

| Product                   | Serving Size            | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Sodium (mg) | Carb (g) | Fiber (g) | Sugar (g) | Protein (g) |
|---------------------------|-------------------------|----------|---------------|-------------------|---------------|-------------|----------|-----------|-----------|-------------|
| Apple Gala                | 1                       | 31       | 0.24          |                   |               | 1           | 19       | 3.3       | 14        | 0.36        |
| Apple Salad               | 1/2 cup                 | 81       | 2.4           | 2.4               |               | 16          | 24       | 2         | 19        | 0.75        |
| Applesauce                | 1/2 cup                 | 52       |               |                   |               | 2           | 14       | 1.5       | 12        | 0.2         |
| Apple Slice               | 1/2 cup                 | 35       |               |                   |               | 5           | 9        | 1         | 7         |             |
| Banana                    | 1                       | 105      | 0.5           |                   |               | 1           | 27       | 3         | 14        | 1           |
| Blueberries               | 1/2 cup                 | 40       | 0.5           | 0.04              |               | 1           | 9        | 2         | 6.5       | 0.3         |
| Cantaloupe                | 1/2 cup                 | 35       |               |                   |               | 15          | 8        | 1         | 8         | 1           |
| Cherries                  | 1/2 cup                 | 44       | 0.1           | 0                 |               | 9           | 10.9     | 1.3       | 9.27      | 0.94        |
| Cranberry Sauce           | 1/2 cup                 | 209      | 0.2           | 0.02              |               | 40          | 53       | 1.4       | 52        | 0.3         |
| Dried Fruit Mix           | 1/4 cup                 | 88       | 0.1           | 0.01              |               | 1.4         | 23       | 2.2       | 17        | 0.7         |
| Frozen Fruit Cup          | 1/2 cup                 | 75       | 0.04          |                   |               | 9           | 19       | 1         | 16        | 0.8         |
| Fruit Fluff               | 1/2 cup                 | 71       | 1             | 1                 |               | 64          | 16       | 0.2       | 13        | 0.4         |
| Grapes                    | 1/2 cup                 | 60       |               |                   |               | 0           | 14       | 1         | 12        | 1           |
| Honeydew                  | 1/2 cup                 | 30       |               |                   |               | 15          | 8        | 1         | 7         | 0           |
| Orange Juice qt           | 1/2 cup                 | 50       |               |                   |               | 15          | 14       |           | 11        | 0.5         |
| Juice 100% Apple          | 1/2 cup                 | 60       |               |                   |               | 15          | 14       |           | 13        |             |
| Juice 100% Grape          | 1/2 cup                 | 80       |               |                   |               | 15          | 18       |           | 18        | 1           |
| Juice 100% Orange         | 1/2 cup                 | 50       |               |                   |               | 15          | 13       | 1         | 11        | 1           |
| Kiwi                      | 1                       | 46       | 0.4           |                   |               | 2           | 11       | 2         | 7         | 0.8         |
| Mandarin Oranges          | 1/2 cup                 | 90       |               |                   |               | 10          | 23       | 1         | 22        | 1           |
| Mixed Fruit               | 1/2 cup                 | 60       |               |                   |               | 10          | 17       | 0         | 13        | 0           |
| Orange                    | 1/2 fruit               | 31       | 0.08          |                   |               |             | 7.5      | 1.5       | 6         | 0.6         |
| Peaches                   | 1/2 cup                 | 60       |               |                   |               | 10          | 14       |           | 11        |             |
| Pear                      | 1                       | 96       | 0.2           |                   |               | 2           | 25       | 5         | 16        | 0.6         |
| Pears                     | 1/2 cup                 | 60       |               |                   |               | 5           | 15       | 2         | 12        |             |
| Pineapple                 | 1/2 cup                 | 80       |               |                   |               | 10          | 20       | 1         | 18        | 1           |
| Raisels Watermelon        | 1/3 cup (1 pkg)         | 130      |               |                   |               |             | 33       | 1         | 26        | 1           |
| Raisins                   | 1.33 oz                 | 113      | 0             | 0                 |               | 4           | 30       | 1         | 22        | 1           |
| Strawberries              | 1/2 cup                 | 39       | 0.1           |                   |               | 2           | 10       | 2.3       | 5         | 0.4         |
| Watermelon                | 1/2 cup                 | 23       |               |                   |               | 1           | 5.5      | 0         | 4.5       | 0.4         |
