

American Sub

PER SERVING (1 sandwich)

346 CALORIES	6.3g SAT FAT	869mg SODIUM	34.7g CARBS
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Allergens: Contains Gluten, Milk, Wheat.

Made With: Hoagie Roll 6" (WHITE WHOLE WHEAT FLOUR, DOUGH CONDITIONER {WHOLE WHEAT FLOUR, WHEAT GLUTEN, WHOLE GRAIN YELLOW CORN FLOUR, ORGANIC OAT FLOUR, WHOLE GRAIN BARLEY FLOUR, WHOLE GRAIN TRITICALE FLOUR, SUGAR, SALT, WHOLE GRAIN RYE FLOUR, CONTAINS 2% OR LESS OF SOY OIL, HONEY, MONO-DIGLYCERIDES, ETHOXYLATED MONO-DIGLYCERIDES, CALCIUM SEAROYL LACTYLATE (CSL), WEHAT SOUR, ASCORBIC ACID, ENGYMATE, SUCRALOSE.} WATER, YEAST, DOUGH SOFTENER (WATER AND MONOGLYCERIDES WITH PROPIONIC ACID AND PHOSPHORIC ACID ADDED AS PRESERVATIVES), GLUTEN, CALCIUM PROPIONATE AS MOLD INHIBITOR.); Cheddar Cheese Slice (CULTURED PASTERUIZED REDUCED FAT MILK, SALT, ENZYMES, ANNATTO (COLOR). VITAMIN A PALMITATE.); All Natural Turkey Ham Slices (TURKEY THIGH MEAT WITH A PORTION OF GROUND TURKEY THIGH TRIM ADDED, VINEGAR, SUGAR, CONTAINS 2% OR LESS SEA SALT, CULTURED CELERY POWDER, SALT, POTASSIUM CHLORIDE, BAKING SODA, NATURAL SMOKE FLAVOR); Sliced Oven Roasted Turkey Breast (TURKEY BREAST MEAT, TURKEY BROTH, CONTAINS 2% OR LESS: SALT, SUGAR, ROSEMARY EXTRACT, BAKING SODA.); Film Wrap

BBQ Single Serve

PER SERVING (1 packet)

15 CALORIES	0.0g SAT FAT	86mg SODIUM	4.0g CARBS
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Allergens:

Made With: Heinz BBQ Sauce Packets, IW (WATER, HIGH FRUCTOSE CORN SYRUP, TOMATO PASTE, DISTILLED VINEGAR, CORN SYRUP, SALT, MOLASSES, MODIFIED FOOD STARCH, NATURAL FLAVORS, ONION POWDER, SPICES, SODIUM BENZOATE AND POTASSIUM SORBATE AS PRESERVATIVES.)

Chicken Fajita Salad

PER SERVING (1 salad)

453 CALORIES	10.6g SAT FAT	373mg SODIUM	41.6g CARBS
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Allergens: Contains Milk, Soy.

Made With: Shredded Iceberg Lettuce (ICEBERG LETTUCE); Fajita Chicken (Boneless, skinless chicken, chicken broth, modified food starch, seasoning (dextrose, salt, spice, dehydrated garlic, maltodextrin, dehydrated onion, natural flavors), soy protein concentrate, seasoning (salt, spices, dehydrated garlic, dehydrated onion), sodium phosphates, natural flavor.); Tortilla Chips (Whole grain corn, water, vegetable oil (contains one or more of the following: cottonseed oil, corn oil, palm oil), Lime., ,); Fresh Tomatoes (TOMATO); Shredded Cheddar Cheese, Land O Lakes (CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES, ANNATTO (COLOR)), ANTICAKING BLEND (POTATO STARCH, CELLULOSE, NATAMYCIN (NATURAL INHIBITOR)).)

Ketchup Single Serve

PER SERVING (1 packet)

10 CALORIES	0.0g SAT FAT	85mg SODIUM	3.0g CARBS
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Allergens:

Made With: Heinz Ketchup Single Serve (TOMATO CONCENTRATE FROM RED RIPE TOMATOES, DISTILLED VINEGAR, HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, SALT, SPICE, ONION POWDER, NATURAL FLAVORING)

Kidney Beans

PER SERVING (1/2 c.)

130 CALORIES	0.0g SAT FAT	151mg SODIUM	23.8g CARBS
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Allergens:

Made With: Kidney Beans (PREPARED KIDNEY BEANS, WATER, SUGAR, DEXTROSE, SALT, CALCIUM CHLORIDE (FIRMING AGENT), AND DISODIUM EDTA (PROMOTES COLOR RETENTION).)

Maple Turkey Pancake Wrap

PER SERVING (1 ea.)

200 CALORIES	2.5g SAT FAT	310mg SODIUM	17.0g CARBS
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Allergens: Contains Egg, Gluten, Soy, Wheat.

Made With: WG Maple Turkey Pancake Wrap, Bulk (GROUND TURKEY, MECHANICALLY SEPARATED TURKEY & TEXTURED VEGETABLE PROTEIN LINK: GROUND TURKEY, MECHANICALLY SEPARATED TURKEY, WATER, TEXTURED VEGETABLE PROTEIN PRODUCT (SOY PROTEIN CONCENTRATE, CARAMEL COLOR, ZINC OXIDE, NIACINAMIDE, FERROUS SULFATE, COPPER GLUCONATE, VITAMIN A PALMITATE, CALCIUM PANTOTHENATE, THIAMINE MONONITRATE, PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN, CYANOCOBALAMIN), CONTAINS LESS THAN 2% OF SALT, POTASSIUM LACTATE, POTASSIUM ACETATE, SPICES, SODIUM PHOSPHATE, POTASSIUM CHLORIDE, SUGAR, CARAMEL COLOR, SODIUM DIACETATE, SODIUM NITRITE., BATTER INGREDIENTS: WATER, WHOLE WHEAT FLOUR, SUGAR, SOYBEAN OIL, CONTAINS LESS THAN 2% OF LEAVENING, (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), NATURAL AND ARTIFICIAL SWEET MAPLE FLAVOR (MODIFIED CORN STARCH, ACESULFAME POTASSIUM, NATURAL FLAVORING, MAPLE SYRUP, CARAMEL COLOR), EGG YOLK, SALT, ARTIFICIAL FLAVOR, SOY FLOUR. FRIED IN VEGETABLE OIL.)

Mayonnaise Single Serve

PER SERVING (1 packet)

60 CALORIES	1.0g SAT FAT	55mg SODIUM	0.0g CARBS
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Allergens: Contains Egg.

Made With: Heinz Mayonnaise Single Serve (SOYBEAN OIL, WATER, EGG YOLK, DISTILLED VINEGAR, CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, SALT, SPICES, CALCIUM DISODIUM EDTA TO PROTECT FLAVOR, NATURAL FLAVORS.)

Spinach Salad

PER SERVING (1 salad)

135 CALORIES	2.5g SAT FAT	227mg SODIUM	11.3g CARBS
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Allergens: Contains Egg, Milk.

Made With: Spinach (SPINACH); Beans, garbanzo, canned, drained, ready-to-serve (1/2c=3.1 oz = 1/2c legume or 2 oz M/MA) , Recipe (Beans, garbanzo (chickpeas), Bushs, low-sodium (PREPARED CHICK PEAS, WATER, SALT, CALCIUM CHLORIDE (FIRMING AGENT), AND DISODIUM EDTA (PROMOTES COLOR RETENTION).)); Fresh Tomatoes (TOMATO); Hard Boiled Egg (EGGS); Shredded Mozzarella Cheese (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, AND ENZYMES. POTATO STARCH, POWDERED CELLULOSE ADDED TO PREVENT CAKING.); Shredded Carrots, matchsticks (CARROTS); Small Clam Shell Container

Yellow Mustard Single Serve

PER SERVING (1 packet)

0 CALORIES	0.0g SAT FAT	65mg SODIUM	0.0g CARBS
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Allergens:

Made With: Heinz Yellow Mustard Single Serve (DISTILLED VINEGAR, WATER, MUSTARD SEED, MUSTARD BRAN, SALT, TURMERIC, PAPRIKA, GARLIC POWDER, SPICES, EXTRACTIONS OF PAPRIKA, MUSTARD OIL.)

100% Apple Juice

PER SERVING (4 fl oz cup)

60 CALORIES	0.0g SAT FAT	0mg SODIUM	14.0g CARBS
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Allergens:

Made With: Apple Juice, 4 oz, paper carton (WATER, APPLE JUICE CONCENTRATE)

American Sandwich

PER SERVING (1 sandwich)

286 CALORIES	5.3g SAT FAT	689mg SODIUM	26.7g CARBS
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Allergens: Contains Gluten, Milk, Wheat.

Made With: Wheat Loaf Bread (Water, White Whole Wheat Flour, Enriched Wheat Flour (with Niacin, reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Soybean Oil, Yeast, Salt, Dough Softener (water and monoglycerides with propionic acid and Phosphoric acid added as preservatives), Calcium Propionate as mold inhibitor. Strengtheners (Enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid) enzymes), dough conditioner, (Enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), ascorbic acid, wheat gluten, enzymes.)); Cheddar Cheese Slice (CULTURED PASTERUIZED REDUCED FAT MILK, SALT, ENZYMES, ANNATTO (COLOR). VITAMIN A PALMITATE.); All Natural Turkey Ham Slices (TURKEY THIGH MEAT WITH A PORTION OF GROUND TURKEY THIGH TRIM ADDED, VINEGAR, SUGAR, CONTAINS 2% OR LESS SEA SALT, CULTURED CELERY POWDER, SALT, POTASSIUM CHLORIDE, BAKING SODA, NATURAL SMOKE FLAVOR); Sliced Oven Roasted Turkey Breast (TURKEY BREAST MEAT, TURKEY BROTH, CONTAINS 2% OR LESS: SALT, SUGAR, ROSEMARY EXTRACT, BAKING SODA.); Film Wrap

American Sub

PER SERVING (1 sandwich)

296 CALORIES	5.3g SAT FAT	639mg SODIUM	28.7g CARBS
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Allergens: Contains Gluten, Milk, Wheat.

Made With: Hoagie Roll, 5" (Whole wheat flour, enriched wheat flour (flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water sugar. Contains less than 2% of: yeast, soybean oil, salt, wheat gluten, emulsifier, enzymes, calcium propionate, calcium carbonate, microcrystalline cellulose, sodium stearyl lactylate, ascorbic acid.); Cheddar Cheese Slice (CULTURED PASTERUIZED REDUCED FAT MILK, SALT, ENZYMES, ANNATTO (COLOR). VITAMIN A PALMITATE.); All Natural Turkey Ham Slices (TURKEY THIGH MEAT WITH A PORTION OF GROUND TURKEY THIGH TRIM ADDED, VINEGAR, SUGAR, CONTAINS 2% OR LESS SEA SALT, CULTURED CELERY POWDER, SALT, POTASSIUM CHLORIDE, BAKING SODA, NATURAL SMOKE FLAVOR); Sliced Oven Roasted Turkey Breast (TURKEY BREAST MEAT, TURKEY BROTH, CONTAINS 2% OR LESS: SALT, SUGAR, ROSEMARY EXTRACT, BAKING SODA.); Film Wrap

Apple Blueberry Benefit Bar

PER SERVING (1 Bar)

290 CALORIES	3.0g SAT FAT	200mg SODIUM	48.0g CARBS
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Allergens: Contains Egg, Gluten, Milk, Soy, Wheat.

Made With: Apple Blueberry Chip Benefit Bar (WHOLE WHEAT AND ENRICHED FLOUR BLEND (WHOLE WHEAT FLOUR, WHEAT FLOUR,, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, OATS,, INTERESTERIFIED SOYBEAN OIL, EGGS, INVERT SYRUP, DRIED APPLES, DRIED BLUEBERRIES, (BLUEBERRIES, SUGAR, SUNFLOWER OIL), WHITE CHOCOLATE (SUGAR, COCOA BUTTER,, WHOLE MILK POWDER, SKIM MILK POWDER, BUTTER OIL, SOY LECITHIN [AN EMULSIFIER],, VANILLA EXTRACT), CANOLA OIL, WHEY, BAKING SODA, NATURAL FLAVORS, INULIN, XANTHAN, GUM, SALT.)

Apple Cinnamon BeneFIT Bar

PER SERVING (1 Bar)

290 CALORIES	3.0g SAT FAT	240mg SODIUM	48.0g CARBS
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Allergens: Contains Egg, Gluten, Milk, Soy, Wheat.

Made With: Breakfast Bar, BeneFIT Readi-Bake, apple cinnamon, WGR, 2.5 oz (WHOLE WHEAT FLOUR, SUGAR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), DRIED APPLES, OATS, INTERESTERIFIED SOYBEAN OIL, EGGS, INVERT SYRUP, CANOLA OIL, MOLASSES, BAKING POWDER (BAKING SODA, SODIUM ACID PYROPHOSPHATE, CORN STARCH, MONOCALCIUM PHOSPHATE), WHEY, NATURAL FLAVORS, INULIN, XANTHAN GUM, CINNAMON, SALT, SOY LECITHIN.)

Apple Cinnamon Muffin

PER SERVING (1 muffin)

190 CALORIES	2.0g SAT FAT	130mg SODIUM	30.0g CARBS
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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.)

210 CALORIES	1.0g SAT FAT	260mg SODIUM	36.0g CARBS
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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.)

Apple Juice

PER SERVING (1 Carton)

80 CALORIES	0.0g SAT FAT	15mg SODIUM	20.0g CARBS
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Allergens:

Made With: Juice, Apple, 6 oz. (Water, Apple Juice Concentrate)

Apple Mini Loaf

PER SERVING (1 ea.)

160 CALORIES	0.5g SAT FAT	110mg SODIUM	27.0g CARBS
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Allergens: Contains Egg, Milk, Soy, Wheat.

Made With: Mini Loaf Crisp Apple (WATER, WHOLE WHEAT FLOUR,, ENRICHED WHEAT FLOUR (BLEACHED ENRICHED, WHEAT FLOUR, NIACIN, REDUCED IRON,, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC, ACID), SUGAR, SOYBEAN OIL, APPLE FILLING, (APPLES, SUGAR, WATER, MODIFIED CORN, STARCH, MALIC ACID, SALT, POTASSIUM, SORBATE, CINNAMON, GUAR GUM, XANTHAN, GUM, LOCUST BEAN GUM, SODIUM, METABISULPHITE), WHEY PROTEIN, CONCENTRATE, MODIFIED CORN STARCH, SOY, FLOUR, VITAL WHEAT GLUTEN, CINNAMON,, DEXTROSE, SODIUM ACID PYROPHOSPHATE,, NATURAL FLAVOR, SODIUM BICARBONATE, DRY, HONEY SOLIDS, MONO-DIGLYCERIDES, SALT,, XANTHAN GUM, GUAR GUM, EGGS.)

Asian Meatballs

PER SERVING (5 Meatballs)

204 CALORIES	3.5g SAT FAT	1118mg SODIUM	15.4g CARBS
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Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Deluxe Beef Meatballs, Advance Pierre, commodity (INGREDIENTS: Ground Beef (Not More Than 20% Fat), 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), (May Contain Caramel Color), (May Contain Soy Lecithin)], Meatball Seasoning [Dextrose, Tomato Powder, Soybean Oil, Disodium Inosinate and Disodium Guanylate, Spice Extractives, Nonfat Dry Milk], Peppers, Dehydrated Minced Onion, Bread Crumbs (Bleached Wheat Flour, Soybean Oil, Dextrose, Leavening {Sodium Acid Pyrophosphate, Sodium Bicarbonate}, Whey,, Oleoresin Paprika), Salt, Sodium Phosphate. CONTAINS: Milk, Soy, Wheat); Teriyaki Glaze (SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT), SUGAR, WATER, MODIFIED FOOD STARCH, ONION JUICE, VINEGAR, NATURAL FLAVOR, GARLIC POWDER, MALIC ACID, SPICE, DISODIUM INOSINATE, DISODIUM GUANYLATE, SODIUM BENZOATE LESS THAN 1/10 OF 1% AS PRESERVATIVE.); Onion, green, sliced (1/2c = 2.2 oz = 1/2c other veg) , Recipe (Green Onions (GREEN ONIONS)); Sesame Seeds (SESAME SEEDS)

Baby Carrots

PER SERVING (1/2 c.)

25 CALORIES	0.0g SAT FAT	57mg SODIUM	6.0g CARBS
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Allergens:

Made With: Baby Carrots (CARROTS)

Baby Spinach

PER SERVING (1/2 c.)

8 CALORIES	0.0g SAT FAT	28mg SODIUM	1.3g CARBS
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Allergens:

Made With: Spinach (SPINACH)

Bagel

PER SERVING (1 bagel)

180 CALORIES	0.0g SAT FAT	200mg SODIUM	35.0g CARBS
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Allergens: Contains Gluten, Soy, Wheat. Processed in a facility that also processes Egg.

Made With: Bagel whole grain, IW (WHITE WHOLE WHEAT FLOUR, WATER, ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BROWN SUGAR, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SALT, VITAL WHEAT GLUTEN, MALTED WHEAT FLOUR, CALCIUM PROPIONATE (PRESERVATIVE), YEAST, HYDROLYZED WHEAT GLUTEN, WHEAT FLOUR, CANOLA OIL, ASCORBIC ACID (VITAMIN C), ENZYMES, CALCIUM SULFATE)

Baked French Fries

PER SERVING (1/2 c.)

103 CALORIES	0.4g SAT FAT	127mg SODIUM	17.4g CARBS
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Allergens:

Made With: French fries, potato, straight-cut, 3/8-inch, Ovation (POTATOES, VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING OILS: CANOLA, SOYBEAN, COTTONSEED, SUNFLOWER, CORN). CONTAINS 2% OR LESS OF BAKING SODA, DEXTRIN, DEXTROSE, EXTRACTIVES OF PAPRIKA (COLOR), GUM ARABIC, MALTODEXTRIN, NATURAL FLAVOR, POTASSIUM CHLORIDE, POTATO STARCH - MODIFIED, RICE FLOUR, SALT, SODIUM ACID PYROPHOSPHATE (MAINTAINS NATURAL COLOR & LEAVENING), SUCCINIC ACID, XANTHAM GUM.)

Baked Mac & Cheese

PER SERVING (1 #6 scoop)

325 CALORIES	10.3g SAT FAT	718mg SODIUM	24.8g CARBS
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Allergens: Contains Gluten, Milk, Wheat.

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]), 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, PAPRIKA EXTRACT, ANNATTO EXTRACT.); Elbow Macaroni, regular (SEMOLINA (WHEAT), NIACIN, FERROUS SULFATE (IRON), THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID.); Shredded Cheddar Cheese, Land O Lakes (CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES, ANNATTO (COLOR)), ANTICAKING BLEND (POTATO STARCH, CELLULOSE, NATAMYCIN (NATURAL INHIBITOR)).); Shredded Cheddar Cheese, Land O Lakes (CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES, ANNATTO (COLOR)), ANTICAKING BLEND (POTATO STARCH, CELLULOSE, NATAMYCIN (NATURAL INHIBITOR)).)

Baked Potato with Chili and Cheese

PER SERVING (1 potato)

246 CALORIES	5.0g SAT FAT	723mg SODIUM	22.6g CARBS
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Allergens: Contains Milk.

Made With: Fiesta Black Beans (WATER, PREPARED BLACK BEANS, CORN, TOMATO PUREE, LESS THAN 1% OF: ONION POWDER, SPICE, GARLIC POWDER, TOMATO POWDER, NATURAL PAPRIKA EXTRACTIVES, SALT, NATURAL FLAVOR, MALTODEXTRIN, MODIFIED CORN STARCH.); Shredded Cheddar Cheese (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES AND ANNATTO (IF COLORED), POTATO STARCH AND POWDERED CELLULOSE ADDED TO PREVENT CAKING.); Potato, baked, Russet, 120 count, with skin (1 potato = 1/2c starchy veg) , Recipe (Potato, Russet, small baker, 120 count, flesh and skin (RUSSET POTATO)); Canola/Olive Oil (CANOLA, EXTRA VIRGIN OLIVE OIL))

Banana

PER SERVING (1 medium (7" to 7-7/8" long))

105 CALORIES	0.1g SAT FAT	1mg SODIUM	27.0g CARBS
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Allergens:

Made With: Bananas (BANANA)

Banana Chocolate Chunk BeneFIT Bar

PER SERVING (1 Bar)

280 CALORIES	3.0g SAT FAT	220mg SODIUM	48.0g CARBS
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Allergens: Contains Egg, Gluten, Milk, Soy, Wheat.

Made With: Breakfast Bar, BeneFIT Readi-Bake, banana chocolate chunk, WGR, 2.5 oz (WHOLE WHEAT FLOUR, SUGAR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CHOCOLATE CHUNKS (SUGAR, UNSWEETENED CHOCOLATE, COCOA BUTTER, DEXTROSE, SOY LECITHIN [AN EMULSIFIER], SALT, VANILLA), OATS, EGGS, INTERESTERIFIED SOYBEAN OIL, INVERT SYRUP, BANANA PUREE (WITH ADDED CITRIC ACID AND/OR ASCORBIC ACID), CANOLA OIL, MOLASSES, BAKING POWDER (BAKING SODA, SODIUM ACID PYROPHOSPHATE, CORN STARCH, MONOCALCIUM PHOSPHATE), WHEY, NATURAL FLAVORS, XANTHAN GUM, INULIN, SALT, SPICE.)

Banana Mini Loaf

PER SERVING (1 ea.)

160 CALORIES	0.5g SAT FAT	105mg SODIUM	26.0g CARBS
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Allergens: Contains Egg, Milk, Soy, Wheat.

Made With: Mini Loaf Tropical Banana (WATER, WHOLE WHEAT FLOUR,, ENRICHED WHEAT FLOUR (BLEACHED ENRICHED, WHEAT FLOUR, NIACIN, REDUCED IRON,, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC, ACID), SUGAR, SOYBEAN OIL, BANANAS, WHEY, PROTEIN CONCENTRATE, MODIFIED CORN, STARCH, SOY FLOUR, VITAL WHEAT GLUTEN,, DEXTROSE, SODIUM ACID PYROPHOSPHATE,, NATURAL FLAVOR, SODIUM BICARBONATE, DRY, HONEY SOLIDS, MONO-DIGLYCERIDES, SALT,, CINNAMON, XANTHAN GUM, GUAR GUM,, EGGS.)

Banana Muffin

PER SERVING (1 muffin)

190 CALORIES	2.0g SAT FAT	130mg SODIUM	30.0g CARBS
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Allergens: Contains Egg, Gluten, Soy, Wheat.

Made With: Muffin, banana, Delicious Essentials, Otis Spunkmeyer, WGR, 2 oz (WHOLE WHEAT FLOUR, SUGAR, EGGS, WATER, BANANAS, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), INVERT SUGAR, SOYBEAN OIL, CONTAINS 2% OR LESS OF: PALM OIL, CANOLA OIL, OAT FIBER, PROPYLENE GLYCO MONO- AND DIESTERS OF FATS AND FATTY ACIDS, WHEAT GLUTEN, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), MONO- AND DIGLYCERIDES, MODIFIED CORN STARCH, POTASSIUM SORBATE (PRESERVATIVE), SODIUM ALGINATE, SALT, SOY LECITHIN, SODIUM STEAROYL LACTYLATE, NATURAL FLAVOR, ENZYMES.)

Barbecue Turkey Sandwich

PER SERVING (1 sandwich)

326 CALORIES	2.7g SAT FAT	1278mg SODIUM	36.4g CARBS
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Allergens: Contains Gluten, Wheat.

Made With: Barbecue Pulled Turkey, thigh (3/8c = 3 oz = 2 oz M/MA) , Recipe (Pulled Turkey, thigh (3/8c = 3.22 oz = 2 oz M/MA) , Recipe (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.)); Smokey Barbecue Sauce (Back of the House) (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)); Hamburger Bun, 3", K8 (WATER, WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR, (WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, YEAST, SALT, DOUGH SOFTENER, (WATER AND MONOGLYCERIDES WITH PROPIONIC ACID AND PHOSPHORIC ACID ADDED AS PRESERVATIVES), CALCIUM PROPIONATE AS MOLD INHIBITOR. STRENGTHENER (ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE, MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENZYMES). DOUGH CONDITIONER, (ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONITRATE, RIBOFLAVIN, FOLIC ACID), ASCORBIC ACID, WHEAT GLUTEN, ENZYMES.))

BBQ Pork Sandwich

PER SERVING (1 ea.)

326 CALORIES	3.3g SAT FAT	924mg SODIUM	36.5g CARBS
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Allergens: Contains Gluten, Wheat.

Made With: Pulled Pork Carnita Style, Brookwood (PORK, WATER, ORANGE JUICE, SALT, SPICE, DEHYDRATED GARLIC AND ONION, SUGAR, HYDROLYZED SOY PROTEIN, CITRIC ACID, NATURAL FLAVOR.); White Wheat Hamburger Bun (WATER, WHITE WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR, (WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, YEAST, SALT, DOUGH SOFTENER, (WATER AND MONOGLYCERIDES WITH PROPIONIC ACID AND PHOSPHORIC ACID ADDED AS PRESERVATIVES), CALCIUM PROPIONATE AS MOLD INHIBITOR. STRENGTHENER (ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE, MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENZYMES). DOUGH CONDITIONER, (ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONITRATE, RIBOFLAVIN, FOLIC ACID), ASCORBIC ACID, WHEAT GLUTEN, ENZYMES.)); Smokey Barbecue Sauce (Back of the House) (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 Sauce

PER SERVING (1 pump)

20 CALORIES	0.0g SAT FAT	195mg SODIUM	4.5g CARBS
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Allergens: Contains Gluten, Soy, Wheat.

Made With: Barbecue Sauce (Front of the House) (TOMATO PUREE (WATER, TOMATO PASTE), HIGH FRUCTOSE CORN SYRUP, DISTILLED WHITE VINEGAR, SALT, CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, SPICES, NATURAL SMOKE FLAVORING, PAPRIKA, DEHYDRATED GARLIC, SODIUM BENZOATE AS A PRESERVATIVE, DEHYDRATED ONION, TURMERIC, NATURAL FLAVORINGS, SOYBEAN OIL.)

BBQ Turkey Sandwich

PER SERVING (1 ea.)

259 CALORIES	1.5g SAT FAT	1270mg SODIUM	39.5g CARBS
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Allergens: Contains Gluten, Wheat.

Made With: White Wheat Hamburger Bun (WATER, WHITE WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR, (WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, YEAST, SALT, DOUGH SOFTENER, (WATER AND MONOGLYCERIDES WITH PROPIONIC ACID AND PHOSPHORIC ACID ADDED AS PRESERVATIVES), CALCIUM PROPIONATE AS MOLD INHIBITOR. STRENGTHENER (ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE, MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENZYMES). DOUGH CONDITIONER, (ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONITRATE, RIBOFLAVIN, FOLIC ACID), ASCORBIC ACID, WHEAT GLUTEN, ENZYMES.)); 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.); Smokey Barbecue Sauce (Back of the House) (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)

Bean & Cheese Burrito

PER SERVING (1 burrito)

291 CALORIES	3.6g SAT FAT	479mg SODIUM	41.0g CARBS
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Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Bean and Cheese Burrito (FILLING: WATER, PINTO BEANS, CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, MAY CONTAIN ANNATTO COLOR), TEXTURED VEGETABLE PROTEIN PRODUCT [SOY, FLOUR, CARAMEL COLOR, ZINC OXIDE, FERROUS SULFATE, NIACINAMIDE, CALCIUM PANTOTHENATE, PYRIDOXINE HYDROCHLORIDE (B6), RIBOFLAVIN (B2), THIAMINE MONONITRATE (B1), VITAMIN A, PALMITATE, AND VITAMIN B12], SALT, FLAVORINGS, MODIFIED FOOD STARCH (REFINED CORN), WHOLE WHEAT FLOUR TORTILLA, SOY FLOUR ENRICHED (WHEAT FLOURS [WHOLE WHEAT FLOUR, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID)], WATER SOY FLOUR, SOYBEAN OIL, POTATO STARCH, PEA FIBER, DISTILLED MONOGLYCERIDE, WHEAT GLUTEN, GLYCERINE, SALT, BAKING POWDER (CORN STARCH, SODIUM, BICARBONATE, SODIUM ALUMINUM, MONOCALCIUM PHOSPHATE).)

Bean and Cheese Burrito

PER SERVING (1 ea.)

291 CALORIES	3.6g SAT FAT	479mg SODIUM	41.0g CARBS
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Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Burrito Bean and Cheese IW, Los Cabos (Ingredients: Filling: Water, Pinto Beans, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, May contain Annatto Color), Textured Vegetable Protein Product [Soy, Flour, Caramel Color, Zinc Oxide, Ferrous Sulfate, Niacinamide, Calcium Pantothenate, Pyridoxine Hydrochloride (B6), Riboflavin (B2), Thiamine Mononitrate (B1), Vitamin A, Palmitate, and Vitamin B12], Salt, Flavorings, Modified Food Starch (Refined From Corn)., Whole Wheat Flour Tortilla, Soy Flour Enriched (Wheat Flours [Whole Wheat Flour, Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate,, Riboflavin, Folic Acid)], Water, Soy Flour, Soybean Oil, Potato Starch, Pea Fiber, Distilled Monoglyceride, Wheat Gluten, Glycerine, Salt, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate).)

Bean and Cheese Burrito

PER SERVING (1 burrito)

386 CALORIES	4.0g SAT FAT	649mg SODIUM	57.6g CARBS
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Allergens: Contains Gluten, Milk, Wheat.

Made With: Refried Beans, pinto, vegetarian (1/2c = 1/2c legume veg or 2 oz M/MA) , Recipe (Municipal Water (WATER); Refried Beans, pinto, vegetarian, low sodium, BAF Santiago (PINTO BEANS (DRY), SALT, PALM OIL.)); Tortilla 10" (Ingredients: Enriched Bleached Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Shortening (Interesterified and Hydrogenated Soybean Oils), contains 2% or less of: Salt, Baking Soda, Sodium Acid Pyrophosphate, Distilled Monoglycerides, Enzymes, Cellulose Gum, Fumaric Acid, and Calcium Propionate and Sorbic Acid (to maintain freshness).,); Shredded Cheddar Cheese (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES AND ANNATTO (IF COLORED), POTATO STARCH AND POWDERED CELLULOSE ADDED TO PREVENT CAKING.)

Beef Burrito

PER SERVING (1 ea.)

552 CALORIES	7.6g SAT FAT	1083mg SODIUM	69.6g CARBS
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Allergens: Contains Gluten, Milk, Wheat.

Made With: Refried Beans, pinto, vegetarian (1/2c = 1/2c legume veg or 2 oz M/MA) , Recipe (Municipal Water (WATER); Refried Beans, pinto, vegetarian, low sodium, BAF Santiago (PINTO BEANS (DRY), SALT, PALM OIL.)); Taco Filling, all beef, seasoning, RECIPE, Commodity (All Beef Crumble, Commodity (Ground beef (Not more than 20% fat), and less than 1% of the following: spice, salt, potassium chloride, natural flavors.); Yellow Onions (YELLOW ONION); Municipal Water (WATER); Canola/Olive Oil (CANOLA, EXTRA VIRGIN OLIVE OIL); Taco Seasoning (Spices (including chili pepper), salt, paprika, garlic, onion, sugar, silicon dioxide (anti-caking agent).); Garlic Powder (100% Garlic); Onion Powder (ONION POWDER)); Tortilla 10" (Ingredients: Enriched Bleached Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Shortening (Interesterified and Hydrogenated Soybean Oils), contains 2% or less of: Salt, Baking Soda, Sodium Acid Pyrophosphate, Distilled Monoglycerides, Enzymes, Cellulose Gum, Fumaric Acid, and Calcium Propionate and Sorbic Acid (to maintain freshness).,); Salsa, Chunky, Medium, Pace (INGREDIENTS: CRUSHED TOMATOES (WATER, CRUSHED TOMATO CONCENTRATE), JALAPENO PEPPERS, DICED TOMATOES IN TOMATO JUICE, ONIONS, DISTILLED VINEGAR, SALT, DEHYDRATED ONIONS, GARLIC, NATURAL FLAVORING.); Shredded Cheddar Cheese, Land O Lakes (CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES, ANNATTO (COLOR)), ANTICAKING BLEND (POTATO STARCH, CELLULOSE, NATAMYCIN (NATURAL INHIBITOR)).)

