

	CARBS	DRESSINGS	CARBS
Rutters Milk Chocolate	31g	Balsamic Vinaigrette	3g
Rutters Milk Skim	12g	Blue Cheese	2g
Rutters Milk White	12g	Caesar	1g
Rutters Milk Strawberry	20g	French Country	13g
Pearl-Chocolate	7.3g	French FF	11g
Pearl-Vanilla	17g	French Light (12 oz)	3g
Lactaid Milk 8oz	13g	Italian Golden	3g
Upstate Farm Yogurt 4 oz all flavors	19g	Italian FF	4g
Upstate Farm Yogurt 3/4 cup bulk	29g	Italian FF (12 oz)	1g
Margarine	0g	Honey Mustard	6g
Cooking Cream 1 Quart	0g	Honey Mustard Cup (1 oz)	4g
Sour Cream Rutters 2 tbsp	1g	Parmesan & Peppercorn	3g
Sour Cream Daisy	1g	Ranch Hidden Valley	2g
American Cheese 1 Slice	1g	Ranch FF	11g
Cheddar Cheese 2 oz	2g	Ranch FF (12 oz)	4g
Cheddar Cheese Stick	1g	Ranch Cup (1 oz)	1g
Colby Jack Cheese Stick	1g	Ranch Pouch (2 tsp)	1g
Mozz Cheese 2 oz	4g	Raspberry Vinagrette FF	11g
Mozz Cheese Stick 1 oz	2g	Thousand Island	6g
Provolone Cheese Slice	0g		
Parmesan Cheese Grated Shakers 2 oz	8g		
Parmesan Cheese Grated Tubes	8g	<b>CONDIMENTS</b>	
Parmesan Cheese Shaved	0g		
Queso Blanco 2 oz	1g	BBQ Sauce Sweet Baby Rays (2 tsp)	18g
Cheddar Cheese Cup	14g	BBQ Sauce Cup	10g
		BBQ Sauce Pouch (2 tsp)	15g
<b>FRUIT</b>		Boom Boom Sauce	2g
		Hot Sauce - Pack	0g
Apple Fresh	34g	Ketchup Pouch (1 tsp)	5g

Applesauce Cups Peterson All Flavors	14g	Ketchup Pack	3g
Applesauce Cups Brown Box	14g	Mayo Pouch (1 tsp)	0g
Applesauce #10 Whitehouse 1/2 cup	13 g	Mayo Pack	1g
Apple Crisp (LR100241)	28.18g		
Apple Diced Cup ZeeZee (plain or cinn)	22g	Mayo Kraft (1 tsp)	0g
Apple Slices Hot	18.9g	Mustard Pouch (1tsp)	0g
Blueberries FZ 1/2 cup	9g	Mustard Pack	0g
Blueberry Crisp (LR100332)	28.05g		
Banana Fresh	27g	Marinara Cup	7g
Cool Tropics - Berry Berry Blue	19g	Salsa Cup (3 oz)	2g
Cool Tropics - Tropical Trio	20g	Syrup	30g
Craisins Cherry	28g	Cocktail Sauce	7g
Craisins Raspberry Lemonade	27g	Tartar Sauce	2g
Craisins Strawberry	27g	Soy Sauce	1g
Craisins Watermelon	27g	Sweet and Sour Sauce	36.4g
Fruit Cocktail 1/2 cup	16g	Dill Pickles Spear (1)	1g
Fruit Cocktail Cup ZeeZee	19g	Dill Pickles Chips (8)	1g
Gel Cup Cherry	22g	Cranberry Relish (3 oz)	14.5g
Gel Cup Orange	18g	Coleslaw	19g
Gel Cup Strawberry	19g	Chicken Gravy (2 oz)	4g
Juice Apple	13g		
Juice Fruit Punch	14g	<b>SOUPS</b>	
Juice Grape	19g		
Juice Orange	13g	Chicken Corn Soup (8 oz)	13.76g
Orange Fresh	19g	Tomato Soup (8 oz)	40g
Orange Mandarin 1/2 cup	16g		
Peaches Diced 1/2 cup	16g	<b>LUNCH MEAT</b>	
Peaches Sliced 1/2 cup	16g		
Peach Cup ZeeZee	19g	Ham (Gov) 2 oz	4g
Peach Cup FZ	21g	Turkey (Gov) 2 oz	2g
Pear Diced 1/2 cup	19g	Turkey (Jennio) 2 oz	1g

