Yellow Onion (YELLOW ONION))); Real Lime Juice (WATER, LIME JUICE CONCENTRATE AND LESS THAN 2% OF: LIME OIL, , SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES).); Peppers, jalapeno, sliced, canned, drained, ready-to-serve (Jalapeno Peppers (FRESH JALAPENO PEPPERS, WATER, VINEGAR, SALT, MALIC AND LACTIC ACID, CALCIUM CHLORIDE, SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES), YELLOW 5.)); Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe (Fresh Cilantro (CILANTRO LEAVES)); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSATE OF SODA AS AN ANTICAKING AGENT.); Granulated Sugar (SUGAR); Cumin Ground (CUMIN)); Chipotle Peppers In Adobo Sauce (CHIPOTLE PEPPERS, WATER, VINEGAR, SUGAR, SALT, TOMATO PASTE, SMOKE ESSENCE, ONION, GARLIC); Apple Cider (APPLE CIDER VINEGAR (DILUTED WITH WATER TO 5% ACIDITY)); Ancho Chile Powder (ANCHO CHILE PEPPERS AND SILICON DIOXIDE (ADDED TO MAKE FREE FLOWING).)); Onion, yellow, 1/4-inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe (Yellow Onion (YELLOW ONION)); Real Lime Juice (WATER, LIME JUICE CONCENTRATE AND LESS THAN 2% OF: LIME OIL, , SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES).); Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe (Fresh Cilantro (CILANTRO LEAVES)); Garlic Powder (GARLIC POWDER)

Mexican Tinga Chicken

PER SERVING (3 oz.)			
CALORIES	g SAT FAT	mg SODIUM	g CARBS

Allergens:

Made With: Grilled Chicken Strips (See Label for ingredients and allergens); Salsa Roja, homemade (1/2c= 3/8c red + 1/8c other veg) (Salsa, Original, homemade (1/2c = 3/8c red/orange + 1/8c other veg) (Tomatoes (Vine-Ripened Peeled Tomatoes, Tomato Juice, Calcium Chloride, Citric Acid.); Onion, yellow, 1/4-inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe (Yellow Onion (YELLOW ONION)); Real Lime Juice (WATER, LIME JUICE CONCENTRATE AND LESS THAN 2% OF: LIME OIL, , SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES).); Peppers, jalapeno, sliced, canned, drained, ready-to-serve (Jalapeno Peppers (FRESH JALAPENO PEPPERS, WATER, VINEGAR, SALT, MALIC AND LACTIC ACID, CALCIUM CHLORIDE, SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES), YELLOW 5.)); Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe (Fresh Cilantro (CILANTRO LEAVES)); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSIAE OF SODA AS AN ANTICAKING AGENT.); Granulated Sugar (SUGAR); Cumin Ground (CUMIN)); Chipotle Peppers In Adobo Sauce (CHIPOTLE PEPPERS, WATER, VINEGAR, SUGAR, SALT, TOMATO PASTE, SMOKE ESSENCE, ONION, GARLIC); Apple Cider (APPLE CIDER VINEGAR (DILUTED WITH WATER TO 5% ACIDITY)); Ancho Chile Powder (ANCHO CHILE PEPPERS AND SILICON DIOXIDE (ADDED TO MAKE FREE FLOWING).)); Onion, yellow, 1/4-inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe (Yellow Onion (YELLOW ONION)); Real Lime Juice (WATER, LIME JUICE CONCENTRATE AND LESS THAN 2% OF: LIME OIL, , SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES).); Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe (Fresh Cilantro (CILANTRO LEAVES)); Garlic Powder (GARLIC POWDER)

Mini Maple Waffles

PER SERVING (1 pkg.)			
200 CALORIES	1.5g SAT FAT	220mg SODIUM	35.0g CARBS

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

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

Mini Sub Roll

PER SERVING (1 roll (small submarine, hoagie roll))			
163 CALORIES	0.0g SAT FAT	183mg SODIUM	29.5g CARBS

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

Made With: Sub Roll Dough, whole grain, proofed and stretched, Richs (1 roll = 2 oz eq grain) , Recipe (Whole Grain Sub Roll (WATER, WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), YEAST, SUGAR, WHEAT GLUTEN, SOYBEAN OIL, CONTAINS LESS THAN 2% OF THE FOLLOWING: OAT FIBER, FRUCTOSE, NATURAL FLAVOR (CONTAINS WHEAT INGREDIENTS), SEA SALT, HONEY, ENZYMES (CONTAINS WHEAT), ASCORBIC ACID, SALT.); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.)

Mission Tortilla Chip

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

Allergens:

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

Mixed Berries Fruit Cup

PER SERVING (1 Container)			
90 CALORIES	0.0g SAT FAT	0mg SODIUM	20.0g CARBS

Allergens:

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

Mixed Salad Greens

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

Allergens:

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

Moroccan Spiced Carrots

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

Allergens:

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

Mozzarella Cheese

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

Allergens: Contains Milk.

Made With: Past Skim Mozzarella Cheese (Low Moisture Part Skim Mozzarella, Cheese (Pasteurized Part Skim Milk,, Cheese Cultures, Salt, Enzymes), Powdered Cellulose (to Prevent Caking),, Natamycin (a Natural Mold Inhibitor),)

Mozzarella String Cheese

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

Allergens: Contains Milk.

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

Mozzarella Stuffed Breadstick Basket

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

Allergens:

Made With:

Mozzarella Stuffed Breadsticks

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

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

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



Nonfat Chocolate Milk

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

Allergens: Contains Milk.

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

Oatmeal Chocolate Chip UBR

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

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

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



Oats & Honey Granola

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

Allergens: Contains Soy. May contain Gluten.

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

Old School Spud

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

Allergens:

Made With:

Orange Chicken

PER SERVING (12 piece)			
346 CALORIES	2.9g SAT FAT	540mg SODIUM	34.2g CARBS

Allergens: Contains Gluten, Soy, Wheat.