Beef Meatballs

PER SERVING (5 Meatballs)

200 CALORIES	3.9g SAT FAT	636mg SODIUM	10.5g CARBS
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Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Pasta Sauce (Peeled ground tomatoes, tomato puree, extra virgin olive oil, salt, garlic, carrot puree, dehydrated onions, sugar, basil, spices.); Deluxe Beef Meatballs, Advance Pierre, commodity (INGREDIENTS: Ground Beef (Not More Than 20% Fat), 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), (May Contain Caramel Color), (May Contain Soy Lecithin)], Meatball Seasoning [Dextrose, Tomato Powder, Soybean Oil, Disodium Inosinate and Disodium Guanylate, Spice Extractives, Nonfat Dry Milk], Peppers, Dehydrated Minced Onion, Bread Crumbs (Bleached Wheat Flour, Soybean Oil, Dextrose, Leavening {Sodium Acid Pyrophosphate, Sodium Bicarbonate}, Whey,, Oleoresin Paprika), Salt, Sodium Phosphate. CONTAINS: Milk, Soy, Wheat)

Beef Rib on a Hoagie

PER SERVING (1 burger)

400 CALORIES	5.0g SAT FAT	1130mg SODIUM	47.0g CARBS
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Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Honey BBQ Grilled Beef Rib Patties, Commodity (GROUND BEEF (NOT 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)], SEASONING [TOMATO POWDER, DEXTROSE, BROWN SUGAR, ARTIFICIAL VINEGAR (MALIC ACID, SODIUM ACETATES, LACTOSE, FUMARIC ACID, ARTIFICIAL FLAVORINGS), POWDERED WORCESTERSHIRE SAUCE (CORN SYRUP SOLIDS, SALT, GARLIC POWDER, SUGAR, SPICES, SOY SAUCE SOLIDS {WHEAT, SOYBEANS, SALT, MALTODEXTRIN, CARAMEL COLOR}, TAMARINDS, FLAVOR), SPICES, SPICE EXTRACTIVE, ONION POWDER, SMOKE FLAVOR, GARLIC POWDER], HONEY, SALT, SODIUM PHOSPHATES. GLAZED WITH: HONEY BARBECUE SAUCE [HIGH FRUCTOSE CORN SYRUP, DISTILLED VINEGAR, TOMATO PASTE, CORN SYRUP, HONEY, MOLASSES, WATER, SALT, NATURAL FLAVOR, MODIFIED CORN STARCH, NATURAL HICKORY SMOKE FLAVOR, SPICES, ONION POWDER, GARLIC POWDER, SODIUM BENZOATE (PRESERVATIVE), CARAMEL COLOR, SUGAR].); Hoagie Roll 6" (WHITE WHOLE WHEAT FLOUR, DOUGH CONDITIONER {WHOLE WHEAT FLOUR, WHEAT GLUTEN, WHOLE GRAIN YELLOW CORN FLOUR, ORGANIC OAT FLOUR, WHOLE GRAIN BARLEY FLOUR, WHOLE GRAIN TRITICALE FLOUR, SUGAR, SALT, WHOLE GRAIN RYE FLOUR, CONTAINS 2% OR LESS OF SOY OIL, HONEY, MONO-DIGLYCERIDES, ETHOXYLATED MONO-DIGLYCERIDES, CALCIUM SEAROYL LACTYLATE (CSL), WEHAT SOUR, ASCORBIC ACID, ENGYMATE, SUCRALOSE.} WATER, YEAST, DOUGH SOFTENER (WATER AND MONOGLYCERIDES WITH PROPIONIC ACID AND PHOSPHORIC ACID ADDED AS PRESERVATIVES), GLUTEN, CALCIUM PROPIONATE AS MOLD INHIBITOR.)

Beef Tacos

PER SERVING (2 tacos)

310 CALORIES	6.5g SAT FAT	221mg SODIUM	23.9g CARBS
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Allergens: Contains Milk.

Made With: All Beef Crumble, Commodity (Ground beef (Not more than 20% fat), and less than 1% of the following: spice, salt, potassium chloride, natural flavors.); 6" Yellow Corn Taco Shell (Whole Grain Corn, Water, Vegetable Oil (Cottonseed, Corn, and/or Sunflower)); Shredded Cheddar Cheese, Land O Lakes (CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES, ANNATTO (COLOR)), ANTICAKING BLEND (POTATO STARCH, CELLULOSE, NATAMYCIN (NATURAL INHIBITOR)).); Yellow Onions (YELLOW ONION); Municipal Water (WATER); Canola/Olive Oil (CANOLA, EXTRA VIRGIN OLIVE OIL); Taco Seasoning (Spices (including chili pepper), salt, paprika, garlic, onion, sugar, silicon dioxide (anti-caking agent).); Garlic Powder (100% Garlic); Onion Powder (ONION POWDER)

Beefy Macaroni

PER SERVING (2 #8 scoop)

264 CALORIES	4.4g SAT FAT	406mg SODIUM	27.6g CARBS
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Allergens: Contains Gluten, Milk, Wheat.

Made With: Pasta Sauce (Peeled ground tomatoes, tomato puree, extra virgin olive oil, salt, garlic, carrot puree, dehydrated onions, sugar, basil, spices.); All Beef Crumble, Commodity (Ground beef (Not more than 20% fat), and less than 1% of the following: spice, salt, potassium chloride, natural flavors.); Diced Tomatoes (VINE-RIPENED TOMATOES, TOMATO JUICE, LESS THAN 2% OF: CALCIUM CHLORIDE, CITRIC ACID*. *NATURALLY DERIVED); Elbow Macaroni, regular (SEMOLINA (WHEAT), NIACIN, FERROUS SULFATE (IRON), THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID.); Shredded Cheddar Cheese, Land O Lakes (CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES, ANNATTO (COLOR)), ANTICAKING BLEND (POTATO STARCH, CELLULOSE, NATAMYCIN (NATURAL INHIBITOR)).); Garlic Powder (100% Garlic); Italian Seasoning (Spices, salt, garlic and onion.)

Belgian Waffle

PER SERVING (1 waffle)

190 CALORIES	1.0g SAT FAT	280mg SODIUM	32.0g CARBS
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Allergens: Contains Egg, Milk, Soy, Wheat.

Made With: Waffle Belgian (Whole Wheat Flour, Nonfat Milk, Sugar, Eggs, Water, Soybean Oil, Egg Whites, Contains 2% or less of: Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate, Monocalcium Phosphate), Artificial Flavor, Salt, Soy Lecithin, (an emulsifier).)

Blueberry Muffin

PER SERVING (1 muffin)

190 CALORIES	2.0g SAT FAT	130mg SODIUM	30.0g CARBS
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Allergens: Contains Egg, Gluten, Soy, Wheat.

Made With: Muffin, blueberry, 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), BLUEBERRIES, INVERT SUGAR, SOYBEAN OIL, CONTAINS 2% OR LESS OF: PALM OIL, CANOLA OIL, PROPYLENE GLYCO MONO- AND DIESTERS OF FATS AND FATTY ACIDS, OAT FIBER, LEAVENING (SODIUM ALUMINUM PHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), MONO- AND DIGLYCERIDES, MODIFIED CORN STARCH, POTASSIUM SORBATE (PRESERVATIVE), SODIUM ALGINATE, SALT, SOY LECITHIN, SODIUM STEAROYL LACTYLATE, NATURAL BLUEBERRY FLAVOR, NATURAL AND ARTIFICIAL FLAVOR, BLUEBERRY JUICE CONCENTRATE, MALIC ACID, BLACKBERRY JUICE CONCENTRATE, ENZYMES.)

BP - Beans, pinto, low sodium, canned, drained, ready-to-serve

PER SERVING (1/2 c.)

113 CALORIES	0.0g SAT FAT	158mg SODIUM	20.3g CARBS
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Allergens:

Made With: Pinto Beans (PREPARED PINTO BEANS, WATER, SALT, CALCIUM CHLORIDE (FIRMING AGENT), AND CALCIUM DISODIUM EDTA (PROMOTES COLOR RETENTION).)

Bread Banana Slice

PER SERVING (1 slice)

280 CALORIES	2.0g SAT FAT	220mg SODIUM	44.0g CARBS
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Allergens: Contains Egg, Gluten, Soy, Wheat.

Made With: Whole Grain Banana Bread Slice (WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SUGAR, SOYBEAN OIL, BANANA PUREE, WHOLE EGG SOLIDS, MODIFIED CORN STARCH, DISTILLED MONOGLYCERIDE, LEAVENING (SODIUM BICARBONATE, CALCIUM ACID PYROPHOSPHATE), DEFATTED SOY FLOUR, VITAL WHEAT GLUTEN, SALT, NATURAL FLAVOR, DRY HONEY SOLIDS, DEXTROSE, XANTHAN GUM, SPICE (CINNAMON).)

Bread Blueberry Slice

PER SERVING (1 slice)

270 CALORIES	2.0g SAT FAT	190mg SODIUM	43.0g CARBS
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Allergens: Contains Egg, Gluten, Soy, Wheat.

Made With: Whole Grain Blueberry Bread Slice (WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, WATER, WHOLE EGGS, SOYBEAN OIL, BLUEBERRIES, MODIFIED CORN STARCH, DEFATTED SOY FLOUR, LEAVENING (SODIUM BICARBONATE, CALCIUM ACID PYROPHOSPHATE), MONO-DIGLYCERIDES, VITAL WHEAT GLUTEN, DRY HONEY SOLIDS, DEXTROSE, NATURAL FLAVOR, SALT, XANTHAN GUM, SPICE (CINNAMON).)

Bread Pumpkin Slice

PER SERVING (1 slice)

270 CALORIES	2.0g SAT FAT	220mg SODIUM	43.0g CARBS
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Allergens: Contains Egg, Soy, Wheat.

Made With: Whole Grain Bread Slice, Pumpkin (WHOLE WHEAT FLOUR, ENRICHED, WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED, IRON, THIAMINE MONONITRATE, RIBOFLAVIN,, FOLIC ACID), WATER, SUGAR, SOYBEAN OIL,, PUMPKIN, WHOLE EGGS, MODIFIED CORN, STARCH, LEAVENING (SODIUM BICARBONATE,, CALCIUM ACID PYROPHOSPHATE), DEFATTED SOY, FLOUR, MONO-DIGLYCERIDES, VITAL WHEAT, GLUTEN, NATURAL FLAVOR, DRY HONEY SOLIDS, DEXTROSE, SALT, XANTHAN GUM, SPICE (CINNAMON).)

Bread Zucchini Slice

PER SERVING (1 slice)

270 CALORIES	2.0g SAT FAT	220mg SODIUM	43.0g CARBS
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Allergens: Contains Egg, Soy, Wheat.

Made With: Whole Grain Bread Slice, Zucchini (WHOLE WHEAT FLOUR, ENRICHED, WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED, IRON, THIAMINE MONONITRATE, RIBOFLAVIN,, FOLIC ACID), WATER, SUGAR, ZUCCHINI, SOYBEAN, OIL, WHOLE EGG SOLIDS, MODIFIED CORN, STARCH, DISTILLED MONOGLYCERIDE, LEAVENING, (SODIUM BICARBONATE, CALCIUM ACID PYROPHOSPHATE), DEFATTED SOY FLOUR, VITAL WHEAT GLUTEN, SALT, DRY HONEY SOLIDS, DEXTROSE, SPICE (CINNAMON, NUTMEG), XANTHAN GUM.)

Breadstick

PER SERVING (1 ea.)

140 CALORIES	0.0g SAT FAT	160mg SODIUM	29.5g CARBS
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Allergens: Contains Soy, Wheat. Processed in a facility that also processes Egg, Milk, Tree nuts.

Made With: Breadsticks (Whole grain flour, enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid) water, contains 2% or less: salt, dextrose, vegetable shortening (partially hydrogenated soybean or cottonseed oil), yeast, sugar, defatted soy flour, mono-diglycerides, calcium stearoyl-2-lactylate, calcium sulfate, ascorbic acid (Vitamin C), Potassium iodate, enzymes and L-Cystein hydrochloride.)

Breakfast Burrito

PER SERVING (1 ea.)

352 CALORIES	8.2g SAT FAT	499mg SODIUM	26.9g CARBS
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Allergens: Contains Milk, Soy.

Made With: Breakfast Wrap, Egg & Cheese (FILLING: PRE-COOKED SCRAMBLED EGGS (WHOLE EGGS, SKIM MILK, SOYBEAN OIL, CORN STARCH, SALT, XANTHAN GUM, CITRIC ACID), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, ANNATTO COLOR), WATER, CONTAINS 2% OR LESS OF: RED SAUCE SEASONING (MODIFIED CORN STARCH, PAPRIKA, SPICES, ONION AND GARLIC POWDER, DEXTROSE, TOMATO, SUGAR, NATURAL FLAVOR, EXTRACTIVE OF PAPRIKA, GUAR GUM, SALT, CITRIC ACID, MALIC ACID, XANTHAN GUM, ASCORBIC ACID), SPICES, WHITE VINEGAR, SALT AND MODIFIED FOOD STARCH (REFINED FROM CORN)., WHOLE WHEAT FLOUR TORTILLA, SOY FLOUR ENRICHED (WHEAT FLOURS [WHOLE WHEAT FLOUR, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID)], WATER, SOY FLOUR, SOYBEAN OIL, POTATO STARCH, PEA FIBER, DISTILLED MONOGLYCERIDE, WHEAT GLUTEN, GLYCERINE, SALT, BAKING POWDER (CORN STARCH, SODIUM BICARBONATE, SODIUM ALUMINUM SULFATE, MONOCALCIUM PHOSPHATE).,)

Breakfast Pizza

PER SERVING (1 piece)

200 CALORIES	2.0g SAT FAT	440mg SODIUM	24.0g CARBS
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Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Sausage & Country Gravy Breakfast Pizza (INGREDIENTS: CRUST: WHITE 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, CORN STARCH, DEFATTED SOY FLOUR, DOUGH CONDITIONER (WHEAT STARCH, L-CYSTEINE HYDROCHLORIDE, AMMONIUM SULFATE), ENZYMES (CONTAINS WHEAT). TOPPING: 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, POTASSIUM CHLORIDE, CITRIC ACID, TRICALCIUM 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 MONONITRATE [VITAMIN B1], CYANOCOBALAMIN [VITAMIN B12], VITAMIN A PALMITATE), ARTIFICIAL COLOR). SAUCE: SKIM MILK, MODIFIED FOOD STARCH, CONTAINS 2% OR LESS OF: CREAM, SALT, SPICE, SOY LECITHIN.)

Breakfast Pizza Bacon Scramble

PER SERVING (1 piece)

207 CALORIES	3.4g SAT FAT	315mg SODIUM	24.6g CARBS
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Allergens: Contains Egg, Gluten, Milk, Soy, Wheat.

Made With: Bacon Scramble Breakfast Pizza (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,, SUGAR, YEAST, CONTAINS 2% OR LESS OF: VEGETABLE OIL, (SOYBEAN AND/OR CANOLA OIL), SALT, DISTILLED, MONOGLYCERIDES, ENZYMES (CONTAINS WHEAT), ASCORBIC ACID. WHITE SAUCE: NONFAT MILK, MODIFIED FOOD STARCH,, CREAM, CONTAINS 2% OR LESS OF: BUTTER (CREAM, SALT),,, SALT, SPICE, SOY LECITHIN, MALTODEXTRIN, NATURAL, HICKORY SMOKE FLAVOR. TOPPINGS: SCRAMBLED EGG, (WHOLE EGGS, SKIM MILK, SOYBEAN OIL, CORN STARCH, SALT,, XANTHAN GUM, CITRIC ACID), 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, POTASSIUM CHLORIDE,, CITRIC ACID, TRICALCIUM PHOSPHATE, SORBIC ACID, [PRESERVATIVE], XANTHAN GUM, VITAMIN AND MINERAL, SUPPLEMENT [MAGNESIUM OXIDE, DICALCIUM PHOSPHATE,, ZINC OXIDE, IRON, RIBOFLAVIN (VITAMIN B2), PYRIDOXINE, HYDROCHLORIDE (VITAMIN B6), CYANOCOBALAMIN (VITAMIN, B12), NIACINAMIDE (VITAMIN B3), THIAMINE MONONITRATE, (VITAMIN B1), VITAMIN A PALMITATE]).)

Buffalo Chicken Salad

PER SERVING (1 salad)

346 CALORIES	5.5g SAT FAT	958mg SODIUM	23.1g CARBS
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Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Golden Crispy Chicken Chunk Fritters (CHICKEN, WATER, WHOLE WHEAT FLOUR, TEXTURED SOY PROTEIN CONCENTRATE, ISOLATED SOY PROTEIN, CONTAINS 2% OR LESS OF THE FOLLOWING: BROWN SUGAR, CANOLA OIL, CARROT POWDER, CITRIC ACID, DRIED GARLIC, DRIED ONION, DRIED YEAST, GARLIC POWDER, MALTODEXTRIN, NATURAL FLAVOR, ONION POWDER, PAPRIKA EXTRACT (COLOR), ROSEMARY EXTRACT (TO PROTECT FLAVOR), SALT, SPICE, SUGAR, TORULA YEAST, TURMERIC EXTRACT (COLOR), VEGETABLE STOCK (CARROT, ONION, CELERY), WHEAT GLUTEN, YEAST EXTRACT. BREADING SET IN VEGETABLE OIL.); Salad Mix (ROMAINE LETTUCE, ICEBERG LETTUCE); Cucumbers (CUCUMBER); Shredded Carrots, matchsticks (CARROTS); Diced Celery (CELERY); Shredded Cheddar Cheese, Land O Lakes (CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES, ANNATTO (COLOR)), ANTICAKING BLEND (POTATO STARCH, CELLULOSE, NATAMYCIN (NATURAL INHIBITOR)).); Frank's Red Hot Sauce (AGED CAYENNE RED PEPPERS, VINEGAR, WATER, SALT AND GARLIC POWDER.)

Buffalo Chicken Wrap

PER SERVING (1 wrap)

528 CALORIES	7.3g SAT FAT	1582mg SODIUM	51.9g CARBS
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Allergens: Contains Egg, Gluten, Milk, Soy, Wheat.

Made With: Golden Crispy Chicken Chunk Fritters (CHICKEN, WATER, WHOLE WHEAT FLOUR, TEXTURED SOY PROTEIN CONCENTRATE, ISOLATED SOY PROTEIN, CONTAINS 2% OR LESS OF THE FOLLOWING: BROWN SUGAR, CANOLA OIL, CARROT POWDER, CITRIC ACID, DRIED GARLIC, DRIED ONION, DRIED YEAST, GARLIC POWDER, MALTODEXTRIN, NATURAL FLAVOR, ONION POWDER, PAPRIKA EXTRACT (COLOR), ROSEMARY EXTRACT (TO PROTECT FLAVOR), SALT, SPICE, SUGAR, TORULA YEAST, TURMERIC EXTRACT (COLOR), VEGETABLE STOCK (CARROT, ONION, CELERY), WHEAT GLUTEN, YEAST EXTRACT. BREADING SET IN VEGETABLE OIL.); Iceberg Lettuce (ICEBERG LETTUCE); Tortilla 10" (Ingredients: Enriched Bleached Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Shortening (Interesterified and Hydrogenated Soybean Oils), contains 2% or less of: Salt, Baking Soda, Sodium Acid Pyrophosphate, Distilled Monoglycerides, Enzymes, Cellulose Gum, Fumaric Acid, and Calcium Propionate and Sorbic Acid (to maintain freshness).,); Frank's Red Hot Sauce (AGED CAYENNE RED PEPPERS, VINEGAR, WATER, SALT AND GARLIC POWDER.); Ranch Dressing (SOYBEAN OIL, WATER, BUTTERMILK (CULTURED PASTEURIZED SKIM MILK AND, MILK, SODIUM CITRATE AND SALT), 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), EGG YOLKS, CONTAINS LESS THAN 2%, OF DISTILLED VINEGAR, SALT, XANTHAN GUM, NATURAL FLAVOR (INCLUDES MILK).); Shredded Cheddar Cheese, Land O Lakes (CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES, ANNATTO (COLOR)), ANTICAKING BLEND (POTATO STARCH, CELLULOSE, NATAMYCIN (NATURAL INHIBITOR)).)

Buttery Wheat Toast

PER SERVING (1 slice)

89 CALORIES	0.9g SAT FAT	161mg SODIUM	14.0g CARBS
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Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Regional Sliced Sandwich Bread (WHOLE WHEAT FLOUR, WATER, YEAST, HIGH FRUCTOSE CORN SYRUP, VITAL WHEAT GLUTEN, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: WHEAT BRAN, MOLASSES, SALT, VEGETABLE OIL (CANOLA AND/OR SOY), YEAST NUTRIENT (AMMONIUM SULFATE), DOUGH CONDITIONERS (MONO- AND DIGLYCERIDES, SODIUM STEAROYL LACTYLATE, ASCORBIC ACID, MONOCALCIUM PHOSPHATE), CALCIUM PROPIONATE (MOLD INHIBITOR), CALCIUM SULFATE, ENZYMES, NONFAT DRY MILK, SOY FLOUR.); 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.)

Caesar Side Salad

PER SERVING (1/2 c.)

85 CALORIES	1.6g SAT FAT	239mg SODIUM	2.4g CARBS
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Allergens: Contains Egg, Fish, Milk, Wheat. Processed in a facility that also processes Tree nuts.

Made With: Romaine Lettuce (ROMAINE LETTUCE); Creamy Caesar Dressing (SOYBEAN OIL, WATER, DISTILLED VINEGAR, PARMESAN CHEESE WITH FLAVOR, (PARMESAN CHEESE [CULTURED MILK, SALT, ENZYMES], FLAVOR [ENZYME MODIFIED PARMESAN CHEESE {CULTURED MILK, WATER, SALT, ENZYMES}]), EGG YOLKS, ROMANO CHEESE WITH FLAVOR (ROMANO CHEESE [CULTURED MILK, SALT, ENZYMES], FLAVOR [ENZYME MODIFIED ROMANO CHEESE {CULTURED MILK, WATER, SALT, ENZYMES}]), EXTRA VIRGIN OLIVE OIL, SALT, CONTAINS LESS THAN 2% OF FOOD STARCH-MODIFIED, NATURAL FLAVORS, SPICES, LEMON JUICE CONCENTRATE, GARLIC*, XANTHAN GUM, POLYSORBATE 60, SODIUM BENZOATE (A PRESERVATIVE), MONOSODIUM GLUTAMATE, PUREED ANCHOVIES, CARAMEL COLOR, ONION*, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR. * DEHYDRATED); 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, WHEY, SALT, YEAST, 2% OR LESS OF HIGH FRUCTOSE CORN SYRUP, SUGAR, SPICES, DEHYDRATED PARSLEY, ONION POWDER, CALCIUM PROPIONAE (PRESERVATIVE), PAPRIKA (COLOR), TURMERIC (COLOR), EXTRACTIVE OF PAPRIKA (COLOR), SPICE EXTRACTIVE, ENZYMES, ASCORBIC ACID, TBHQ (TO PRESERVE FRESHNESS).)

Carrot Sticks

PER SERVING (6 stick.)

25 CALORIES	0.0g SAT FAT	42mg SODIUM	5.8g CARBS
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Allergens:

Made With: Carrot Sticks (CARROTS)

Celery Sticks

PER SERVING (6 stick.)

10 CALORIES	0.0g SAT FAT	52mg SODIUM	1.9g CARBS
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Allergens:

Made With: Celery Sticks (CELERY)

Cheerios

PER SERVING (1 bowl)

100 CALORIES	0.5g SAT FAT	140mg SODIUM	20.0g CARBS
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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 Nachos

PER SERVING (1 ea.)

533 CALORIES	16.7g SAT FAT	944mg SODIUM	39.1g CARBS
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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.); Tortilla Chips (Whole grain corn, water, vegetable oil (contains one or more of the following: cottonseed oil, corn oil, palm oil), Lime., ,)

Cheese Pizza

PER SERVING (1 slice)

300 CALORIES	5.0g SAT FAT	440mg SODIUM	33.0g CARBS
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Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Cheese Pizza, 100%, 4x6 Smart (CRUST: FLOUR BLEND (WHITE WHOLE WHEAT FLOUR, ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID]), WATER, DEFATTED SOY FLOUR, YEAST, SOY PROTEIN CONCENTRATE, CONTAINS 2% OR LESS OF: VEGETABLE OIL (SOYBEAN, COTTONSEED, CORN, AND/OR CANOLA OIL), SUGAR, GLUCONO-DELTA-LACTONE, DATEM, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), SALT, CORN STARCH, WHEAT STARCH, L-CYSTEINE HYDROCHLORIDE, AMMONIUM SULFATE. TOPPING: LOW MOISTURE PART SKIM MOZZARELLA CHEESE (CULTURED PASTEURIZED PART SKIM MILK, SALT, ENZYMES). SAUCE: TOMATOES (WATER, TOMATO PASTE [NOT LESS THAN 28% SOLUBLE SOLIDS]), MODIFIED FOOD STARCH, SUGAR, CONTAINS 2% OR LESS OF: DEXTROSE, SEA SALT, DRIED ONION, SPICE, DEHYDRATED ROMANO CHEESE (CULTURED PASTEURIZED SHEEP'S AND COW'S MILK, SALT, ENZYMES), PAPRIKA, DRIED GARLIC, CITRIC ACID.)

Cheese Pizza

PER SERVING (1 slice regular)

400 CALORIES	7.0g SAT FAT	439mg SODIUM	42.9g CARBS
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Allergens: Contains Milk, Soy, Wheat.

Made With: Big Daddy's Bold WG Cheese Pizza 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, CONTAINS 2% OR LESS OF: VEGETABLE OIL (SOYBEAN AND/OR CANOLA OIL), BUTTER FLAVORED OIL WITH GARLIC (LIQUID AND HYDROGENATED SOYBEAN OIL, NATURAL FLAVOR, SALT, ARTIFICIAL FLAVOR, SOY LECITHIN, BETA CAROTENE [COLOR], VITAMIN A PALMITATE), SUGAR, WHEAT GLUTEN, SEA SALT, DATEM, DEXTROSE, GUAR GUM, SOY LECITHIN, ASCORBIC ACID, WHEAT STARCH, SALT, ENZYMES. TOPPING: LOW MOISTURE PART SKIM MOZZARELLA CHEESE (CULTURED PASTEURIZED PART SKIM MILK, SALT, ENZYMES). 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, ENZYMES), SUGAR, DEXTROSE, SALT, DRIED, GARLIC, SPICE, DRIED ONION, DEHYDRATED ROMANO CHEESE, (CULTURED PASTEURIZED SHEEP'S AND COW'S MILK, SALT,, ENZYMES), PAPRIKA, CITRIC ACID.)

Cheese Quesadilla

PER SERVING (1 each quesadilla)

392 CALORIES	8.6g SAT FAT	865mg SODIUM	38.0g CARBS
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Allergens: Contains Gluten, Milk, Wheat.

Made With: Tortilla 10" (Ingredients: Enriched Bleached Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Shortening (Interesterified and Hydrogenated Soybean Oils), contains 2% or less of: Salt, Baking Soda, Sodium Acid Pyrophosphate, Distilled Monoglycerides, Enzymes, Cellulose Gum, Fumaric Acid, and Calcium Propionate and Sorbic Acid (to maintain freshness).,); Shredded Mozzarella Cheese, LOL (CULTURED PASTEURIZED PART-SKIM MILK, SALT, ENZYMES, ANTICAKING BLEND [POTATO STARCH, CELLULOSE, NATAMYCIN (NATURAL MOLD INHIBITOR)].)

Cheese Quesadilla

PER SERVING (1 each quesadilla)

430 CALORIES	11.5g SAT FAT	800mg SODIUM	36.0g CARBS
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Allergens: Contains Gluten, Milk, Wheat.

Made With: Tortilla 10" (Ingredients: Enriched Bleached Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Shortening (Interesterified and Hydrogenated Soybean Oils), contains 2% or less of: Salt, Baking Soda, Sodium Acid Pyrophosphate, Distilled Monoglycerides, Enzymes, Cellulose Gum, Fumaric Acid, and Calcium Propionate and Sorbic Acid (to maintain freshness).,); Shredded Cheddar Cheese (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES AND ANNATTO (IF COLORED), POTATO STARCH AND POWDERED CELLULOSE ADDED TO PREVENT CAKING.)

Cheeseburger

PER SERVING (1 ea.)

283 CALORIES	5.3g SAT FAT	451mg SODIUM	26.5g CARBS
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Allergens: Contains Gluten, Milk, Wheat.

Made With: Hamburger Bun, 3", K8 (WATER, WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR, (WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, YEAST, SALT, DOUGH SOFTENER, (WATER AND MONOGLYCERIDES WITH PROPIONIC ACID AND PHOSPHORIC ACID ADDED AS PRESERVATIVES), CALCIUM PROPIONATE AS MOLD INHIBITOR. STRENGTHENER (ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE, MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENZYMES). DOUGH CONDITIONER, (ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ASCORBIC ACID, WHEAT GLUTEN, ENZYMES.)); Beef Patty K8 Commodity (GROUND BEEF (NOT MORE THAN 20% FAT), SALT, FLAVOR, NATURAL FLAVOR.); Cheddar Cheese Slice (CULTURED PASTERUIZED REDUCED FAT MILK, SALT, ENZYMES, ANNATTO (COLOR). VITAMIN A PALMITATE.)

Cheeseburger

PER SERVING (1 ea.)

356 CALORIES	8.8g SAT FAT	461mg SODIUM	27.0g CARBS
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Allergens: Contains Gluten, Milk, Wheat.

Made With: White Wheat Hamburger Bun (WATER, WHITE WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR, (WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, YEAST, SALT, DOUGH SOFTENER, (WATER AND MONOGLYCERIDES WITH PROPIONIC ACID AND PHOSPHORIC ACID ADDED AS PRESERVATIVES), CALCIUM PROPIONATE AS MOLD INHIBITOR. STRENGTHENER (ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE, MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENZYMES). DOUGH CONDITIONER, (ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONITRATE, RIBOFLAVIN, FOLIC ACID), ASCORBIC ACID, WHEAT GLUTEN, ENZYMES.)); Beef Steak Burger 2.01oz, Commodity (GROUND BEEF (NOT MORE THAN 20% FAT), SALT, CARAMEL COLOR.); Cheddar Cheese Slice (CULTURED PASTERUIZED REDUCED FAT MILK, SALT, ENZYMES, ANNATTO (COLOR). VITAMIN A PALMITATE.)

Cheesy Italian Dunkers

PER SERVING (2 ea.)

300 CALORIES	6.0g SAT FAT	490mg SODIUM	30.0g CARBS
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Allergens: Contains Egg, Gluten, Milk, Soy, Wheat.

Made With: Stuffed Breadsticks 51% Whole Grain Mozz 200ct Cn (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, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), SEA SALT, DATEM, DEXTROSE, GUAR GUM, SOY LECITHIN, ASCORBIC ACID, WHEAT STARCH, SALT, ENZYMES, MODIFIED FOOD STARCH; FILLING: LOW MOISTURE PART SKIM MOZZARELLA CHEESE (CULTURED PASTEURIZED PART SKIM MILK, SALT, ENZYMES), WATER, NONFAT DRY MILK, CONTAINS 2% OR LESS OF MOZZARELLA CHEESE POWDER (DEHYDRATED MOZZARELLA CHEESE [PASTEURIZED PART SKIM MILK, CHEESE CULTURE, SALT, ENZYMES], WHEY, SALT, SODIUM PHOSPHATE, LACTIC ACID), MODIFIED FOOD STARCH, WHEY PROTEIN CONCENTRATE, MALTODEXTRIN, ISOLATED SOY PROTEIN, DRIED WHOLE EGGS, CITRIC ACID, SODIUM CITRATE, CHEESE POWDER (CHEDDAR CHEESE, [PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES], BUTTER MODIFIED FOOD STARCH, SODIUM PHOSPHATE), SALT, DRIED GARLIC)

Cherry Frudel Stick

PER SERVING (1 pkg.)

