



Nutritional Information 2011-2012

Information Subject To Change

Last Updated 9/6/11

Entrees	Brand	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergens
Asian Chicken (New Orleans/Mandarin)	Asian Food Solutions #73002	2.80oz	140	2.5	.5	0	50	450	15	0	13	13	Soy, Wheat, Dairy
Asian Chicken (Tangerine)	Asian Food Solutions #72001	3.96oz	200	4	1	0	45	360	27	0	14	13	Wheat, Eggs, Soy
Cheeseburger on a Bun (Elementary/MS)	Burger Advance+ Wheat Bun Freihofer's 5198 Land O Lakes 50% RF/RS American Cheese #46288	1 sandwich	295	10	4	0	48	764	30	3	5	23	Soy, Wheat, Milk
Cheeseburger on a Bun (HS)	JTM Premium Beef Steak Patty #CP5683/5683CE Wheat Bun Freihofer's 5198 Land O Lakes 50% RF/RS American Cheese #46288	1 sandwich	375	18	8	1	67	804	29	2	2	30	Soy, Wheat, Milk
Chicken Nuggets (Elementary)	Tyson #3858	5 nuggets (95g)	220	12	2.5	0	45	650	15	1	1	14	Egg, Milk, Soy, Wheat
Chicken Nuggets (MS/HS)	Tyson #3858	6 nuggets (114g)	264	14	3	0	54	780	18	1	1	17	Egg, Milk, Soy, Wheat

Entrees	Brand	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergens
Chicken Patty on a Bun	Tyson 3857 Wheat Bun Freihofer's 5198	1 sandwich	340	12	2.5	0	55	980	39	2	6	20	Egg, Milk, Soy, Wheat
Chicken Patty on a Bun (Hot & Spicy)	Tyson 5567 Wheat Bun Freihofer's 5198	1 sandwich	340	13	3	0	55	750	39	3	5	21	Egg, Milk, Soy, Wheat
Chicken Popper's (Elementary)	Tyson #2940	16 pieces	293	17	4	0	40	320	20	1	0	13	Milk, Soy, Wheat
Chicken Popper's (MS/HS)	Tyson #2940	18 pieces	330	19.5	4.5	0	45	360	22.5	1.5	0	15	Milk, Soy, Wheat
Chicken Soft Taco	Tyson Fajita Meat #4621 Tyson Tortilla	1-10" taco OR 2-6" tacos	365	16	5	0	90	988	34	2	2	24	Milk, Soy, Wheat
Chicken Spiedie Sub	Gov't Fajita Meat Freihofer Bread	1 sandwich	333	14	3	0	88	1096	27	2	5.5	23	Wheat, Soy
Chicken Tenders (Elementary)	Tyson #3859	3 tenders	200	10	2	0	55	680	12	0	1	14	Egg, Milk, Soy, Wheat
Chicken Tenders (MS/HS)	Tyson #3859	4 tenders	267	13	2.5	0	73	907	16	0	1	19	Egg, Milk, Soy, Wheat
Chicken, Oven Roasted (8pc)	Tyson #3931	3oz Edible Portion 1 Serving= 1 breast or 1 thigh with back or 1 drumstick and 1 wing	160	9	3	0	95	150	0	0	0	18	Egg, Soy

Entrees	Brand	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergens
Fish Sandwich	High liner Foods #1089300 Wheat Bun Freihofer's 5198	1 sandwich	340	10	1.5	0	35	630	44	3	5	20	Fish, Wheat, Soy
Fish Sticks	High Liner Foods #1089302	4 sticks	220	9	1	0	35	350	20	1	0	14	Fish, Wheat, Soy
French Toast Sticks, Cinnamon Glazed	Michael Foods	4 sticks	280	11	3	0	147	413	37	1	15	9	Milk, Egg, Soy, Wheat
Fruit and Yogurt Munchable	Rich's UBR Gov't Cheese Chobani Yogurt Wheat Dinner Roll Freihofer	1 Munchable with 1/2 UBR, Oranges, Apples, Grapes, String Cheese, Yogurt and a Wheat Roll	521	13	6	0	20	537	81	8.5	49	22	Milk, Egg, Soy, Wheat UBR is Manufactured on shared equipment with peanuts and tree nuts
Fruit and Yogurt Parfait (No Granola)	Yoplait ParfaitPro LF Vanilla Yogurt #16632	1 parfait	129	1	.5	0	2.5	61	27	2	19	4	Milk
Grilled Cheese Sandwich	Wheat Bread Freihofer's 6053 Land O Lakes 50% RF/RS American Cheese #46288	1 sandwich	341	15	6	0	30	766	32	4	8	22	Milk, Soy, Wheat

Entrees	Brand	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergens
Ham and Cheese on a Wheat Bagel	Bagel Hormel Ham Land O Lakes 50% RF/RS American Cheese #46288	1 sandwich	340	8	3.5	0	40	1320	48	4	4	25	Wheat, Dairy
Ham and Cheese on a Pretzel Bun	Super Pretzel Bun Hormel Ham Land O Lakes 50% RF/RS American Cheese #46288	1 sandwich	362	10	4	0	40	1161	47	4	8	23	Dairy, Wheat, Soy
Ham and Cheese Sub	Hormel Ham 50% RF/RS American Cheese #46288 Wheat Roll Freihofer's 5196	1 sub	270	9	4	0	40	1190	27	2	7	21	Milk, Soy, Wheat
Hamburger on a Bun (Elementary/MS)	Burger Advance+ Wheat Bun Freihofer's 5198	1 sandwich	260	8	3	0	35	660	29	3	5	20	Soy, Wheat
Hamburger on a Bun (HS)	JTM Premium Beef Steak Patty #CP5683/5683CE Wheat Bun Freihofer's 5198	1 sandwich	340	16	6.5	1	60	700	28	2	2	23	Wheat, Soy
Hot Dog on a Roll	Hot Dog Jennie-O 8/1 #6160 Wheat Roll Freihofer's 5196	1 hot dog with roll	260	12	3.5	0	45	900	26	2	5	13	Soy, Wheat