Made With: Popcorn Chicken, Tyson (12 pieces = 3.36 oz = 2 oz M/MA + 1 oz eq grain) , Recipe (Chick Popcorn (Chicken, water, textured soy protein concentrate, isolated soy protein with less than 2% lecithin, chicken type flavor [brown sugar, yeast extract, onion powder,, maltodextrin, canola oil, carrot powder, garlic powder, silicon dioxide (anti-caking agent), citric acid, spice, salt, vegetable stock (carrot, onion, celery), natural flavor],, sodium phosphates.BREADED WITH: Whole wheat flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water,, salt, wheat gluten, sugar, dried onion, dried garlic, torula yeast, dextrose, spice, dried yeast, paprika extract (color) turmeric extract (color). Breadding set in vegetable, oil.)); Roasted Green Pepper and Onion Blend (1/2c = 2.6 oz = 1/2c other veg) , Recipe (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)); Orange Sauce (Orange Sauce (SUGAR, WATER, VINEGAR, NATURALLY BREWED SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT), MODIFIED CORN STARCH, ORANGE JUICE CONCENTRATE, DEHYDRATED ONION, NATURAL FLAVOR, CITRIC ACID, XANTHAN GUM, SPICES, GARLIC POWDER.)); Onion, green, sliced (1/2c = 2.2 oz = 1/2c other veg) , Recipe (Green Onion (GREEN ONIONS))

Orange Chicken Rice Bowl

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

Allergens:

Made With:

Orange Smiles

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

Allergens:

Made With: Fresh Orange (ORANGES)

Orange Smoothie

PER SERVING (1 c.)			
156 CALORIES	0.3 ^g SAT FAT	59 ^{mg} SODIUM	33.3 ^g CARBS

Allergens: Contains Milk.

Made With: Vanilla Yogurt (Cultured Grade A Low Fat Milk, Sugar, Modified Corn Starch. Contains 1 % or less of: Corn Starch, Natural, Flavor, Potassium Sorbate Added to Maintain Freshness, Vitamin A Acetate, Vitamin D3.); Applesauce, canned, unsweetened (1/2c = 4.5 oz = 1/2c fruit) , Recipe (Unsweetened Apple Sauce (Apples, water and ascorbic acid (Vitamin C) to maintain color.)); Orange Juice (WATER, ORANGE JUICE CONCENTRATE)

Original Homemade Hummus

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

Allergens:

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

Oven Fired Flatbread

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

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

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

Oven Fired Flatbread

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

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

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

Oven Fried Rice

PER SERVING (2/3 c.)			
156 CALORIES	0.2g SAT FAT	326mg SODIUM	30.0g CARBS

Allergens: Contains Egg, Gluten, Milk, 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)); Onion, yellow, 1/4-inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe (Yellow Onion (YELLOW ONION)); Green Pea (PEAS); Carrot (CARROTS); Low Sodium Soy Sauce (WATER, WHEAT, SOYBEANS, SALT, LACTIC ACID, SODIUM BENZOATE: LESS THAN 1/10 OF 1% AS A PRESERVATIVE.); Egg Patty (Whole Eggs, Water, Soybean Oil, Modified Food Starch, Whey Solids, Salt, Nonfat Dried Milk, Citric, Acid); Onion, green, sliced (1/2c = 2.2 oz = 1/2c other veg) , Recipe (Green Onion (GREEN ONIONS)); Garlic Powder (GARLIC POWDER); Ginger Ground (GROUND GINGER); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.)

Pancake & Waffle Syrup

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

Allergens:

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

Parmesan Green Beans

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

Allergens: Contains Milk.

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

Parmesan Green Beans

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

Allergens: Contains Milk.

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

Peach Cup,

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

Allergens:

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

Peachy Parfait

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

Allergens: Contains Milk.

Made With: Peaches, Canned, Diced, packed in extra light syrup, USDA (Diced Peaches (See label for ingredients and allergens.)); Vanilla Yogurt (Cultured Grade A Low Fat Milk, Sugar, Modified Corn Starch. Contains 1 % or less of: Corn Starch, Natural, Flavor, Potassium Sorbate Added to Maintain Freshness, Vitamin A Acetate, Vitamin D3.); Cheerios Cereal (Whole Grain Oats, Corn Starch, Sugar, Salt, Tripotassium Phosphate. Vitamin E (mixed tocopherols) Added to , Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin, (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin A (palmitate), Vitamin B1 (thiamin mononitrate), A B Vitamin (folic , acid), Vitamin B12, Vitamin D3.)

Pepperoni Flatbread Pizza

PER SERVING (1 ea.)			
405 CALORIES	10.1g SAT FAT	1093mg SODIUM	35.0g CARBS

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

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

Pineapple Tidbits

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

Allergens:

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

Pinto Beans

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

Allergens:

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

Plant-Based Sweet & Sour Chick'n Bowl

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

Allergens:

Made With:

Popcorn Chicken

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

Allergens: Contains Gluten, Soy, Wheat.

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

Rainbow Chili

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

Allergens:

Made With: Municipal Water (WATER); Vegetarian Chili Mix (RED BEANS (DRY) TOMATO, CHILI PEPPER, ONION, SUGAR, SALT, MODIFIED CORN STARCH, SPICE, GREEN BELL PEPPER, GARLIC, CITRIC ACID, CALCIUM CHLORIDE, NATURAL FLAVOR); Peppers, green, sweet (bell), 1/4-inch diced, ready-to-serve (1/2c=3.2 oz=1/2c other veg) , Recipe (Green Bell Pepper (GREEN SWEET PEPPER)); Onion, red, 1/4-inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe (Red Onion (RED ONION)); Carrots (CARROTS); Beans, kidney, dark red, canned, drained, ready-to-serve (1/2c=3.3oz=1/2c legume or 2oz M/MA),Recipe (Low Sodium Kidney Beans (PREPARED KIDNEY BEANS, WATER, SUGAR, DEXTROSE, SALT, CALCIUM CHLORIDE (FIRMING AGENT), AND DISODIUM EDTA (PROMOTES COLOR RETENTION).)); Peppers, red, sweet (bell), 1/4-inch diced, ready-to-serve (1/2c=3.2oz=1/2c red veg) , Recipe (Red Bell Peppers (RED SWEET PEPPER))

Raisin Box

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

Allergens:

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

Ranch Dressing

PER SERVING (1 pump)			
60 CALORIES	1.0g SAT FAT	125mg SODIUM	1.0g CARBS

Allergens: Contains Egg, Milk.