210 CALORIES	1.0g SAT FAT	260mg SODIUM	37.0g CARBS
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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.)

Cherry Tomatoes

PER SERVING (1/2 c.)

13 CALORIES	0.0g SAT FAT	4mg SODIUM	2.9g CARBS
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Allergens:

Made With: Fresh Tomatoes (TOMATO)

Chicken & Waffle

PER SERVING (1 serving)

368 CALORIES	3.0g SAT FAT	570mg SODIUM	32.7g CARBS
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Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Chicken Tender, Tyson (CHICKEN, WATER, TEXTURED SOY PROTEIN CONCENTRATE, ISOLATED SOY PROTEIN, SEASONING [BROWN SUGAR, SALT, ONION POWDER, CHICKEN STOCK, CANOLA OIL, YEAST EXTRACT, CARROT POWDER, VEGETABLE STOCK (CARROT, ONION, CELERY), GARLIC POWDER, MALTODEXTRIN, FLAVORS, SILICON DIOXIDE, CITRIC ACID AND SPICE], SEASONING (POTASSIUM CHLORIDE, RICE FLOUR), SODIUM PHOSPHATES. BREADED WITH: WHOLE WHEAT FLOUR, WATER, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, WHEAT GLUTEN, SUGAR, DRIED ONION, DRIED GARLIC, TORULA YEAST, SPICE, DEXTROSE, DRIED YEAST, TURMERIC EXTRACT (COLOR), PAPRIKA EXTRACT (COLOR). BREADING SET IN VEGETABLE OIL.); Waffles (WHOLE WHEAT FLOUR, BUTTERMILK, SUGAR, WHEY, CONTAINS 2% OR LESS OF: LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), SOY LECITHIN (AN EMULSIFIER), SALT, ARTIFICIAL FLAVOR, NATURAL AND ARTIFICIAL FLAVORS.)

Chicken Burrito

PER SERVING (1 ea.)

556 CALORIES	6.5g SAT FAT	1234mg SODIUM	70.3g CARBS
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Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Refried Beans, pinto, vegetarian (1/2c = 1/2c legume veg or 2 oz M/MA) , Recipe (Municipal Water (WATER); Refried Beans, pinto, vegetarian, low sodium, BAF Santiago (PINTO BEANS (DRY), SALT, PALM OIL.)); Fajita Chicken (Boneless, skinless chicken, chicken broth, modified food starch, seasoning (dextrose, salt, spice, dehydrated garlic, maltodextrin, dehydrated onion, natural flavors), soy protein concentrate, seasoning (salt, spices, dehydrated garlic, dehydrated onion), sodium phosphates, natural flavor.); Tortilla 10" (Ingredients: Enriched Bleached Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Shortening (Interesterified and Hydrogenated Soybean Oils), contains 2% or less of: Salt, Baking Soda, Sodium Acid Pyrophosphate, Distilled Monoglycerides, Enzymes, Cellulose Gum, Fumaric Acid, and Calcium Propionate and Sorbic Acid (to maintain freshness)., ,); Salsa, Chunky, Medium, Pace (INGREDIENTS: CRUSHED TOMATOES (WATER, CRUSHED TOMATO CONCENTRATE), JALAPENO PEPPERS, DICED TOMATOES IN TOMATO JUICE, ONIONS, DISTILLED VINEGAR, SALT, DEHYDRATED ONIONS, GARLIC, NATURAL FLAVORING.); Shredded Cheddar Cheese, Land O Lakes (CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES, ANNATTO (COLOR)), ANTICAKING BLEND (POTATO STARCH, CELLULOSE, NATAMYCIN (NATURAL INHIBITOR)).)

Chicken Burrito Bowl

PER SERVING (1 portion)

488 CALORIES	4.0g SAT FAT	740mg SODIUM	78.2g CARBS
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Allergens: Contains Milk.

Made With: Rice, white, oven, steamed (1/2c = 1 oz eq grain) ,
Recipe (Municipal Water (WATER); Long Grain White Rice (LONG GRAIN PARBOILED WHITE RICE)); Pinto Beans (PREPARED PINTO BEANS, WATER, SALT, CALCIUM CHLORIDE (FIRMING AGENT), AND CALCIUM DISODIUM EDTA (PROMOTES COLOR RETENTION).); Salsa, Chunky, Medium, Pace (INGREDIENTS: CRUSHED TOMATOES (WATER, CRUSHED TOMATO CONCENTRATE), JALAPENO PEPPERS, DICED TOMATOES IN TOMATO JUICE, ONIONS, DISTILLED VINEGAR, SALT, DEHYDRATED ONIONS, GARLIC, NATURAL FLAVORING.); Chicken Pulled, Low Sodium (BONELESS, SKINLESS DARK AND WHITE CHICKEN, WATER, CONTAINS 2% OR LESS OF THE FOLLOWING: ASCORBIC ACID, MALTODEXTRIN, NATURAL FLAVORS, RICE STARCH, VINEGAR, YEAST EXTRACT.); Shredded Cheddar Cheese, Land O Lakes (CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES, ANNATTO (COLOR)), ANTICAKING BLEND (POTATO STARCH, CELLULOSE, NATAMYCIN (NATURAL INHIBITOR)).); Lime Juice (LIME JUICE FROM CONCENTRATE); Taco Seasoning (Spices (including chili pepper), salt, paprika, garlic, onion, sugar, silicon dioxide (anti-caking agent).); Garlic Powder (GARLIC POWDER)

Chicken Caesar Salad

PER SERVING (1 salad)

358 CALORIES	6.2g SAT FAT	853mg SODIUM	9.9g CARBS
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Allergens: Contains Egg, Fish, Milk, Wheat. Processed in a facility that also processes Tree nuts.

Made With: Romaine Lettuce (ROMAINE LETTUCE); Chicken Pulled, Low Sodium (BONELESS, SKINLESS DARK AND WHITE CHICKEN, WATER, CONTAINS 2% OR LESS OF THE FOLLOWING: ASCORBIC ACID, MALTODEXTRIN, NATURAL FLAVORS, RICE STARCH, VINEGAR, YEAST EXTRACT.); Creamy Caesar Dressing (SOYBEAN OIL, WATER, DISTILLED VINEGAR, PARMESAN CHEESE WITH FLAVOR, (PARMESAN CHEESE [CULTURED MILK, SALT, ENZYMES], FLAVOR [ENZYME MODIFIED PARMESAN CHEESE {CULTURED MILK, WATER, SALT, ENZYMES}]), EGG YOLKS, ROMANO CHEESE WITH FLAVOR (ROMANO CHEESE [CULTURED MILK, SALT, ENZYMES], FLAVOR [ENZYME MODIFIED ROMANO CHEESE {CULTURED MILK, WATER, SALT, ENZYMES}]), EXTRA VIRGIN OLIVE OIL, SALT, CONTAINS LESS THAN 2% OF FOOD STARCH-MODIFIED, NATURAL FLAVORS, SPICES, LEMON JUICE CONCENTRATE, GARLIC*, XANTHAN GUM, POLYSORBATE 60, SODIUM BENZOATE (A PRESERVATIVE), MONOSODIUM GLUTAMATE, PUREED ANCHOVIES, CARAMEL COLOR, ONION*, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR. * DEHYDRATED); 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, WHEY, SALT, YEAST, 2% OR LESS OF HIGH FRUCTOSE CORN SYRUP, SUGAR, SPICES, DEHYDRATED PARSLEY, ONION POWDER, CALCIUM PROPIONAE (PRESERVATIVE), PAPRIKA (COLOR), TURMERIC (COLOR), EXTRACTIVE OF PAPRIKA (COLOR), SPICE EXTRACTIVE, ENZYMES, ASCORBIC ACID, TBHQ (TO PRESERVE FRESHNESS).); Large Clam Shell Container

Chicken Caesar Salad

PER SERVING (1 salad)

285 CALORIES	5.0g SAT FAT	682mg SODIUM	8.1g CARBS
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Allergens: Contains Egg, Fish, Milk, Wheat. Processed in a facility that also processes Tree nuts.

Made With: Chicken Pulled, Low Sodium (BONELESS, SKINLESS DARK AND WHITE CHICKEN, WATER, CONTAINS 2% OR LESS OF THE FOLLOWING: ASCORBIC ACID, MALTODEXTRIN, NATURAL FLAVORS, RICE STARCH, VINEGAR, YEAST EXTRACT.); Romaine Lettuce (ROMAINE LETTUCE); Creamy Caesar Dressing (SOYBEAN OIL, WATER, DISTILLED VINEGAR, PARMESAN CHEESE WITH FLAVOR, (PARMESAN CHEESE [CULTURED MILK, SALT, ENZYMES], FLAVOR [ENZYME MODIFIED PARMESAN CHEESE {CULTURED MILK, WATER, SALT, ENZYMES}]), EGG YOLKS, ROMANO CHEESE WITH FLAVOR (ROMANO CHEESE [CULTURED MILK, SALT, ENZYMES], FLAVOR [ENZYME MODIFIED ROMANO CHEESE {CULTURED MILK, WATER, SALT, ENZYMES}]), EXTRA VIRGIN OLIVE OIL, SALT, CONTAINS LESS THAN 2% OF FOOD STARCH-MODIFIED, NATURAL FLAVORS, SPICES, LEMON JUICE CONCENTRATE, GARLIC*, XANTHAN GUM, POLYSORBATE 60, SODIUM BENZOATE (A PRESERVATIVE), MONOSODIUM GLUTAMATE, PUREED ANCHOVIES, CARAMEL COLOR, ONION*, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR. * DEHYDRATED); 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, WHEY, SALT, YEAST, 2% OR LESS OF HIGH FRUCTOSE CORN SYRUP, SUGAR, SPICES, DEHYDRATED PARSLEY, ONION POWDER, CALCIUM PROPIONATE (PRESERVATIVE), PAPRIKA (COLOR), TURMERIC (COLOR), EXTRACTIVE OF PAPRIKA (COLOR), SPICE EXTRACTIVE, ENZYMES, ASCORBIC ACID, TBHQ (TO PRESERVE FRESHNESS).); Small Clam Shell Container

Chicken Caesar Salad

PER SERVING (1 salad)

370 CALORIES	6.3g SAT FAT	861mg SODIUM	10.0g CARBS
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Allergens: Contains Egg, Fish, Milk, Wheat. Processed in a facility that also processes Tree nuts.

Made With: Romaine Lettuce (ROMAINE LETTUCE); Chicken diced, low sodium, Tyson (Chicken, water, contains 2% or less of the following: ascorbic acid, maltodextrin, natural flavors, rice starch, vinegar, yeast extract.,); Creamy Caesar Dressing (SOYBEAN OIL, WATER, DISTILLED VINEGAR, PARMESAN CHEESE WITH FLAVOR, (PARMESAN CHEESE [CULTURED MILK, SALT, ENZYMES], FLAVOR [ENZYME MODIFIED PARMESAN CHEESE {CULTURED MILK, WATER, SALT, ENZYMES}]), EGG YOLKS, ROMANO CHEESE WITH FLAVOR (ROMANO CHEESE [CULTURED MILK, SALT, ENZYMES], FLAVOR [ENZYME MODIFIED ROMANO CHEESE {CULTURED MILK, WATER, SALT, ENZYMES}]), EXTRA VIRGIN OLIVE OIL, SALT, CONTAINS LESS THAN 2% OF FOOD STARCH-MODIFIED, NATURAL FLAVORS, SPICES, LEMON JUICE CONCENTRATE, GARLIC*, XANTHAN GUM, POLYSORBATE 60, SODIUM BENZOATE (A PRESERVATIVE), MONOSODIUM GLUTAMATE, PUREED ANCHOVIES, CARAMEL COLOR, ONION*, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR. * DEHYDRATED); 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, WHEY, SALT, YEAST, 2% OR LESS OF HIGH FRUCTOSE CORN SYRUP, SUGAR, SPICES, DEHYDRATED PARSLEY, ONION POWDER, CALCIUM PROPIONAE (PRESERVATIVE), PAPRIKA (COLOR), TURMERIC (COLOR), EXTRACTIVE OF PAPRIKA (COLOR), SPICE EXTRACTIVE, ENZYMES, ASCORBIC ACID, TBHQ (TO PRESERVE FRESHNESS).); Large Clam Shell Container

Chicken Caesar Salad

PER SERVING (1 salad)

296 CALORIES	5.0g SAT FAT	690mg SODIUM	8.2g CARBS
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Allergens: Contains Egg, Fish, Milk, Wheat. Processed in a facility that also processes Tree nuts.

Made With: Chicken diced, low sodium, Tyson (Chicken, water, contains 2% or less of the following: ascorbic acid, maltodextrin, natural flavors, rice starch, vinegar, yeast extract.,); Romaine Lettuce (ROMAINE LETTUCE); Creamy Caesar Dressing (SOYBEAN OIL, WATER, DISTILLED VINEGAR, PARMESAN CHEESE WITH FLAVOR, (PARMESAN CHEESE [CULTURED MILK, SALT, ENZYMES], FLAVOR [ENZYME MODIFIED PARMESAN CHEESE {CULTURED MILK, WATER, SALT, ENZYMES}})), EGG YOLKS, ROMANO CHEESE WITH FLAVOR (ROMANO CHEESE [CULTURED MILK, SALT, ENZYMES], FLAVOR [ENZYME MODIFIED ROMANO CHEESE {CULTURED MILK, WATER, SALT, ENZYMES}})), EXTRA VIRGIN OLIVE OIL, SALT, CONTAINS LESS THAN 2% OF FOOD STARCH-MODIFIED, NATURAL FLAVORS, SPICES, LEMON JUICE CONCENTRATE, GARLIC*, XANTHAN GUM, POLYSORBATE 60, SODIUM BENZOATE (A PRESERVATIVE), MONOSODIUM GLUTAMATE, PUREED ANCHOVIES, CARAMEL COLOR, ONION*, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR. * DEHYDRATED); 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, WHEY, SALT, YEAST, 2% OR LESS OF HIGH FRUCTOSE CORN SYRUP, SUGAR, SPICES, DEHYDRATED PARSLEY, ONION POWDER, CALCIUM PROPIONATE (PRESERVATIVE), PAPRIKA (COLOR), TURMERIC (COLOR), EXTRACTIVE OF PAPRIKA (COLOR), SPICE EXTRACTIVE, ENZYMES, ASCORBIC ACID, TBHQ (TO PRESERVE FRESHNESS).); Small Clam Shell Container

Chicken Caesar Wrap

PER SERVING (1 wrap)

471 CALORIES	6.2g SAT FAT	872mg SODIUM	39.1g CARBS
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Allergens: Contains Egg, Fish, Gluten, Milk, Wheat.

Made With: Tortilla 10" (Ingredients: Enriched Bleached Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Shortening (Interesterified and Hydrogenated Soybean Oils), contains 2% or less of: Salt, Baking Soda, Sodium Acid Pyrophosphate, Distilled Monoglycerides, Enzymes, Cellulose Gum, Fumaric Acid, and Calcium Propionate and Sorbic Acid (to maintain freshness).,); Chicken diced, low sodium, Tyson (Chicken, water, contains 2% or less of the following: ascorbic acid, maltodextrin, natural flavors, rice starch, vinegar, yeast extract.,); Romaine Lettuce (ROMAINE LETTUCE); Caesar Dressing (Back of the House) (SOYBEAN OIL, WATER, PARMESAN CHEESE WITH FLAVOR (PARMESAN CHEESE [CULTURED MILK, SALT, ENZYMES], FLAVOR [ENZYME MODIFIED PARMESAN 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, ANCHOVIES, GARLIC PUREE, SPICE, WORCESTERSHIRE SAUCE CONCENTRATE (DISTILLED VINEGAR, MOLASSES, CORN SYRUP, WATER, SALT, CARAMEL COLOR, GARLIC POWDER, SUGAR, SPICES, TAMARIND, NATURAL FLAVOR, SULFITING AGENT), LEMON JUICE CONCENTRATE, GARLIC*, PHOSPHORIC ACID, SODIUM BENZOATE AND POTASSIUM SORBATE (AS PRESERVATIVES), XANTHAN GUM, CARAMEL COLOR. *DEHYDRATED); Parmesan Cheese (GRATED PARMESAN CHEESE (MADE FROM COW'S MILK, CHEESE CULTURE, SALT, ENZYMES), POWDERED CELLULOSE (ADDED TO PREVENT CAKING)); Film Wrap

Chicken Caesar Wrap

PER SERVING (1 wrap)

459 CALORIES	6.1g SAT FAT	864mg SODIUM	39.1g CARBS
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Allergens: Contains Egg, Fish, Gluten, Milk, Wheat.

Made With: Tortilla 10" (Ingredients: Enriched Bleached Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Shortening (Interesterified and Hydrogenated Soybean Oils), contains 2% or less of: Salt, Baking Soda, Sodium Acid Pyrophosphate, Distilled Monoglycerides, Enzymes, Cellulose Gum, Fumaric Acid, and Calcium Propionate and Sorbic Acid (to maintain freshness).,); Chicken Pulled, Low Sodium (BONELESS, SKINLESS DARK AND WHITE CHICKEN, WATER, CONTAINS 2% OR LESS OF THE FOLLOWING: ASCORBIC ACID, MALTODEXTRIN, NATURAL FLAVORS, RICE STARCH, VINEGAR, YEAST EXTRACT.); Romaine Lettuce (ROMAINE LETTUCE); Caesar Dressing (Back of the House) (SOYBEAN OIL, WATER, PARMESAN CHEESE WITH FLAVOR (PARMESAN CHEESE [CULTURED MILK, SALT, ENZYMES], FLAVOR [ENZYME MODIFIED PARMESAN 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, ANCHOVIES, GARLIC PUREE, SPICE, WORCESTERSHIRE SAUCE CONCENTRATE (DISTILLED VINEGAR, MOLASSES, CORN SYRUP, WATER, SALT, CARAMEL COLOR, GARLIC POWDER, SUGAR, SPICES, TAMARIND, NATURAL FLAVOR, SULFITING AGENT), LEMON JUICE CONCENTRATE, GARLIC*, PHOSPHORIC ACID, SODIUM BENZOATE AND POTASSIUM SORBATE (AS PRESERVATIVES), XANTHAN GUM, CARAMEL COLOR. *DEHYDRATED); Parmesan Cheese (GRATED PARMESAN CHEESE (MADE FROM COW'S MILK, CHEESE CULTURE, SALT, ENZYMES), POWDERED CELLULOSE (ADDED TO PREVENT CAKING)); Film Wrap

Chicken Fajita Tacos

PER SERVING (2 ea.)

312 CALORIES	5.6g SAT FAT	331mg SODIUM	24.4g CARBS
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Allergens: Contains Milk, Soy.

Made With: Fajita Chicken (Boneless, skinless chicken, chicken broth, modified food starch, seasoning (dextrose, salt, spice, dehydrated garlic, maltodextrin, dehydrated onion, natural flavors), soy protein concentrate, seasoning (salt, spices, dehydrated garlic, dehydrated onion), sodium phosphates, natural flavor.); 6" Yellow Corn Taco Shell (Whole Grain Corn, Water, Vegetable Oil (Cottonseed, Corn, and/or Sunflower)); Shredded Cheddar Cheese, Land O Lakes (CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES, ANNATTO (COLOR)), ANTICAKING BLEND (POTATO STARCH, CELLULOSE, NATAMYCIN (NATURAL INHIBITOR))).)

Chicken Meatball Sauce

PER SERVING (3 Meatballs)

225 CALORIES	3.3g SAT FAT	777mg SODIUM	10.3g CARBS
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Allergens: Contains Egg, Milk.

Made With: Pasta Sauce (Peeled ground tomatoes, tomato puree, extra virgin olive oil, salt, garlic, carrot puree, dehydrated onions, sugar, basil, spices.); Chicken Meatballs (CHICKEN, WATER, WHOLE GRAIN OATS, TOMATO PASTE, SEA SALT, ONION, GARLIC, ROMANO CHEESE, EGGS, SPICES, EXTRA VIRGIN OLIVE OIL.)

Chicken Meatball Sub

PER SERVING (1 sandwich)

475 CALORIES	6.4g SAT FAT	1343mg SODIUM	45.0g CARBS
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Allergens: Contains Egg, Gluten, Milk, Wheat.

Made With: Meatball Sauce, 3 Chicken Meatballs, marinara sauce, RECIPE (Pasta Sauce (Peeled ground tomatoes, tomato puree, extra virgin olive oil, salt, garlic, carrot puree, dehydrated onions, sugar, basil, spices.); Chicken Meatballs (CHICKEN, WATER, WHOLE GRAIN OATS, TOMATO PASTE, SEA SALT, ONION, GARLIC, ROMANO CHEESE, EGGS, SPICES, EXTRA VIRGIN OLIVE OIL.)); Hoagie Roll 6" (WHITE WHOLE WHEAT FLOUR, DOUGH CONDITIONER {WHOLE WHEAT FLOUR, WHEAT GLUTEN, WHOLE GRAIN YELLOW CORN FLOUR, ORGANIC OAT FLOUR, WHOLE GRAIN BARLEY FLOUR, WHOLE GRAIN TRITICALE FLOUR, SUGAR, SALT, WHOLE GRAIN RYE FLOUR, CONTAINS 2% OR LESS OF SOY OIL, HONEY, MONO-DIGLYCERIDES, ETHOXYLATED MONO-DIGLYCERIDES, CALCIUM SEAROYL LACTYLATE (CSL), WEHAT SOUR, ASCORBIC ACID, ENGYMATE, SUCRALOSE.} WATER, YEAST, DOUGH SOFTENER (WATER AND MONOGLYCERIDES WITH PROPIONIC ACID AND PHOSPHORIC ACID ADDED AS PRESERVATIVES), GLUTEN, CALCIUM PROPIONATE AS MOLD INHIBITOR.); Shredded Mozzarella Cheese (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, AND ENZYMES. POTATO STARCH, POWDERED CELLULOSE ADDED TO PREVENT CAKING.)

Chicken Meatballs

PER SERVING (3 ea.)

180 CALORIES	3.0g SAT FAT	400mg SODIUM	4.0g CARBS
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Allergens: Contains Egg, Milk.

Made With: Chicken Meatballs (CHICKEN, WATER, WHOLE GRAIN OATS, TOMATO PASTE, SEA SALT, ONION, GARLIC, ROMANO CHEESE, EGGS, SPICES, EXTRA VIRGIN OLIVE OIL.)

Chicken Nachos

PER SERVING (1 ea.)

469 CALORIES	12.4g SAT FAT	645mg SODIUM	37.8g CARBS
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Allergens: Contains Milk, Soy.

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.); Tortilla Chips (Whole grain corn, water, vegetable oil (contains one or more of the following: cottonseed oil, corn oil, palm oil), Lime., ,); Fajita Chicken (Boneless, skinless chicken, chicken broth, modified food starch, seasoning (dextrose, salt, spice, dehydrated garlic, maltodextrin, dehydrated onion, natural flavors), soy protein concentrate, seasoning (salt, spices, dehydrated garlic, dehydrated onion), sodium phosphates, natural flavor.)

Chicken Nuggets

PER SERVING (5 ea.)

258 CALORIES	2.5g SAT FAT	397mg SODIUM	15.9g CARBS
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Allergens: Contains Gluten, Soy, Wheat.

Made With: Golden Crispy Chicken Chunk Fritters (CHICKEN, WATER, WHOLE WHEAT FLOUR, TEXTURED SOY PROTEIN CONCENTRATE, ISOLATED SOY PROTEIN, CONTAINS 2% OR LESS OF THE FOLLOWING: BROWN SUGAR, CANOLA OIL, CARROT POWDER, CITRIC ACID, DRIED GARLIC, DRIED ONION, DRIED YEAST, GARLIC POWDER, MALTODEXTRIN, NATURAL FLAVOR, ONION POWDER, PAPRIKA EXTRACT (COLOR), ROSEMARY EXTRACT (TO PROTECT FLAVOR), SALT, SPICE, SUGAR, TORULA YEAST, TURMERIC EXTRACT (COLOR), VEGETABLE STOCK (CARROT, ONION, CELERY), WHEAT GLUTEN, YEAST EXTRACT. BREADING SET IN VEGETABLE OIL.)

Chicken Patty Sandwich

PER SERVING (1 burger)

408 CALORIES	3.0g SAT FAT	675mg SODIUM	42.5g CARBS
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Allergens: Contains Gluten, Soy, Wheat.

Made With: Breaded Chicken Patty (CHICKEN, WATER, TEXTURED SOY PROTEIN CONCENTRATE, ISOLATED SOY PROTEIN, SEASONING [BROWN SUGAR, SALT, ONION POWDER, CHICKEN STOCK, CANOLA OIL, YEAST EXTRACT, CARROT POWDER, VEGETABLE STOCK (CARROT, ONION, CELERY), GARLIC POWDER, MALTODEXTRIN, FLAVORS, SILICON DIOXIDE, CITRIC ACID AND SPICE), SEASONING (POTASSIUM CHLORIDE, RICE FLOUR), SODIUM PHOSPHATES. BREADED WITH: WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, WHEAT GLUTEN, SUGAR, DRIED ONION, DRIED GARLIC, TORULA YEAST, SPICE, DEXTROSE, DRIED YEAST, TURMERIC EXTRACT (COLOR), PAPRIKA EXTRACT (COLOR). BREADING SET IN VEGETABLE OIL.); Hamburger Bun, 3", K8 (WATER, WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR, (WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, YEAST, SALT, DOUGH SOFTENER, (WATER AND MONOGLYCERIDES WITH PROPIONIC ACID AND PHOSPHORIC ACID ADDED AS PRESERVATIVES), CALCIUM PROPIONATE AS MOLD INHIBITOR. STRENGTHENER (ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE, MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENZYMES). DOUGH CONDITIONER, (ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONITRATE, RIBOFLAVIN, FOLIC ACID), ASCORBIC ACID, WHEAT GLUTEN, ENZYMES.))

Chicken Quesadilla

PER SERVING (1 each quesadilla)

382 CALORIES	7.5g SAT FAT	779mg SODIUM	37.0g CARBS
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Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Tortilla 10" (Ingredients: Enriched Bleached Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Shortening (Interesterified and Hydrogenated Soybean Oils), contains 2% or less of: Salt, Baking Soda, Sodium Acid Pyrophosphate, Distilled Monoglycerides, Enzymes, Cellulose Gum, Fumaric Acid, and Calcium Propionate and Sorbic Acid (to maintain freshness).,); Fajita Chicken (Boneless, skinless chicken, chicken broth, modified food starch, seasoning (dextrose, salt, spice, dehydrated garlic, maltodextrin, dehydrated onion, natural flavors), soy protein concentrate, seasoning (salt, spices, dehydrated garlic, dehydrated onion), sodium phosphates, natural flavor.); Shredded Cheddar Cheese (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES AND ANNATTO (IF COLORED), POTATO STARCH AND POWDERED CELLULOSE ADDED TO PREVENT CAKING.)

Chicken Ranch Wrap

PER SERVING (1 wrap)

440 CALORIES	7.3g SAT FAT	970mg SODIUM	40.3g CARBS
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Allergens: Contains Egg, Gluten, Milk, Soy, Wheat.

Made With: Fajita Chicken (Boneless, skinless chicken, chicken broth, modified food starch, seasoning (dextrose, salt, spice, dehydrated garlic, maltodextrin, dehydrated onion, natural flavors), soy protein concentrate, seasoning (salt, spices, dehydrated garlic, dehydrated onion), sodium phosphates, natural flavor.); Tortilla 10" (Ingredients: Enriched Bleached Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Shortening (Interesterified and Hydrogenated Soybean Oils), contains 2% or less of: Salt, Baking Soda, Sodium Acid Pyrophosphate, Distilled Monoglycerides, Enzymes, Cellulose Gum, Fumaric Acid, and Calcium Propionate and Sorbic Acid (to maintain freshness)., ,); Romaine Lettuce (ROMAINE LETTUCE); Ranch Dressing (SOYBEAN OIL, WATER, BUTTERMILK (CULTURED PASTEURIZED SKIM MILK AND, MILK, SODIUM CITRATE AND SALT), 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), EGG YOLKS, CONTAINS LESS THAN 2%, OF DISTILLED VINEGAR, SALT, XANTHAN GUM, NATURAL FLAVOR (INCLUDES MILK).); Shredded Cheddar Cheese, Land O Lakes (CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES, ANNATTO (COLOR)), ANTICAKING BLEND (POTATO STARCH, CELLULOSE, NATAMYCIN (NATURAL INHIBITOR)).)

Chicken Tenders

PER SERVING (3 strips)

264 CALORIES	2.5g SAT FAT	396mg SODIUM	16.2g CARBS
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Allergens: Contains Soy, Wheat.

Made With: Chicken Tender, Tyson (CHICKEN, WATER, TEXTURED SOY PROTEIN CONCENTRATE, ISOLATED SOY PROTEIN, SEASONING [BROWN SUGAR, SALT, ONION POWDER, CHICKEN STOCK, CANOLA OIL, YEAST EXTRACT, CARROT POWDER, VEGETABLE STOCK (CARROT, ONION, CELERY), GARLIC POWDER, MALTODEXTRIN, FLAVORS, SILICON DIOXIDE, CITRIC ACID AND SPICE], SEASONING (POTASSIUM CHLORIDE, RICE FLOUR), SODIUM PHOSPHATES. BREADED WITH: WHOLE WHEAT FLOUR, WATER, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, WHEAT GLUTEN, SUGAR, DRIED ONION, DRIED GARLIC, TORULA YEAST, SPICE, DEXTROSE, DRIED YEAST, TURMERIC EXTRACT (COLOR), PAPRIKA EXTRACT (COLOR). BREADING SET IN VEGETABLE OIL.)

Chilled Black Beans

PER SERVING (1/2 c.)

81 CALORIES	0.0g SAT FAT	95mg SODIUM	15.5g CARBS
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Allergens:

Made With: Black Beans (PREPARED BLACK BEANS, WATER, SALT, AND CALCIUM CHLORIDE (FIRMING AGENT).)

Chocolate Chip French Toast Eggo Bites

PER SERVING (1 pkg.)

210 CALORIES	1.5g SAT FAT	260mg SODIUM	35.0g CARBS
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Allergens: Contains Egg, Gluten, Milk, Soy, Wheat.

Made With: French Toast, mini, chocolate chip, WGR, Eggo Bites (WHOLE WHEAT FLOUR, WATER, SUGAR, EGG WHITES, SEMISWEET CHOCOLATE (SUGAR, CHOCOLATE, DEXTROSE, COCOA BUTTER, SOY LECITHIN), VEGETABLE OIL (SOYBEAN, PALM AND/OR CANOLA), CONTAINS 2% OR LESS OF LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), FRUCTOSE, MOLASSES, SOY LECITHIN, NATURAL FLAVORS, SALT, WHEY, CALCIUM CARBONATE, VITAMIN A PALMITATE, REDUCED IRON, VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B12.)

Chocolate Milk

PER SERVING (1 Half Pint)

120 CALORIES	0.0g SAT FAT	190mg SODIUM	20.0g CARBS
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Allergens: Contains Milk.

Made With: Nonfat Chocolate Milk Berkeley (Nonfat milk, sugar, contains less than 1% of: Cocoa (processed with alkali), corn starch, salt, carrageenan, natural flour, Vitamin A Palmitate, Vitamin D3.)

Chunky Medium Salsa

PER SERVING (2 oz.)

20 CALORIES	0.0g SAT FAT	460mg SODIUM	6.0g CARBS
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Allergens:

Made With: Salsa, Chunky, Medium, Pace (INGREDIENTS: CRUSHED TOMATOES (WATER, CRUSHED TOMATO CONCENTRATE), JALAPENO PEPPERS, DICED TOMATOES IN TOMATO JUICE, ONIONS, DISTILLED VINEGAR, SALT, DEHYDRATED ONIONS, GARLIC, NATURAL FLAVORING.)

Cinnamon Bun

PER SERVING (1 bun)

267 CALORIES	1.2g SAT FAT	140mg SODIUM	54.7g CARBS
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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 CORNSTARCH, CINNAMON, CITRUS FIBER, SALT, NATURAL AND ARTIFICIAL FLAVOR, MOLASSES, DISTILLED MONOGLYCERIDES, POTASSIUM CHLORIDE, DATEM, SODIUM STEAROYL LACTYLATE, COLORED WITH (CARMEL COLOR, BETA CAROTENE), PECTIN, MODIFIED TAPIOCA STARCH, ASCORBIC ACID, ENZYME.); Vanilla Heat 'N Ice, 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.)