Pear Cup ZeeZee	19g	Turkey Ham (Jennio) 2 oz	1g
Pineapple 1/2 cup	17g	Sweet Bologna (Kunzler) 2 oz	8g
Raisin Reg and Flavored	29g	Bologna 2 oz	3g
Sidekicks All Flavors	22g	Salami 2 oz	3g
Strawberries FZ 1/2 cup (diced)	21g	Diced Turkey 2 oz	1g
Strawberries FZ 1/2 cup (sliced)	10g	Diced Turkey Ham 2 oz	0g
		<b>MEAT/MEAT ALTERNATIVE</b>	
<b>MAIN ENTREE</b>			
		Trail Mix Honey Cranberry	36g
Anytimers Cheese Pizza	34g	Trail Mix Sweet Heat	37g
Anytimer Turkey & Cheese	39g	Sunflower Seeds Salted	5g
Anytimers Turkey Ham & Cheese	39g	Sunflower Seeds Honey	7g
Anytimers Turkey Pepproni & Cheese	40g	Sunbutter	7g
Beef 2.44 oz JTM Beef Crumbles	1g		
Baked Mac and Cheese LR100191	31.18g	<b>DRINKS ALA-CART</b>	
Buffalo Mac & Cheese w/ Chicken & Hot Sauce	33.31g		
Cheeseburger on Roll LR100104	27.04g		
Cheesesteak on Roll	23g	Propel All Flavors	0g
Creamy Mac & Cheese (Land O Lakes) 6oz	34.5g	Garorade Fruit Punch	8g
Creamy Mac & Cheese w/ Crispy Chicken (LR100191)	38.38g	Garorade Glacier Freeze	7g
Creamy Mac & Cheese (LR100191)6oz & Pork BBQ 3oz	48.19g	Gatorade Grape	8g
Creamy Mac & Cheese (Land O Lakes) 6oz & Pork BBQ 3oz	51.5g	Motts Fruit Punch	25g
Chicken Tangerine Asian Food 6 oz	38.4g		
Chicken Chunks Gold Creek #792401 (4 pieces)	13g		
Chicken Tenders Gold Creek #792441 (3 pieces)	14g		
Chicken Nuggets Gold Creek #791401 (5 pieces)	11g	<b>BREAKFAST</b>	
Chicken Nuggets & Mini Waffle	47.93g		
Chicken Pattie Reg Gold Creek #792421	13g	Apple Breakfast Bites	38g
Chicken Pattie Spicy Gold Creek #792431	18g	Breakfast Buns	38g
Chicken Poppers Gold Creek #791461 (12 pieces)	11g	Breakfast Sandwich Croissant / egg, cheese, sausage	31g