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

Red Pepper Flakes

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

Allergens:

Made With: Crushed Red Pepper (CRUSHED RED PEPPER)

Roasted Broccoli

PER SERVING (2 tbsp.)			
16 CALORIES	0.1g SAT FAT	18mg SODIUM	1.3g CARBS

Allergens:

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

Roasted Broccoli

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

Allergens:

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

Roasted Broccoli

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

Allergens:

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

Roasted Broccoli and Red Peppers

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

Allergens:

Made With: Broccoli (BROCCOLI); Peppers, red, sweet (bell), 1/4-inch diced, ready-to-serve (1/2c=3.2oz=1/2c red veg) , Recipe (Red Bell Peppers (RED SWEET PEPPER)); Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil.)

Roasted Broccoli and Red Peppers

PER SERVING (1/2 c.)			
86 CALORIES	0.5g SAT FAT	9mg SODIUM	5.8g CARBS

Allergens:

Made With: Broccoli (BROCCOLI); Peppers, red, sweet (bell), 1/4-inch diced, ready-to-serve (1/2c=3.2oz=1/2c red veg) , Recipe (Red Bell Peppers (RED SWEET PEPPER)); Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil.)

Roasted Butternut Squash

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

Allergens:

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

Roasted Butternut Squash

PER SERVING (1/2 c.)			
73 CALORIES	0.0g SAT FAT	32mg SODIUM	18.6g CARBS

Allergens:

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

Roasted Chickpeas

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

Allergens:

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



Roasted Chickpeas

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

Allergens:

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



Roasted Chickpeas

PER SERVING (1 #16 scoop)			
98 CALORIES	0.0g SAT FAT	170mg SODIUM	15.3g CARBS



Allergens:

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

Roasted Sesame Carrots

PER SERVING (1/2 c.)			
131 CALORIES	1.3g SAT FAT	358mg SODIUM	10.9g CARBS

Allergens: Contains Gluten, Sesame, Soy, Wheat.

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

Roasted Summer Squash

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

Allergens:

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

Roasted Tuscan Vegetables

PER SERVING (1 #6 scoop)			
74 CALORIES	0.0g SAT FAT	151mg SODIUM	14.0g CARBS

Allergens:

Made With: Beans, cannellini, white kidney, canned, drained, ready-to-serve (1/2c=3.3oz=1/2c legume or 2oz M/MA),Recipe (Cannellini Beans (white kidney) (PREPARED CANNELLINI BEANS, WATER, SALT, AND CALCIUM DISODIUM EDTA (TO PROMOTE COLOR RETENTION).)); Squash, summer, zucchini, 1/4-inch coin, ready-to-serve (1/2c=2.3 oz=1/2c other veg) , Recipe (Zucchini (ZUCCHINI SUMMER SQUASH)); Squash, summer, yellow, 1/4-inch coin, ready-to-serve (1/2c=2 oz=1/2c other veg) , Recipe (Yellow Summer Squash (crookneck or straightneck) (YELLOW SUMMER SQUASH)); Peppers, red, sweet (bell), 1/4-inch diced, ready-to-serve (1/2c=3.2oz=1/2c red veg) , Recipe (Red Bell Peppers (RED SWEET PEPPER)); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSATE OF SODA AS AN ANTICAKING AGENT.); Basil, finely chopped , Recipe (Fresh Basil (BASIL)); Black Pepper Ground (BLACK PEPPER); Italian Seasoning (MARJORAM, THYME, ROSEMARY, SAVORY, SAGE, OREGANO, AND BASIL.)

Sausage Breakfast Pizza

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

Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Turkey Sausage Breakfast Pizza (CRUST: WHITE WHOLE WHEAT FLOUR, WATER, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, YEAST, VEGETABLE OIL (SOYBEAN, COTTONSEED, CORN, AND/OR CANOLA OIL), CONTAINS 2% OR LESS OF WHEAT GLUTEN, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE, CALCIUM LACTATE), SEA SALT, FOOD STARCH, DEFATTED SOY FLOUR, DOUGH CONDITIONER (WHEAT STARCH, L-CYSTEINE HYDROCHLORIDE, AMMONIUM SULFATE), ENZYMES (CONTAINS WHEAT). TOPPINGS: COOKED TURKEY PIZZA TOPPING (TURKEY BREAKFAST SAUSAGE [MECHANICALLY SEPARATED TURKEY, SEASONING {SALT, NATURAL FLAVOR, DEXTROSE, SUGAR, CITRIC ACID, BHA, BHT}, WATER], TEXTURED VEGETABLE PROTEIN [SOY FLOUR, CARAMEL COLOR, ZINC OXIDE, NIACINAMIDE, FERROUS SULFATE, COPPER GLUCONATE, VITAMIN A PALMITATE, CALCIUM PANTOTHENATE, THIAMINE MONONITRATE, PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN, CYANOCOBALAMIN], WATER), LOW MOISTURE PART SKIM MOZZARELLA CHEESE (CULTURED PASTEURIZED PART SKIM MILK, SALT, ENZYMES), SUBSTITUTE MOZZARELLA CHEESE (WATER, CORN OIL AND/OR SOY OIL, CASEIN, MODIFIED FOOD STARCH, WHEY, NONFAT DRY MILK, NATURAL FLAVOR, SODIUM ALUMINUM PHOSPHATE, SALT, LACTIC ACID, SODIUM PHOSPHATE, SORBIC ACID [PRESERVATIVE], XANTHAN GUM, VITAMIN AND MINERAL SUPPLEMENT (MAGNESIUM OXIDE, DICALCIUM PHOSPHATE, ZINC OXIDE, RIBOFLAVIN [VITAMIN B2], ELECTROLYTIC IRON, FOLIC ACID, PYRIDOXINE HYDROCHLORIDE [VITAMIN B6], NIACINAMIDE, THIAMINE 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.)



