

# Amish Cinnamon Bread

PER SERVING (1 piece)			
288 CALORIES	4.3g SAT FAT	243mg SODIUM	45.4g CARBS

**Allergens:** Contains Soy.

**Made With:** MILK,BTTRMLK,FLUID,WHL; WHEAT FLOUR,WHOLE-GRAIN; Sugars, granulated; Margarine; Sugars, granulated; EGG,WHL,RAW,FRSH; LEAVENING AGENTS,BAKING SODA; Spices, Cinnamon, Ground

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# Apple, Granny Smith, 125ct

PER SERVING (1 ea.)			
130 CALORIES	0.0g SAT FAT	0mg SODIUM	35.0g CARBS

**Allergens:**

**Made With:** Apple, Granny Smith, 125ct

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# Apple, Raw, 138 count

PER SERVING (1 ea.)			
130 CALORIES	0.0g SAT FAT	0mg SODIUM	34.0g CARBS

**Allergens:**

**Made With:** Apple, Raw, 138 count

Apples, canned, unsweetened,  
sliced, in water, without salt or  
nutritive sweeteners [100206,  
A345]

PER SERVING (1/2 c.)			
35 CALORIES	0.0g SAT FAT	5mg SODIUM	9.0g CARBS

Allergens:

Made With: APPLES, CANNED, UNSWEETENED, SLICED, IN  
WATER

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Apples, Pre-Sliced, Bagged,  
Champlain Valley

PER SERVING (1 bag, single serving)			
30 CALORIES	0.0g SAT FAT	0mg SODIUM	8.0g CARBS

Allergens:

Made With: Apples, Pre-Sliced, Bagged

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Applesauce, Unsweetened

PER SERVING (1/2 c.)			
51 CALORIES	0.0g SAT FAT	2mg SODIUM	14.0g CARBS

Allergens:

Made With: Applesauce, Unsweetened

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# Bagel, White Whole Grain Bagel, Lender's Bagels, Pinnacle Foods Group, 00074 WGR

PER SERVING (1 bagel)			
140 CALORIES	0.0g SAT FAT	180mg SODIUM	29.0g CARBS

**Allergens:** Contains Wheat.

**Made With:** Bagel, White Whole Grain Bagel, Lender's Bagels, Pinnacle Foods Group, 00074 WGR

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## Banana Muffins/Bread

PER SERVING (1 muffin)			
228 CALORIES	2.0g SAT FAT	231mg SODIUM	33.8g CARBS

**Allergens:** Contains Egg, Milk, Soy.

**Made With:** BANANAS,RAW; Removed in CN21 FLOUR, BAKERS, SOFT WHEAT, ENRICHED, WHITE, BLEACHED; Sugars, granulated; OIL,VEG,NATREON CANOLA,HI STABILITY,NON TRANS,HI OLEIC (70%); Candies, Semisweet Chocolate Chips, Mini, Hershey's; Egg, large, fresh; SALT,TABLE; LEAVENING AGENTS,BAKING PDR,DOUBLE-ACTING,STRAIGHT PO4; Vanilla Extract, Pure; LEAVENING AGENTS,BAKING SODA

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## Banana, Raw, Medium

PER SERVING (1 ea.)			
112 CALORIES	0.1g SAT FAT	1mg SODIUM	28.8g CARBS

**Allergens:**

**Made With:** BANANAS,RAW

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# Bar, Nutri-Grain Cereal Bar Blueberry, Kellogg's 90819, WGR

PER SERVING (1 Bar)			
160 CALORIES	0.5g SAT FAT	135mg SODIUM	30.0g CARBS

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

**Made With:** Bar, Nutri-Grain Cereal Bar Blueberry, Kellogg's 90819, WGR

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# BBQue Sauce, Heinz

PER SERVING (2 Tbsp.)			
40 CALORIES	0.0g SAT FAT	450mg SODIUM	10.0g CARBS

**Allergens:**

**Made With:** BBQe Sauce, Heinz

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# Beans, Baked Beans, Veg-BP

PER SERVING (1/2 cup serving)			
155 CALORIES	0.1g SAT FAT	509mg SODIUM	36.7g CARBS

**Allergens:**

**Made With:** BEANS,BKD,CND,PLN OR VEGETARIAN; Condiment, Ketchup, Low Sodium, Dispenser Pouch, Heinz, 76003605; Sugars, brown; MUSTARD,PREPARED,YELLOW

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Beans, Garbonzo Beans,  
Chickpeas, Veg-BP

PER SERVING (1/2 cup serving)			
106 CALORIES	0.0g SAT FAT	140mg SODIUM	16.0g CARBS

Allergens:

Made With: Beans, Garbanzo, Low-sodium, Canned, USDA, 100360, VEG-BP

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Beans, green, cooked from  
frozen, whole or cut (french or  
sliced lengthwise), drained,  
without salt [100351, A070]

PER SERVING (1/2 c.)			
19 CALORIES	0.0g SAT FAT	6mg SODIUM	4.4g CARBS

Allergens:

Made With: BEANS, GREEN, COOKED FROM FROZEN, WHOLE, DRAINED, NO SALT

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Black Bean Corn Salsa 1/4 Veg-  
BP, 1/4 Veg-S

PER SERVING (1/2 c.)			
79 CALORIES	0.0g SAT FAT	174mg SODIUM	15.6g CARBS

Allergens:

Made With: Black Beans, Canned, Pasado, VEG-BP; Corn, Yellow, Whole Kernel, Cooked from Frozen, Commodity, 100348, A130, Veg-S; Tomatoes, Raw, Cherry, Veg- RO (Tomatoes, Raw, Cherry, Veg- RO); LIME JUC,CND OR BTLD,UNSWTND; Herbs, Cilantro, Fresh, Raw

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# Blueberry Muffins

PER SERVING (1 muffin)			
311 CALORIES	2.5g SAT FAT	260mg SODIUM	43.0g CARBS

**Allergens:** Contains Egg, Milk, Soy.

**Made With:** Removed in CN21 FLOUR, BAKERS, SOFT WHEAT, ENRICHED, WHITE, BLEACHED; Milk, Fat Free Skim, Marburger; Blueberries, unsweetened; Sugars, granulated; Sugars, brown; OIL,CANOLA; Egg, large, fresh; Margarine; Removed in CN21 FLOUR, WHOLE WHEAT; LEAVENING AGENTS,BAKING PDR,DOUBLE-ACTING,STRAIGHT PO4; Spices, Cinnamon, Ground; SALT,TABLE; Spices, Cinnamon, Ground; LEAVENING AGENTS,BAKING SODA

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# Bowl, Mashed Potato Bowl, 2.25 oz MMA, 2 WG, 1 G, VEG-S

PER SERVING (1 bowl)			
1006 CALORIES	1.9g SAT FAT	3494mg SODIUM	172.2g CARBS

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

**Made With:** Potato, Mashed, Flake Dehydrated, Add Water Carton, Instant, JR Simplot, 10071179022800, Veg-S; Raw Whole Grain Breaded Boneless Wing; UV Corn, Yellow, Whole Kernel, Cooked from Frozen, Commodity, 100348, A130, Veg-S; Rolls, Wheat WG Dinner, Schwebels, 192, WGR; Gravy, Chicken, Low Sodium; Cheese, Cheddar, Reduced Fat, Yellow, Shredded, 5LB, USDA, MMA

# Breakfast Bar, MMA, WG

PER SERVING (1 portion)			
487 CALORIES	3.7g SAT FAT	628mg SODIUM	79.3g CARBS

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

**Made With:** Syrup, Pancake Maple Flavored, 41/1 GA, Harvest Value, 231295; Pancake on a Stick, MMA, WG, CN Label ; Pancake, WG, Heat & Serve, Hilltop Hearth, 948679, WGR; Turkey, Pre-cooked Turkey Sausage Patty, 1.025 oz, Frozen, Jennie-O, 6132, MMA; Pork, Bacon, Sugardale; French Toast Sticks w/ Turkey Sausage, 2.5 oz WG, 2 oz MMA (Bread, French Toast Sticks, Hilltop Hearth; Turkey, Pre-cooked Turkey Sausage Patty, 1.025 oz, Frozen, Jennie-O, 6132, MMA; Breakfast Syrup, Smuckers)

# Broccoli, raw

PER SERVING (1/2 c.)			
11 CALORIES	0.0g SAT FAT	19mg SODIUM	1.9g CARBS

**Allergens:**

**Made With:** Broccoli, Floret Iceless Poly Pack Fresh Ref, Cross Valley Farm, 042287, Veg-DG

# Broccoli,Chopped, Frozen, Monarch, 671195, Veg-DG

PER SERVING (1/2 Cup (Frozen))			
22 CALORIES	0.0g SAT FAT	18mg SODIUM	3.6g CARBS

**Allergens:**

**Made With:** Broccoli, Chopped, Frozen, Monarch, 671195, Veg-DG

# Burger, Bacon Cheeseburger on a Bun, 6-8, 9-12, MMA, WG

PER SERVING (1 ea.)			
395 CALORIES	7.3g SAT FAT	868mg SODIUM	32.0g CARBS

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

**Made With:** Beef Patty, Ground 2.25 oz, round, CN, reduced sodium, charbroiled; Bun, White WG Hamburger, Schwebels, 126, WGR; Pork, Bacon, Sugardale; RF PROCESS AMERICAN CHEESE