Chicken Poppers Gold Creek #791461 (10 pieces)	11g	Breakfast Sandwich Croissant / egg, cheese canadian bacon	31g
Chicken & Cheese Quesadilla LR100178	26.88g	Breakfast Sandwich Croissant / egg, cheese	30g
Chicken Pot Pie 8 oz	27.49g	Cereal Bar - Cocoa Puff	29g
Chicken Grilled w/ Roll (#84)	23g	Cereal Bar - Cinnamon Toast Crunch	30g
Chicken BBQ w/ Roll (#84)	29.16g	Cereal Bar - Golden Grahams	30g
Chicken Dumplings, Potstickers (6 per serving)	23g		
Chicken Sweet and Sour 6oz	27g		
Chill 8 oz	24.45g	Cereal Bar - Trix	29g
Corn Dog Mini (6)	22g	Cereal - Apple Jacks	16g
Corn Dog	30g	Cereal - Cherrios -GF	21g
Fish Shapes (5)	36.25g	Cereal - Cocoa Krispies	28g
Fish Sq w/ Cheese & Roll (#84)	43g	Cereal - Cocoa Puffs	25g
Grilled Cheese (2 slices bread and 4 slices cheese)	34g	Cereal - Corn Pops	19g
Hamburger on Roll (#84)	26g	Cereal - Cinnamon Toast Crunch	22g
Turkey & Gravy	2g	Cereal - Chex Cinnamon	23g
Hot Dog w/ Roll (#590)	23g	Cereal - Fruit Loops	18g
Hot Ham & Cheese on Pretzel Roll	31g	Cereal - Frosted Flakes	24g
Hot Turkey & Cheese on Pretzel Roll	31g	Cereal - Golden Graham	24g
Korean Bowl 7 3/4 oz	58.87g	Cereal - Kix	24g
Mashed Potato Bowl (Popcorn chicken, Mashed Potatoes, Gravy)	150.13g	Cereal - Lucky Charms	23g
Meatballs JTM 5 meatballs	2g	Cereal - Rice Krispies	23g
Meatballs 5 & 3 oz Sauce	6g	Cereal -Trix	23g
Meatballs 5 & 3 oz Sauce 3 Mozz Cheese Stick	25.2g	Donuts- 6 pack Chocolate	41g
Mozzarella Cheese Sticks Breaded -5 Sticks	32g	Donuts- 6 pack Powder	41g
Mozzarella Cheese Bites Mini 12 pieces	42g	Donuts - Holes Powder	42g
Nacho Dippers (Meat, Cheese Cup, Scoops)	22g	Donuts - Holes Blueberry	39g
Nacho Dippers (Meat, Cheese (JTM) Scoops)	10.19g	Donuts- Holes Chocolate	38g
Pasta Cheese Ravioli w/ Sauce	44g	Donut- Glazed	47g
Pasta Breaded Cheese Ravioli 6 pieces	39.6g	Egg Pattie	1g
Pasta Breaded Cheese Ravioli 10 pieces			
Pasta Stuffed Rigatoni (7) w/ sauce	49g	Eggs Scrambled 1/2 cup (sunny fresh)	3g

Pasta Plain 6 oz	30.75g	Eggstravaganza (sunny fresh) 4 oz	2g
Pasta 6oz with 6 oz Alfredo Sauce	61.50g	Early Riser	24g
		French Toast Sticks (3 sticks)	42g
Pasta w/ Italian Meat Sauce JTM 7 oz serving	24g	French Toast Glazed	28g
Penna Pasta w/ Meat Sauce 6 oz meat sauce 8 oz pasta	41.38g	Mini Bagels Cinnamon or Strawberry	42g
Penna Pasta w/Alfredo Sauce (JTM) & Chicken (6oz)	30.42g	Mini French Taost -Cnnamon & Original	37g
Penna Pasta w/ Meatballs and Sauce	50.75g	Mini French Toast - Triple Berry	36g
Pasta Spag. w/ Meat Sauce 6 oz pasta 6 oz meat sauce	41.38g	Mini French Toast - Choclote Chip.	37g
Pasta Spag. w/ Sauce. pasta 6 oz sauce 6 oz	59g	Mini Pancakes - Blueberry	36g
Pizza Big Daddy Cheese	35g	Mini Pancakes -Strawberry	39g
Pizza Big Daddy Pepperoni	33g	Mini- Pancakes- Maple	36g
Pizza Big Daddy Buffalo Chicken	35g	Mini- Waffles- Pillsbury flavors	37g
Pizza Big Daddy Meat Lovers	36g	Mini-Cinnis	40g
Pizza Big Daddy BBQ Chicken	26.8g	Muffin -Choclote Chip (LR100203	27.95g
Pizza French Bread Cheese Garlic	29g	Pancake Bowl -Strawberry	39g
Pizza French Bread Cheese	32g	Pancake Bowl- Peach	41g
Pizza Deep Dish Tony Cheese	31g	Pancake Bowl-Blueberry	42g
Pizza Mickey's Cheese	28g	Pizza Breakfast	27.4g
Pizza Mickey's Pepperoni	31g	Poptarts- Strawberry, Fudge,Cinnamon	37g
Pizza Mickey's White Cheese	28g	Waffle Mini Eggo Flavors	35g
Pizza Cheese Sticks (Beacon Street) 3 sticks	37.8g		
Pizza Quesadilla w/ Marinara Sauce	24.11g		
Pork BBQ Brookwood Farm w/ Roll	39g		
Ravioli Mini Breaded 6 ea Breaded Cheese Sticks 3 ea	58.8g		
Ravioli Mini Breaded 5 ea Mini Breaded Cheese Bites 6 ea	54g	<b>SNACKS</b>	
Ravioli Mini Breaded 10 ea	66g		
Sausage Links (3)	0g		
Sausage Pattie	1g	Cookies- Lemon & Blueberry	21g
Shrimp Poppers	19g	Cookies-Chocolate Chip	25g
Stromboli LR100172	34.01g	Cookies- Alphabet	24g
Taco Quesadilla	27.92g	Cookies- Animals	24g