Scrambled Eggs

PER SERVING (1/4 c.)			
93 CALORIES	2.0g SAT FAT	87mg SODIUM	0.0g CARBS

Allergens: Contains Egg.

Made With: Liquid Eggs (Whole Egg, Citric Acid, 0.15% Water Added As Carrier For Citric Acid. Citric Acid Added To, Preserve Color.)



Shredded Cheddar Cheese

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

Allergens: Contains Milk.

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

Shredded Lettuce

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

Allergens:

Made With: Shredded Lettuce (ICEBERG LETTUCE)

Shredded Yellow Cheddar Cheese

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

Allergens: Contains Milk.

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

Skim Milk

PER SERVING (1 Half Pint)			
90 CALORIES	0.0g SAT FAT	mg SODIUM	13.0g CARBS

Allergens: Contains Milk.

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

Skim Milk

PER SERVING (8 fl. oz.)			
80 CALORIES	0.0g SAT FAT	110mg SODIUM	11.0g CARBS

Allergens: Contains Milk.

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

Skim Milk

PER SERVING (1 Carton)			
80 CALORIES	0.0g SAT FAT	105mg SODIUM	12.0g CARBS

Allergens: Contains Milk.

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

Sliced Black Olives

PER SERVING (2 tbsp.)			
14 CALORIES	0.0g SAT FAT	118mg SODIUM	0.9g CARBS

Allergens:

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

Sliced Deli Turkey

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

Allergens:

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

Sliced Red Onion

PER SERVING (2 tbsp.)			
6 CALORIES	0.0g SAT FAT	1mg SODIUM	1.3g CARBS

Allergens:

Made With: Red Onion (RED ONION)

Sliced Turkey Ham

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

Allergens:

Made With: Deli Turkey Ham (Turkey Thigh Meat, Water, Contains 2% Or Less Lite Salt (Potassium Chloride, Sodium Chloride), Sugar, Sodium Phosphate, Salt, Carrageenan, Sodium Erythorbate, Natural Smoke Flavoring, Sodium Nitrite.)

Smoky BBQ Chicken Potato Bowl

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

Allergens:

Made With:

Sour Cream

PER SERVING (1 tbsp.)

30 CALORIES	1.8g SAT FAT	8mg SODIUM	0.5g CARBS
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Allergens: Contains Milk.

Made With: Sour Cream (Cultured Cream.)

Sour Cream, Darigold, Fat Free

PER SERVING (2 tbsp.)

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

Made With: Darigold Fat Free Sour Cream (Cultured Skim Milk and Cream*, Modified Corn Starch, Titanium Dioxide** (for color), Sodium Phosphate, Carrageenan, Sodium Stearoyl Lactylate, Locust Bean Gum, Potassium Sorbate (to protect freshness), Vitamin A Palmitate**

*Adds a trivial amount of fat **Not found in regular sour cream)

Southern Style Crispy Chicken Potato Bowl

PER SERVING (1 bowl)

CALORIES	^g SAT FAT	^{mg} SODIUM	^g CARBS
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Allergens:

Made With:

Southwest Breakfast Burrito

PER SERVING (1 burrito)			
387 CALORIES	9.5g SAT FAT	613mg SODIUM	25.7g CARBS

Allergens: Contains Egg, Gluten, Milk, Wheat.

Made With: Egg Omelet, Southwest: K12 (Liquid Eggs (Whole Egg, Citric Acid, 0.15% Water Added As Carrier For Citric Acid. Citric Acid Added To, Preserve Color.); use SR1525 - Roasted Veggie Blend; SW RECIPE (Green Bell Pepper (GREEN SWEET PEPPER); Yellow Onion (YELLOW ONION); Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil.); Southwest Seasoning (INGREDIENTS: SPICES, ONION, DEXTROSE, SALT, YELLOW CORN FLOUR, GARLIC, RED BELL PEPPER,, SILICON DIOXIDE (TO MAKE FREE FLOWING), RED PEPPER, CITRIC ACID, JALAPEÑO PEPPER,, EXTRACTIVES OF PAPRIKA &&& NATURAL FLAVOR., INGREDIENTES: ESPECIAS, CEBOLLA, DEXTROSA, SAL, HARINA DE MAÍZ AMARILLO, AJO, PIMIENTO, MORRON ROJO, DIÓXIDO DE SILICIO (PARADAR FLUIDEZ), CHILE COLORADO, ÁCIDO CÍTRICO,CHILE, JALAPEÑO, EXTRACTOS DE PAPRIKA Y SABORIZANTE NATURAL.)); Tomatoes (Vine-Ripened Peeled Tomatoes, Tomato Juice, Calcium Chloride, Citric Acid.); 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 Mild Cheddar Cheese (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES AND ANNATTO (IF COLORED), POTATO STARCH AND POWDERED CELLULOSE ADDED TO PREVENT CAKING.); 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.)

Soy Roasted Potatoes

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

Allergens: Contains Gluten, Soy, Wheat.

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

Soy Roasted Potatoes

PER SERVING (2 tbsp.)			
47 CALORIES	0.4g SAT FAT	168mg SODIUM	4.8g CARBS

Allergens: Contains Gluten, Soy, Wheat.

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

Spaghetti and Meatball Marinara Bowl

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

Allergens:

Made With:

Spaghetti Sauce

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

Allergens:

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

Spaghetti Sauce

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

Allergens:

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

Spicy Asian Vegetable Blend

PER SERVING (2 tbsp.)			
20 CALORIES	0.1g SAT FAT	50mg SODIUM	1.0g CARBS

Allergens: Contains Gluten, Sesame, Soy, Wheat.

