

Cinnamon & Sugar

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

Allergens:

Made With: Cinnamon Ground (CINNAMON)

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 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)

Alfredo Macaroni

PER SERVING (1 serving)			
397 CALORIES	6.9g SAT FAT	927mg SODIUM	48.5g CARBS

Allergens: Contains Gluten, Milk, Wheat.

Made With: Elbow Macaroni, pasta, regular, cooked al dente (1/2c = 1 oz eq grain) , Recipe (Municipal Water (WATER); Elbow Macaroni (SEMOLINA (WHEAT), NIACIN, FERROUS SULFATE (IRON), THIAMIN MONONITRATE, RIBOFLAVIN,FOLIC ACID.); Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil.); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSIAE OF SODA AS AN ANTICAKING AGENT.)); Alfredo Sauce Rf (WATER, PASTEURIZED PROCESS CHEESE (cheddar cheese, [pasteurized milk, cheese culture, salt, enzymes], water, cream,, sodium phosphates and potassium phosphates, seasoning [potassium, chloride, flavor (contains maltodextrin)], salt), NONFAT DRY MILK,, CHEESE FLAVOR (whey, cheddar cheese [milk, cheese cultures, salt,, enzymes], buttermilk solids, butter), CONTAINS LESS THAN 2% OF, ROMANO CHEESE (sheep's milk, cheese culture, salt, enzymes,, calcium propionate), BUTTER FLAVORING (whey solids, enzymemodified butter [butter, buttermilk powder, enzymes], maltodextrin,, salt, dehydrated butter [butter, buttermilk powder], guar gum, annatto, and turmeric [for color]), MODIFIED FOOD STARCH, SODIUM, PHOSPHATES AND POTASSIUM PHOSPHATES, DEHYDRATED, GARLIC, SPICES, CITRIC ACID.); Past Skim Mozzarella Cheese (Low Moisture Part Skim Mozzarella, Cheese (Pasteurized Part Skim Milk,, Cheese Cultures, Salt, Enzymes), Powdered Cellulose (to Prevent Caking),, Natamycin (a Natural Mold Inhibitor),); Lowfat White Milk (LOWFAT MILK, VITAMIN A PALMITATE, VITAMIN D3); Panko Bread Crumbs (WHEAT FLOUR, SUGAR, YEAST, SALT)

American Regional Hummus

PER SERVING (2/3 c.)			
338 CALORIES	4.6g SAT FAT	1052mg SODIUM	20.9g CARBS

Allergens: Contains Egg, Milk, Sesame, Soy.

Made With: Hummus, Classic, Sabra, Bulk (4 oz = 1/2 cup= 2M/MA) (Plain Hummus (Cooked Chickpeas, (Water, Chickpeas), Water, Tahini (Ground Sesame), Soybean Oil, Garlic, Salt, Citric Acid, Potassium Sorbate To Maintain Freshness.)); Banana Pepper Sauce, ranch, greek yogurt, Franks hot sauce (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.); Dannon Non Fat Greek Plain Yogurt (CULTURED GRADE A NON FAT MILK.); Franks Red Hot Sauce (AGED CAYENNE RED PEPPERS, VINEGAR, WATER, SALT AND GARLIC POWDER.); Peppers, banana, sliced, canned, drained, ready-to-serve (1/2c = 1.8oz = 1/2c other) , Recipe (Mild Banana Peppers (FRESH BANANA PEPPERS, WATER, VINEGAR, SALT, MALIC AND LACTIC ACID, CALCIUM CHLORIDE, SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES), YELLOW 5.)); Mild Banana Peppers (FRESH BANANA PEPPERS, WATER, VINEGAR, SALT, MALIC AND LACTIC ACID, CALCIUM CHLORIDE, SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES), YELLOW 5.)); Franks Red Hot Sauce (AGED CAYENNE RED PEPPERS, VINEGAR, WATER, SALT AND GARLIC POWDER.); Cajun Seasoning (GARLIC, SPICES (INCLUDING PAPRIKA, OREGANO, RED PEPPER), SALT, AND ONION)

American Sub

PER SERVING (1 sandwich)			
349 CALORIES	4.2g SAT FAT	906mg SODIUM	32.0g CARBS

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

Made With: Sub Roll, regular, side slice, whole grain, Richs (1 roll = 2 oz eq grain) , Recipe (Sub Roll Dough, whole grain, proofed and stretched, Richs (1 roll = 2 oz eq grain) , Recipe (Whole Grain Sub Roll (WATER, WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID)), YEAST, SUGAR, WHEAT GLUTEN, SOYBEAN OIL, CONTAINS LESS THAN 2% OF THE FOLLOWING: OAT FIBER, FRUCTOSE, NATURAL FLAVOR (CONTAINS WHEAT INGREDIENTS), SEA SALT, HONEY, ENZYMES (CONTAINS WHEAT), ASCORBIC ACID, SALT.); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.); 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 Cheese (Cultured Milk and Skim Milk, Cream, Sodium Citrate, Salt, Artificial Color (if colored), Sodium Phosphate, Sorbic Acid (preservative), Enzymes, Soy Lecithin (non-sticking agent)); Lettuce, Iceburg, shredded, ready-to-serve (Shredded Lettuce (ICEBERG LETTUCE))

American Sub

PER SERVING (1 sandwich)			
317 CALORIES	5.7g SAT FAT	977mg SODIUM	32.4g CARBS

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

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

American-style Meat Combination

PER SERVING (5 slice)			
130 CALORIES	1.5g SAT FAT	506mg 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); 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.)

Applesauce cups

PER SERVING (4 1/2 oz 1 serving)			
49 CALORIES	0.0g SAT FAT	2mg SODIUM	13.4g CARBS

Allergens:

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

Asian Sweet Chili Barbecue Sauce

PER SERVING (2 tbsp.)			
74 CALORIES	0.1g SAT FAT	282mg SODIUM	18.2g CARBS

Allergens: Contains Gluten, Soy, Wheat.

Made With: Ketchup (Back of the House) (Tomato concentrate from red ripe tomatoes, distilled vinegar, high fructose corn syrup, corn syrup, salt, spice, onion powder, natural flavoring.); 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.); Light Brown Sugar (BROWN SUGAR); Sriracha Sauce (CHILI PEPPER, VINEGAR, GARLIC, SUGAR, SALT, WATER, NATURAL FLAVORS, XANTHAN GUM, LESS THAN 0.1% POTASSIUM SORBATE AND SODIUM BENZOATE AS PRESERVATIVES); Ginger Ground (GROUND GINGER)

Aztec Corn

PER SERVING (1/2 c.)			
93 CALORIES	0.1g SAT FAT	49mg SODIUM	18.1g CARBS

Allergens:

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

Aztec Corn

PER SERVING (1/2 c.)			
98 CALORIES	0.1g SAT FAT	55mg SODIUM	18.1g CARBS

Allergens:

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

Baby Carrots

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

Allergens:

Made With: Baby Carrots (CARROTS)

Bacon Cheeseburger

PER SERVING (1 burger)			
365 CALORIES	7.2g SAT FAT	638mg SODIUM	29.2g 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.); Bacon (Pork Cured with Water, Salt, Sugar, Smoke , Flavoring, Sodium Phosphates, Sodium , Erythorbate, Sodium Nitrite.)

Bacon Cheeseburger

PER SERVING (1 burger)			
329 CALORIES	4.9g SAT FAT	590mg SODIUM	30.5g CARBS

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

Made With: Beef Patty with Mushrooms (GROUND BEEF (NOT MORE THAN 20% FAT), MUSHROOMS, TEXTURED VEGETABLE PROTEIN (SOY PROTEIN CONCENTRATE, CARAMEL COLOR), WATER, CONTAINS 2% OR LESS OF: POTASSIUM CHLORIDE, YEAST EXTRACT, NATURAL FLAVORING, POTATO MALTODEXTRIN, MALTODEXTRIN, SOYBEAN OIL, GRILL FLAVOR (FROM SUNFLOWER OIL), MODIFIED CORN STARCH, DISODIUM INOSINATE, DISODIUM GUANYLATE, TORULA YEAST, CORN SYRUP SOLIDS, SALT, SODIUM PHOSPHATE, CARAMEL COLOR.); 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.,); Bacon (Pork Cured with Water, Salt, Sugar, Smoke , Flavoring, Sodium Phosphates, Sodium , Erythorbate, Sodium Nitrite.)

Bacon Crumble

PER SERVING (1 tbsp.)			
35 CALORIES	1.0g SAT FAT	115mg SODIUM	0.0g CARBS

Allergens:

Made With: Bacon Chips (FRESH PORK BELLIES, CURED WITH WATER, SALT, MAY CONTAIN LESS THAN 2% SUGAR, SODIUM PHOSPHATE, SODIUM ERYTHORBATE, SODIUM NITRITE)

Bacon Slices

PER SERVING (1 slice)			
29 CALORIES	0.7g SAT FAT	101mg SODIUM	0.3g CARBS

Allergens:

Made With: Bacon (Pork Cured with Water, Salt, Sugar, Smoke , Flavoring, Sodium Phosphates, Sodium , Erythorbate, Sodium Nitrite.)

Bacon Swiss Chicken Burger

PER SERVING (1 burger)			
457 CALORIES	5.7g SAT FAT	763mg SODIUM	43.7g CARBS

Allergens: Contains Gluten, Milk, 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.); Sliced Swiss Cheese (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES); Bacon (Pork Cured with Water, Salt, Sugar, Smoke , Flavoring, Sodium Phosphates, Sodium , Erythorbate, Sodium Nitrite.)

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

PER SERVING (1 biscuit)			
190 CALORIES	6.0g SAT FAT	310mg SODIUM	24.0g CARBS

Allergens: Contains Gluten, Milk, Wheat.

Made With: 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.)

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

Allergens: Contains Milk, Soy.

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

Baked 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 Penne Pasta

PER SERVING (1 serving)			
406 CALORIES	7.0g SAT FAT	1071mg SODIUM	50.6g CARBS

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

Made With: Baked Penne Pasta, whole wheat (1c = 2M, 1.5G, 7/8c red veg) , Recipe, USDA Mozzarella (Penne Pasta, whole wheat, cooked al dente (1/2c =2.7oz = 1 oz eq grain) , Recipe (Municipal Water (WATER); Whole Wheat Penne (WHOLE DURUM WHEAT FLOUR); Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil.); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSATE OF SODA AS AN ANTICAKING AGENT.)); Spaghetti Sauce (TOMATO PUREE (WATER, TOMATO PASTE), ONIONS, SUGAR, SALT, NATURAL FLAVOR, SPICES, EXTRA VIRGIN OLIVE OIL, CITRIC ACID, , GARLIC..); Tomatoes (Vine-Ripened Peeled Tomatoes, Tomato Juice, Calcium Chloride, Citric Acid.); Alfredo Sauce Rf (WATER, PASTEURIZED PROCESS CHEESE (cheddar cheese, [pasteurized milk, cheese culture, salt, enzymes], water, cream,, sodium phosphates and potassium phosphates, seasoning [potassium, chloride, flavor (contains maltodextrin)], salt), NONFAT DRY MILK,, CHEESE FLAVOR (whey, cheddar cheese [milk, cheese cultures, salt,, enzymes], buttermilk solids, butter), CONTAINS LESS THAN 2% OF, ROMANO CHEESE (sheep's milk, cheese culture, salt, enzymes,, calcium propionate), BUTTER FLAVORING (whey solids, enzymemodified butter [butter, buttermilk powder, enzymes], maltodextrin,, salt, dehydrated butter [butter, buttermilk powder], guar gum, annatto, and turmeric [for color]), MODIFIED FOOD STARCH, SODIUM, PHOSPHATES AND POTASSIUM PHOSPHATES, DEHYDRATED, GARLIC, SPICES, CITRIC ACID.); Past Skim Mozzarella Cheese (Low Moisture Part Skim Mozzarella, Cheese (Pasteurized Part Skim Milk,, Cheese Cultures, Salt, Enzymes), Powdered Cellulose (to Prevent Caking),, Natamycin (a Natural Mold Inhibitor),); Grated Parmesan Cheese (GRATED PARMESAN CHEESE (MADE FROM COW'S MILK, CHEESE CULTURE, SALT, ENZYMES), POWDERED CELLULOSE (ADDED TO PREVENT CAKING))); Panko Bread Crumbs (WHEAT FLOUR, SUGAR, YEAST, SALT)

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 Muffin Top

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

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

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

Barbecue Sauce

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

Allergens:

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

Barbecue Sauce

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

Allergens:

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

Basil Corn Salad

PER SERVING (1/2 c.)			
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 Chicken Pizza

PER SERVING (1 slice)			
489 CALORIES	7.4g SAT FAT	1351mg SODIUM	63.5g CARBS

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

Made With:

Pizza Dough, Richs White 16-inch, Oven Rise w/Sauce Ring, 27.5 oz (8-cut=3 oz; 10-cut=2.25 oz grain) (Pizza Dough (ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, CONTAINS LESS THAN 2% OF THE FOLLOWING: PALM OIL, SUGAR, SOYBEAN OIL, SALT, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE), BUTTERMILK, PASTEURIZED PART SKIM MILK, CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), WHEY POWDER (A MILK DERIVATIVE), GARLIC POWDER, CHEESE CULTURE, GUAR GUM, MALTED BARLEY FLOUR, DEXTROSE, XANTHAN GUM, DITEM, ENZYME, SODIUM PHOSPHATE, LACTIC ACID, ASCORBIC ACID.); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.); Barbecue Chicken, USDA Strip (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)); 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); 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 PRUSSIAN OF SODA AS AN ANTICAKING AGENT.); Black Pepper Ground (BLACK PEPPER)); Yellow Cheddar Cheese (Cheddar Cheese (Cultured Pasteurized , Milk, Salt, Enzymes, Color Added [If , Colored], Anticake (Potato Starch, , Powdered Cellulose)); 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); Onion, green, sliced (1/2c = 2.2 oz = 1/2c other veg) , Recipe (Green Onion (GREEN ONIONS)); 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.))

BBQ Chicken Sub

PER SERVING (1 sandwich)			
373 CALORIES	4.0g SAT FAT	871mg SODIUM	39.5g CARBS

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

Made With: Grilled Chicken Strips (See Label for ingredients and allergens); Sub Roll Dough, whole grain, proofed and stretched, Richs (1 roll = 2 oz eq grain) , Recipe (Whole Grain Sub Roll (WATER, WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), YEAST, SUGAR, WHEAT GLUTEN, SOYBEAN OIL, CONTAINS LESS THAN 2% OF THE FOLLOWING: OAT FIBER, FRUCTOSE, NATURAL FLAVOR (CONTAINS WHEAT INGREDIENTS), SEA SALT, HONEY, ENZYMES (CONTAINS WHEAT), ASCORBIC ACID, SALT.); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.)); Smokey BBQ Sauce (TOMATO PUREE (WATER, TOMATO PASTE), DISTILLED VINEGAR, SUGAR, SALT, MUSTARD BRAN, CONTAINS LESS THAN 2% OF CORN STARCH, NATURAL HICKORY SMOKE FLAVOR, SPICES, MOLASSES, GARLIC*, CELERY SEED, NATURAL FLAVORS, TAMARIND CONCENTRATE. *DEHYDRATED); Shredded Cheddar Cheese Reduced Fat (See Label for ingredients and allergens)

BBQ Nachos

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

Allergens:

Made With:

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)

BBQ Pulled Pork Sandwich

PER SERVING (1 sandwich)			
346 CALORIES	4.0g SAT FAT	975mg SODIUM	32.6g CARBS

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

Made With: USDA Pulled Pork (This item is a fully cooked, minimally seasoned pulled pork. This product is delivered frozen in cases containing eight 5-pound or four 10-pound packages.,); 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 Totchos

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

Allergens:

Made With:

Beefy Mac

PER SERVING (2/3 c.)			
333 CALORIES	4.3g SAT FAT	865mg SODIUM	39.9g CARBS

Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Spaghetti Sauce (TOMATO PUREE (WATER, TOMATC PASTE), ONIONS, SUGAR, SALT, NATURAL FLAVOR, SPICES, EXTRA VIRGIN OLIVE OIL, CITRIC ACID, , GARLIC.); Elbow Macaroni, pasta, regular, cooked al dente (1/2c = 1 oz eq grain) , Recipe (Municipal Water (WATER); Elbow Macaroni (SEMOLINA (WHEAT), NIACIN, FERROUS SULFATE (IRON), THIAMIN MONONITRATE, RIBOFLAVIN,FOLIC ACID.); Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil.); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSIATE OF SODA AS AN ANTICAKING AGENT.)); 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.); Tomato; Shredded Cheddar Cheese Reduced Fat (See Label for ingredients and allergens)