| Beans Baked               | 1/2 cup                 | 119      |               |                   |               | 140         | 27       | 5         | 10        | 6           |
| Beans Black Eyed Peas     | 1/2 cup                 | 100      | 0.5           |                   |               | 230         | 19       | 3         | 1         | 5           |
| Beans Black Salsa         | 1/2 cup                 | 16       | 0.5           | 1                 |               | 7.5         | 14       | 0.5       | 0.3       | 6           |
| Beans Black               | 1/2 cup                 | 110      | 0.5           |                   |               | 350         | 20       | 6         | 2         | 6           |
| Beans Chili               | 1/4 cup                 | 180      | 9             | 4                 | 0.5           | 600         | 15       | 4.5       | 2         | 9           |
| Beans Garbanzo            | 1/2 cup                 | 106      | 2             |                   |               | 140         | 16       | 5         | 3         | 6           |
| Beans Green Can           | 1/2 cup                 | 16       |               |                   |               | 140         | 3        | 2         | 1         | 1           |
| Beans Green Froze         | 1/2 cup                 | 19       |               |                   |               | 1           | 4        | 2         | 1         | 1           |
| Beans Kidney              | 1/2 cup                 | 104      | 0             | 0                 | 0             | 140         | 19       | 7         | 2         | 7           |
| Beans Pinto               | 1/2 cup                 | 98       | 1             | 0                 | 0             | 140         | 18       | 6         | 1         | 6           |
| Beans Refried             | 1/2 cup                 | 110      |               | 0                 |               | 140         | 20       | 5         | 1         | 7           |
| Beets                     | 1/2 cup                 | 40       |               |                   |               | 120         | 5        | 1         | 4         | 1           |
| Broccoli Fresh            | 1/4 cup                 | 10       |               |                   |               | 9           | 2        |           |           | 2           |
| Broccoli/Cheese           | 1/2 cup                 | 12.8     | 0.4           | 0.2               |               | 23.6        | 2        | 0.6       | 0.3       | 0.9         |
| Broccoli Frozen           | 1/2 cup                 | 15       |               |                   |               | 10          | 2        | 2         | 1         | 1           |
| Cabbage Shred             | 1/2 cup                 | 9        | 0.04          |                   |               | 7           | 2        | 0.8       | 1         | 0.5         |
| Cauliflower Fresh         | 1/2 cup                 | 12       | 0.04          |                   |               | 16          | 2.7      | 1.2       | 1.2       | 0.8         |
| Cauliflower Frozen        | 1/2 cup                 | 25       |               |                   |               | 25          | 4        | 1         | 2         | 1           |
| Carrots Sliced Frozen     | 1/2 cup                 | 27       | 1             |                   |               | 43          | 6        | 2         | 3         |             |
| Carrots Cooked sliced can | 1/2 cup                 | 18       | 0             | 0                 |               | 140         | 4        | 1         | 2         | 0           |
| Carrots Fresh Baby        | 1/2 cup                 | 35       |               |                   |               | 65          | 8        | 2         | 5         | 1           |
| Celery                    | 1 stalk- 5 inch/1/2 cup | 6        | 0             |                   |               | 32          | 1.19     | 0.6       | 0.7       | 0.3         |
| Cheesy Hashbrowns         | 1/2 cup                 | 175      | 9.5           | 5.1               |               | 342         | 16       | 1.5       | 1.4       | 5.6         |
| Corn (frozen)             | 1/2 cup                 | 67       | 1             |                   |               | 1           | 16       | 2         | 3         | 2           |
| Corn canned               | 1/2 cup                 | 66       | 0.8           | 0.1               |               | 140         | 15       | 1.6       | 2.8       | 2           |
| Cucumber                  | 1/2 cup                 | 8        |               |                   |               | 0.06        | 1.9      | 0.3       | 0.8       | 0.5         |
| Lettuce leaf              | 1                       | 0.7      |               |                   |               |             | 0.1      |           |           | 0.1         |
| Lettuce/pep/tom/on        | toppings                | 9        |               |                   |               | 1.5         | 2        | 0.6       | 1         | 0.4         |
| Lettuce Salad taco cut    | 1 cup                   | 8        | 0.08          |                   |               | 6           | 1.6      | 0.7       | 0.9       | 0.5         |
| Lettuce Romaine           | 1/2 cup                 | 7.5      |               |                   |               | 5           | 1        | 0.5       | 0         | 1           |
| Mixed Vegetable Frozen    | 1/2 cup                 | 60       |               |                   |               | 39          | 12       | 3         | 3         | 2           |
| Onion Flakes              | 1T                      | 17       |               |                   |               | 1           | 4        | 0.5       | 2         | 0.5         |