# Burger, Cheeseburger on a Bun, MMA, WG

PER SERVING (1 ea.)			
330 CALORIES	6.5g SAT FAT	640mg SODIUM	31.5g CARBS

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

**Made With:** Beef Patty, Ground 2.25 oz, round, CN, reduced sodium, charbroiled; Bun, White WG Hamburger, Schwebels, 126, WGR; Cheese, American, 160 count

# Burger, Double Bacon Cheese Burger on a Bun, MMA, WG

PER SERVING (1 ea.)			
611 CALORIES	14.0g SAT FAT	1505mg SODIUM	34.0g CARBS

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

**Made With:** Beef, Smart Picks, Flamebroiled, Pattie, AdvancePierre Foods, 3-155-525-20, MMA; Bun, White WG Hamburger, Schwebels, 126, WGR; Removed in CN20 RF PROCESS AMERICAN CHEESE; Pork, Bacon, Sugardale



# Burger, Double Burger on a Bun, , MMA, WG

PER SERVING (1 ea.)			
531 CALORIES	12.0g SAT FAT	1235mg SODIUM	34.0g CARBS

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

**Made With:** Beef, Smart Picks, Flamebroiled, Pattie, AdvancePierre Foods, 3-155-525-20, MMA; Bun, White WG Hamburger, Schwebels, 126, WGR; Removed in CN20 RF PROCESS AMERICAN CHEESE

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# Cantaloupe, raw

PER SERVING (1/2 c.)			
27 CALORIES	0.0g SAT FAT	13mg SODIUM	6.5g CARBS

**Allergens:**

**Made With:** CANTALOUPE,RAW

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# Carrots, Baby-Cut, Sticks, Fresh, Peeled, 100982 A094, Veg-RO

PER SERVING (1/2 c.)			
30 CALORIES	0.0g SAT FAT	66mg SODIUM	6.9g CARBS

**Allergens:**

**Made With:** Carrots, Baby-Cut, Sticks, Fresh, Peeled, 100982 A094, Veg-RO

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# Carrots, Frozen, Harvest Value, RO

PER SERVING (1/2 c.)			
30 CALORIES	0.0g SAT FAT	60mg SODIUM	7.0g CARBS

Allergens:

Made With: Carrots, Frozen, Harvest Value, RO

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# Cauliflower, raw

PER SERVING (1/2 c.)			
28 CALORIES	0.1g SAT FAT	30mg SODIUM	5.0g CARBS

Allergens:

Made With: CAULIFLOWER,RAW

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# Celery Sticks

PER SERVING (1/2 c.)			
10 CALORIES	0.0g SAT FAT	50mg SODIUM	2.0g CARBS

Allergens:

Made With: Copy of Celery, Stix, Grab N Go, US Foodservice, Veg-O

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# Cereal Bar, Cheerios Fruit, WG, 16000-31912

PER SERVING (1 Bar)			
150 CALORIES	0.5g SAT FAT	105mg SODIUM	30.0g CARBS

**Allergens:** Contains Wheat.

**Made With:** Cereal Bar, Cheerios Fruit, WG, 16000-31912

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# Cereal Bar, Cinnamon Toast Crunch, General Mills, 19437000, WG

PER SERVING (1 Bar)			
151 CALORIES	0.5g SAT FAT	141mg SODIUM	29.2g CARBS

**Allergens:** Contains Wheat.

**Made With:** Cereal Bar, Cinnamon Toast Crunch, General Mills, 19437000, WG

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# Cereal Bar, Cocoa Puffs, General Mills, WG, 16000-19438

PER SERVING (1 Bar)			
150 CALORIES	0.5g SAT FAT	110mg SODIUM	30.0g CARBS

**Allergens:** Contains Wheat.

**Made With:** Cereal Bar, Cocoa Puffs, WG, 16000-19438

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Cereal Bar, Golden Grahams,  
General Mills, WG, 16000-31913

PER SERVING (1 Bar)			
150 CALORIES	0.5g SAT FAT	110mg SODIUM	30.0g CARBS

Allergens: Contains Wheat.

Made With: Cereal Bar, Golden Grahams, General Mills, WG,  
16000-31913

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Cereal Bar, Nutri Grain Apple  
Cinnamon, Kellogg's, WG,  
3800059779

PER SERVING (1 Bar)			
160 CALORIES	0.5g SAT FAT	130mg SODIUM	30.0g CARBS

Allergens: Contains Milk, Soy, Wheat.

Made With: Cereal Bar, Nutri Grain Apple Cinnamon, Kellogg's,  
WG, 3800059779

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Cereal Bar, Nutri Grain  
Strawberry, Kellogg's, WG,  
3800059772

PER SERVING (1 Bar)			
160 CALORIES	0.5g SAT FAT	150mg SODIUM	29.0g CARBS

Allergens: Contains Milk, Soy, Wheat.

Made With: Cereal Bar, Nutri Grain Strawberry, Kellogg's, WG,  
3800059772

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Cereal Bar, Trix, General Mills,  
31915, WGR

PER SERVING (1 ea.)			
150 CALORIES	0.5g SAT FAT	100mg SODIUM	30.0g CARBS

Allergens: Contains Soy, Wheat.

Made With: Cereal Bar, Trix, General Mills, 31915, WGR

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Cereal, 25% Less Sugar  
Cinnamon Toast Crunch, General  
Mills, 16000-29444, WGR

PER SERVING (1 bowl)			
110 CALORIES	0.5g SAT FAT	160mg SODIUM	22.0g CARBS

Allergens: Contains Soy, Wheat.

Made With: Cereal, 25% Less Sugar Cinnamon Toast Crunch,  
General Mills, 16000-29444, WGR

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Cereal, Cheerios MultiGrain, Self-  
Serve Bowl, General Mills, 16000-  
11941, WG

PER SERVING (1 bowl)			
100 CALORIES	0.0g SAT FAT	115mg SODIUM	23.0g CARBS

Allergens: Contains Wheat.

Made With: Cereal, Cheerios MultiGrain, Self-Serve Bowl,  
General Mills, WG

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Cereal, Lucky Charms, WG, SS  
Bowl Shelf Stable, General Mills,  
16000-11973, WG

PER SERVING (1 bowl)			
102 CALORIES	0.0g SAT FAT	167mg SODIUM	21.4g CARBS

Allergens:

Made With: Cereal, Lucky Charms, WG, SS Bowl Shelf Stable,  
General Mills, 16000-11973, WG

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Cereal, Ready-To-Eat, Cocoa Puff,  
Reduced Sugar, General Mills,  
16000-29443, WG

PER SERVING (1 bowl)			
110 CALORIES	0.0g SAT FAT	160mg SODIUM	25.0g CARBS

Allergens:

Made With: Cereal, Ready-To-Eat, Cocoa Puff, Reduced Sugar,  
General Mills, WG

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Cereal, Ready-To-Eat, Trix,  
Reduced Sugar, General Mills,  
16000-29445, WG

PER SERVING (1 bowl)			
110 CALORIES	0.0g SAT FAT	140mg SODIUM	24.0g CARBS

Allergens:

Made With: Cereal, Ready-To-Eat, Trix, Reduced Sugar,  
General Mills, 16000-29445, WG

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# Cereal, Rice Chex, Bowl Pack, Gluten Free

PER SERVING (1 bowl)			
100 CALORIES	0.0g SAT FAT	250mg SODIUM	24.0g CARBS

Allergens:

Made With: Cereal, Rice Chex, Bowl Pack, Gluten Free

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# Cereals, Golden Grahams, Self Serve Bowl, General Mills, 16000-11943, WG

PER SERVING (1 bowl)			
110 CALORIES	0.0g SAT FAT	220mg SODIUM	24.0g CARBS

Allergens: Contains Wheat.

Made With: Cereals, Golden Grahams, Self Serve Bowl, General Mills, 16000-11943, WG

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# Cereals, Honey Nut Cheerios, Singlepak, General MILls, 16000-11918, WG

PER SERVING (1 pkg.)			
110 CALORIES	0.0g SAT FAT	160mg SODIUM	22.0g CARBS

Allergens:

Made With: Cereals, Honey Nut Cheerios, Singlepak, General MILls, 16000-11918, WG

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**Cheese Sticks Dippers (Max) with  
Sauce (new), 1.93 oz/2 each,  
MMA, WG, Veg RO**

PER SERVING (1 serv.)			
355 CALORIES	5.0g SAT FAT	750mg SODIUM	38.0g CARBS

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

**Made With:** Pizza, MaxStix Mozzarella Whole Grain Sticks 1.93 oz, The MAX, ConAgra, 77387-12685, MMA, WGR; Sauce, Pizza Sauce Low Sodium, Red Pack, Veg-RO

**Cheese, Cream Cheese Philly  
Light .75 oz cup, Kraf**

PER SERVING (1 portion (.75 oz cup))			
45 CALORIES	2.5g SAT FAT	95mg SODIUM	1.0g CARBS

**Allergens:** Contains Milk.

**Made With:** Cheese, Cream Cheese Philly Light .75 oz cup, Kraft Foods Inc., 61094

**Chicken, Chicken Nuggets w/ WG  
Dinner Roll, 2.25 oz MMA/ 1 oz  
WG, 2 oz WG**

PER SERVING (6 pieces)			
427 CALORIES	2.4g SAT FAT	755mg SODIUM	46.8g CARBS

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

**Made With:** Chicken Nuggets, Whole Grain Breaded, Pilgrim's Pride, Gold Kist, 61210, MMA, WG; Rolls, Wheat WG Dinner, Schwebels, 192, WGR (Rolls, Wheat WG Dinner, Schwebels, 192, WGR)