Made With: Spicy Asian Side Vegetables, cabbage, carrot, pepper, sesame (1/4c = 1/4c other veg) , Recipe (Green Cabbage (GREEN CABBAGE); Carrot (CARROTS); Peppers, green, sweet (bell), 1/4-inch diced, ready-to-serve (1/2c=3.2 oz=1/2c other veg) , Recipe (Green Bell Pepper (GREEN SWEET PEPPER)); Peppers, jalapeno, sliced, canned, drained, ready-to-serve (Jalapeno Peppers (FRESH JALAPENO PEPPERS, WATER, VINEGAR, SALT, MALIC AND LACTIC ACID, CALCIUM CHLORIDE, SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES), YELLOW 5.)); Sesame Seed White (SESAME SEEDS)); Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil.); Low Sodium Soy Sauce (WATER, WHEAT, SOYBEANS, SALT, LACTIC ACID, SODIUM BENZOATE: LESS THAN 1/10 OF 1% AS A PRESERVATIVE.)

Spicy Asian Vegetable Blend

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

Allergens: Contains Gluten, Sesame, Soy, Wheat.

Made With: Spicy Asian Side Vegetables, cabbage, carrot, pepper, sesame (1/4c = 1/4c other veg) , Recipe (Green Cabbage (GREEN CABBAGE); Carrot (CARROTS); Peppers, green, sweet (bell), 1/4-inch diced, ready-to-serve (1/2c=3.2 oz=1/2c other veg) , Recipe (Green Bell Pepper (GREEN SWEET PEPPER)); Peppers, jalapeno, sliced, canned, drained, ready-to-serve (Jalapeno Peppers (FRESH JALAPENO PEPPERS, WATER, VINEGAR, SALT, MALIC AND LACTIC ACID, CALCIUM CHLORIDE, SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES), YELLOW 5.)); Sesame Seed White (SESAME SEEDS)); Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil.); Low Sodium Soy Sauce (WATER, WHEAT, SOYBEANS, SALT, LACTIC ACID, SODIUM BENZOATE: LESS THAN 1/10 OF 1% AS A PRESERVATIVE.)

Spicy Buffalo Chicken Grain Bowl

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

Allergens:

Made With:

Spicy Buffalo Chicken Salad

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

Allergens:

Made With:

Spicy Buffalo Chicken Wrap

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

Allergens:

Made With:

Spicy Chicken Burger

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

Allergens: Contains Gluten, Sesame, Soy, Wheat.

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

Spicy Chicken Tinga Taco

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

Allergens:

Made With:

Spicy Korean BBQ & Dumpling Bowl

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

Allergens:

Made With:

Spicy Tinga Chicken Bowl

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

Allergens:

Made With:

Spicy Tinga Chicken Burrito

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

Allergens:

Made With:

Spiral-cut French Fries

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

Allergens: Contains Gluten, Wheat.

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

Sriracha Hot Chili Sauce

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

Allergens:

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

Steamed Brown Rice

PER SERVING (1/2 c.)			
117 CALORIES	0.0g SAT FAT	2mg SODIUM	24.8g CARBS

Allergens:

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



Steamed Brown Rice

PER SERVING (1/4 c.)			
59 CALORIES	0.0g SAT FAT	1mg SODIUM	12.4g CARBS

Allergens:

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



Steamed Rice

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

Allergens:

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

Steamed Rice

PER SERVING (1/4 c.)			
69 CALORIES	0.0g SAT FAT	1mg SODIUM	15.0g CARBS

Allergens:

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

Strawberries

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

Allergens:

Made With: Strawberries (STRAWBERRIES, SUGAR)

Strawberry Yogurt

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

Allergens: Contains Milk.

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

String Cheese

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

Allergens: Contains Milk.

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

String Cheese Stick

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

Allergens: Contains Milk.

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

Sunflower Seeds

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

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

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

Sunshine Smoothie Bowl

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

Allergens:

Made With:

Supreme Pizza

PER SERVING (1 slice)			
379 CALORIES	7.2g SAT FAT	550mg SODIUM	35.5g CARBS

Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Cheese Pizza Wg 16" (CRUST: FLOUR BLEND [WHITE WHOLE WHEAT FLOUR, ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHITE CORNMEAL, WHOLE GRAIN OAT FLOUR), WATER, YEAST, VEGETABLE OIL (SOYBEAN AND/OR CANOLA OIL), CONTAINS 2% OR LESS OF: SUGAR, WHEAT GLUTEN, HYDROGENATED SOYBEAN OIL, SEA SALT, DATEM, DEXTROSE, GUAR GUM, SOY LECITHIN, SALT, NATURAL FLAVOR, ASCORBIC ACID, WHEAT STARCH, ENZYMES. TOPPINGS: LOW MOISTURE PART SKIM MOZZARELLA CHEESE (CUL TU RED PASTEURIZED PART SKIM MILK, SALT, ENZYMES). SAUCE: TOMATOES (WATER, TOMATO PASTE [NOT LESS THAN 28% SOLUBLE SOLIDS]), CONTAINS 2% OR LESS OF: MODIFIED FOOD STARCH, PARMESAN CHEESE , (CULTURED PASTEURIZED PART SKIM MILK, SALT, ENZYMES), SUGAR, DEXTROSE, SALT, DRIED GARLIC, SPICE, DRIED ONION, DEHYDRATED ROMANO CHEESE (CUL TU RED PASTEURIZED SHEEP'S AND COW'S MILK, SALT, ENZYMES), PAPRIKA, CITRIC ACID.); Deli Turkey Ham (Turkey Thigh Meat, Water, Contains 2% Or Less Lite Salt (Potassium Chloride, Sodium Chloride), Sugar, Sodium Phosphate, Salt, Carrageenan, Sodium Erythorbate, Natural Smoke Flavoring, Sodium Nitrite.); Green Bell Pepper (GREEN SWEET PEPPER); Past Skim Mozzarella Cheese (Low Moisture Part Skim Mozzarella, Cheese (Pasteurized Part Skim Milk,, Cheese Cultures, Salt, Enzymes), Powdered Cellulose (to Prevent Caking),, Natamycin (a Natural Mold Inhibitor),); Pepperoni (Pork, Beef, Salt, Contains , 2% or Less of Spices, Dextrose, , Oleoresin Of Paprika, Lactic Acid Starter , Culture, Garlic Powder, Sodium Nitrite, , BHA, BHT, Citric Acid.); Yellow Onion (YELLOW ONION)

Sweet & Sour Chick'n

PER SERVING (5 nugget)			
298 CALORIES	1.3g SAT FAT	455mg SODIUM	42.1g CARBS

Allergens: Contains Gluten, Soy, Wheat.

