

Banana Muffin Nutrition Facts/Valeur nutritive			
Per 1 Each (50 gm)		Par 1 Each (50 gm)	
	Amount Teneur	% Daily value % valeur quotidienne	
Calories / Calories	445.66		
Fat / Lipides	21.82g	33.57%	
Saturated / satures + Trans / trans	4.02g 0g		
Cholesterol / Cholesterol	45.36mg	15.12%	
Sodium / Sodium	357.21mg		
Carbohydrate / Glucides	56.18g	18.73%	
Fiber / Fibres Sugars / Sucres	1.93g 30.67g	7.72%	
Protein / Proteines	5.99g		
Vitamin A / Vitamine A Vitamin C / Vitamine C	0.7% 1.7%	Calcium / Calcium Iron / Fer	3.61% 16.21%
Muffin Batter, Banana			
Contains: Eggs, Milk, Wheat			

Blueberry Muffin Nutrition Facts/Valeur nutritive			
Per 1 Each (50 gm)		Par 1 Each (50 gm)	
	Amount Teneur	% Daily value % valeur quotidienne	
Calories / Calories	323.19		
Fat / Lipides	12.25g	18.85%	
Saturated / satures + Trans / trans	2.3g 0g		
Cholesterol / Cholesterol	41.96mg	13.99%	
Sodium / Sodium	500.09mg		
Carbohydrate / Glucides	46.15g	15.38%	
Fiber / Fibres Sugars / Sucres	1.85g 0g	7.4%	
Protein / Proteines	7.37g		
Vitamin A / Vitamine A Vitamin C / Vitamine C	4.29% 2.83%	Calcium / Calcium Iron / Fer	19.48% 18.36%
Muffin Batter, Blueberry			
Contains: Eggs, Milk, Wheat			

Carrot Muffin Nutrition Facts/Valeur nutritive			
Per 1 Each (50 gm)		Par 1 Each (50 gm)	
	Amount Teneur	% Daily value % valeur quotidienne	
Calories / Calories	420.71		
Fat / Lipides	1.71g	2.63%	
Saturated / satures + Trans / trans	0.31g 0g		
Cholesterol / Cholesterol	0mg	0%	
Sodium / Sodium	6.8mg		
Carbohydrate / Glucides	84.68g	28.23%	
Fiber / Fibres Sugars / Sucres	3.63g 3.03g	14.52%	
Protein / Proteines	14.79g		
Vitamin A / Vitamine A Vitamin C / Vitamine C	0% 0%	Calcium / Calcium Iron / Fer	2.16% 26.71%
Muffin Batter, Carrot Frz			
Contains: Eggs, Milk, Wheat			

Toasted English Muffin Nutrition Facts/Valeur nutritive			
Per 1 Each (70.88 gm)		Par 1 Each (70.88 gm)	
	Amount Teneur	% Daily value % valeur quotidienne	
Calories / Calories	233.91		
Fat / Lipides	12.29g	18.91%	
Saturated / satures + Trans / trans	2.11g 0g		
Cholesterol / Cholesterol	0mg	0%	
Sodium / Sodium	395.11mg		
Carbohydrate / Glucides	26.21g	8.74%	
Fiber / Fibres Sugars / Sucres	1.53g 0g	6.12%	
Protein / Proteines	4.49g		
Vitamin A / Vitamine A Vitamin C / Vitamine C	11.47% 0.05%	Calcium / Calcium Iron / Fer	3.06% 10.14%
Muffin English 2z; Margarine Pat			
Contains: Wheat			

Lemon Cranberry Muffin Nutrition Facts/Valeur nutritive			
Per 1 Each (50 gm)		Par 1 Each (50 gm)	
	Amount Teneur	% Daily value % valeur quotidienne	
Calories / Calories	445.66		
Fat / Lipides	21.82g	33.57%	
Saturated / satures + Trans / trans	4.02g 0g		
Cholesterol / Cholesterol	45.36mg	15.12%	
Sodium / Sodium	357.21mg		
Carbohydrate / Glucides	56.18g	18.73%	
Fiber / Fibres Sugars / Sucres	1.93g 30.67g	7.72%	
Protein / Proteines	5.99g		
Vitamin A / Vitamine A Vitamin C / Vitamine C	0.7% 1.7%	Calcium / Calcium Iron / Fer	3.61% 16.21%
Muffin Batter, Lemon Cranberry			
Contains: Eggs, Milk, Wheat			