# Chicken, Chicken Tenders w/ WG Dinner Roll, 2 oz MMA/ 2 oz WG

PER SERVING (1 serv.)			
339 CALORIES	1.0g SAT FAT	542mg SODIUM	40.0g CARBS

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

**Made With:** Raw Whole Grain Breaded Boneless Wing; Rolls, Wheat WG Dinner, Schwebels, 192, WGR (Rolls, Wheat WG Dinner, Schwebels, 192, WGR)

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# Condiment, Hot Sauce, Texas Pete, 10.012

PER SERVING (1 tsp.)			
0 CALORIES	0.0g SAT FAT	100mg SODIUM	0.0g CARBS

**Allergens:**

**Made With:** Condiment, Hot Sauce, Texas Pete, 10.012

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# Condiment, Ketchup, Low Sodium, Dispenser Pouch, Heinz, 76003605

PER SERVING (1 Tbsp.)			
10 CALORIES	0.0g SAT FAT	25mg SODIUM	3.0g CARBS

**Allergens:**

**Made With:** Condiment, Ketchup, Low Sodium, Dispenser Pouch, Heinz, 76003605

# Corn Dog, WG

PER SERVING (1 ea.)			
240 CALORIES	1.5g SAT FAT	670mg SODIUM	33.0g CARBS

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

**Made With:** Copy of Corn Dog, Whole Grain, Turkey, State Fair/Sara Lee, 9988, WG, MMA

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# Corn Dogs, Mini, WG, MMA

PER SERVING (1 serv.)			
240 CALORIES	2.3g SAT FAT	690mg SODIUM	24.0g CARBS

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

**Made With:** Corn Dog, Lite Whole Grain Mini Turkey, 0.667 oz, State Fair, Sara Lee Foodservice, 09180, MMA, WGR

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# Corn, Yellow, Whole Kernel, Cooked from Frozen, Commodity, 100348, A130, Veg-S

PER SERVING (1/2 c.)			
71 CALORIES	0.1g SAT FAT	1mg SODIUM	15.8g CARBS

**Allergens:**

**Made With:** Corn, Yellow, Whole Kernel, Cooked from Frozen, Commodity, 100348, A130, Veg-S

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# Craveable, Super Fruit

PER SERVING (1 ea.)			
423 CALORIES	9.1g SAT FAT	762mg SODIUM	45.7g CARBS

**Allergens:** Contains Milk, Wheat.

**Made With:** Cheese Stick, Mozzarella, String Cheese, Land O Lakes Foodservice, 59701, MMA; APPLES, FRESH, SLICED, UNPEELED; GRAPES,AMERICAN TYPE (SLIP SKN),RAW; Crackers, Goldfish, .75 oz, 140018105, WG

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# Cucumber, raw

PER SERVING (1/2 c.)			
9 CALORIES	0.0g SAT FAT	1mg SODIUM	1.9g CARBS

**Allergens:**

**Made With:** Cucumber, with peel, raw

# Deli Bar, MMA, WG

PER SERVING (1 sandwich)			
376 CALORIES	9.2g SAT FAT	1338mg SODIUM	24.4g CARBS

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

**Made With:** Tomatoes, red, ripe, raw, year round average; Vegetable, Lettuce, Iceberg, Shredded, Markon, Veg-O; PICKLES,CUCUMBER,DILL OR KOSHER DILL; Deli Meat, Salami, Cooked, Pork and Beef, Berks, 3212, SFA Does Not Count Toward MMA (Deli Meat, Salami, Cooked, Pork and Beef, Berks, 3212, SFA Does Not Count Toward MMA); Pepperoni, Sliced 14-16 Count, Cooked, Roseli, 342216; Bread, Slice, White Whole Grain, 1 oz Grain; Turkey, breast, deli-style, cooked then frozen (TURKEY, BREAST, DELI-STYLE, COOKED THEN FROZEN); 160 Slice Reduced Fat Yellow Pastuerized Process American Cheese (RF PROCESS AMERICAN CHEESE); Cheese, provolone (CHEESE,PROVOLONE); Chicken Salad, USDA E-05, MMA (CHICKEN, DICED, COOKED, IQF, MEAT ONLY; Mayonnaise, Heinz; Celery, Sticks, Veg-O; PICKLE RELISH,SWEET; Onion red, raw; Spice, Mustard, Ground, 6/15 oz; Spices, pepper, black); Cheese, Swiss Sliced .75 oz 3.5 X 1.5 Twin Pack, Glenview Farms, 310193, MMA; Salad, Tuna Salad (new), MMA, WG, DG-Veg, RO-Veg, O-Veg (Lettuce, Romaine, Chopped, Fresh, Veg-DG; Salad, Tuna (2 oz pro), MMA (Tuna, Skipjack Tuna in Water, MMA; Mayonnaise, Heinz (Mayonnaise, Heinz); Egg, Hard Cooked, Peeled, Whole Dry Pack, Papetti's, 0136127, MMA; PICKLE RELISH,SWEET; Onions, raw; CELERY,RAW; LEMON JUC,CND OR BTLD; PEPPER,WHITE); Rolls, Wheat WG Dinner, Schwebels, 192, WGR; Tomato Wedges (Tomatoes, red, ripe, raw, year round average); Egg, Hard Cooked, Peeled, Whole Dry Pack, Papetti's, 0136127, MMA; Cucumber, with peel, raw; Onions, raw; Olives, ripe, canned (small-extra large)); Ham, Cooked, Farmland Foods, A693 MMA; Bun, White Whole Grain Hoagie, Schwebels, 125, WGR; ROAST BF,DELI STYLE,PREPACKAGED,SLICED; Cheese, Sliced Pepper Jack, Alpine Lace, Land O'Lakes, 44238, MMA (Cheese, Sliced Pepper Jack, Alpine Lace, Land O'Lakes, 44238, MMA); Tortilla flour tomato basil whole grain; Olives, ripe, canned (small-extra large); Peppers, jalapeno, canned, solids and liquids (PEPPERS,JALAPENO,CND,SOL&amp;LIQUIDS ); Red Peppers, Raw, Veg-RO; Pepper, Banana, Mild, Sliced, Roseli; Cucumber, with peel, raw; Onion red, raw; BEANS, CANNED, BLACK, LOW SODIUM; Tortilla, 10" Whole Wheat Tortilla, DonPancho; MDC Tortillas, FS 10" Spinach Herb Wraps, 6/12ct, Mission, 20119, Non-WG; Tortilla Jalapeno Cheese Whole Grain; Italian Bread, WG (WHEAT FLOUR,WHOLE-GRAIN; Water, Tap; Water, Tap; Milk, Dry Milk, Non-Fat, Ryt-Way Food Products, F8881250, Milk; Sugars, granulated; Shortening soybean ; SALT,TABLE; LEAVENING AGENTS,YEAST,BAKER'S,ACTIVE DRY)

# Donut, Goodyman Powdered Sugar Mini Donuts, Super Bakery, WG

PER SERVING (1 pkg.)			
280 CALORIES	3.0g SAT FAT	290mg SODIUM	42.0g CARBS

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

**Made With:** Donut, Goodyman Powdered Sugar, Super Bakery, WG

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# Double Chocolate Muffins

PER SERVING (1 muffin)			
260 CALORIES	3.0g SAT FAT	148mg SODIUM	40.1g CARBS

**Allergens:** Contains Egg.

**Made With:** Water, Tap; Sugars, granulated; WHEAT FLOUR,WHOLE-GRAIN; Semi-Sweet Chocolate; OIL,CANOLA; High Fat Cocoa processed with alkali; EGG,WHITE,RAW,FRESH; Vinegar, Distilled, White; LEAVENING AGENTS,BAKING PDR,DOUBLE-ACTING,STRAIGHT PO4; Vanilla Extract, Pure; SALT,TABLE

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# Dressing, Cains Light Italian Dressing, Cains, 59770

PER SERVING (2 tsp.)			
15 CALORIES	0.0g SAT FAT	560mg SODIUM	2.0g CARBS

**Allergens:**

**Made With:** Dressing, Cains Light Italian Dressing, Cains, 59770

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# Dressing, Light Ranch Dressing, Cains, 52230

PER SERVING (1 Tbsp.)			
45 CALORIES	0.5g SAT FAT	145mg SODIUM	3.0g CARBS

**Allergens:** May contain Egg, Milk, Soy.

**Made With:** Dressing, Light Ranch Dressing, Cains, 52230

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# Dressing, Oriental Sesame, Ken's Foods Inc, KE0619

PER SERVING (2 Tbsp.)			
90 CALORIES	0.5g SAT FAT	320mg SODIUM	12.0g CARBS

**Allergens:** Contains Soy, Wheat.

**Made With:** Dressing, Oriental Sesame, Ken's Foods Inc, KE0619

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# Dressing, Ranch Low Fat, Heinz

PER SERVING (2 Tbsp.)			
50 CALORIES	0.5g SAT FAT	320mg SODIUM	8.0g CARBS

**Allergens:** Contains Milk, Soy.

**Made With:** Ranch, Low Fat

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## Dressing, Ranch Low Fat, Heinz