Made With: Chick'n Nugget, plant (4 Nugget = 3.04 oz =2 oz MMA) (Vegan Chickn Nugget (Water, wheat flour, soy protein concentrate, vegetable oil (corn, canola and/or sunflower), soy protein isolate., Contains 2% or less of wheat gluten, yellow corn flour, dextrose, methylcellulose, cornstarch, potato starch, yeast extract, maltodextrin, sugar, natural flavors, wheat starch, salt, spices, onion powder, , yeast, potassium salt, paprika color, leavening (sodium acid pyrophosphate, sodium bicarbonate), garlic powder, citric acid, xanthan gum)); Low Sodium Sweet & Sour Sauce (SUGAR, WATER, VINEGAR, MODIFIED CORN STARCH, PINEAPPLE FLAKES (PINEAPPLE, BROWN SUGAR SYRUP, TAPIOCA FLOUR, NATURAL FLAVOR, ASCORBIC ACID, SALT), DEHYDRATED RED BELL PEPPER, SALT, EXTRACTIVES OF PAPRIKA.)

Sweet & Sour Chick'n

PER SERVING (4 nugget)			
239 CALORIES	1.0g SAT FAT	364mg SODIUM	33.7g CARBS

Allergens: Contains Gluten, Soy, Wheat.

Made With: Chick'n Nugget, plant (4 Nugget = 3.04 oz =2 oz MMA) (Vegan Chickn Nugget (Water, wheat flour, soy protein concentrate, vegetable oil (corn, canola and/or sunflower), soy protein isolate., Contains 2% or less of wheat gluten, yellow corn flour, dextrose, methylcellulose, cornstarch, potato starch, yeast extract, maltodextrin, sugar, natural flavors, wheat starch, salt, spices, onion powder, , yeast, potassium salt, paprika color, leavening (sodium acid pyrophosphate, sodium bicarbonate), garlic powder, citric acid, xanthan gum)); Low Sodium Sweet & Sour Sauce (SUGAR, WATER, VINEGAR, MODIFIED CORN STARCH, PINEAPPLE FLAKES (PINEAPPLE, BROWN SUGAR SYRUP, TAPIOCA FLOUR, NATURAL FLAVOR, ASCORBIC ACID, SALT), DEHYDRATED RED BELL PEPPER, SALT, EXTRACTIVES OF PAPRIKA.)

Sweet & Sour Chick'n Burrito

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

Allergens:

Made With:

Sweet & Sour Chick'n Taco

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

Allergens:

Made With:

Sweet & Sour Chicken

PER SERVING (5 nugget)			
310 CALORIES	2.5g SAT FAT	515mg SODIUM	34.0g CARBS

Allergens: Contains Gluten, Soy, Wheat.

Made With: Chicken Nuggets, Tyson (5 nuggets = 2.99 oz = 2 oz M/MA + 1 oz eq grain) , Recipe (Chicken Nuggets (Chicken, water, whole wheat flour, textured soy flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), isolated soy, protein with less than 2% lecithin, contains 2% or less of the following: chicken type flavor [brown sugar, yeast extract, onion powder, maltodextrin, canola oil, carrot, powder, garlic powder, silicon dioxide (anti-caking agent), citric acid, spice, salt, vegetable stock (carrot, onion, celery), natural flavor], dextrose, dried garlic, dried, onion, dried yeast, paprika extract (color), salt, spice, sugar, textured soy protein concentrate, torula yeast, turmeric extract (color), wheat gluten. 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 and Sour Chick'n Rice Bowl

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

Allergens:

Made With:

Sweet Potato Fries

PER SERVING (1/4 c.)			
81 CALORIES	0.5g SAT FAT	96mg SODIUM	12.7g CARBS

Allergens:

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

Taco Beef Baked Potato

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

Allergens:

Made With:

Taco Calzone

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

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

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

Taco Enchilada

PER SERVING (1 enchilada)			
190 CALORIES	3.6g SAT FAT	413mg SODIUM	17.6g CARBS

Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Whole Wheat Tortilla (Whole wheat flour, Enriched unbleached flour (Wheat flour,, Niacin, Reduced iron, Thiamine mononitrate, Riboflavin and Folic acid), Water, Vegetable, shortening (Contains one or more of the following: Palm oil and/or corn oil), Contains 2% or, less of the following: Salt, Aluminum-free leavening (Sodium acid pyrophosphate, Sodium bicarbonate, Corn starch, Monocalcium phosphate), Wheat protein, Preservatives (Calcium propionate, Sorbic acid), Dough conditioner (Fumaric acid, Xanthan gum Mono- and, Diglycerides, Sodium metabisulphite).,); Turkey Taco Filling (Turkey Taco Filling, Cooked, Frozen, USDA, #100119); Queso Blanco (CHEDDAR CHEESE (pasteurized milk, cheese culture, salt, enzymes), WATER, TOMATILLOS (with citric , acid), GREEN CHILES (with citric acid), CONTAINS LESS THAN 2% OF SODIUM PHOSPHATES AND , POTASSIUM PHOSPHATES, MODIFIED FOOD STARCH, CREAM, JALAPENO PEPPERS (with salt , acetic acid, water, calcium chloride), SEASONING (potassium chloride, flavor [contains maltodextrin]), , ONIONS, SALT, DEHYDRATED GARLIC, DEHYDRATED CILANTRO, CITRIC ACID.); Enchilada Sauce (WATER, CRUSHED TOMATOES (WATER, CRUSHED TOMATO CONCENTRATE), MODIFIED FOOD STARCH, SPICE, VEGETABLE OIL (CORN, AND/OR CANOLA), SALT, DEHYDRATED ONIONS, DEHYDRATED GARLIC, CITRIC ACID, SODIUM BENZOATE (PRESERVATIVE).); Enchilada Sauce (WATER, CRUSHED TOMATOES (WATER, CRUSHED TOMATO CONCENTRATE), MODIFIED FOOD STARCH, SPICE, VEGETABLE OIL (CORN, AND/OR CANOLA), SALT, DEHYDRATED ONIONS, DEHYDRATED GARLIC, CITRIC ACID, SODIUM BENZOATE (PRESERVATIVE).); Shredded Cheddar Cheese Reduced Fat (See Label for ingredients and allergens); Green Onion (GREEN ONIONS)

Tartar Sauce

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

Allergens: Contains Egg.

