

Entreés

<i>Item</i>	<i>Serving Size</i>	<i>Calories Per Serving</i>	<i>Total Fat</i>	<i>Sodium</i>	<i>Total Carbs</i>	<i>Dietary Fiber</i>	<i>Sugar</i>
BBQ Rib Patties w/Honey sauce	1	220	13g	650mg	13g	1g	10g
Cheese Quesadilla,	2 piece	300	12g	490mg	31g	3g	2g
Crispy Chicken Fillet	1	214	6.8g	330mg	15g	2g	0g
Crispy Chicken Fillet Spicy	1	214	6.8g	330mg	15g	2g	0g
Chicken Nuggets	5	280	16g	490mg	14g	1g	0g
Chicken Popcorn	12	230	14g	240mg	14g	2g	0g
Chicken Tenders	3	110	6g	200mg	6g	1g	3g
Drumsticks Breaded	1 pc	210	11g	530mg	10g	1g	1g
Egg Patty	1	70	5g	130mg	1g	0g	1g
French Toasts Sticks WG	4 Sticks	210	0g	300mg	28g	2g	16g
Ground Beef	100 g	210	15g	70mg	0g	0g	0g
Hamburger Fully Cooked	1	100	6g	150mg	0g	0g	0g
Lasagna Rollup - Cheese	1 piece	210	3.5g	240mg	29g	2g	5g
Macaroni & Cheese	1.33 oz	290	12g	550mg	2g	2g	6g
Mozzarella Sticks WG	2 sticks	400	22.0g	380g	32g	3.0g	3g
Pancakes WG	1	80	1.25g	45g	16g	1g	6g
Pizza Cheese 5" Round WW	1	338		496.0mg	32.0g		4g
Pizza Cheese Mini Bagel WW	4	260	9g	560mg	24g	4g	4g
Pizza Cheese 16" Round WW	1	400	16g	400mg	43g	4g	

Entreés

Mini Ravioli	5 pieces	100	1.5g	135mg	16g	1g	2g
Turkey Sausage Patty	1	70	3.5	160mg	1g	0g	0g
Turkey Taco Filling	1	120	7g	32mg	2g	0g	0g
Waffles Eggo Eggoji WG	2	180	6g	300mg	29g	0g	0g

Drinks

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1% Low fat Milk	1 cup	110	2.5 g	130 mg	13g	0g	12g
Chocolate Low fat Milk	1 cup	140	2.5g	200mg	21g	0g	20g
Apple Juice	64oz	50	0g	10.0mg	13.0g	0g	12g
Capri Sun	1 pouch	80	0g	25mg	20g	0g	20g
Arnold Palmer Half lemonade half tea	11.5oz	80	0g	0mg	19g	0g	18g
Gatorade Fruit Punch	20oz	50	0g	270mg	13g	0g	21g
Gatorade Blue - bottle	20oz	50	0g	270mg	13g	0g	21g
Gatorade Grape - bottle	20oz	50	0g	270mg	13g	0g	21g
Green Apple 100% Fruit Juice	8 oz	170	0g	20mg	42g	0g	40g
Fruit Punch 100% Fruit Juice	8 oz	170	0g	20mg	42g	0g	40g
Orange Mango	8 oz	180	0g	30mg	43g	0g	38g
Snapple Zero	16 oz	10	0g	15mg	1g	0g	0g
Raspberry Tea	16 oz	10	0g	15mg	1g	0g	0g
Peach Tea	8 oz	60	0g	55mg	16g	0g	0g

Fruit

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Apple w/skin	1 medium	53	0g	1 mg	13.9g	2.4g	10.5g
Banana	1 medium	72	0g	1 mg	18.5g	2.1g	9.9g
Orange	1 medium	63	5g	2mg	16g	5g	9g
Pineapple	100 grams	45	0g	1mg	12g	0g	8g

Sauce - Syrup-Dressing

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Barbeque Sauce	2 tbsp	45	0g	210mg	11g	0g	8g
Cheddar Cheese Sauce	1/4 cup	60	3.5g	450mg	6g	0g	2g
Syrup pc	1 packet	73	0g	20mg	19g	0g	16g
Marinara Sauce Red Pack	1/2 cup	60	1.5g	135mg	10g	0g	6g
Lite Caesar Dressing	2tbsp	70	7g	580mg	3g	0g	2g
Honey Mustard Dressing	2tbsp	150	15g	300mg	3g	0g	3g
Italian dressing	1.5 Oz	160	17g	410mg	4g	0g	3g
Lite Italian dressing	1.5 Oz	45	3.5g	420mg	3g	0g	3g
Lite Ranch Dressing	2tbsp	55	5g	240mg	2g	0g	2g
French Dressing-Kens	2tbsp	130	11g	180mg	6g	0g	6g