Biscuit & Chorizo Sausage Gravy

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

Allergens:

Made With:

Blazing Hot Chicken Pizza

PER SERVING (1 slice)			
450 CALORIES	6.9g SAT FAT	1181mg SODIUM	58.6g CARBS

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

Made With: Pizza Dough, Richs White 16-inch, Oven Rise w/Sauce Ring, 27.5 oz (8-cut=3 oz; 10-cut=2.25 oz grain) (Pizza Dough (ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, CONTAINS LESS THAN 2% OF THE FOLLOWING: PALM OIL, SUGAR, SOYBEAN OIL, SALT, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE), BUTTERMILK, PASTEURIZED PART SKIM MILK, CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), WHEY POWDER (A MILK DERIVATIVE), GARLIC POWDER, CHEESE CULTURE, GUAR GUM, MALTED BARLEY FLOUR, DEXTROSE, XANTHAN GUM, DATEM, ENZYME, SODIUM PHOSPHATE, LACTIC ACID, ASCORBIC ACID.); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.); Blazing Hot Chicken, USDA Unseasoned Strip Chicken (Grilled Chicken Strips (See Label for ingredients and allergens); Flaming Hot Buffalo Sauce, sriracha, apple cider vinegar, garlic, chipotle peppers, jalapenos (Sriracha Sauce (CHILI PEPPER, VINEGAR, GARLIC, SUGAR, SALT, WATER, NATURAL FLAVORS, XANTHAN GUM, LESS THAN 0.1% POTASSIUM SORBATE AND SODIUM BENZOATE AS PRESERVATIVES); Apple Cider (APPLE CIDER VINEGAR (DILUTED WITH WATER TO 5% ACIDITY)); 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.)); Chipotle Peppers In Adobo Sauce (CHIPOTLE PEPPERS, WATER, VINEGAR, SUGAR, SALT, TOMATO PASTE, SMOKE ESSENCE, ONION, GARLIC); Garlic Powder (GARLIC POWDER)); 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.)); Parsley, finely chopped (1/2c=0.35 oz=1/4c dark green veg) , Recipe (Pasteurized Lime Juice (PARSLEY)); 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); Shredded Cheddar Cheese Reduced Fat (See Label for ingredients and allergens); Buffalo Side Vegetables, carrots, celery, cucumber (1/4c = 1/8c other + 1/8c red veg) , Recipe (Carrot (CARROTS); Cucumbers, unpared, 1/4-inch diced, ready-to-serve (1/2c = 2.8 oz = 1/2c other veg) , Recipe (Cucumber (CUCUMBER)); Celery (CELERY)); Trio Sauce, ranch, greek yogurt, sriracha, chipotle, red pepper (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,

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.); Dannon Non Fat Greek Plain Yogurt (CULTURED GRADE A NON FAT MILK.); 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.)); Sriracha Sauce (CHILI PEPPER, VINEGAR, GARLIC, SUGAR, SALT, WATER, NATURAL FLAVORS, XANTHAN GUM, LESS THAN 0.1% POTASSIUM SORBATE AND SODIUM BENZOATE AS PRESERVATIVES); Crushed Red Pepper (CRUSHED RED PEPPER); Parsley, finely chopped (1/2c=0.35 oz=1/4c dark green veg) , Recipe (Pasteurized Lime Juice (PARSLEY))); 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.)); Parsley, finely chopped (1/2c=0.35 oz=1/4c dark green veg) , Recipe (Pasteurized Lime Juice (PARSLEY))

Blazing Hot Chicken Pizza

PER SERVING (1 slice)

455 CALORIES	7.2g SAT FAT	1177mg SODIUM	58.6g CARBS
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Allergens: Contains Egg, Gluten, Milk, Soy, Wheat.

Made With: Pizza Dough, Richs White 16-inch, Oven Rise w/Sauce Ring, 27.5 oz (8-cut=3 oz; 10-cut=2.25 oz grain) (Pizza Dough (ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, CONTAINS LESS THAN 2% OF THE FOLLOWING: PALM OIL, SUGAR, SOYBEAN OIL, SALT, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE), BUTTERMILK, PASTEURIZED PART SKIM MILK, CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), WHEY POWDER (A MILK DERIVATIVE), GARLIC POWDER, CHEESE CULTURE, GUAR GUM, MALTED BARLEY FLOUR, DEXTROSE, XANTHAN GUM, DATEM, ENZYME, SODIUM PHOSPHATE, LACTIC ACID, ASCORBIC ACID.); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.)); Blazing Hot Chicken, USDA Unseasoned Strip Chicken (Grilled Chicken Strips (See Label for ingredients and allergens); Flaming Hot Buffalo Sauce, sriracha, apple cider vinegar, garlic, chipotle peppers, jalapenos (Sriracha Sauce (CHILI PEPPER, VINEGAR, GARLIC, SUGAR, SALT, WATER, NATURAL FLAVORS, XANTHAN GUM, LESS THAN 0.1% POTASSIUM SORBATE AND SODIUM BENZOATE AS PRESERVATIVES); Apple Cider (APPLE CIDER VINEGAR (DILUTED WITH WATER TO 5% ACIDITY)); 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.)); Chipotle Peppers In Adobo Sauce (CHIPOTLE PEPPERS, WATER, VINEGAR, SUGAR, SALT, TOMATO PASTE, SMOKE ESSENCE, ONION, GARLIC); Garlic Powder (GARLIC POWDER)); 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.)); Parsley, finely chopped (1/2c=0.35 oz=1/4c dark green veg) , Recipe (Pasteurized Lime Juice (PARSLEY)); 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); Yellow Cheddar Cheese (Cheddar Cheese (Cultured Pasteurized , Milk, Salt, Enzymes, Color Added [If , Colored], Anticake (Potato Starch, , Powdered Cellulose)); Buffalo Side Vegetables, carrots, celery, cucumber (1/4c = 1/8c other + 1/8c red veg) , Recipe (Carrot (CARROTS); Cucumbers, unpared, 1/4-inch diced, ready-to-serve (1/2c = 2.8 oz = 1/2c other veg) , Recipe (Cucumber (CUCUMBER)); Celery (CELERY)); Trio Sauce, ranch, greek yogurt, sriracha, chipotle, red pepper (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.); Dannon Non Fat Greek Plain Yogurt (CULTURED GRADE A NON FAT MILK.); 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.)); Sriracha Sauce (CHILI PEPPER, VINEGAR, GARLIC, SUGAR, SALT, WATER, NATURAL FLAVORS, XANTHAN GUM, LESS THAN 0.1% POTASSIUM SORBATE AND SODIUM BENZOATE AS PRESERVATIVES); Crushed Red Pepper (CRUSHED RED PEPPER); Parsley, finely chopped (1/2c=0.35 oz=1/4c dark green veg) , Recipe (Pasteurized Lime Juice (PARSLEY)); 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.)); Parsley, finely chopped (1/2c=0.35 oz=1/4c dark green veg) , Recipe (Pasteurized Lime Juice (PARSLEY))

Blue Ribbon Slaw

PER SERVING (1/2 c.)			
44 CALORIES	0.0g SAT FAT	114mg SODIUM	10.4g CARBS

Allergens:

Made With: Green Cabbage (GREEN CABBAGE); Slaw Juice, cider vinegar, lime juice, sugar (not creditable) , Recipe (Apple Cider (APPLE CIDER VINEGAR (DILUTED WITH WATER TO 5% ACIDITY))); Granulated Sugar (SUGAR); Real Lime Juice (WATER, LIME JUICE CONCENTRATE AND LESS THAN 2% OF: LIME OIL, , SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES).)); Carrot (CARROTS); Onion, green, sliced (1/2c = 2.2 oz = 1/2c other veg) , Recipe (Green Onion (GREEN ONIONS)); Black Pepper Ground (BLACK PEPPER); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSIAE OF SODA AS AN ANTICAKING AGENT.); Celery Seed (CELERY SEED)

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 Fruit & Yogurt Parfait

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

Allergens: Contains Milk, Soy. May contain Gluten.

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

Blueberry Muffin

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

Allergens: Contains Egg, Gluten, Soy, Wheat.

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

Blueberry Muffin Square

PER SERVING (1 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 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.)

Blueberry Patch Parfait

PER SERVING (1 parfait)			
459 CALORIES	1.2g SAT FAT	108mg SODIUM	89.9g 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)

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

Breaded Chicken Patty

PER SERVING (1 patty)			
240 CALORIES	2.5g SAT FAT	440mg SODIUM	16.0g CARBS

Allergens: Contains Gluten, 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.)

Breaded Chicken Tender

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

Allergens: Contains Gluten, Soy, Wheat.

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

Breaded Drumstick

PER SERVING (1 pcs.)			
190 CALORIES	2.5g SAT FAT	450mg SODIUM	5.0g CARBS

Allergens: Contains Gluten, Wheat.

Made With: Whole Grain Chicken Drumstick (Chicken drumsticks, water, whole wheat flour, enriched wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), contains 2%, or less of the following: extractives of paprika and turmeric, garlic powder, leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium, phosphate), maltodextrin, modified corn starch, modified wheat starch, 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], natural flavor,, onion powder, salt, sodium phosphates, spices (including celery seed), wheat gluten, whole grain yellow corn flour. Breading set in vegetable oil.)

Breaded Fish Patty

PER SERVING (1 patty)			
140 CALORIES	0.0g SAT FAT	240mg SODIUM	13.0g CARBS

Allergens: Contains Fish, Gluten, Wheat.

Made With: Whole Grain Breaded Pollock (ALASKA POLLOCK 71.3%, BREADING 20.5%: WHOLE GRAIN WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), DEXTROSE, DISTILLED VINEGAR, IODIZED SALT, MALTED BARLEY FLOUR, POLLOCK PROTEIN, INACTIVE YEAST, SEA SALT, LEAVENING (SODIUM BICARBONATE), CANOLA OIL, YEAST, SPICE EXTRACTIVE. BATTER 8.2%: WATER, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED YELLOW CORN FLOUR (CORN FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CORN STARCH, SALT, DEXTROSE, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), SUGAR, ONION POWDER, CARAMEL COLOR, SPICE EXTRACTIVES, EXTRACTIVES OF PAPRIKA AND ANNATTO. PRECOOKED IN CANOLA, COTTONSEED OIL AND/OR SOYBEAN OIL.)

Breadstick

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

- Allergens:** Contains Gluten, Soy, Wheat. May contain Egg, Milk.
- Made With:** 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.)

Brown Gravy

PER SERVING (1 fl. oz.)			
15 CALORIES	0.0g SAT FAT	78mg SODIUM	2.4g CARBS

Allergens: Contains Soy.

Made With: Municipal Water (WATER); Low Sodium Brown Gravy (MODIFIED CORN STARCH, PEA FLOUR, YEAST EXTRACT, PALM OIL, ONION POWDER, MALTODEXTRIN, SUGAR, SALT, NATURAL FLAVOR, CARAMEL COLOR (SULFITES), SOY LECITHIN, CELERY POWDER, CARROT POWDER, POTASSIUM CHLORIDE, MUSHROOM EXTRACT, DISODIUM GUANYLATE, DISODIUM INOSINATE, SPICE, GARLIC POWDER, CITRIC ACID.)



Buffalo Chicken Filling

PER SERVING (1 1/2 oz.)			
76 CALORIES	1.0g SAT FAT	424mg SODIUM	3.2g 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 Pizza

PER SERVING (1 slice)			
501 CALORIES	7.6g SAT FAT	1487mg SODIUM	61.6g CARBS

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

Made With: Pizza Dough, Richs White 16-inch, Oven Rise w/Sauce Ring, 27.5 oz (8-cut=3 oz; 10-cut=2.25 oz grain) (Pizza Dough (ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, CONTAINS LESS THAN 2% OF THE FOLLOWING: PALM OIL, SUGAR, SOYBEAN OIL, SALT, LEAVENING (BAKING SODA, SODIUM

ALUMINUM PHOSPHATE), BUTTERMILK, PASTEURIZED PART SKIM MILK, CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), WHEY POWDER (A MILK DERIVATIVE), GARLIC POWDER, CHEESE CULTURE, GUAR GUM, MALTED BARLEY FLOUR, DEXTROSE, XANTHAN GUM, DATEM, ENZYME, SODIUM PHOSPHATE, LACTIC ACID, ASCORBIC ACID.); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.); 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). Breeding set in vegetable, oil.); Franks Red Hot Sauce (AGED CAYENNE RED PEPPERS, VINEGAR, WATER, SALT AND GARLIC POWDER.); 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); Yellow Cheddar Cheese (Cheddar Cheese (Cultured Pasteurized , Milk, Salt, Enzymes, Color Added [If , Colored], Anticake (Potato Starch, , Powdered Cellulose)); Buffalo Side Vegetables, carrots, celery, cucumber (1/4c = 1/8c other + 1/8c red veg) , Recipe (Carrot (CARROTS); Cucumbers, unpared, 1/4-inch diced, ready-to-serve (1/2c = 2.8 oz = 1/2c other veg) , Recipe (Cucumber (CUCUMBER)); Celery (CELERY)); Banana Pepper Sauce, ranch, greek yogurt, Franks hot sauce (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.); Dannon Non Fat Greek Plain Yogurt (CULTURED GRADE A NON FAT MILK.); Franks Red Hot Sauce (AGED CAYENNE RED PEPPERS, VINEGAR, WATER, SALT AND GARLIC POWDER.); Peppers, banana, sliced, canned, drained, ready-to-serve (1/2c = 1.8oz = 1/2c other) , Recipe (Mild Banana Peppers (FRESH BANANA PEPPERS, WATER, VINEGAR, SALT, MALIC AND LACTIC ACID, CALCIUM CHLORIDE, SODIUM BENZOATE AND SODIUM METABISULFITE

(PRESERVATIVES), YELLOW 5.)); Mild Banana Peppers (FRESH BANANA PEPPERS, WATER, VINEGAR, SALT, MALIC AND LACTIC ACID, CALCIUM CHLORIDE, SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES), YELLOW 5.)); Onion, green, sliced (1/2c = 2.2 oz = 1/2c other veg) , Recipe (Green Onion (GREEN ONIONS)); 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.))

Buffalo Chicken Popper Sub

PER SERVING (1 Sub)			
474 CALORIES	4.4g SAT FAT	1931mg SODIUM	48.8g CARBS

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

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). Breeding set in vegetable, oil.)); Franks Red Hot Sauce (AGED CAYENNE RED PEPPERS, VINEGAR, WATER, SALT AND GARLIC POWDER.)); Sub Roll, regular, side slice, whole grain, Richs (1 roll = 2 oz eq grain) , Recipe (Sub Roll Dough, whole grain, proofed and stretched, Richs (1 roll = 2 oz eq grain) , Recipe (Whole Grain Sub Roll (WATER, WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), YEAST, SUGAR, WHEAT GLUTEN, SOYBEAN OIL, CONTAINS LESS THAN 2% OF THE FOLLOWING: OAT FIBER, FRUCTOSE, NATURAL FLAVOR (CONTAINS WHEAT INGREDIENTS), SEA SALT, HONEY, ENZYMES (CONTAINS WHEAT), ASCORBIC ACID, SALT.); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.)); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.)); Buffalo Side Vegetables, carrots, celery, cucumber (1/4c = 1/8c other + 1/8c red veg) , Recipe (Carrot (CARROTS); Cucumbers, unpared, 1/4-inch diced, ready-to-serve (1/2c = 2.8 oz = 1/2c other veg) , Recipe (Cucumber (CUCUMBER)); Celery (CELERY)); Shredded Part Skim Mozzarella Cheese (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, AND ENZYMES. POTATO STARCH, POWDERED CELLULOSE ADDED TO PREVENT CAKING.)

