Item	Serving Size	Calories	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
CANNED FRUITS									
applesauce	.50 cup	86.29	0.2	0	7.4	21.13	1.66	15.97	0
sliced apples	10 pieces	42.74	0.24	0	0	9.9	2.39	7.28	0.25
peach halves	.50 cup	68.04	0.04	0	6.3	18.4	1.64	16.76	0.57
peach diced	.50 cup	68.04	0	0	6.3	18.4	1.64	16.76	0.57
peach sliced	.50 cup	68.04	0.04	0	6.3	18.4	1.64	16.76	0.57
pear halves	.50 cup	80.21	0.18	0	7	19.63	2.08	13.91	0.33
pear diced	.50 cup	80.21	0.18	0	7	19.63	2.08	13.91	0.33
pears sliced	.50 cup	80.21	0.18	0	7	19.63	2.08	13.91	0.33
pineapple tidbits	1 cup	109	0.2	0	2	28.16	2.4	25.81	0.92
pineapple sliced	.50 cup	60	0	0	10	14	2	11	1
pineapple chunks	.50 cup	90	0	0	0	20	1	0	0
FROZEN FRUITS/ICE CREAM									
sliced strawberries	.50 cup	150	0	0	0	38	2	35	0
sherbet cup orange	1 each	128	2	4	32	28	0.5	21	1
sherbet cup lime	1 each	125	1.5	4	33	27	0.4	21	1
sherbet cup raspberry	1 each	123	2	4	32	27	0.4	21	1
juice bar cherry,orange,grape	1 each	60	0	0	0	15	0	14	0
juice bar blue raspberry	1each	60	0	0	5	16	0	14	0
ice cream cup strawberry	1 each	70	0	0	55	19	1	5	3
ice cream cup vanilla	1 each	70	0	0	65	19	0	5	3
ice cream cup chocolate	1 each	70	0	0	55	19	1	5	3
mini ice cream sand	1 each					15			

Item	Serving Size	Calories	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
CANNED VEGETABLES									
green beans	.67 cup	23.88	0.23	0	390.1	4.36	2.07	0.84	0.97
whole kernel corn	.50 cup	78.25	0.75	0	312.5	16.25	1.96	4.01	1.75
vegartain beans	.50 cup	130	0	0	470	26	6	6	7
refried beans	.50 cup	90	2	0	490	16	4	0	6
FROZEN VEGETABLES									
broccoli cuts	10 oz	73.71	0.82	0	68.04	13.55	8.5	3.74	7.97
california blend	1 cup	30.99	0.22	0	35.34	5	1.83	2.67	1.18
corn	.67 cup	99.09	0.87	0	2.21	20.53	1.39	4.93	2.66
peas	.67 cup	69.42	0.39	0	1.89	12.21	3.78	3.95	4.56
peas & carrots	.67 cup	50	0	0	130	10	3	4	3
mixed vegetables	.67 cup	67.28	0.41	0	89.62	12.72	2.6	3.99	2.67
sliced carrots	.67 cup	36.98	0.1	0	57.89	6.96	2.2	4.47	0.56
POTATOES									
potatoe granules w/milk	.50 cup	71	0.1	0.1	24	16	1.4	0.8	1.8
augratin potatoes	3.53 oz	374.28	7.21	4	1997.51	69.05	6	6.71	8.31
seasoned fries	3 oz	150	7	0	370	21	2	0	2
potato smiles	3 oz	160.09	6	0	390.23	24.01	2	0	2
potato rounds	9 each	160	8	0	330	19	2	n/a	2
potato coins	3 oz	172.13	9.11	n/a	354.38	20.25	2.03	n/a	2.03
potato rounds cheddar	3 oz	182.25	10.13	15.19	455.63	18.23	3.04	1.01	5.06
hashbrown starz	9 each	180	10	0	390	20	2	n/a	2
hashbrown triangles	1 each	110	6	0	140	13	2	0	1
hashbrown patty	1 each	140	8	n/a	300	15	2	n/a	2