| Onion                     | 1/2 cup                 | 30       |               |                   |               | 0           | 7        | 1         | 3         | 1           |
| Onion Slice               | 1 slice                 | 3.6      |               |                   |               | 0.4         | 0.8      | 0.2       | 0.4       | 0.1         |
| Peas and Carrots          | 1/2 cup                 | 38       |               |                   |               | 55          | 7.8      | 2         | 3         | 2           |
| Peas canned               | 1/2 cup                 | 59       | 0.05          | 0                 |               | 23          | 10.7     | 3.5       | 3.5       | 3.8         |
| Peas frozen               | 1/2 cup                 | 62       | 0.2           | 0                 |               | 58          | 11       | 4.4       | 3.7       | 4           |
| Pepper                    | 1/2 cup                 | 15       | 0.1           |                   |               | 2           | 3.5      | 1         | 1.6       | 1           |
| Pepper raw                | 1 ring                  | 2        |               |                   |               | 0.3         | 0.5      | 0.2       | 0.2       | 0.1         |
| Pizza Sauce               | 1/4 cup                 | 30       |               |                   |               | 230         | 5        | 0         | 4         | 1           |
| Potato Au graten          | 1/2 cup                 | 100      | 1             |                   |               | 240         | 22       | 1         | 3         | 2           |
| Potato Baby Bakers        | 2.89 oz.                | 90       | 1.5           |                   |               | 160         | 15       | 0         | 0         | 3           |
| Potato Baked              | 1 medium                | 168      |               |                   |               | 11          | 38       | 3         | 1.3       | 5           |
| Potato French Fries       | 3 oz.                   | 120      | 3.5           | 0.5               |               | 40          | 20       | 1         | 0         | 2           |
| Potato Hash Brown         | 2.25 oz.                | 130      | 8             | 2                 |               | 250         | 14       | 2         | 0         | 1           |
| Potato Hash Brown Shr     | 1/2 cup                 | 70       |               |                   |               | 30          | 16       | 2         | 1         | 1           |
| Potato Scalloped          | 1/2 cup                 | 110      | 1             | 0.8               | 0.9           | 460         | 22       | 1         | 4         | 2           |
| Potato Tater Tot          | 3 oz.                   | 170      | 9             | 1.5               |               | 230         | 19       | 1         | 0         | 2           |
| Potato Tri Tater          | 2 oz.                   | 100      | 4             | 0.5               |               | 280         | 14       | 1         | 1         | 1           |
| Potato Wedge              | 3 oz.                   | 110      | 2.5           |                   |               | 15          | 19       | 2         | 0         | 2           |

|                                  |                          |      |       |      |     |       |      |     |      |      |
|----------------------------------|--------------------------|------|-------|------|-----|-------|------|-----|------|------|
| Potato Whipped                   | 1/2 cup                  | 110  |       |      |     | 190   | 24   | 2   | 1    | 2    |
| Tomato Diced canned              | 1/2 cup                  | 25   |       |      |     | 140   | 5    | 1   | 3    | 1    |
| Tomato sliced or diced           | 1/2 cup                  | 5    |       |      |     | 0     | 1    | 0   | 1    | 0    |
| Tomato Slice                     | 1 slice                  | 2.7  |       |      |     | 0.8   | 0.6  | 0.2 | 0.4  | 0.1  |
| Tomato Sauce                     | 1/2 cup (12 cup/per #10) | 36   | 0.22  |      |     | 140   | 8    | 1.8 | 5.18 | 1.62 |
| Tomato Soup                      | 1/2 cup                  | 90   |       |      |     | 400   | 20   | 0   | 12   | 2    |
| Sauerkraut                       | 1/4 cup                  | 5    |       |      |     | 220   | 1    | 0   | 0    | 0    |
| Spaghetti Sauce                  | 1/2 cup                  | 80   | 4     | 1    |     | 125   | 10   | 1   | 6    | 1    |
| Sweet Potatoes                   | 1/2 cup                  | 150  | 8     | 2    |     | 125   | 19   | 3   | 3    | 1    |
| Veggies/Dip                      | 1/2 cup veg-1T Rd dip    | 30.6 | 4.4   |      |     | 107   | 10   | 0.6 | 0.6  | 0.4  |
| Alfredo Sauce                    | 1/38 oz. container       | 8800 | 320   | 240  | 0   | 60000 | 1360 | 0   | 240  | 80   |
| Baked Chicken                    | 2 meat                   | 110  | 6g    | 2g   |     | 169   | 1    | 0   | 1    | 11   |
| BBQ Pork                         | 2 meat                   | 202  | 4     | 1    |     | 248   | 14   | 0   | 12   | 8    |
| BBQ Pork on a Bun                | 2meat/2bread             | 262  | 7.5   | 2.7  |     | 522   | 36   | 0.7 | 15.5 | 8.3  |
| Beef and Bean Burrito            | 4.5 oz.                  | 280  | 7     | 2    |     | 470   | 39   | 3   | 1    | 9    |
| Beef Ground                      | 1 oz. =1 meat            | 82   | 6     | 2    | 1   | 25    | 0    | 0   | 0    | 7    |
| Beef Patty Ala Carte             | 2.8 oz raw/2 oz. meat    | 172  | 12    | 5    | 1   | 53    | 0    | 0   | 0    | 15   |
| Beef Patty on a Bun/FF*          | 2 meat/2 bread           | 457  | 23    | 11.5 |     | 394   | 45   | 5.3 | 4    | 19.5 |