Buffalo Chicken Salad

PER SERVING (1 salad)			
313 CALORIES	4.8g SAT FAT	1476mg SODIUM	22.3g CARBS

Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Mixed Salad Greens, Romaine blend, spinach (2c = 5 oz = 1/2c dark green + 1/2c other veg) , Recipe (Salad Mix (ROMAINE LETTUCE, ICEBERG LETTUCE); Fresh Spinach (SPINACH)); Buffalo Chicken, Tyson popcorn, Franks hot sauce (12 pieces=4.6 oz=2 oz M/MA+1 oz grain) , Recipe (Popcorn Chicken, Tyson (12 pieces = 3.36 oz = 2 oz M/MA + 1 oz eq grain) , Recipe (Chick Popcorn (Chicken, water, textured soy protein concentrate, isolated soy protein with less than 2% lecithin, chicken type flavor [brown sugar, yeast extract, onion powder,, maltodextrin, canola oil, carrot powder, garlic powder, silicon dioxide (anti-caking agent), citric acid, spice, salt, vegetable stock (carrot, onion, celery), natural flavor],, sodium phosphates.BREADED WITH: Whole wheat flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water,, salt, wheat gluten, sugar, dried onion, dried garlic, torula yeast, dextrose, spice, dried yeast, paprika extract (color) turmeric extract (color). Breading set in vegetable, oil.)); Franks Red Hot Sauce (AGED CAYENNE RED PEPPERS, VINEGAR, WATER, SALT AND GARLIC POWDER.)); Tomatoes, fresh, 1/4-inch diced, ready-to-serve (1/2c = 4.2 oz = 1/2c red/orange veg) , Recipe (Tomato (TOMATO)); Buffalo Side Vegetables, carrots, celery, cucumber (1/4c = 1/8c other + 1/8c red veg) , Recipe (Carrot (CARROTS); Cucumbers, unpared, 1/4-inch diced, ready-to-serve (1/2c = 2.8 oz = 1/2c other veg) , Recipe (Cucumber (CUCUMBER)); Celery (CELERY)); Shredded Mild Cheddar Cheese (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES AND ANNATTO (IF COLORED), POTATO STARCH AND POWDERED CELLULOSE ADDED TO PREVENT CAKING.); Onion, green, sliced (1/2c = 2.2 oz = 1/2c other veg) , Recipe (Green Onion (GREEN ONIONS))



Buffalo Chicken Sandwich

PER SERVING (1 burger)			
452 CALORIES	4.0g SAT FAT	1399mg SODIUM	44.5g CARBS

Allergens: Contains Egg, Gluten, Milk, 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.); Franks Red Hot Sauce (AGED CAYENNE RED PEPPERS, VINEGAR, WATER, SALT AND GARLIC POWDER.); Thick & Chunky Blue Cheese Dressing (SOYBEAN OIL, BLUE CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES, POWDERED CELLULOSE TO PREVENT CAKING, NATAMYCIN AS AN ANTI-MYCOTIC AGENT), CULTURED LOWFAT BUTTERMILK, WATER, HIGH FRUCTOSE CORN SYRUP, EGG YOLKS, DISTILLED VINEGAR, CIDER VINEGAR, CORN VINEGAR, CONTAINS LESS THAN 2% OF SALT, SUGAR, NATURAL & ARTIFICIAL FLAVORS (INCLUDES MILK), PHOSPHORIC ACID, XANTHAN GUM, PROPYLENE GLYCOL ALGINATE, SODIUM BENZOATE AND POTASSIUM SORBATE (AS PRESERVATIVES), CARAMEL COLOR, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR, BETA-APO-8'-CAROTENAL (COLOR). CONTAINS: MILK, EGG.)

Buffalo Chicken Wrap

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

Allergens:

Made With:

Buffalo Chicken Wrap

PER SERVING (1 wrap)			
382 CALORIES	6.7^g SAT FAT	1131^{mg} SODIUM	39.8^g CARBS

Allergens: Contains Gluten, Milk, Wheat.

Made With: Whole Wheat Tortilla (Whole wheat flour, Enriched unbleached flour (Wheat flour, Niacin, Reduced iron, Thiamine mononitrate, Riboflavin and Folic acid), Water, Vegetable shortening (Contains one or more of the following: Palm oil and/or Corn oil), Contains 2% or less of the following: Salt, Aluminum-free leavening (Sodium acid Pyrophosphate, Sodium bicarbonate, Cornstarch, Monocalcium phosphate), Wheat protein, Preservatives (Calcium propionate, Sorbic acid), Dough conditioner (Fumaric acid, Xanthan gum, Mono- and Diglycerides, Sodium metabisulphite).); Filling, Buffalo Chicken, USDA Unseasoned (Grilled Chicken Strips (See Label for ingredients and allergens); Franks Red Hot Sauce (AGED CAYENNE RED PEPPERS, VINEGAR, WATER, SALT AND GARLIC POWDER.)); Shredded Cheddar Cheese Reduced Fat (See Label for ingredients and allergens)

Buffalo Chicken Wrap

PER SERVING (1 wrap)			
393 CALORIES	7.2g SAT FAT	1122mg SODIUM	39.8g CARBS

Allergens: Contains Gluten, Milk, Wheat.

Made With: Whole Wheat Tortilla (Whole wheat flour, Enriched unbleached flour (Wheat flour, Niacin, Reduced iron, Thiamine mononitrate, Riboflavin and Folic acid), Water, Vegetable shortening (Contains one or more of the following: Palm oil and/or Corn oil), Contains 2% or less of the following: Salt, Aluminum-free leavening (Sodium acid Pyrophosphate, Sodium bicarbonate, Cornstarch, Monocalcium phosphate), Wheat protein, Preservatives (Calcium propionate, Sorbic acid), Dough conditioner (Fumaric acid, Xanthan gum, Mono- and Diglycerides, Sodium metabisulphite).); Filling, Buffalo Chicken, USDA Unseasoned (Grilled Chicken Strips (See Label for ingredients and allergens); Franks Red Hot Sauce (AGED CAYENNE RED PEPPERS, VINEGAR, WATER, SALT AND GARLIC POWDER.)); Yellow Cheddar Cheese (Cheddar Cheese (Cultured Pasteurized , Milk, Salt, Enzymes, Color Added [If , Colored], Anticake (Potato Starch, , Powdered Cellulose))

Buffalo Side Vegetables

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

Allergens:

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

Buffalo Side Vegetables

PER SERVING (1/2 c.)			
15 CALORIES	0.0g SAT FAT	27mg SODIUM	3.3g CARBS

Allergens:

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

Built-to Order Deli- American Style Meat Combo

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

Allergens:

Made With:

Built-to Order Deli- Buffalo Chicken

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

Allergens:

Made With:

Built-to Order Deli- Chicken Salad

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

Allergens:

Made With:

Built-to Order Deli- Classic Hummus

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

Allergens:

Made With:

Built-to Order Deli- Crispy Chicken

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

Allergens:

Made With:

Built-to Order Deli- Italian Style Meat Combo

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

Allergens:

Made With:

Built-to Order Deli- Sliced Ham Meat Combo

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

Allergens:

Made With:

Built-to Order Deli- Sliced Turkey

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

Allergens:

Made With:

Built-to Order Deli- Tuna Salad

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

Allergens:

Made With:

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.)

Carnitas

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

Allergens:

Made With: Pork; 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)

Carolinian Barbecue Sauce

PER SERVING (2 tbsp.)			
37 CALORIES	0.0g SAT FAT	257mg SODIUM	9.2g CARBS

Allergens: Contains Crustacean Shellfish, Fish, Soy.

Made With: Yellow Mustard (DISTILLED VINEGAR, WATER, NO. 1 GRADE MUSTARD SEED, SALT, TUMERIC, PAPRIKA, SPICE, NATURAL FLAVORS AND GARLIC POWDER.); Light Brown Sugar (BROWN SUGAR); Apple Cider (APPLE CIDER VINEGAR (DILUTED WITH WATER TO 5% ACIDITY)); Worcestershire (DISTILLED VINEGAR, MOLASSES, CORN SYRUP, WATER, SALT, CARAMEL COLOR, SUGAR, SPICES, ANCHOVIES, NATURAL FLAVOR (CONTAINS SOY), AND TAMARIND.); Franks Red Hot Sauce (AGED CAYENNE RED PEPPERS, VINEGAR, WATER, SALT AND GARLIC POWDER.); Black Pepper Ground (BLACK PEPPER)

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 Slice

PER SERVING (1/2 oz.)			
56 CALORIES	2.5g SAT FAT	91mg SODIUM	0.0g CARBS

Allergens: Contains Milk.

Made With: Mild Cheddar Cheese (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, ANNATTO (COLOR))

Cheddar Macaroni

PER SERVING (1 serving)			
462 CALORIES	11.5g SAT FAT	1230mg SODIUM	44.1g CARBS

Allergens: Contains Gluten, Milk, Wheat.

Made With: Cheddar Macaroni, classic (Cheddar Cheese Sauce (CHEDDAR CHEESE (pasteurized milk, cheese culture, salt, enzymes), WATER, NONFAT DRY MILK, SODIUM PHOSPHATES AND POTASSIUM PHOSPHATES, CONTAINS LESS THAN 2% OF MODIFIED , FOOD STARCH, SEASONING (potassium chloride, flavor [contains maltodextrin]), SALT, PAPRIKA , EXTRACT, ANNATTO EXTRACT.,); Elbow Macaroni, pasta, regular, cooked al dente (1/2c = 1 oz eq grain) , Recipe (Municipal Water (WATER); Elbow Macaroni (SEMOLINA (WHEAT), NIACIN, FERROUS SULFATE (IRON), THIAMIN MONONITRATE, RIBOFLAVIN,FOLIC ACID.); Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil.); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSIAN OF SODA AS AN ANTICAKING AGENT.); Lowfat White Milk (LOWFAT MILK, VITAMIN A PALMITATE, VITAMIN D3)); Panko Bread Crumbs (WHEAT FLOUR, SUGAR, YEAST, SALT)

Cheerios

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

Allergens:

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



Cheese Lasagna Rollup

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

Allergens: Contains Gluten, Milk, Wheat.

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

Cheese Pizza

PER SERVING (1 slice)			
449 CALORIES	8.3g SAT FAT	948mg SODIUM	56.2g CARBS

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

Made With: Pizza Dough, Richs White 16-inch, Oven Rise w/Sauce Ring, 27.5 oz (8-cut=3 oz; 10-cut=2.25 oz grain) (Pizza Dough (ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, CONTAINS LESS THAN 2% OF THE FOLLOWING: PALM OIL, SUGAR, SOYBEAN OIL, SALT, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE), BUTTERMILK, PASTEURIZED PART SKIM MILK, CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), WHEY POWDER (A MILK DERIVATIVE), GARLIC POWDER, CHEESE CULTURE, GUAR GUM, MALTED BARLEY FLOUR, DEXTROSE, XANTHAN GUM, DATEM, ENZYME, SODIUM PHOSPHATE, LACTIC ACID, ASCORBIC ACID.); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.); Past Skim Mozzarella Cheese (Low Moisture Part Skim Mozzarella, Cheese (Pasteurized Part Skim Milk,, Cheese Cultures, Salt, Enzymes), Powdered Cellulose (to Prevent Caking),, Natamycin (a Natural Mold Inhibitor),); Pizza Sauce (VINE-RIPENED FRESH TOMATOES, SUGAR, SALT, SEASONING (SPICES, SALT, GARLIC POWDER), EXTRA VIRGIN OLIVE OIL); 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.))

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)

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.,)

Cherry Frudel Stick

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

Allergens: Contains Gluten, Milk, Wheat.

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

Chicken & Waffles Stacker

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

Allergens:

Made With:

Chicken Alfredo Macaroni

PER SERVING (1 c.)			
315 CALORIES	5.3g SAT FAT	791mg SODIUM	35.6g CARBS

Allergens: Contains Gluten, Milk, Wheat.

Made With: Elbow Macaroni, pasta, regular, cooked al dente (1/2c = 1 oz eq grain) , Recipe (Municipal Water (WATER); Elbow Macaroni (SEMOLINA (WHEAT), NIACIN, FERROUS SULFATE (IRON), THIAMIN MONONITRATE, RIBOFLAVIN,FOLIC ACID.); Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil.); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSIAE OF SODA AS AN ANTICAKING AGENT.)); 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.); Broccoli (BROCCOLI); Blended Chicken Meat (CHICKEN MEAT); 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),)

Chicken and Cheese Quesadilla

PER SERVING (1 each quesadilla)			
404 CALORIES	9.2g SAT FAT	760mg SODIUM	36.2g CARBS

Allergens: Contains Gluten, Milk, Wheat.

Made With: Whole Wheat Tortilla (Whole wheat flour, Enriched unbleached flour (Wheat flour, Niacin, Reduced iron, Thiamine mononitrate, Riboflavin and Folic acid), Water, Vegetable shortening (Contains one or more of the following: Palm oil and/or Corn oil), Contains 2% or less of the following: Salt, Aluminum-free leavening (Sodium acid Pyrophosphate, Sodium bicarbonate, Cornstarch, Monocalcium phosphate), Wheat protein, Preservatives (Calcium propionate, Sorbic acid), Dough conditioner (Fumaric acid, Xanthan gum, Mono- and Diglycerides, Sodium metabisulphite).); Fajita Chicken Strips, USDA (2/3c = 3.4 oz = 2 oz M/MA) , Recipe (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., ,)); Yellow Cheddar Cheese (Cheddar Cheese (Cultured Pasteurized , Milk, Salt, Enzymes, Color Added [If , Colored], Anticake (Potato Starch, , Powdered Cellulose))

Chicken Bacon Ranch Poppers

PER SERVING (1 bowl)			
376 CALORIES	5.7g SAT FAT	958mg SODIUM	21.3g CARBS

Allergens: Contains Egg, Gluten, Milk, 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). Breeding set in vegetable, oil.); 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.); 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),); Bacon Crumble, pork (not creditable) , Recipe (Bacon Chips (FRESH PORK BELLIES, CURED WITH WATER, SALT, MAY CONTAIN LESS THAN 2% SUGAR, SODIUM PHOSPHATE, SODIUM ERYTHORBATE, SODIUM NITRITE))

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 Cordon Bleu Sandwich

PER SERVING (1 sandwich)			
430 CALORIES	4.1g SAT FAT	775mg SODIUM	43.3g CARBS

Allergens: Contains Gluten, Milk, 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.); 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.); Sliced Swiss Cheese (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES)

Chicken Gravy

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

Allergens: Contains Milk.

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

Chicken Parmesan Sandwich

PER SERVING (1 sandwich)			
441 CALORIES	4.3g SAT FAT	752mg SODIUM	46.5g CARBS

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

Chicken Salad Filling

PER SERVING (1/2 c.)			
225 CALORIES	2.7g SAT FAT	458mg SODIUM	11.1g CARBS

Allergens: Contains Egg.

Made With: Grilled Chicken Strips (See Label for ingredients and allergens); 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.); White Pepper Ground (WHITE PEPPER)

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 con Carne

PER SERVING (3/4 c.)			
163 CALORIES	1.5g SAT FAT	439mg SODIUM	22.1g CARBS

Allergens: Contains Soy.

Made With: Municipal Water (WATER); 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.); Vegetarian Chili Mix (RED BEANS (DRY) TOMATO, CHILI PEPPER, ONION, SUGAR, SALT, MODIFIED CORN STARCH, SPICE, GREEN BELL PEPPER, GARLIC, CITRIC ACID, CALCIUM CHLORIDE, NATURAL FLAVOR); Onion, red, 1/4-inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe (Red Onion (RED ONION)); Green Bell Pepper (GREEN SWEET PEPPER); Carrots (CARROTS); Red Bell Peppers (RED SWEET PEPPER)

Chili Dog

PER SERVING (1 serving)			
379 CALORIES	5.1g SAT FAT	644mg SODIUM	36.5g CARBS

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

Made With: Frankfurter, turkey (hot dog) , (1 frank = 2 oz M/MA) , Recipe (Uncured Turkey Hot Dog (MECHANICALLY SEPARATED TURKEY, WATER, CONTAINS 2% OR LESS: SEASONING (CORN SYRUP SOLIDS, DEXTROSE, SUGAR, PAPRIKA, NATURAL FLAVORING), SALT, POTASSIUM CHLORIDE, NATURAL FLAVOR (CELERY JUICE POWDER), NATURAL FLAVORING, NATURAL SMOKED FLAVORING.)); WWW Hot Dog Bun (WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), WATER, SUGAR, VITAL WHEAT GLUTEN, YEAST, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SOYBEAN OIL, SALT, XANTHAN GUM, YEAST NUTRIENT (AMMONIUM SULFATE), DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, ASCORBIC ACID, MONOCALCIUM PHOSPHATE), CALCIUM PROPIONATE (MOLD INHIBITOR), ENZYMES, SESAME FLOUR.); MT - Old Fashion Scratch Chili (Tomatoes (Vine-Ripened Peeled Tomatoes, Tomato Juice, Calcium Chloride, Citric Acid.); USDA Beef Crumble ; Low Sodium Pinto Beans (PREPARED PINTO BEANS, WATER, SALT, CALCIUM CHLORIDE (FIRMING AGENT), AND CALCIUM DISODIUM EDTA (PROMOTES COLOR RETENTION).); Tomato Paste (VINE-RIPENED TOMATOES); Low Sodium Kidney Beans (PREPARED KIDNEY BEANS, WATER, SUGAR, DEXTROSE, SALT, CALCIUM CHLORIDE (FIRMING AGENT), AND DISODIUM EDTA (PROMOTES COLOR RETENTION).); Municipal Water (WATER); Garlic Granulated (GRANULATED GARLIC); Green Bell Pepper (GREEN SWEET PEPPER); Cumin Ground (CUMIN); Light Chile Powder (INGREDIENTS: CHILI PEPPER, SPICES, SALT, GARLIC, AND SILICON DIOXIDE (TO MAKE FREE FLOWING).); Black Pepper Ground (BLACK PEPPER); Onion Powder (ONION POWDER); Paprika (PAPRIKA)); Shredded Mild Cheddar Cheese (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES AND ANNATTO (IF COLORED), POTATO STARCH AND POWDERED CELLULOSE ADDED TO PREVENT CAKING.)