Item	Serving Size	Calories	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
hashbrown crispy cubes	3 oz	131.63	6.08	n/a	334.12	17.21	2.03	n/a	2.03
CHEESE PRODUCTS									
cheese slice	1 each	50	4	12.5	220	1	0	0.5	2.5
cheese snack pack	1 each	100	9	25	470	1	0	n/a	5
cheese cup	3.50 oz	156.78	10.91	34.73	911.88	4.96	0	0.99	8.93
shrd. American cheese Schreiber	.33 cup	110	9	30	520	n/a	0	0	6
shrd. Cheddar cheese L O' Lakes	.89 cup	403	33	105	660	1	0	0	25
cheese sauce	.25 cup	80	6	5	430	5	0	2	2
BREAD PRODUCTS									
bread stick	1 each	145.16	1.78	0	279.97	27.91	0.96	1.24	3.68
buttermilk biscuit	1 each	190.7	7.5	1.1	659.8	26.3	0.6	2.9	4.5
cracker saltine	1 pkg	40	1	0	190	8	0	0	0
breadstick cheese stuffed	1 each	190	4	10	280	26	2	1	13
chocolat chip muffin	1 each	167.55	9.14	23.64	158.11	19.18	0.94	2.38	2.38
blueberry muffin	1 each	146.2	7.8	23.3	153.6	17.2	0.7	10	1.9
cinnamon roll	1 each	160	3	5	180	30	1	6	5
PASTA									
noodles	2 oz	216.03	2.39	53.87	11.91	40.33	1.13	2.27	7.95
macaroni	2 oz	210.36	0.9	0	0	42.35	2.02	3.04	7.09
spaghetti	2 oz	210.36	0.9	0	0	42.35	2.02	3.04	7.09
CONDIMENTS									
ketchup packet	1 each	8.81	0.01	0	77.85	2.1	0.09	1.57	0.09

Item	Serving Size	Calories	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
mustard packet	1 each	3.59	0.17	0	86.44	0.42	0.17	0.14	0.21
mayonnaise packet	1 each	87.47	9.43	6.49	71.3	0.56	0	0.32	0.11
honey packet	1 each	25.71	0	0	0	7.29	0	6.86	0
taco sauce packet	1 each	4.92	0.02	0	95.28	1	0.11	0.56	0.11
tarter sauce packet	1 each	36.48	3.33	3.96	111.58	1.54	0.04	1.22	0.07
bbq sauce cup	1 each	41.11	0.06	0	230.81	9.9	0.23	7.84	0.26
seafood sauce cup	1 each	31.09	0.05	0	337.33	7.16	0.35	6.05	0.39
ranch lite dressing	2 tbsp	90	9	5	260	4	0	3	0
red french lite dressing	2 tbsp	50	1	0	280	10	0	9	0
pickle slices	8 each	3	0	0	297	0.5	0.5	0	0
pickle wedge	1 each	4	0.1	0	256	0.8	0.4	0.4	0.1
PRODUCE									
lettuce	1 cup	10	0.1	0	7	2.14	0.9	1.27	0.65
celery	1 cup	14.14	0.17	0	80.8	3	1.62	1.85	0.7
carrots	1 cup	52.48	0.31	0	88.32	12.26	3.58	5.81	1.19
baby carrots bagged	1 pkg	12.19	0.05	0	9.92	2.88	0.91	n/a	0.29
apple	1 each	64.94	0.41	0	0	17.86	3.25	16.23	0
banana	1 each	72	0	0	0	19	2	n/a	1
orange	1 each	70	0	0	0	21	7	14	1
lunch bunch grapes	1 cup	61.64	0.32	0	1.84	15.78	0.83	14.95	0.58
baker potato	3.53 oz	77.06	0.09	0	6	17.18	2.2	0.78	2.02
ENTRÉE									
pizza wgrain cheese	1 each	270	15	10	800	31	4	5	16
pizza wgrain pepperoni	1 each	270	10	15	830	31	5	3	16

Item	Serving Size	Calories	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
pizza wgrain stfd crust cheese	1 each	380	15	15	940	46	4	5	18
pizza wgrain stfd crust pepperon	1 each	390	16	20	1000	45	4	5	18
chicken patty grilled	1 each	156.56	10.6	46.3	377.68	1.94	0	1.97	13.36
chicken patty brd.	1 each	265.14	17.29	47.6	547.35	12.77	1.23	0.08	14.61
chicken nugget	5 each	267.33	17.44	47.99	551.88	12.88	1.24	0.08	14.73
chicken sticks	9 each	209.14	10.73	38.89	558.11	9.69	0	0.22	18.44
chicken tender	3 each	239.71	14.11	42.12	645.46	14.54	1.48	0.23	13.65
chicken popcorn	11 pieces	210	9	35	360	16	1	0	15
chicken diced	.66 cup	130.9	4.25	41.65	91.8	0	n/a	n/a	22.95
cheeseburger mini's	2 each	424	18	50.29	765.5	42.1	2.15	n/a	23.5
beef patty	1 each	154	9	41.14	249.8	1.8	0.62	n/a	16.5
shrimp poppers	21 each	220	12	40	700	19	2	0	10
bbq rib patty	1 each	159.61	10.52	32.22	454.67	6.95	0.91	5.55	11.76
chicken wgrain corn dog	1 each	240	8	20	590	33	5	9	9
tenderloin fritter bakeable	1 each	189	14	37	340.4	9	1	0	17
brd cod patty	1 each	160	5	25	320	19	2	1	10
ravioli	1 cup	270	8	30	720	33	3	6	15
burrito bf/bean/red chili	1 each	364.49	12.98	20.66	1017.86	45.48	6.5	2.21	16.11
deli combo meat	3.94 slice	118.1	9.47	47.2	644	0.8	0	0	7.39
deli turkey brst meat	4.41 oz	97.9	1.11	38.2	1049.43	3.54	0	n/a	18.6
deli turkey ham meat	3.18 oz	103.4	4.4	56.1	1028.4	1	0	n/a	15.4
flour tortilla	2 each	170	5	0	340	28	1	1	4
tortilla chips round	8 piece	140	7	0	75	19	1	0	2
mozzarella sticks	5 pieces					35			