Morning Glory Muffin Nutrition Facts/Valeur nutritive			
Per 1 Each (50 gm)		Par 1 Each (50 gm)	
	Amount Teneur	% Daily value % valeur quotidienne	
Calories / Calories	445.66		
Fat / Lipides	21.82g	33.57%	
Saturated / satures + Trans / trans	4.02g 0g		
Cholesterol / Cholesterol	45.36mg	15.12%	
Sodium / Sodium	357.21mg		
Carbohydrate / Glucides	56.18g	18.73%	
Fiber / Fibres Sugars / Sucres	1.93g 30.67g	7.72%	
Protein / Proteines	5.99g		
Vitamin A / Vitamine A Vitamin C / Vitamine C	0.7% 1.7%	Calcium / Calcium Iron / Fer	3.61% 16.21%
Muffin Batter, Morning Glory			
Contains: Eggs, Milk, Wheat			

Oatmeal Apple Muffin Nutrition Facts/Valeur nutritive	
Per 1 Each (50 gm)	Par 1 Each (50 gm)
	Amount Teneur % Daily value % valeur quotidienne
Calories / Calories	306.18
Fat / Lipides	8.39g 12.91%
Saturated / satures + Trans / trans	1.23g 0g
Cholesterol / Cholesterol	0mg 0%
Sodium / Sodium	445.66mg
Carbohydrate / Glucides	54.77g 18.26%
Fiber / Fibres Sugars / Sucres	5.22g 9.32g 20.88%
Protein / Proteines	7.94g
Vitamin A / Vitamine A Vitamin C / Vitamine C	0% 0% Calcium / Calcium Iron / Fer 6.49% 34%
Muffin Batter, Oatmeal Apple	
Contains: Eggs, Milk, Wheat	

Buttered White Bread Nutrition Facts/Valeur nutritive	
Per 1 Slice (30 gm)	Par 1 Slice (30 gm)
	Amount Teneur % Daily value % valeur quotidienne
Calories / Calories	126.82
Fat / Lipides	4.68g 7.2%
Saturated / satures + Trans / trans	0.92g 0.65g
Cholesterol / Cholesterol	0mg 0%
Sodium / Sodium	286.01mg
Carbohydrate / Glucides	18.25g 6.08%
Fiber / Fibres Sugars / Sucres	0.86g 1.55g 3.44%
Protein / Proteines	2.76g
Vitamin A / Vitamine A Vitamin C / Vitamine C	3.55% 0.02% Calcium / Calcium Iron / Fer 4.95% 9.64%
Bread, White RTS Bulk Loaf; Margarine, Solids	
Contains: Wheat	

Buttered WW Bread Nutrition Facts/Valeur nutritive	
Per 1 Slice (30 gm)	Par 1 Slice (30 gm)
	Amount Teneur % Daily value % valeur quotidienne
Calories / Calories	118.75
Fat / Lipides	4.69g 7.22%
Saturated / satures + Trans / trans	0.92g 0.65g
Cholesterol / Cholesterol	0mg 0%
Sodium / Sodium	208.41mg
Carbohydrate / Glucides	14.69g 4.9%
Fiber / Fibres Sugars / Sucres	2.41g 1.98g 9.64%
Protein / Proteines	4.6g
Vitamin A / Vitamine A Vitamin C / Vitamine C	3.55% 0.02% Calcium / Calcium Iron / Fer 3.46% 6.21%
Bread, Whole Wheat RTS Bulk Loaf; Margarine, Solids	
Contains: Wheat	