Cinnamon Bun

PER SERVING (1 ea.)

259 CALORIES	2.2g SAT FAT	324mg SODIUM	41.0g CARBS
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Allergens: Contains Egg, Milk, Wheat.

Made With: Cinnamon Bun (100% WHOLE WHEAT FLOUR, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SUGAR, VEGETABLE SHORTENING (CANOLA OIL, HYDROGENATED COTTONSEED OIL, MONO- & DIGLYCERIDES, POLYSORBATE 60, CITRIC ACID ADDED AS A PRESERVATIVE), PUMPKIN, YEAST. CONTAINS 2% OR LESS OF THE FOLLOWING: DEXTROSE, WHEY, DISTILLED MONOGLYCERIDES, SALT, SOYBEAN OIL, DEFATTED SOY FLOUR, SPICE (CINNAMON), FLAVOR (NATURAL & ARTIFICIAL), GUAR GUM, CALCIUM PROPIONATE, VITAL WHEAT GLUTEN, SODIUM STEAROYL LACTYLATE, SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, AMMONIUM SULFATE, XANTHAN GUM, CORN STARCH, CALCIUM SULFATE, DRIED WHOLE EGGS, COCOA (ALKALI), CORN SYRUP, AGAR, ENZYMES, BETA CAROTENE (COLOR), ASCORBIC ACID, ENZYMES.)

Cinnamon Chex Cereal

PER SERVING (1 bowl)

120 CALORIES	0.0g SAT FAT	170mg SODIUM	22.0g CARBS
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Allergens:

Made With: Cinnamon Chex Cereal (WHOLE GRAIN RICE, RICE, SUGAR, FRUCTOSE, CANOLA OIL, SALT, CINNAMON, MOLASSES. VITAMIN E (MIXED TOCOPHEROLS) AND BHT 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 B2 (RIBOFLAVIN), VITAMIN B1 (THIAMIN MONONITRATE), VITAMIN A (PALMITATE), A B VITAMIN (FOLIC ACID), VITAMIN B12, VITAMIN D3.)

Cinnamon Creamy Cheese Mini Bagels

PER SERVING (1 pkg.)

240 CALORIES	2.5g SAT FAT	180mg SODIUM	41.0g CARBS
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Allergens: Contains Gluten, Milk, Wheat. May contain Soy.

Made With: Cinnamon Creamy Cheese Mini Bagels (WHOLE WHEAT FLOUR, WATER, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), NEUFCHATEL CHEESE (MILK, CREAM, CHEESE CULTURE, SALT, CAROB BEAN GUM), SUGAR, MALTODEXTRIN, SOYBEAN OIL. CONTAINS LESS THAN 2% OF: NONFAT MILK, YEAST, MODIFIED CORN STARCH, SALT, CINNAMON, CREAM OF TARTAR, METHYLCELLULOSE.)

Cinnamon Mini Maple Waffles

PER SERVING (1 pkg.)

210 CALORIES	1.0g SAT FAT	170mg SODIUM	38.0g CARBS
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Allergens: Contains Egg, Milk, Soy, Wheat.

Made With: Mini Maple Waffles (WATER, WHOLE WHEAT FLOUR, SUGAR, BROWN RICE FLOUR, SOYBEAN OIL. CONTAINS LESS, THAN 2% OF: SOY LECITHIN, MALTODEXTRIN,, BAKING SODA, SODIUM ALUMINUM, PHOSPHATE, SALT, NONFAT MILK, CALCIUM, ACID PYROPHOSPHATE, POTASSIUM, BICARBONATE, MODIFIED CORN STARCH, EGGS,, NATURAL FLAVOR, DEXTROSE, TRICALCIUM, PHOSPHATE.)

Cinnamon Pretzel Stick

PER SERVING (1 ea.)

150 CALORIES	1.0g SAT FAT	115mg SODIUM	30.0g CARBS
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Allergens: Contains Egg, Milk, Soy, Wheat.

Made With: Cinnamon Pretzel Stick IW (WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR,, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER,, CINNAMON CREAM CHEESE FILLING (SUGAR, CREAM CHEESE [PASTEURIZED MILK AND, CREAM, CHEESE CULTURES, SALT, CAROB BEAN GUM AND/OR XANTHAN GUM AND/OR, GUAR GUM], CORN SYRUP, MODIFIED TAPIOCA STARCH, FRUCTOSE, WATER, OAT FIBER, [CONTAINS WHEAT], CINNAMON, SALT, EGG WHITES, POTASSIUM SORBATE, [PRESERVATIVE]), GRAHAM CRUMB TOPPING (ENRICHED WHEAT FLOUR [WHEAT FLOUR,, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], SUGAR, PALM, OIL, GRAHAM FLOUR, BROWN SUGAR, SALT, BAKING SODA, NATURAL FLAVOR, ANNATTO, [COLOR]), YEAST, DOUGH CONDITIONERS (WHEAT FLOUR, SALT, MALTED BARLEY FLOUR,, SOYBEAN OIL, MONO AND DIGLYCERIDES, L-CYSTEINE, ASCORBIC ACID, ENZYMES),, CORN SYRUP, SUGAR, CINNAMON, CANOLA OIL, SEASONETTES (DEGERMED YELLOW, CORN GRITS, CARAMEL COLOR, ELDERBERRY EXTRACT), SALT, BICARBONATES AND, CARBONATES OF SODA.)

Cinnamon UBR

PER SERVING (1 pkg.)

280 CALORIES	3.0g SAT FAT	190mg SODIUM	44.0g CARBS
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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.)

Classic Chef Salad

PER SERVING (1 salad)

162 CALORIES	4.0g SAT FAT	358mg SODIUM	4.4g CARBS
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Allergens: Contains Egg, Milk.

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); Spinach (SPINACH)); All Natural Turkey Ham Slices (TURKEY THIGH MEAT WITH A PORTION OF GROUND TURKEY THIGH TRIM ADDED, VINEGAR, SUGAR, CONTAINS 2% OR LESS SEA SALT, CULTURED CELERY POWDER, SALT, POTASSIUM CHLORIDE, BAKING SODA, NATURAL SMOKE FLAVOR); Cucumbers (CUCUMBER); Hard Boiled Egg (EGGS); Fresh Tomatoes (TOMATO); Shredded Cheddar Cheese (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES AND ANNATTO (IF COLORED), POTATO STARCH AND POWDERED CELLULOSE ADDED TO PREVENT CAKING.); Sliced Oven Roasted Turkey Breast (TURKEY BREAST MEAT, TURKEY BROTH, CONTAINS 2% OR LESS: SALT, SUGAR, ROSEMARY EXTRACT, BAKING SODA.); Small Clam Shell Container

Classic Chef Salad

PER SERVING (1 salad)

174 CALORIES	4.0g SAT FAT	377mg SODIUM	7.2g CARBS
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Allergens: Contains Egg, Milk.

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); Spinach (SPINACH)); Cucumbers (CUCUMBER); All Natural Turkey Ham Slices (TURKEY THIGH MEAT WITH A PORTION OF GROUND TURKEY THIGH TRIM ADDED, VINEGAR, SUGAR, CONTAINS 2% OR LESS SEA SALT, CULTURED CELERY POWDER, SALT, POTASSIUM CHLORIDE, BAKING SODA, NATURAL SMOKE FLAVOR); Hard Boiled Egg (EGGS); Fresh Tomatoes (TOMATO); Cheddar Cheese Slice Great Lakes (PASTERUIZED MILK, CHEESE CULTURE, SALT, ENZYMES, AND ANNATTO (VEGETABLE COLOR- IF COLORED).); Sliced Oven Roasted Turkey Breast (TURKEY BREAST MEAT, TURKEY BROTH, CONTAINS 2% OR LESS: SALT, SUGAR, ROSEMARY EXTRACT, BAKING SODA.); Large Clam Shell Container

Colby Cheese Omelet

PER SERVING (1 patty)

120 CALORIES	3.5g SAT FAT	300mg SODIUM	1.0g CARBS
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Allergens: Contains Egg, Milk. May contain Soy.

Made With: Colby Cheese Omelet (EGG PATTY: WHOLE EGGS, WATER, SOYBEAN OIL, MODIFIED FOOD STARCH, SALT, WHEY SOLIDS, NONFAT DRY MILK AND CITRIC ACID. FILLING: PASTEURIZED PROCESS COLBY CHEESE (COLBY CHEESE (MILK, CHEESE CULTURE, SALT, ENZYMES), WATER, CREAM, SODIUM PHOSPHATE, SORBIC ACID (PRESERVATIVE), COLOR ADDED (PAPRIKA AND ANNATTO)).)

Corn

PER SERVING (1/2 c.)

65 CALORIES	0.0g SAT FAT	152mg SODIUM	14.1g CARBS
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Allergens:

Made With: Corn, Low Sodium (CORN, WATER, SALT)

Corn Dog

PER SERVING (1 corn dog)

240 CALORIES	2.5g SAT FAT	390mg SODIUM	30.0g CARBS
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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
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Allergens:

Made With: Country Turkey Sausage Patty (TURKEY, SEASONING (SALT, SPICES, SUGAR, DEXTROSE, SPICE EXTRACT, BHA, PROPYL GALLATE, CITRIC ACID), CARAMEL COLOR.)



Country Turkey Sausage Patty

PER SERVING (2 patty)

120 CALORIES	3.0g SAT FAT	160mg SODIUM	0.0g CARBS
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Allergens:

Made With: Country Turkey Sausage Patty (TURKEY, SEASONING (SALT, SPICES, SUGAR, DEXTROSE, SPICE EXTRACT, BHA, PROPYL GALLATE, CITRIC ACID), CAMEL COLOR.)

Craisins

PER SERVING (1 pkg.)

130 CALORIES	0.0g SAT FAT	0mg SODIUM	33.0g CARBS
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Allergens:

Made With: Craisins

Cream Cheese Spread

PER SERVING (1 pkg.)

70 CALORIES	4.0g SAT FAT	115mg SODIUM	1.0g CARBS
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Allergens: Contains Milk.

Made With: Cream Cheese Spread (PASTEURIZED NONFAT MILK AND MILKFAT, WHEY PROTEIN CONCENTRATE, CHEESE CULTURE, SALT, CAROB BEAN GUM, XANTHAN GUM, GUAR GUM, SORBIC ACID (AS A PRESERVATIVE), VITAMIN A PAMITATE.)

Crescent Grape

PER SERVING (1 ea.)

210 CALORIES	1.0g SAT FAT	260mg SODIUM	35.0g CARBS
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Allergens: Contains Gluten, Milk, Wheat.

Made With: Filled Crescent, Grape, IW (WATER, WHOLE WHEAT FLOUR, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, YEAST. CONTAINS 2% OR LESS OF: CORN SYRUP, NONFAT MILK, CONCORN GRAPES, MODIFIED CORN STARCH, SALT, CITRIC ACID, NATURALFLAVOR, SODIUM CITRATE, BLUEBERRY JUICE AND CARROT JUICE COLOR, POTASSIUM SORBATE (PRESERVATIVE), IZNTHAN GUM, GELLAN GUM, AGAR.)

Crispy Chicken Salad

PER SERVING (1 salad)

350 CALORIES	5.0g SAT FAT	550mg SODIUM	23.0g CARBS
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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); Spinach (SPINACH)); Golden Crispy Chicken Chunk Fritters (CHICKEN, WATER, WHOLE WHEAT FLOUR, TEXTURED SOY PROTEIN CONCENTRATE, ISOLATED SOY PROTEIN, CONTAINS 2% OR LESS OF THE FOLLOWING: BROWN SUGAR, CANOLA OIL, CARROT POWDER, CITRIC ACID, DRIED GARLIC, DRIED ONION, DRIED YEAST, GARLIC POWDER, MALTODEXTRIN, NATURAL FLAVOR, ONION POWDER, PAPRIKA EXTRACT (COLOR), ROSEMARY EXTRACT (TO PROTECT FLAVOR), SALT, SPICE, SUGAR, TORULA YEAST, TURMERIC EXTRACT (COLOR), VEGETABLE STOCK (CARROT, ONION, CELERY), WHEAT GLUTEN, YEAST EXTRACT. BREADING SET IN VEGETABLE OIL.); Fresh Tomatoes (TOMATO); Shredded Carrots, matchsticks (CARROTS); Shredded Cheddar Cheese (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES AND ANNATTO (IF COLORED), POTATO STARCH AND POWDERED CELLULOSE ADDED TO PREVENT CAKING.); Small Clam Shell Container

Crispy Chicken Salad

PER SERVING (1 salad)

287 CALORIES	4.5g SAT FAT	447mg SODIUM	17.8g CARBS
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Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Golden Crispy Chicken Chunk Fritters (CHICKEN, WATER, WHOLE WHEAT FLOUR, TEXTURED SOY PROTEIN CONCENTRATE, ISOLATED SOY PROTEIN, CONTAINS 2% OR LESS OF THE FOLLOWING: BROWN SUGAR, CANOLA OIL, CARROT POWDER, CITRIC ACID, DRIED GARLIC, DRIED ONION, DRIED YEAST, GARLIC POWDER, MALTODEXTRIN, NATURAL FLAVOR, ONION POWDER, PAPRIKA EXTRACT (COLOR), ROSEMARY EXTRACT (TO PROTECT FLAVOR), SALT, SPICE, SUGAR, TORULA YEAST, TURMERIC EXTRACT (COLOR), VEGETABLE STOCK (CARROT, ONION, CELERY), WHEAT GLUTEN, YEAST EXTRACT. BREADING SET IN VEGETABLE OIL.); Mixed Salad Greens, Romaine blend, spinach (2c = 5 oz = 1/2c dark green + 1/2c other veg) , Recipe (Salad Mix (ROMAINE LETTUCE, ICEBERG LETTUCE); Spinach (SPINACH)); Fresh Tomatoes (TOMATO); Shredded Carrots, matchsticks (CARROTS); Shredded Cheddar Cheese (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES AND ANNATTO (IF COLORED), POTATO STARCH AND POWDERED CELLULOSE ADDED TO PREVENT CAKING.); Small Clam Shell Container

Crispy Chicken Sandwich

PER SERVING (1 ea.)

410 CALORIES	3.0g SAT FAT	680mg SODIUM	43.0g CARBS
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Allergens: Contains Gluten, Soy, Wheat.

Made With: Breaded Chicken Patty (CHICKEN, WATER, TEXTURED SOY PROTEIN CONCENTRATE, ISOLATED SOY PROTEIN, SEASONING [BROWN SUGAR, SALT, ONION POWDER, CHICKEN STOCK, CANOLA OIL, YEAST EXTRACT, CARROT POWDER, VEGETABLE STOCK (CARROT, ONION, CELERY), GARLIC POWDER, MALTODEXTRIN, FLAVORS, SILICON DIOXIDE, CITRIC ACID AND SPICE), SEASONING (POTASSIUM CHLORIDE, RICE FLOUR), SODIUM PHOSPHATES. BREADED WITH: WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, WHEAT GLUTEN, SUGAR, DRIED ONION, DRIED GARLIC, TORULA YEAST, SPICE, DEXTROSE, DRIED YEAST, TURMERIC EXTRACT (COLOR), PAPRIKA EXTRACT (COLOR). BREADING SET IN VEGETABLE OIL.); White Wheat Hamburger Bun (WATER, WHITE WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR, (WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, YEAST, SALT, DOUGH SOFTENER, (WATER AND MONOGLYCERIDES WITH PROPIONIC ACID AND PHOSPHORIC ACID ADDED AS PRESERVATIVES), CALCIUM PROPIONATE AS MOLD INHIBITOR. STRENGTHENER (ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE, MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENZYMES). DOUGH CONDITIONER, (ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONITRATE, RIBOFLAVIN, FOLIC ACID), ASCORBIC ACID, WHEAT GLUTEN, ENZYMES.))

Crispy Chicken Wrap

PER SERVING (1 wrap)

528 CALORIES	7.3g SAT FAT	982mg SODIUM	51.9g CARBS
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Allergens: Contains Egg, Gluten, Milk, Soy, Wheat.

Made With: Golden Crispy Chicken Chunk Fritters (CHICKEN, WATER, WHOLE WHEAT FLOUR, TEXTURED SOY PROTEIN CONCENTRATE, ISOLATED SOY PROTEIN, CONTAINS 2% OR LESS OF THE FOLLOWING: BROWN SUGAR, CANOLA OIL, CARROT POWDER, CITRIC ACID, DRIED GARLIC, DRIED ONION, DRIED YEAST, GARLIC POWDER, MALTODEXTRIN, NATURAL FLAVOR, ONION POWDER, PAPRIKA EXTRACT (COLOR), ROSEMARY EXTRACT (TO PROTECT FLAVOR), SALT, SPICE, SUGAR, TORULA YEAST, TURMERIC EXTRACT (COLOR), VEGETABLE STOCK (CARROT, ONION, CELERY), WHEAT GLUTEN, YEAST EXTRACT. BREADING SET IN VEGETABLE OIL.); Iceberg Lettuce (ICEBERG LETTUCE); Tortilla 10" (Ingredients: Enriched Bleached Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Shortening (Interesterified and Hydrogenated Soybean Oils), contains 2% or less of: Salt, Baking Soda, Sodium Acid Pyrophosphate, Distilled Monoglycerides, Enzymes, Cellulose Gum, Fumaric Acid, and Calcium Propionate and Sorbic Acid (to maintain freshness)., ,); Ranch Dressing (SOYBEAN OIL, WATER, BUTTERMILK (CULTURED PASTEURIZED SKIM MILK AND, MILK, SODIUM CITRATE AND SALT), 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), EGG YOLKS, CONTAINS LESS THAN 2%, OF DISTILLED VINEGAR, SALT, XANTHAN GUM, NATURAL FLAVOR (INCLUDES MILK).); Shredded Cheddar Cheese, Land O Lakes (CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES, ANNATTO (COLOR)), ANTICAKING BLEND (POTATO STARCH, CELLULOSE, NATAMYCIN (NATURAL INHIBITOR)).)

Cucumber Coins

PER SERVING (1/2 c.)

9 CALORIES	0.0g SAT FAT	1mg SODIUM	2.2g CARBS
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Allergens:

Made With: Cucumbers (CUCUMBER)

Deli Ham (turkey) & Cheddar Sandwich

PER SERVING (1 sandwich)

291 CALORIES	5.6g SAT FAT	682mg SODIUM	27.0g CARBS
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Allergens: Contains Gluten, Milk, Wheat.

Made With: Wheat Loaf Bread (Water, White Whole Wheat Flour, Enriched Wheat Flour (with Niacin, reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Soybean Oil, Yeast, Salt, Dough Softener (water and monoglycerides with propionic acid and Phosphoric acid added as preservatives), Calcium Propionate as mold inhibitor. Strengthener (Enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid) enzymes), dough conditioner, (Enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), ascorbic acid, wheat gluten, enzymes.)); All Natural Turkey Ham Slices (TURKEY THIGH MEAT WITH A PORTION OF GROUND TURKEY THIGH TRIM ADDED, VINEGAR, SUGAR, CONTAINS 2% OR LESS SEA SALT, CULTURED CELERY POWDER, SALT, POTASSIUM CHLORIDE, BAKING SODA, NATURAL SMOKE FLAVOR); Cheddar Cheese Slice (CULTURED PASTERUIZED REDUCED FAT MILK, SALT, ENZYMES, ANNATTO (COLOR). VITAMIN A PALMITATE.); Film Wrap

Diced Pears in Pear Juice

PER SERVING (1/2 c.)

60 CALORIES	0.0g SAT FAT	10mg SODIUM	14.0g CARBS
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Allergens:

Made With: Diced Pears (PEARS, WATER, PEAR JUICE CONCENTRATE)

Dinner Roll

PER SERVING (1 roll.)

160 CALORIES	0.0g SAT FAT	270mg SODIUM	34.0g CARBS
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Allergens: Contains Gluten, Wheat.

Made With: Roll (WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SUGAR. CONTAINS LESS THAN 2% OF: WHEAT GLUTEN, YEAST, SOYBEAN OIL, SALT, EMULSIFIER, ENZYMES, CORNMEAL, CALCIUM PROPIONATE, CALCIUM CARBONATE, MICROCRYSTALLINE CELLULOSE, SODIUM STEAROYL LACTYLATE, ASCORBIC ACID.)

Egg & Cheddar Cheese Breakfast Sandwich

PER SERVING (1 ea.)

191 CALORIES	3.3g SAT FAT	341mg SODIUM	22.0g CARBS
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Allergens: Contains Egg, Gluten, Milk, Wheat.

Made With: Wheat English Muffin (WHOLE WHEAT FLOUR, WATER, YEAST, WHEAT GLUTEN CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: HONEY, BROWN SUGAR, RAISIN JUICE CONCENTRATE, SOYBEAN OIL AND/OR COTTONSEED OIL, SEA SALT, MOLASSESS, ACESULFAME POTASSIUM SUCRALSOSE, DATEM, MONO AND DIGLYCERIDES, CORN MEAL, CALCIUM SULFATE, CALCIUM PEROXIDE, LACTIC ACID, FUMARIC ACID, CALCIUM PROPIONATE (TO RETARD SPOILAGE), ASCORBIC ACID.); Square Egg Patty (WHOLE EGG, WATER, WHEY SOLIDS, NONFAT DRY MILK, CORN SYRUP SOLIDS, XANTHAN GUM, AND CITRIC ACID.); Cheddar Cheese Slice (CULTURED PASTERUIZED REDUCED FAT MILK, SALT, ENZYMES, ANNATTO (COLOR). VITAMIN A PALMITATE.)

Egg & Cheese Breakfast Sandwich

PER SERVING (1 ea.)

160 CALORIES	2.5g SAT FAT	280mg SODIUM	19.0g CARBS
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Allergens: Contains Egg, Milk, Soy, Wheat.

Made With: Egg & Cheese Breakfast Sandwich, IW (Fully Baked Whole Grain Roll: Water, Whole Wheat Flour, Enriched Bleached, Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Enzyme, Folic Acid), Sugar. CONTAINS 2% OR LESS OF: Yeast (Yeast, Sorbitan Monostearate, Ascorbic Acid), Soybean Oil, Salt, Monoglycerides With Ascorbic Acid and Citric Acid (Antioxidants), Fumaric Acid, Calcium Propionate (Preservative), Calcium Sulfate, Enzymes, Wheat Starch, Ascorbic Acid. EGG PATTY: Whole Eggs, Water, Soybean Oil, Modified Food Starch, Whey Solids, Salt, Nonfat Dried Milk, Citric Acid. SHARP PASTEURIZED PROCESS AMERICAN CHEESE: Milk, Water, Cheese Culture, Salt, Sodium Citrate, Cream, Sodium, Pyrophosphate, Sodium Phosphate, Sorbic Acid (Preservative), Citric Acid, Enzymes, Color. Added, Soy Lecithin. CONTAINS: EGG, MILK, SOY, WHEAT)

Enchirito Bean & Cheese

PER SERVING (1 ea.)

343 CALORIES	4.6g SAT FAT	827mg SODIUM	46.9g CARBS
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Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Bean and Cheese Burrito (FILLING: WATER, PINTO BEANS, CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, MAY CONTAIN ANNATTO COLOR), TEXTURED VEGETABLE PROTEIN PRODUCT [SOY, FLOUR, CARAMEL COLOR, ZINC OXIDE, FERROUS SULFATE, NIACINAMIDE, CALCIUM PANTOTHENATE, PYRIDOXINE HYDROCHLORIDE (B6), RIBOFLAVIN (B2), THIAMINE MONONITRATE (B1), VITAMIN A, PALMITATE, AND VITAMIN B12], SALT, FLAVORINGS, MODIFIED FOOD STARCH (REFINED CORN), WHOLE WHEAT FLOUR TORTILLA, SOY FLOUR ENRICHED (WHEAT FLOURS [WHOLE WHEAT FLOUR, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID)], WATER SOY FLOUR, SOYBEAN OIL, POTATO STARCH, PEA FIBER, DISTILLED MONOGLYCERIDE, WHEAT GLUTEN, GLYCERINE, SALT, BAKING POWDER (CORN STARCH, SODIUM, BICARBONATE, SODIUM ALUMINUM, MONOCALCIUM PHOSPHATE).); Enchilada Sauce (WATER, CRUSHED TOMATOES (WATER, CRUSHED TOMATO CONCENTRATE), MODIFIED FOOD STARCH, SPICE, VEGETABLE OIL (CORN, AND/OR CANOLA), SALT, DEHYDRATED ONIONS, DEHYDRATED GARLIC, CITRIC ACID, SODIUM BENZOATE (PRESERVATIVE).); Enchilada Sauce (WATER, CRUSHED TOMATOES (WATER, CRUSHED TOMATO CONCENTRATE), MODIFIED FOOD STARCH, SPICE, VEGETABLE OIL (CORN, AND/OR CANOLA), SALT, DEHYDRATED ONIONS, DEHYDRATED GARLIC, CITRIC ACID, SODIUM BENZOATE (PRESERVATIVE).); Shredded Cheddar Cheese (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES AND ANNATTO (IF COLORED), POTATO STARCH AND POWDERED CELLULOSE ADDED TO PREVENT CAKING.)

English Muffin

PER SERVING (1 muffin, toaster)

163 CALORIES	1.5g SAT FAT	657mg SODIUM	24.0g CARBS
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Allergens: Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Egg.

Made With: English Muffin, Burry, WGR (WATER, WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), WHEAT GLUTEN, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: YELLOW CORN FLOUR AND CORN MEAL, SUGAR, YEAST, CULTURED WHEAT FLOUR, SALT, SOYBEAN OIL, FUMARIC ACID, CORN STARCH, VINEGAR, NONFAT MILK, DIARY WHEY, DOUGH CONDITIONERS (CALCIUM SULFATE, ASCORBIC ACID, ENZYMES, TRICALCIUM PHOSPHATE).); 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.)

English Muffin Melt

PER SERVING (1 muffin, toaster)

240 CALORIES	5.0g SAT FAT	800mg SODIUM	24.0g CARBS
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Allergens: Contains Gluten, Milk, Wheat. Processed in a facility that also processes Egg, Soy.

Made With: English Muffin, Burry, WGR (WATER, WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), WHEAT GLUTEN, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: YELLOW CORN FLOUR AND CORN MEAL, SUGAR, YEAST, CULTURED WHEAT FLOUR, SALT, SOYBEAN OIL, FUMARIC ACID, CORN STARCH, VINEGAR, NONFAT MILK, DIARY WHEY, DOUGH CONDITIONERS (CALCIUM SULFATE, ASCORBIC ACID, ENZYMES, TRICALCIUM PHOSPHATE).); Shredded Cheddar Cheese (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES AND ANNATTO (IF COLORED), POTATO STARCH AND POWDERED CELLULOSE ADDED TO PREVENT CAKING.)

Fajita Chicken Salad

PER SERVING (1 salad)

227 CALORIES	5.2g SAT FAT	463mg SODIUM	10.7g CARBS
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Allergens: Contains Milk, Soy.

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); Spinach (SPINACH)); Fajita Chicken (Boneless, skinless chicken, chicken broth, modified food starch, seasoning (dextrose, salt, spice, dehydrated garlic, maltodextrin, dehydrated onion, natural flavors), soy protein concentrate, seasoning (salt, spices, dehydrated garlic, dehydrated onion), sodium phosphates, natural flavor.); Tomatoes, fresh, 1/4-inch diced, ready-to-serve (1/2c = 4.2 oz = 1/2c red/orange veg) , Recipe (Tomatoes 6x6 (TOMATO)); Roasted Southwest Vegetable Blend, green pepper, onion (1/2c=1/2c other veg) (Peppers, green, sweet (bell), 1/4-inch diced, ready-to-serve (1/2c=3.2 oz=1/2c other veg) , Recipe (Green Bell Peppers (GREEN SWEET PEPPER)); Onion, yellow, 1/4-inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe (Yellow Onions (YELLOW ONION)); Canola/Olive Oil (CANOLA, EXTRA VIRGIN OLIVE OIL); Mexican Seasoning (SPICES (INCLUDING BLACK PEPPER AND CUMIN), SUGAR, RED && GREEN BELL PEPPERS, TOMATO, ONION, GARLIC, CITRIC ACID, AND NATURAL FLAVOR.); Shredded Cheddar Cheese, Land O Lakes (CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES, ANNATTO (COLOR)), ANTICAKING BLEND (POTATO STARCH, CELLULOSE, NATAMYCIN (NATURAL INHIBITOR)).); Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe (Cilantro (CILANTRO (CORIANDER) LEAVES)); Large Clam Shell Container

French Toast Breakfast Bar

PER SERVING (1 Bar)

289 CALORIES	2.5g SAT FAT	200mg SODIUM	46.9g CARBS
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Allergens: Contains Egg, Gluten, Milk, Soy, Wheat.

Made With: French Toast Benefit Bar (WHOLE WHEAT AND ENRICHED FLOUR BLEND (WHOLE WHEAT FLOUR, WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, OAT FLOUR, EGGS, INTERESTERIFIED SOYBEAN OIL, INVERT SYRUP, MAPLE SYRUP, CANOLA OIL, WHEY, NATURAL FLAVORS, XANTHAN GUM, SPICE, SALT, INULIN, BAKING SODA, SOY LECITHIN.)

French Toast Eggo Bites

PER SERVING (1 pkg.)

200 CALORIES	1.5g SAT FAT	240mg SODIUM	37.0g CARBS
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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.)

262 CALORIES	1.8g SAT FAT	361mg SODIUM	34.3g CARBS
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Allergens: Contains Gluten, Soy, Wheat.

Made With: French Toast Sticks (BREAD (ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, FOLIC ACID, THIAMINE MONONITRATE, RIBOFLAVIN], WATER, HIGH FRUCTOSE CORN SYRUP, YEAST, SOYBEAN OIL, WHEAT GLUTEN, CORN FLOUR, SALT, CALCIUM SULFATE, DOUGH CONDITIONERS [SODIUM STEAROYL LACTYLATE, ASCORBIC ACID, ENZYME, CALCIUM PEROXIDE], CALCIUM PROPIONATE [A PRESERVATIVE], YEAST NUTRIENTS [MONOCALCIUM PHOSPHATE, CALCIUM SULFATE, AMMONIUM SULFATE], CORN STARCH, GLYCERYL MONOOLEATE, TURMERIC AND PAPRIKA OLEORESINS [COLOR], POLYSORBATE 60, POLYSORBATE 80, SOY LECITHIN, SOY FLOUR), WATER, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, SUGAR, YELLOW CORN FLOUR, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: CARRAGEENAN, DEXTROSE, GUM ARABIC, LEAVENING (BAKING SODA, MONOCALCIUM PHOSPHATE), NATURAL AND ARTIFICIAL FLAVOR, POLYSORBATE 80, SALT, SOY FLOUR, SOY LECITHIN, YEAST.)

Fresh Broccoli Florets

PER SERVING (1/2 c.)

11 CALORIES	0.0g SAT FAT	11mg SODIUM	2.1g CARBS
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Allergens:

Made With: Broccoli Florets, ready-to-use (BROCCOLI)



Fresh Oranges

PER SERVING (1 small (2-3/8" dia))

45 CALORIES	0.0g SAT FAT	0mg SODIUM	11.3g CARBS
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Allergens:

Made With: Oranges, raw, all commercial varieties (ORANGES)

Fresh Pears

PER SERVING (1 medium)

101 CALORIES	0.0g SAT FAT	2mg SODIUM	27.1g CARBS
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Allergens:

Made With: Fresh Pears (PEARS)

Frosted Mini Wheats Cereal

PER SERVING (1 bowl)

100 CALORIES	0.0g SAT FAT	0mg SODIUM	24.0g CARBS
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Allergens: Contains Wheat.

Made With: Frosted Mini Wheats Cereal (WHOLE GRAIN WHEAT, SUGAR, CONTAINS 2% OR LESS OF BROWN RICE SYRUP, GELATIN, BHT FOR FRESHNESS. VITAMINS AND MINERALS: REDUCED IRON, NIACINAMIDE, VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), VITAMIN B1(THIAMIN HYDROCHLORIDE), ZINC OXIDE, FOLIC ACID, VITAMIN B12)

Fruit Cocktail in Pear Juice

PER SERVING (1/2 c.)