Item	Serving Size	Calories	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
BREAKFAST ITEMS									
pop tart pastry smores	2 each	410	11	0	420	72	1	38	6
pop tart pastry brn.sugar	2 each	420	14	0	340	69	1	31	5
pop tart pastry strawberry	2 each	400	10	0	330	73	1	34	4
pop tart pastry hot fudge	2 each	410	10	0	440	74	1	38	4
pop tart pastry blueberry	2 each	400	10	0	340	74	n/a	36	4
pop tart pastry cherry	2 each	400	10	0	330	73	1	34	4
pop tart pastry choc chip	2 each	430	13	0	480	71	1	36	6
donut stix glazed	1 each	187	9	7	187	25	1	14	2
super donut	1 each	250	11	5	270	30	0	11	5
grhm cracker cinnamon	1 pkg	100	3	0	85	16	0	4	2
breakfast pizza sausage	1 each	227.25	11.16	13.61	628.1	22.51	1.1	1.57	9.41
pancake/sausage wrap	1 each	220	13	20	420	26	1	8	8
pancake/sausage wrap blueberry	1 each	220	9	15	380	25	1	8	8
pancakes	3 each	220	3.5	25	590	42	2	8	6
french toast cinn glazed	1 each	240	8	105	370	34	n/a	11	8
egg omelet cheese	1 each	210	17	290	470	4	0	1	12
egg patty	1 each	57.14	4.57	88.56	85.71	0.85	0	0.28	2.57
egg scrambled	.44 cup	170	6	190	490	12	0	2	13
sausage link turkey	1 each	61.2	4.05	30.8	122.1	0.16	0	n/a	6.24
pb&j wafer sand.	1 each	310	19	0	273	26	2.5	10	10
iced cinnamon bar square	1 each	200	7	0	170	34	n/a	16	2
juice apple	1 each	60	0	0	0	13	0	13	0.1
juice orange	1 each	60	0.1	0	0	13	0	0	0.1
juice grape	1 each	60	0.1	0	0	16	0	0	0.5

Item	Serving Size	Calories	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
pancake syrup cup	1 each	123.22	0	0	1.21	31.25	0	23.16	0.01
jelly cup	1 each	26.2	0	0	0.83	6.65	0.02	5.27	0.02
MISC.									
frito corn chips 104 ct	1 pkg	160	10	0	160	16	2	0	2
baked cheetos 104 ct	1 pkg	120	4.5	0	210	17	0	n/a	2
doritos nacho cheese	1 pkg	250	13	n/a	310	30	2	2	4
pudding chocolate	.50 cup	143.96	3.97	0	153.38	26.1	0.3	19.71	1.9
pudding vanilla	.50 cup	150.34	4.34	0	159.08	25.77	0	20.16	2.46
pudding butterscotch	.50 cup	133.8	3.96	0	235.36	24.62	0.08	18.13	0.48
pudding banana	.50 cup	130	3.5	0	170	25.81	0.08	19.25	0.42
jell-o strawberry	.50 cup	71.03	0	0	105.1	17.23	0	16.38	1.4
jell-o orange	.50 cup	71.03	0	0	105.1	17.23	0	16.38	1.4
jell-o cherry	.50 cup	71.03	0	0	105.1	17.23	0	16.38	1.4
yogurt strawb-ban light/fit	6 oz	90	0	2.29	105	17	0	12	6
yogurt mixed berries lowfat	6 oz	150	1.5	10	135	28	0	26	6
yogurt vanilla classic	6 oz	150	2.5	10	115	26	0	25	7
margarine reddies	3 each	106.4	12	0	118.9	0.05	0	0.04	0.01

Item	Serving Size	Calories	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)

Item	Serving Size	Calories	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)

Item	Serving Size	Calories	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)

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