PER SERVING (1 Tbsp.)			
25 CALORIES	0.3g SAT FAT	160mg SODIUM	4.0g CARBS

**Allergens:** Contains Milk, Soy.

**Made With:** Ranch, Low Fat

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## Dressing, Raspberry Vinaigrette FF SS, Ken's, KE0630B3

PER SERVING (1 ea.)			
45 CALORIES	0.0g SAT FAT	110mg SODIUM	12.0g CARBS

**Allergens:**

**Made With:** Dressing, Raspberry Vinaigrette FF SS, Ken's, KE0630B3

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## Dressing, Vinaigrette Balsamic, 4/1 gal., Ken's, KE0955

PER SERVING (2 tsp.)			
60 CALORIES	0.5g SAT FAT	190mg SODIUM	4.0g CARBS

**Allergens:**

**Made With:** Dressing, Vinaigrette Balsamic, 4/1 gal., Ken's, KE0955

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# Enchilada, Chicken

PER SERVING (1 ea.)			
358 CALORIES	8.3g SAT FAT	1565mg SODIUM	29.8g CARBS

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

**Made With:** Chicken, Fajita Strips Fully Cooked Frozen IQF 30 LB, USDA, 100117, A563, MMA; Tortilla, Whole Wheat, 10", 2oz eq; Coating for Enchilada (Water, tap, municipal; Spice, Chili powder, mild, 6/18 oz; as purchased); Cheese, American, 160 count

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# French Toast Sticks w/ Turkey Sausages, 2.5 oz WG, 2 oz MMA

PER SERVING (1 ea.)			
615 CALORIES	5.8g SAT FAT	685mg SODIUM	81.3g CARBS

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

**Made With:** Bread, French Toast Sticks, Hilltop Hearth; Turkey, Pre-cooked Turkey Sausage Patty, 1.025 oz, Frozen, Jennie-O, 6132, MMA; Breakfast Syrup, Smuckers

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# Fruit, Blueberries, Frozen, USDA Foods, 110623, F

PER SERVING (1/2 c.)			
40 CALORIES	0.0g SAT FAT	1mg SODIUM	9.0g CARBS

**Allergens:**

**Made With:** Fruit, Blueberries, Frozen, USDA Foods, 110623, F



## Fruit, Mixed, Canned

PER SERVING (1/2 c.)			
69 CALORIES	0.0g SAT FAT	8mg SODIUM	17.9g CARBS

Allergens:

Made With: Fruit, Mixed, Canned

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## Fruit, Peach Cup 4.75 oz, AdvancePierre Foods, 801401, F

PER SERVING (1 ea.)			
60 CALORIES	0.0g SAT FAT	5mg SODIUM	17.0g CARBS

Allergens:

Made With: Fruit, Peach Cup 4.75 oz, AdvancePierre Foods, 801401, F

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## General Tso's Chicken w/ Brown Rice, 2 oz M/MA, 2 oz WGR

PER SERVING (1 serv.)			
450 CALORIES	1.4g SAT FAT	454mg SODIUM	65.7g CARBS

Allergens: Contains Egg, Milk, Soy, Wheat.

Made With: Rice, brown, long-grain, cooked; Raw Whole Grain Breaded Boneless Wing; General Tso's Sauce (Soup, stock, chicken; Sugars, granulated; Soy sauce made from soy and wheat (shoyu), low sodium; VINEGAR,DISTILLED; Water, Tap; Cornstarch; Spice, Garlic, Granulated, Culinary Secrets, 10940; Spice, Ginger, ground, 6/15 oz; as purchased; PEPPER,WHITE; PEPPERS, CRUSHED RED; PEPPER,RED OR CAYENNE)

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# Goodyman Mini Donuts, Whole Grain Chocolate Enrobed, Super Bakery, 6686, WGR

PER SERVING (3 ounces)			
300 CALORIES	8.0g SAT FAT	290mg SODIUM	39.0g CARBS

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

**Made With:** Goodyman Mini Donuts, Whole Grain Chocolate Enrobed, Super Bakery, 6686, WGR

---

# Grapes, american type (slip skin), raw

PER SERVING (1/2 c.)			
31 CALORIES	0.1g SAT FAT	1mg SODIUM	7.9g CARBS

**Allergens:**

**Made With:** GRAPES,AMERICAN TYPE (SLIP SKN),RAW

---

# Honeydew, raw

PER SERVING (1/2 c.)			
31 CALORIES	0.0g SAT FAT	15mg SODIUM	7.7g CARBS

**Allergens:**

**Made With:** HONEYDEW,RAW

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Jelly, Grape 14 g, Smucker's,  
5150000764

PER SERVING (1 packet)			
35 CALORIES	0.0g SAT FAT	5mg SODIUM	9.0g CARBS

Allergens:

Made With: Jelly, Grape 14 g, Smucker's, 5150000764

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Juice, Sun Cups, Apple/ OJ/  
Grape, FJ

PER SERVING (1 Carton)			
67 CALORIES	0.0g SAT FAT	9mg SODIUM	16.3g CARBS

Allergens:

Made With: Juice, Orange Juice, 4oz cup, 100%, Suncup, 090100, F; Juice, Apple, 100% with Vitamin C, 4 oz, Suncup, 090303, F; Juice, Grape, 100% with Vitamin C, 4 oz, Suncup, 090501, F; Juice, Fruit Punch 100% SS Cup Frozen, Country Pure Foods, Ardmore Farms, 41391, F

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Lettuce, Romaine, Chopped,  
Fresh, Veg-DG

PER SERVING (1 c.)			
12 CALORIES	0.0g SAT FAT	6mg SODIUM	2.4g CARBS

Allergens:

Made With: Lettuce, Romaine, Chopped, Fresh, Veg-DG

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# Maple Pancakes w/ Turkey Sausage, 2 oz WG, 2 oz MMA

PER SERVING (1 pkg.)			
330 CALORIES	3.0g SAT FAT	480mg SODIUM	35.0g CARBS

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

**Made With:** Pancake, Eggo Bites Mini Pancakes Maple (new), WG; Turkey, Pre-cooked Turkey Sausage Patty, 1.025 oz, Frozen, Jennie-O, 6132, MMA

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# Mayonnaise, Light, pc, Heinz, 532050

PER SERVING (1 ea.)			
40 CALORIES	0.0g SAT FAT	105mg SODIUM	3.0g CARBS

**Allergens:**

**Made With:** Mayonnaise, Light, pc, Heinz, 532050

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# Milk, 1% Milk, Lactaid, Milk

PER SERVING (1 c.)			
110 CALORIES	1.5g SAT FAT	125mg SODIUM	13.0g CARBS

**Allergens:** Contains Milk.

**Made With:** Milk, 1% Milk, Lactaid Milk

# Milk, 1%, Marburger

PER SERVING (8 ounces)			
100 CALORIES	1.5g SAT FAT	120mg SODIUM	12.0g CARBS

Allergens: Contains Milk.

Made With: Milk, 1%, Marburger

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# Milk, Fat Free Chocolate, Marburger

PER SERVING (8 oz 1 serving)			
140 CALORIES	0.0g SAT FAT	180mg SODIUM	27.0g CARBS

Allergens: Contains Milk.

Made With: Milk, Fat Free Chocolate, Marburger

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# Milk, Fat Free Milk, Half Pint, Lactaid, MILK

PER SERVING (1 Carton)			
90 CALORIES	0.0g SAT FAT	125mg SODIUM	13.0g CARBS

Allergens: Contains Milk.

Made With: Milk, Fat Free Milk, Half Pint, Lactaid, MILK

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# Milk, Fat Free Skim Milk, Half Pint, Schneider's,

PER SERVING (1 cup serving)			
80 CALORIES	0.0g SAT FAT	130mg SODIUM	12.0g CARBS

**Allergens:** Contains Milk.

**Made With:** Milk, Fat Free Skim Milk, Half Pint, Schneider's, MILK

---

# Milk, Fat Free Skim, Marburger

PER SERVING (8 oz 1 serving)			
80 CALORIES	0.0g SAT FAT	120mg SODIUM	12.0g CARBS

**Allergens:** Contains Milk.

**Made With:** Milk, Fat Free Skim, Marburger

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# Milk, Fat Free Strawberry, Marburger

PER SERVING (8 oz 1 serving)			
140 CALORIES	0.0g SAT FAT	110mg SODIUM	28.0g CARBS

**Allergens:** Contains Milk.

**Made With:** Milk, Fat Free Strawberry, Marburger

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# Milk, Fat Free Vanilla, Marburger

PER SERVING (8 oz 1 serving)			
140 CALORIES	0.0g SAT FAT	95mg SODIUM	28.0g CARBS

**Allergens:** Contains Milk.

**Made With:** Milk, Fat Free Vanilla, Marburger

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# Milk, Light Milk Super Cool Milk 1% Milk, Schneide

PER SERVING (1 cup serving)			
100 CALORIES	1.5g SAT FAT	125mg SODIUM	12.0g CARBS

**Allergens:** Contains Milk.

**Made With:** Milk, Light Milk Super Cool Milk 1% Milk, Schneider's, MILK

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# Milk, Schneider's Skinny Mini's Fat Free Chocolate