| Beef Patty (6x1)                 | 2 oz. meat               | 190  | 15    | 6    |     | 50    | 0    | 0   | 0    | 13   |
| Beef Roast (sliced)              | 2 oz. meat               | 50   | 2     | 1    |     | 420   | 0    | 0   | 0    | 9    |
| Caviti                           | 1 cup                    | 381  | 19.5  | 6.75 | 1.5 | 848   | 28   | 2.5 | 7.5  | 23   |
| Cheese cottage                   | 1/2 cup                  | 101  | 2.2   | 1.3  |     | 459   | 4    | 0   | 0    | 15   |
| Cheese Grated Yellow Lt          | .5 oz.                   | 45   | 3     | 2    |     | 105   | 0.5  | 0   | 0    | 3.5  |
| Cheese Mozzarella shred          | .5 oz.                   | 45   | 3.5   | 2.5  |     | 85    | 0.5  | 0   | 0.5  | 3    |
| Cheese Mozzarella 6#             | .5 oz.                   | 45   | 3.5   | 2.5  |     | 85    | 0    | 0   | 0    | 3.5  |
| Cheese on Wheat                  | 1 bread 1 slice cheese   | 125  | 3.3   | 2.5  |     | 245   | 15   | 2   | 1.5  | 8.5  |
| Cheese Sauce Canned              | 1/4 cup                  | 50   | 4     |      |     | 370   | 6    | 0   | 1    | 0    |
| Cheese Sauce Gov                 | 1.82 oz = 1 oz. meat     | 108  | 8     | 4.6  |     | 412   | 2    | 0   | 1    | 7    |
| Cheese Sliced                    | .5 oz.                   | 55   | 4.5   | 2.5  |     | 135   | 1    | 0   | 0.5  | 2.5  |
| Cheese String                    | 1 oz. =1 meat            | 60   | 3     | 2    |     | 200   | 1    | 0   | 1    | 7    |
| Chicken Alfredo                  | 2 oz.meat                | 308  | 6.6   | 4.3  |     | 1050  | 24   | 0   | 4    | 18   |
| Chicken Base                     | 8 oz. - 3/4 tsp          | 15   | 0.5   | 0    | 0   | 140   | 2    |     | 1    | 0    |
| Chicken and Rice/cheesy          | 2 oz. meat/ 1 bread      | 238  | 6.2   | 5    |     | 262   | 27   | 1.2 | 0.5  | 16   |
| Chicken Breast                   | 3.1 oz.= 3 meat          | 110  | 4.5   | 1.5  |     | 530   | 3    | 0   | 2    | 14   |
| Chicken Diced                    | 2 oz.= 2 meat            | 86   | 1.16  | 0.33 |     | 13    | 0    | 0   | 0    | 17.2 |
| Chicken Fajita                   | 2.47 oz.= 2 meats        | 110  | 2.5   | 0.5  |     | 670   | 3    | 0   | 0    | 17   |
| Chicken Grilled Strips           | 2 oz.                    | 84   | 4     | 2    |     | 176   | 0    | 0   | 0    | 12   |
| Chicken Noodle Soup              | 1 cup= 1 meat/.75 bread  | 126  | 2     | 0.4  |     | 168   |      | 0.2 | 0.2  | 13   |
| Chicken Nugget                   | 5                        | 260  | 15    | 2.5  |     | 400   | 16   | 3   | 1    | 16   |
| Chicken Patty on wg bun          |                          | 377  | 17.3  | 2.5  |     | 794   | 40   | 8   | 5    | 18   |
| Chicken Patty                    | 3.21 oz.                 | 230  | 13    | 2    |     | 490   | 15   | 3   | 1    | 13   |
| Chicken Strip Tenders            | 3                        | 260  | 15    | 2.5  |     | 390   | 16   | 0   | 1    | 15   |
| Chicken Taco w/cheese/soft shell | 1.5 oz meat .5 oz cheese | 253  | 9.5   | 4.5  |     | 621   | 21   | 3.5 | 2    | 20   |
| Chicken Quesadilla               | 4.1 oz.                  | 300  | 11    | 5    |     | 570   | 32   | 3   | 3    | 19   |
| Chili con carne (for hot dog)    | 1 cup                    | 360  | 19    | 8    | 1   | 1200  | 29   | 9   | 2    | 18   |
| Chili                            | 1 cup                    | 405  | 21    | 7.7  | 2.7 | 728   | 27   | 6.3 | 6.5  | 26.7 |
| Chili/w cheese sand*             |                          | 530  | 24    | 13   | 2.7 | 973   | 42   | 8   | 8    | 35   |
| Corn Dog                         | 3.99 oz.                 | 250  | 10    | 2    |     | 760   | 30   | 3   | 10   | 11   |
| Crispito Chicken                 | 2.95 oz                  | 200  | 10    | 2    |     | 370   | 20   | 2   | 1    | 8    |
| Crispito Chili                   | 3.25 oz.                 | 270  | 14    | 3    |     | 370   | 23   | 3   | 1    | 12   |
| Egg Pattie                       | 1 meat                   | 50   | 3.5   | 1    |     | 100   | 0    | 0   | 0    | 3    |
| Egg/Sausage Eng Muffin           | 2.5 meat 2 bread         | 300  | 14    | 4.4  |     | 671   | 24   | 4   | 1.5  | 13.5 |
| Eggs Boiled diced                | 1 cup                    | 309  | 14    | 4    |     | 378   | 1.5  |     | 1.5  | 17   |
| Fish Sandwich on a wg Bun        | 2 meat 2 bread           | 327  | 12.3  | 2    |     | 544   | 41   | 6.3 | 5    | 15.5 |
| Fish Sandwich                    | 3.6 oz =2 meat           | 180  | 8     | 1.5  |     | 240   | 16   | 2   | 1    | 11   |
| Fish Sticks                      | 4                        | 150  | 5     |      |     | 420   | 16   |     | 2    | 10   |
| Goulash                          | 1 cup                    | 290  | 12.5  | 4    | 2   | 192   | 27   | 0.8 | 5.5  | 18.7 |
| Ham/Cheese on WG Grilled         | 2 bread 2 meat           | 275  | 8     | 3    |     | 778   | 29   | 4   | 8    | 26.5 |
| Ham Diced                        | 2.5 oz.=1 oz. m          | 85   | 2     | 0.7  |     | 817   | 4    |     | 3    | 11   |
| Ham/cheese on a wg bun           | 2 meat 2 bread           | 282  | 10    | 6    |     | 862   | 27   | 8   | 10   | 20   |
| Ham Sliced                       | 1.22 oz.=1 oz m          | 40   | 1.4   | 0.5  |     | 423   | 0.5  | 0   | 0.6  | 6.5  |
| Hot Dog on a Bun                 | 2 meat 2 bread           | 280  | 11    | 3    |     | 880   | 33   | 4   | 8    | 13   |
| Meat Salad on Bread              | 2 meat 2 bread           | 355  | 9.5   | 2    |     | 1979  | 3.5  | 4   | 7    | 23   |
| Peanut Butter Sandwich           | 1 bread 1 meat           | 258  | 17    | 3    |     | 366   | 20   | 4   | 4    | 14   |