Banana Bread Nutrition Facts/Valeur nutritive	
Per 1 Slice (42.52 gm)	Par 1 Slice (42.52 gm)
	Amount Teneur % Daily value % valeur quotidienne
Calories / Calories	96.17
Fat / Lipides	3.64g 5.6%
Saturated / satures + Trans / trans	0.73g 0.6g
Cholesterol / Cholesterol	11.44mg 3.81%
Sodium / Sodium	132.64mg
Carbohydrate / Glucides	15.7g 5.23%
Fiber / Fibres Sugars / Sucres	0.27g 12.44g 1.08%
Protein / Proteines	0.83g
Vitamin A / Vitamine A Vitamin C / Vitamine C	4.02% 1.62% Calcium / Calcium Iron / Fer 1.47% 1.5%
Sugar, Granulated; Bananas, Medium Fresh; Flour, All Purpose; Margarine, Solids; Egg, Liquid Whole Frz; Milk, 2% Bulk; Salt, Table; Baking Powder; Baking Soda	
Contains: Eggs, Milk, Wheat	

Plain Bagel, buttered Nutrition Facts/Valeur nutritive	
Per 4 1/4 Oz (120.49 gm)	Par 4 1/4 Oz (120.49 gm)
	Amount Teneur % Daily value % valeur quotidienne
Calories / Calories	312.43
Fat / Lipides	5.65g 8.69%
Saturated / satures + Trans / trans	2.71g 0.15g
Cholesterol / Cholesterol	9.68mg 3.23%
Sodium / Sodium	659.17mg
Carbohydrate / Glucides	57.37g 19.12%
Fiber / Fibres Sugars / Sucres	2.67g 2.67g 10.68%
Protein / Proteines	9.38g
Vitamin A / Vitamine A Vitamin C / Vitamine C	3.17% 0.02% Calcium / Calcium Iron / Fer 5.46% 23.86%
Bagel Plain; Butter Pat	
Contains: Eggs, Soy, Wheat	

Full Breakfast Nutrition Facts/Valeur nutritive	
Per 12 1/3 Oz (349.64 gm)	Par 12 1/3 Oz (349.64 gm)
	Amount Teneur % Daily value % valeur quotidienne
Calories / Calories	546.48
Fat / Lipides	22.11g 34.02%
Saturated / satures + Trans / trans	6.99g 0.07g
Cholesterol / Cholesterol	382.41mg 127.47%
Sodium / Sodium	932.97mg
Carbohydrate / Glucides	60.23g 20.08%
Fiber / Fibres Sugars / Sucres	3.32g 4.84g 13.28%
Protein / Proteines	25.18g
Vitamin A / Vitamine A Vitamin C / Vitamine C	19.14% 13.98% Calcium / Calcium Iron / Fer 15% 33.93%
Potato, Frsh; Egg, Whole Large Fresh; Bread, White RTS Bulk Loaf; Bacon, Pork SI 18-22 ct NEP	
Contains: Eggs, Soy, Wheat	

Bacon & Egg Nutrition Facts/Valeur nutritive			
Per 90 g (90 gm)		Par 90 g (90 gm)	
	Amount Teneur	% Daily value % valeur quotidienne	
Calories / Calories	6.77		
Fat / Lipides	0.37g	0.57%	
Saturated / satures + Trans / trans	0.1g 0.02g		
Cholesterol / Cholesterol	3.88mg	1.29%	
Sodium / Sodium	62.52mg		
Carbohydrate / Glucides	0.56g	0.19%	
Fiber / Fibres Sugars / Sucres	0.07g 0.05g	0.28%	
Protein / Proteines	0.29g		
Vitamin A / Vitamine A Vitamin C / Vitamine C	0.29% 0%	Calcium / Calcium Iron / Fer	0.12% 0.36%

Bread, Rye RTS Slice; Bacon, Pork SI 18-22 ct NEP; Margarine, Solids; Salt, Table; Egg, Whole Large Fresh

Contains: Eggs, Milk

Egg and Cheese Bagel Nutrition Facts/Valeur nutritive			
Per 1 Each (120 gm)		Par 1 Each (120 gm)	
	Amount Teneur	% Daily value % valeur quotidienne	
Calories / Calories	342.66		
Fat / Lipides	14.23g	21.89%	
Saturated / satures + Trans / trans	7.13g 0.34g		
Cholesterol / Cholesterol	180.92mg	60.31%	
Sodium / Sodium	647.58mg		
Carbohydrate / Glucides	36.78g	12.26%	
Fiber / Fibres Sugars / Sucres	2.09g 2.02g	8.36%	
Protein / Proteines	17.59g		
Vitamin A / Vitamine A Vitamin C / Vitamine C	13.57% 0.02%	Calcium / Calcium Iron / Fer	23.55% 19.5%