PER SERVING (1 cup serving)			
119 CALORIES	0.0g SAT FAT	110mg SODIUM	22.0g CARBS

**Allergens:**

**Made With:** Milk, Schneider's Skinny Mini's Fat Free Chocolate Milk, Half Pint, Schneider's, MILK

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# Milk, Schneider's Skinny Mini's Fat Free Strawberr

PER SERVING (1 cup serving)			
130 CALORIES	0.0g SAT FAT	120mg SODIUM	24.0g CARBS

Allergens:

Made With: Milk, Schneider's Skinny Mini's Fat Free Strawberry Milk, Half Pint, Schneider's, MILK

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# Milk, Schneider's Skinny Mini's Fat Free Vanilla M

PER SERVING (1 cup serving)			
130 CALORIES	0.0g SAT FAT	120mg SODIUM	24.0g CARBS

Allergens:

Made With: Milk, Schneider's Skinny Mini's Fat Free Vanilla Milk, Half Pint, Schneider's, MILK

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# Mustard, Packet 5.5g, Heinz, 530600

PER SERVING (1 ea.)			
0 CALORIES	0.0g SAT FAT	69mg SODIUM	0.0g CARBS

Allergens:

Made With: Mustard, Packet 5.5g, Heinz, 530600

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# Orange Chicken w/ Brown Rice, 2 oz M/MA, 2 oz WGR

PER SERVING (1 serv.)			
660 CALORIES	1.4g SAT FAT	528mg SODIUM	119.4g CARBS

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

**Made With:** Rice, brown, long-grain, cooked; Raw Whole Grain Breaded Boneless Wing; Water, Tap; Sugars, brown (Sugars, brown); Vinegar, Cider (Vinegar, Cider); LEMON JUC,CND OR BTLD; Juice, Orange Juice, 4oz cup, 100%, Suncup, F; Soy sauce made from soy and wheat (shoyu), low sodium; Cornstarch; Orange Peel, Raw; ONION, CHOPPED, DRY; Spices, garlic powder; Spice, Ginger, ground, 6/15 oz; as purchased

# Orange, Mandarin Orange, Whole Segment, In Juice, Carbotrol

PER SERVING (1/2 c.)			
51 CALORIES	0.0g SAT FAT	15mg SODIUM	13.3g CARBS

**Allergens:**

**Made With:** Orange, Mandarin Orange, Whole Segment, In Juice, Canned

# Orange, Raw, Whole

PER SERVING (1 ea.)			
73 CALORIES	0.0g SAT FAT	0mg SODIUM	18.1g CARBS

**Allergens:**

**Made With:** ORANGES, ASSORTED VARIETIES, RAW

# Pasta, Lasagna Rollup w/ Breadstick, MMA, WG, Veg-RO

PER SERVING (1 serv.)			
357 CALORIES	5.0g SAT FAT	654mg SODIUM	49.4g CARBS

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

**Made With:** Pasta, Lasagna Rollup, Whole Grain Cheese, Tasty Brands, 00801WG, MMA, WG; Spaghetti Sauce, Nutritionally Enhanced, Red Pack, Red Gold, RPKMA9E, Veg-RO; Breadstick, New York Garlic Wheat made with Whole Grain, Marzetti, 15021, WGR

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# Pasta, Mini Cheese Ravioli w/ Breadstick, MMA, WG

PER SERVING (1 serv.)			
404 CALORIES	4.0g SAT FAT	847mg SODIUM	59.9g CARBS

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

**Made With:** Ravioli,Whole Grain Mini Cheese, Tasty Brands, WG, MMA; Spaghetti Sauce, Nutritionally Enhanced, Red Pack, Red Gold, RPKMA9E, Veg-RO; Breadstick, New York Garlic Wheat made with Whole Grain, Marzetti, 15021, WGR

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# Pasta, Pasta Bar 2 oz MMA, 2 oz WG

PER SERVING (1 ea.)			
1159 CALORIES	5.9g SAT FAT	1049mg SODIUM	186.9g CARBS

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

**Made With:** Pasta, WG Penne, Dakota, 92010; Sauce, Mix, Alfredo, 12g, Trio, 11250190; Beef, Smart Picks Beef Meatballs, Advance Pierre, 1-17-505-0, MMA; Spaghetti Sauce, Nutritionally Enhanced, Red Pack, Red Gold, RPKMA9E, Veg-RO; Cheese, Mozzarella, Lite, Frozen, Shredded, Part Skim Milk, 50339,MMA; CHICKEN, DICED, COOKED, IQF, MEAT ONLY

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# Pasta, Stuffed Shells w/ Breadstick, WG, MMA

PER SERVING (1 serv.)			
384 CALORIES	4.5g SAT FAT	1025mg SODIUM	54.0g CARBS

**Allergens:** Contains Egg, Milk, Wheat.

**Made With:** Pasta, Stuffed Shells, Whole Grain Cheese, Tasty Brands, 00803WG, MMA, WG; Sauce, Multi-Purpose Spaghetti, Red Pack, Red Gold, RPKMA9C, Veg-RO; Breadstick, New York Garlic Wheat made with Whole Grain, Marzetti, 15021, WGR

# PBJ, Smuckers, Daily Alternate-High GNG

PER SERVING (1 sandwich)			
490 CALORIES	6.5g SAT FAT	690mg SODIUM	57.0g CARBS

**Allergens:** Contains Gluten, Peanuts, Wheat.

**Made With:** Uncrustables, 2.6 oz Peanut Butter & Grape Jelly Sandwich on Wheat, Smucker's, 5150006960, WGR, MMA; Apples, Pre-Sliced, Bagged; Removed in CN20 MOZZARELLA STRING CHEESE; Pretzel, Rold Gold Heartzels, Frito-Lay, PepsiCo, 15940, WGR (Pretzel, Rold Gold Heartzels, SS, Frito-Lay, 15940, WG)

# PBJ, Smuckers, Daily Alternate-Middle GNG

PER SERVING (1 sandwich)			
490 CALORIES	6.5g SAT FAT	690mg SODIUM	57.0g CARBS

**Allergens:** Contains Gluten, Peanuts, Wheat.

**Made With:** Uncrustables, 2.6 oz Peanut Butter & Grape Jelly Sandwich on Wheat, Smucker's, 5150006960, WGR, MMA; Apples, Pre-Sliced, Bagged; Removed in CN20 MOZZARELLA STRING CHEESE; Pretzel, Rold Gold Heartzels, SS, Frito-Lay, 15940, WG

# Peaches, Yellow Cling, Sliced, In Light Syrup

PER SERVING (1/2 c.)			
70 CALORIES	0.0g SAT FAT	10mg SODIUM	17.0g CARBS

**Allergens:**

**Made With:** Peaches, Yellow Cling, Sliced, In Light Syrup, Natures Orchard, F

Pears, bartlett, canned, sliced,  
A433

PER SERVING (1/2 c.)			
62 CALORIES	0.0g SAT FAT	5mg SODIUM	16.0g CARBS

Allergens:

Made With: PEARS, BARTLETT, CANNED, SLICED, JUICE PACK

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Peas, green ,[100350, A160]

PER SERVING (1/2 c.)			
62 CALORIES	0.0g SAT FAT	58mg SODIUM	11.4g CARBS

Allergens:

Made With: PEAS, GREEN, COOKED FROM FROZEN, WITHOUT SALT

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Pepperoni Roll, M/MA, WG

PER SERVING (1 slice)			
355 CALORIES	4.3g SAT FAT	764mg SODIUM	41.0g CARBS

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

Made With: Dough, 16" White Wheat Pizza Crust, Rich's Foodservice, 04648, WGR (Dough, Par-Baked Crust, White Wheat, 16", Rich's Foodservice, 04648, WG); Cheese, Mozzarella, Lite, Frozen, Shredded, Part Skim Milk, 50339,MMA; Pepperoni, Sliced 14-16 Count, Cooked, Roseli, 342216

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# Peppers, Red, Raw

PER SERVING (1/2 c.)			
23 CALORIES	0.0g SAT FAT	3mg SODIUM	4.5g CARBS

Allergens:

Made With: Red Peppers, Raw, Veg-RO

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# Peppers, sweet, green, raw

PER SERVING (1/2 cup, chopped)			
15 CALORIES	0.0g SAT FAT	2mg SODIUM	3.5g CARBS

Allergens:

Made With: PEPPERS,SWT,GRN,RAW

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# Pineapple Tidbits, Canned, In Juice, F

PER SERVING (1/2 c.)			
60 CALORIES	0.0g SAT FAT	10mg SODIUM	14.0g CARBS

Allergens:

Made With: Pineapple Tidbits, Canned, In Juice, F

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# Pizza 16", BBQ Chicken, MMA, WG

PER SERVING (1 ea.)			
451 CALORIES	10.3g SAT FAT	1068mg SODIUM	44.8g CARBS

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

**Made With:** Dough, Pizza, Sheeted, 16", 51%, Rich's Foodservice, 09718, WGR; Cheese, Cheddar, Shredded; Sauce, BBQ Dispenser Pack, Heinz, 500100; Chicken, Fajita Strips Fully Cooked Frozen IQF 30 LB, USDA, 100117, A563, MMA

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# Pizza 16", Cheese & Pepperoni, MMA, WG

PER SERVING (1 slices,each)			
411 CALORIES	10.4g SAT FAT	794mg SODIUM	40.1g CARBS