| PB                               | 2 T=1 meat               | 188  | 15.85 | 3.04 |     | 146   | 6.2  | 2   | 3    | 8    |
| Pizza Burger                     | 2 meat                   | 265  | 12    | 4    | 1   | 460   | 28   | 4   | 6    | 13   |
| Pizza Double Stuffed             | 2 bread 2 meat           | 240  | 7     | 4    |     | 490   | 30   | 4   | 3    | 15   |
| Pizza French Bread               | 2 bread 2 meat           | 290  | 11    | 4    |     | 440   | 33   | 0   | 4    | 17   |
| Pizza Max Sticks                 | 1 bread 1 meat           | 160  | 7     | 2    |     | 390   | 16   | 1   | 1    | 7    |
| Pizza wg Pepperoni               | 2 bread 2 meat           | 270  | 8     | 2.5  |     | 760   | 33   | 5   | 3    | 16   |
| Pork Gravy on Whipped Potato     | 2 meat/2 veg             | 281  | 6     |      |     | 229   | 30   | 2   | 1    | 19   |
| Pork Roast                       | 2 meat                   | 142  | 8     | 3    |     | 36    |      |     |      | 16   |
| Rib Patty on a Bun               | 2 bread 2 meat           | 307  | 14.3  | 4    | 0   | 694   | 33   | 5.3 | 9    | 16.5 |
| Rib Patty                        | 2.5 oz. = 2 meat         | 160  | 10    | 3.5  | 0   | 390   | 8    | 1   | 5    | 12   |
| Sausage Links                    | 3 links = 1.5 oz meat    | 90   | 6     | 1.5  |     | 290   | 1    | 0   | 1    | 10   |
| Sausage Pattie                   | 1/1.31 oz. = 1 Meat      | 75   | 5     | 1.8  |     | 216   | 1    | 1   | 0    | 6    |
| Scalloped Potatoes/Ham           | 2 oz. meat-3/4 cup veg.  | 334  | 5.5   | 2.6  | 1.3 | 2324  | 41   | 1.5 | 12   | 25   |
| Shrimp Mates                     | 5 pieces = 2 meats       | 260  | 11    | 1.5  |     | 1100  | 30   | 1   | 0    | 10   |
| Sloppy Joe                       | 2 meat 2 bread           | 358  | 16    | 4.5  | 2   | 587   | 35   | 4   | 11.5 | 19   |
| Smokies                          | 6                        | 190  | 17    | 6    |     | 280   | 3    | 0   | 1    | 7    |
| Soup Cr of Mushroom              | 1/2 cup                  | 70   | 2     | 0.5  |     | 410   | 10   | 1   | 2    | 2    |
| Soup Cr of Celery                | 1/2 cup                  | 90   | 5     | 1    |     | 400   | 11   | 1   | 3    | 1    |

|                                  |                          |      |       |      |     |      |      |      |      |      |
|----------------------------------|--------------------------|------|-------|------|-----|------|------|------|------|------|
| Soup Cr of Chicken-6.75 c/can    | 1/2 cup                  | 80   | 3.5   | 1    |     | 410  | 10   |      | 1    | 3    |
| Soup Golden Mushroom             | 1/2 cup                  | 90   | 3.5   | 0.5  |     | 750  | 11   | 1    | 1    | 2    |
| Soup Tomato (6 cup/can)          | 1/2 cup                  | 90   | 0     | 0    |     | 400  | 20   | 0    | 12   | 2    |
| Spaghetti/Meat Sauce             | 2/3 cup                  | 229  | 10.5  | 3    | 1.5 | 208  | 27   | 3    | 7    | 15   |
| Sun Butter Sandwich              | 1/2 sandwich             | 267  | 18    | 1.5  |     | 326  | 21.5 | 3.8  | 4.4  | 11.5 |
| Sunflower Seed Butter            | 2T                       | 197  | 17.66 | 1.5  |     | 106  | 7.5  | 1.8  | 3.4  | 5.53 |
| Taco Meat                        | 2 oz.                    | 191  | 12    | 4    | 2   | 123  | 5    | 1.5  | 15   | 1    |
| Taco w/Chicken w/1 soft shell    | 2 oz./1.5 oz. cheese     | 253  | 9.5   | 4.5  |     | 621  | 21   | 3.5  | 2    | 20   |
| Taco Meat w/2 hard shells        | 2 oz./1.5 oz. cheese     | 233  | 11    | 10   | 2   | 283  | 15   | 2    | 1    | 17.5 |
| Tater Tot Casserole              | 1 cup                    | 488  | 28    | 7    | 2   | 753  | 37   | 2    | 1.5  | 18   |
| Tuna Salad Sand                  | 1 meat 1 bread           | 163  | 7     | 1    |     | 326  | 16   | 2    | 3    | 13   |
| Turkey Deli                      | 1.6 oz. = 1 meat         | 56   | 2.4   | 0.8  |     | 360  | 0    | 0    | 0.8  | 8.8  |
| Turkey Hot on a Bun              | 2 oz. m 2 oz. bread      | 280  | 11    | 3    |     | 880  | 33   | 4    | 8    | 13   |
| Turkey Sub                       | 2 meat/2 wg bread        | 357  | 10.6  | 3.2  |     | 985  | 36   | 5    | 8.5  | 22.5 |
| Turkey Roast                     | 2 oz. meat               | 88   | 3.2   | 1    |     | 386  | 1.6  |      |      | 12   |
| Turkey Gravy on Whipped Potato   | 2 oz. meat, 1/2 cup veg  | 227  | 3     | 1    |     | 579  | 32   | 2    | 1    | 15   |
| Weiner (Turkey)                  | 2 meats                  | 120  | 9     | 3    |     | 630  | 4    |      | 2    | 7    |
|                                  |                          |      |       |      |     |      |      |      |      |      |
|                                  |                          |      |       |      |     |      |      |      |      |      |
|                                  |                          |      |       |      |     |      |      |      |      |      |
| Milk, Skim                       |                          | 80   | 0     | 0    |     | 120  | 12   | 0    | 11   | 8    |
| Milk, Choco Skim                 |                          | 130  | 0     | 0    |     | 180  | 25   | 0    | 22   | 8    |
|                                  |                          |      |       |      |     |      |      |      |      |      |
|                                  |                          |      |       |      |     |      |      |      |      |      |
| Animal Crackers                  | 1.02 oz = 1 bread        | 130  | 3.5   | 1    |     | 150  | 22   | 1    | 8    | 2    |
| Apple Crisp                      | 1                        | 237  | 7     | 3    |     | 100  | 31   | 0.6  | 30   | 2    |