Chili Dog

PER SERVING (1 serving)			
349 CALORIES	3.8g SAT FAT	765mg SODIUM	38.8g CARBS

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

Made With: Frankfurter, turkey (hot dog) , (1 frank = 2 oz M/MA) , Recipe (Uncured Turkey Hot Dog (MECHANICALLY SEPARATED TURKEY, WATER, CONTAINS 2% OR LESS: SEASONING (CORN SYRUP SOLIDS, DEXTROSE, SUGAR, PAPRIKA, NATURAL FLAVORING), SALT, POTASSIUM CHLORIDE, NATURAL FLAVOR (CELERY JUICE POWDER), NATURAL FLAVORING, NATURAL SMOKED FLAVORING.)); Chili, Rainbow Scratch, USDA Beans (USDA Kidney Beans; Low Sodium Black Beans (PREPARED BLACK BEANS, WATER, SALT, AND CALCIUM CHLORIDE (FIRMING AGENT).); Tomato Sauce (Tomato Concentrate, tomatoes, salt, citric acid, red bell pepper powder, dextrose, spice, natural flavoring); Mild Thick & Chunky Salsa (CRUSHED TOMATOES (WATER, CRUSHED TOMATO CONCENTRATE), JALAPENO PEPPERS, DICED TOMATOES IN TOMATO JUICE, FRESH ONIONS, DISTILLED VINEGAR, DEHYDRATED ONIONS, SALT, GARLIC, NATURAL FLAVORING.); Corn (See package label for ingredients and allergens); Municipal Water (WATER); Light Chile Powder (INGREDIENTS: CHILI PEPPER, SPICES, SALT, GARLIC, AND SILICON DIOXIDE (TO MAKE FREE FLOWING).); Cumin Ground (CUMIN)); WWW Hot Dog Bun (WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), WATER, SUGAR, VITAL WHEAT GLUTEN, YEAST, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SOYBEAN OIL, SALT, XANTHAN GUM, YEAST NUTRIENT (AMMONIUM SULFATE), DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, ASCORBIC ACID, MONOCALCIUM PHOSPHATE), CALCIUM PROPIONATE (MOLD INHIBITOR), ENZYMES, SESAME FLOUR.); Shredded Mild Cheddar Cheese (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES AND ANNATTO (IF COLORED), POTATO STARCH AND POWDERED CELLULOSE ADDED TO PREVENT CAKING.)

Chili Frito Pie

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

Allergens:

Made With:

Chilled Corn

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



Allergens:

Made With: Corn (SWEET CORN)

Chilly Philly Pizza

PER SERVING (1 slice)			
463 CALORIES	6.7 ^g SAT FAT	1076 ^{mg} SODIUM	56.2 ^g CARBS

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

Made With: Pizza Dough, Richs White 16-inch, Oven Rise w/Sauce Ring, 27.5 oz (8-cut=3 oz; 10-cut=2.25 oz grain) (Pizza Dough (ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, CONTAINS LESS THAN 2% OF THE FOLLOWING: PALM OIL, SUGAR, SOYBEAN OIL, SALT, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE), BUTTERMILK, PASTEURIZED PART SKIM MILK, CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), WHEY POWDER (A MILK DERIVATIVE), GARLIC POWDER, CHEESE CULTURE, GUAR GUM, MALTED BARLEY FLOUR, DEXTROSE, XANTHAN GUM, DATEM, ENZYME, SODIUM PHOSPHATE, LACTIC ACID, ASCORBIC ACID.); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.); Past Skim Mozzarella Cheese (Low Moisture Part Skim Mozzarella, Cheese (Pasteurized

Part Skim Milk,, Cheese Cultures, Salt, Enzymes), Powdered Cellulose (to Prevent Caking),, Natamycin (a Natural Mold Inhibitor),); Roast Turkey Breast (Turkey Breast, White Turkey, Turkey Broth, Contains 2% or Less Modified Food Starch, Potassium Chloride, Sodium Phosphate, Salt, Rosemary Extract); Pizza Sauce (VINE-RIPENED FRESH TOMATOES, SUGAR, SALT, SEASONING (SPICES, SALT, GARLIC POWDER), EXTRA VIRGIN OLIVE 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)); Banana Pepper Sauce, ranch, greek yogurt, Franks hot sauce (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.); Dannon Non Fat Greek Plain Yogurt (CULTURED GRADE A NON FAT MILK.); Franks Red Hot Sauce (AGED CAYENNE RED PEPPERS, VINEGAR, WATER, SALT AND GARLIC POWDER.); Peppers, banana, sliced, canned, drained, ready-to-serve (1/2c = 1.8oz = 1/2c other) , Recipe (Mild Banana Peppers (FRESH BANANA PEPPERS, WATER, VINEGAR, SALT, MALIC AND LACTIC ACID, CALCIUM CHLORIDE, SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES), YELLOW 5.)); Mild Banana Peppers (FRESH BANANA PEPPERS, WATER, VINEGAR, SALT, MALIC AND LACTIC ACID, CALCIUM CHLORIDE, SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES), YELLOW 5.)); Onion, green, sliced (1/2c = 2.2 oz = 1/2c other veg) , Recipe (Green Onion (GREEN ONIONS)); 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.))

Chilly Philly Salad

PER SERVING (1 salad)			
260 CALORIES	4.2g SAT FAT	596mg SODIUM	13.2g CARBS

Allergens: Contains Milk.

Made With: Salad Mix with color (Iceburg Lettuce, Shredded Red Cabbage, Shredded Carrots); Roast Turkey Breast (Turkey Breast, White Turkey, Turkey Broth, Contains 2% or Less Modified Food Starch, Potassium Chloride, Sodium Phosphate, Salt, Rosemary Extract); Tomatoes, fresh, 1/4-inch diced, ready-to-serve (1/2c = 4.2 oz = 1/2c red/orange veg) , Recipe (Tomato (TOMATO)); 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 PRUSSATE OF SODA AS AN ANTICAKING AGENT.); Black Pepper Ground (BLACK 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),); Onion, green, sliced (1/2c = 2.2 oz = 1/2c other veg) , Recipe (Green Onion (GREEN ONIONS))

Chilly Philly Sub

PER SERVING (1 sandwich)			
393 CALORIES	4.2g SAT FAT	760mg SODIUM	36.5g CARBS

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

Made With: Sub Roll, roasted garlic and herb, Richs whole grain (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.); Salt Free Garlic & Herb Blend (INGREDIENTS: GARLIC, SPICES (INCLUDING OREGANO, ROSEMARY, BASIL, AND RED PEPPER), ORANGE PEEL, ONION, PAPRIKA, AND CELERY.); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.); Roast Turkey Breast (Turkey Breast, White Turkey, Turkey Broth, Contains 2% or Less Modified Food Starch, Potassium Chloride, Sodium Phosphate, Salt, Rosemary Extract); 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 PRUSSATE OF SODA AS AN ANTICAKING AGENT.); Black Pepper Ground (BLACK 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),)

Chilly Philly Submarine Sandwich

PER SERVING (1 sandwich)			
393 CALORIES	4.2g SAT FAT	780mg SODIUM	36.5g CARBS

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

Made With: Sub Roll, roasted garlic and herb, Richs whole grain (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.); Salt Free Garlic & Herb Blend (INGREDIENTS: GARLIC, SPICES (INCLUDING OREGANO, ROSEMARY, BASIL, AND RED PEPPER), ORANGE PEEL, ONION, PAPRIKA, AND CELERY.); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.); Roast Turkey Breast (Turkey Breast, White Turkey, Turkey Broth, Contains 2% or Less Modified Food Starch, Potassium Chloride, Sodium Phosphate, Salt, Rosemary Extract); 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 PRUSSIAN OF SODA AS AN ANTICAKING AGENT.); Black Pepper Ground (BLACK PEPPER)); Shredded Part Skim Mozzarella Cheese (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, AND ENZYMES. POTATO STARCH, POWDERED CELLULOSE ADDED TO PREVENT CAKING.)



Chilly Philly Turkey Sub

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

Allergens:

Made With:

Chocolate Milk

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

Allergens: Contains Milk.

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

Chocolate Milk

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

Allergens: Contains Milk.

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

Chocolate 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)

Chopsticks- Fried Rice Bowl

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

Allergens:

Made With:

Chopsticks- Noodle Bowl

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

Allergens:

Made With:

Chopsticks- Rice Bowl

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

Allergens:

Made With:

Cilantro Lime Rice

PER SERVING (1/4 c.)			
58 CALORIES	0.1^g SAT FAT	69^{mg} SODIUM	10.9^g 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 PRUSSIAE 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 Glazed Carrots

PER SERVING (1/2 c.)			
60 CALORIES	0.1g SAT FAT	68mg SODIUM	13.3g CARBS



Allergens:

Made With: Carrots (CARROTS); Orange Juice (WATER, ORANGE JUICE CONCENTRATE); Light Brown Sugar (BROWN SUGAR); Corn Starch (CORN STARCH); Cinnamon Ground (CINNAMON); Black Pepper Ground (BLACK PEPPER); Ginger Ground (GROUND GINGER)

Classic Hummus

PER SERVING (1/2 c.)			
283 CALORIES	4.0g SAT FAT	486mg SODIUM	16.2g CARBS

Allergens: Contains Sesame.

Made With: Plain Hummus (Cooked Chickpeas, (Water, Chickpeas), Water, Tahini (Ground Sesame), Soybean Oil, Garlic, Salt, Citric Acid, Potassium Sorbate To Maintain Freshness.)

Classic Hummus Wrap

PER SERVING (1 wrap)			
490 CALORIES	7.0g SAT FAT	800mg SODIUM	50.0g CARBS

Allergens: Contains Gluten, Sesame, Wheat.

Made With: Plain Hummus (Cooked Chickpeas, (Water, Chickpeas), Water, Tahini (Ground Sesame), Soybean Oil, Garlic, Salt, Citric Acid, Potassium Sorbate To Maintain Freshness.); 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).)

Cocoa Puffs Cereal

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

Allergens:

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



Cocoa Puffs Cereal Bar

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

Allergens: Contains Gluten, Soy, Wheat.

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

Corn Dog

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

Allergens: Contains Egg, Gluten, Soy, Wheat.

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

Country Breakfast Sausage Patty

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

Allergens:

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



Country Breakfast Sausage Patty

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

Allergens:

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



Country Fried Steak

PER SERVING (1 patty)			
305 CALORIES	4.6g SAT FAT	325mg SODIUM	19.3g CARBS

Allergens: Contains Gluten, Soy, Wheat.

Made With: Discontinued-use SI101003 by 8/1/20-Breaded Beef Patties (GROUND BEEF (NOT MORE THAN 20% FAT), WATER, TEXTURED VEGETABLE PROTEIN PRODUCT [SOY FLOUR, ZINC OXIDE, NIACINAMIDE, FERROUS SULFATE, COPPER GLUCONATE, VITAMIN A PALMITATE, CALCIUM PANTOTHENATE, THIAMINE MONONITRATE (B1), PYRIDOXINE HYDROCHLORIDE (B6), RIBOFLAVIN (B2), CYANOCOBALAMIN (B12), (MAY CONTAIN CARAMEL COLOR)], SEASONING [SOY SAUCE (FERMENTED SOYBEANS, WHEAT, SALT), SUGAR, MALTODEXTRIN, SALT, SPICES, GARLIC POWDER, ONION POWDER, SOYBEAN OIL, DISODIUM INOSINATE AND DISODIUM GUANYLATE, NATURAL FLAVORS, EXTRACTIVE OF PAPRIKA], DEHYDRATED ONIONS, SALT, POTASSIUM PHOSPHATES. BREADED WITH: WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), DEHYDRATED POTATOES (POTATOES, MONO AND DIGLYCERIDES, DEXTROSE) YEAST, SUGAR, SALT, SOYBEAN OIL (PROCESSING AID). BATTERED WITH: WATER, WHOLE WHEAT FLOUR, ENRICHED FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), POTATO FLOUR, SALT, MODIFIED CORN STARCH, LEAVENING (CALCIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE, SODIUM BICARBONATE), CHICKEN FLAVOR (CONTAINS MALTODEXTRIN, SALT AND NATURAL FLAVORS), HYDROLYZED CORN PROTEIN, ONION POWDER, GARLIC POWDER, YEAST EXTRACT, CHICKEN BROTH, SPICE. SET IN VEGETABLE OIL.)

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)

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 Chicken Salad

PER SERVING (1 salad)			
319 CALORIES	4.5g SAT FAT	571mg SODIUM	23.5g CARBS

Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Salad Mix with color (Iceburg Lettuce, Shredded Red Cabbage, Shredded Carrots); Chicken Nuggets (Chicken, water, whole wheat flour, textured soy flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), isolated soy, protein with less than 2% lecithin, contains 2% or less of the following: chicken type flavor [brown sugar, yeast extract, onion powder, maltodextrin, canola oil, carrot, powder, garlic powder, silicon dioxide (anti-caking agent), citric acid, spice, salt, vegetable stock (carrot, onion, celery), natural flavor], dextrose, dried garlic, dried, onion, dried yeast, paprika extract (color), salt, spice, sugar, textured soy protein concentrate, torula yeast, turmeric extract (color), wheat gluten. Breeding set in, vegetable oil.); Fresh Tomatoes (TOMATO); Shredded Cheddar Cheese Reduced Fat (See Label for ingredients and allergens); Carrot (CARROTS)

Crispy Chicken Side Vegetables

PER SERVING (1/4 c.)			
10 CALORIES	0.0g SAT FAT	2mg SODIUM	2.2g 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)); 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)); 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))

Crispy Chicken Wrap

PER SERVING (1 wrap)			
914 CALORIES	13.5g SAT FAT	1475mg SODIUM	62.4g CARBS

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

Made With: Ranch Dressing (Water, Soybean Oil, Buttermilk*, Distilled Vinegar, Maltodextrin, Egg Yolk, Contains less than 2% of Salt, Sugar, Lactic and Phosphoric Acids, Natural Flavor, Modified Food Starch, Garlic*, Spice, Xanthan Gum, Onion*, Potassium Sorbate (preservative), Autolyzed Yeast Extract, Disodium Inosinate, Disodium Guanylate. *Dried Allergens: Egg & Milk.); Whole Grain Chicken Patty (Chicken, water, whole wheat flour, textured soy flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), isolated soy, protein with less than 2% lecithin, contains 2% or less of the following: chicken type flavor [brown sugar, yeast extract, onion powder, maltodextrin, canola oil, carrot, powder, garlic powder, silicon dioxide (anti-caking agent), citric acid, spice, salt, vegetable stock (carrot, onion, celery), natural flavor], dextrose, dried garlic, dried, onion, dried yeast, paprika extract (color), salt, spice, sugar, textured soy protein concentrate, torula yeast, turmeric extract (color), wheat gluten. Breading set in, vegetable oil.); Whole Wheat Tortilla (Whole wheat flour, Enriched unbleached flour (Wheat flour, Niacin, Reduced iron, Thiamine mononitrate, Riboflavin and Folic acid), Water, Vegetable shortening (Contains one or more of the following: Palm oil and/or Corn oil), Contains 2% or less of the following: Salt, Aluminum-free leavening (Sodium acid Pyrophosphate, Sodium bicarbonate, Cornstarch, Monocalcium phosphate), Wheat protein, Preservatives (Calcium propionate, Sorbic acid), Dough conditioner (Fumaric acid, Xanthan gum, Mono- and Diglycerides, Sodium metabisulphite).); Salad Mix with color (Iceburg Lettuce, Shredded Red Cabbage, Shredded Carrots); Fresh Tomatoes (TOMATO); Shredded Cheddar Cheese Reduced Fat (See Label for ingredients and allergens); Green Bell Pepper (GREEN SWEET PEPPER)

Crispy Corn Taco Shell

PER SERVING (3 shells)			
255 CALORIES	1.5g SAT FAT	0mg SODIUM	33.0g CARBS

Allergens:

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

Crispy Whole Apple

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

Allergens:

Made With: Apple (APPLE)

Cucumber Coins

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



Allergens:

Made With: Cucumber (CUCUMBER)

Diced Peaches

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

Allergens:

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

Diced Pears

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

Allergens:

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

Diced Red Tomatoes

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

Allergens:

Made With: Tomato (TOMATO)



Dinner Roll

PER SERVING (1 roll.)			
160 CALORIES	0.0g SAT FAT	135mg SODIUM	29.0g CARBS

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

Made With: Whole Grain Dinner Roll 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, SUGAR, SOYBEAN OIL, CONTAINS LESS THAN 2% OF THE FOLLOWING: OAT FIBER, FRUCTOSE, NATURAL FLAVOR (CONTAINS WHEAT INGREDIENTS), SEA SALT, HONEY, ENZYME (CONTAINS WHEAT), ASCORBIC ACID, SALT.); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.)