Entrees	Brand	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergens
Pasta with Meat Sauce	Barilla Whole Grain Pasta (Rotini) Gov't Ground Beef Sauce	1.5 cup (1 cup pasta, ½ cup meat sauce)	604	22	7	0	103	283	61.5	10	9	41	Wheat
Pizza, Cheese	Deiorios Wheat Crust Don Pepinos Sauce Gov't Cheese	1 slice	360	16	7	0	50	940	38	4.5	5	20	Milk, Wheat
Pizza, Cheese	Dirienzos Wheat Crust Don Pepinos Sauce Gov't Cheese	1 slice	390	16	7	0	50	925	39	3.5	5	22	Wheat, Soy, Milk
Pizza, French Bread WW	Nardones #60WUM	1 piece (156g)	330	11	7	0	30	460	33	3	7	24	Wheat, Soy, Milk
Pizza, Individual Round	Nardones #5WRMNY	1 pizza	360	13	7	0	30	760	40	4	3	22	Wheat, Milk, Soy
Pizza, Sticks	The Max 12685	2 sticks	320	15	5	0	10	820	32	4	N/A	16	Wheat, Milk, Soy
Pizza, Stuffed Crust	Gilardi (The Max)	5.75oz (1 slice)	380	15	4.5	0	15	940	46	4	N/A	18	Milk, Egg, Soy, Wheat
Rib-B-Que Sandwich	Pork Rib Pierre #1869 Wheat Bun Freihofer's 5198	1 sandwich	430	23	7.5	0	65	850	39	3	15	18	Wheat, Soy, Milk
Sloppy Joe on a Bun	Manwich Gov't Beef Wheat Bun Freihofer's 5198	1 sandwich	341	11.5	4	0	55	830	38	4	16	22.5	Wheat, Soy

Entrees	Brand	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergens
Tacos on a Soft Shell (Gov't Beef)	Beef A626/ 15-18% Fat (gov't) Foothills Taco Seasoning Mild Tyson Tortillas	1-10" taco OR 2-6" tacos	486	24	9	1	86	805	36	2	2	32	Milk, Soy, Wheat
Tacos on a Soft Shell (JTM RF/LS Beef Taco Filling)	JTM RF/LS Beef Taco Filling #CP5250 Tyson Tortillas	1-10" taco OR 2-6" tacos	356	14	5	0	45	789	38	4	2	22	Milk, Soy, Wheat
Turkey and Cheese Sub	Gov't Turkey Land O Lakes 50% RF/RS American Cheese #46288 Wheat Roll Freihofer's 5196	1 sub	266	8.4	3.8	0	43	840	27	2	6	21	Milk, Soy, Wheat
Salads	Brand	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergens
Salad, Chef w/ Wheat Roll	N/A	1 salad	262	10	4.5	0	55	994	22	3	N/A	21.5	Milk, Soy, Wheat
Salad, Chicken Caesar w/ Wheat Roll	N/A	1 salad	344	18	4	0	84	993	25	3	N/A	21	Milk, Soy, Wheat
Salad, Fajita Chicken w/ Wheat Roll	N/A	1 salad	312	11	4	0	90	843	26	4	N/A	27.5	Milk, Soy, Wheat

Salads	Brand	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergens
Salad, Popper's Salad w/ Wheat Roll	N/A	1 salad	405	18	6	0	47	587	38	4	N/A	21	Milk, Soy, Wheat
Salad, Turkey Bacon Ranch w/ Wheat Roll	N/A	1 salad	257	8	3	0	66	995	22	3	N/A	24	Soy, Wheat
Sandwiches													
Sandwiches	Brand	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergens
Bologna and Cheese	Wunderbar Bologna Land O Lakes 50% RF/RS American Cheese #46288 Wheat Bread Freihofer's 6053	1 sandwich	385	21.5	7	0	42	864	33	4	5	16.5	Milk, Soy, Wheat
Ham and Cheese	Hormel Ham Land O Lakes 50% RF/RS American Cheese #46288 Wheat Bread Freihofer's 6053	1 sandwich	245	6.5	2	0	32	1104	29	4	5	20.5	Milk, Soy, Wheat
Peanut Butter and Jelly (w/1oz American Cheese)	Land O Lakes 50% RF/RS American Cheese #46288 Wheat Bread Freihofer's 6053	1 sandwich	470	21.5	5.5	0	15	665	51	6	14	22	Milk, Peanut, Soy, Wheat

Sandwiches	Brand	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergens
Tuna	World Horizons Tuna Cains Mayo Wheat Bread Freihofer's 6053	1 sandwich	352	14	0	0	45	861	35	4	5	21	Milk, Egg, Fish, Soy, and Wheat
Turkey and Cheese	Gov't Turkey Land O Lakes 50% RF/RS American Cheese #46288 Wheat Bread Freihofer's 6053	1 sandwich	276	8	3	0	43	860	30	4	5	24	Milk, Soy, Wheat
Uncrustables	Smucker's Grape and Strawberry (4.8oz)	1 uncrustable	580	32	7	0	55	540	55	5	23	18	Peanut, Soy, Wheat,
Vegetables	Brand	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergens
Broccoli and Bacon Bits Salad	N/A	½ cup	126	3.5	.3	0	3	196	21	3	N/A	4	Egg, Soy
Broccoli, Cooked	N/A	½ cup	26	0	0	0	0	10	5	3	1	3	
Broccoli, Raw	N/A	½ cup	15	0	0	0	0	15	3	1	1	1	
California Blend Vegetables	N/A	½ cup	20	0	0	0	0	17	3	1	1	1	
Carrots, Cooked	N/A	½ cup	27	0	0	0	0	43	6	2	3	.4	
Carrots, Glazed	N/A	½ cup	58	.8	0	0	0	67	13	4	17	1	
Carrots, Raw	N/A	½ cup	36	0	0	0	0	61	8	2.5	3	.8	
Cauliflower, Cooked	N/A	½ cup	17	0	0	0	0	16	3	2	1	1	
Cauliflower, Raw	N/A	½ cup	13	0	0	0	0	15	3	1	1	1	
Celery Sticks	N/A	½ cup	12	0	0	0	0	59	2	1	.5	.5	
Corn, Canned (Low Sodium)	Hart Brand	½ cup	80	1	0	0	0	140	17	2	4	2	
Corn, Frozen	N/A	½ cup	66	.5	0	0	0	1	16	2	2.5	2	

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Cucumber, Raw	N/A	½ cup	7	0	0	0	0	1	1	.4	1	.4	
Fiesta Blend Vegetables	N/A	½ cup	45	0	0	0	0	71	7.5	4	1	2	
Green Beans, Frozen	N/A	½ cup	22	0	0	0	0	1	5	2	1	1	
Green Peas, Frozen	N/A	½ cup	62	0	0	0	0	58	11	4	4	4	
Hash Brown Patty	Ore-Ida	1 patty (2.25oz)	120	6	1	0	0	250	16	3	<1	1	Soy
Italian Blend Vegetables	N/A	½ cup	35	0	0	0	0	25	7	2	2	2	
Mashed Potatoes	Basic American Potato Pearls	½ cup	77	.7	0	0	0	288	16	1.4	.5	1.7	Milk, Soy
Mixed Vegetables, Frozen	N/A	½ cup	59	0	0	0	0	32	12	4	3	3	
Peas and Carrots	N/A	½ cup	38	0	0	0	0	54	8	2.5	3.5	2.5	
Potato Puffs (Tatar Tots)	Oreida	3oz	140	7	1	0	0	310	17	2	0	2	Soy
Potato Wedges	Tools For Schools	3oz	150	7	2	0	0	260	18	3	0	2	Wheat, Soy
Potato, Baked with Margarine	N/A	1 potato (2.33" x 4.75")/ 1pc margarine	208	3	.6	0	0	55	43	4.4	2	5	
Potato, Parsley	N/A	½ cup	169	11	2	0	0	111	16	1.4	1	1.5	
Potato, Red Roasted	N/A	½ cup	91	1	.5	0	1.5	70	18	1.5	1	2	Milk
Potatoes, French Fries	McCain 4 Schools (Snowflake)	½ cup ~2.54oz	110	4	0	0	0	25	17	2	0	2	Soy
Potatoes, Oven Roasted	N/A	½ cup (3-4 potatoes)	99	1	.5	0	1.5	70	20	2.5	2	2	Milk
Salad (Romaine Lettuce)	N/A	½ cup	5	0	0	0	0	4	1	.5	1	0	
Smiley Shaped Potatoes	McCain	4 each (2.4oz)	156	5	1	0	0	320	19	2	1	2	Soy
Squash, Baked	USDA	½ cup	38	.4	0	0	0	1	9	3	3	1	