Bagel Plain; Egg, Liquid Whole Frz; Cheese, Yellow Sliced; Pan Coating, Spray

Contains: Eggs, Milk, Wheat

2 egg cheese omelette Nutrition Facts/Valeur nutritive			
Per 8 Oz (226.8 gm)		Par 8 Oz (226.8 gm)	
	Amount Teneur	% Daily value % valeur quotidienne	
Calories / Calories	565.02		
Fat / Lipides	31.17g	47.95%	
Saturated / satures + Trans / trans	15.52g 0.07g		
Cholesterol / Cholesterol	425.35mg	141.78%	
Sodium / Sodium	967.88mg		
Carbohydrate / Glucides	38.15g	12.72%	
Fiber / Fibres Sugars / Sucres	1.73g 4.17g	6.92%	
Protein / Proteines	31.42g		
Vitamin A / Vitamine A Vitamin C / Vitamine C	34.15% 0%	Calcium / Calcium Iron / Fer	51.12% 31.93%

Egg, Whole Large Fresh; Bread, White RTS Bulk Loaf; Cheese, Cheddar

Contains: Eggs, Milk, Soy, Wheat

western sandwich 1 egg Nutrition Facts/Valeur nutritive			
Per 8 1/3 Oz (236.24 gm)		Par 8 1/3 Oz (236.24 gm)	
	Amount Teneur	% Daily value % valeur quotidienne	
Calories / Calories	547.24		
Fat / Lipides	28.64g	44.06%	
Saturated / satures + Trans / trans	14.84g 0.03g		
Cholesterol / Cholesterol	258.6mg	86.2%	
Sodium / Sodium	1275.83mg		
Carbohydrate / Glucides	40.72g	13.57%	
Fiber / Fibres Sugars / Sucres	2.54g 4.72g	10.16%	
Protein / Proteines	30.5g		
Vitamin A / Vitamine A Vitamin C / Vitamine C	24.84% 22.63%	Calcium / Calcium Iron / Fer	50.13% 29.57%

Bread, White RTS Bulk Loaf; Cheese, Cheddar Sliced; Egg, Whole Large Fresh; Ham, Toupie Bnls Frsh; Onions, Fresh White; Peppers, Green Fresh

Contains: Eggs, Milk, Soy, Wheat

1 egg Nutrition Facts/Valeur nutritive			
Per 1 3/4 Oz (49.61 gm)		Par 1 3/4 Oz (49.61 gm)	
	Amount Teneur	% Daily value % valeur quotidienne	
Calories / Calories	72.5		
Fat / Lipides	5.01g	7.71%	
Saturated / satures + Trans / trans	1.52g 0.03g		
Cholesterol / Cholesterol	182.91mg	60.97%	
Sodium / Sodium	62.73mg		
Carbohydrate / Glucides	0.49g	0.16%	
Fiber / Fibres Sugars / Sucres	0g 0.38g	0%	
Protein / Proteines	5.9g		
Vitamin A / Vitamine A Vitamin C / Vitamine C	9.56% 0%	Calcium / Calcium Iron / Fer	2.04% 4.93%

Egg, Whole Large Fresh

Contains: Eggs

Pancakes Nutrition Facts/Valeur nutritive			
Per 2 Each (63.79 gm)		Par 2 Each (63.79 gm)	
	Amount Teneur	% Daily value % valeur quotidienne	
Calories / Calories	71.59		
Fat / Lipides	0.34g	0.52%	
Saturated / satures + Trans / trans	0.05g 0g		
Cholesterol / Cholesterol	0mg	0%	
Sodium / Sodium	264.87mg		
Carbohydrate / Glucides	14.84g	4.95%	
Fiber / Fibres Sugars / Sucres	1.09g 0.45g	4.36%	
Protein / Proteines	2.02g		
Vitamin A / Vitamine A Vitamin C / Vitamine C	0% 0%	Calcium / Calcium Iron / Fer	6.33% 4.43%