Double Berry Parfait

PER SERVING (1 parfait)			
501 CALORIES	1.2g SAT FAT	109mg SODIUM	102.0g 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.); Strawberries (STRAWBERRIES, SUGAR); 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); Blueberries (BLUEBERRIES)

Double Berry Parfait

PER SERVING (1 parfait)			
452 CALORIES	1.4g SAT FAT	239mg SODIUM	86.6g CARBS

Allergens: Contains Milk, Soy. May contain Gluten.

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

Egg & Chorizo Burrito

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

Allergens:

Made With:

Fajita Chicken

PER SERVING (2/3 c.)			
160 CALORIES	2.3g SAT FAT	480mg SODIUM	2.3g CARBS

Allergens:

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

Fajita Chicken

PER SERVING (1/2 c.)			
120 CALORIES	1.7g SAT FAT	360mg SODIUM	1.7g CARBS

Allergens:

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

Fiesta Burrito

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

Allergens:

Made With:

Fiesta Nachos

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

Allergens:

Made With:

Fiesta Taco Salad

PER SERVING (1 salad)			
478 CALORIES	10.1g SAT FAT	609mg SODIUM	41.6g CARBS

Allergens: Contains Milk, Soy.

Made With: Turkey Taco Filling (Turkey Taco Filling, Cooked, Frozen, USDA, #100119); Salad Mix with color (Iceburg Lettuce, Shredded Red Cabbage, Shredded Carrots); Mission Tortilla Chip (Whole Grain Corn, Water, Vegetable Oil (Cottonseed, Corn, and/or Sunflower), Salt); Yellow Cheddar Cheese (Cheddar Cheese (Cultured Pasteurized , Milk, Salt, Enzymes, Color Added [If , Colored], Anticake (Potato Starch, , Powdered Cellulose))

Fiesta Taco Salad

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

Allergens:

Made With:

Fiesta Taco Salad

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

Allergens: Contains Milk, Soy.

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

Fiesta Tacos

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

Allergens:

Made With:

Fish and Chips

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

Allergens:

Made With:

Fish Patty on a Bun

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

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

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

Flour Tortilla

PER SERVING (1 tortilla)			
210 CALORIES	3.0g SAT FAT	320mg SODIUM	34.0g 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, 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 (2 tortilla)			
180 CALORIES	2.0g SAT FAT	260mg SODIUM	28.0g 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.)

French Toast Sticks

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

Allergens: Contains Gluten, Soy, Wheat.

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

French Toast Sticks

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

Allergens: Contains Gluten, Soy, Wheat.

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

Fresh Broccoli Florets

PER SERVING (1/2 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 (1 1/3 c.)			
354 CALORIES	0.5g SAT FAT	652mg SODIUM	70.5g 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.)

Frito Corn Chips

PER SERVING (1 c.)			
227 CALORIES	2.1g SAT FAT	242mg SODIUM	22.7g CARBS

Allergens:

Made With: Fritos Corn Chips (CORN, CORN OIL AND SALT.)

Garlic Knot Breadstick

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



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

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

General Tso Sauce

PER SERVING (2 tbsp.)			
111 CALORIES	0.0g SAT FAT	126mg SODIUM	28.5g CARBS

Allergens: Contains Gluten, Soy, Wheat.

Made With: Orange Sauce (SUGAR, WATER, VINEGAR, NATURALLY BREWED SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT), MODIFIED CORN STARCH, ORANGE JUICE CONCENTRATE, DEHYDRATED ONION, NATURAL FLAVOR, CITRIC ACID, XANTHAN GUM, SPICES, GARLIC POWDER.); Light Brown Sugar (BROWN SUGAR); Crushed Red Pepper (CRUSHED RED PEPPER)

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.,)

Gravy, Pepper (Country, Biscuit)

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

Allergens: Contains Milk.

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

Green Salad Mix

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

Allergens:

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

Grilled Cheese Sandwich

PER SERVING (1 sandwich)			
342 CALORIES	10.1g SAT FAT	1152mg SODIUM	32.0g CARBS

Allergens: Contains Gluten, Milk, Soy, Wheat.

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

Grilled Cheese Sandwich

PER SERVING (1 sandwich)			
380 CALORIES	10.0g SAT FAT	760mg SODIUM	34.0g CARBS

Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: 51%WWW Sandwich Bread (WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), WATER, YEAST, VITAL WHEAT GLUTEN, SUGAR, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SOYBEAN OIL, SALT, XANTHAN GUM, YEAST NUTRIENT (AMMONIUM SULFATE), DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, ASCORBIC ACID), CALCIUM PROPIONATE (MOLD INHIBITOR), ENZYMES.); American Cheese (CULTURED MILK AND SKIM MILK, WATER, CREAM, SODIUM CITRATE, SALT, SODIUM PHOSPHATE, SORBIC ACID (PRESERVATIVE), CITRIC ACID, ARTIFICIAL COLOR, ACETIC ACID, ENZYMES, SOY LECITHIN.)

Ham & Cheese English Muffin

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

Allergens: Contains Gluten, Milk, Soy, Wheat.

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

Ham & Cheese Muffin

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

Allergens: Contains Gluten, Milk, Soy, Wheat.

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

Ham & Cheese Sub

PER SERVING (1 sandwich)			
319 CALORIES	4.1g SAT FAT	841mg SODIUM	32.0g CARBS

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

Made With: Sub Roll, regular, side slice, whole grain, Richs (1 roll = 2 oz eq grain) , Recipe (Sub Roll Dough, whole grain, proofed and stretched, Richs (1 roll = 2 oz eq grain) , Recipe (Whole Grain Sub Roll (WATER, WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID)), YEAST, SUGAR, WHEAT GLUTEN, SOYBEAN OIL, CONTAINS LESS THAN 2% OF THE FOLLOWING: OAT FIBER, FRUCTOSE, NATURAL FLAVOR (CONTAINS WHEAT INGREDIENTS), SEA SALT, HONEY, ENZYMES (CONTAINS WHEAT), ASCORBIC ACID, SALT.); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.); Deli Turkey Ham (Turkey Thigh Meat, Water, Contains 2% Or Less Lite Salt (Potassium Chloride, Sodium Chloride), Sugar, Sodium Phosphate, Salt, Carrageenan, Sodium Erythorbate, Natural Smoke Flavoring, Sodium Nitrite.); American Cheese (Cultured Milk and Skim Milk, Cream, Sodium Citrate, Salt, Artificial Color (if colored), Sodium Phosphate, Sorbic Acid (preservative), Enzymes, Soy Lecithin (non-sticking agent)); Lettuce, Iceburg, shredded, ready-to-serve (Shredded Lettuce (ICEBERG LETTUCE))

Ham & Cheese Sub Sandwich

PER SERVING (1 sandwich)			
331 CALORIES	6.2g SAT FAT	1011mg SODIUM	31.0g CARBS

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

Made With: Sub Roll, regular, side slice, whole grain, Richs (1 roll = 2 oz eq grain) , Recipe (Sub Roll Dough, whole grain, proofed and stretched, Richs (1 roll = 2 oz eq grain) , Recipe (Whole Grain Sub Roll (WATER, WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID)), YEAST, SUGAR, WHEAT GLUTEN, SOYBEAN OIL, CONTAINS LESS THAN 2% OF THE FOLLOWING: OAT FIBER, FRUCTOSE, NATURAL FLAVOR (CONTAINS WHEAT INGREDIENTS), SEA SALT, HONEY, ENZYMES (CONTAINS WHEAT), ASCORBIC ACID, SALT.); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.); Deli Turkey Ham (Turkey Thigh Meat, Water, Contains 2% Or Less Lite Salt (Potassium Chloride, Sodium Chloride), Sugar, Sodium Phosphate, Salt, Carrageenan, Sodium Erythorbate, Natural Smoke Flavoring, Sodium Nitrite.); Yellow American Cheese (American Cheese (Milk, Cheese Culture, Salt, Enzymes), Water, Cream, Sodium Citrate, Salt, Sorbic Acid (Preservative), , Color Added, Soy Lecithin For Separation.,); Lettuce, Iceburg, shredded, ready-to-serve (Shredded Lettuce (ICEBERG LETTUCE))

Hand Tossed BBQ Chicken Pizza

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

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)

Hawaiian Pizza

PER SERVING (1 slice)			
453 CALORIES	6.9g SAT FAT	1102mg SODIUM	56.7g CARBS

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

Made With: Pizza Dough, Richs White 16-inch, Oven Rise w/Sauce Ring, 27.5 oz (8-cut=3 oz; 10-cut=2.25 oz grain) (Pizza Dough (ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, CONTAINS LESS THAN 2% OF THE FOLLOWING: PALM OIL, SUGAR, SOYBEAN OIL, SALT, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE), BUTTERMILK, PASTEURIZED PART SKIM MILK, CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), WHEY POWDER (A MILK DERIVATIVE), GARLIC POWDER, CHEESE CULTURE, GUAR GUM, MALTED BARLEY FLOUR, DEXTROSE, XANTHAN GUM, DATEM, ENZYME, SODIUM PHOSPHATE, LACTIC ACID, ASCORBIC ACID.); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.); Past Skim Mozzarella Cheese (Low Moisture Part Skim Mozzarella, Cheese (Pasteurized Part Skim Milk,, Cheese Cultures, Salt, Enzymes), Powdered Cellulose (to Prevent Caking),, Natamycin (a Natural Mold Inhibitor),); 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.); Pizza Sauce (VINE-RIPENED FRESH TOMATOES, SUGAR, SALT, SEASONING (SPICES, SALT, GARLIC POWDER), EXTRA VIRGIN OLIVE OIL); Pineapple Tidbits (PINEAPPLE, PINEAPPLE JUICE, CITRIC ACID.); Onion, green, sliced (1/2c = 2.2 oz = 1/2c other veg) , Recipe (Green Onion (GREEN ONIONS)); 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.))

Honey Graham Crackers

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

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

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

Honey Nut Cheerios Cereal

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

Allergens: Contains Tree nuts.

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

Hot & Spicy Chicken Patty

PER SERVING (1 patty)			
230 CALORIES	2.5g SAT FAT	350mg SODIUM	15.0g CARBS

Allergens: Contains Gluten, 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., Breadding set in vegetable oil.,)

Hot 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.)

Iceburg Lettuce Mix

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

Allergens:

Made With: Salad Mix with color (Iceburg Lettuce, Shredded Red Cabbage, Shredded Carrots)

Italian Antipasto Salad

PER SERVING (1 salad)			
216 CALORIES	2.8g SAT FAT	910mg SODIUM	5.8g CARBS

Allergens: Contains Milk.

Made With: Italian-style Meat Combo, turkey, turkey ham, salami sliced (2:2:2) (6 slices = 2 oz M/MA) (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.); Turkey Salami (Turkey, Water, Seasoning (Sugar, Spices, Garlic Powder), Contains 2% or, less Sea Salt, Cultured Celery Powder, Salt, Natural Smoke Flavoring.); Roast Turkey Breast (Turkey Breast, White Turkey, Turkey Broth, Contains 2% or Less Modified Food Starch, Potassium Chloride, Sodium Phosphate, Salt, Rosemary Extract)); Salad Mix (ROMAINE LETTUCE, ICEBERG LETTUCE); Sliced Black Olives (RIPE OLIVES, WATER, SEA SALT, FERROUS GLUCONATE (AN IRON DERIVATIVE)); Shredded Lite Mozzarella Cheese (See Label for ingredients and allergens)

Italian Chicken Poppers

PER SERVING (1 bowl)			
342 CALORIES	5.5g SAT FAT	638mg SODIUM	18.9g CARBS

Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Poppers Filling, Italian Chicken (Chick Popcorn (Chicken, water, textured soy protein concentrate, isolated soy protein with less than 2% lecithin, chicken type flavor [brown sugar, yeast extract, onion powder,, maltodextrin, canola oil, carrot powder, garlic powder, silicon dioxide (anti-caking agent), citric acid, spice, salt, vegetable stock (carrot, onion, celery), natural flavor],, sodium phosphates.BREADED WITH: Whole wheat flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water,, salt, wheat gluten, sugar, dried onion, dried garlic, torula yeast, dextrose, spice, dried yeast, paprika extract (color) turmeric extract (color). Breeding set in vegetable, oil.); Italian Salad, tomato, pepper, olives (1/2c = 1/4c red + 1/4c other veg) , Recipe (Tomatoes, fresh, 1/4-inch diced, ready-to-serve (1/2c = 4.2 oz = 1/2c red/orange veg) , Recipe (Tomato (TOMATO)); Black Olives, sliced, canned, drained (1/2c = 2.2 oz = 1/2c other veg) , Recipe (Sliced Black Olives (RIPE OLIVES, WATER, SEA SALT, FERROUS GLUCONATE (AN IRON DERIVATIVE))); Peppers, green, sweet (bell), 1/4-inch diced, ready-to-serve (1/2c=3.2 oz=1/2c other veg) , Recipe (Green Bell Pepper (GREEN SWEET PEPPER))); 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.); 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),)

Italian Roasted Chickpeas

PER SERVING (1/2 c.)			
83 CALORIES	0.1g SAT FAT	220mg SODIUM	12.6g CARBS

Allergens:

Made With: Beans, garbanzo, USDA, canned, drained, ready-to-serve (1/2c=3.1oz=1/2c legume or 2oz M/MA), Recipe (Low Sodium Garbanzo Beans (See label for ingredients and allergens.)); Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil.); Italian Seasoning (MARJORAM, THYME, ROSEMARY, SAVORY, SAGE, OREGANO, AND BASIL.); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSATE OF SODA AS AN ANTICAKING AGENT.)

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 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.)

Italian-style Meat Combo, turkey, turkey ham, salami

PER SERVING (6 slice)			
146 CALORIES	1.8g SAT FAT	590mg SODIUM	1.0g 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.); Turkey Salami (Turkey, Water, Seasoning (Sugar, Spices, Garlic Powder), Contains 2% or, less Sea Salt, Cultured Celery Powder, Salt, Natural Smoke Flavoring.); Roast Turkey Breast (Turkey Breast, White Turkey, Turkey Broth, Contains 2% or Less Modified Food Starch, Potassium Chloride, Sodium Phosphate, Salt, Rosemary Extract)

Jalapeno Cheese Sauce

PER SERVING (1/4 c.)			
146 CALORIES	6.3g SAT FAT	535mg SODIUM	2.6g CARBS

Allergens: Contains Milk.

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

Jalapeno Pepper Slices

PER SERVING (2 tbsp.)			
0 CALORIES	0.0g SAT FAT	349mg SODIUM	0.0g CARBS

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.)

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)			
430 CALORIES	1.4g SAT FAT	242mg SODIUM	79.4g CARBS

Allergens: Contains Milk, Soy. May contain Gluten.

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

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)			
479 CALORIES	1.2g SAT FAT	112mg SODIUM	94.8g 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.); Peaches, Canned, Diced, packed in extra light syrup, USDA (Diced Peaches (See label for ingredients and allergens.)); 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)

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.)



Lentil Taco Filling

PER SERVING (3/8 c.)			
161 CALORIES	0.0g SAT FAT	372mg SODIUM	20.1g CARBS

Allergens: Contains Gluten, Wheat.

Made With: Municipal Water (WATER); Lentil Crumbles (LENTILS, SUNFLOWER OIL, YEAST EXTRACT, GARLIC, ONION, SALT, PAPRIKA, SPICES.); 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.)

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.)