Vegetables	Brand	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergens
Sweet Potato, Baked, NO condiments	USDA	1 medium potato	103	.2	0	0	0	41	24	3.8	7	2.3	
Sweet Potato, Mashed	Sweet Things	½ cup	54	.4	0	0	0	21	13	1	6	.4	Milk
Sweet Potatoes, Cinnamon	N/A	½ cup	134	4	.6	0	0	50	23	3	6	1	
Sweet Potato Puffs (Tater Tots)	Sweet Things	½ cup ~3oz	130	3	0	0	0	230	23	2	8	1	
Fruit	Brand	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergens
Apple	N/A	1 Medium 3" diameter	95	0	0	0	0	2	25	4.4	19	.5	
Applesauce, Sweetened	USDA Commodity	½ cup	84	0	0	0	0	2	21.5	1.5	18	0	
Applesauce, Unsweetened	USDA Commodity	½ cup	50	0	0	0	0	0	14	1	11	0	
Apricots, Light Syrup, Canned	USDA Commodity	½ cup	80	0	0	0	0	5	21	2	19	.7	
Banana	N/A	1 Medium	105	0	0	0	0	1	27	3	14	1	
Blueberries, Fresh	N/A	½ cup	42	0	0	0	0	.5	11	2	7	.5	
Blueberries, Unsweetened, Frozen	USDA Commodity	½ cup	40	0	0	0	0	1	9	2	7	.5	
Cherries, Fresh	USDA Commodity	½ cup	49	0	0	0	0	0	12	1.5	10	.8	
Clementine	N/A	1	35	0	0	0	0	1	9	1	7	.5	
Cranberry Sauce, Canned	USDA Commodity	½ cup	209	0	0	0	0	40	54	1.4	52	0	

Fruit	Brand	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergens
Fruit Cocktail, Light Syrup, Canned	USDA Commodity	½ cup	69	0	0	0	0	7	18	1	17	.5	
Grapefruit	N/A	½ grapefruit	106	0	0	0	0	0	27	4	5	2	
Grapes, Fresh	N/A	½ cup	31	0	0	0	0	1	8	.4	12	.3	
Jello with Fruit (Lime)	N/A	½ cup	117	0	0	0	0	103	28.5	1	18	2	
Kiwi	N/A	1	46	0	0	0	0	2	11	2	6	.9	
Mandarin Oranges, Canned	USDA Commodity	½ cup	80	0	0	0	0	25	18	1	19	1	
Orange	N/A	1 Medium	62	0	0	0	0	0	15	3	12	1	
Peach	N/A	1 Medium	59	0	0	0	0	0	14	2	13	1	
Peaches, Canned	USDA Commodity	½ cup	68	0	0	0	0	6	18	1.6	17	.6	
Pear	N/A	1 Medium	103	0	0	0	0	2	27.5	5.5	17	.7	
Pear, Canned	USDA Commodity	½ cup	77	0	0	0	0	6	19	2	15	0	
Pineapple, Canned	USDA Commodity	½ cup	66	0	0	0	0	1	17	1	16	.5	
Plum	N/A	1	30	0	0	0	0	0	7.5	1	7	.5	
Strawberries (Sweetened) with Topping	N/A	½ cup	132	0	0	0	0	22	35	2.4	32	1	
Strawberries Fresh	N/A	½ cup (whole)	23	0	0	0	0	1	5.5	1.4	3.5	.5	
Strawberries, Sweetened, Frozen	N/A	½ cup (sliced)	122	0	0	0	0	4	33	2.4	31	.7	
Watermelon, Chunks	N/A	½ cup	24	0	0	0	0	1	6	.3	5	.5	
Watermelon, Slice	N/A	1 slice (286g)	86	0	0	0	0	3	22	1	18	2	

Other Sides	Brand	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergens
Baked Beans	Dawn Glo Brand	½ cup	163	0	0	0	0	603	34	6	10	7	
Brown Rice	Uncle Bens	½ cup	109	.8	.2	0	0	1	23	2	0	2	
Italian Bread	Freihofer Bread	1 slice	80	1	0	0	0	190	16	1	1	3	Milk, Egg, Wheat
Refried Beans	Rosarita Gov't Cheese Salsa	¼ cup	77	3	1.5	0	6	297	9	2	1	5	Milk
Soft Pretzel	New York	3.5oz	270	1.2	0	0	0	75	57	0	2	10	Wheat
String Cheese	Gov't Cheese	1 stick (1oz)	85	6	4	0	15	148	1	0	0	7	Milk
Wheat Bread Slice	Freihofer Bread	1 slice	75	.75	0	0	0	145	14	2	2	4	Soy, Wheat
Wheat Dinner Roll	Freihofer Bread	1 roll	90	1	0	0	0	160	17	1	2	3	Soy, Wheat
White Bean Salad	N/A	½ cup	207	15	2	0	0	500	15	5	N/A	5	
Yogurt, Low Fat Vanilla	USDA	4oz	96	1	.9	0	6	75	16	0	16	6	Milk
Breakfast Items	Brand	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergens
Bagel (Wheat)	Felix Romas	1 bagel	210	1	0	0	0	400	46	4	3	9	Wheat
Breakfast Pizza-WW/Plain (Contains Sausage)	Nardones (80WMS100)	1 pizza	210	8	4	0	2	370	21	2	4	11	Wheat, Soy, Milk
Breakfast Pizza-WW/Sausage	Nardones (80WMSA100)	1 pizza	200	10	2.5	0	10	490	19	2	3	11	Wheat, Soy, Milk
Egg Patty	Papetti's	1 patty (1oz)	60	4.5	1	0	90	90	1	0	0	3	Egg, Soy, Milk
English Muffin		1 each	140	1	.3	0	0	248	27	1.5	1	5	Wheat, Milk, Soy
French Toast	Mrs. Butterworth	3 slices	230	4.5	1	0	65	370	40	1	7	8	Milk, Egg, Soy, Wheat
French Toast Sticks, Cinnamon Glazed	Michael Foods	3 sticks	210	8	2	0	110	310	28	<1	11	7	Milk, Egg, Soy, Wheat