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

Teriyaki Chicken

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

Allergens: Contains Gluten, Soy, Wheat.

Made With: Unseasoned Chicken Strips (GOLDKIST FARMS: CHICKEN MEAT, WATER, MODIFIED FOOD STARCH, SODIUM PHOSPHATES, REDUCED SODIUM SEA SALT (SEA SALT, POTASSIUM CHLORIDE, RICE FLOUR). , CRIDER FOODS: CHICKEN WHITE AND DARK MEAT, WATER, SALT, MODIFIED FOOD STARCH & SODIUM PHOSPHATE.); Low Sodium Teriyaki Glaze (Sugar, Water, Soy Sauce (Water, Soybeans, Wheat, Salt), Vinegar, Concentrated Pineapple Juice, Tomato , Paste, Modified Corn Starch, Onion Powder, Garlic Powder, Citric Acid, Spice, Xanthan Gum.); Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe (Fresh Cilantro (CILANTRO LEAVES))

Teriyaki Chicken & Dumpling Bowl

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

Allergens:

Made With:

Teriyaki Chicken Burrito

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

Allergens:

Made With:

Teriyaki Chicken Rice Bowl

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

Allergens:

Made With:

Teriyaki Chicken Taco

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

Allergens:

Made With:

Teriyaki Meatball Roll Up

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

Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Greek Meatballs, Chicken, Tyson (Chicken Meatball (Ground chicken, water, textured soy protein concentrate, wheat flour, contains 2% or less of the following: dextrose, garlic powder, maltodextrin, natural flavors, onion, powder, salt, soybean oil, spice, sugar, torula yeast, yeast, yeast extract.); Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil.); Garlic Powder (GARLIC POWDER); Ground Oregano (DRIED OREGANO)); Whole Grain Oven Fired Flatbread (WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, ASCORBIC ACID ADDED AS A DOUGH CONDITIONER, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SOYBEAN OIL, YEAST, CONTAINS LESS THAN 2% OF THE FOLLOWING: SUGAR, NONFAT DRY MILK, WHEAT GLUTEN, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), SODIUM STEAROYL LACTYLATE, GUAR GUM.); Past Skim Mozzarella Cheese (Low Moisture Part Skim Mozzarella, Cheese (Pasteurized Part Skim Milk,, Cheese Cultures, Salt, Enzymes), Powdered Cellulose (to Prevent Caking),, Natamycin (a Natural Mold Inhibitor),); Teriyaki Sauce (Low Sodium Teriyaki Glaze (Sugar, Water, Soy Sauce (Water, Soybeans, Wheat, Salt), Vinegar, Concentrated Pineapple Juice, Tomato , Paste, Modified Corn Starch, Onion Powder, Garlic Powder, Citric Acid, Spice, Xanthan Gum.))

Teriyaki Sauce

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

Allergens: Contains Gluten, Soy, Wheat.

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

Tex Mex Beef Burrito

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

Allergens:

Made With:

Tex Mex Beef Taco

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

Allergens:

Made With:

Tex Mex Bowl

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

Allergens:

Made With:

The Greek Gyro Bowl, MIA

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

Allergens:

Made With:

The Mediterranean Flatbread

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

Allergens:

Made With:

Three Cheese Caprese Grilled Cheese

PER SERVING (1 sandwich)			
406 CALORIES	8.8g SAT FAT	760mg SODIUM	37.1g CARBS

Allergens: Contains Egg, 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.); Pesto Mayonnaise Sauce, greek yogurt (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.); Nut Free Pesto Sauce (Sunflower Oil, Basil, Grana Padano Cheese [Milk, Salt, Rennet, , Preservative: Lysozyme from Egg], Salt, Extra Virgin Olive Oil, Vegetable Fiber, , Fructose, Garlic, Ascorbic 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), ,); Tomatoes, fresh, 1/8-inch sliced, ready-to-serve (2.5 slices = 1/8 cup red veg) , Recipe (Tomato (TOMATO)); Sliced Swiss Cheese (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, 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.,); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.)

Three Cheese Flatbread Pizza

PER SERVING (1 ea.)			
370 CALORIES	8.9g SAT FAT	979mg SODIUM	34.8g CARBS

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

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

Toasted Waffle

PER SERVING (2 waffle)			
186 CALORIES	1.6g SAT FAT	372mg SODIUM	27.9g 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)

Tokyo Teriyaki Grain Bowl

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

Allergens:

Made With:

Tomato and Shredded Lettuce Salad

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

Allergens:

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

Tortilla Chips

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



Allergens:

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

Tortilla Chips

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



Allergens:

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

Trix Cereal Bar

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

Allergens: Contains Gluten, Soy, Wheat.