Margherita Pizza

PER SERVING (1 slice)			
448 CALORIES	8.3g SAT FAT	949mg SODIUM	57.0g CARBS

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

Made With: Pizza Dough, Richs White 16-inch, Oven Rise w/Sauce Ring, 27.5 oz (8-cut=3 oz; 10-cut=2.25 oz grain) (Pizza Dough (ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, CONTAINS LESS THAN 2% OF THE FOLLOWING: PALM OIL, SUGAR, SOYBEAN OIL, SALT, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE), BUTTERMILK, PASTEURIZED PART SKIM MILK, CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), WHEY POWDER (A MILK DERIVATIVE), GARLIC POWDER, CHEESE CULTURE, GUAR GUM, MALTED BARLEY FLOUR, DEXTROSE, XANTHAN GUM, DATEM, ENZYME, SODIUM PHOSPHATE, LACTIC ACID, ASCORBIC ACID.); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.); Past Skim Mozzarella Cheese (Low Moisture Part Skim Mozzarella, Cheese (Pasteurized Part Skim Milk,, Cheese Cultures, Salt, Enzymes), Powdered Cellulose (to Prevent Caking),, Natamycin (a Natural Mold Inhibitor),); Fresh Tomatoes (TOMATO); Pizza Sauce (VINE-RIPENED FRESH TOMATOES, SUGAR, SALT, SEASONING (SPICES, SALT, GARLIC POWDER), EXTRA VIRGIN OLIVE OIL); Fresh Basil (BASIL)

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.)

Meatloaf

PER SERVING (1 meatloaf)			
180 CALORIES	3.5g SAT FAT	427mg SODIUM	11.3g CARBS

Allergens: Contains Egg, Gluten, Soy, Wheat.

Made With: 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.); Tomato Paste (VINE-RIPENED TOMATOES); Yellow Onion (YELLOW ONION); Carrots (CARROTS); Liquid Eggs (Whole Egg, Citric Acid, 0.15% Water Added As Carrier For Citric Acid. Citric Acid Added To, Preserve Color.); Panko Bread Crumbs (WHEAT FLOUR, SUGAR, YEAST, SALT)

Meatlover's Pizza

PER SERVING (1 slice)			
537 CALORIES	11.0g SAT FAT	1248mg SODIUM	56.9g CARBS

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

Made With: Pizza Dough, Richs White 16-inch, Oven Rise w/Sauce Ring, 27.5 oz (8-cut=3 oz; 10-cut=2.25 oz grain) (Pizza Dough (ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, CONTAINS LESS THAN 2% OF THE FOLLOWING: PALM OIL, SUGAR, SOYBEAN OIL, SALT, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE), BUTTERMILK, PASTEURIZED PART SKIM MILK, CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), WHEY POWDER (A MILK DERIVATIVE), GARLIC POWDER, CHEESE CULTURE, GUAR GUM, MALTED BARLEY FLOUR, DEXTROSE, XANTHAN GUM, DATEM, ENZYME, SODIUM PHOSPHATE, LACTIC ACID, ASCORBIC ACID.); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.); Past Skim Mozzarella Cheese (Low Moisture Part Skim Mozzarella, Cheese (Pasteurized Part Skim Milk,, Cheese Cultures, Salt, Enzymes), Powdered Cellulose (to Prevent Caking),, Natamycin (a Natural Mold Inhibitor),); Pizza Sauce (VINE-RIPENED FRESH TOMATOES, SUGAR, SALT, SEASONING (SPICES, SALT, GARLIC POWDER), EXTRA VIRGIN OLIVE OIL); 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.); 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.); 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.)

Mexican Slaw

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

Allergens:

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

Mini Cinnis

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

Allergens: Contains Gluten, Milk, Wheat.

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

Mini Maple Waffles

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

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

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

Mini Sub Roll

PER SERVING (1 roll (small submarine, hoagie roll))			
163 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.)

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

Mozzarella Stuffed Breadsticks

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

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.)



Mushroom Swiss Burger

PER SERVING (1 burger)			
385 CALORIES	6.9g SAT FAT	443mg SODIUM	30.2g CARBS

Allergens: Contains Gluten, Milk, 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.); Roasted Mushrooms (1/2 cup = 1/2c other veg) , Recipe (Mushroom Slices (MUSHROOMS); Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil.)); Sliced Swiss Cheese (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES)

Nachos Chilaquiles

PER SERVING (1 ea.)			
429 CALORIES	6.0g SAT FAT	709mg SODIUM	46.8g CARBS

Allergens: Contains Egg, Milk.

Made With: Salsa Roja, homemade (1/2c= 3/8c red + 1/8c other veg) , Recipe (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)); 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).)); Tostitos Rnd Wg (Whole Corn, Corn, Vegetable Oil (Corn, Canola and/or Sunflower Oil),, and Salt.); Shredded Part Skim Mozzarella Cheese (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, AND ENZYMES. POTATO STARCH, POWDERED CELLULOSE ADDED TO PREVENT CAKING.); Liquid Eggs (Whole Egg, Citric Acid, 0.15% Water Added As Carrier For Citric Acid. Citric Acid Added To, Preserve Color.); Black Olives, sliced, canned, drained (1/2c = 2.2 oz = 1/2c other veg) , Recipe (Sliced Black Olives (RIPE OLIVES, WATER, SEA SALT, FERROUS GLUCONATE (AN IRON DERIVATIVE))); Grated Parmesan Cheese (GRATED PARMESAN CHEESE (MADE FROM COW'S MILK, CHEESE CULTURE, SALT, ENZYMES), POWDERED CELLULOSE (ADDED TO PREVENT CAKING)); Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe (Fresh Cilantro (CILANTRO LEAVES))

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.)



Omelet Bar

PER SERVING (1 serving)			
240 CALORIES	6.0g SAT FAT	540mg SODIUM	2.5g CARBS

Allergens: Contains Egg, Milk, Soy.

Made With: Onion, red, 1/4-inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe (Red Onion (RED ONION)); Liquid Eggs (Whole Egg, Citric Acid, 0.15% Water Added As Carrier For Citric Acid. Citric Acid Added To, Preserve Color.); Shredded Cheddar Cheese Reduced Fat (See Label for ingredients and allergens); Fresh Spinach (SPINACH); 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.); Sliced Black Olives (RIPE OLIVES, WATER, SEA SALT, FERROUS GLUCONATE (AN IRON DERIVATIVE)); 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.); Jalapeno Peppers (FRESH JALAPENO PEPPERS, WATER, VINEGAR, SALT, MALIC AND LACTIC ACID, CALCIUM CHLORIDE, SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES), YELLOW 5.); Red Bell Peppers (RED SWEET PEPPER); Mushroom Slices (MUSHROOMS)

Orange Smiles

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

Allergens:

Made With: Fresh Orange (ORANGES)

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.)

Overslept Breakfast Tacos

PER SERVING (2 taco)			
CALORIES	g SAT FAT	mg SODIUM	g CARBS

Allergens:

Made With:

Overslept French Toast Sticks Platter

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

Allergens:

Made With:

Overslept Pancake Platter

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

Allergens:

Made With:

Pancake & Waffle Syrup

PER SERVING (2 tbsp.)			
105 CALORIES	0.0 ^g SAT FAT	48 ^{mg} SODIUM	26.0 ^g 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	0.3 ^g SAT FAT	14 ^{mg} SODIUM	5.2 ^g 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.)

Pepperoni Pizza

PER SERVING (1 slice)			
484 CALORIES	9.5g SAT FAT	1063mg SODIUM	56.4g CARBS

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

Made With: Pizza Dough, Richs White 16-inch, Oven Rise w/Sauce Ring, 27.5 oz (8-cut=3 oz; 10-cut=2.25 oz grain) (Pizza Dough (ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, CONTAINS LESS THAN 2% OF THE FOLLOWING: PALM OIL, SUGAR, SOYBEAN OIL, SALT, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE), BUTTERMILK, PASTEURIZED PART SKIM MILK, CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), WHEY POWDER (A MILK DERIVATIVE), GARLIC POWDER, CHEESE CULTURE, GUAR GUM, MALTED BARLEY FLOUR, DEXTROSE, XANTHAN GUM, DATEM, ENZYME, SODIUM PHOSPHATE, LACTIC ACID, ASCORBIC ACID.); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.); Past Skim Mozzarella Cheese (Low Moisture Part Skim Mozzarella, Cheese (Pasteurized Part Skim Milk,, Cheese Cultures, Salt, Enzymes), Powdered Cellulose (to Prevent Caking),, Natamycin (a Natural Mold Inhibitor),); Pizza Sauce (VINE-RIPENED FRESH TOMATOES, SUGAR, SALT, SEASONING (SPICES, SALT, GARLIC POWDER), EXTRA VIRGIN OLIVE OIL); Pepperoni (Pork, Beef, Salt, Contains , 2% or Less of Spices, Dextrose, , Oleoresin Of Paprika, Lactic Acid Starter , Culture, Garlic Powder, Sodium Nitrite, , BHA, BHT, Citric Acid.); 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.))

Pico de Gallo

PER SERVING (2 tbsp.)			
25 CALORIES	0.0g SAT FAT	98mg SODIUM	5.8g CARBS

Allergens: Contains Soy.

Made With: Tomatoes, fresh, 1/4-inch diced, ready-to-serve (1/2c = 4.2 oz = 1/2c red/orange veg) , Recipe (Tomato (TOMATO)); Onion, red, 1/4-inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe (Red Onion (RED ONION)); WA - Garlic, raw chopped in oil (Garlic, water, soybean oil, and phosphoric acid. Contains: Naturally Occurring Sulfites.); Jalapeno Peppers (JALAPENO PEPPER); Lime (LIME); Apple Cider (APPLE CIDER VINEGAR (DILUTED WITH WATER TO 5% ACIDITY)); Fresh Cilantro (CILANTRO LEAVES); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSIAE OF SODA AS AN ANTICAKING AGENT.); Black Pepper Ground (BLACK PEPPER)

Pico de Gallo

PER SERVING (2 tbsp.)			
4 CALORIES	0.0g SAT FAT	36mg SODIUM	0.8g CARBS

Allergens:

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

Pico de Gallo

PER SERVING (1 tbsp.)			
2 CALORIES	0.0g SAT FAT	18mg SODIUM	0.4g CARBS

Allergens:

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

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). Breeding set in vegetable,

Pulled Pork

PER SERVING (2 oz.)			
92 CALORIES	2.0g SAT FAT	202mg SODIUM	0.0g CARBS

Allergens:

Made With: Pulled Pork (Pulled Pork)

Pulled Turkey

PER SERVING (3/8 c.)			
119 CALORIES	1.0g SAT FAT	694mg SODIUM	2.0g CARBS

Allergens:

Made With: Turkey Thigh Meat (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.)

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 Extra

Regional American Bean Salsa

PER SERVING (1/4 c.)			
52 CALORIES	0.1g SAT FAT	215mg SODIUM	8.7g CARBS

Allergens:

Made With: Beans, blackeye peas, canned, drained, ready-to-serve (1/2c=3.1oz=1/2c legume or 2oz M/MA) , Recipe (Black Eyed Peas (BLACKEYE PEAS, WATER, SALT, && DISODIUM EDTA ADDED TO PRESERVE COLOR.)); Peppers, green, sweet (bell), 1/4-inch diced, ready-to-serve (1/2c=3.2 oz=1/2c other veg) , Recipe (Green Bell Pepper (GREEN SWEET PEPPER)); Onion, yellow, 1/4-inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe (Yellow Onion (YELLOW ONION)); Corn, frozen, whole kernel, tempered, ready-to-serve (Corn (SWEET CORN)); Celery (CELERY); Franks Red Hot Sauce (AGED CAYENNE RED PEPPERS, VINEGAR, WATER, SALT AND GARLIC POWDER.); Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil.); Garlic Chopped in Water (GARLIC); Pasteurized Lime Juice (PARSLEY); Cajun Seasoning (GARLIC, SPICES (INCLUDING PAPRIKA, OREGANO, RED PEPPER), SALT, AND ONION)

Regional American Hummus

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

Allergens:

Made With:

Regional American Hummus Bowl

PER SERVING (1 bowl)			
570 CALORIES	5.7 ^g SAT FAT	1597 ^{mg} SODIUM	57.6 ^g CARBS

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

Made With: Hummus, American Regional (3/8 c = 3.29 oz = 1 M/MA) , Recipe (Hummus, Classic, Sabra, Bulk (4 oz = 1/2 cup= 2M/MA) (Plain Hummus (Cooked Chickpeas, (Water, Chickpeas), Water, Tahini (Ground Sesame), Soybean Oil, Garlic, Salt, Citric Acid, Potassium Sorbate To Maintain Freshness.)); Banana Pepper Sauce, ranch, greek yogurt, Franks hot sauce (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.)); Dannon Non Fat Greek Plain Yogurt (CULTURED GRADE A NON FAT MILK.); Franks Red Hot Sauce (AGED CAYENNE RED PEPPERS, VINEGAR, WATER, SALT AND GARLIC POWDER.); Peppers, banana, sliced, canned, drained, ready-to-serve (1/2c = 1.8oz = 1/2c other) , Recipe (Mild Banana Peppers (FRESH BANANA PEPPERS, WATER, VINEGAR, SALT, MALIC AND LACTIC ACID, CALCIUM CHLORIDE, SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES), YELLOW 5.)); Mild Banana Peppers (FRESH BANANA PEPPERS, WATER, VINEGAR, SALT, MALIC AND LACTIC ACID, CALCIUM CHLORIDE, SODIUM BENZOATE AND

SODIUM METABISULFITE (PRESERVATIVES), YELLOW 5.)); Franks Red Hot Sauce (AGED CAYENNE RED PEPPERS, VINEGAR, WATER, SALT AND GARLIC POWDER.); Cajun Seasoning (GARLIC, SPICES (INCLUDING PAPRIKA, OREGANO, RED PEPPER), SALT, AND ONION)); 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.); Regional American Bean Salsa (1/2c=3.4oz=1/4c legume+1/4c other veg) (Beans, blackeye peas, canned, drained, ready-to-serve (1/2c=3.1oz=1/2c legume or 2oz M/MA) , Recipe (Black Eyed Peas (BLACKEYE PEAS, WATER, SALT, &&& DISODIUM EDTA ADDED TO PRESERVE COLOR.)); Peppers, green, sweet (bell), 1/4-inch diced, ready-to-serve (1/2c=3.2 oz=1/2c other veg) , Recipe (Green Bell Pepper (GREEN SWEET PEPPER)); Onion, yellow, 1/4-inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe (Yellow Onion (YELLOW ONION)); Corn, frozen, whole kernel, tempered, ready-to-serve (Corn (SWEET CORN)); Celery (CELERY); Franks Red Hot Sauce (AGED CAYENNE RED PEPPERS, VINEGAR, WATER, SALT AND GARLIC POWDER.); Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil.); Garlic Chopped in Water (GARLIC); Pasteurized Lime Juice (PARSLEY); Cajun Seasoning (GARLIC, SPICES (INCLUDING PAPRIKA, OREGANO, RED PEPPER), SALT, AND ONION))

Regional American Hummus Wrap

PER SERVING (1 bowl)

600 CALORIES	7.7g SAT FAT	1587mg SODIUM	63.6g CARBS
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Allergens: Contains Egg, Gluten, Milk, Sesame, Soy, Wheat.

Made With: Hummus, American Regional (3/8 c = 3.29 oz = 1 M/MA) , Recipe (Hummus, Classic, Sabra, Bulk (4 oz = 1/2 cup= 2M/MA) (Plain Hummus (Cooked Chickpeas, (Water, Chickpeas), Water, Tahini (Ground Sesame), Soybean Oil, Garlic, Salt, Citric Acid, Potassium Sorbate To Maintain Freshness.)); Banana Pepper Sauce, ranch, greek yogurt, Franks hot sauce (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.); Dannon Non Fat Greek Plain Yogurt (CULTURED GRADE A NON FAT MILK.); Franks Red Hot Sauce (AGED CAYENNE RED PEPPERS, VINEGAR, WATER, SALT AND GARLIC POWDER.); Peppers, banana, sliced, canned, drained, ready-to-serve (1/2c = 1.8oz = 1/2c other) , Recipe (Mild Banana Peppers (FRESH BANANA PEPPERS, WATER, VINEGAR, SALT, MALIC AND LACTIC ACID, CALCIUM CHLORIDE, SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES), YELLOW 5.)); Mild Banana Peppers (FRESH BANANA PEPPERS, WATER, VINEGAR, SALT, MALIC AND LACTIC ACID, CALCIUM CHLORIDE, SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES), YELLOW 5.)); Franks Red Hot Sauce (AGED CAYENNE RED PEPPERS, VINEGAR, WATER, SALT AND GARLIC POWDER.); Cajun Seasoning (GARLIC, SPICES (INCLUDING PAPRIKA, OREGANO, RED PEPPER), SALT, AND ONION)); 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).); Regional American Bean Salsa (1/2c=3.4oz=1/4c legume+1/4c other veg) (Beans, blackeye peas, canned, drained, ready-to-serve (1/2c=3.1oz=1/2c legume or 2oz M/MA) , Recipe (Black Eyed Peas (BLACKEYE PEAS, WATER, SALT, &&& DISODIUM EDTA ADDED TO PRESERVE COLOR.)); Peppers, green, sweet (bell), 1/4-inch diced, ready-to-serve (1/2c=3.2 oz=1/2c other veg) , Recipe (Green Bell Pepper (GREEN SWEET PEPPER)); Onion, yellow, 1/4-inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe (Yellow Onion (YELLOW ONION)); Corn, frozen, whole kernel, tempered, ready-to-serve (Corn (SWEET CORN)); Celery (CELERY); Franks Red Hot Sauce (AGED CAYENNE RED PEPPERS, VINEGAR, WATER, SALT AND GARLIC POWDER.); Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil.); Garlic Chopped in Water (GARLIC); Pasteurized Lime Juice (PARSLEY); Cajun Seasoning (GARLIC, SPICES (INCLUDING PAPRIKA, OREGANO, RED PEPPER), SALT, AND ONION))

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

Roasted Broccoli and Carrots

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

Allergens:

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

Roasted Garlic & Herb Sub Roll

PER SERVING (1 roll (small submarine, hoagie roll))			
167 CALORIES	0.0g SAT FAT	184mg SODIUM	30.4g 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.); Salt Free Garlic & Herb Blend (INGREDIENTS: GARLIC, SPICES (INCLUDING OREGANO, ROSEMARY, BASIL, AND RED PEPPER), ORANGE PEEL, ONION, PAPRIKA, AND CELERY.); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.)