65 CALORIES	0.0g SAT FAT	11mg SODIUM	15.2g CARBS
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Allergens:

Made With: Fruit Cocktail in Pear Juice (DICED PEACHES, DICED PEARS, WATER, GRAPES, PEAR JUICE CONCENTRATE, PINEAPPLE SEGMENTS, HALVED CHERRIES ARTIFICIALLY COLORED RED WITH CARMINE.)

Fruit Punch

PER SERVING (1 Carton)

90 CALORIES	0.0g SAT FAT	25mg SODIUM	22.0g CARBS
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Allergens:

Made With: Fruit Punch (Water, apple and/or pear, grape, orange, pineapple juice from concentrate.)

Garbanzo Beans

PER SERVING (1/2 c.)

81 CALORIES	0.0g SAT FAT	95mg SODIUM	13.5g CARBS
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Allergens:

Made With: Beans, garbanzo (chickpeas), Bushs, low-sodium (PREPARED CHICK PEAS, WATER, SALT, CALCIUM CHLORIDE (FIRMING AGENT), AND DISODIUM EDTA (PROMOTES COLOR RETENTION).)

Garden Burger

PER SERVING (1 ea.)

218 CALORIES	0.5g SAT FAT	675mg SODIUM	33.5g CARBS
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Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Garden Patties (veggie), classic, Gardenburger, 2.5 oz (SOY PROTEIN CONCENTRATE WITH WATER FOR HYDRATION (WATER, SOY PROTEIN CONCENTRATE, CARAMEL COLOR), CANOLA OIL, CONTAINS TWO PERCENT OR LESS OF MODIFIED VEGETABLE GUM, SOY PROTEIN ISOLATE, SALT, ONION POWDER, HYDROLYZED VEGETABLE PROTEIN (CORN GLUTEN, WHEAT GLUTEN, SOY PROTEIN), DEXTROSE, NATURAL AND ARTIFICIAL FLAVORS, YEAST EXTRACT, MODIFIED TAPIOCA STARCH, SOY SAUCE (WATER, SOYBEANS, WHEAT, SALT), MALTODEXTRIN, SUGAR, WHEY, SPICES, GARLIC POWDER, MIXED TRIGLYCERIDES, DISODIUM INOSINATE, DISODIUM GUANYLATE, SOY SAUCE (WATER, SOYBEANS, SALT, WHEAT), AUTOLYZED YEAST EXTRACT, ASCORBIC ACID, THIAMIN HYDROCHLORIDE (VITAMIN B1), INSTANT COFFEE, SESAME SEED OIL, MALIC ACID, SUCCINIC ACID.); Hamburger Bun, 3", K8 (WATER, WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR, (WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, YEAST, SALT, DOUGH SOFTENER, (WATER AND MONOGLYCERIDES WITH PROPIONIC ACID AND PHOSPHORIC ACID ADDED AS PRESERVATIVES), CALCIUM PROPIONATE AS MOLD INHIBITOR. STRENGTHENER (ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE, MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENZYMES). DOUGH CONDITIONER, (ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONITRATE, RIBOFLAVIN, FOLIC ACID), ASCORBIC ACID, WHEAT GLUTEN, ENZYMES.))

Garden Burger

PER SERVING (1 burger)

220 CALORIES	0.5g SAT FAT	680mg SODIUM	34.0g CARBS
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Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Garden Patties (veggie), classic, Gardenburger, 2.5 oz (SOY PROTEIN CONCENTRATE WITH WATER FOR HYDRATION (WATER, SOY PROTEIN CONCENTRATE, CARAMEL COLOR), CANOLA OIL, CONTAINS TWO PERCENT OR LESS OF MODIFIED VEGETABLE GUM, SOY PROTEIN ISOLATE, SALT, ONION POWDER, HYDROLYZED VEGETABLE PROTEIN (CORN GLUTEN, WHEAT GLUTEN, SOY PROTEIN), DEXTROSE, NATURAL AND ARTIFICIAL FLAVORS, YEAST EXTRACT, MODIFIED TAPIOCA STARCH, SOY SAUCE (WATER, SOYBEANS, WHEAT, SALT), MALTODEXTRIN, SUGAR, WHEY, SPICES, GARLIC POWDER, MIXED TRIGLYCERIDES, DISODIUM INOSINATE, DISODIUM GUANYLATE, SOY SAUCE (WATER, SOYBEANS, SALT, WHEAT), AUTOLYZED YEAST EXTRACT, ASCORBIC ACID, THIAMIN HYDROCHLORIDE (VITAMIN B1), INSTANT COFFEE, SESAME SEED OIL, MALIC ACID, SUCCINIC ACID.); White Wheat Hamburger Bun (WATER, WHITE WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR, (WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, YEAST, SALT, DOUGH SOFTENER, (WATER AND MONOGLYCERIDES WITH PROPIONIC ACID AND PHOSPHORIC ACID ADDED AS PRESERVATIVES), CALCIUM PROPIONATE AS MOLD INHIBITOR. STRENGTHENER (ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE, MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENZYMES). DOUGH CONDITIONER, (ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONITRATE, RIBOFLAVIN, FOLIC ACID), ASCORBIC ACID, WHEAT GLUTEN, ENZYMES.))

Giant Cinnamon Goldfish Graham

PER SERVING (1 pkg.)

120 CALORIES	1.0g SAT FAT	135mg SODIUM	19.0g CARBS
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Allergens: Contains Soy, Wheat.

Made With: Giant Cinnamon Goldfish Grahams (Whole Wheat Flour, Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Vegetable Oils (Soybean Palm), Fructose, Contains 2% or less of: Cinnamon, Calcium Carbonate, Salt, Baking Soda, Ferric Orthophosphate, Vitamin A Palmitate, Soy Lecithin.)

Graham Cracker

PER SERVING (1 pkg.)

90 CALORIES	0.0g SAT FAT	95mg SODIUM	17.0g CARBS
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Allergens: Contains Gluten, Soy, Wheat.

Made With: Crackers, graham, honey, WGR, Keebler, 3 count (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.)

Green Beans

PER SERVING (1/2 c.)

22 CALORIES	0.0g SAT FAT	314mg SODIUM	4.3g CARBS
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Allergens:

Made With: Green Beans (Green Beans, Water, Salt)

Green Seedless Grapes

PER SERVING (1/2 c.)

63 CALORIES	0.0g SAT FAT	2mg SODIUM	16.4g CARBS
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Allergens:

Made With: Green Grapes (GRAPES)

Grilled Cheese Sandwich

PER SERVING (1 sandwich)

322 CALORIES	9.1g SAT FAT	665mg SODIUM	26.0g CARBS
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Allergens: Contains Gluten, Milk, Wheat.

Made With: Cheddar Cheese Slice (CULTURED PASTERUIZED REDUCED FAT MILK, SALT, ENZYMES, ANNATTO (COLOR). VITAMIN A PALMITATE.); Wheat Loaf Bread (Water, White Whole Wheat Flour, Enriched Wheat Flour (with Niacin, reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Soybean Oil, Yeast, Salt, Dough Softener (water and monoglycerides with propionic acid and Phosphoric acid added as preservatives), Calcium Propionate as mold inhibitor. Strengthener (Enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid) enzymes), dough conditioner, (Enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), ascorbic acid, wheat gluten, enzymes.)); Wheat Loaf Bread (Water, White Whole Wheat Flour, Enriched Wheat Flour (with Niacin, reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Soybean Oil, Yeast, Salt, Dough Softener (water and monoglycerides with propionic acid and Phosphoric acid added as preservatives), Calcium Propionate as mold inhibitor. Strengthener (Enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid) enzymes), dough conditioner, (Enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), ascorbic acid, wheat gluten, enzymes.))

Grilled Chicken Filet

PER SERVING (1 ea.)

100 CALORIES	1.0g SAT FAT	210mg SODIUM	1.0g CARBS
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Allergens: Contains Soy.

Made With: Grilled Filet Chicken, Fully Cooked, Tyson (BONELESS, SKINLESS CHICKEN BREAST WITH RIB MEAT, WATER, ISOLATED SOY PROTEIN, SEASONING [BROWN SUGAR, SALT, ONION POWDER, CHICKEN STOCK, CANOLA OIL, YEAST EXTRACT, CARROT POWDER, VEGETABLE STOCK (CARROT, ONION, CELERY), GARLIC POWDER, FLAVORS, MALTODEXTRIN, SILICON DIOXIDE AND CITRIC ACID], SODIUM PHOSPHATES, SEASONING (POTASSIUM CHLORIDE, RICE FLOUR). GLAZED WITH: WATER, SEASONING (MALTODEXTRIN, MODIFIED CORN STARCH, SALT, CHICKEN STOCK, YEAST EXTRACT, CANOLA OIL, SUGAR, DEXTRIN, POTASSIUM CHLORIDE, XANTHAN GYM, TARTARIC ACID, SILICON DIOXIDE, FLAVORS, VEGETABLE STOCK (CARROT, ONION, CELERY), GARLIC POWDER, CARROT POWDER AND ONION POWDER], SOYBEAN OIL.)

Grilled Chicken Sandwich

PER SERVING (1 ea.)

240 CALORIES	1.5g SAT FAT	490mg SODIUM	28.0g CARBS
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Allergens: Contains Gluten, Soy, Wheat.

Made With: Grilled Filet Chicken, Fully Cooked, Tyson (BONELESS, SKINLESS CHICKEN BREAST WITH RIB MEAT, WATER, ISOLATED SOY PROTEIN, SEASONING [BROWN SUGAR, SALT, ONION POWDER, CHICKEN STOCK, CANOLA OIL, YEAST EXTRACT, CARROT POWDER, VEGETABLE STOCK (CARROT, ONION, CELERY), GARLIC POWDER, FLAVORS, MALTODEXTRIN, SILICON DIOXIDE AND CITRIC ACID], SODIUM PHOSPHATES, SEASONING (POTASSIUM CHLORIDE, RICE FLOUR). GLAZED WITH: WATER, SEASONING (MALTODEXTRIN, MODIFIED CORN STARCH, SALT, CHICKEN STOCK, YEAST EXTRACT, CANOLA OIL, SUGAR, DEXTRIN, POTASSIUM CHLORIDE, XANTHAN GYM, TARTARIC ACID, SILICON DIOXIDE, FLAVORS, VEGETABLE STOCK (CARROT, ONION, CELERY), GARLIC POWDER, CARROT POWDER AND ONION POWDER], SOYBEAN OIL.); White Wheat Hamburger Bun (WATER, WHITE WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR, (WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, YEAST, SALT, DOUGH SOFTENER, (WATER AND MONOGLYCERIDES WITH PROPIONIC ACID AND PHOSPHORIC ACID ADDED AS PRESERVATIVES), CALCIUM PROPIONATE AS MOLD INHIBITOR. STRENGTHENER (ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE, MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENZYMES). DOUGH CONDITIONER, (ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONITRATE, RIBOFLAVIN, FOLIC ACID), ASCORBIC ACID, WHEAT GLUTEN, ENZYMES.))

Ham Sandwich

PER SERVING (1 sandwich)

301 CALORIES	5.6g SAT FAT	632mg SODIUM	29.0g CARBS
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Allergens: Contains Gluten, Milk, Wheat.

Made With: Hoagie Roll, 5" (Whole wheat flour, enriched wheat flour (flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water sugar. Contains less than 2% of: yeast, soybean oil, salt, wheat gluten, emulsifier, enzymes, calcium propionate, calcium carbonate, microcrystalline cellulose, sodium stearyl lactylate, ascorbic acid.); All Natural Turkey Ham Slices (TURKEY THIGH MEAT WITH A PORTION OF GROUND TURKEY THIGH TRIM ADDED, VINEGAR, SUGAR, CONTAINS 2% OR LESS SEA SALT, CULTURED CELERY POWDER, SALT, POTASSIUM CHLORIDE, BAKING SODA, NATURAL SMOKE FLAVOR); Cheddar Cheese Slice (CULTURED PASTERUIZED REDUCED FAT MILK, SALT, ENZYMES, ANNATTO (COLOR). VITAMIN A PALMITATE.); Film Wrap

Ham Sandwich

PER SERVING (1 sandwich)

351 CALORIES	6.6g SAT FAT	862mg SODIUM	35.0g CARBS
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Allergens: Contains Gluten, Milk, Wheat.

Made With: Hoagie Roll 6" (WHITE WHOLE WHEAT FLOUR, DOUGH CONDITIONER {WHOLE WHEAT FLOUR, WHEAT GLUTEN, WHOLE GRAIN YELLOW CORN FLOUR, ORGANIC OAT FLOUR, WHOLE GRAIN BARLEY FLOUR, WHOLE GRAIN TRITICALE FLOUR,SUGAR, SALT, WHOLE GRAIN RYE FLOUR, CONTAINS 2% OR LESS OF SOY OIL, HONEY, MONO-DIGLYCERIDES, ETHOXYLATED MONO-DIGLYCERIDES, CALCIUM SEAROYL LACTYLATE (CSL), WEHAT SOUR, ASCORBIC ACID, ENGYMATE, SUCRALOSE.} WATER, YEAST, DOUGH SOFTENER (WATER AND MONOGLYCERIDES WITH PROPIONIC ACID AND PHOSPHORIC ACID ADDED AS PRESERVATIVES), GLUTEN, CALCIUM PROPIONATE AS MOLD INHIBITOR.); All Natural Turkey Ham Slices (TURKEY THIGH MEAT WITH A PORTION OF GROUND TURKEY THIGH TRIM ADDED, VINEGAR, SUGAR, CONTAINS 2% OR LESS SEA SALT, CULTURED CELERY POWDER, SALT, POTASSIUM CHLORIDE, BAKING SODA, NATURAL SMOKE FLAVOR); Cheddar Cheese Slice (CULTURED PASTERUIZED REDUCED FAT MILK, SALT, ENZYMES, ANNATTO (COLOR). VITAMIN A PALMITATE.); Film Wrap

Ham, Egg, and Cheese Muffin

PER SERVING (1 ea.)

211 CALORIES	3.6g SAT FAT	411mg SODIUM	22.3g CARBS
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Allergens: Contains Egg, Gluten, Milk, Wheat.

Made With: Wheat English Muffin (WHOLE WHEAT FLOUR, WATER, YEAST, WHEAT GLUTEN CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: HONEY, BROWN SUGAR, RAISIN JUICE CONCENTRATE, SOYBEAN OIL AND/OR COTTONSEED OIL, SEA SALT, MOLASSESS, ACESULFAME POTASSIUM SUCRALSOSE, DATEM, MONO AND DIGLYCERIDES, CORN MEAL, CALCIUM SULFATE, CALCIUM PEROXIDE, LACTIC ACID, FUMARIC ACID, CALCIUM PROPIONATE (TO RETARD SPOILAGE), ASCORBIC ACID.); Square Egg Patty (WHOLE EGG, WATER, WHEY SOLIDS, NONFAT DRY MILK, CORN SYRUP SOLIDS, XANTHAN GUM, AND CITRIC ACID.); Cheddar Cheese Slice (CULTURED PASTERUIZED REDUCED FAT MILK, SALT, ENZYMES, ANNATTO (COLOR). VITAMIN A PALMITATE.); All Natural Turkey Ham Slices (TURKEY THIGH MEAT WITH A PORTION OF GROUND TURKEY THIGH TRIM ADDED, VINEGAR, SUGAR, CONTAINS 2% OR LESS SEA SALT, CULTURED CELERY POWDER, SALT, POTASSIUM CHLORIDE, BAKING SODA, NATURAL SMOKE FLAVOR)

Hamburger

PER SERVING (1 ea.)

238 CALORIES	3.0g SAT FAT	355mg SODIUM	26.5g CARBS
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Allergens: Contains Gluten, Wheat.

Made With: Hamburger Bun, 3", K8 (WATER, WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR, (WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, YEAST, SALT, DOUGH SOFTENER, (WATER AND MONOGLYCEDIDES WITH PROPIONIC ACID AND PHOSPHORIC ACID ADDED AS PRESERVATIVES), CALCIUM PROPIONATE AS MOLD INHIBITOR. STRENGTHENER (ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE, MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENZYMES). DOUGH CONDITIONER, (ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONITRATE, RIBOFLAVIN, FOLIC ACID), ASCORBIC ACID, WHEAT GLUTEN, ENZYMES.)); Beef Patty K8 Commodity (GROUND BEEF (NOT MORE THAN 20% FAT), SALT, FLAVOR, NATURAL FLAVOR.)

Hamburger

PER SERVING (1 ea.)

310 CALORIES	6.5g SAT FAT	365mg SODIUM	27.0g CARBS
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Allergens: Contains Gluten, Wheat.

Made With: White Wheat Hamburger Bun (WATER, WHITE WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR, (WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, YEAST, SALT, DOUGH SOFTENER, (WATER AND MONOGLYCEDIDES WITH PROPIONIC ACID AND PHOSPHORIC ACID ADDED AS PRESERVATIVES), CALCIUM PROPIONATE AS MOLD INHIBITOR. STRENGTHENER (ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE, MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENZYMES). DOUGH CONDITIONER, (ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONITRATE, RIBOFLAVIN, FOLIC ACID), ASCORBIC ACID, WHEAT GLUTEN, ENZYMES.)); Beef Steak Burger 2.01oz, Commodity (GROUND BEEF (NOT MORE THAN 20% FAT), SALT, CARAMEL COLOR.)

Hawaiian Pizza

PER SERVING (1 slice)

417 CALORIES	7.2g SAT FAT	474mg SODIUM	45.0g CARBS
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Allergens: Contains Milk, Soy, Wheat.

Made With: Big Daddy's Bold WG Cheese Pizza 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, CONTAINS 2% OR LESS OF: VEGETABLE OIL (SOYBEAN AND/OR CANOLA OIL), BUTTER FLAVORED OIL WITH GARLIC (LIQUID AND HYDROGENATED SOYBEAN OIL, NATURAL FLAVOR, SALT, ARTIFICIAL FLAVOR, SOY LECITHIN, BETA CAROTENE [COLOR], VITAMIN A PALMITATE), SUGAR, WHEAT GLUTEN, SEA SALT, DATEM, DEXTROSE, GUAR GUM, SOY LECITHIN, ASCORBIC ACID, WHEAT STARCH, SALT, ENZYMES. TOPPING: LOW MOISTURE PART SKIM MOZZARELLA CHEESE (CULTURED PASTEURIZED PART SKIM MILK, SALT, ENZYMES). 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, ENZYMES), SUGAR, DEXTROSE, SALT, DRIED, GARLIC, SPICE, DRIED ONION, DEHYDRATED ROMANO CHEESE, (CULTURED PASTEURIZED SHEEP'S AND COW'S MILK, SALT,, ENZYMES), PAPRIKA, CITRIC ACID.); Pineapple Tidbits (PINEAPPLE, PINEAPPLE JUICE, CITRIC ACID.); All Natural Turkey Ham Slices (TURKEY THIGH MEAT WITH A PORTION OF GROUND TURKEY THIGH TRIM ADDED, VINEGAR, SUGAR, CONTAINS 2% OR LESS SEA SALT, CULTURED CELERY POWDER, SALT, POTASSIUM CHLORIDE, BAKING SODA, NATURAL SMOKE FLAVOR)

Hearty Garden Salad

PER SERVING (1 salad)

216 CALORIES	7.7g SAT FAT	285mg SODIUM	6.9g CARBS
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Allergens: Contains Egg, Milk.

Made With: Salad Mix (ROMAINE LETTUCE, ICEBERG LETTUCE); Hard Boiled Egg (EGGS); Shredded Cheddar Cheese, Land O Lakes (CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES, ANNATTO (COLOR)), ANTICAKING BLEND (POTATO STARCH, CELLULOSE, NATAMYCIN (NATURAL INHIBITOR)).); Tomatoes 6x6 (TOMATO); Cucumbers (CUCUMBER); Green Bell Peppers (GREEN SWEET PEPPER); Beans, garbanzo, canned, drained, ready-to-serve (1/2c=3.1 oz = 1/2c legume or 2 oz M/MA), Recipe (Beans, garbanzo (chickpeas), Bushs, low-sodium (PREPARED CHICK PEAS, WATER, SALT, CALCIUM CHLORIDE (FIRMING AGENT), AND DISODIUM EDTA (PROMOTES COLOR RETENTION).))

Hearty Garden Salad

PER SERVING (1 salad)

229 CALORIES	7.7g SAT FAT	306mg SODIUM	9.5g CARBS
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Allergens: Contains Egg, Milk.

Made With: Salad Mix (ROMAINE LETTUCE, ICEBERG LETTUCE); Hard Boiled Egg (EGGS); Tomatoes 6x6 (TOMATO); Shredded Cheddar Cheese, Land O Lakes (CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES, ANNATTO (COLOR)), ANTICAKING BLEND (POTATO STARCH, CELLULOSE, NATAMYCIN (NATURAL INHIBITOR)).); Cucumbers (CUCUMBER); Green Bell Peppers (GREEN SWEET PEPPER); Beans, garbanzo, canned, drained, ready-to-serve (1/2c=3.1 oz = 1/2c legume or 2 oz M/MA), Recipe (Beans, garbanzo (chickpeas), Bushs, low-sodium (PREPARED CHICK PEAS, WATER, SALT, CALCIUM CHLORIDE (FIRMING AGENT), AND DISODIUM EDTA (PROMOTES COLOR RETENTION).))

Home-style Waffle

PER SERVING (2 waffle)

186 CALORIES	1.6g SAT FAT	372mg SODIUM	27.9g CARBS
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Allergens: Contains Egg, Gluten, Milk, Soy, Wheat.

Made With: Homestyle 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)

Honey Nut Cheerios Cereal

PER SERVING (1 bowl)

110 CALORIES	0.0g SAT FAT	160mg SODIUM	22.0g CARBS
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Allergens: Contains Tree nuts.

Made With: Honey Nut Cheerios Cereal (WHOLE GRAIN OATS, SUGAR, OAT BRAN, CORN STARCH, HONEY, BROWN SUGAR SYRUP, SALT, TRIPOTASSIUM PHOSPHATE, RICE BRAN OIL AND/OR CANOLA OIL, NATURAL ALMOND FLAVOR, VITAMIN E (MIXED TOCOPHEROLS) 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 B2 (RIBOFLAVIN), VITAMIN B1 (THIAMIN MONONITRATE), VITAMIN A (PALMITATE), A B VITAMIN (FOLIC ACID), VITAMIN B12, VITAMIN D3.)

Honey Nut Chex Cereal

PER SERVING (1 bowl)

120 CALORIES	0.0g SAT FAT	190mg SODIUM	27.0g CARBS
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Allergens: Contains Tree nuts.

Made With: Honey Nut Chex Cereal (WHOLE GRAIN CORN, CORN MEAL, SUGAR, HONEY, SALT, BROWN SUGAR SYRUP, MOLASSES, RICE BRAN AND/OR CANOLA OIL, NATURAL ALMOND FLAVOR, NATURAL FLAVOR. 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 B2 (RIBOFLAVIN), VITAMIN B1 (THIAMIN MONONITRATE), VITAMIN A (PALMITATE), A B VITAMIN (FOLIC ACID), VITAMIN B12, VITAMIN D3. Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.)

Hot Ham (Turkey) & Cheese

PER SERVING (1 sandwich)

289 CALORIES	6.0g SAT FAT	678mg SODIUM	27.5g CARBS
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Allergens: Contains Gluten, Milk, Wheat.

Made With: Hamburger Bun, 3", K8 (WATER, WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR, (WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, YEAST, SALT, DOUGH SOFTENER, (WATER AND MONOGLYCERIDES WITH PROPIONIC ACID AND PHOSPHORIC ACID ADDED AS PRESERVATIVES), CALCIUM PROPIONATE AS MOLD INHIBITOR. STRENGTHENER (ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE, MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENZYMES). DOUGH CONDITIONER, (ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ASCORBIC ACID, WHEAT GLUTEN, ENZYMES.)); All Natural Turkey Ham Slices (TURKEY THIGH MEAT WITH A PORTION OF GROUND TURKEY THIGH TRIM ADDED, VINEGAR, SUGAR, CONTAINS 2% OR LESS SEA SALT, CULTURED CELERY POWDER, SALT, POTASSIUM CHLORIDE, BAKING SODA, NATURAL SMOKE FLAVOR); Cheddar Cheese Slice (CULTURED PASTERUIZED REDUCED FAT MILK, SALT, ENZYMES, ANNATTO (COLOR). VITAMIN A PALMITATE.)

Hot Oatmeal

PER SERVING (1/2 c.)

127 CALORIES	0.4g SAT FAT	4mg SODIUM	22.8g CARBS
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Allergens:

Made With: Municipal Water (WATER); Oats

Italian Pasta Bake

PER SERVING (2 #6 scoop)

426 CALORIES	7.3g SAT FAT	787mg SODIUM	50.4g CARBS
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Allergens: Contains Gluten, Milk, Wheat.

Made With: Municipal Water (WATER); Pasta Sauce (Peeled ground tomatoes, tomato puree, extra virgin olive oil, salt, garlic, carrot puree, dehydrated onions, sugar, basil, spices.); Penne Pasta, regular (SEMOLINA (WHEAT), NIACIN, FERROUS SULFATE (IRON), THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID.); Shredded Mozzarella Cheese, LOL (CULTURED PASTEURIZED PART-SKIM MILK, SALT, ENZYMES, ANTICAKING BLEND [POTATO STARCH, CELLULOSE, NATAMYCIN (NATURAL MOLD INHIBITOR)].)

Italian Sausage Pizza

PER SERVING (1 slice)

469 CALORIES	9.0g SAT FAT	628mg SODIUM	44.0g CARBS
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Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Big Daddys Bold Cheese Pizza (CRUST: FLOUR BLEND (WHITE WHOLE WHEAT FLOUR, ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHOLE GRAIN OAT FLOUR), WATER, YEAST, CORNMEAL, CONTAINS 2% OR LESS OF: VEGETABLE OIL (SOYBEAN, COTTONSEED, CORN, AND/OR CANOLA OIL), SUGAR, WHEAT GLUTEN, SALT, DATEM, MALT (DEXTRROSE, WHEAT FLOUR, MALTED BARLEY FLOUR), DEXTROSE, GUAR GUM, SOY LECITHIN, ASCORBIC ACID, ENZYMES (SODIUM CHLORIDE, WHEAT STARCH, ENZYMES, MALTODEXTRIN). TOPPING: LOW MOISTURE PART SKIM MOZZARELLA CHEESE (CULTURED PASTEURIZED PART SKIM MILK, SALT, ENZYMES). SAUCE: TOMATOES (WATER, TOMATO PASTE [NOT LESS THAN 28% SOLUBLE SOLIDS]), MODIFIED FOOD STARCH, CONTAINS 2% OR LESS OF: SEA SALT, PARMESAN CHEESE (PASTEURIZED CULTURED PART-SKIM MILK, SALT, ENZYMES), MALTODEXTRIN, SPICE, PAPRIKA, GARLIC, CITRIC ACID, ONION POWDER, GARLIC); Italian Sausage Crumbles (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.)

Jicama Sticks

PER SERVING (1/2 cup strips or slices)

25 CALORIES	0.0g SAT FAT	3mg SODIUM	5.7g CARBS
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Allergens:

Made With: Jicama (JICAMA)

Juice, fruit punch, 100% Suncup, 4 fl oz

PER SERVING (4 fl oz cup)

60 CALORIES	0.0g SAT FAT	5mg SODIUM	14.0g CARBS
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Allergens:

Made With: Fruit Punch (WATER, APPLE , ORANGE, PINEAPPLE, GRAPE AND/OR PEAR JUICE CONCENTRATES.)

Ketchup

PER SERVING (1 pump)

20 CALORIES	0.0g SAT FAT	160mg SODIUM	5.0g CARBS
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Allergens:

Made With: Ketchup (Front of the House) (TOMATO CONCENTRATE MADE FROM RED RIPE TOMATOES, DISTILLED VINEGAR, HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, SALT, SPICE, ONION POWDER, NATURAL FLAVORING.)



Ketchup Simply

PER SERVING (1 pump)

17 CALORIES	0.0g SAT FAT	133mg SODIUM	4.2g CARBS
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Allergens:

Made With: Ketchup, Simply, bulk (TOMATO CONCENTRATE FROM RED RIPE TOMATOES, DISTILLED VINEGAR, SUGAR, SALT, ONION POWDER, SPICES, NATURAL FLAVORING.)

Korean All Beef Crumble

PER SERVING (1/2 c.)

173 CALORIES	3.4g SAT FAT	406mg SODIUM	10.0g CARBS
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Allergens: Contains Gluten, Soy, Wheat.

Made With: All Beef Crumble, Commodity (Ground beef (Not more than 20% fat), and less than 1% of the following: spice, salt, potassium chloride, natural flavors.); Brown Sugar (BROWN SUGAR); Soy Sauce (WATER, WHEAT, SOYBEANS, SALT, LACTIC ACID, SODIUM BENZOATE: LESS THAN 1/10 OF 1% AS A PRESERVATIVE.); Green Onions (GREEN ONIONS); Canola/Olive Oil (CANOLA, EXTRA VIRGIN OLIVE OIL); Sesame Oil (SESAME OIL); Garlic (GARLIC); Crushed Red Pepper Flakes (CRUSHED RED PEPPER); Ground Ginger (GROUND GINGER)

Large Spinach Salad

PER SERVING (1 salad)

148 CALORIES	2.6g SAT FAT	232mg SODIUM	13.3g CARBS
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Allergens: Contains Egg, Milk.

Made With: Spinach (SPINACH); Beans, garbanzo, canned, drained, ready-to-serve (1/2c=3.1 oz = 1/2c legume or 2 oz M/MA), Recipe (Beans, garbanzo (chickpeas), Bushes, low-sodium (PREPARED CHICK PEAS, WATER, SALT, CALCIUM CHLORIDE (FIRMING AGENT), AND DISODIUM EDTA (PROMOTES COLOR RETENTION).)); Fresh Tomatoes (TOMATO); Hard Boiled Egg (EGGS); Red Onions (RED ONION); use SR1989 - Mozzarella Cheese, Shredded, Great Lakes, low moisture part-skim (Shredded Mozzarella Cheese (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, AND ENZYMES. POTATO STARCH, POWDERED CELLULOSE ADDED TO PREVENT CAKING.)); Matchstick Carrots, fresh (1/2 c = 1.6 oz = 1/2c red/orange veg) (Shredded Carrots, matchsticks (CARROTS)); Large Clam Shell Container



Maple Baked Beans

PER SERVING (1/2 c.)

163 CALORIES	0.0g SAT FAT	469mg SODIUM	33.7g CARBS
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Allergens:

Made With: Beans, baked, vegetarian, maple, Bushs, canned (PREPARED WHITE BEANS, WATER, BROWN SUGAR, SUGAR, SALT, MUSTARD (VINEGAR, WATER, MUSTARD SEED, SALT, NATURAL FLAVOR), MODIFIED CORN STARCH, MAPLE SYRUP, NATURAL FLAVOR.)

Marinara Sauce

PER SERVING (1/2 c.)

43 CALORIES	0.3g SAT FAT	363mg SODIUM	6.1g CARBS
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Allergens:

Made With: Pasta Sauce (Peeled ground tomatoes, tomato puree, extra virgin olive oil, salt, garlic, carrot puree, dehydrated onions, sugar, basil, spices.)

Marinara Sauce

PER SERVING (1 #16 scoop)

0 CALORIES	0.0g SAT FAT	3mg SODIUM	0.1g CARBS
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Allergens:

Made With: Pasta Sauce (Peeled ground tomatoes, tomato puree, extra virgin olive oil, salt, garlic, carrot puree, dehydrated onions, sugar, basil, spices.)

Mashed Potatoes

PER SERVING (1/2 c.)

80 CALORIES	1.0g SAT FAT	103mg SODIUM	15.0g CARBS
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Allergens: Contains Milk.

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

Mayo

PER SERVING (1 pump)

25 CALORIES	0.3g SAT FAT	68mg SODIUM	2.0g CARBS
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Allergens: Contains Egg, Soy.