Taco Walkaway Meat-2.71g Doritos -20g	22.71g	Graham Crackers- Scooby Do Sticks	21g
Yogurt & Fruit Parfait w/ Peaches or Mandarin Oranges	73.8g	Graham Crackers-Tiger Bites Original	21g
Yogurt & Fruit Parfait w/Blueberries	68.8g	Graham Crackers-Tiger Bites Choc.	20g
Yogurt & Fruit Parfait w/ Strawberries	67.8g	Graham Crackers -Teddy Cinnamon	16g
<b>VEGETABLES</b>			
		Graham Crackers- Crunch Mania French Toast	38g
		Crackers - Gold Fish Cheddar	14g
Autumn Blend	5g	Crackers-Cheese it	14g
Baked Bean's Bush	30g	Baked Lays - All Flavors	19g
Baked Beans (Brown Box)	29g		
Black Beans Fiesta	22g	Kettled Cooked Original RF Chips	27g
Beans Texas Ranchero	20g	Ruffles Baked Sour Cream & Onion, Cheddar	17g
Beans Refried	19g	Popcorn- White Cheddar	10g
Broccoli (LR100309)	4.15g	Popcorn- Sweet	17g
Carrots Packs	8g	Popcorn-Sweet amd Salty	20g
Carrots (LR100307)	4.55g	Pretzels- Hartzels	16g
Carrots Glazed (LR100239)	7.3g	Pretzels- Gold Fish	16g
California Blend (LR100312)	2.05g	Doritos All Flavors	20g
Cauliflower	3.75g	Puffs Jumbo Cheetos	14g
Celery & Carrot Sticks	0g	Flamin Hot Cheetos	16g
Chef Blend (Vegetable of the Day)	6g		
Corn (LR100308)	17.73g	<b>ICE CREAM</b>	
Cold Slaw (LR100207)	21.63g	Chocolate Scooter Ice Cream Bar	26g
Fiesta Corn	15g	Strawberry Scooter Ice Cream Bar	25g
Green Beans (LR100310)	3.07g	LF Orange Blossom Bar	22g
Green Peas (LR100314)	8.20g	FF Carnival Cotton Candy	22g
Lima Beans	22.84g	FF Fudge-o Bar	22g
Normandy Blend Vegetable	8g	LF Crazy Cone	26g
Onion Rings 4 ea	31g	LF Cookies N Cream Cone	24g
Paradise Punch 100% Veg & Fruit Juice	23g	LF Chocolate Sundae	18g
Potatoes- Emoticons Shapes (5)	23g	LF Vanilla Ice Cream Sandwich	27g