Roasted Peppers and Onions Blend

PER SERVING (1/4 c.)			
35 CALORIES	0.2g SAT FAT	44mg SODIUM	4.1g CARBS

- Allergens:**
- Made With:** Peppers, green, sweet (bell), 1/4-inch diced, ready-to-serve (1/2c=3.2 oz=1/2c other veg) , Recipe (Green Bell Pepper (GREEN SWEET PEPPER)); Onion, yellow, 1/4-inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe (Yellow Onion (YELLOW ONION)); Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil.); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSATE OF SODA AS AN ANTICAKING AGENT.); Black Pepper Ground (BLACK PEPPER)

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

Roasted Sweet Potatoes

PER SERVING (1/2 c.)			
130 CALORIES	0.4g SAT FAT	51mg SODIUM	19.1g CARBS

Allergens:

Made With: Sweet Potato, Raw, Trimmed, Peeled, Diced 1/2" (Raw Sweet Potato (Sweet Potato)); Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil.); Salt Free Spice Seasoning (INGREDIENTS: ONION, GARLIC, SPICES (BLACK PEPPER, PARSLEY, CELERY SEED, BASIL, BAY LEAF, MARJORAM, MUSTARD SEED, ROSEMARY, SAGE, OREGANO, RED PEPPER, SAVORY, THYME, CORIANDER SEED, CUMIN), ORANGE PEEL, RED BELL PEPPER, CARROT, CORN SYRUP SOLIDS, CITRIC ACID, LEMON JUICE POWDER & LEMON OIL.)

Salsa

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

Allergens:

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

Sausage Breakfast Pizza

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

Allergens: Contains Gluten, Milk, Soy, Wheat.

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



Sausage Pizza

PER SERVING (1 slice)			
518 CALORIES	10.3g SAT FAT	1137mg SODIUM	57.3g CARBS

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

Made With: Pizza Dough, Richs White 16-inch, Oven Rise w/Sauce Ring, 27.5 oz (8-cut=3 oz; 10-cut=2.25 oz grain) (Pizza Dough (ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, CONTAINS LESS THAN 2% OF THE FOLLOWING: PALM OIL, SUGAR, SOYBEAN OIL, SALT, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE), BUTTERMILK, PASTEURIZED PART SKIM MILK, CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), WHEY POWDER (A MILK DERIVATIVE), GARLIC POWDER, CHEESE CULTURE, GUAR GUM, MALTED BARLEY FLOUR, DEXTROSE, XANTHAN GUM, DATEM, ENZYME, SODIUM PHOSPHATE, LACTIC ACID, ASCORBIC ACID.); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.); Past Skim Mozzarella Cheese (Low Moisture Part Skim Mozzarella, Cheese (Pasteurized Part Skim Milk,, Cheese Cultures, Salt, Enzymes), Powdered Cellulose (to Prevent Caking),, Natamycin (a Natural Mold Inhibitor),); Pizza Sauce (VINE-RIPENED FRESH TOMATOES, SUGAR, SALT, SEASONING (SPICES, SALT, GARLIC POWDER), EXTRA VIRGIN OLIVE OIL); 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.); 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.)); Crushed Red Pepper (CRUSHED RED PEPPER)

Scrambled Eggs

PER SERVING (1/4 c.)

93 CALORIES	2.0g SAT FAT	87mg SODIUM	0.0g CARBS
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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.)



Seasoned Chicken Drumstick

PER SERVING (1 drumstick)

CALORIES	g SAT FAT	mg SODIUM	g CARBS
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Allergens:

Made With:

Shepherd's Pie

PER SERVING (1 portion)			
204 CALORIES	4.1g SAT FAT	696mg SODIUM	13.4g CARBS

Allergens: Contains Milk, Soy.

Made With: 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.); Brown Gravy, low sodium, RECIPE (Municipal Water (WATER); Low Sodium Brown Gravy (MODIFIED CORN STARCH, PEA FLOUR, YEAST EXTRACT, PALM OIL, ONION POWDER, MALTODEXTRIN, SUGAR, SALT, NATURAL FLAVOR, CARAMEL COLOR (SULFITES), SOY LECITHIN, CELERY POWDER, CARROT POWDER, POTASSIUM CHLORIDE, MUSHROOM EXTRACT, DISODIUM GUANYLATE, DISODIUM INOSINATE, SPICE, GARLIC POWDER, CITRIC ACID.)); Potato, mashed, Signature (1/2c = 1/2c starchy veg) , Recipe (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.)); Carrots (CARROTS); Onion, yellow, 1/4-inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe (Yellow Onion (YELLOW ONION)); Green Pea (PEAS); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSIATE OF SODA AS AN ANTICAKING AGENT.); Black Pepper Ground (BLACK PEPPER)

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 cup shredded)			
10 CALORIES	0.0g SAT FAT	7mg SODIUM	2.1g CARBS

Allergens:

Made With: Shredded Lettuce (ICEBERG LETTUCE)

Shredded Pepper Jack Cheese

PER SERVING (1/2 oz.)			
55 CALORIES	2.5g SAT FAT	92mg SODIUM	0.5g CARBS

Allergens: Contains Milk.

Made With: Cheese, Pepper Jack, Shredded, USDA (Product Descripton: This item is U.S. Grade A or better Monterey Jack, cheese with peppers. This product is shredded and is, shipped refrigerated in cases containing four 5-pound, bags., Crediting/Yield: One case yields approximately 320 1-ounce portions of, cheese., CN Crediting: 1 ounce pepper jack cheese credits as 1, oz equivalent meat/meat alternate.)

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)

Shredded Yellow Cheddar Cheese

PER SERVING (1 oz.)			
90 CALORIES	4.0g SAT FAT	210mg SODIUM	1.0g 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 Deli Turkey

PER SERVING (5 slice)			
137 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 Deli Turkey

PER SERVING (6 slice)			
165 CALORIES	1.5g SAT FAT	555mg SODIUM	0.0g CARBS

Allergens:

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

Sliced Turkey Ham

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

Allergens:

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

Sloppy Joe

PER SERVING (1 ea.)			
303 CALORIES	3.1g SAT FAT	807mg SODIUM	39.3g CARBS

Allergens: Contains Gluten, Sesame, Soy, Wheat.

Made With: 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.); WWW Hamburger Bun (WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), WATER, YEAST, VITAL WHEAT GLUTEN, SUGAR, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SOYBEAN OIL, SALT, XANTHAN GUM, YEAST NUTRIENT (AMMONIUM SULFATE), DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, ASCORBIC ACID, MONOCALCIUM PHOSPHATE), CALCIUM PROPIONATE (MOLD INHIBITOR), ENZYMES, SESAME FLOUR.); Ketchup (Tomato Concentrate From Red Ripe Tomatoes, Distilled Vinegar, High Fructose Corn Syrup, Corn Syrup, Salt, Spice, Onion Powder, Natural Flavoring.); Tomato Paste (VINE-RIPENED TOMATOES); Municipal Water (WATER); Yellow Onion (YELLOW ONION); White Vinegar (DISTILLED WHITE VINEGAR (DILUTED WITH WATER TO 5% ACIDITY).); Light Brown Sugar (BROWN SUGAR); Mustard Dry Ground (GROUND MUSTARD SEED); Garlic Powder (GARLIC POWDER); Black Pepper Ground (BLACK PEPPER)

Sour Cream

PER SERVING (2 tbsp.)			
60 CALORIES	3.5g SAT FAT	15mg SODIUM	1.0g CARBS

Allergens: Contains Milk.

Made With: Sour Cream (Cultured Cream.)

Sour Cream

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

Allergens: Contains Milk.

Made With: Sour Cream (Cultured Cream.)

Southern Style Crispy Chicken Wrap

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

Allergens:

Made With:

Southwest Barbecue Chicken Salad

PER SERVING (1 salad)			
292 CALORIES	4.4g SAT FAT	1074mg SODIUM	26.9g CARBS

Allergens: Contains Milk.

Made With: Salad Mix with color (Iceburg Lettuce, Shredded Red Cabbage, Shredded Carrots); Barbecue Chicken, USDA Strip (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)); 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 PRUSSATE OF SODA AS AN ANTICAKING AGENT.); Black Pepper Ground (BLACK PEPPER)); Tomatoes, fresh, 1/4-inch diced, ready-to-serve (1/2c = 4.2 oz = 1/2c red/orange veg) , Recipe (Tomato (TOMATO)); Carrot (CARROTS); Yellow Cheddar Cheese (Cheddar Cheese (Cultured Pasteurized , Milk, Salt, Enzymes, Color Added [If , Colored], Anticake (Potato Starch, , Powdered Cellulose))

Southwest BBQ Chicken Sub

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

Allergens:

Made With:

Spaghetti Sauce

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

Allergens:

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

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

Spicy Cool Sauce

PER SERVING (1 tbsp.)			
31 CALORIES	0.3g SAT FAT	110mg SODIUM	2.4g CARBS

Allergens: Contains Egg, Milk.

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.); Dannon Non Fat Greek Plain Yogurt (CULTURED GRADE A NON FAT MILK.); Sriracha Sauce (CHILI PEPPER, VINEGAR, GARLIC, SUGAR, SALT, WATER, NATURAL FLAVORS, XANTHAN GUM, LESS THAN 0.1% POTASSIUM SORBATE AND SODIUM BENZOATE AS PRESERVATIVES)

Spicy Italian Sub

PER SERVING (1 sandwich)			
403 CALORIES	5.5g SAT FAT	941mg SODIUM	35.2g CARBS

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

Made With: Italian Salad, tomato, pepper, olives (1/2c = 1/4c red + 1/4c other veg) , Recipe (Tomatoes, fresh, 1/4-inch diced, ready-to-serve (1/2c = 4.2 oz = 1/2c red/orange veg) , Recipe (Tomato (TOMATO)); Black Olives, sliced, canned, drained (1/2c = 2.2 oz = 1/2c other veg) , Recipe (Sliced Black Olives (RIPE OLIVES, WATER, SEA SALT, FERROUS GLUCONATE (AN IRON DERIVATIVE))); Peppers, green, sweet (bell), 1/4-inch diced, ready-to-serve (1/2c=3.2 oz=1/2c other veg) , Recipe (Green Bell Pepper (GREEN SWEET PEPPER)); Sub Roll, spicy Italian herb, Richs (1 roll = 2 oz eq grain) , Recipe (Sub Roll Dough, whole grain, proofed and stretched, Richs (1 roll = 2 oz eq grain) , Recipe (Whole Grain Sub Roll (WATER, WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), YEAST, SUGAR, WHEAT GLUTEN, SOYBEAN OIL, CONTAINS LESS THAN 2% OF THE FOLLOWING: OAT FIBER, FRUCTOSE, NATURAL FLAVOR (CONTAINS WHEAT INGREDIENTS), SEA SALT, HONEY, ENZYMES (CONTAINS WHEAT), ASCORBIC ACID, SALT.); Pan Spray (Canola Oil, Phosphated Mono &&& Diglycerides, Propellant.); Spicy Italian Seasoning, red pepper, garlic (Garlic Granulated (GRANULATED GARLIC); Italian Seasoning (MARJORAM, THYME, ROSEMARY, SAVORY, SAGE, OREGANO, AND BASIL.); Crushed Red Pepper (CRUSHED RED PEPPER)); Pan Spray (Canola Oil, Phosphated Mono &&& Diglycerides, Propellant.); Past Skim Mozzarella Cheese (Low Moisture Part Skim Mozzarella, Cheese (Pasteurized Part Skim Milk,, Cheese Cultures, Salt, Enzymes), Powdered Cellulose (to Prevent Caking),, Natamycin (a Natural Mold Inhibitor),); Roast Turkey Breast (Turkey Breast, White Turkey, Turkey Broth, Contains 2% or Less Modified Food Starch, Potassium Chloride, Sodium Phosphate, Salt, Rosemary Extract); Deli Turkey Ham (Turkey Thigh Meat, Water, Contains 2% Or Less Lite Salt (Potassium Chloride, Sodium Chloride), Sugar, Sodium Phosphate, Salt, Carrageenan, Sodium Erythorbate, Natural Smoke Flavoring, Sodium Nitrite.); Pepperoni (Pork, Beef, Salt, Contains , 2% or Less of Spices, Dextrose, , Oleoresin Of Paprika, Lactic Acid Starter , Culture, Garlic Powder, Sodium Nitrite, , BHA, BHT, Citric Acid.)

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 Corn

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



Allergens:

Made With: Corn (SWEET CORN)

Steamed Rice

PER SERVING (1 c.)			
276 CALORIES	0.0g SAT FAT	5mg SODIUM	60.0g CARBS

Allergens:

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

Strawberry Banana Parfait

PER SERVING (1 parfait)			
515 CALORIES	1.2g SAT FAT	109mg SODIUM	106.1g CARBS

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

Made With: Low Fat Strawberry Yogurt (Cultured Grade A Low Fat Milk, Sugar, Modified Corn Starch. Contains 1 % or less of: Natural Flavor, Corn, Starch, Citric Acid, Vegetable Juice (for color), Potassium Sorbate Added to Maintain Freshness, Vitamin A Acetate, Vitamin D3.); Strawberries (STRAWBERRIES, SUGAR); 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); Banana (BANANA)

Strawberry Banana Parfait

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

Allergens: Contains Milk, Soy. May contain Gluten.

Made With: Low Fat Strawberry Yogurt (Cultured Grade A Low Fat Milk, Sugar, Modified Corn Starch. Contains 1 % or less of: Natural Flavor, Corn, Starch, Citric Acid, Vegetable Juice (for color), Potassium Sorbate Added to Maintain Freshness, Vitamin A Acetate, Vitamin D3.); Strawberries (STRAWBERRIES, SUGAR); Banana (BANANA); Oats & Honey Crunch Granola (Whole Grain Oats, Sugar, Canola and/or Sunflower Oil, Rice Flour, Honey, Brown Sugar Syrup, Salt, Baking Soda, , Soy Lecithin, Natural Flavor.)

Strawberry Fields Yogurt Parfait

PER SERVING (1 parfait)			
494 CALORIES	1.4g SAT FAT	241mg SODIUM	98.7g CARBS

Allergens: Contains Milk, Soy. May contain Gluten.

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

Strawberry Fruit & Yogurt parfait

PER SERVING (1 parfait)			
542 CALORIES	1.2g SAT FAT	111mg SODIUM	114.0g 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.); Strawberries (STRAWBERRIES, SUGAR); 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)

Strawberry Yogurt

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

Allergens: Contains Milk.

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

String Cheese Stick

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

Allergens: Contains Milk.