Made With: Mayonnaise (Front of the House) (WATER, CORN SYRUP, SOYBEAN OIL, DISTILLED WHITE VINEGAR, MODIFIED CORN STARCH*, EGG YOLKS, ENZYME MODIFIED EGG YOLK*, SALT, POTASSIUM SORBATE AND SODIUM BENZOATE (AS PRESERVATIVE)*, ONION POWDER, MUSTARD FLOUR, CALCIUM DISODIUM EDTA (ADDED TO PROTECT FLAVOR. *INGREDIENTS NOT IN REGULAR MAYONNAISE.)

Meatball Sub

PER SERVING (1 ea.)

344 CALORIES	5.6g SAT FAT	839mg SODIUM	37.2g CARBS
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Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Deluxe Beef Meatballs, Advance Pierre, commodity (INGREDIENTS: Ground Beef (Not More Than 20% Fat), 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), (May Contain Caramel Color), (May Contain Soy Lecithin)], Meatball Seasoning [Dextrose, Tomato Powder, Soybean Oil, Disodium Inosinate and Disodium Guanylate, Spice Extractives, Nonfat Dry Milk], Peppers, Dehydrated Minced Onion, Bread Crumbs (Bleached Wheat Flour, Soybean Oil, Dextrose, Leavening {Sodium Acid Pyrophosphate, Sodium Bicarbonate}, Whey,, Oleoresin Paprika), Salt, Sodium Phosphate. CONTAINS: Milk, Soy, Wheat); Pasta Sauce (Peeled ground tomatoes, tomato puree, extra virgin olive oil, salt, garlic, carrot puree, dehydrated onions, sugar, basil, spices.); Hot Dog Bun (WATER, WHITE WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR, (WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, YEAST, SALT, DOUGH SOFTENER, (WATER AND MONOGLYCEDIDES WITH PROPIONIC ACID AND PHOSPHORIC ACID ADDED AS PRESERVATIVES), CALCIUM PROPIONATE AS MOLD INHIBITOR. STRENGTHENER (ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE, MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENZYMES). DOUGH CONDITIONER, (ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONITRATE, RIBOFLAVIN, FOLIC ACID), ASCORBIC ACID, WHEAT GLUTEN, ENZYMES.)); Shredded Parmesan Cheese (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENXYMES, POTATO STARCH AND POWDERED CELLULOSE ADDED TO PREVENT CAKING.)

Milk

PER SERVING (1 Half Pint)

130 CALORIES	1.5g SAT FAT	160mg SODIUM	16.0g CARBS
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Allergens: Contains Milk.

Made With: Lowfat White Milk Berkeley (LOWFAT MILK, CONDENSED SKIM MILK, VITAMIN A PALMITATE, VITAMIN D3)

Mini Cinnis

PER SERVING (1 pkg.)

240 CALORIES	1.5g SAT FAT	270mg SODIUM	39.0g CARBS
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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), Nonfat Milk. Contains 2% or less of: Yeast, Cinnamon,, Salt, Modified Corn Starch.)

Mini Eggo Pancake Bites

PER SERVING (1 pkg.)

210 CALORIES	1.0g SAT FAT	320mg SODIUM	35.0g CARBS
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Allergens: Contains Egg, Gluten, Milk, Soy, Wheat.

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.)

Mini Waffles Bites

PER SERVING (1 pkg.)

200 CALORIES	1.5g SAT FAT	220mg SODIUM	35.0g CARBS
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Allergens: Contains Egg, Gluten, Milk, Soy, Wheat.

Made With: Mini Waffle Bites, Maple Flavored (WHOLE WHEAT FLOUR, WATER, SUGAR, EGG WHITES, VEGETABLE OIL (SOYBEAN, PALM, AND/OR CANOLA OIL), CONTAINS 2% OR LESS OF LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), MOLASSES, SOY LECITHIN, MALTODEXTRIN, NATURAL FLAVORS, WHEY, SALT, MODIFIED CORN STARCH)

Mixed Salad Greens

PER SERVING (1/2 c.)

6 CALORIES	0.0g SAT FAT	12mg SODIUM	1.0g CARBS
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Allergens:

Made With: Salad Mix (ROMAINE LETTUCE, ICEBERG LETTUCE); Spinach (SPINACH)

Multigrain Cheerios Bowlpack

PER SERVING (1 bowl)

100 CALORIES	0.0g SAT FAT	110mg SODIUM	23.0g CARBS
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Allergens: Contains Wheat.

Made With: Multigrain Cheerios Cereal (WHOLE GRAIN OATS, WHOLE GRAIN CORN, SUGAR, CORN STARCH, CORN BRAN, WHOLE GRAIN RICE, WHOLE GRAIN SORGHUM, WHOLE GRAIN MILLET, BROWN SUGAR SYRUP, SALT, TRIPOTASSIUM PHOSPHATE, COLOR (CARAMEL COLOR AND ANNATTO EXTRACT). VITAMIN E (MIXED TOCOPHEROLS) ADDED TO PRESERVE FRESHNESS. VITAMINS AND MINERALS: CALCIUM CARBONATE, ZINC AND IRON (MINERAL NUTRIENTS), A B VITAMIN (NIACINAMIDE), A B VITAMIN (CALCIUM PANTOTHENATE), VITAMIN C (SODIUM ASCORBATE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), VITAMIN B1 (THIAMIN MONONITRATE), A B VITAMIN (FOLIC ACID), VITAMIN A (PALMITATE), VITAMIN B12, VITAMIN D3)

Nachos with Beans and Cheese

PER SERVING (1 ea.)

566 CALORIES	5.3g SAT FAT	645mg SODIUM	67.1g CARBS
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Allergens: Contains Milk. Processed in a facility that also processes Soy.

Made With: Refried Beans, pinto, vegetarian (1/2c = 1/2c legume veg or 2 oz M/MA) , Recipe (Municipal Water (WATER); Refried Beans, pinto, vegetarian, low sodium, BAF Santiago (PINTO BEANS (DRY), SALT, PALM OIL.)); 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]), 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, PAPRIKA EXTRACT, ANNATTO EXTRACT.); Tortilla Chips, IW (Whole grain corn masa flour, vegetable oil (may contain one or more of the following, high oleic safflower, mid oleic sunflower, corn or cottonseed Oil), and a trace of lime.)

Nachos with Beef

PER SERVING (1 ea.)

460 CALORIES	12.7g SAT FAT	544mg SODIUM	37.3g CARBS
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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.); Tortilla Chips (Whole grain corn, water, vegetable oil (contains one or more of the following: cottonseed oil, corn oil, palm oil), Lime., ,); All Beef Crumble, Commodity (Ground beef (Not more than 20% fat), and less than 1% of the following: spice, salt, potassium chloride, natural flavors.); Yellow Onions (YELLOW ONION); Municipal Water (WATER); Canola/Olive Oil (CANOLA, EXTRA VIRGIN OLIVE OIL); Taco Seasoning (Spices (including chili pepper), salt, paprika, garlic, onion, sugar, silicon dioxide (anti-caking agent).); Garlic Powder (100% Garlic); Onion Powder (ONION POWDER)

Nachos with Beef

PER SERVING (1 ea.)

457 CALORIES	6.6g SAT FAT	542mg SODIUM	38.9g CARBS
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Allergens: Contains Milk. Processed in a facility that also processes Soy.

Made With: Tortilla Chips, IW (Whole grain corn masa flour, vegetable oil (may contain one or more of the following, high oleic safflower, mid oleic sunflower, corn or cottonseed Oil), and a trace of lime.); 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]), 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, PAPRIKA EXTRACT, ANNATTO EXTRACT.); All Beef Crumble, Commodity (Ground beef (Not more than 20% fat), and less than 1% of the following: spice, salt, potassium chloride, natural flavors.); Yellow Onions (YELLOW ONION); Municipal Water (WATER); Canola/Olive Oil (CANOLA, EXTRA VIRGIN OLIVE OIL); Taco Seasoning (Spices (including chili pepper), salt, paprika, garlic, onion, sugar, silicon dioxide (anti-caking agent).); Garlic Powder (100% Garlic); Onion Powder (ONION POWDER)

Non Fat White Milk

PER SERVING (1 Half Pint)

90 CALORIES	0.0g SAT FAT	135mg SODIUM	13.0g CARBS
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Allergens: Contains Milk.

Made With: Nonfat White Milk Berkeley (NONFAT MILK, VITAMIN A PALMITATE, VITAMIN D3)

Oatmeal Brown Sugar Packet

PER SERVING (1 pkg.)

160 CALORIES	0.5g SAT FAT	262mg SODIUM	32.0g CARBS
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Allergens:

Made With: Municipal Water (WATER); Oatmeal Instant Maple Brown Sugar (INGREDIENTS: WHOLE GRAIN ROLLED OATS, SUGAR, NATURAL AND ARTIFICIAL FLAVOR, SALT, CALCIUM CARBONATE, GUAR GUM, CARAMEL COLOR, NIACINAMIDE*, REDUCED IRON, VITAMIN A PALMITATE, PYRIDOXINE HYDROCHLORIDE*, RIBOFLAVIN*, THIAMIN MONONITRATE*, FOLIC ACID*)

Oatmeal Chocolate Breakfast Bar

PER SERVING (1 Bar)

289 CALORIES	3.0g SAT FAT	240mg SODIUM	46.9g CARBS
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Allergens: Contains Egg, Gluten, Milk, Soy, Wheat.

Made With: Oatmeal Chocolate Chip Benefit Bar (WHOLE WHEAT FLOUR, SUGAR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), OATS, CHOCOLATE CHIPS (SUGAR, UNSWEETENED CHOCOLATE, COCOA BUTTER, SOY LECITHIN [AN EMULSIFIER], VANILLA), EGGS, INTERESTERIFIED SOYBEAN OIL, INVERT SYRUP, CANOLA OIL, MOLASSES, WHEY, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, CORN STARCH), NATURAL FLAVORS, INULIN, XANTHAN GUM, SALT.)

Oatmeal Raisin Benefit Bar

PER SERVING (1 Bar)

290 CALORIES	3.0g SAT FAT	190mg SODIUM	48.0g CARBS
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Allergens: Contains Egg, Gluten, Milk, Soy, Wheat.

Made With: Oatmeal Raisin Benefit Bar (Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, raisins, interesterified soybean oil, oats, eggs, cinnamon drops (sugar, cocoa butter, whole milk, whey, milk fat, cinnamon, natural vanilla, soy lecithin), invert syrup, canola oil, molasses, whey, baking soda, natural flavor, cream of tartar, inulin, xanthan gum, salt, spice.)

Oodles of Noodles

PER SERVING (2 #8 scoop)

402 CALORIES	1.9g SAT FAT	202mg SODIUM	42.5g CARBS
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Allergens: Contains Gluten, Wheat.

Made With: Municipal Water (WATER); Penne Pasta, regular (SEMOLINA (WHEAT), NIACIN, FERROUS SULFATE (IRON), THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID.); Canola/Olive Oil (CANOLA, EXTRA VIRGIN OLIVE OIL); Salt, Iodized (SALT, SILICON DIOXIDE TRICALCIUM PHOSPHATE, SODIUM BICARBONATE, DEXTROSE AND POTASSIUM IODINE)

Oodles of Noodles

PER SERVING (1 c.)

523 CALORIES	11.8g SAT FAT	301mg SODIUM	54.9g CARBS
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Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Municipal Water (WATER); Spaghetti Pasta, regular (SEMOLINA (WHEAT), NIACIN, FERROUS SULFATE (IRON), THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID.); 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.)

Orange Chicken

PER SERVING (12 ea.)

320 CALORIES	2.5g SAT FAT	515mg SODIUM	34.0g CARBS
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Allergens: Contains Gluten, Soy, Wheat.

Made With: Golden Crispy Popcorn Chicken (CHICKEN, WATER, TEXTURED SOY PROTEIN CONCENTRATE, ISOLATED SOY PROTEIN, SEASONING [BROWN SUGAR, SALT, ONION POWDER, CHICKEN STOCK, CANOLA OIL, YEAST EXTRACT, CARROT POWDER, VEGETABLE STOCK (CARROT, ONION, CELERY), GARLIC POWDER, MALTODEXTRIN, FLAVORS, SILICON DIOXIDE, CITRIC ACID AND SPICE], SEASONING (POTASSIUM CHLORIDE, RICE FLOUR), SODIUM PHOSPHATES. BREADED WITH: WHOLE WHEAT FLOUR, WATER, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, WHEAT GLUTEN, SUGAR, DRIED ONION, DRIED GARLIC, TORULA YEAST, SPICE, DEXTROSE, DRIED YEAST, TURMERIC EXTRACT (COLOR), PAPRIKA EXTRACT (COLOR). BREADING SET IN VEGETABLE OIL.); 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.)

Orange Chicken with Nuggets

PER SERVING (5 ea.)

325 CALORIES	2.5g SAT FAT	527mg SODIUM	33.2g CARBS
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Allergens: Contains Gluten, Soy, Wheat.

Made With: Golden Crispy Chicken Chunk Fritters (CHICKEN, WATER, WHOLE WHEAT FLOUR, TEXTURED SOY PROTEIN CONCENTRATE, ISOLATED SOY PROTEIN, CONTAINS 2% OR LESS OF THE FOLLOWING: BROWN SUGAR, CANOLA OIL, CARROT POWDER, CITRIC ACID, DRIED GARLIC, DRIED ONION, DRIED YEAST, GARLIC POWDER, MALTODEXTRIN, NATURAL FLAVOR, ONION POWDER, PAPRIKA EXTRACT (COLOR), ROSEMARY EXTRACT (TO PROTECT FLAVOR), SALT, SPICE, SUGAR, TORULA YEAST, TURMERIC EXTRACT (COLOR), VEGETABLE STOCK (CARROT, ONION, CELERY), WHEAT GLUTEN, YEAST EXTRACT. BREADING SET IN VEGETABLE OIL.); 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.)

Pan Dulce Concha

PER SERVING (1 ea.)

200 CALORIES	1.5g SAT FAT	90mg SODIUM	34.0g CARBS
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Allergens: Contains Egg, Gluten, Milk, Soy, Wheat.

Made With: Concha 51% Whole Grain, Pan Dulce (BREAD INGREDIENTS: WHOLE GRAIN WHEAT FLOUR, HIGH GLUTEN FLOUR (BLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID, ASCORBIC ACID), WATER, SOYBEAN OIL, SUGAR, DRY EGGS, DRY YEAST, CINNAMON POWDER, SALT. TOPPING INGREDIENTS: BREAD FLOUR (WHEAT FLOUR, ASCORBIC ACID ADDED AS A DOUGH CONDITIONER, NIACIN, IRON, THIAMINE, MONONITRATE, RIBOFLAVIN ENZYME, FOLIC ACID), SOYBEAN OIL, POWDER SUGAR, GRANULATED SUGAR.)

Pancake on a Stick

PER SERVING (1 ea.)

198 CALORIES	2.5g SAT FAT	307mg SODIUM	16.8g CARBS
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Allergens: Contains Egg, Gluten, Soy, Wheat.

Made With: Pancake Wrap Turkey Sausage IW (GROUND TURKEY, MECHANICALLY SEPARATED TURKEY & TEXTURED VEGETABLE PROTEIN LINK: GROUND TURKEY, MECHANICALLY SEPARATED TURKEY, WATER, TEXTURED VEGETABLE PROTEIN PRODUCT (SOY PROTEIN CONCENTRATE, CARAMEL COLOR, ZINC OXIDE, NIACINAMIDE, FERROUS SULFATE, COPPER GLUCONATE, VITAMIN A PALMITATE, CALCIUM PANTOTHENATE, THIAMINE MONONITRATE, PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN, CYANOCOBALAMIN), CONTAINS LESS THAN 2% OF SALT, POTASSIUM LACTATE, POTASSIUM ACETATE, SPICES, SODIUM PHOSPHATE, POTASSIUM CHLORIDE, SUGAR, CARAMEL COLOR, SODIUM DIACETATE, SODIUM NITRITE. BATTER INGREDIENTS: WATER, WHOLE WHEAT FLOUR, SUGAR, SOYBEAN OIL, CONTAINS LESS THAN 2% OF LEAVENING, (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), NATURAL AND ARTIFICIAL SWEET MAPLE FLAVOR (MODIFIED CORN STARCH, ACESULFAME POTASSIUM, NATURAL FLAVORING, MAPLE SYRUP, CARAMEL COLOR), EGG YOLK, SALT, ARTIFICIAL FLAVOR, SOY FLOUR. FRIED IN VEGETABLE OIL.)

Pancakes Buttermilk

PER SERVING (2 ea.)

150 CALORIES	0.5g SAT FAT	400mg SODIUM	31.0g CARBS
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Allergens: Contains Egg, Gluten, Milk, Soy, Wheat.

Made With: Buttermilk Pancake WG 4", Krusteaz (Whole Wheat Flour, Water, Whey, Buttermilk, Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin and Folic Acid), Sugar, Contains 2% or less of: Eggs, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate, Sodium Acid Pyrophosphate, Monocalcium Phosphate), Soybean and/or Canola Oil, Dextrose, Salt, Soy Lecithin (an emulsifier).,)

Pasta Alfredo

PER SERVING (1 #6 scoop)

330 CALORIES	6.4g SAT FAT	755mg SODIUM	38.1g CARBS
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Allergens: Contains Gluten, Milk, Wheat.

Made With: Alfredo Cheese Sauce (WATER, PASTEURIZED PROCESS CHEESE (CHEDDAR CHEESE [PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES], WATER, DEHYDRATED CREAM [CREAM, DIPOTASSIUM PHOSPHATE], SODIUM PHOSPHATES AND POTASSIUM PHOSPHATES, SEASONING [POTASSIUM CHLORIDE, FLAVOR (CONTAINS MALTODEXTRIN)], SALT), NONFAT DRY MILK, CHEESE FLAVOR (A DEHYDRATED BLEND OF WHEY, CHEDDAR CHEESE [MILK, CHEESE CULTURE, SALT, ENZYMES], BUTTER, BUTTERMILK SOLIDS, SODIUM PHOSPHATE, NATURAL FLAVOR), CONTAINS LESS THAN 2% OF ROMANO CHEESE (SHEEP'S MILK, CHEESE CULTURE, SALT, ENZYMES, CALCIUM PROPIONATE), MODIFIED FOOD STARCH, FLAVORING (DRIED WHEY, MALTODEXTRIN, CORN SYRUP SOLIDS, SALT, GUAR GUM, CREAM, POWDERED BUTTERMILK, BUTTER FLAVOR, FLAVOR, ANNATTO, TURMERIC), SODIUM PHOSPHATES AND POTASSIUM PHOSPHATES, DEHYDRATED GARLIC, SPICE, CITRIC ACID.); Penne Pasta, regular (SEMOLINA (WHEAT), NIACIN, FERROUS SULFATE (IRON), THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID.); Lowfat White Milk Berkeley (LOWFAT MILK, CONDENSED SKIM MILK, VITAMIN A PALMITATE, VITAMIN D3); Shredded Mozzarella Cheese, LOL (CULTURED PASTEURIZED PART-SKIM MILK, SALT, ENZYMES, ANTICAKING BLEND [POTATO STARCH, CELLULOSE, NATAMYCIN (NATURAL MOLD INHIBITOR)].); Canola/Olive Oil (CANOLA, EXTRA VIRGIN OLIVE OIL)

Pasta Alfredo

PER SERVING (1 #6 scoop)

330 CALORIES	6.4g SAT FAT	755mg SODIUM	38.1g CARBS
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Allergens: Contains Gluten, Milk, Wheat.

Made With: Alfredo Cheese Sauce (WATER, PASTEURIZED PROCESS CHEESE (CHEDDAR CHEESE [PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES], WATER, DEHYDRATED CREAM [CREAM, DIPOTASSIUM PHOSPHATE], SODIUM PHOPHATES AND POTASSIUM PHOPHATES, SEASONING [POTASSIUM CHLORIDE, FLAVOR (CONTAINS MALTODEXTRIN)], SALT), NONFAT DRY MILK, CHEESE FLAVOR (A DEHYDRATED BLEND OF WHEY, CHEDDAR CHEESE [MILK, CHEESE CULTURE, SALT, ENZYMES], BUTTER, BUTTERMILK SOLIDS, SODIUM PHOSPHATE, NATURAL FLAVOR), CONTAINS LESS THAN 2% OF ROMANO CHEESE (SHEEP'S MILK, CHEESE CULTURE, SALT, ENZYMES, CALCIUM PROPIONATE), MODIFIED FOOD STARCH, FLAVORING (DRIED WHEY, MALTODEXTRIN, CORN SYRUP SOLIDS, SALT, GUAR GUM, CREAM, POWDERED BUTTERMILK, BUTTER FLAVOR, FLAVOR, ANNATTO, TURMERIC), SODIUM PHOSPHATES AND POTASSIUM PHOSPHATES, DEHYDRATED GARLIC, SPICE, CITRIC ACID.); Elbow Macaroni, regular (SEMOLINA (WHEAT), NIACIN, FERROUS SULFATE (IRON), THIAMIN MONONITRATE, RIBOFLAVIN,FOLIC ACID.); Lowfat White Milk Berkeley (LOWFAT MILK, CONDENSED SKIM MILK, VITAMIN A PALMITATE, VITAMIN D3); Shredded Mozzarella Cheese, LOL (CULTURED PASTEURIZED PART-SKIM MILK, SALT, ENZYMES, ANTICAKING BLEND [POTATO STARCH, CELLULOSE, NATAMYCIN (NATURAL MOLD INHIBITOR)].); Canola/Olive Oil (CANOLA, EXTRA VIRGIN OLIVE OIL)

Pasta Alfredo Penne with Chicken, Regular

PER SERVING (2 #8 scoop)

286 CALORIES	5.1g SAT FAT	639mg SODIUM	31.1g CARBS
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Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Alfredo Cheese Sauce (WATER, PASTEURIZED PROCESS CHEESE (CHEDDAR CHEESE [PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES], WATER, DEHYDRATED CREAM [CREAM, DIPOTASSIUM PHOSPHATE], SODIUM PHOSPHATES AND POTASSIUM PHOSPHATES, SEASONING [POTASSIUM CHLORIDE, FLAVOR (CONTAINS MALTODEXTRIN)], SALT), NONFAT DRY MILK, CHEESE FLAVOR (A DEHYDRATED BLEND OF WHEY, CHEDDAR CHEESE [MILK, CHEESE CULTURE, SALT, ENZYMES], BUTTER, BUTTERMILK SOLIDS, SODIUM PHOSPHATE, NATURAL FLAVOR), CONTAINS LESS THAN 2% OF ROMANO CHEESE (SHEEP'S MILK, CHEESE CULTURE, SALT, ENZYMES, CALCIUM PROPIONATE), MODIFIED FOOD STARCH, FLAVORING (DRIED WHEY, MALTODEXTRIN, CORN SYRUP SOLIDS, SALT, GUAR GUM, CREAM, POWDERED BUTTERMILK, BUTTER FLAVOR, FLAVOR, ANNATTO, TURMERIC), SODIUM PHOSPHATES AND POTASSIUM PHOSPHATES, DEHYDRATED GARLIC, SPICE, CITRIC ACID.); Penne Pasta, regular (SEMOLINA (WHEAT), NIACIN, FERROUS SULFATE (IRON), THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID.); Fajita Chicken (Boneless, skinless chicken, chicken broth, modified food starch, seasoning (dextrose, salt, spice, dehydrated garlic, maltodextrin, dehydrated onion, natural flavors), soy protein concentrate, seasoning (salt, spices, dehydrated garlic, dehydrated onion), sodium phosphates, natural flavor.); Lowfat White Milk Berkeley (LOWFAT MILK, CONDENSED SKIM MILK, VITAMIN A PALMITATE, VITAMIN D3); Canola/Olive Oil (CANOLA, EXTRA VIRGIN OLIVE OIL)

Pasta Alfredo with Chicken

PER SERVING (2 #8 scoop)

286 CALORIES	5.1g SAT FAT	639mg SODIUM	31.1g CARBS
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Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Alfredo Cheese Sauce (WATER, PASTEURIZED PROCESS CHEESE (CHEDDAR CHEESE [PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES], WATER, DEHYDRATED CREAM [CREAM, DIPOTASSIUM PHOSPHATE], SODIUM PHOPHATES AND POTASSIUM PHOPHATES, SEASONING [POTASSIUM CHLORIDE, FLAVOR (CONTAINS MALTODEXTRIN)], SALT), NONFAT DRY MILK, CHEESE FLAVOR (A DEHYDRATED BLEND OF WHEY, CHEDDAR CHEESE [MILK, CHEESE CULTURE, SALT, ENZYMES], BUTTER, BUTTERMILK SOLIDS, SODIUM PHOSPHATE, NATURAL FLAVOR), CONTAINS LESS THAN 2% OF ROMANO CHEESE (SHEEP'S MILK, CHEESE CULTURE, SALT, ENZYMES, CALCIUM PROPIONATE), MODIFIED FOOD STARCH, FLAVORING (DRIED WHEY, MALTODEXTRIN, CORN SYRUP SOLIDS, SALT, GUAR GUM, CREAM, POWDERED BUTTERMILK, BUTTER FLAVOR, FLAVOR, ANNATTO, TURMERIC), SODIUM PHOSPHATES AND POTASSIUM PHOSPHATES, DEHYDRATED GARLIC, SPICE, CITRIC ACID.); Elbow Macaroni, regular (SEMOLINA (WHEAT), NIACIN, FERROUS SULFATE (IRON), THIAMIN MONONITRATE, RIBOFLAVIN,FOLIC ACID.); Fajita Chicken (Boneless, skinless chicken, chicken broth, modified food starch, seasoning (dextrose, salt, spice, dehydrated garlic, maltodextrin, dehydrated onion, natural flavors), soy protein concentrate, seasoning (salt, spices, dehydrated garlic, dehydrated onion), sodium phosphates, natural flavor.); Lowfat White Milk Berkeley (LOWFAT MILK, CONDENSED SKIM MILK, VITAMIN A PALMITATE, VITAMIN D3); Canola/Olive Oil (CANOLA, EXTRA VIRGIN OLIVE OIL)

PB & J

PER SERVING (1 sandwich)

439 CALORIES	2.7g SAT FAT	423mg SODIUM	62.6g CARBS
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Allergens: Contains Gluten, Peanuts, Wheat. Processed in a facility that also processes Egg, Milk, Soy, Tree nuts.

Made With: Wheat Loaf Bread (Water, White Whole Wheat Flour, Enriched Wheat Flour (with Niacin, reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Soybean Oil, Yeast, Salt, Dough Softener (water and monoglycerides with propionic acid and Phosphoric acid added as preservatives), Calcium Propionate as mold inhibitor. Strengtheners (Enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid) enzymes), dough conditioner, (Enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), ascorbic acid, wheat gluten, enzymes.)); Grape Jelly (High fructose corn syrup, corn syrup, water, concentrated grape juice,, pectin, sugar, citric acid and sodium benzoate - a preservative); Creamy Peanut Butter (PEANUTS, SUGAR, HYDROGENATED VEGETABLE OILS (RAPESEED, COTTONSEED, AND SOYBEAN OIL), SALT.)

Peach Parfait

PER SERVING (1 parfait)

417 CALORIES	1.7g SAT FAT	242mg SODIUM	76.3g CARBS
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Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Vanilla Yogurt (CULTURED PASTEURIZED GRADE A LOW FAT MILK, SUGAR, MODIFIED CORN STARCH, KOSHER GELATIN, NATURAL FLAVOR, POTASSIUM SORBATE ADDED TO MAINTAIN FRESHNESS, VITAMIN A ACETATE, VITAMIN D3.); Diced Yellow Peaches in Juice (PEACHES, WATER, PEAR JUICE FROM CONCENTRATE.); Cereal, granola, oats n honey, WGR, Nature Valley, bulk (WHOLE GRAIN OATS, SUGAR, CANOLA OIL, RICE FLOUR, HONEY, SALT, BROWN SUGAR SYRUP, BAKING SODA, SOY LECITHIN, NATURAL FLAVOR)

Peach Parfait

PER SERVING (1 parfait)

233 CALORIES	0.8g SAT FAT	126mg SODIUM	44.2g CARBS
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Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Diced Yellow Peaches in Juice (PEACHES, WATER, PEAR JUICE FROM CONCENTRATE.); Vanilla Yogurt (CULTURED PASTEURIZED GRADE A LOW FAT MILK, SUGAR, MODIFIED CORN STARCH, KOSHER GELATIN, NATURAL FLAVOR, POTASSIUM SORBATE ADDED TO MAINTAIN FRESHNESS, VITAMIN A ACETATE, VITAMIN D3.); Cereal, granola, oats n honey, WGR, Nature Valley, bulk (WHOLE GRAIN OATS, SUGAR, CANOLA OIL, RICE FLOUR, HONEY, SALT, BROWN SUGAR SYRUP, BAKING SODA, SOY LECITHIN, NATURAL FLAVOR)

Peaches in Pear Juice

PER SERVING (1/2 c.)

50 CALORIES	0.0g SAT FAT	10mg SODIUM	12.0g CARBS
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Allergens:

Made With: Diced Yellow Peaches in Juice (PEACHES, WATER, PEAR JUICE FROM CONCENTRATE.)

Pepper & Onion Blend

PER SERVING (1/2 c.)

20 CALORIES	0.0g SAT FAT	8mg SODIUM	5.0g CARBS
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Allergens:

Made With: Pepper & Onion Blend, NSA; Municipal Water (WATER)

Pepperoni Pizza

PER SERVING (1 slice regular)

432 CALORIES	8.1g SAT FAT	550mg SODIUM	43.1g CARBS
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Allergens: Contains Milk, Soy, Wheat.

Made With: Big Daddy's Bold WG Cheese Pizza 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, CONTAINS 2% OR LESS OF: VEGETABLE OIL (SOYBEAN AND/OR CANOLA OIL), BUTTER FLAVORED OIL WITH GARLIC (LIQUID AND HYDROGENATED SOYBEAN OIL, NATURAL FLAVOR, SALT, ARTIFICIAL FLAVOR, SOY LECITHIN, BETA CAROTENE [COLOR], VITAMIN A PALMITATE), SUGAR, WHEAT GLUTEN, SEA SALT, DATEM, DEXTROSE, GUAR GUM, SOY LECITHIN, ASCORBIC ACID, WHEAT STARCH, SALT, ENZYMES. TOPPINGS: LOW MOISTURE PART SKIM MOZZARELLA CHEESE (CULTURED PASTEURIZED PART SKIM MILK, SALT, ENZYMES). 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, ENZYMES), SUGAR, DEXTROSE, SALT, DRIED, GARLIC, SPICE, DRIED ONION, DEHYDRATED ROMANO CHEESE, (CULTURED PASTEURIZED SHEEP'S AND COW'S MILK, SALT,, ENZYMES), PAPRIKA, CITRIC ACID.); Pepperoni Slices (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.)

Pepperoni Pizza

PER SERVING (1 slice regular)

459 CALORIES	8.1g SAT FAT	776mg SODIUM	44.9g CARBS
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Allergens: Contains Milk, Soy, Wheat.

Made With: Big Daddy's Bold WG Cheese Pizza 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, CONTAINS 2% OR LESS OF: VEGETABLE OIL (SOYBEAN AND/OR CANOLA OIL), BUTTER FLAVORED OIL WITH GARLIC (LIQUID AND HYDROGENATED SOYBEAN OIL, NATURAL FLAVOR, SALT, ARTIFICIAL FLAVOR, SOY LECITHIN, BETA CAROTENE [COLOR], VITAMIN A PALMITATE), SUGAR, WHEAT GLUTEN, SEA SALT, DATEM, DEXTROSE, GUAR GUM, SOY LECITHIN, ASCORBIC ACID, WHEAT STARCH, SALT, ENZYMES. TOPPING: LOW MOISTURE PART SKIM MOZZARELLA CHEESE (CULTURED PASTEURIZED PART SKIM MILK, SALT, ENZYMES). 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, ENZYMES), SUGAR, DEXTROSE, SALT, DRIED, GARLIC, SPICE, DRIED ONION, DEHYDRATED ROMANO CHEESE, (CULTURED PASTEURIZED SHEEP'S AND COW'S MILK, SALT,, ENZYMES), PAPRIKA, CITRIC ACID.); Sliced Black Olives (RIPE OLIVES, WATER, SEA SALT, FERROUS GLUCONATE (AN IRON DERIVATIVE)); Pepperoni Slices (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.)