Breakfast Items	Brand	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergens
French Toast, Cinnamon Rush, Mini	Pillsbury	1 Package (75g)	190	5	1	0	5	370	34	2	10	3	Wheat, Milk, Egg, Soy
French Toast, Triple Berry Blast, Mini	Pillsbury	1 Package (75g)	190	5	1	0	5	360	32	2	10	3	Wheat, Milk, Egg, Soy
Frudel, Apple	Pillsbury	1 package (2.29oz)	200	6	1.5	0	0	270	36	2	11	5	Wheat, Soy, Milk
Frudel, Cherry	Pillsbury	1 package (2.29oz)	200	6	1.5	0	0	280	36	2	11	5	Wheat, Soy, Milk
Hash Brown Patty	Ore-Ida	1 patty (2.25oz)	120	6	1	0	0	250	16	3	<1	1	Soy
Honey Wheat Breakfast Bar	Simply Blues	2.5oz bar	238	3.5	.7	0	27	168	50	2	13	6	Wheat, Milk, Soy, Egg
Hot Pocket	Hot Pockets	1 (127g)	320	13	7	0	30	790	35	2	9	15	Wheat, Milk, Egg, Soy
Mini Cinnis	Pillsbury	1 Package (65g)	240	7	2	0	0	300	40	2	15	5	Wheat, Milk, Soy
Mini Honey Wheat Breakfast Bars	Simply Blues	1.25oz bar	132.5	2	.3	0	14	88	26	1	7	3	Wheat, Milk, Soy, Egg
Oatmeal		½ cup cooked	71	1	0	0	0	4	12	2	0	3	
Pancake, Whole Grain	Aunt Jemima	2 pancakes	151	4	.5	0	13	290	26.5	2	6	3	Wheat, Soy, Egg, Milk
Pancakes- Mini Maple Burst	Pillsbury	1 Pouch (3.17oz)	200	6	1	0	10	370	34	2	11	4	Wheat, Milk, Egg, Soy

Breakfast Items	Brand	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergens
Pancakes- Mini Strawberry Splash	Pillsbury	1 Pouch (3.17oz)	200	6	1	0	10	370	34	2	11	4	Wheat, Milk, Egg, Soy
Sausage Patty	JTM	1 Patty (1.33oz)	120	10	3.8	0	24	307	1	0	0	6	
Sausage Patty	Wright	1 Patty (1oz)	115	11.5	4	0	20	205	0	0	0	3.5	
Ultimate Breakfast Round (UBR)	RICH'S	2.5oz round	270	8	3	0	0	240	44	6	18	4	Wheat, Milk, Soy, Egg, Manufactured on shared equipment with peanuts and tree nuts
Waffle, Blueberry	Eggo	1 waffle	95	3	.75	0	7.5	185	14.5	.5	3	2	Wheat, Egg, Milk, Soy
Waffles-Homestyle	Eggo	2 Waffle	190	7	2	0	15	370	27	<1	2	4	Wheat, Egg, Milk, Soy
Snack'n Waffles-Blueberry	Smucker's	2.2oz 1 Waffle	240	9	2	0	25	250	37	2	19	5	Milk, Eggs, Wheat
Snack'n Waffles-Cinnamon	Smucker's	2.2oz 1 Waffle	240	9	2.5	0	25	280	35	2	16	5	Milk, Eggs, Wheat
Snack'n Waffles-Maple	Smucker's	2.2oz 1 Waffle	240	9	2.5	0	25	280	35	2	16	5	Milk, Eggs, Wheat
Waffle, Stix	Chef America	2 sticks	140	2	.5	0	0	370	28	1	8	3	Wheat, Milk, Egg, Soy

Breakfast Items	Brand	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergens
Whole Wheat Breakfast Buns	Simply Blues	2.8oz bun	249	6	2	0	9	273	39	3	7.5	5.6	Wheat, Soy, Milk
Yogurt, Honey-Nana	Chobani	4oz	120	2	1	0	5	45	16	1	15	9	Milk
Yogurt, Very Berry	Chobani	4oz	110	2	1	0	5	45	14	1	13	9	Milk
Yogurt	Trix	4oz	90	.5	0	0	<5	50	17	0	14	4	Milk
Cereal													
Cereal	Brand	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergens
Apple Cinnamon Cheerios	General Mills	1 Bowl Pack (26g)	100	1.5	0	0	0	105	22	1	10	2	
Berry Berry Kix	General Mills	1 Bowl Pack (24g)	90	1	0	0	0	170	20	1	8	1	
Cheerios	General Mills	1 Bowl Pack (19g)	70	1	0	0	0	130	14	2	<1	2	
Cinnamon Toast Crunch (regular)	General Mills	1 Bowl Pack (28g)	120	3	.5	0	0	200	22	1	9	1	Wheat, Soy
Cinnamon Toast Crunch (reduced sugar)	General Mills	1 Bowl Pack (28g)	110	2	0	0	0	160	21	3	2	2	Wheat, Soy
Cocoa Puffs (reduced sugar)	General Mills	1 Bowl Pack (24g)	90	1	0	0	0	130	20	1	7	1	

Cereal	Brand	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergens
Country Corn Flakes	General Mills	1 Bowl Pack (19g)	70	0	0	0	0	170	16	1	2	1	May contain wheat ingredients
Frosted Cheerios	General Mills	1 Bowl Pack (28g)	110	1	0	0	0	170	23	2	10	2	Wheat
Frosted Corn Flakes	General Mills	1 Bowl Pack (28g)	110	.5	0	0	0	190	24	1	8	1	May contain wheat ingredients
Fruity Cheerios	General Mills	1 Bowl Pack (24g)	90	1	0	0	0	120	20	1	8	1	May contain wheat ingredients
Golden Grahams	General Mills	1 Bowl Pack (28g)	110	1	0	0	0	260	23	1	9	1	Wheat
Honey Kix	General Mills	1 Bowl Pack (19g)	70	.5	0	0	0	130	16	2	4	1	
Honey Nut Chex	General Mills	1 Bowl Pack (31g)	120	.5	0	0	0	220	27	<1	9	2	Contains almond ingredients
Honey Nut Cheerios	General Mills	1 Bowl Pack (28g)	110	1.5	0	0	0	190	22	2	9	3	Contains almond ingredients , Wheat