Potatoes- French Fries L/S (370455)	24g	LF Cookies N Cream Ice Cream	27g
Potatoes- Fries Seasoned Crispy (371134)	24g	LF Vanilla Ice Cream Cup	16g
Potatoes- French Fries (370890)	26.4g		
Potatoes- French Fries Seasoned Spiral (372181)	30.4g	<b>VEGETARIAN OR VEGAN</b>	
Potatoes-Hash Brown (1)	12g		
Potatoes-Mashed Potatoes Low Sodium	17g	Morningstar Veggie Burgers (444131)	14g
		Morningstar Veggie Griller (444159)	6g
Potatoes-Smiles (5)	25g	Morningstar Breakfast Veggie Sausage Patties (1)	4g
Potatoes -Scalloped	25g	Morningstar Spicy Chipotle Veggie Burger (444094)	26g
Potatoes -Sweet Potatoe (371113)	30.4g	Morningstar Chorizo (444137) 1/2 c	6g
Potatoes -Tater Tots (372128) (9 pieces )	17g	Morningstar Veggie Tenders (1)	13g
Romano Blend (Italian Blend)	5g	Morningstar Veggie Nuggets (4)	19g
Sugar Snap Peas	5g		
Spinach Chopped	2g	<b>GLUTEN FREE</b>	
Stewed Tomatoes	2.27g		
Tex Mex Vegetables	22.40g	Sub Roll (rich's)	45.30g
Tossed Salad	0g	Hamburger Roll (rich's)	46.86g
Vegetable Sir Fry	6g	Dinner Roll (udis)	17g
Vegetable Mixed (LR100313)	10.9g	Hot Dog Roll (udis)	35g
Winter Blend (LR100315)	2.20g	Sliced Bread (rich's) 1 slice	20g
		Pizza Crust (rich's) 1/2 pie	17.50g
<b>BREAD/GRAIN</b>		Choclate Muffin (udis)	39g
		Blueberry Muffin (udis)	44g
WW Sliced code 21 (1 slice)	15g	Penna Pasta (heartland) 2 oz dry	45g
WW 55% Sliced code 28 (1 slice)	17g	Alfredo Sauce (jtm) 1/2c	8.76g
WW Ciabatta Roll 3x3 code 197	26g	Alfredo Sauce (stouffer's) 1/2 c	8g
WW 55% Hamburger Roll code 84	22g		
WW 55% Hot Dog Roll code 590	22g		
Multi Grand Sandwich Roll code 59	30g	<b>SALADS</b>	
WW 55% 5" Steak Roll code 89	29g		
WW 55% Club Roll	32g	Chef Salad w/ Turkey	44.86g

WW 55% Cluster Dinner Roll code 60	14g	Chef Salad w/ Turkey Ham	44.86g
Bread Garlic Stick	14g	Chef Salad w/ Egg & Cheese	45.86g
Bread WG Garlic Knot	27g		
Bread Cheese Stick Bosco	17g		
Filling Ball (Holiday Meal )	41.1g	<b>DELI SANDWICH</b>	
<b>GRAINS</b>			
		Turkey & Cheese on Bread	33.25g
		Turkey & Cheese on Roll	25.25g
Pretzel Roll	29g	Turkey & Cheese on Club Roll	35.25g
Pretzel Rod 1 oz	14g	Turkey Ham & Cheese on Bread	31g
Pretzel Rod (Adult)	33g	Turkey Ham & Cheese on Roll	23g
Churro Rasp	27g	Turkey Ham & Cheese on Club Roll	33g
Churro Apple	27g	Sweet Bologna & Cheese on Bread	39g
Biscuit WG	12g	Sweet Bologna & Cheese on Roll	31g
Muffin Corn #10 scoop 3/8 c or 3 oz	67g	Sweet Bologna & Cheese on Club Roll	41g
Taco Shell Hard 2	16g		
Taco Shell Soft 2	26g		
Funnel Cake	38g		
Alphabet Cookies	24g		
Animal Cookies	24g		
Blueberry & Lemon Cookies	21g		
Chocolate Chip Mini Cookies	25g		
Graham Crackers Sticks Scooby-Doo	21g		
Graham Crackers Tiger Bites Original	21g		
Graham Crackers Tiger Bites Choc.	20g		
Graham Teddy Cinnamon	16g		
Crunch Mania Crackers French Toast	38g		
Goldfish Graham Crackers	19g		
Goldfish Cheddar Crackers	14g		
Goldfish Pretzel Crackers	16g		
Crackers Cheese it	14g		



Crackers Saltines 1 pack	5g		
Crackers Saltines WG 1 pack	5g		
<b>RICE/GRAIN</b>			
Fried Rice	16.15g		
Mexican Fiesta Rice	43g		
Mexican Rice WG (LR100330)	18.4g		
Pilaf Rice LR100151 1/2 c	32.65g		
Jasmine Rice	24g		
Long Grain Rice & Wild Garden Blend	25.24g		
Spanish Rice LR100176 1/2 c	20.5g		
Spanish Rice	21g		
Spanish Rice (Rice Mills)	22g		
<b>PASTA</b>			
Mac and Cheese Land O Lake 4 oz	24g		
Pasta- Penne, Spaghetti 8oz	41g		
Pierogies Mrs T 4 each	41g		
Buttered Noodles, Rotini 4oz	8.84g		