| Applesauce Brownie               | 1                        | 144  | 7     | 2    |     | 64   | 20   | 0.6  | 14   | 1    |
| Baking Powder Biscuit            | 1.5 oz                   | 151  | 5     | 2    |     | 366  | 21   | 1    |      | 5    |
| Blonde Brownie                   | 1                        | 399  | 11    | 5.3  |     | 195  | 20   |      | 51   | 2.1  |
| Blueberry topping                | 1T                       | 11   | 0.1   |      |     | 0.1  | 3    | 0.2  | 2    |      |
| Bread Sticks                     | 1.09 oz                  | 80   | 1     | 0    |     | 190  | 16   | 2    | 2    | 3    |
| Bread Whole Wheat                | 1 slice                  | 70   | 1     |      |     | 110  | 14   | 2    | 1    | 6    |
| Bun Home Made WG                 | 2 oz.                    | 147  | 4.3   | 0.5  |     | 304  | 25   | 4.3  | 4    | 4.5  |
| Bun Hot Dog                      | 1                        | 160  | 2     |      |     | 250  | 29   | 4    | 6    | 6    |
| Bun Dinner Roll wg               | 1                        | 80   | 1     |      |     | 130  | 14   | 2    | 3    | 3    |
| Bun Hamburger (buy)              | 1                        | 160  | 2     |      |     | 250  | 28   | 4    | 6    | 6    |
| Bun Sub                          |                          | 190  | 2.5   | 0.5  |     | 310  | 35   | 5    | 7    | 8    |
| Cereal Bars (using sunbutter)    | 1                        | 360  | 18    | 4    |     | 127  | 46   | 2    | 27   | 6    |
| Cereal Rice Krispies             | 1 cup                    | 120  |       |      |     | 310  | 29   |      | 3    | 2    |
| Cereal Cheerios Honey            | 1 oz.                    | 120  | 1.5   |      |     | 160  | 25   | 1    | 11   | 2    |
| Cherry Topping                   | 1T                       | 13   |       |      |     | 0.5  | 1.5  | 0.1  | 1.5  |      |
| Chips Potato                     | 1 oz.                    | 160  | 10    | 1.5  |     | 170  | 15   | 1    | 1    | 2    |
| Chips Tortilla                   | 1 oz.                    | 140  | 7     | 1    |     | 105  | 19   | 1    |      | 2    |
| Chocolate Chip Cookie            | 1                        | 82   | 4     | 2    |     | 93   | 15   | 0.5  | 9    | 1    |
| Choco Chip Oatmeal Cookie        | 1                        | 106  | 4     | 1.5  |     | 93   | 16.5 | 1    | 10   | 1    |
| Cinnamon Roll                    | 1.5 oz.                  | 336  | 7     | 1    |     | 509  | 75   | 2    | 29   | 19   |
| Cracker Whole Grain              | 4                        | 60   | 1.5   |      |     | 180  | 10   | 1    |      | 1    |
| Cracker Club Whole Grain         | 1-2pk                    | 30   | 1     |      |     | 75   | 5    |      | 1    |      |
| Croutons seasoned                | 7 gram                   | 30   | 1     | 0.03 |     | 75   | 4    | 0    |      | 1    |
| English Muffin                   | 1                        | 120  | 1     |      |     | 220  | 22   | 3    | 1    | 5    |
| French Bread                     | 1                        | 188  | 2.4   | 1    |     | 193  | 35   | 1.5  | 3    | 6    |
| French Toast Sticks WG           | 3 sticks                 | 190  | 4.5   | 1    |     | 330  | 28   | 3    | 5    | 10   |
| Ginger Snaps                     | 1                        | 131  | 4     | 2    |     | 159  |      |      | 12   | 1    |
| Graham Cracker                   | 2 squares                | 120  | 3.5   |      |     | 125  | 21   | 2    | 6    | 2    |
| Honey Mustard                    | 1 ounce                  | 80   | 4     | 0.5  |     | 90   | 11   | 0    | 9    | 0    |
| Ice Cream Dream Bar              | 3 oz.                    | 100  | 1     | 1    |     | 25   | 20   | 0    | 16   | 1    |
| Ice Cream Fudge Bar              | 1                        | 130  | 1.5   | 1    |     | 65   | 26   | 1    | 21   | 3    |
| Ice Cream Sandwich               | 1                        | 120  | 1.5   | 1    |     | 105  | 26   | 0.95 | 11.5 | 2.87 |
| Ice Cream Side Kicks             | 4.4 oz.                  | 90   |       |      |     | 30   | 22   |      | 19   |      |
| Ice Cream Sherbet                | 4 oz.                    | 110  | 1.5   | 1    |     | 20   | 23   | 0    | 19   | 0    |
| Ice Cream Sundae Crun            | 1                        | 160  | 5     | 1.5  |     | 75   | 28   | 2    | 16   | 2    |
| Ice Cream Vanilla                | 4 oz.                    | 80   | 0     | 0    |     | 65   | 20   | 5    | 5    | 4    |
| Jello                            | 1/2 cup                  | 80   | 0     | 0    |     | 90   | 19   | 0    | 19   | 2    |
| Jelly Sandwich (1 bread)         | 1 bread w/1.75 oz. jelly | 200  | 1     |      |     | 232  | 46   | 2    | 23   | 6    |
| Long John WG/frosted             | 2 oz.                    | 320  | 15    | 6.4  |     | 358  | 42   | 4    | 18   | 5    |
| Macaroni WG                      | 1/2 cup cooked           | 87   | 0.4   | 0.07 |     | 2    | 18   | 3    | 0.6  | 3.7  |
| Macaroni Spaghetti               | 1/2 cup cooked           | 87   | 0.4   | 0.07 |     | 2    | 18   | 3    | 0.6  | 3.7  |
| Monster Cookie                   | 1 cookie                 | 121  | 8     | 2    |     | 54   | 19   | 1.5  | 11   | 3    |
| Muffin Banana Nut                | 2 oz.                    | 190  | 6     | 2    |     | 130  | 30   | 2    | 17   | 3    |
| Muffin Blueberry                 | 2 oz.                    | 190  | 6     | 2    |     | 130  | 30   | 2    | 16   | 3    |
| Muffin Double Choc Chip          | 2 oz.                    | 200  | 6     | 2    |     | 130  | 32   | 2    | 17   | 4    |
| Noodles frozen                   | 1/2 cup                  | 95   | 1     |      |     | 55   | 18   | 1    | 1    | 8    |