Cereal	Brand	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergens
Kix	General Mills	1 Bowl Pack (17g)	60	.5	0	0	0	120	15	2	2	1	
Multi Grain Cheerios	General Mills	1 Bowl Pack (3/4 cup)	70	1	0	0	0	130	15	2	4	1	Wheat
Reese's Puffs	General Mills	1 Bowl Pack (24g)	100	2.5	0	0	0	150	18	<1	10	2	Peanut, Wheat
Rice Chex	General Mills	1 Bowl Pack (19g)	70	.5	0	0	0	180	17	0	1	1	
Rice Crunchins	General Mills	1 Bowl Pack (3/4 cup)	70	0	0	0	0	150	18	0	2	1	
Total	General Mills	1 Bowl Pack (23g)	70	.5	0	0	0	150	17	2	4	2	Wheat, May contain almond and milk ingredients
Total Raisin Bran	General Mills	1 Bowl Pack (33g)	100	.5	0	0	0	140	25	3	10	2	Wheat, May contain almond and milk ingredients
Trix (regular)	General Mills	1 Bowl Pack (21g)	80	.5	0	0	0	125	18	1	8	1	

Cereal	Brand	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergens
Trix (reduced sugar)	General Mills	1 Bowl Pack (21g)	80	1	0	0	0	120	18	1	6	1	
Wheaties	General Mills	1 Bowl Pack (23g)	80	.5	0	0	0	160	19	2	3	2	Wheat, May contain almond and milk ingredients
Apple Jacks (regular)	Kellogg's	1 Bowl Pack (18g)	70	0	0	0	0	85	16	<1	8	1	Wheat, Soy
Apple Jacks (reduced sugar)	Kellogg's	1 Bowl Pack (20g)	80	0	0	0	0	120	18	<1	6	1	Wheat, Soy
Bran Flakes	Kellogg's	1 Bowl Pack (25g)	80	.5	0	0	0	180	20	4	4	2	Wheat
Corn Flakes	Kellogg's	1 Bowl Pack (21g)	80	0	0	0	0	150	18	1	2	1	Soy
Crispix	Kellogg's	1 Bowl Pack (21g)	80	0	0	0	0	160	18	0	2	1	Soy
Cruncheroos	Kellogg's	1 Bowl Pack (18g)	70	1	0	0	0	140	13	2	1	2	Wheat
Frosted Mini Wheats Bite Size	Kellogg's	1 Bowl Pack (28g)	100	0	0	0	0	0	23	3	6	3	Wheat
Frosted Flakes (reduced sugar)	Kellogg's	1 Bowl Pack (28g)	100	0	0	0	0	160	25	<1	7	2	Soy

Cereal	Brand	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergens
Frosted Flakes Gold	Kellogg's	1 Bowl Pack (31g)	110	.5	0	0	0	190	27	3	10	2	Wheat, Soy
Fruit Loops (reduced sugar)	Kellogg's	1 Bowl Pack (19g)	70	1	0	0	0	105	16	2	6	1	Wheat, Soy
Mini Wheats Little Bites Chocolate	Kellogg's	1 Bowl Pack (28g)	100	1	0	0	0	105	23	3	6	3	Wheat, Soy
Rice Krispies	Kellogg's	1 Bowl Pack (18g)	70	0	0	0	0	120	16	0	2	1	
Special K	Kellogg's	1 Bowl Pack (18g)	70	0	0	0	0	130	13	0	2	4	Wheat, Milk
Apple Zings	Malt-O-Meal	1 Bowl Pack (21.2g)	80	.5	0	0	0	100	19	0	10	1	Wheat Soy
Cinnamon Toasters	Malt-O-Meal	1 Bowl Pack (18g)	120	3.5	.5	0	0	130	22	<1	9	1	Wheat, Milk, Soy
Corn Flakes	Malt-O-Meal	1 Bowl Pack (21g)	80	0	0	0	0	210	18	<1	2	2	Wheat, Soy
Crispy Rice	Malt-O-Meal	1 Bowl Pack (17.7g)	70	0	0	0	0	160	16	0	2	1	
Honey Nut Scooters	Malt-O-Meal	1 Bowl Pack (24.8g)	90	1	0	0	0	170	19	2	8	2	Wheat, Soy
Honey Graham Squares	Malt-O-Meal	1 Bowl Pack (28g)	120	3	0	0	0	250	24	1	9	1	Wheat, Milk, Soy

Cereal	Brand	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergens
Tasty O's	Malt-O-Meal	1 Bowl Pack (19.5g)	80	1.5	0	0	0	90	14	2	<1	2	Wheat, Soy
Tootie Fruities	Malt-O-Meal	1 Bowl Pack (21.2g)	90	.5	0	0	0	100	19	<1	10	1	Wheat, Soy
Dairy	Brand	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergens
Skim Milk	Byrne Dairy	8oz	80	0	0	0	0	125	11	0	11	8	Milk
1% Milk	Byrne Dairy	8oz	100	2	1	0	10	125	11	0	11	8	Milk
Fat Free Chocolate Milk	Byrne Dairy	8oz	130	0	0	0	0	240	24	0	22	9	Milk
Mozzarella String Cheese	Land O Lakes	1oz	80	6	3.5	0	15	210	1	0	0	7	Milk
American Cheese	Land O Lakes 50% RF/RS American Cheese #46288	1 slice (.5oz)	35	2	1.25	0	7.5	105	1	0	1	3.5	Milk
Condiments	Brand	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergens
BBQ Sauce	Cains	2T	50	.5	0	0	0	350	11	0	6	0	Fish- Contains Anchovies
Grape Jelly	Stratford Farms	1T	50	0	0	0	0	15	13	0	5	0	
Ketchup	Red Gold	1T	15	0	0	0	0	190	4	0	4	0	
Mayo	Cains-Light	1T	50	4.5	.5	0	5	130	2	0	1	0	Egg, Soy

Condiments	Brand	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergens
Mayo	Heinz	9g	60	7	1	0	5	55	0	0	0	0	Soy, Egg
Mustard	SYSCO	1T	0	0	0	0	0	240	0	0	0	0	
Mustard	Heinz	5.5g	5	0	0	0	0	85	1	0	0	1	
Peanut Butter	USDA	2T	200	16	3	0	0	150	8	2	4	7	Peanut
Pizza Sauce	Don Pepinos	2oz	20	1	0	0	0	100	2	.5	2	.5	
Taco Sauce	Heinz	9g	5	0	0	0	0	95	1	0	1	0	
Salad Dressing	Brand	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergens
French	Diet Source	12g	15	.5	0	0	0	15	2	0	0	0	Soy
French FF	Ken's	1.5oz package	45	0	0	0	0	440	12	1	8	0	
Italian	Light Done Right	12g	15	1	0	0	0	108	1	0	.5	0	Soy, Milk
Italian, Lite	Ken's	2 T	35	2.5	0	0	0	300	2	0	2	0	Soy
Italian FF	Ken's	1.5oz package	20	0	0	0	0	700	5	1	3	0	
Ranch	Flavor Fresh	12g	70	8	1	0	0	110	0	0	0	0	Egg, Milk, Soy
Ranch, Lite	Ken's	2 T	70	7	1	0	5	320	2	0	1	0	Milk, Soy, Egg
Ranch, FF	Ken's	1.5oz package	40	0	0	0	0	550	11	1	4	0	Milk
Juice (100% Juice)	Brand	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergens
Apple	Sun Cup or Byrne	4oz	50	0	0	0	0	10	13	0	12	0	
Fruit Punch	Sun Cup	4oz	60	0	0	0	0	1.1	14	0	14	0	
Grape	Sun Cup or Byrne	4oz	80	.10	0	00	0	Trace	19	0	18	0	
Orange	Sun Cup or Byrne	4oz	60	.10	0	0	0	Trace	13	0	14	0	