Pancake, Mix; Water

Contains: Wheat

french toast Nutrition Facts/Valeur nutritive			
Per 5 1/2 Oz (155.93 gm)		Par 5 1/2 Oz (155.93 gm)	
	Amount Teneur	% Daily value % valeur quotidienne	
Calories / Calories	298.68		
Fat / Lipides	7.92g	12.18%	
Saturated / satures + Trans / trans	2.23g 0.05g		
Cholesterol / Cholesterol	184.97mg	61.66%	
Sodium / Sodium	565.91mg		
Carbohydrate / Glucides	41.05g	13.68%	
Fiber / Fibres Sugars / Sucres	3.19g 5.51g	12.76%	
Protein / Proteines	12.36g		
Vitamin A / Vitamine A Vitamin C / Vitamine C	11.21% 0.27%	Calcium / Calcium Iron / Fer	17.3% 25.93%
Bread, White RTS Bulk Loaf; Egg, Whole Large Fresh; Milk, 2% Bulk; Cinnamon, Ground; Extract, Vanilla			
Contains: Eggs, Milk, Soy, Wheat			

Breakfast bagel with bacon Nutrition Facts/Valeur nutritive			
Per 9 1/4 Oz (262.24 gm)		Par 9 1/4 Oz (262.24 gm)	
	Amount Teneur	% Daily value % valeur quotidienne	
Calories / Calories	576.17		
Fat / Lipides	23.39g	35.98%	
Saturated / satures + Trans / trans	10.37g 0.37g		
Cholesterol / Cholesterol	225.72mg	75.24%	
Sodium / Sodium	1797.28mg		
Carbohydrate / Glucides	63.15g	21.05%	
Fiber / Fibres Sugars / Sucres	2.84g 7.99g	11.36%	
Protein / Proteines	28.9g		
Vitamin A / Vitamine A Vitamin C / Vitamine C	19.18% 0.02%	Calcium / Calcium Iron / Fer	26.82% 31.07%
Bagel Plain; Cheese, Processed; Egg, Whole Large Fresh; Bacon, Pork SI 18-22 ct NEP			
Contains: Eggs, Milk			

Breakfast bagel with sausage Nutrition Facts/Valeur nutritive			
Per 9 1/4 Oz (262.24 gm)		Par 9 1/4 Oz (262.24 gm)	
	Amount Teneur	% Daily value % valeur quotidienne	
Calories / Calories	505		
Fat / Lipides	17.34g	26.68%	
Saturated / satures + Trans / trans	8.22g 0.38g		
Cholesterol / Cholesterol	215.4mg	71.8%	
Sodium / Sodium	1597.11mg		
Carbohydrate / Glucides	63.07g	21.02%	
Fiber / Fibres Sugars / Sucres	2.84g 7.99g	11.36%	
Protein / Proteines	25.08g		
Vitamin A / Vitamine A Vitamin C / Vitamine C	19.19% 0.03%	Calcium / Calcium Iron / Fer	26.8% 29.64%
Bagel Plain; Cheese, Processed; Egg, Whole Large Fresh; Sausage, Pork Patties 2z Raw NEP			
Contains: Eggs, Milk			

Sausage muffin Nutrition Facts/Valeur nutritive			
Per 4 Oz (113.4 gm)		Par 4 Oz (113.4 gm)	
	Amount Teneur	% Daily value % valeur quotidienne	
Calories / Calories	285.58		
Fat / Lipides	11.35g	17.46%	
Saturated / satures + Trans / trans	6.44g 0.34g		
Cholesterol / Cholesterol	32.49mg	10.83%	
Sodium / Sodium	1170.44mg		
Carbohydrate / Glucides	31.3g	10.43%	
Fiber / Fibres Sugars / Sucres	1.7g 4.93g	6.8%	
Protein / Proteines	14.21g		
Vitamin A / Vitamine A Vitamin C / Vitamine C	9.54% 0.02%	Calcium / Calcium Iron / Fer	22.08% 11%
Muffin English 2z; Cheese, Processed; Sausage, Pork Patties 2z Raw NEP			
Contains: Milk, Wheat			