| Oatmeal                          | 1/2 cup cooked           | 74   | 1.17  | 0.19 |     | 1    | 13   | 2    | 0.28 | 3    |
| Pancake Mini                     | 6                        | 110  | 1     |      |     |      | 21   |      |      | 5    |
| Pancakes WG                      | 2                        | 160  | 4     | 1    |     | 306  | 27   | 3    | 10   | 3    |
| Pasta (rotini, spag, mac) cooked | 1/2 c (1#=8 cups cooked) | 87   | 0.5   |      |     | 2    | 18   | 3    | 0.5  | 3.7  |
| Rice                             | 12 cup cooked            | 108  | 0.9   | 0.18 |     | 5    | 22   | 1.8  | 0.34 | 2.5  |
| Taco Shell Hard                  | 1 shell                  | 50   | 2     | 0.3  |     | 1    | 7    | 0.75 | 0    | 0.75 |
| Tortillas WG                     | 1-8"                     | 120  | 2.5   | 0.5  |     | 340  | 20   | 3    | 1    | 4    |
| Waffles sticks WG                | 2                        | 140  | 2     | 0    |     | 250  | 27   | 2    | 5    | 4    |
|                                  |                          |      |       |      |     |      |      |      |      |      |
| BBQ Sauce                        | 1 Tbls                   | 60   | 0     | 0    |     | 115  | 7    | 0    | 6    | 0    |
| Cabbage Salad                    | 1/2 cup                  | 24.4 | 1.25  | 0.4  |     | 52.5 |      | 0.3  | 2    | 0.1  |

|                             |                    |      |     |     |        |     |     |      |      |   |
|-----------------------------|--------------------|------|-----|-----|--------|-----|-----|------|------|---|
| French Red Cal              | 2 Tbls             | 50   | 1.5 | 0   | 280    | 10  | 0   | 8    | 0    |   |
| Ketchup 1 T 100 ser         | 1T                 | 20   | 0   | 0   | 160    | 5   | 0   | 4    | 0    |   |
| Italian Dressing            | 2 Tbls             | 100  | 8   | 1.5 | 320    | 6   | 0   | 1    | 0    |   |
| Jelly                       | 1/2 oz. packet     | 35   | 0   | 0   | 5      | 9   | 0   | 6    | 0    |   |
| Macaroni Salad              | 1/2 cup            | 160  | 6.8 | 3.4 | 359    |     | 1.9 | 8.6  | 5.3  |   |
| Mustard                     | 1 tsp              | 0    | 0   | 0   | 60     | 0   | 0   | 0    | 0    |   |
| Pasta Salad                 | 1/2 cup            | 132  | 5.5 | 2.8 | 278    |     | 0.8 | 2.9  | 4.8  |   |
| Pickles                     | 1/8 cup            | 0    | 0   | 0   | 190    | 0   | 0   | 0    | 0    |   |
| Pickle Relish               | .53 oz.            | 15   | 0   | 0   | 100    | 3   | 0   | 3    | 0    |   |
| Pizza Sauce                 | 1/4 c              | 30   | 0   | 0   | 230    | 5   | 0   | 4    | 1    |   |
| Potato Salad                | 1/2 cup            | 85   | 3.5 | 1   | 113    |     | 0.5 | 3.5  | 1.5  |   |
| Ranch Red Cal               | 2 Tbls             | 50   | 1.5 |     | 280    | 10  |     | 8    |      |   |
| Salad Bar w/trimmings       | 1 cup lettuce      | 527  | 10  | 2.7 | 1302   |     | 5.4 | 43.4 | 27   |   |
| Salad Dressing Red Cal      | 1 Tbls             | 7.3  | 0.6 | 0.2 | 23     |     |     | 0.6  |      |   |
| Salsa                       | 2 Tbls             | 10   | 0   | 0   | 70     | 2   | 1   | 1    |      |   |
| Spaghetti Sauce             | 1/2 cup            | 60   | 0   | 0   | 520    | 12  | 3   | 8    | 2    |   |
| Tarter Sauce                | 1 OZ.              | 140  | 14  | 2   | 150    | 5   |     | 1.3  |      |   |
| Taco Sauce                  | 1 Tbls             | 5    | 0   | 0   | 130    | 2   | 0   | 1    | 0    |   |
| Worcestershire Sauce        | 1/2 cup            | 107  |     |     | 1347.5 | 27  |     | 14   |      |   |
|                             |                    |      |     |     |        |     |     |      |      |   |
|                             |                    |      |     |     |        |     |     |      |      |   |
| Bacon Bits                  | 1/4 oz.            | 30   | 1   |     | 55     |     | 1   |      | 3    |   |
| Baking Powder               | 1Tbls              | 6    |     |     | 1431   | 0   |     |      | 0    |   |
| Butterscotch Chips          | 1 cup              | 1280 | 64  | 48  | 560    | 144 |     | 144  | 16   |   |
| Cinnamon                    | 1Tbls              | 19   |     |     | 1      |     | 4   |      |      |   |
| Chili                       | 1Tbls              | 24   | 1   |     | 76     |     | 1   | 3    | 1    |   |
| Chocolate Chips             | 1 cup              | 805  | 50  | 30  | 18     | 106 | 10  | 91   | 7    |   |
| Chocolate Oil Cake          | 1                  | 195  | 7   | 3   | 47     |     | 1   | 18   | 2    |   |
| Cocoa                       | 1 cup              | 196  | 12  | 7   | 18     |     | 29  | 2    | 17   |   |
| Corn Starch                 | 1 cup              | 488  | 0.1 |     | 11.5   | 117 | 1.2 | 0.3  |      |   |
| Corn Syrup                  | 1 cup              | 965  | 0.7 |     | 211    | 262 |     | 91   |      |   |
| Dehydrated onion            | 1Tbls              | 17   |     |     | 1      |     |     | 2    |      |   |
| Egg                         | 1 Large            | 71   | 5   | 2   | 70     |     |     |      | 3.6  |   |
| Flour white                 | 1 cup              | 455  | 1   | 0.2 | 2      | 95  | 3   | 0.3  | 13   |   |
| Flour WG                    | 1 cup              | 408  | 3   | 0.5 | 2      | 86  | 13  | 0    | 15   |   |
| Frostin vanilla             | 1Tbls              | 80   | 2   | 0.4 | 38     | 16  | 0   | 15   | 0    |   |
| Garlic Powder               | 1Tbls              | 27   |     |     | 2      |     | 2   | 1    | 1    |   |
| M&M's                       | 1 cup (2 cup = 1#) | 1023 | 44  | 27  | 127    |     | 5   | 132  | 9    |   |