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

Trix Cereal reduced sugar

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

Allergens:

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



Tropical Smoothie Bowl

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

Allergens:

Made With:

Turkey

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

Allergens:

Made With: Deli Turkey (INGREDIENTS: TURKEY BREAST, TURKEY BROTH: CONTAINS 2% OR LESS SEA SALT, MODIFIED FOOD STARCH, SUGAR, SODIUM PHOSPHATE. , This item is fully cooked deli-style turkey 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., , , ,)

Turkey Carnitas

PER SERVING (1/4 c.)			
76 CALORIES	0.6g SAT FAT	480mg SODIUM	2.7g CARBS

Allergens:

Made With: Turkey Pot Roast (TURKEY THIGH MEAT, WATER, CONTAINS 2% OR LESS OF: MODIFIED FOOD STARCH, SALT, SUGAR, NATURAL FLAVOR (POTATO MALTODEXTRIN, GUM ARABIC, NATURAL FLAVOR), SEASONING (NATURAL FLAVORING, SALT, POTATO MALTODEXTRIN), SODIUM PHOSPHATE, SEASONING (YEAST EXTRACT, NATURAL FLAVORS, SALT), FLAVORING.); Onion, yellow, 1/4-inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe (Yellow Onion (YELLOW ONION)); Real Lime Juice (WATER, LIME JUICE CONCENTRATE AND LESS THAN 2% OF: LIME OIL, , SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES).); Orange Juice (WATER, ORANGE JUICE CONCENTRATE); Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil.); Light Chile Powder (INGREDIENTS: CHILI PEPPER, SPICES, SALT, GARLIC, AND SILICON DIOXIDE (TO MAKE FREE FLOWING).); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSIAN OF SODA AS AN ANTICAKING AGENT.); Yellow Mustard (DISTILLED VINEGAR, WATER, NO. 1 GRADE MUSTARD SEED, SALT, TURMERIC, PAPRIKA, SPICE, NATURAL FLAVORS AND GARLIC POWDER.); Garlic Powder (GARLIC POWDER); Black Pepper Ground (BLACK PEPPER); Ground Oregano (DRIED OREGANO); Cumin Ground (CUMIN); Cayenne Pepper (CAYENNE PEPPER)

Turkey Cheddar Ranch Flatbread

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

Allergens:

Made With:

Turkey Taco Filling

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

Allergens: Contains Soy.

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

Turkey Taco Meat

PER SERVING (1/4 c.)			
56 CALORIES	0.7g SAT FAT	91mg SODIUM	2.1g CARBS

Allergens: Contains Soy.

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

Tuscan Penne Veggie Alfredo Bowl

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

Allergens:

Made With:

Two Bean & Vegetable Bowl

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

Allergens:

Made With:

Tzatziki Sauce

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

Allergens: Contains Milk.

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

Ultimate Breakfast Round, Cinnamon, BULK

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

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

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

Ultimate Breakfast Round, Oatmeal Chocolate Chip, BULK

PER SERVING (1 round)			
250 CALORIES	2.0g SAT FAT	190mg SODIUM	42.0g CARBS

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

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

Unseasoned Chicken Strips

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

Allergens:

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

Unseasoned Chicken Strips

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

Allergens:

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

Unsweetened Applesauce

PER SERVING (1 Container)			
60 CALORIES	0.0g SAT FAT	15mg SODIUM	14.0g CARBS

Allergens:

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

Unsweetened Applesauce

PER SERVING (1/2 c.)			
52 CALORIES	0.0g SAT FAT	10mg SODIUM	12.6g CARBS

Allergens:

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

Variety of Entrees

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

Allergens:

Made With: Variety Bar Ingredient

Vegetable Lo Mein

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

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

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

Vegetable Lo Mein

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

Allergens: Contains Gluten, Soy, Wheat.

Made With: Spaghetti Noodles, pasta, regular, cooked al dente (1/2c = 1 oz eq grain) , Recipe (Municipal Water (WATER); Spaghetti (SEMOLINA (WHEAT), NIACIN, FERROUS SULFATE (IRON), THIAMIN MONONITRATE, RIBOFLAVIN,FOLIC ACID.); Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil.); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSIATE OF SODA AS AN ANTICAKING AGENT.)); Low Sodium Teriyaki Glaze (Sugar, Water, Soy Sauce (Water, Soybeans, Wheat, Salt), Vinegar, Concentrated Pineapple Juice, Tomato , Paste, Modified Corn Starch, Onion Powder, Garlic Powder, Citric Acid, Spice, Xanthan Gum.); Carrot (CARROTS); Low Sodium Soy Sauce (WATER, WHEAT, SOYBEANS, SALT, LACTIC ACID, SODIUM BENZOATE: LESS THAN 1/10 OF 1% AS A PRESERVATIVE.); Onion, green, sliced (1/2c = 2.2 oz = 1/2c other veg) , Recipe (Green Onion (GREEN ONIONS)); Garlic Chopped in Water (GARLIC)

Vegetarian Baked Beans

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

Allergens:

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

Vegetarian Chick'n Nugget

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

Allergens: Contains Gluten, Soy, Wheat.

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

Vegetarian Refried Beans

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

Allergens:

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



Vegetarian Refried Beans

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

Allergens:

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



Very Berry Smoothie Bowl

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

Allergens:

Made With:

Waffles

PER SERVING (2 ea.)			
180 CALORIES	1.5g SAT FAT	360mg SODIUM	27.0g CARBS

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

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

Waffles

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

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

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

Warm Berries

PER SERVING (1/4 c.)			
54 CALORIES	0.0g SAT FAT	2mg SODIUM	13.8g CARBS

Allergens:

Made With: Strawberries (STRAWBERRIES, SUGAR); Blueberries (BLUEBERRIES); Orange Juice (WATER, ORANGE JUICE CONCENTRATE); Granulated Sugar (SUGAR); Cinnamon Ground (CINNAMON); Ginger Ground (GROUND GINGER)

Whipped Potatoes

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

Allergens: Contains Milk.

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

White Skim Milk

PER SERVING (1 Half Pint)			
90 CALORIES	0.0g SAT FAT	130mg SODIUM	13.0g CARBS

Allergens: Contains Milk.

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

Whole Grain Pancake Bites with Cinnamon & Sugar

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

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

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

Whole Grain Sub Roll

PER SERVING (1 roll (small submarine, hoagie roll))			
163 CALORIES	0.0g SAT FAT	183mg SODIUM	29.5g CARBS

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

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

Whole Wheat Spaghetti Noodles

PER SERVING (1/2 c.)			
93 CALORIES	0.1g SAT FAT	214mg SODIUM	16.9g CARBS

Allergens: Contains Gluten, Wheat.

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

Whole Wheat Spaghetti Noodles

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

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

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