Ice Cream	Brand	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergens
Cool Tubes Orange Sherbet (#748682)	Blue Bunny	1	80	1	.5	0	5	25	18	0	15	0	Milk
Cool Tubes Rainbow Sherbet (#736662)	Blue Bunny	1	80	1	0	0	<5	25	19	0	15	0	Milk
Cool Daze Low Fat Birthday Cake Ice Cream Cup (#779628)	Blue Bunny	1	70	1	.5	0	<5	40	13	0	8	2	Milk
Cool Daze Low Fat Cotton Candy Ice Cream Cup (#779845)	Blue Bunny	1	70	1	.5	0	<5	40	12	0	8	2	Milk
Cool Daze Orange Sherbet Cup (#802895)	Blue Bunny	1	90	1	0	0	<5	20	21	0	18	0	Milk
Cool Daze Strawberry Sundae Crunch Bar (#796307)	Blue Bunny	1	160	5	1	0	<5	70	36	0	16	3	Milk, Soy, Wheat
Cool Daze Chocolate Sundae Crunch Bar (#796296)	Blue Bunny	1	160	5	1.5	0	<5	75	25	<1	16	3	Milk, Soy, Wheat
Cool Daze Sweet Freedom Vanilla Fudge Bar (#791413)-contains sweetener	Blue Bunny	1	90	0	0	0	<5mg	70	23	3	5	3	Milk, May contain traces of peanuts
Whole Fruit Juice Bar Outrageous Orange (#23050300)	J & J Snack Foods	1 (3oz)	50	0	0	0	0	10	14	3	10	0	

Ice Cream	Brand	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergens
Whole Fruit Juice Bar Outrageous Orange (#23050200)	J & J Snack Foods	1 (2oz)	40	0	0	0	0	5	10	2	7	0	
Whole Fruit Juice Bar Wild Cherry (#23050305)	J & J Snack Foods	1 (3oz)	50	0	0	0	0	10	13	3	10	0	
Whole Fruit Juice Bar Wild Cherry (#23050205)	J & J Snack Foods	1 (2oz)	40	0	0	0	0	5	9	2	7	0	
Whole Fruit Juice Bar Very Berry (#23050310)	J & J Snack Foods	1 (3oz)	50	0	0	0	0	10	14	3	11	0	
Whole Fruit Juice Bar Very Berry (# 230503210)	J & J Snack Foods	1 (2oz)	40	0	0	0	0	5	10	2	7	0	
Whole Fruit Juice Bar Sour Apple-licious (#23050315)	J & J Snack Foods	1 (3oz)	60	0	0	0	0	10	15	3	11	0	
Whole Fruit Juice Bar Sour Apple-licious (#23050215)	J & J Snack Foods	1 (2oz)	40	0	0	0	0	5	10	2	7	0	

Ice Cream	Brand	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergens
Fudge Bars	Nestle	1	110	2	1	0	5	35	21	<1	15	3	Milk, Manufactured on shared equipment with products that contain peanut ingredients
ABC Raspberry Sherbet Bar	Perry's ABC	1	70	1	0	0	5	10	16	0	15	1	Milk, Contains Gluten
Snacks													
Snacks	Brand	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergens
Butter Crunch Cookies	Linden Cookies	1.1oz (2 cookies)	150	5.8	1.6	0	10	135	22	2	10.9	2	Wheat, Soy, Egg, Milk
Chocolate Chip Cookies	Linden Cookies	1.1oz (2 cookies)	169	6.5	1	0	6	160	22	2	10.5	2	Wheat, Soy, Egg
Fudge Chip Cookies	Linden Cookies	1.1oz (2 cookies)	150	5.7	1.8	0	15	70	20	2	10.8	2	Wheat, Soy, Egg, Milk
Lemon Cookies	Linden Cookies	1.1oz (2 cookies)	145	5.5	1.5	0	15	95	22	1	10.9	1	Wheat, Soy, Egg
Oatmeal Raisin Cookies	Linden Cookies	1.1oz (2 cookies)	142	5.4	1.5	0	10	75	21	1.5	10.5	2	Wheat, Soy, Egg

Snacks	Brand	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergens
Peanut Butter Chocolate Chip Cookies	Linden Cookies	1.1oz	187	6.5	1.8	0	15	80	20	1.2	11	2	Wheat, Peanut, Soy, Egg
Belly Bears Chocolate Graham Crackers	Mrs. Good Cookie	28g	120	4	0	0	0	85	20	2	7	2	Wheat
Belly Bears Honey Graham Crackers	Mrs. Good Cookie	28g	130	4	0	0	0	100	20	1	8	2	Wheat
Belly Bears Cinnamon Graham Crackers	Mrs. Good Cookie	28g	130	4	0	0	0	120	21	1	8	2	Wheat
Belly Bears 51% Whole Grain Chocolate Graham Crackers	Mrs. Good Cookie	28g	120	4	0	0	0	85	20	2	7	2	Wheat
Belly Bears 51% Whole Grain Honey Graham Crackers	Mrs. Good Cookie	28g	130	4	0	0	0	100	20	1	8	2	Wheat
Belly Bears 51% Whole Grain Cinnamon Graham Crackers	Mrs. Good Cookie	28g	130	4	0	0	0	120	21	1	8	2	Wheat
Jungle Crackers	J & J Snack Foods	1oz	120	3	0	0	0	60	22	0	7	2	Wheat, Milk, Soy
Jungle Crackers 51% Whole Grain	J & J Snack Foods	.9oz	110	3.5	0	0	0	85	18	1	7	2	Wheat
Chex Mix- Cheddar 100 Calorie Pack	General Mills	23g	100	2.5	.5	0	0	170	18	1	3	2	Wheat, Milk, May contain Soy ingredients

Snacks	Brand	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergens
Chex Mix - Chocolate Caramel 100 Calorie Pack	General Mills	21g	100	3	1	0	5	75	16	0	6	1	Milk, Soy, Wheat
Simply Chex Snack Mix, Cheddar	General Mills	1.25oz	140	3.5	1	0	0	260	26	2	5	3	Wheat, Milk, May contain Soy ingredients
Simply Chex Snack Mix, Strawberry Yogurt	General Mills	1.2oz	140	4	1.5	0	0	65	27	2	7	2	Wheat, Milk, Soy
Simply Chex Snack Mix, Chocolate Carmel	General Mills	1.2oz	150	4.5	1.5	0	<5	105	26	2	9	2	Wheat, Milk, Soy
Cereal Bar Team Cheerios	General Mills	1.3oz	150	3.5	.5	0	0	130	28	1	9	2	Wheat
Cereal Bar - Trix	General Mills	1.3oz	140	3	0	0	0	135	27	2	9	2	Wheat
Cereal Bar - Cocoa Puffs	General Mills	1.3oz	150	3	.5	0	0	130	28	2	9	2	Wheat
Cereal Bar - Cinnamon Toast Crunch	General Mills	1.3oz	140	3.5	.5	0	0	130	27	2	9	2	Wheat
Nature Valley Chewy Granola Bar Chocolate Chunk	General Mills	.89oz (25g)	90	2	.5	0	0	55	19	1	6	1	Soy, Milk
Nature Valley Chewy Granola Bar Oatmeal Raisin	General Mills	.89oz (25g)	90	1.5	0	0	0	55	18	1	6	1	Soy