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

**Made With:** Dough, Pizza, Sheeted, 16", 51%, Rich's Foodservice, 09718, WGR; Cheese, Mozzarella, Shredded, Whole Milk, MMA; Sauce, Pizza Sauce Low Sodium, Red Pack, Veg-RO (Sauce, Pizza Sauce Low Sodium, Red Pack, Veg-RO); Pepperoni, Sliced 14-16 Count, Cooked, Roseli, 342216

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# Pizza 16", Cheese and Sausage, MMA, WG

PER SERVING (1 Slice (1/8th of Pizza))			
425 CALORIES	10.9g SAT FAT	808mg SODIUM	40.6g CARBS

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

**Made With:** Dough, Pizza, Sheeted, 16", 51%, Rich's Foodservice, 09718, WGR; Cheese, Mozzarella, Shredded, Whole Milk, MMA; Sauce, Pizza Sauce Low Sodium, Red Pack, Veg-RO (Sauce, Pizza Sauce Low Sodium, Red Pack, Veg-RO); SAUSAGE, ITALIAN CRUMBLE PORK COOKED

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# Pizza 16", Cheese, MMA, WG

PER SERVING (1 Slice (1/8th of Pizza))			
374 CALORIES	9.1g SAT FAT	659mg SODIUM	40.1g CARBS

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

**Made With:** Dough, Pizza, Sheeted, 16", 51%, Rich's Foodservice, 09718, WGR; Cheese, Mozzarella, Shredded, Whole Milk, MMA; Sauce, Pizza Sauce Low Sodium, Red Pack, Veg-RO (Sauce, Pizza Sauce Low Sodium, Red Pack, Veg-RO)

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# Pizza 16", Veggie, MMA, Veg-DG & O, WG

PER SERVING (1 Slice (1/8th of Pizza))			
384 CALORIES	9.1g SAT FAT	664mg SODIUM	42.2g CARBS

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

**Made With:** Dough, Pizza, Sheeted, 16", 51%, Rich's Foodservice, 09718, WGR; Cheese, Mozzarella, Shredded, Whole Milk, MMA; Sauce, Pizza Sauce Low Sodium, Red Pack, Veg-RO (Sauce, Pizza Sauce Low Sodium, Red Pack, Veg-RO); Onions, raw; PEPPERS,SWT,GRN,RAW; Broccoli, raw (Broccoli, Floret Iceless Poly Pack Fresh Ref, Cross Valley Farm, 042287, Veg-DG); Red Peppers, Raw, Veg-RO

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# Pizza 16", White, MMA, Veg-RO, WG

PER SERVING (1 Slice (1/8th of Pizza))			
432 CALORIES	10.1g SAT FAT	642mg SODIUM	40.0g CARBS

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

**Made With:** Dough, Pizza, Sheeted, 16", 51%, Rich's Foodservice, 09718, WGR; Cheese, Mozzarella, Shredded, Whole Milk, MMA; Raw tomatoes; OIL,SOYBN,SALAD OR COOKING

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# Pizza 16", White, Spinach Tomato Feta, MMA, Veg-RO, WG

PER SERVING (1 Slice (1/8th of Pizza))			
513 CALORIES	14.3g SAT FAT	925mg SODIUM	42.2g CARBS

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

**Made With:** Dough, Pizza, Sheeted, 16", 51%, Rich's Foodservice, 09718, WGR; Cheese, Mozzarella, Shredded, Whole Milk, MMA; Raw tomatoes; Spinach, Fresh, baby Flat leaf, Veg-DG (Spinach, Fresh, baby Flat leaf, Veg-DG); CHEESE,FETA; OIL,SOYBN,SALAD OR COOKING

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# Pizza, Big Daddy's Bold 16" 51% WG Rolled Edge Cheese, Schwan's Food Service, Inc, 78985 WG, MMA, Veg-RO

PER SERVING (1 slice)			
400 CALORIES	7.0g SAT FAT	440mg SODIUM	43.0g CARBS

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

**Made With:** Pizza, Big Daddy's Bold 16" 51% WG Rolled Edge Cheese, Schwan's Food Service, Inc, 78985 WG, MMA, Veg-RO

# Pizza, Breakfast Pizza, 3oz MMA, 2oz WG

PER SERVING (1 slice 1/8 pizza)			
422 CALORIES	6.5g SAT FAT	907mg SODIUM	37.0g CARBS

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

**Made With:** Dough, Pizza, Sheeted, 16", 51%, Rich's Foodservice, 09718, WGR; Cheese, Mozzarella, Lite, Frozen, Shredded, Part Skim Milk, 50339,MMA; Egg, Patty Scrambled 1.25 oz Round IQF, Frozen/Grilled/Cooked, Michael Foods, 46025-85017, MMA; Pork, Bacon, Sugardale

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# Pizza, Buffalo Chicken, MMA, WG

PER SERVING (1 Slice (1/8th of Pizza))			
493 CALORIES	8.0g SAT FAT	1544mg SODIUM	49.7g CARBS

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

**Made With:** Dough, Pizza, Sheeted, 16", 51%, Rich's Foodservice, 09718, WGR; Raw Whole Grain Breaded Boneless Wing; Cheese, Cheddar Mild Wrapped Yellow, 10 lb., Glenview Farms, 425654, MMA; Dressing, Ranch Low Fat, Heinz (Ranch, Low Fat); Cheese, Mozzarella, Lite, Frozen, Shredded, Part Skim Milk, 50339,MMA; Condiment, Hot Sauce, Texas Pete, 10.012

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## Pizza, Hawaiian, MMA, WG

PER SERVING (1 Slice (1/8th of Pizza))			
407 CALORIES	5.3g SAT FAT	896mg SODIUM	40.2g CARBS

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

**Made With:** Dough, Pizza, Sheeted, 16", 51%, Rich's Foodservice, 09718, WGR; Cheese, Mozzarella, Lite, Frozen, Shredded, Part Skim Milk, 50339,MMA; Ham, Cooked, Farmland Foods, A693 MMA; Pineapple Tidbits, Canned, In Juice, F; Oil, Olive Oil

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## Pizza, Meat Lovers, MMA, WG

PER SERVING (1 Slice (1/8th of Pizza))			
411 CALORIES	6.4g SAT FAT	1059mg SODIUM	38.7g CARBS

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

**Made With:** Dough, Pizza, Sheeted, 16", 51%, Rich's Foodservice, 09718, WGR; Cheese, Mozzarella, Lite, Frozen, Shredded, Part Skim Milk, 50339,MMA; Sauce, Pizza Fully Prepared #10 Can, Angela Mia, ConAgra Foods, 2700038866, Veg-RO; Sausage, Turkey Patty, 1.03oz, Cooked, MMA; Ham, Cooked, Farmland Foods, A693 MMA; Pepperoni, Sliced 14-16 Count, Cooked, Roseli, 342216; Pork, Bacon, Sugardale

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## Potato, Curly Fries

PER SERVING (1/2 c.)			
139 CALORIES	1.7g SAT FAT	392mg SODIUM	18.3g CARBS

**Allergens:** Contains Wheat.

**Made With:** Potato, Curly Fries, Spiral

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Potato, French Fry 5/16" Straight Cut, JR Simplot, 10071179474128, Veg-S

PER SERVING (4 oz.)			
160 CALORIES	1.0g SAT FAT	390mg SODIUM	22.0g CARBS

Allergens: Contains Gluten, Soy, Wheat.

Made With: Potato, French Fry 5/16" Straight Cut, JR Simplot, 10071179474128, Veg-S

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Potato, french-fry wedge cut w/ peel, frozen, Veg-S

PER SERVING (1/2 c.)			
120 CALORIES	1.0g SAT FAT	15mg SODIUM	18.0g CARBS

Allergens:

Made With: Potato, french-fry wedge cut w/ peel, frozen, Veg-S

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Potato, Sweet Potato French Fry, Simplot, Veg-RO

PER SERVING (1 serving 1/ 2 cup)			
140 CALORIES	1.0g SAT FAT	135mg SODIUM	20.0g CARBS

Allergens:

Made With: Potato, Sweet Potato French Fry, 3/8 Crinkle Cut, J R Simplot, 10071179020356, Veg-RO

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# Potato,Tator Tots, Veg-S

PER SERVING (3 ounces)			
168 CALORIES	1.5g SAT FAT	227mg SODIUM	18.8g CARBS

Allergens: Contains Soy.