Soup

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Beef Barley	1/2 cup	60	1.5g	850mg	8g	1g	1g
Chicken Broth	1 cup	15	1g	930mg	0g	0g	0g
Chicken Noodle	1/2 cup	70	2.5	980mg	12g	2g	1g
Chicken Rice	1/2 cup	60	2g	880mg	9g	0g	0g
Cream of Chicken	1/2 cup	40	4.5g	830mg	12g	0g	2g
Cream of Mushroom	1/2 cup	90	6g	790mg	8g	0g	0g
Minestrone Soup	1 cup	80	1g	630mg	15g	3g	3g
Tomato Soup	1/2 cup	90	0g	480mg	20g	1g	12g
Vegetarian Vegetable	1/2 cup	60	1.5g	1000mg	11g	1g	3g

Vegetables

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Broccoli (frozen)	100 grams	26	0g	24mg	5g	3g	1g
Black Beans		110	0g	14.0mg	20	5.0g	1
Carrot	1	29	0g	50mg	7g	2g	3g
Cauliflower	1 cup	25	0g	30mg	5g	3g	2g
Corn	2/3 cup	80	1g	10mg	19g	1g	5g
Crispy Bakeable French Fries	4.34oz	120	3g	105mg	23g	2g	2g
Onion Rings	4pcs	180	7g	135mg	26g	3g	3g
Potatoes, Mashed	4.34oz	120	3g	105mg	23g	2g	2g
Potatoes, Smiley's	4 pieces	130	4.5g	180mg	20g	2g	0g
Romaine Heart Lettuce		20	0.5g	0mg	3g	1g	2g
Spinach	1/3 cup	20	0g	115mg	2g	2g	1g
Tater Tots - Nuggets	8	90	3.5g	160mg	14	2g	1g
Tomato	1	25	0	11mg	6g	1g	0g
Vegetarian Beans		150	0.5g	140.0mg	29.0g	6.0g	8.g

Snacks

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Baked Lays Potato chips	1	110	4g	125g	17g	1g	2g
Lays Original Potato Chip	1	110	4g	120mg	17g	1g	2g
Doritos Cool Cheese RF	1 package	130	5g	135mg	20g	2g	1g
Doritos Nacho Cheese RF	1 package	130	5g	140mg	19g	2g	1g
Doritos Flamas RF	1 package	130	5g	120mg	20g	2g	0g
Doritos RF Spicy Sweet Chili	1 package	130	5g	170mg	20g	2g	1g
Funnel Cake	1	280	9g	360mg	45g	1g	15g
Nutri Grain Ceral Bars	1 Bar	150	3.5g	120mg	31g	3g	13g
Saltine Crackers	6 crackers	25	0.5g	90mg	5g	0g	0g
Sun Chips Garden Salsa	1	140	6g	140mg	18g	2g	2g
Sun Chips Harvest Cheddar	1	140	6g	170mg	18g	2g	2g
Sun Chips Original	1 oz	140	6g	115mg	19g	2g	2g
Sunshine Cheez-It	1 pkg/35g	180	9g	290mg	20g	<1g	0g
Ready Bake Cookie Dgh Sugar RF	1 cookie	106.46	3.47g	111.74mg	18.12g	1.43g	9.3g
Ready Bake Cookie Dgh M& M RF	1 cookie	105.56	3.43g	87.42mg	17.97g	1.54g	9.26g
Ready Bake Cookie Dgh Choc Chop RF	1 cookie	105.9	3.28g	91.62mg	18.11g	1.52g	9.26g