Pineapple Tidbits

PER SERVING (1/2 c.)

63 CALORIES	0.0g SAT FAT	0mg SODIUM	16.4g CARBS
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Allergens:

Made With: Pineapple Tidbits (PINEAPPLE, PINEAPPLE JUICE, CITRIC ACID.)

Pizza Pepperoni

PER SERVING (1 slice)

325 CALORIES	5.8g SAT FAT	523mg SODIUM	33.1g CARBS
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Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Cheese Pizza, 100%, 4x6 Smart (CRUST: FLOUR BLEND (WHITE WHOLE WHEAT FLOUR, ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID]), WATER, DEFATTED SOY FLOUR, YEAST, SOY PROTEIN CONCENTRATE, CONTAINS 2% OR LESS OF: VEGETABLE OIL (SOYBEAN, COTTONSEED, CORN, AND/OR CANOLA OIL), SUGAR, GLUCONO-DELTA-LACTONE, DATEM, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), SALT, CORN STARCH, WHEAT STARCH, L-CYSTEINE HYDROCHLORIDE, AMMONIUM SULFATE. TOPPING: LOW MOISTURE PART SKIM MOZZARELLA CHEESE (CULTURED PASTEURIZED PART SKIM MILK, SALT, ENZYMES). SAUCE: TOMATOES (WATER, TOMATO PASTE [NOT LESS THAN 28% SOLUBLE SOLIDS]), MODIFIED FOOD STARCH, SUGAR, CONTAINS 2% OR LESS OF: DEXTROSE, SEA SALT, DRIED ONION, SPICE, DEHYDRATED ROMANO CHEESE (CULTURED PASTEURIZED SHEEP'S AND COW'S MILK, SALT, ENZYMES), PAPRIKA, DRIED GARLIC, CITRIC ACID.); Pepperoni Slices (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.)

Popcorn Chicken

PER SERVING (12 ea.)

250 CALORIES	2.5g SAT FAT	380mg SODIUM	16.0g CARBS
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Allergens: Contains Gluten, Soy, Wheat.

Made With: Golden Crispy Popcorn Chicken (CHICKEN, WATER, TEXTURED SOY PROTEIN CONCENTRATE, ISOLATED SOY PROTEIN, SEASONING [BROWN SUGAR, SALT, ONION POWDER, CHICKEN STOCK, CANOLA OIL, YEAST EXTRACT, CARROT POWDER, VEGETABLE STOCK (CARROT, ONION, CELERY), GARLIC POWDER, MALTODEXTRIN, FLAVORS, SILICON DIOXIDE, CITRIC ACID AND SPICE], SEASONING (POTASSIUM CHLORIDE, RICE FLOUR), SODIUM PHOSPHATES. BREADED WITH: WHOLE WHEAT FLOUR, WATER, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, WHEAT GLUTEN, SUGAR, DRIED ONION, DRIED GARLIC, TORULA YEAST, SPICE, DEXTROSE, DRIED YEAST, TURMERIC EXTRACT (COLOR), PAPRIKA EXTRACT (COLOR). BREADING SET IN VEGETABLE OIL.)

Pork Honey Rib on a Bun

PER SERVING (1 burger)

348 CALORIES	5.0g SAT FAT	935mg SODIUM	38.5g CARBS
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Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Pork Rib Pattie w/Honey BBQ Sauce, Commodity (GROUND PORK (NOT MORE THAN 30% FAT), HONEY BARBECUE SAUCE: (HIGH FRUCTOSE CORN SYRUP, DISTILLED VINEGAR, TOMATO PASTE, CORN SYRUP, HONEY, MOLASSES, WATER, SALT, NATURAL FLAVOR, MODIFIED CORN STARCH, NATURAL HICKORY SMOKE FLAVOR, SPICES, ONION POWDER, GARLIC POWDER, SODIUM BENZOATE (PRESERVATIVE), CARAMEL COLOR, SUGAR), 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), AND CYANOCOBALAMIN (B12)), SEASONING: (TOMATO POWDER, DEXTROSE, BROWN SUGAR, ARTIFICIAL VINEGAR (MALIC ACID, SODIUM ACETATE, LACTOSE, FUMARIC ACID, ARTIFICIAL FLAVORINGS), POWDERED WORCESTERSHIRE SAUCE (CORN SYRUP SOLIDS, SALT, GARLIC POWDER, SUGAR, SPICES, SOY SAUCE SOLIDS (WHEAT, SOYBEANS, SALT, MALTODEXTRIN, CARAMEL COLOR), TAMARINDS, FLAVOR), SPICES, SPICE EXTRACTIVE, ONION POWDER, SMOKE FLAVOR, GARLIC POWDER), HONEY, SALT, AND SODIUM PHOSPHATE); Hamburger Bun, 3", K8 (WATER, WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR, (WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, YEAST, SALT, DOUGH SOFTENER, (WATER AND MONOGLYCERIDES WITH PROPIONIC ACID AND PHOSPHORIC ACID ADDED AS PRESERVATIVES), CALCIUM PROPIONATE AS MOLD INHIBITOR. STRENGTHENER (ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE, MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENZYMES). DOUGH CONDITIONER, (ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ASCORBIC ACID, WHEAT GLUTEN, ENZYMES.))

Potato Wedges

PER SERVING (1/2 c.)

90 CALORIES	0.0g SAT FAT	30mg SODIUM	15.0g CARBS
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Allergens:

Made With: Potato, wedges, skin-on, country-style, 8-cut, OREIDA (POTATOES, VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING OILS: CANOLA, SOYBEAN, COTTONSEED, SUNFLOWER, CORN). CONTAINS 2% OR LESS OF DEXTROSE, SODIUM ACID PYROPHOSPHATE ADDED TO MAINTAIN NATURAL COLOR.)

Potatoes

PER SERVING (1/2 c.)

143 CALORIES	0.5g SAT FAT	163mg SODIUM	25.5g CARBS
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Allergens:

Made With: Potato, diced, skin-on roasted (all American deli roaster), seasoned, McCain (POTATOES, VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING: CANOLA, SOYBEAN, COTTONSEED, SUNFLOWER, CORN OIL), CORN STARCH - MODIFIED, DEHYDRATED GARLIC, SPICES, DEHYDRATED ONION, ROSEMARY, DEHYDRATED RED BELL PEPPER, AUTOLYZED YEAST EXTRACT, PAPRIKA, DEXTROSE, SODIUM ACID PYROPHOSPHATE ADDED TO PRESERVE NATURAL COLOR.)

Potatoes Crinkle

PER SERVING (1/2 c.)

92 CALORIES	0.0g SAT FAT	118mg SODIUM	15.4g CARBS
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Allergens: Contains Soy.

Made With: Potatoes, Crinkle Cut (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), Gum Arabic, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Maltodextrin, Natural Flavor, Potassium Chloride, Rice Flour, Salt, Sodium Acid Pyrophosphate Added To Preserve Natural Color, Succinic Acid, Xanthan Gum.)

Pretzel Soft

PER SERVING (1 pretzel)

140 CALORIES	0.0g SAT FAT	150mg SODIUM	30.0g CARBS
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Allergens: Contains Wheat.

Made With: WG Pretzels (WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR,, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER,, YEAST, CORN SYRUP, WHEAT GLUTEN, MALTED BARLEY FLOUR, DOUGH CONDITIONER, (WHEAT FLOUR, SALT, SOYBEAN OIL, L-CYSTEINE, ASCORBIC ACID, ENZYMES),, BICARBONATES AND CARBONATES OF SODA.)

Protein Pack with Egg

PER SERVING (1 pkg.)

460 CALORIES	4.5g SAT FAT	542mg SODIUM	68.5g CARBS
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Allergens: Contains Egg, Gluten, Milk, Soy, Wheat.

Made With: Hard Boiled Egg (EGGS); Craisins; Mozzarella String Cheese (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, AND ENZYMES.); Crackers, graham, honey, WGR, Keebler, 3 count (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.); Goldfish Pretzels (Ingredients: Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Vegetable Oils (Canola and/or Sunflower), Salt, Contains 2% or less of: Baking Powder (Sodium Acid Pyrophosphate, Baking Soda, Cornstarch, Monocalcium Phosphate), Malted Barley Flour, Nonfat Milk. Contains: Wheat, Milk.); Small Clam Shell Container

Protein Pack with Sunflower Seeds

PER SERVING (1 pkg.)

561 CALORIES	5.0g SAT FAT	597mg SODIUM	74.0g CARBS
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Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Craisins; Sunflower Kernels (Non-GMO sunflower kernels, sunflower oil, salt.); Mozzarella String Cheese (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, AND ENZYMES.); Crackers, graham, honey, WGR, Keebler, 3 count (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.); Goldfish Pretzels (Ingredients: Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Vegetable Oils (Canola and/or Sunflower), Salt, Contains 2% or less of: Baking Powder (Sodium Acid Pyrophosphate, Baking Soda, Cornstarch, Monocalcium Phosphate), Malted Barley Flour, Nonfat Milk. Contains: Wheat, Milk.); Small Clam Shell Container

Pulled Pork

PER SERVING (1/3 c.)

151 CALORIES	3.0g SAT FAT	58mg SODIUM	1.0g CARBS
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Allergens: Contains Soy.

Made With: Pulled Pork, Carnita, Brookwood- Commodity (PORK, WATER, ORANGE JUICE, SALT, SPICE, DEHYDRATED GARLIC AND ONION, SUGAR, DEHYDROLYZED SOY PROTEIN, CITRIC ACID, NATURAL FLAVOR)

Pulled Pork, Brookwood (1/3c cooked = 2.1 oz = 2 oz M/MA) Commercial

PER SERVING (1/3 c.)

151 CALORIES	2.9g SAT FAT	58mg SODIUM	0.7g CARBS
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Allergens:

Made With: Pulled Pork Carnita Style, Brookwood (PORK, WATER, ORANGE JUICE, SALT, SPICE, DEHYDRATED GARLIC AND ONION, SUGAR, HYDROLYZED SOY PROTEIN, CITRIC ACID, NATURAL FLAVOR.)

Raisin Bran Cereal

PER SERVING (1 bowl)

110 CALORIES	0.0g SAT FAT	125mg SODIUM	27.0g CARBS
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Allergens: Contains Gluten, Wheat.

Made With: Cereal, ready-to-eat, Raisin Bran, bowlpack, WGR, 1.25 oz, Kelloggs (WHOLE GRAIN WHEAT, RAISINS, WHEAT BRAN, SUGAR, BROWN SUGAR SYRUP, CONTAINS 2% OR LESS OF SALT, MALT FLAVOR, POTASSIUM CHLORIDE, NIACINAMIDE, REDUCED IRON, VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), ZINC OXIDE, VITAMIN B2 (RIBOFLAVIN), VITAMIN B1 (THIAMIN HYDROCHLORIDE), VITAMIN A PALMITATE, FOLIC ACID, VITAMIN D, VITAMIN B12.)

Raisins

PER SERVING (1 Box)

132 CALORIES	0.0g SAT FAT	10mg SODIUM	31.4g CARBS
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Allergens:

Made With: Raisins, box (Raisins. California grown.)

Ranch Dressing

PER SERVING (1 pump)

80 CALORIES	1.5g SAT FAT	120mg SODIUM	0.5g CARBS
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Allergens: Contains Egg, Milk, Soy.

Made With: Ranch Dressing (Front of the House) (SOYBEAN OIL, DISTILLED WHITE VINEGAR, BUTTERMILK (LOWFAT MILK, FOOD STARCH, CARRAGEENAN, LOCUST BEAN GUM, SALT, CULTURES), HIGH FRUCTOSE CORN SYRUP, EGG YOLKS, SALT, GARLIC POWDER, XANTHAN GUM, SODIUM BENZOATE AND POTASSIUM SORBATE AS PRESERVATIVES, ONION POWDER, LACTIC ACID, POLYSORBATE 60, DISODIUM INOSINATE, DISODIUM GUANYLATE, DEHYDRATED PARSLEY, BUTTERMILK POWDER, PROPYLENE GLYCOL, NATURAL FLAVOR, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR, MODIFIED CORN STARCH.)

Ranch Dressing

PER SERVING (1 packet)

51 CALORIES	0.6g SAT FAT	107mg SODIUM	0.9g CARBS
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Allergens: Contains Egg, Milk, Soy.

Made With: Buttermilk Ranch Dressing (SOYBEAN OIL, WATER, DISTILLED WHITE VINEGAR, CORN SYRUP,, BUTTERMILK (CULTURED LOWFAT MILK, MILK, NONFAT DRY MILK, SALT,, SODIUM CITRATE, VITAMIN A PALMITATE), EGG YOLKS AND ENZYME, MODIFIED EGG YOLKS, SUGAR, CONTAINS 2% OR LESS OF: SALT, MODIFIED, CORN STARCH, TORULA YEAST, MONOSODIUM GLUTAMATE, LACTIC ACID,, PHOSPHORIC ACID, SODIUM BENZOATE AND POTASSIUM SORBATE AS, PRESERVATIVES, GARLIC POWDER, XANTHAN GUM, POLYSORBATE 60,, ONON POWDER, NATURAL FLAVOR, DEHYDRATED PARSLEY, CULTURED, CREAM, ENZYME MODIFIED MILK, CALCIUM DISODIUM EDTA ADDED TO, PROTECT FLAVOR, BUTTERMILK POWDER, MOLASSES, SOY LECITHIN.)

Raspberry Rainbow Yogurt

PER SERVING (1 4 oz container)

80 CALORIES	0.0g SAT FAT	65mg SODIUM	15.0g CARBS
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Allergens: Contains Milk.

Made With: Raspberry Rainbow Yogurt (CULTURED PASTEURIZED GRADE A LOW FAT MILK, SUGAR, CORN STARCH, CONTAINS LESS THAN 1% OF: VEGETABLE JUICE AND FRUIT JUICE (FOR COLOR), NATURAL FLAVOR, POTASSIUM SORBATE ADDED TO MAINTAIN FRESHNESS, VITAMIN A ACETATE, VITAMIN D3.)



Ready-to-Serve Apples

PER SERVING (1 kiddie (<2-1/2" dia))

48 CALORIES	0.0g SAT FAT	1mg SODIUM	12.6g CARBS
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Allergens:

Made With: Kiddie Sized Fresh Apples (APPLE)



Rib b que Pork Sandwich

PER SERVING (1 sandwich)

363 CALORIES	5.0g SAT FAT	1142mg SODIUM	42.0g CARBS
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Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Pork Rib Pattie w/Honey BBQ Sauce, Commodity (GROUND PORK (NOT MORE THAN 30% FAT), HONEY BARBECUE SAUCE: (HIGH FRUCTOSE CORN SYRUP, DISTILLED VINEGAR, TOMATO PASTE, CORN SYRUP, HONEY, MOLASSES, WATER, SALT, NATURAL FLAVOR, MODIFIED CORN STARCH, NATURAL HICKORY SMOKE FLAVOR, SPICES, ONION POWDER, GARLIC POWDER, SODIUM BENZOATE (PRESERVATIVE), CARAMEL COLOR, SUGAR), 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), AND CYANOCOBALAMIN (B12)), SEASONING: (TOMATO POWDER, DEXTROSE, BROWN SUGAR, ARTIFICIAL VINEGAR (MALIC ACID, SODIUM ACETATE, LACTOSE, FUMARIC ACID, ARTIFICIAL FLAVORINGS), POWDERED WORCESTERSHIRE SAUCE (CORN SYRUP SOLIDS, SALT, GARLIC POWDER, SUGAR, SPICES, SOY SAUCE SOLIDS (WHEAT, SOYBEANS, SALT, MALTODEXTRIN, CARAMEL COLOR), TAMARINDS, FLAVOR), SPICES, SPICE EXTRACTIVE, ONION POWDER, SMOKE FLAVOR, GARLIC POWDER), HONEY, SALT, AND SODIUM PHOSPHATE); White Wheat Hamburger Bun (WATER, WHITE WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR, (WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, YEAST, SALT, DOUGH SOFTENER, (WATER AND MONOGLYCERIDES WITH PROPIONIC ACID AND PHOSPHORIC ACID ADDED AS PRESERVATIVES), CALCIUM PROPIONATE AS MOLD INHIBITOR. STRENGTHENER (ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE, MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENZYMES). DOUGH CONDITIONER, (ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ASCORBIC ACID, WHEAT GLUTEN, ENZYMES.)); Smokey Barbecue Sauce (Back of the House) (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)

Rice Krispies Cereal

PER SERVING (1 bowl)

100 CALORIES	0.0g SAT FAT	170mg SODIUM	23.0g CARBS
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Allergens:

Made With: Rice Krispies WG Cereal (Whole grain brown rice, sugar, contains 2% or less of salt. Vitamins and minerals: Iron, Vitamin C (Ascorbic acid), Vitamin E (Alpha Tocopherol acetate), Niacinamide, Vitamin A Palmitate, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin Hydrochloride), Folic Acid, Vitamin D, Vitamin B12.)

Romaine Lettuce

PER SERVING (1 c.)

26 CALORIES	0.1g SAT FAT	12mg SODIUM	3.5g CARBS
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Allergens:

Made With: Romaine Lettuce (ROMAINE LETTUCE)

Salad Buffalo Chicken

PER SERVING (1 salad)

357 CALORIES	5.6g SAT FAT	977mg SODIUM	25.2g CARBS
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Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Salad Mix (ROMAINE LETTUCE, ICEBERG LETTUCE); Golden Crispy Chicken Chunk Fritters (CHICKEN, WATER, WHOLE WHEAT FLOUR, TEXTURED SOY PROTEIN CONCENTRATE, ISOLATED SOY PROTEIN, CONTAINS 2% OR LESS OF THE FOLLOWING: BROWN SUGAR, CANOLA OIL, CARROT POWDER, CITRIC ACID, DRIED GARLIC, DRIED ONION, DRIED YEAST, GARLIC POWDER, MALTODEXTRIN, NATURAL FLAVOR, ONION POWDER, PAPRIKA EXTRACT (COLOR), ROSEMARY EXTRACT (TO PROTECT FLAVOR), SALT, SPICE, SUGAR, TORULA YEAST, TURMERIC EXTRACT (COLOR), VEGETABLE STOCK (CARROT, ONION, CELERY), WHEAT GLUTEN, YEAST EXTRACT. BREADING SET IN VEGETABLE OIL.); Cucumbers (CUCUMBER); Shredded Carrots, matchsticks (CARROTS); Diced Celery (CELERY); Shredded Cheddar Cheese, Land O Lakes (CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES, ANNATTO (COLOR)), ANTICAKING BLEND (POTATO STARCH, CELLULOSE, NATAMYCIN (NATURAL INHIBITOR))); Frank's Red Hot Sauce (AGED CAYENNE RED PEPPERS, VINEGAR, WATER, SALT AND GARLIC POWDER.)

Salad Mix with Ranch

PER SERVING (1 c.)

69 CALORIES	1.0g SAT FAT	178mg SODIUM	2.8g CARBS
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Allergens: Contains Egg, Milk, Soy.

Made With: Salad Mix (ROMAINE LETTUCE, ICEBERG LETTUCE); Ranch Dressing (SOYBEAN OIL, WATER, BUTTERMILK (CULTURED PASTEURIZED SKIM MILK AND, MILK, SODIUM CITRATE AND SALT), 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), EGG YOLKS, CONTAINS LESS THAN 2%, OF DISTILLED VINEGAR, SALT, XANTHAN GUM, NATURAL FLAVOR (INCLUDES MILK).); Spinach (SPINACH)

Salad Taco, Chicken

PER SERVING (1 salad)

464 CALORIES	10.3g SAT FAT	238mg SODIUM	40.9g CARBS
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Allergens: Contains Milk.

Made With: Shredded Iceberg Lettuce (ICEBERG LETTUCE); Chicken diced, low sodium, Tyson (Chicken, water, contains 2% or less of the following: ascorbic acid, maltodextrin, natural flavors, rice starch, vinegar, yeast extract.,); Tortilla Chips (Whole grain corn, water, vegetable oil (contains one or more of the following: cottonseed oil, corn oil, palm oil), Lime.,); Fresh Tomatoes (TOMATO); Shredded Cheddar Cheese, Land O Lakes (CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES, ANNATTO (COLOR)), ANTICAKING BLEND (POTATO STARCH, CELLULOSE, NATAMYCIN (NATURAL INHIBITOR)).)

Salad Taco, Chicken

PER SERVING (1 salad)

448 CALORIES	4.2g SAT FAT	210mg SODIUM	39.9g CARBS
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Allergens: Contains Milk. Processed in a facility that also processes Soy.

Made With: Shredded Iceberg Lettuce (ICEBERG LETTUCE); Chicken diced, low sodium, Tyson (Chicken, water, contains 2% or less of the following: ascorbic acid, maltodextrin, natural flavors, rice starch, vinegar, yeast extract.,); Tortilla Chips, IW (Whole grain corn masa flour, vegetable oil (may contain one or more of the following, high oleic safflower, mid oleic sunflower, corn or cottonseed Oil), and a trace of lime.); Shredded Cheddar Cheese, Land O Lakes (CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES, ANNATTO (COLOR)), ANTICAKING BLEND (POTATO STARCH, CELLULOSE, NATAMYCIN (NATURAL INHIBITOR)).); Fresh Tomatoes (TOMATO)

Satsuma Tangerine

PER SERVING (1 ea.)

50 CALORIES	0.0g SAT FAT	0mg SODIUM	10.9g CARBS
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Allergens:

Made With: Satsuma Tangerine (Tangerine)

Sausage Biscuit Sandwich

PER SERVING (1 sandwich)

260 CALORIES	8.5g SAT FAT	490mg SODIUM	27.0g CARBS
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Allergens: Contains Gluten, Milk, Wheat.

Made With: Biscuit, baked, Easy Split, Pillsbury, whole grain, 2 oz (1 biscuit = 2 oz eq grain) , Recipe (Biscuit, baked, EZ Split, WGR, Pillsbury, 2 oz (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, NONFAT MILK, WHEY PROTEIN CONCENTRATE, WHEY, PECTIN.)); Country Turkey Sausage Patty (TURKEY, SEASONING (SALT, SPICES, SUGAR, DEXTROSE, SPICE EXTRACT, BHA, PROPYL GALLATE, CITRIC ACID), CARAMEL COLOR.)

Sausage Breakfast Pizza

PER SERVING (1 slice)

210 CALORIES	2.0g SAT FAT	480mg SODIUM	26.0g CARBS
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Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Turkey Sausage Breakfast Pizza (CRUST: WHITE 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). TOPPING: 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 MONONITRATE [VITAMIN 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.)

Seasoned French Fries

PER SERVING (1/2 c.)

132 CALORIES	1.0g SAT FAT	344mg SODIUM	17.2g CARBS
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Allergens:

Made With: French fries, potato, seasoned straight-cut, 3/8-inch (INGREDIENTS: Potatoes, Vegetable Oil (contains one or more of the following: Canola Oil, Soybean Oil, Cottonseed Oil, Sunflower Oil, Corn Oil), Bleached Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, Tapioca Starch - Modified, Dextrin, Garlic Powder, Onion Powder, Spice, Dextrose, Leavening (Sodium Acid Pyrophosphate,, Sodium Bicarbonate), Spice and Coloring, Xanthan Gum, Annatto (color), Sodium Acid Pyrophosphate Added to Preserve Natural Color.)

Soft Chicken Tacos

PER SERVING (1 Double Taco)

272 CALORIES	2.1g SAT FAT	487mg SODIUM	33.4g CARBS
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Allergens: Contains Gluten, Wheat.

Made With: Chicken Pulled, Low Sodium (BONELESS, SKINLESS DARK AND WHITE CHICKEN, WATER, CONTAINS 2% OR LESS OF THE FOLLOWING: ASCORBIC ACID, MALTODEXTRIN, NATURAL FLAVORS, RICE STARCH, VINEGAR, YEAST EXTRACT.); Tortilla 6" (Ingredients: Enriched Bleached Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Shortening (Interesterified and Hydrogenated Soybean Oils), contains 2% or less of: Salt, Baking Soda, Sodium Acid Pyrophosphate, Distilled Monoglycerides, Enzymes, Cellulose Gum, Fumaric Acid, and Calcium Propionate and Sorbic Acid (to maintain freshness).,); Lime Juice (LIME JUICE FROM CONCENTRATE); Taco Seasoning (Spices (including chili pepper), salt, paprika, garlic, onion, sugar, silicon dioxide (anti-caking agent).); Garlic Powder (100% Garlic)

Soft Wheat Bagel

PER SERVING (1 bagel)

180 CALORIES	0.0g SAT FAT	200mg SODIUM	35.0g CARBS
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Allergens: Contains Gluten, Soy, Wheat. Processed in a facility that also processes Egg.

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, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BROWN SUGAR, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SALT, VITAL WHEAT GLUTEN, MALTED WHEAT FLOUR, CALCIUM PROPIONATE (PRESERVATIVE), YEAST, HYDROLYZED WHEAT GLUTEN, WHEAT FLOUR, CANOLA OIL, ASCORBIC ACID (VITAMIN C), ENZYMES, CALCIUM SULFATE)

Spaghetti Noodles

PER SERVING (1/2 c.)

132 CALORIES	0.1g SAT FAT	187mg SODIUM	25.8g CARBS
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Allergens: Contains Gluten, Wheat.

Made With: Municipal Water (WATER); Spaghetti Pasta, regular (SEMOLINA (WHEAT), NIACIN, FERROUS SULFATE (IRON), THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID.); Canola/Olive Oil (CANOLA, EXTRA VIRGIN OLIVE OIL); Salt (SODIUM CHLORIDE, YELLOW PRUSSIAN OF SODA AS AN ANTICAKING AGENT.)

Spaghetti with Meat Sauce

PER SERVING (2 #8 scoop)

306 CALORIES	3.2g SAT FAT	355mg SODIUM	39.6g CARBS
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Allergens: Contains Gluten, Wheat.

Made With: Pasta Sauce (Peeled ground tomatoes, tomato puree, extra virgin olive oil, salt, garlic, carrot puree, dehydrated onions, sugar, basil, spices.); All Beef Crumble, Commodity (Ground beef (Not more than 20% fat), and less than 1% of the following: spice, salt, potassium chloride, natural flavors.); Spaghetti Pasta, regular (SEMOLINA (WHEAT), NIACIN, FERROUS SULFATE (IRON), THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID.); Diced Tomatoes (VINE-RIPENED TOMATOES, TOMATO JUICE, LESS THAN 2% OF: CALCIUM CHLORIDE, CITRIC ACID*. *NATURALLY DERIVED); Canola/Olive Oil (CANOLA, EXTRA VIRGIN OLIVE OIL)

Spanish Rice

PER SERVING (1/2 c.)

184 CALORIES	0.0g SAT FAT	348mg SODIUM	39.5g CARBS
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Allergens: Contains Soy.

Made With: Long Grain White Rice (LONG GRAIN PARBOILED WHITE RICE); Mexican Rice Seasoning Mix (MALTODEXTRIN, ONION, PAPRIKA, SEA SALT, GREEN AND RED BELL PEPPER, GARLIC, SALT, TOMATO, YEAST EXTRACT, SPICES (INCLUDING CELERY) CITRIC ACID, SILICON DIOXIDE (TO PREVENT CAKING), AND PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OIL.)

Spicy Chicken Sandwich

PER SERVING (1 burger)

408 CALORIES	3.5g SAT FAT	675mg SODIUM	43.5g CARBS
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Allergens: Contains Gluten, Soy, Wheat.

Made With: Chicken Patty, hot/spicy, whole grain, Tyson (CHICKEN, WATER, WHOLE WHEAT FLOUR, TEXTURED SOY PROTEIN CONCENTRATE, ISOLATED SOY PROTEIN, CONTAINS 2% OR LESS OF THE FOLLOWING: BROWN SUGAR, CANOLA OIL, CARROT POWDER CITRIC ACID, CORN STARCH, EXTRACTIVES OF PAPRIKA, GARLIC POWDER, LEAVENING (CREAM OF TARTAR, BAKING SODA), MALTODEXTRIN, NATURAL FLAVORS, ONION POWDER, SALT, SPICES (INCLUDING CELERY SEED), SUGAR, VEGETABLE STOCK (CARROT, ONION, CELERY), WHEAT GLUTEN, YEAST EXTRACT. BREADING SET IN VEGETABLE OIL.); Hamburger Bun, 3", K8 (WATER, WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR, (WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, YEAST, SALT, DOUGH SOFTENER, (WATER AND MONOGLYCERIDES WITH PROPIONIC ACID AND PHOSPHORIC ACID ADDED AS PRESERVATIVES), CALCIUM PROPIONATE AS MOLD INHIBITOR. STRENGTHENER (ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE, MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENZYMES). DOUGH CONDITIONER, (ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONITRATE, RIBOFLAVIN, FOLIC ACID), ASCORBIC ACID, WHEAT GLUTEN, ENZYMES.))

Spicy Chicken Sandwich

PER SERVING (1 ea.)

410 CALORIES	3.5g SAT FAT	680mg SODIUM	44.0g CARBS
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Allergens: Contains Gluten, Soy, Wheat.

Made With: Chicken Patty, hot/spicy, whole grain, Tyson (CHICKEN, WATER, WHOLE WHEAT FLOUR, TEXTURED SOY PROTEIN CONCENTRATE, ISOLATED SOY PROTEIN, CONTAINS 2% OR LESS OF THE FOLLOWING: BROWN SUGAR, CANOLA OIL, CARROT POWDER CITRIC ACID, CORN STARCH, EXTRACTIVES OF PAPRIKA, GARLIC POWDER, LEAVENING (CREAM OF TARTAR, BAKING SODA), MALTODEXTRIN, NATURAL FLAVORS, ONION POWDER, SALT, SPICES (INCLUDING CELERY SEED), SUGAR, VEGETABLE STOCK (CARROT, ONION, CELERY), WHEAT GLUTEN, YEAST EXTRACT. BREADING SET IN VEGETABLE OIL.); White Wheat Hamburger Bun (WATER, WHITE WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR, (WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, YEAST, SALT, DOUGH SOFTENER, (WATER AND MONOGLYCERIDES WITH PROPIONIC ACID AND PHOSPHORIC ACID ADDED AS PRESERVATIVES), CALCIUM PROPIONATE AS MOLD INHIBITOR. STRENGTHENER (ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE, MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENZYMES). DOUGH CONDITIONER, (ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONITRATE, RIBOFLAVIN, FOLIC ACID), ASCORBIC ACID, WHEAT GLUTEN, ENZYMES.))

Spicy Popcorn Chicken

PER SERVING (12 piece)

42 CALORIES	0.4g SAT FAT	64mg SODIUM	2.7g CARBS
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Allergens: Contains Gluten, Soy, Wheat.

Made With: Golden Crispy Popcorn Chicken (CHICKEN, WATER, TEXTURED SOY PROTEIN CONCENTRATE, ISOLATED SOY PROTEIN, SEASONING [BROWN SUGAR, SALT, ONION POWDER, CHICKEN STOCK, CANOLA OIL, YEAST EXTRACT, CARROT POWDER, VEGETABLE STOCK (CARROT, ONION, CELERY), GARLIC POWDER, MALTODEXTRIN, FLAVORS, SILICON DIOXIDE, CITRIC ACID AND SPICE], SEASONING (POTASSIUM CHLORIDE, RICE FLOUR), SODIUM PHOSPHATES. BREADED WITH: WHOLE WHEAT FLOUR, WATER, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, WHEAT GLUTEN, SUGAR, DRIED ONION, DRIED GARLIC, TORULA YEAST, SPICE, DEXTROSE, DRIED YEAST, TURMERIC EXTRACT (COLOR), PAPRIKA EXTRACT (COLOR). BREADING SET IN VEGETABLE OIL.)

Steamed Rice

PER SERVING (1/2 c.)

138 CALORIES	0.0g SAT FAT	2mg SODIUM	30.0g CARBS
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Allergens:

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

Strawberry Banana Bash Yogurt

PER SERVING (1 4 oz container)

80 CALORIES	0.0g SAT FAT	60mg SODIUM	15.0g CARBS
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Allergens: Contains Milk.