| Margarine Tbls              | 1Tbls              | 100  | 11  | 5   | 110    | 0   | 0   | 0    | 0    |   |
| Margarine 1 cup             | 1 cup              | 1600 | 176 | 72  | 1760   | 0   | 0   | 0    | 0    |   |
| Marshmallow Mini            | 2/3 cup            | 100  |     |     | 30     | 25  |     | 16   | 1    |   |
| Milk Dry                    | 1 cup              | 243  |     |     | 373    | 35  |     | 35   | 24   |   |
| Molasses                    | 1 cup              | 977  |     |     | 125    |     |     | 187  |      |   |
| Oatmeal                     | 1 cup              | 307  | 5.3 | 1   | 5      | 56  | 8   | 1    | 11   |   |
| Oil                         | 1 cup              | 1920 | 224 | 32  |        | 0   | 0   | 0    | 0    |   |
| Peanut Butter               | 1Tbls              | 95   | 8   | 1.5 | 74     | 4   | 0.1 | 1.5  | 4    |   |
| Peanut Butter (1 cup)       | 1 cup              | 1520 | 128 | 24  | 1184   | 62  | 1.6 | 24   | 64   |   |
| Peanut Butter Sunbutter     | 1 cup              | 1604 | 144 | 12  | 860    | 60  | 16  | 28   | 44   |   |
| Pudding Inst/70 Tbls/pkg    | 2T dry             | 80   |     |     | 250    | 21  |     | 17   |      |   |
| Rice                        | 1 cup              | 685  | 1   |     | 9      | 146 | 6.4 | 1.6  | 14.8 |   |
| Salt                        | 1Tbls              |      |     |     | 6976   | 0   |     |      | 0    |   |
| Soda                        | 1 tsp              |      |     |     | 1231   |     |     |      |      |   |
| Sour Cream                  | 1 oz.              | 60   | 5   | 3.5 | 50     | 2   |     | 1    | 1    |   |
| Sugar Brown                 | 1 cup              | 836  |     |     | 62     | 216 |     | 213  |      |   |
| Sugar                       | 1 tsp              |      |     |     |        | 4   |     | 4    |      |   |
| Sugar                       | 1 cup              | 774  |     |     |        | 200 |     | 200  |      |   |
| Taco Seasoning low sodium   | 1/4 cup (3.6 g.)   | 10   |     |     | 350    | 2   |     |      |      |   |
| Vanilla                     | 1Tbls              | 7    |     |     |        | 0.3 |     | 2    | 0    |   |
| Vinegar                     | 1 cup              | 50   |     |     | 12     |     |     | 1    |      |   |
| Whip it 3g                  | 1Tbls              | 15   | 1   | 1   | 0      | 2   |     | 1    |      |   |
| Yeast                       | 1Tbls              | 35   | 1   |     | 6      |     | 3   |      | 5    |   |
|                             |                    |      |     |     |        |     |     |      |      |   |
| SNACKS                      |                    |      |     |     |        |     |     |      |      |   |
| Bagel White wg              | 2 oz.              | 140  | 1   | 0   | 160    | 28  | 4   | 4    | 6    |   |
| Bagel Blueberry wg          | 2.25 oz.           | 170  | 1   | 0   | 190    | 34  | 4   | 7    | 7    |   |
| Bagel Cinnamon Raisin wg    | 2.25 oz.           | 170  | 1   | 0   | 160    | 34  | 5   | 8    | 7    |   |
| Bar Cereal Trix             | 1.42 oz.           | 150  | 3   | 0.5 | 105    | 30  | 3   | 9    | 2    |   |
| Bar Choco Chip Oatmeal      | 1.24 oz.           | 150  | 5   | 1   | 120    | 23  | 2   | 8    | 2    |   |
| Cereal Cinn Toast Crunch    | 1 oz.              | 110  | 3   | 0.5 | 160    | 22  | 2   | 8    | 1    |   |
| Cereal Cocoa Puffs          | 1.06 oz.           | 110  | 1.5 | 0   | 160    | 25  | 2   | 8    | 2    |   |
| Cereal Honey Nut Cheerios   | 1 oz.              | 110  | 1.5 | 0   | 160    | 22  | 2   | 9    | 2    |   |
| Cereal Trix                 | 1 oz.              | 110  | 1.5 | 0   | 140    | 24  | 1   | 7    | 1    |   |
| Cereal Rice Krispies        | 1.25 cup           | 130  | 0.3 | 0.1 | 299    | 28  | 0.3 | 0.3  | 2    |   |
| Cheez-it Cracker wg         | .75 oz.            | 100  | 4   | 1   | 0      | 150 | 14  | 1    | 0    | 2 |
| Chex Snack Mix Cheddar      | .92 oz.            | 110  | 2.5 | 0.5 | 135    | 20  | 2   | 4    | 2    |   |
| Chex Snack Mix Choc Car     | 1.03 oz.           | 130  | 4   | 1.5 | 70     | 22  | 2   | 8    | 2    |   |
| Chex Snack Mix Straw Yogurt | 1.03 oz.           | 120  | 3   | 1   | 55     | 23  | 2   | 6    | 2    |   |
| Chips Baked Cheddar         | .8 oz.             | 100  | 3   | 0   | 200    | 17  | 1   | 2    | 1    |   |
| Chips Baked Lays Original   | 1.12 oz.           | 130  | 2   | 0   | 150    | 26  | 2   | 2    | 2    |   |
| Chips Dorito Nacho cheese   | 1 oz.              | 130  | 5   | 1   | 0      | 200 | 20  | 2    | 1    | 2 |
| Cracker Elf graham cinn     | 1 oz.              | 120  | 4   | 1   | 105    | 21  | 1   | 8    | 2    |   |
| English Muffin              | 2 oz.              | 130  | 1.5 | 0   | 240    | 24  | 3   | 1    | 6    |   |
| Fruit Roll Up Hot Colors    | .5 oz.             | 45   | 1   | 0   | 55     | 11  | 2   | 4    | 0    |   |
| Fruit Snack Motts           | 1.6 oz.            | 130  | 0   | 0   | 55     | 37  | 8   | 15   | 0    |   |

|                            |          |     |     |     |  |     |    |   |    |   |
|----------------------------|----------|-----|-----|-----|--|-----|----|---|----|---|
| Fruit Snack Scooby         | .9 oz.   | 70  | 0   | 0   |  | 30  | 21 | 4 | 8  | 0 |
| Grandmas Choco chip cookie | 1.22 oz. | 160 | 6   | 1.5 |  | 160 | 24 | 3 | 11 | 2 |
| Juice V8 Pom-Blueberry     | 8 oz.    | 100 | 0   | 0   |  | 70  | 25 | 0 | 22 | 0 |
| Popcorn White Lite         | .5 oz.   | 50  | 2   | 0   |  | 95  | 10 | 2 | 0  | 2 |
| Pop Tart Strawberry        | 1.76 oz. | 180 | 2.5 | 1   |  | 190 | 38 | 3 | 15 | 2 |
| Pop Tart Cinnamon          | 1.76 oz. | 190 | 3   | 1   |  | 200 | 38 | 3 | 16 | 2 |
| Meat Sticks                | .5 oz.   | 30  | 1   | 0   |  | 190 | 1  | 0 | 1  | 4 |