Bread - Cereal -Breakfast

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Bagel (plain) WG	1-4oz	290	1g	520mg	58g	2g	4g
Breakfast Bun WG	1	270	10g	280mg	38g	3g	12g
Bread Sticks Garlic	1	100	3g	95mg	15g	1g	1g
Cereal cup General Mills Lucky Charms	1	210	2g	350mg	47g	4g	19g
Cereal cup General Mills Blueberry Chex	1	240	5g	320mg	46g	1g	11g
Cereal cup General Mills Coco Puffs	1	230	2.5g	220mg	47g	3g	15g
Cereal cup General Mills Cinnamon Toast Crunch	1	210	5g	320mg	11g	7g	11g
Cereal cup General Mills Trix	1	110	1.5g	140mg	24g	1g	7g
Cereal Bar General Mills Coco Puffs	1	160	3.5g	105mg	29g	3g	9g
Cereal Bar General Mills Cinnamon Toast Crunch	1	160	3.5g	120mg	30g	3g	8g
Croissant WG	1	190	5g	160mg	31g	3g	4g
Croutons	2tbsp	30	1g	85mg	0g	0g	0g
Hamburger Bun WG	1	130	1.5g	250mg	26g	3g	2g
Kaiser roll WG	1	20	2.5g	490mg	38g	4g	4g
Wheat bread	1 slice	80	.5g	135mg	14g	2g	2g
Wrap -WG Plain 10"	1	190	5g	380mg	31g	2g	1g
Wrap - WG Wheat 12"	1	250	6g	310mg	46g	5g	1g

Bread - Cereal -Breakfast

Muffin, Banana	3.6oz	280	7g	180mg	51g	2g	26g
Muffin, Chocolate, Chocolate Chip	1	390	12g	260mg	63g	5g	34g
Muffin, Blueberry	3.6oz	280	8g	160mg	18g	2g	24g
Pillsbury Crescent Chocolate	1	240	8g	280mg	38g	3g	11g
Pillsbury Crescent Grape	1	220	6g	260mg	35g	2g	9g
Pillsbury AppleFrudel	1	210	5g	270mg	38g	3g	10g
Kellogg's Fruit Loops	1 cup	110	1g	160mg	24g	2g	8g
Kellogg's Apple Jack Red sugar	1 oz cup	100	005g	160mg	24g	2g	8g
Nutri-Grain, Blueberry	1 bar	130	3g	105mg	24g	2g	12g
Nutri-Grain, WG Strawberry	1 bar	170	2.5g	110mg	35g	3g	12g
Nutri-Grain Apple Cinnamon	1 bar	130	3g	105mg	24g	2g	12g
Pop-Tarts, Chocolate Chip	1 pastry	420	12g	480mg	72g	2g	36g
Pop-Tarts, Frosted Brown Sugar Cinnamon	1 pastry	210	7g	170mg	34g	<1g	16g
Pop-Tarts, Strawberry	1 pastry	200	5g	170mg	38g	1g	17g
Soft Pretzel	1	480	2g	130mg	98g	0g	2g

Dairy

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Butter - Cup	3pcs	240	12g	95mg	0g	0g	0g
Cream Cheese Pack	1 T	100	10g	140.0mg	2g	0g	1.0g
Cheese, Mozzarella Part Skim	28g	80	6g	190mg	2g	0g	1g
Cheese, Muenster	1 oz.	100	9g	180mg	0g	0g	0g
Cheese Jalapeno Pepper Jack Cheese	1oz	100	9g	180mg	1g	0g	0g
Cheese, Provolone	1 oz	100	7g	140mg	1g	0g	0g
Cheese, Yellow American RF	2 slices	70	47g	210mg	4g	0g	2g
Milk Chocolate	8 oz	120	0g	150mg	25g	0g	21g
Milk 1%	8oz	110	2.5g	130mg	13g	0g	12g

Cold Cuts

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Boar's Head Turkey Breast 46% Lower Sodium	2 oz	60	1g	360mg	0g	0g	0g
Boar's Head Blazing Buffalo Chicken Breast	2 oz	60	1	460mg	0g	0g	
Boar's Head Genoa Salami	2 oz	190	15g	870mg	1g	0g	
Boar's Head 42% Lower Sodium Ham	2 oz	60	1g	480mg	2g		2g
Boar's Head Chipotle Chicken Breast	2oz	90	1g	420mg	1g		

Miscellaneous

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Chicken Base	1 tsp	15	1g			0g	1g
Chicken Gravy	1/4 cup	30	2g	270mg	3g	0g	0g
Croutons	2 T	30	1.g	85mg	0g	0g	0g
Ketchup pc	1 packet	10	0g	95mg	3g	0g	2.8g
Lemon Juice	1 tsp	0	0g	0mg	0g	0g	0g
Mayonnaise	1 tsp	100	11g	80mg	0g	0g	0g
Uncle Ben's Brown WG rice	1/4 cup dry	170	0g	0mg	38g	0g	0g
Elbow Pasta	2 ounce	190	1	0	41	4.0g	3.0g
Penne	2 oz	1	1	0mg	42g	4.0g	3g
Spaghetti Past WG	2 ounce	190	1	0	41	4g	2g