Made With: Strawberry Banana Bash Yogurt (Cultured Pasteurized Grade A Low Fat Milk, Sugar, Corn Starch. Contains Less Than 1% of: Natural Flavor, Vegetable Juice (for color), Potassium Sorbate Added to Maintain Freshness, Vitamin A Acetate, Vitamin D3.VITAMIN D3.)

Strawberry Banana Yogurt

PER SERVING (1 Container)

70 CALORIES	0.0g SAT FAT	60mg SODIUM	14.0g CARBS
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Allergens: Contains Milk.

Made With: Strawberry Banana Yogurt, Danimals, 4 oz (CULTURED GRADE A NON FAT MILK, CANE SUGAR, WATER, CORN STARCH, STRAWBERRY PUREE, CONTAINS LESS THAN 1% OF BANANA,, AGAR AGAR, NATURAL FLAVORS,FRUIT AND VEGETABLE JUICE (FOR COLOR), CAROB BEAN GUM, LEMON JUICE CONCENTRATE, VITAMIN, D3.)

Strawberry Creamy Cheese Mini Bagels

PER SERVING (1 pkg.)

240 CALORIES	2.5g SAT FAT	180mg SODIUM	41.0g CARBS
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Allergens: Contains Gluten, Milk, Wheat.

Made With: Strawberry Creamy Cheese Mini Bagels (WHOLE WHEAT FLOUR, WATER, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), NEUFCHATEL CHEESE (MILK, CREAM, CHEESE CULTURE, SALT, CAROB BEAN GUM), SUGAR, MALTODEXTRIN, SOYBEAN OIL. CONTAINS LESS THAN 2% OF: NONFAT MILK, YEAST, MODIFIED CORN STARCH, CORN STARCH, CREAM OF TARTAR, METHYLCELLULOSE, STRAWBERRY POWDER, BEET POWDER COLOR, NATURAL FLAVOR.)

Strawberry Yogurt

PER SERVING (1 container (4 oz))

70 CALORIES	0.0g SAT FAT	60mg SODIUM	14.0g CARBS
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Allergens: Contains Milk.

Made With: Strawberry Blast Yogurt, Danimals, 4 oz (CULTURED PASTEURIZED GRADE A LOW FAT MILK, SUGAR, MODIFIED CORN STARCH, KOSHER GELATIN, CITRIC ACID, NATURAL FLAVOR, POTASSIUM SORBATE ADDED TO MAINTAIN FRESHNESS, COLORED WITH VEGETABLE JUICE, BETA CAROTENE AND TUMERIC EXTRACT, VITAMIN A ACETATE, VITAMIN D3.)

String Cheese

PER SERVING (1 stick.)

81 CALORIES	3.0g SAT FAT	192mg SODIUM	2.0g CARBS
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Allergens: Contains Milk.

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

String Cheese Mozzarella

PER SERVING (1 ea.)

80 CALORIES	4.0g SAT FAT	200mg SODIUM	1.0g CARBS
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Allergens: Contains Milk.

Made With: String Cheese (PASTEURIZED PART SKIM MILK, CHEESE CULTURES, SALT, ENZYMES)

Sun Butter & Grape Jelly Sandwich

PER SERVING (1 sandwich)

462 CALORIES	2.2g SAT FAT	425mg SODIUM	60.6g CARBS
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Allergens: Contains Gluten, Wheat.

Made With: Wheat Loaf Bread (Water, White Whole Wheat Flour, Enriched Wheat Flour (with Niacin, reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Soybean Oil, Yeast, Salt, Dough Softener (water and monoglycerides with propionic acid and Phosphoric acid added as preservatives), Calcium Propionate as mold inhibitor. Strengtheners (Enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid) enzymes), dough conditioner, (Enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), ascorbic acid, wheat gluten, enzymes.)); Grape Jelly (High fructose corn syrup, corn syrup, water, concentrated grape juice,, pectin, sugar, citric acid and sodium benzoate - a preservative); Creamy Sunbutter (SUNFLOWER SEED, SUGAR, SALT, MONODIGLYCERIDES AND NATURAL MIXED TOCOPHEROLS TO PRESERVE FRESHNESS.)

Sunflower Seeds

PER SERVING (1 pkg.)

170 CALORIES	2.0g SAT FAT	110mg SODIUM	6.0g CARBS
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Allergens: Processed in a facility that also processes Milk, Soy, Wheat.

Made With: Sunflower Kernels (Non-GMO sunflower kernels, sunflower oil, salt.)

Supreme Pizza

PER SERVING (1 slice regular)

477 CALORIES	8.9g SAT FAT	733mg SODIUM	45.0g CARBS
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Allergens: Contains Milk, Soy, Wheat.

Made With: Big Daddy's Bold WG Cheese Pizza 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, CONTAINS 2% OR LESS OF: VEGETABLE OIL (SOYBEAN AND/OR CANOLA OIL), BUTTER FLAVORED OIL WITH GARLIC (LIQUID AND HYDROGENATED SOYBEAN OIL, NATURAL FLAVOR, SALT, ARTIFICIAL FLAVOR, SOY LECITHIN, BETA CAROTENE [COLOR], VITAMIN A PALMITATE), SUGAR, WHEAT GLUTEN, SEA SALT, DATEM, DEXTROSE, GUAR GUM, SOY LECITHIN, ASCORBIC ACID, WHEAT STARCH, SALT, ENZYMES. TOPPING: LOW MOISTURE PART SKIM MOZZARELLA CHEESE (CULTURED PASTEURIZED PART SKIM MILK, SALT, ENZYMES). 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, ENZYMES), SUGAR, DEXTROSE, SALT, DRIED, GARLIC, SPICE, DRIED ONION, DEHYDRATED ROMANO CHEESE, (CULTURED PASTEURIZED SHEEP'S AND COW'S MILK, SALT,, ENZYMES), PAPRIKA, CITRIC ACID.); Sliced Black Olives (RIPE OLIVES, WATER, SEA SALT, FERROUS GLUCONATE (AN IRON DERIVATIVE)); Italian Sausage Crumbles (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.); Green Bell Peppers (GREEN SWEET PEPPER); Pepperoni Slices (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.)

Syrup

PER SERVING (1 oz.)

CALORIES	g SAT FAT	mg SODIUM	g CARBS
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Allergens:

Made With: Maple Syrup Single Serve (CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, WATER, NATURAL AND ARTIFICIAL MAPLE FLAVOR, POTASSIUM SORBATE AS PRESERVATIVE, CARAMEL COLOR, CITRIC ACID.)

Taco Salad

PER SERVING (1 salad)

452 CALORIES	10.2g SAT FAT	230mg SODIUM	40.8g CARBS
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Allergens: Contains Milk.

Made With: Shredded Iceberg Lettuce (ICEBERG LETTUCE); Chicken Pulled, Low Sodium (BONELESS, SKINLESS DARK AND WHITE CHICKEN, WATER, CONTAINS 2% OR LESS OF THE FOLLOWING: ASCORBIC ACID, MALTODEXTRIN, NATURAL FLAVORS, RICE STARCH, VINEGAR, YEAST EXTRACT.); Tortilla Chips (Whole grain corn, water, vegetable oil (contains one or more of the following: cottonseed oil, corn oil, palm oil), Lime., ,); Fresh Tomatoes (TOMATO); Shredded Cheddar Cheese, Land O Lakes (CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES, ANNATTO (COLOR)), ANTICAKING BLEND (POTATO STARCH, CELLULOSE, NATAMYCIN (NATURAL INHIBITOR)).)

Taco Salad

PER SERVING (1 salad)

415 CALORIES	4.8g SAT FAT	206mg SODIUM	39.9g CARBS
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Allergens: Contains Milk. Processed in a facility that also processes Soy.

Made With: Shredded Iceberg Lettuce (ICEBERG LETTUCE); Tortilla Chips, IW (Whole grain corn masa flour, vegetable oil (may contain one or more of the following, high oleic safflower, mid oleic sunflower, corn or cottonseed Oil), and a trace of lime.); Taco Filling, all beef, seasoning, RECIPE, Commodity (All Beef Crumble, Commodity (Ground beef (Not more than 20% fat), and less than 1% of the following: spice, salt, potassium chloride, natural flavors.); Yellow Onions (YELLOW ONION); Municipal Water (WATER); Canola/Olive Oil (CANOLA, EXTRA VIRGIN OLIVE OIL); Taco Seasoning (Spices (including chili pepper), salt, paprika, garlic, onion, sugar, silicon dioxide (anti-caking agent).); Garlic Powder (100% Garlic); Onion Powder (ONION POWDER)); Shredded Cheddar Cheese, Land O Lakes (CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES, ANNATTO (COLOR)), ANTICAKING BLEND (POTATO STARCH, CELLULOSE, NATAMYCIN (NATURAL INHIBITOR)).); Fresh Tomatoes (TOMATO)

Taco Salad

PER SERVING (1 salad)

436 CALORIES	4.1g SAT FAT	202mg SODIUM	39.8g CARBS
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Allergens: Contains Milk. Processed in a facility that also processes Soy.

Made With: Shredded Iceberg Lettuce (ICEBERG LETTUCE); Chicken Pulled, Low Sodium (BONELESS, SKINLESS DARK AND WHITE CHICKEN, WATER, CONTAINS 2% OR LESS OF THE FOLLOWING: ASCORBIC ACID, MALTODEXTRIN, NATURAL FLAVORS, RICE STARCH, VINEGAR, YEAST EXTRACT.); Tortilla Chips, IW (Whole grain corn masa flour, vegetable oil (may contain one or more of the following, high oleic safflower, mid oleic sunflower, corn or cottonseed Oil), and a trace of lime.); Shredded Cheddar Cheese, Land O Lakes (CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES, ANNATTO (COLOR)), ANTICAKING BLEND (POTATO STARCH, CELLULOSE, NATAMYCIN (NATURAL INHIBITOR)).); Fresh Tomatoes (TOMATO)

Taco Salad

PER SERVING (1 salad)

413 CALORIES	3.0g SAT FAT	204mg SODIUM	50.9g CARBS
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Allergens: Contains Milk. Processed in a facility that also processes Soy.

Made With: Pinto Beans (PREPARED PINTO BEANS, WATER, SALT, CALCIUM CHLORIDE (FIRMING AGENT), AND CALCIUM DISODIUM EDTA (PROMOTES COLOR RETENTION).); Shredded Iceberg Lettuce (ICEBERG LETTUCE); Tortilla Chips, IW (Whole grain corn masa flour, vegetable oil (may contain one or more of the following, high oleic safflower, mid oleic sunflower, corn or cottonseed Oil), and a trace of lime.); Shredded Cheddar Cheese, Land O Lakes (CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES, ANNATTO (COLOR)), ANTICAKING BLEND (POTATO STARCH, CELLULOSE, NATAMYCIN (NATURAL INHIBITOR)).); Fresh Tomatoes (TOMATO)

Taco Sauce Single Serve

PER SERVING (1 packet)

0 CALORIES	0.0g SAT FAT	0mg SODIUM	0.0g CARBS
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Allergens:

Made With: Heinz Taco Sauce Single Serve (WATER, TOMATO PASTE, DISTILLED VINEGAR, CORN SYRUP, MODIFIED FOOD STARCH, SALT, SPICES INCLUDING PAPRIKA, CITRIC ACID, POTASSIUM SORBATE AND SODIUM BENZOATE AS PRESERVATIVES.)

Tacos Soft, Regular, Chicken Fajita

PER SERVING (2 ea.)

325 CALORIES	5.5g SAT FAT	708mg SODIUM	34.0g CARBS
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Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Tortilla 6" (Ingredients: Enriched Bleached Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Shortening (Interesterified and Hydrogenated Soybean Oils), contains 2% or less of: Salt, Baking Soda, Sodium Acid Pyrophosphate, Distilled Monoglycerides, Enzymes, Cellulose Gum, Fumaric Acid, and Calcium Propionate and Sorbic Acid (to maintain freshness).,); Fajita Chicken (Boneless, skinless chicken, chicken broth, modified food starch, seasoning (dextrose, salt, spice, dehydrated garlic, maltodextrin, dehydrated onion, natural flavors), soy protein concentrate, seasoning (salt, spices, dehydrated garlic, dehydrated onion), sodium phosphates, natural flavor.); Shredded Cheddar Cheese, Land O Lakes (CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES, ANNATTO (COLOR)), ANTICAKING BLEND (POTATO STARCH, CELLULOSE, NATAMYCIN (NATURAL INHIBITOR)).)

Tacos, All Beef Soft

PER SERVING (2 tacos)

323 CALORIES	6.4g SAT FAT	597mg SODIUM	33.5g CARBS
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Allergens: Contains Gluten, Milk, Wheat.

Made With: Tortilla 6" (Ingredients: Enriched Bleached Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Shortening (Interesterified and Hydrogenated Soybean Oils), contains 2% or less of: Salt, Baking Soda, Sodium Acid Pyrophosphate, Distilled Monoglycerides, Enzymes, Cellulose Gum, Fumaric Acid, and Calcium Propionate and Sorbic Acid (to maintain freshness).,); All Beef Crumble, Commodity (Ground beef (Not more than 20% fat), and less than 1% of the following: spice, salt, potassium chloride, natural flavors.); Shredded Cheddar Cheese, Land O Lakes (CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES, ANNATTO (COLOR)), ANTICAKING BLEND (POTATO STARCH, CELLULOSE, NATAMYCIN (NATURAL INHIBITOR))); Yellow Onions (YELLOW ONION); Municipal Water (WATER); Canola/Olive Oil (CANOLA, EXTRA VIRGIN OLIVE OIL); Taco Seasoning (Spices (including chili pepper), salt, paprika, garlic, onion, sugar, silicon dioxide (anti-caking agent).); Garlic Powder (100% Garlic); Onion Powder (ONION POWDER)

Tater Tots

PER SERVING (1/2 c.)

130 CALORIES	1.0g SAT FAT	309mg SODIUM	16.0g CARBS
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Allergens:

Made With: Tater Tots, potato, ORE-IDA (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 NATURAL COLOR.)

Tater Tots with Chili and Cheese

PER SERVING (1 serving)

376 CALORIES	6.0g SAT FAT	1033mg SODIUM	38.6g CARBS
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Allergens: Contains Milk.

Made With: Fiesta Black Beans (WATER, PREPARED BLACK BEANS, CORN, TOMATO PUREE, LESS THAN 1% OF: ONION POWDER, SPICE, GARLIC POWDER, TOMATO POWDER, NATURAL PAPRIKA EXTRACTIVES, SALT, NATURAL FLAVOR, MALTODEXTRIN, MODIFIED CORN STARCH.); Tater Tots, potato, ORE-IDA (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 NATURAL COLOR.); Shredded Cheddar Cheese (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES AND ANNATTO (IF COLORED), POTATO STARCH AND POWDERED CELLULOSE ADDED TO PREVENT CAKING.)

Teriyaki All Beef Crumble

PER SERVING (1 #8 scoop)

169 CALORIES	3.3g SAT FAT	404mg SODIUM	8.8g CARBS
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Allergens: Contains Gluten, Soy, Wheat.

Made With: All Beef Crumble, Commodity (Ground beef (Not more than 20% fat), and less than 1% of the following: spice, salt, potassium chloride, natural flavors.); Brown Sugar, Sack (SUGAR, INVERT SUGAR, AND CANE MOLASSES.); Soy Sauce (WATER, WHEAT, SOYBEANS, SALT, LACTIC ACID, SODIUM BENZOATE: LESS THAN 1/10 OF 1% AS A PRESERVATIVE.); Green Onions (GREEN ONIONS); Canola/Olive Oil (CANOLA, EXTRA VIRGIN OLIVE OIL); Canola/Olive Oil (CANOLA, EXTRA VIRGIN OLIVE OIL); Garlic (GARLIC); Crushed Red Pepper Flakes (CRUSHED RED PEPPER)

Teriyaki Beef Dippers

PER SERVING (4 ea.)

160 CALORIES	3.5g SAT FAT	440mg SODIUM	6.0g CARBS
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Allergens: Contains Soy, Wheat.

Made With: Beef Dipper, Commodity (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, SPICE AND NATURAL FLAVOR).)

Teriyaki Chicken

PER SERVING (1 #12 scoop)

179 CALORIES	2.0g SAT FAT	1288mg SODIUM	14.6g CARBS
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Allergens: Contains Gluten, Soy, Wheat.

Made With: Fajita Chicken (Boneless, skinless chicken, chicken broth, modified food starch, seasoning (dextrose, salt, spice, dehydrated garlic, maltodextrin, dehydrated onion, natural flavors), soy protein concentrate, seasoning (salt, spices, dehydrated garlic, dehydrated onion), sodium phosphates, natural flavor.); Teriyaki Glaze (SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT), SUGAR, WATER, MODIFIED FOOD STARCH, ONION JUICE, VINEGAR, NATURAL FLAVOR, GARLIC POWDER, MALIC ACID, SPICE, DISODIUM INOSINATE, DISODIUM GUANYLATE, SODIUM BENZOATE LESS THAN 1/10 OF 1% AS PRESERVATIVE.)

Tortilla Chips

PER SERVING (1 package (2 oz))

280 CALORIES	0.0g SAT FAT	10mg SODIUM	36.0g CARBS
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Allergens: Processed in a facility that also processes Milk, Soy.

Made With: Tortilla Chips, IW (Whole grain corn masa flour, vegetable oil (may contain one or more of the following, high oleic safflower, mid oleic sunflower, corn or cottonseed Oil), and a trace of lime.)

Tortilla Chips

PER SERVING (2 oz.)

284 CALORIES	6.1g SAT FAT	30mg SODIUM	34.4g CARBS
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Allergens:

Made With: Tortilla Chips (Whole grain corn, water, vegetable oil (contains one or more of the following: cottonseed oil, corn oil, palm oil), Lime., ,)

Turkey & Cheddar Sub

PER SERVING (1 sandwich)

336 CALORIES	5.8g SAT FAT	882mg SODIUM	34.0g CARBS
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Allergens: Contains Gluten, Milk, Wheat.

Made With: Hoagie Roll 6" (WHITE WHOLE WHEAT FLOUR, DOUGH CONDITIONER {WHOLE WHEAT FLOUR, WHEAT GLUTEN, WHOLE GRAIN YELLOW CORN FLOUR, ORGANIC OAT FLOUR, WHOLE GRAIN BARLEY FLOUR, WHOLE GRAIN TRITICALE FLOUR,SUGAR, SALT, WHOLE GRAIN RYE FLOUR, CONTAINS 2% OR LESS OF SOY OIL, HONEY, MONO-DIGLYCERIDES, ETHOXYLATED MONO-DIGLYCERIDES, CALCIUM SEAROYL LACTYLATE (CSL), WEHAT SOUR, ASCORBIC ACID, ENGYMATE, SUCRALOSE.} WATER, YEAST, DOUGH SOFTENER (WATER AND MONOGLYCERIDES WITH PROPIONIC ACID AND PHOSPHORIC ACID ADDED AS PRESERVATIVES), GLUTEN, CALCIUM PROPIONATE AS MOLD INHIBITOR.); Sliced Oven Roasted Turkey Breast (TURKEY BREAST MEAT, TURKEY BROTH, CONTAINS 2% OR LESS: SALT, SUGAR, ROSEMARY EXTRACT, BAKING SODA.); Cheddar Cheese Slice (CULTURED PASTERUIZED REDUCED FAT MILK, SALT, ENZYMES, ANNATTO (COLOR). VITAMIN A PALMITATE.); Film Wrap

Turkey & Cheese Wrap

PER SERVING (1 ea.)

375 CALORIES	7.8g SAT FAT	867mg SODIUM	39.1g CARBS
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Allergens: Contains Gluten, Milk, Wheat.

Made With: Iceberg Lettuce (ICEBERG LETTUCE); Tortilla 10" (Ingredients: Enriched Bleached Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Shortening (Interesterified and Hydrogenated Soybean Oils), contains 2% or less of: Salt, Baking Soda, Sodium Acid Pyrophosphate, Distilled Monoglycerides, Enzymes, Cellulose Gum, Fumaric Acid, and Calcium Propionate and Sorbic Acid (to maintain freshness).,); Sliced Oven Roasted Turkey Breast (TURKEY BREAST MEAT, TURKEY BROTH, CONTAINS 2% OR LESS: SALT, SUGAR, ROSEMARY EXTRACT, BAKING SODA.); Shredded Cheddar Cheese, Land O Lakes (CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES, ANNATTO (COLOR)), ANTICAKING BLEND (POTATO STARCH, CELLULOSE, NATAMYCIN (NATURAL INHIBITOR)).)

Turkey & Gravy

PER SERVING (1 #10 scoop)

130 CALORIES	2.0g SAT FAT	450mg SODIUM	2.0g CARBS
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Allergens: Contains Soy.

Made With: Pre-Cooked 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 Hot Dog

PER SERVING (1 serving (1 hot dog))

261 CALORIES	3.0g SAT FAT	553mg SODIUM	28.0g CARBS
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Allergens: Contains Gluten, Wheat.

Made With: Frankfurter, turkey (hot dog) , (1 frank = 2 oz M/MA) , Recipe (Turkey Frank (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.)); Hot Dog Bun (WATER, WHITE WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR, (WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, YEAST, SALT, DOUGH SOFTENER, (WATER AND MONOGLYCERIDES WITH PROPIONIC ACID AND PHOSPHORIC ACID ADDED AS PRESERVATIVES), CALCIUM PROPIONATE AS MOLD INHIBITOR. STRENGTHENER (ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE, MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENZYMES). DOUGH CONDITIONER, (ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONITRATE, RIBOFLAVIN, FOLIC ACID), ASCORBIC ACID, WHEAT GLUTEN, ENZYMES.))

Turkey Sandwich

PER SERVING (1 sandwich)

276 CALORIES	4.8g SAT FAT	702mg SODIUM	26.0g CARBS
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Allergens: Contains Gluten, Milk, Wheat.

Made With: Wheat Loaf Bread (Water, White Whole Wheat Flour, Enriched Wheat Flour (with Niacin, reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Soybean Oil, Yeast, Salt, Dough Softener (water and monoglycerides with propionic acid and Phosphoric acid added as preservatives), Calcium Propionate as mold inhibitor. Strengtheners (Enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid) enzymes), dough conditioner, (Enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), ascorbic acid, wheat gluten, enzymes.)); Sliced Oven Roasted Turkey Breast (TURKEY BREAST MEAT, TURKEY BROTH, CONTAINS 2% OR LESS: SALT, SUGAR, ROSEMARY EXTRACT, BAKING SODA.); Cheddar Cheese Slice (CULTURED PASTERUIZED REDUCED FAT MILK, SALT, ENZYMES, ANNATTO (COLOR). VITAMIN A PALMITATE.); Film Wrap

Turkey Sandwich

PER SERVING (1 sandwich)

286 CALORIES	4.8g SAT FAT	652mg SODIUM	28.0g CARBS
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Allergens: Contains Gluten, Milk, Wheat.

Made With: Hoagie Roll, 5" (Whole wheat flour, enriched wheat flour (flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water sugar. Contains less than 2% of: yeast, soybean oil, salt, wheat gluten, emulsifier, enzymes, calcium propionate, calcium carbonate, microcrystalline cellulose, sodium stearoyl lactylate, ascorbic acid.); Sliced Oven Roasted Turkey Breast (TURKEY BREAST MEAT, TURKEY BROTH, CONTAINS 2% OR LESS: SALT, SUGAR, ROSEMARY EXTRACT, BAKING SODA.); Cheddar Cheese Slice (CULTURED PASTERUIZED REDUCED FAT MILK, SALT, ENZYMES, ANNATTO (COLOR). VITAMIN A PALMITATE.); Film Wrap

Turkey Sausage Muffin Breakfast Sandwich

PER SERVING (1 ea.)

170 CALORIES	1.5g SAT FAT	290mg SODIUM	21.0g CARBS
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Allergens: Contains Gluten, Wheat.

Made With: Wheat English Muffin (WHOLE WHEAT FLOUR, WATER, YEAST, WHEAT GLUTEN CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: HONEY, BROWN SUGAR, RAISIN JUICE CONCENTRATE, SOYBEAN OIL AND/OR COTTONSEED OIL, SEA SALT, MOLASSESS, ACESULFAME POTASSIUM SUCRALSOSE, DATEM, MONO AND DIGLYCERIDES, CORN MEAL, CALCIUM SULFATE, CALCIUM PEROXIDE, LACTIC ACID, FUMARIC ACID, CALCIUM PROPIONATE (TO RETARD SPOILAGE), ASCORBIC ACID.); Country Turkey Sausage Patty (TURKEY, SEASONING (SALT, SPICES, SUGAR, DEXTROSE, SPICE EXTRACT, BHA, PROPYL GALLATE, CITRIC ACID), CAMEL COLOR.)

Turkey Soft Taco

PER SERVING (2 ea.)

328 CALORIES	4.0g SAT FAT	788mg SODIUM	33.3g CARBS
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Allergens: Contains Gluten, Milk, Wheat.

Made With: Turkey, Slow Roasted (TURKEY THIGH MEAT, WATER, CONTAINS 2% OR LESS 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.); Tortilla 6" (Ingredients: Enriched Bleached Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Shortening (Interesterified and Hydrogenated Soybean Oils), contains 2% or less of: Salt, Baking Soda, Sodium Acid Pyrophosphate, Distilled Monoglycerides, Enzymes, Cellulose Gum, Fumaric Acid, and Calcium Propionate and Sorbic Acid (to maintain freshness).,); Shredded Cheddar Cheese, Land O Lakes (CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES, ANNATTO (COLOR)), ANTICAKING BLEND (POTATO STARCH, CELLULOSE, NATAMYCIN (NATURAL INHIBITOR)).)

Ultimate Breakfast Round Chocolate Chip

PER SERVING (1 ea.)

270 CALORIES	2.5g SAT FAT	180mg SODIUM	44.0g CARBS
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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.)

Ultimate Cinnamon Breakfast

PER SERVING (1 ea.)

250 CALORIES	2.0g SAT FAT	210mg SODIUM	43.0g CARBS
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Allergens: Contains Egg, Wheat. Processed in a facility that also processes Milk, Peanuts, Soy, Tree nuts.

Made With: UBR Cinnamon (WHOLE WHEAT FLOUR, OATS, SUGAR, WATER, CINNAMON DRIPS (SUGAR, PALM OIL, CINNAMON, NONFAT DRY MILK, SOY LECITHIN (AN EMULSIFIER)), MOLASSES, HIGH OLEIC CANOLA AND HYDROGENATED COTTONSEED OILS, MALTODEXTRIN, SOYBEAN OIL, EGGS, CONTAINS LESS THAN 2% OF THE FOLLOWING: INULIN, LEAVENING (BAKING SODA), CINNAMON, MODIFIED CORNSTARCH, CITRUS FIBER, NATURAL AND ARTIFICIAL FLAVOR, SALT.)

Unsweetened Applesauce

PER SERVING (1/2 c.)

52 CALORIES	0.0g SAT FAT	10mg SODIUM	13.6g CARBS
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Allergens:

Made With: Unsweetened Applesauce (APPLES AND WATER. ASCORBIC ACID (VITAMIN C) TO MAINTAIN COLOR.)

Vegetarian Refried Beans

PER SERVING (1/2 c.)

161 CALORIES	0.0g SAT FAT	159mg SODIUM	28.8g CARBS
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Allergens:

Made With: Municipal Water (WATER); Refried Beans, pinto, vegetarian, low sodium, BAF Santiago (PINTO BEANS (DRY), SALT, PALM OIL.)



Vegetarian Taco Salad

PER SERVING (1 salad)

463 CALORIES	9.1g SAT FAT	281mg SODIUM	58.1g CARBS
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Allergens: Contains Milk.

Made With: Shredded Iceberg Lettuce (ICEBERG LETTUCE); Pinto Beans (PREPARED PINTO BEANS, WATER, SALT, CALCIUM CHLORIDE (FIRMING AGENT), AND CALCIUM DISODIUM EDTA (PROMOTES COLOR RETENTION).); Tortilla Chips (Whole grain corn, water, vegetable oil (contains one or more of the following: cottonseed oil, corn oil, palm oil), Lime., ,); Fresh Tomatoes (TOMATO); Shredded Cheddar Cheese, Land O Lakes (CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES, ANNATTO (COLOR)), ANTICAKING BLEND (POTATO STARCH, CELLULOSE, NATAMYCIN (NATURAL INHIBITOR)).)

Veggie Pizza

PER SERVING (1 slice regular)

413 CALORIES	7.0g SAT FAT	497mg SODIUM	44.9g CARBS
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Allergens: Contains Milk, Soy, Wheat.

Made With: Big Daddy's Bold WG Cheese Pizza 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, CONTAINS 2% OR LESS OF: VEGETABLE OIL (SOYBEAN AND/OR CANOLA OIL), BUTTER FLAVORED OIL WITH GARLIC (LIQUID AND HYDROGENATED SOYBEAN OIL, NATURAL FLAVOR, SALT, ARTIFICIAL FLAVOR, SOY LECITHIN, BETA CAROTENE [COLOR], VITAMIN A PALMITATE), SUGAR, WHEAT GLUTEN, SEA SALT, DATEM, DEXTROSE, GUAR GUM, SOY LECITHIN, ASCORBIC ACID, WHEAT STARCH, SALT, ENZYMES. TOPPING: LOW MOISTURE PART SKIM MOZZARELLA CHEESE (CULTURED PASTEURIZED PART SKIM MILK, SALT, ENZYMES). 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, ENZYMES), SUGAR, DEXTROSE, SALT, DRIED, GARLIC, SPICE, DRIED ONION, DEHYDRATED ROMANO CHEESE, (CULTURED PASTEURIZED SHEEP'S AND COW'S MILK, SALT,, ENZYMES), PAPRIKA, CITRIC ACID.); Fresh Tomatoes (TOMATO); Green Bell Peppers (GREEN SWEET PEPPER); Sliced Black Olives (RIPE OLIVES, WATER, SEA SALT, FERROUS GLUCONATE (AN IRON DERIVATIVE)); Mushroom Slices (MUSHROOMS); Yellow Onions (YELLOW ONION)

Waffle Sticks

PER SERVING (4 stick.)

240 CALORIES	1.0g SAT FAT	330mg SODIUM	38.0g CARBS
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Allergens: Contains Egg, Milk, Soy, Wheat.

Made With: WG Belgian Waffle Sticks, Krusteaz (WHOLE WHEAT FLOUR, WATER, SUGAR, EGGS, SOYBEAN OIL, EGG WHITES, NONFAT DRY MILK, SALT, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), NATURAL AND ARTIFICIAL FLAVORS, SOY LECITHIN (AN EMULSIFIER).)

Waffles

PER SERVING (2 waffle)

186 CALORIES	1.5g SAT FAT	372mg SODIUM	27.9g CARBS
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Allergens: Contains Egg, Gluten, Milk, Soy, Wheat.

Made With: Homestyle 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)

Whipped Potatoes

PER SERVING (1/2 c.)

80 CALORIES	1.0g SAT FAT	103mg SODIUM	15.0g CARBS
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Allergens: Contains Milk.

Made With: Municipal Water (WATER); Potato, mashed, dehydrated granuals, BAF Signature (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.)

Wild Blueberry Ultra Mini Loaf

PER SERVING (1 ea.)

150 CALORIES	0.5g SAT FAT	105mg SODIUM	26.0g CARBS
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Allergens: Contains Egg, Gluten, Milk, Soy, Wheat.

Made With: Ultra Mini Loaf Wild Blueberry (WATER, WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (BLEACHED ENRICHED WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, WHEY PROTEIN CONCENTRATE, BLUEBERRIES, MODIFIED CORN STARCH, SOY FLOUR, VITAL WHEAT GLUTEN, DEXTROSE, SODIUM ACID PYROPHOSPHATE, NATURAL FLAVOR, SODIUM BICARBONATE, DRY HONEY SOLIDS, MONODIGLYCERIDES, SALT, CINNAMON, XANTHAN GUM, GUAR GUM, EGGS.)

Yellow Mustard

PER SERVING (1 pump)

0 CALORIES	0.0g SAT FAT	180mg SODIUM	0.0g CARBS
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Allergens:

Made With: Yellow Mustard (Front of the House) (DISTILLED WHITE VINEGAR, MUSTARD SEED, WATER, SALT, TURMERIC, NATURAL FLAVOR AND SPICES.)