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

Sweet and Sour Sauce

PER SERVING (1 tbsp.)			
35 CALORIES	0.0g SAT FAT	38mg SODIUM	9.0g CARBS

Allergens:

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

Sweet and Sour Sauce

PER SERVING (2 tbsp.)			
70 CALORIES	0.0g SAT FAT	75mg SODIUM	18.0g CARBS

Allergens:

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

Sweet Potato Fries

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

Allergens:

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

Taco Pizza

PER SERVING (1 slice)			
478 CALORIES	8.8g SAT FAT	1041mg SODIUM	58.2g CARBS

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

Made With: Pizza Dough, Richs White 16-inch, Oven Rise w/Sauce Ring, 27.5 oz (8-cut=3 oz; 10-cut=2.25 oz grain) (Pizza Dough (ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, CONTAINS LESS THAN 2% OF THE FOLLOWING: PALM OIL, SUGAR, SOYBEAN OIL, SALT, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE), BUTTERMILK, PASTEURIZED PART SKIM MILK, CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), WHEY POWDER (A MILK DERIVATIVE), GARLIC POWDER, CHEESE CULTURE, GUAR GUM, MALTED BARLEY FLOUR, DEXTROSE, XANTHAN GUM, DATEM, ENZYME, SODIUM PHOSPHATE, LACTIC ACID, ASCORBIC ACID.); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.); Turkey Taco Filling (Turkey Taco Filling, Cooked, Frozen, USDA, #100119); Mild Thick & Chunky Salsa (CRUSHED TOMATOES (WATER, CRUSHED TOMATO CONCENTRATE), JALAPENO PEPPERS, DICED TOMATOES IN TOMATO JUICE, FRESH ONIONS, DISTILLED VINEGAR, DEHYDRATED ONIONS, SALT, GARLIC, NATURAL FLAVORING.); 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),); Yellow Cheddar Cheese (Cheddar Cheese (Cultured Pasteurized , Milk, Salt, Enzymes, Color Added [If , Colored], Anticake (Potato Starch, , Powdered Cellulose)); Reduced Fat Nacho Doritos (Whole Corn, Corn, Vegetable Oil (Corn, Canola,, and/or Sunflower Oil), Maltodextrin (Made From Corn), Corn, Bran, Salt, Cheddar Cheese (Milk, Cheese Cultures, Salt,, Enzymes), Whey, Monosodium Glutamate, Buttermilk,, Romano Cheese (Part-Skim Cow's Milk, Cheese Cultures,, Salt, Enzymes), Whey Protein Concentrate, Onion Powder,, Corn Flour, Natural and Artificial Flavors, Dextrose, Tomato Powder, Lactose, Spices, Artificial Color (Yellow 6, Yellow 5, Red 40), Lactic Acid, Citric Acid, Sugar, Garlic Powder, Skim Milk, Red and Green Bell Pepper Powder, Disodium Inosinate, and Disodium Guanylate.)

Taco Pizza

PER SERVING (1 slice)			
462 CALORIES	8.0g SAT FAT	1055mg SODIUM	58.2g CARBS

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

Made With: Pizza Dough, Richs White 16-inch, Oven Rise w/Sauce Ring, 27.5 oz (8-cut=3 oz; 10-cut=2.25 oz grain) (Pizza Dough (ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, CONTAINS LESS THAN 2% OF THE FOLLOWING: PALM OIL, SUGAR, SOYBEAN OIL, SALT, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE), BUTTERMILK, PASTEURIZED PART SKIM MILK, CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), WHEY POWDER (A MILK DERIVATIVE), GARLIC POWDER, CHEESE CULTURE, GUAR GUM, MALTED BARLEY FLOUR, DEXTROSE, XANTHAN GUM, DATEM, ENZYME, SODIUM PHOSPHATE, LACTIC ACID, ASCORBIC ACID.); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.); Turkey Taco Filling (Turkey Taco Filling, Cooked, Frozen, USDA, #100119); Mild Thick & Chunky Salsa (CRUSHED TOMATOES (WATER, CRUSHED TOMATO CONCENTRATE), JALAPENO PEPPERS, DICED TOMATOES IN TOMATO JUICE, FRESH ONIONS, DISTILLED VINEGAR, DEHYDRATED ONIONS, SALT, GARLIC, NATURAL FLAVORING.); 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); Reduced Fat Nacho Doritos (Whole Corn, Corn, Vegetable Oil (Corn, Canola,, and/or Sunflower Oil), Maltodextrin (Made From Corn), Corn, Bran, Salt, Cheddar Cheese (Milk, Cheese Cultures, Salt,, Enzymes), Whey, Monosodium Glutamate, Buttermilk,, Romano Cheese (Part-Skim Cow's Milk, Cheese Cultures,, Salt, Enzymes), Whey Protein Concentrate, Onion Powder,, Corn Flour, Natural and Artificial Flavors, Dextrose, Tomato Powder, Lactose, Spices, Artificial Color (Yellow 6, Yellow 5, Red 40), Lactic Acid, Citric Acid, Sugar, Garlic Powder, Skim Milk, Red and Green Bell Pepper Powder, Disodium Inosinate, and Disodium Guanylate.)

Taco Salad Bowl

PER SERVING (1 bowl)			
210 CALORIES	3.0g SAT FAT	320mg SODIUM	34.0g 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, Cornstarch, Monocalcium phosphate), Wheat protein, Preservatives (Calcium propionate, Sorbic acid), Dough conditioner (Fumaric acid, Xanthan gum, Mono- and Diglycerides, Sodium metabisulphite).)

Taste4 Extras Bar

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

Allergens:

Made With:

Tater Tot Hash

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

Allergens:

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

Tater Tots

PER SERVING (1/2 c.)			
111 CALORIES	1.0g SAT FAT	312mg SODIUM	14.1g CARBS

Allergens:

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

Teriyaki Beef Dippers

PER SERVING (4 piece)			
153 CALORIES	4.1g SAT FAT	417mg SODIUM	7.1g CARBS

Allergens: Contains Gluten, Soy, Wheat.

Made With: Teriyaki Beef Dipper (Ground beef (not more than 20% 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)),, seasoning (molasses granules [refinery syrup, cane mill molasses, cane caramel color], sugar (brown and cane), dehydrated soy sauce (wheat, soybeans, salt),, maltodextrin, salt, sodium phosphates, potassium chloride, spices, garlic powder, citric acid). glazed with: teriyaki sauce (soy sauce [water, soybeans, wheat, salt,, sodium benzoate], sugar, water, distilled vinegar, modified food starch, pineapple juice concentrate, soybean oil, caramel color, xanthan gum, garlic powder, sodium, benzoate, spi

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.)

Teriyaki Sauce

PER SERVING (2 tbsp.)			
93 CALORIES	0.3g SAT FAT	288mg SODIUM	21.8g 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.)

Toasted Garlic Caesar Salad

PER SERVING (1 c.)			
177 CALORIES	3.3g SAT FAT	326mg SODIUM	6.8g CARBS

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

Made With: Romaine Lettuce (ROMAINE LETTUCE); Roasted Garlic Caesar Dressing (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).); Roasted Chopped Garlic (Garlic Chopped in Water (GARLIC); 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)); 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.)

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)

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

Trix Cereal reduced sugar

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

Allergens:

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



Tuna Salad Filling

PER SERVING (1 #10 scoop)			
200 CALORIES	1.6g SAT FAT	555mg SODIUM	7.1g CARBS

Allergens: Contains Egg, Fish.

Made With: Chunk Tuna In Water (Tuna, Water, Vegetable Broth (Pea, Carrot Extract) and Salt.); 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.); Kosher Salt (SODIUM CHLORIDE, YELLOW PRUSSIAE OF SODA AS AN ANTICAKING AGENT.); Black Pepper Ground (BLACK PEPPER)

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 & Cheese Sub

PER SERVING (1 ea.)			
288 CALORIES	3.0g SAT FAT	697mg SODIUM	33.0g CARBS

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

Made With: Sub Roll, regular, side slice, whole grain, Richs (1 roll = 2 oz eq grain) , Recipe (Sub Roll Dough, whole grain, proofed and stretched, Richs (1 roll = 2 oz eq grain) , Recipe (Whole Grain Sub Roll (WATER, WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID)), YEAST, SUGAR, WHEAT GLUTEN, SOYBEAN OIL, CONTAINS LESS THAN 2% OF THE FOLLOWING: OAT FIBER, FRUCTOSE, NATURAL FLAVOR (CONTAINS WHEAT INGREDIENTS), SEA SALT, HONEY, ENZYMES (CONTAINS WHEAT), ASCORBIC ACID, SALT.); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.); Deli Turkey (INGREDIENTS: TURKEY BREAST, TURKEY BROTH: CONTAINS 2% OR LESS SEA SALT, MODIFIED FOOD STARCH, SUGAR, SODIUM PHOSPHATE. , This item is fully cooked deli-style turkey produced from formed turkey breast meat. This product contains thinly sliced deli meat in a shingle layered package. This item is shipped frozen in cases containing eight 5-pound packages., CREDITING/YIELD One case of turkey deli breast provides approximately 448 1.43 -ounce portions., CN Crediting: Approximately 1.43 ounces of turkey deli breast credit as 1 ounce equivalent meat/meat alternate. Confirm individual item crediting by using the CN Label or the product formulation statement., , ,); American Cheese (Cultured Milk and Skim Milk, Cream, Sodium Citrate, Salt, Artificial Color (if colored), Sodium Phosphate, Sorbic Acid (preservative), Enzymes, Soy Lecithin (non-sticking agent)); Lettuce, Iceburg, shredded, ready-to-serve (Shredded Lettuce (ICEBERG LETTUCE))

Turkey & Cheese Sub

PER SERVING (1 ea.)			
302 CALORIES	5.1g SAT FAT	894mg SODIUM	32.1g CARBS

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

Made With: Sub Roll, regular, side slice, whole grain, Richs (1 roll = 2 oz eq grain) , Recipe (Sub Roll Dough, whole grain, proofed and stretched, Richs (1 roll = 2 oz eq grain) , Recipe (Whole Grain Sub Roll (WATER, WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), YEAST, SUGAR, WHEAT GLUTEN, SOYBEAN OIL, CONTAINS LESS THAN 2% OF THE FOLLOWING: OAT FIBER, FRUCTOSE, NATURAL FLAVOR (CONTAINS WHEAT INGREDIENTS), SEA SALT, HONEY, ENZYMES (CONTAINS WHEAT), ASCORBIC ACID, SALT.); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.); Pan Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.); Deli Smoked Turkey (Turkey, Deli Breast, Smoked, Sliced, USDA #110910); Yellow American Cheese (American Cheese (Milk, Cheese Culture, Salt, Enzymes), Water, Cream, Sodium Citrate, Salt, Sorbic Acid (Preservative), , Color Added, Soy Lecithin For Separation.,); Lettuce, Iceburg, shredded, ready-to-serve (Shredded Lettuce (ICEBERG LETTUCE))

Turkey & Gravy

PER SERVING (4 oz.)			
130 CALORIES	2.0g SAT FAT	450mg SODIUM	2.0g CARBS

Allergens: Contains Gluten, Soy.

Made With: Shredded Turkey & Gravy (Turkey, Water, Contains 2% or less Modified Food Starch, Salt, Chicken Base, (Chicken Meat Including Chicken Juices, Salt, Hydrolyzed Soy And Corn Protein, Sugar,, Natural Flavorings, Potato Flour, Autolyzed Yeast Extract, Carrot Powder, Turmeric),, Sodium Phosphate, Celery Salt, Onion Salt, Flavoring.)

Turkey & Gravy

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

Allergens:

Made With:

Turkey Carnitas

PER SERVING (3/8 c.)			
114 CALORIES	0.9g SAT FAT	720mg SODIUM	4.0g 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 Chorizo

PER SERVING (2 tbsp.)			
30 CALORIES	0.4g SAT FAT	60mg SODIUM	0.5g CARBS

Allergens:

Made With: Turkey Meat Crumble Savory (TURKEY, MECHANICALLY SEPARATED TURKEY, CONTAINS 2% OR LESS OF SEASONING (YEAST EXTRACT, SUGAR, DEXTROSE, ONION POWDER, GARLIC POWDER, SPICE, DISODIUM INOSINATE AND DISODIUM GURANYLATE), SALT FLAVORINGS, POTASSIUM, CHLORIDE.); Onion, yellow, 1/4-inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe (Yellow Onion (YELLOW ONION)); Apple Cider (APPLE CIDER VINEGAR (DILUTED WITH WATER TO 5% ACIDITY)); Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil.); Garlic Chopped in Water (GARLIC); Cumin Ground (CUMIN); Paprika Smoked (PAPRIKA AND SILICON DIOXIDE (ADDED TO MAKE FREE FLOWING).); Ground Oregano (DRIED OREGANO); Cayenne Pepper (CAYENNE PEPPER)

Turkey Chorizo

PER SERVING (1/2 c.)			
121 CALORIES	1.7g SAT FAT	239mg SODIUM	2.1g CARBS

Allergens:

Made With: Turkey Meat Crumble Savory (TURKEY, MECHANICALLY SEPARATED TURKEY, CONTAINS 2% OR LESS OF SEASONING (YEAST EXTRACT, SUGAR, DEXTROSE, ONION POWDER, GARLIC POWDER, SPICE, DISODIUM INOSINATE AND DISODIUM GURANYLATE), SALT FLAVORINGS, POTASSIUM, CHLORIDE.); Onion, yellow, 1/4-inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe (Yellow Onion (YELLOW ONION)); Apple Cider (APPLE CIDER VINEGAR (DILUTED WITH WATER TO 5% ACIDITY)); Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil.); Garlic Chopped in Water (GARLIC); Cumin Ground (CUMIN); Paprika Smoked (PAPRIKA AND SILICON DIOXIDE (ADDED TO MAKE FREE FLOWING).); Ground Oregano (DRIED OREGANO); Cayenne Pepper (CAYENNE PEPPER)

Turkey Dinner

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

Twisted Breadstick

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

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

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

Ultimate Breakfast Round, Cinnamon, BULK

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

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

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

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 (1 7/8 oz.)			
94 CALORIES	1.3g SAT FAT	216mg SODIUM	3.8g 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 (1 1/3 c.)			
356 CALORIES	0.4g SAT FAT	1017mg SODIUM	72.3g 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 PRUSSIAE 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.)			
243 CALORIES	0.0g SAT FAT	582mg SODIUM	53.7g 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.); Dark Molasses (UNSULFHURED MOLASSES); Light Brown Sugar (BROWN SUGAR); Onion, yellow, 1/4-inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe (Yellow Onion (YELLOW ONION))

Vegetarian Beans

PER SERVING (1/2 c.)			
122 CALORIES	0.0g SAT FAT	134mg SODIUM	23.4g CARBS

Allergens:

Made With: Low Sodium Baked Beans (Prepared Navy Beans, Water, Sugar, , Corn Syrup, Tomato Paste, Salt, Paprika, , Onion Powder, Mustard Flour, Garlic, , Natural Flavor, Spices.)

Vegetarian Chick'n Nugget

PER SERVING (5 nuggets)			
228 CALORIES	1.3g SAT FAT	380mg SODIUM	24.1g 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 (1/2 c.)			
161 CALORIES	0.0g SAT FAT	165mg SODIUM	27.6g CARBS

Allergens:

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



Veggie Burger

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

Allergens: Contains Gluten, Sesame, Soy, Wheat.

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

Waffles

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

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

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

Western Burger

PER SERVING (1 burger)			
350 CALORIES	5.5g SAT FAT	750mg SODIUM	34.5g CARBS

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

Made With: Beef Patty with Mushrooms (GROUND BEEF (NOT MORE THAN 20% FAT), MUSHROOMS, TEXTURED VEGETABLE PROTEIN (SOY PROTEIN CONCENTRATE, CARAMEL COLOR), WATER, CONTAINS 2% OR LESS OF: POTASSIUM CHLORIDE, YEAST EXTRACT, NATURAL FLAVORING, POTATO MALTODEXTRIN, MALTODEXTRIN, SOYBEAN OIL, GRILL FLAVOR (FROM SUNFLOWER OIL), MODIFIED CORN STARCH, DISODIUM INOSINATE, DISODIUM GUANYLATE, TORULA YEAST, CORN SYRUP SOLIDS, SALT, SODIUM PHOSPHATE, CARAMEL COLOR.); 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); 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.)

Western Burger

PER SERVING (1 burger)			
353 CALORIES	6.5g SAT FAT	780mg SODIUM	32.5g 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.); 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); 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.)

Whipped Potatoes

PER SERVING (1/2 c.)			
80 CALORIES	1.0g SAT FAT	103mg SODIUM	15.0g CARBS

Allergens: Contains Milk.

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

White Skim Milk

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

Allergens: Contains Milk.

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

Whole Grain Cinnamon Roll with Icing

PER SERVING (1 ea.)			
299 CALORIES	1.3g SAT FAT	135mg SODIUM	64.2g CARBS

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

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

Whole Grain 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.)

Yellow Mustard

PER SERVING (1 pump)			
0 CALORIES	0.0g SAT FAT	180mg SODIUM	0.0g CARBS

Allergens:

Made With: Yellow Mustard (Front of the House) (Distilled White Vinegar, Water, Mustard Seed, Mustard Bran, Salt, Turmeric, Spices.)