Made With: Potato,Tator Tots, Veg-S

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# Raisins, seedless, not packed, regular moisture [100294, A500]

PER SERVING (1/4 c.)			
117 CALORIES	0.0g SAT FAT	4mg SODIUM	29.1g CARBS

Allergens:

Made With: Raisins, seedless, not packed, regular moisture [100294, A500]

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# Relish, Monarch, 270017, Condiment

PER SERVING (1 pouch)			
15 CALORIES	0.0g SAT FAT	70mg SODIUM	3.0g CARBS

Allergens:

Made With: Relish, Monarch, 270017, Condiment

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# Salad, Buffalo Chicken w/ WG Dinner Rolls, M/MA, WG, Veg-DG, Veg-RO, Veg-O

PER SERVING (1 ea.)			
433 CALORIES	4.3g SAT FAT	987mg SODIUM	46.7g CARBS

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

**Made With:** Lettuce, Romaine, Chopped, Fresh, Veg-DG; Chicken, Nuggets, Tyson, WG; Rolls, Wheat WG Dinner, Schwebels, 192, WGR; CAULIFLOWER,RAW; Tomato Wedges (Tomatoes, red, ripe, raw, year round average); Broccoli, raw (Broccoli, Floret Iceless Poly Pack Fresh Ref, Cross Valley Farm, 042287, Veg-DG); Cheese, Cheddar, Shredded; Condiment, Hot Sauce, Texas Pete, 10.012

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# Salad, Chicken Caesar Salad, 9-12, MMA, WG, Veg-DG, Veg-O

PER SERVING (1 salad)			
454 CALORIES	6.5g SAT FAT	1079mg SODIUM	44.9g CARBS

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

**Made With:** LETTUCE,COS OR ROMAINE,RAW; Rolls, Wheat WG Dinner, Schwebels, 192, WGR; CHICKEN, DICED, COOKED, IQF, MEAT ONLY; Dressing, Caesar Creamy Special, Ken's, KE0728; Cheese, Mozzarella, Shredded, Whole Milk, MMA; Croutons, Cheese and Garlic Whole Grain (Croutons, Cheese and Garlic Whole Grain)

# Salad, Chopped Garden (new), MMA, WG, Veg-DG, Veg-RO, Veg-O

PER SERVING (1 salad)			
437 CALORIES	10.1g SAT FAT	925mg SODIUM	42.6g CARBS

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

**Made With:** Lettuce, Romaine, Chopped, Fresh, Veg-DG; Rolls, Wheat WG Dinner, Schwebels, 192, WGR; Tomatoes, red, ripe, raw, year round average; Olives, ripe, canned (small-extra large); CARROTS,RAW; Cheese, Mozzarella, Shredded, Whole Milk, MMA; Cheese, Cheddar, Shredded; Cucumber, with peel, raw; Broccoli, raw (Broccoli, Floret Iceless Poly Pack Fresh Ref, Cross Valley Farm, 042287, Veg-DG)

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# Salad, Crispy Chicken (new), 9-12, MMA, WG, Veg-DG, Veg-RO, Veg-O

PER SERVING (1 salad)			
553 CALORIES	4.6g SAT FAT	1036mg SODIUM	55.9g CARBS

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

**Made With:** Chicken, Tenderloin Shaped Nugget, Tyson, WG; LETTUCE,COS OR ROMAINE,RAW; CAULIFLOWER,RAW; Tomatoes, red, ripe, raw, year round average; Rolls, Wheat WG Dinner, Schwebels, 192, WGR; Broccoli, raw (Broccoli, Floret Iceless Poly Pack Fresh Ref, Cross Valley Farm, 042287, Veg-DG); Crouton, Cubed, Seasoned, TFF Bulk, Monarch, 355375, Non-WG; Cheese, Cheddar, Shredded

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# Salad, Salad Bar, MMA, WG

PER SERVING (1 salad)			
572 CALORIES	6.1g SAT FAT	1452mg SODIUM	61.4g CARBS

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

**Made With:** Lettuce, 80% Romaine 20% Spring Mix Blend, Taylor Farms, 1061162895797, Veg-DG; Cucumber, with peel, raw; Raw Whole Grain Breaded Boneless Wing; DOUGH, BREADSTICK WHOLE GRAIN 1.2 OZ , Rich's, 12194; Cheese, Cheddar, Shredded; Condiment, Hot Sauce, Texas Pete; Spinach, Fresh, baby Flat leaf, Veg-DG; Chicken, Red Label Select Cut Grilled Filets, Fully Cooked, Tyson, 38350-928, MMA; Tomatoes, red, ripe, raw, year round average; Croutons, Cheese and Garlic Whole Grain; Olives, ripe, canned (small-extra large); Potatoes, French Fries, Crinkle Cut, Frozen, Veg-S (Potatoes, French Fries, Crinkle Cut, Frozen, Veg-S)

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# Sandwich, Baked Meatball Sandwich on WG Bun, 2.5 oz MMA, 2 oz WG, 1/4 Cup Veg-RO

PER SERVING (1 ea.)			
338 CALORIES	4.5g SAT FAT	620mg SODIUM	33.9g CARBS

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

**Made With:** Beef, Smart Picks Beef Meatballs, Advance Pierre, 1 -17-505-0, MMA; Spaghetti Sauce, Nutritionally Enhanced, Red Pack, Red Gold, RPKMA9E, Veg-RO; Bun, White Whole Grain Hot Dog, Schwebels, 127, WGR; Cheese, Mozzarella, Lite, Frozen, Shredded, Part Skim Milk, 50339,MMA

# Sandwich, BBQ Ribby 2 oz MMA, 2 WG

PER SERVING (1 ea.)			
388 CALORIES	4.0g SAT FAT	1402mg SODIUM	55.1g CARBS

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

**Made With:** Pork, Super Rib Pattie with Built-in BBQ Sauce, AdvancePierre Foods, 3-44-531-0, MMA; Bun, White WG Hamburger, Schwebels, 126, WGR; Sauce, BBQ Dispenser Pack, Heinz, 500100

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# Sandwich, Buffalo Chicken Patty w/ Pepper Jack Cheese, 3 oz MMA/ 2 oz WG

PER SERVING (1 ea.)			
486 CALORIES	8.5g SAT FAT	1150mg SODIUM	44.0g CARBS

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

**Made With:** Chicken Patty, Traditional Whole Grain Breaded, Pilgrim's Pride, Gold Kist, 66210, MMA, WG; Bun, White WG Hamburger, Schwebels, 126, WGR; Cheese, Pepper Jack Cheese Cubes, Land O' Lakes, 44114, MMA (Cheese, Pepper Jack Cheese Cubes, Land O' Lakes, 44114, MMA); Condiment, Hot Sauce, Texas Pete, 10.012 (Condiment, Hot Sauce, Texas Pete, 10.012)

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## Sandwich, Cheese Steak, Hoagie, 6-8, 9-12, MMA, WG

PER SERVING (1 sandwich)			
550 CALORIES	15.0g SAT FAT	595mg SODIUM	30.5g CARBS

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

**Made With:** Philly Steak; Bun, White Whole Grain Hoagie, Schwebels, 125, WGR; Cheese, American, 160 count

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## Sandwich, Chicken Patty, 2 oz MMA/ 1 oz WG, 2 oz WG

PER SERVING (1 ea.)			
376 CALORIES	2.5g SAT FAT	640mg SODIUM	43.0g CARBS

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

**Made With:** Chicken Patty, Traditional Whole Grain Breaded, Pilgrim's Pride, Gold Kist, 66210, MMA, WG; Bun, White WG Hamburger, Schwebels, 126, WGR

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## Sandwich, Deli Hoagie, MMA, WG, 6-8, 9-12

PER SERVING (1 sandwich)			
320 CALORIES	3.5g SAT FAT	1355mg SODIUM	32.7g CARBS

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

**Made With:** Bun, White Whole Grain Hoagie, Schwebels, 125, WGR; TURKEY, BREAST, DELI-STYLE, COOKED THEN FROZEN; HAM,SLICED,PACKAGED (96% FAT FREE,H2O ADDED); Cheese, American, 160 count

# Sandwich, Double Dogs on WG Buns, 4 oz MMA, 3.5 oz WG

PER SERVING (1 ea.)			
539 CALORIES	5.0g SAT FAT	1117mg SODIUM	58.0g CARBS

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

**Made With:** Bun, Whole Grain Hot Dog, Schwebels, 119, WGR; Hot Dog, Turkey

# Sandwich, Italian Grinder, 9-12, MMA, WG

PER SERVING (1 ea.)			
377 CALORIES	6.8g SAT FAT	1510mg SODIUM	35.1g CARBS

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

**Made With:** PORK, HAM, CURED, SLICED, PRECOOKED, WATER ADDED; Bun, White Whole Grain Hoagie, Schwebels, 125, WGR; Deli Meat, Salami, Cooked, Pork and Beef, Berks, 3212, MMA; Deli Meat, Pepperoni, Sandwich Style, Roseli/ U.S. Foodservice, 9328907; Cheese, Mozzarella, Shredded, Whole Milk, MMA

# Sandwich, Prem Spicy Chicken Patty, 2 oz MMA, 2 oz WG

PER SERVING (1 ea.)			
410 CALORIES	3.0g SAT FAT	680mg SODIUM	46.0g CARBS

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

**Made With:** Spicy WG Breaded Chicken Breast Fillet; Bun, White WG Hamburger, Schwebels, 126, WGR

Sandwich, Toasted/ Grilled  
Cheese Sandwich, 2 oz MMA, 2 oz  
WG

PER SERVING (1 sandwich)			
385 CALORIES	12.7g SAT FAT	1159mg SODIUM	26.9g CARBS

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

**Made With:** Bread, Wheat Whole Grain Bread, Schwebels, 263, WGR; Cheese, American, Commodity, B065, MMA; Margarine

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Soup, Tomato Soup, Canned,  
Campbell's, 51000-00016, Veg-  
RO

PER SERVING (1 c.)			
90 CALORIES	0.0g SAT FAT	480mg SODIUM	20.0g CARBS

**Allergens:**

**Made With:** Soup, Tomato Soup, Canned, Campbell's, 51000-00016, Veg-RO

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# Southwest Pork Nachos, MMA, WG