Snacks	Brand	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergens
Nature Valley Oats'n Honey Bar	General Mills	.74oz (21g)	90	3	0	0	0	80	15	1	6	2	Soy, May Contain Peanut, Almond, and Pecan Ingredients
Yogurt Go-GURT	Yoplait	2.25oz	70	.5	0	0	<5	30	13	0	10	2	Milk
CowRageous! Pudding, Chocolate	Kozy Shack	3.75oz	100	1	.5	0	5	105	21	3	14	4	Milk
CowRageous! Pudding, Vanilla	Kozy Shack	3.75oz	100	.5	0	0	10	130	21	3	15	4	Milk, Egg
Cookie, Mini Chocolate Chip	Chortles	1oz	114	3	1	0	0	95	19	.5	7	2	Wheat, Soy
Cookie, Mini Chocolate Chocolate Chip	Chortles	1oz	115	4	1	0	0	130	19	.5	7	2	Wheat, Soy
Animal Crackers	Austin	1oz	120	1.5	0	0	0	70	23	<1	7	1	Wheat, Soy
Cookie, Goldfish Giant Cinnamon Graham	Pepperidge Farm	.9oz	120	4.5	1	0	0	105	19	<1	6	1	Wheat, Soy
Cookie, Goldfish Giant Oats and Honey Graham	Pepperidge Farm	.9oz	120	4.5	1	0	0	50	19	2	9	1	Wheat, Soy

Snacks	Brand	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergens
Cookie, Goldfish Giant Vanilla Graham	Pepperidge Farm	.9oz	120	4	1	0	0	110	19	2	7	1	Wheat, Soy
Cookie, Goldfish Giant Chocolate Graham	Pepperidge Farm	.9oz	120	3.5	1	0	0	120	19	1	6	2	Wheat, Soy
Pretzel Goldfish	Pepperidge Farm	.75oz	90	1.5	0	0	0	300	17	<1	<1	2	Wheat, Soy
100 Calorie Chips Cheese Nips	Nabisco	21g	100	3	1	0	0	240	14	1	0	2	Wheat, Soy, Milk
100 Calorie Chips Oreo	Nabisco	23g	100	2	0	0	0	160	19	1	8	1	Wheat
100 Calorie Chips Ahoy	Nabisco	23g	100	3	.5	0	0	140	18	0	7	1	Wheat, Soy
Teddy Grahams, Cinnamon	Nabisco	.75oz	90	3	.5	0	0	120	15	1	5	1	Wheat, Soy
Teddy Grahams, Chocolate	Nabisco	.75oz	90	3	.5	0	0	95	16	1	5	1	Wheat, Soy
Cookie, Scooby-Doo Graham	Kellogg	1oz	120	4	1	0	0	115	21	<1	8	2	Wheat, Soy
Nutrigrain Bar - Blueberry	Kellogg	37g	130	3	.5	0	0	105	24	2	12	2	Wheat, Milk, Soy
Nutrigrain Bar – Apple Cinnamon	Kellogg	37g	130	3	.5	0	0	105	24	2	12	2	Wheat, Milk, Soy
Nutrigrain Bar - Raspberry	Kellogg	37g	130	3	.5	0	0	100	24	2	12	2	Wheat, Milk, Soy
Nutrigrain Bar – Strawberry	Kellogg	37g	130	3	.5	0	0	120	24	2	12	2	Wheat, Milk, Soy
Grahams, Cinnamon Elf	Keebler	1oz	120	4	1	0	0	105	21	<1	8	2	Wheat, Soy

Snacks	Brand	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergens
Grahams, Original Elf	Keebler	1oz	130	4	1	0	0	105	21	<1	8	2	Wheat, Soy
Granola Bar, Chocolate Chunk- 90 Calorie Bar	Quaker	.84oz	90	2	.5	0	0	80	19	1	7	1	Wheat, Soy, Milk, Coconut, May contain traces of peanuts and other tree nuts
Granola Bar, Oatmeal Raisin- 90 Calorie Bar	Quaker	.84oz	90	1.5	0	0	0	80	19	1	7	1	Wheat, Soy, Milk, Coconut, May contain traces of peanuts and other tree nuts
Rice Cake - Carmel (Mini)	Quaker	.91oz	100	.5	0	0	0	250	N/A	N/A	8	N/A	N/A
Rice Cake - Cheddar Cheese (Mini)	Quaker	.67oz	90	3	.5	0	0	290	N/A	N/A	1	N/A	N/A
Popcorn, Cinnamon Sugar Kettlecorn	Indiana Popcorn	1oz	130	4.5	0	0	0	115	21	2	7	1	Produced in a facility that uses Milk, Soy, Peanuts, and Tree Nuts

Snacks	Brand	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergens
Popcorn, Original Kettlecorn	Indiana Popcorn	1oz	130	5	0	0	0	130	21	2	6	1	Produced in a facility that uses Milk, Soy, Peanuts, and Tree Nuts
Popcorn, Sweet & Tangy BBQ Kettlecorn	Indiana Popcorn	1oz	130	4.5	0	0	0	160	21	2	7	1	Produced in a facility that uses Milk, Soy, Peanuts, and Tree Nuts
Pretzel, Rold Gold Hartzels	Frito-Lay	.5oz	60	.5	0	0	0	230	12	.5	0	1	Wheat
Chip - Baked Cheddar and Sour Cream	Frito-Lay	.875oz	110	3	.5	0	0	190	N/A	N/A	3	N/A	N/A
Chip - Baked Cheddar and Sour Cream	Frito-Lay	1.125oz	140	4	1	0	0	240	N/A	N/A	3	N/A	N/A
Chip - Baked Nacho Tortilla	Frito-Lay	.75oz	90	2.5	.5	0	0	170	N/A	N/A	1	N/A	N/A
Chip - Baked Cheetos, Regular	Frito-Lay	.875oz	120	4.5	1	0	0	210	N/A	N/A	1	N/A	N/A
Chip - Baked Cheetos, Flammin Hot	Frito-Lay	.875oz	120	4.5	1	0	0	210	N/A	N/A	1	N/A	N/A
Chip - Baked KC Master BBQ	Frito-Lay	.875oz	110	2.5	0	0	0	190	N/A	N/A	2	N/A	N/A

Snacks	Brand	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergens
Chip - Baked KC Master BBQ	Frito-Lay	1.125oz	140	3.5	.5	0	0	240	N/A	N/A	3	N/A	N/A
Chip - Baked Crisp Regular	Frito-Lay	.875oz	100	1.5	0	0	0	160	N/A	N/A	2	N/A	N/A
Chip - Baked Crisp Regular	Frito-Lay	1.125oz	130	2	0	0	0	200	N/A	N/A	2	N/A	N/A
Chip - Baked Sour Cream and Onion	Frito-Lay	.875oz	110	3	0	0	0	190	N/A	N/A	3	N/A	N/A
Chip - Baked Sour Cream and Onion	Frito-Lay	1.125oz	140	3.5	.5	0	0	240	N/A	N/A	3	N/A	N/A
Chip - Reduced Fat Dorito	Frito-Lay	1oz	130	5	1	0	0	220	N/A	N/A	1	N/A	N/A
Sun Chips Mix-Ups	SunChips	1.5oz	190	5	.5	0	0	130	32	3	5	3	Wheat, Milk
Reduced Fat Candy Cookie Dough	Camden Creek	.9oz	100	3.5	1	0	15	80	16	0	9	1	Wheat, Egg, Soy, Milk
Reduced Fat Chocolate Chip Cookie Dough	Camden Creek	.9oz	100	3.5	1	0	10	110	16	0	9	1	Wheat, Egg, Soy
Reduced Fat Oatmeal Raisin Cookie Dough	Camden Creek	.9oz	100	3.5	1	0	5	140	15	1	8	1	Wheat, Egg
Reduced Fat Oatmeal Raisin Cookie Dough	Camden Creek	1.6oz	170	6	1.5	0	10	250	27	1	15	2	Wheat, Egg
Reduced Fat Sugar Cookie Dough	Camden Creek	.9oz	100	3.5	1	0	15	85	16	0	9	1	Wheat, Egg, Milk
Reduced Fat Sugar Cookie Dough	Camden Creek	1.6oz	180	6	1.5	0	25	150	29	0	15	2	Wheat, Egg, Milk

Snacks	Brand	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergens
Select Oatmeal Cookie (made with whole grains)	Hope's Country Fresh Cookies	1oz	110	3.5	1	0	5	130	17	1	8	2	Egg, Soy, Wheat (May contain trace amounts of tree nuts and peanuts)
Select Sugar (made with whole grains)	Hope's Country Fresh Cookies	1oz	110	4	1	0	5	115	17	1	9	2	Egg, Soy, Wheat (May contain trace amounts of tree nuts and peanuts)
Chocolate Chip Cookie	Best Maid Cookie Company	1oz	110	3	1	0	10	150	19	1	9	1	Wheat, Egg, Milk, Soy
Chocolate Chip w/ M & M's Cookie	Best Maid Cookie Company	1oz	110	3	1	0	10	150	19	1	9	1	Wheat, Egg, Milk, Soy
Oatmeal Chocolate Chip Cookie	Best Maid Cookie Company	1oz	100	3	1	0	10	140	18	1	8	2	Wheat, Egg, Milk, Soy
Sugar Cookie	Best Maid Cookie Company	1oz	100	2	.5	0	10	150	19	1	8	1	Wheat, Egg, Milk, Soy
Oatmeal Blueberry Cookie	Best Maid Cookie Company	1oz	100	2.5	.5	0	10	135	18	1	9	2	Wheat, Egg, Milk, Soy

Snacks	Brand	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergens
Chocolate Chip Cookie IW	Best Maid Cookie Company	1oz	110	3	1	0	10	150	19	1	9	1	Wheat, Egg, Milk, Soy
Chocolate Chip w/ M & M's Cookie IW	Best Maid Cookie Company	1oz	110	3	1	0	10	150	19	1	9	1	Wheat, Egg, Milk, Soy, May Contain Peanuts
Oatmeal Blueberry Cookie IW	Best Maid Cookie Company	1oz	100	2.5	.5	0	10	135	18	1	9	2	Wheat, Egg, Milk, Soy
Reduced Fat Sugar Cookie	Country Home-Readi-Bake BeneFIT	1oz	112	3.7	1	0	7	120	18	.85	9.5	1	Milk, Egg, Wheat, Soybean Products
Reduced Fat Sugar Cookie	Country Home-Readi-Bake BeneFIT	1.33oz	148	5	1	0	10	160	24	1	13	2	Milk, Egg, Wheat, Soybean Products
Reduced Fat Oatmeal Raisin Cookie	Country Home-Readi-Bake BeneFIT	1oz	110	4	.7	0	8	98	18	1	9	2	Milk, Egg, Wheat, and Soybean Products
Reduced Fat Oatmeal Raisin Cookie	Country Home-Readi-Bake BeneFIT	1.33oz	147	5	1	0	10	130	24	1.5	12	2.5	Milk, Egg, Wheat, and Soybean Products

Snacks	Brand	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergens
Reduced Fat Chocolate Chip Cookie	Country Home-Readi-Bake BeneFIT	1oz	110	3.7	1	0	9	110	18	1	10	1.7	Milk, Egg, Wheat, and Soybean Products
Reduced Fat Chocolate Chip Cookie	Country Home-Readi-Bake BeneFIT	1.33oz	147	5	1.6	0	11	146	24	1.3	13	2	Milk, Egg, Wheat, and Soybean Products
Reduced Fat Candy Cookie	Country Home-Readi-Bake BeneFIT	1oz	110	4	1	0	9	107	18	1	10	1.5	Milk, Egg, Wheat, and Soybean Products
Reduced Fat Candy Cookie	Country Home-Readi-Bake BeneFIT	1.33oz	146	5	1.6	0	12	143	24	1.3	13	2	Milk, Egg, Wheat, and Soybean Products
Reduced Fat Double Chocolate Cookie	Country Home-Readi-Bake BeneFIT	1.33oz	139	4.5	1.5	0	10	134	24	1.7	13	2	Milk, Egg, Wheat, and Soybean Products
Reduced Fat Carnival Cookie (Value Zone Frozen Cookie Dough)	Otis Spunkmeyer	1oz	110	3	1	0	5	80	19	1	9	1	Wheat, Egg, Soy, Milk

Misc. Items	Brand	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergens
Fortune Cookie	USDA	1 cookie	30	0	0	0	0	22	7	0	4	0	Egg, Soy, Wheat
Soup													
Soup	Brand	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergens
Chicken Noodle	Campbell's	½ cup	60	2	.5	0	10	850	7	1	1	3	Wheat, Egg, Soy
Tomato	Campbell's	½ cup	90	0	0	0	0	480	20	1	12	2	Wheat
Vegetable Alphabet	Campbell's	½ cup	80	.5	0	0	0	450	18	2	6	2	Wheat, Egg