PER SERVING (1 serv.)			
608 CALORIES	10.1g SAT FAT	1143mg SODIUM	54.3g CARBS

**Allergens:** Contains Milk.

**Made With:** Chip, Tortilla, Crispy Rounds, Corn, Tostitos, PepsiCo, 47753, WG; Sauce, Cheese Nacho, Shelf Stable, Can, El Pasado, 447951, MMA; PORK, LEG ROAST (FRESH HAM), ROASTED; BBQe Sauce, Heinz (BBQue Sauce, Heinz); Vegetable, Lettuce, Iceberg, Shredded, Markon, Veg-O; Salsa, Low-Sodium, Canned, #10, USDA, 100330, Veg-RO; Condiment, Sour Cream, Glennview Farms

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# Strawberries, frozen, thawed, sliced, sweetened (sugar added) [A380]

PER SERVING (1/2 c.)			
122 CALORIES	0.0g SAT FAT	4mg SODIUM	30.0g CARBS

**Allergens:**

**Made With:** Strawberries, frozen, thawed, sliced, sweetened (sugar added) [A380]

# Stromboli, Ham and Cheese MMA, WG, Veg-RO

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

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

**Made With:** Dough, Pizza, Sheeted, 16", 51%, Rich's Foodservice, 09718, WGR; Sauce, Pizza Sauce Low Sodium, Red Pack, Veg-RO (Sauce, Pizza Sauce Low Sodium, Red Pack, Veg-RO); Cheese, Mozzarella, Shredded, Whole Milk, MMA; HAM,SLICED,PACKAGED (96% FAT FREE,H2O ADDED); OIL,OLIVE,SALAD OR COOKING; Pepperoni, Sliced 14-16 Count, Cooked, Roseli, 342216

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# Taco Bar, Beef & Chix w/ Soft Shells & Chips, MMA, WG

PER SERVING (2 ea.)			
374 CALORIES	7.7g SAT FAT	585mg SODIUM	32.8g CARBS

**Allergens:** Contains Milk, Wheat.

**Made With:** LETTUCE,ICEBERG (INCL CRISPHEAD TYPES),RAW; TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE; Condiment, Salsa, Canned, #10, Del Monte, Veg-RO; Condiment, Sour Cream, Glennview Farms; Sauce, Cheese Nacho, Shelf Stable, Can, El Pasado, 447951, MMA; Tortilla, 6", WW, Don Pancho; Chip, Tortilla, Crispy Rounds, Corn, Tostitos, PepsiCo, 47753, WG (Chip, Tortilla, Crispy Rounds, Corn, Tostitos, PepsiCo, 47753, WG); BEEF,GROUND,85% LN MEAT / 15% FAT,RAW; Removed in CN21 CHEESE, CHEDDAR, YELLOW, REDUCED FAT, SHREDDED; CHICKEN, DICED, COOKED, IQF, MEAT ONLY; Rice, brown, long-grain, cooked; Seasoning, Taco Seasoning Mix, San Pablo, 26234 (Seasoning, Taco Seasoning Mix, San Pablo, 26234)

# Taco, Beef Taco with Nacho Chips, MMA, WG

PER SERVING (1 ea.)			
386 CALORIES	7.9g SAT FAT	662mg SODIUM	34.2g CARBS

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

**Made With:** Beef, Crumbles, Fully Cooked, Bulk, CN, Maid-Rite Steak Company, 75156-93100, MMA; Tortilla, Flour, 6", Mission Foods, 595450, Non-WG; Tortilla, Corn Chips, WG; Lettuce, iceberg (includes crisphead types), raw; Water, Tap; Cheese, Cheddar, Shredded; Tomatoes, red, ripe, raw, year round average; Tomato products, canned, paste, without salt added; Onions, raw; Spice, Chili powder, mild, 6/18 oz; as purchased; Spices, garlic powder; Spices, Full Line; Cumin, ground, 6/16 oz; as purchased; Spices, pepper, black; Spices, onion powder; Spices, paprika

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# Toast, WG Bread Slice

PER SERVING (1 ea.)			
70 CALORIES	0.0g SAT FAT	115mg SODIUM	12.0g CARBS

**Allergens:** Contains Soy, Wheat.

**Made With:** Bread, White Whole Grain, Schwebels, 001, WGR

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# Tomatoes, Raw, Cherry, Veg- RO

PER SERVING (1/2 c.)			
14 CALORIES	0.0g SAT FAT	4mg SODIUM	3.0g CARBS

**Allergens:**

**Made With:** Tomatoes, Raw, Cherry, Veg- RO



# UV Apples, Red Delicious, 138 Count Washington Fancy,

PER SERVING (1 ea.)			
130 CALORIES	0.0g SAT FAT	0mg SODIUM	34.0g CARBS

Allergens:

Made With: Apples, Red Delicious, 138 Count Washington Fancy, Fresh, Raw, Cross Valley Farms, F

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# UV Orange, Raw, Whole

PER SERVING (1 piece)			
62 CALORIES	0.0g SAT FAT	0mg SODIUM	15.4g CARBS

Allergens:

Made With: ORANGES, ASSORTED VARIETIES, RAW

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# Watermelon, raw, diced

PER SERVING (1/2 cup, diced)			
25 CALORIES	0.0g SAT FAT	1mg SODIUM	5.7g CARBS

Allergens:

Made With: WATERMELON,RAW

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# Wrap, Bacon Egg & Cheese Wrap

## 2oz MMA, 2oz WG

PER SERVING (1 wrap)			
392 CALORIES	9.6g SAT FAT	1047mg SODIUM	30.0g CARBS

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

**Made With:** Tortilla, 10" Whole Wheat Tortilla, DonPancho; Egg, Patty Scrambled 1.25 oz Round IQF, Frozen/Grilled/Cooked, Michael Foods, 46025-85017, MMA; UV Cheese, American, State Brand, MMA (Cheese, American, State Brand, MMA); Pork, Bacon, Sugardale

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# Wrap, BBQ Chicken and Cheese

## Wrap, WG, 6-8, 9-12, MMA, WG

PER SERVING (1 wrap)			
380 CALORIES	7.2g SAT FAT	802mg SODIUM	36.3g CARBS

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

**Made With:** Tortilla, Whole Wheat, 10", 2oz eq; CHICKEN, DICED, COOKED, IQF, MEAT ONLY; BBQue Sauce, Heinz (BBQue Sauce, Heinz); Cheese, Cheddar, Shredded

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# Wrap, Chicken Caesar, 6-8, 9-12, M/MA, WG, Veg-DG, Veg-RO

PER SERVING (1 ea.)			
428 CALORIES	8.1g SAT FAT	833mg SODIUM	36.7g CARBS

**Allergens:** Contains Egg, Fish, Gluten, Milk, Wheat.

**Made With:** Tortilla, Whole Wheat, 10", 2oz eq; CHICKEN, DICED, COOKED, IQF, MEAT ONLY; LETTUCE,COS OR ROMAINE,RAW; Tomato, Fresh, Raw, All Red Varieties, Veg-RO; Dressing, Caesar Creamy Special, Ken's, KE0728; Cheese, Mozzarella, Shredded, Whole Milk, MMA

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# Wrap, Crispy Chicken, 6-8, 9-12, M/MA, WG, Veg-DG, Veg-RO

PER SERVING (1 ea.)			
418 CALORIES	5.7g SAT FAT	820mg SODIUM	45.3g CARBS

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

**Made With:** Chicken, Nuggets, Tyson, WG; Tortilla, Whole Wheat, 10", 2oz eq; LETTUCE,COS OR ROMAINE,RAW; Tomatoes, red, ripe, raw, year round average; Cheese, Mozzarella, Shredded, Whole Milk, MMA

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# Wrap, Egg & Cheese Wrap 2oz MMA, 2oz WG

PER SERVING (1 wrap)			
312 CALORIES	7.6g SAT FAT	777mg SODIUM	30.0g CARBS

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

**Made With:** Tortilla, 10" Whole Wheat Tortilla, DonPancho; Egg, Patty Scrambled 1.25 oz Round IQF, Frozen/Grilled/Cooked, Michael Foods, 46025-85017, MMA; UV Cheese, American, State Brand, MMA (Cheese, American, State Brand, MMA)

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# Wrap, Sausage Egg & Cheese Wrap MMA, WG

PER SERVING (1 wrap)			
372 CALORIES	8.7g SAT FAT	897mg SODIUM	30.2g CARBS

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

**Made With:** Tortilla, 10" Whole Wheat Tortilla, DonPancho; Egg, Patty Scrambled 1.25 oz Round IQF, Frozen/Grilled/Cooked, Michael Foods, 46025-85017, MMA; UV Cheese, American, State Brand, MMA (Cheese, American, State Brand, MMA); Removed in CN20 PRECOOKED TURKEY SAUSAGE PATTY

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# Yogurt Parfait w/ Fruit & Granola

PER SERVING (1 serv.)			
480 CALORIES	2.0g SAT FAT	270mg SODIUM	86.2g CARBS

**Allergens:** Contains Milk, Soy.

**Made With:** Strawberries, frozen, thawed, sliced, sweetened (sugar added) [A380]; Yogurt, Vanilla Low Fat 1.5% Quart, Dannon, 210, MMA; Whole Grain Oats 'N Honey Granola, Nature Valley

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