egg, ham & cheese muffin Nutrition Facts/Valeur nutritive			
Per 5 Oz (141.75 gm)		Par 5 Oz (141.75 gm)	
	Amount Teneur	% Daily value % valeur quotidienne	
Calories / Calories	328.01		
Fat / Lipides	13.44g	20.68%	
Saturated / satures + Trans / trans	7.16g 0.34g		
Cholesterol / Cholesterol	47.91mg	15.97%	
Sodium / Sodium	1532.6mg		
Carbohydrate / Glucides	32.38g	10.79%	
Fiber / Fibres Sugars / Sucres	2.07g 4.93g	8.28%	
Protein / Proteines	18.77g		
Vitamin A / Vitamine A Vitamin C / Vitamine C	9.53% 1.88%	Calcium / Calcium Iron / Fer	22.58% 13%
Muffin English 2z; Cheese, Processed; Ham, Toupie Bnls Frsh			
Contains: Milk, Wheat			

side bacon Nutrition Facts/Valeur nutritive			
Per 2 1/4 Oz (63.79 gm)		Par 2 1/4 Oz (63.79 gm)	
	Amount Teneur	% Daily value % valeur quotidienne	
Calories / Calories	112.43		
Fat / Lipides	9.61g	14.78%	
Saturated / satures + Trans / trans	3.4g 0g		
Cholesterol / Cholesterol	16.59mg	5.53%	
Sodium / Sodium	311.53mg		
Carbohydrate / Glucides	0.11g	0.04%	
Fiber / Fibres Sugars / Sucres	0g 0g	0%	
Protein / Proteines	5.94g		
Vitamin A / Vitamine A Vitamin C / Vitamine C	0% 0%	Calcium / Calcium Iron / Fer	0.21% 2.29%
Bacon, Pork SI 18-22 ct NEP			

side sausage Nutrition Facts/Valeur nutritive			
Per 3 Oz (85.05 gm)		Par 3 Oz (85.05 gm)	
	Amount Teneur	% Daily value % valeur quotidienne	
Calories / Calories	321.49		
Fat / Lipides	29.8g	45.85%	
Saturated / satures + Trans / trans	9.92g 0.28g		
Cholesterol / Cholesterol	62.94mg	20.98%	
Sodium / Sodium	639.58mg		
Carbohydrate / Glucides	0g	0%	
Fiber / Fibres Sugars / Sucres	0g 0g	0%	
Protein / Proteines	12.32g		
Vitamin A / Vitamine A Vitamin C / Vitamine C	1.52% 1%	Calcium / Calcium Iron / Fer	10.59% 5.57%
Sausage, Pork Link Ckd 1z			

Oatmeal Nutrition Facts/Valeur nutritive			
Per 180 mL (180 ml)		Par 180 mL (180 ml)	
	Amount Teneur	% Daily value % valeur quotidienne	
Calories / Calories	95.5		
Fat / Lipides	1.67g	2.57%	
Saturated / satures + Trans / trans	0.29g 0g		
Cholesterol / Cholesterol	0mg	0%	
Sodium / Sodium	166.83mg		
Carbohydrate / Glucides	16.88g	5.63%	
Fiber / Fibres Sugars / Sucres	2.52g 0.34g	10.08%	
Protein / Proteines	3.24g		
Vitamin A / Vitamine A Vitamin C / Vitamine C	0% 0%	Calcium / Calcium Iron / Fer	7.03% 22.93%
Water; Cereal, Oatmeal Quick			
Contains: Wheat			

Froot Loops Nutrition Facts/Valeur nutritive			
Per 180 mL (180 ml)		Par 180 mL (180 ml)	
	Amount Teneur	% Daily value % valeur quotidienne	
Calories / Calories	702		
Fat / Lipides	4.68g	7.2%	
Saturated / satures + Trans / trans	3.06g 0g		
Cholesterol / Cholesterol	0mg	0%	
Sodium / Sodium	738mg		
Carbohydrate / Glucides	158.94g	52.98%	
Fiber / Fibres Sugars / Sucres	3.6g 0g	14.4%	
Protein / Proteines	7.74g		
Vitamin A / Vitamine A Vitamin C / Vitamine C	0% 0%	Calcium / Calcium Iron / Fer	1.64% 171%
Cereal, Froot Loop			

Frosted Mini Wheats Nutrition Facts/Valeur nutritive			
Per 180 mL (180 ml)		Par 180 mL (180 ml)	
	Amount Teneur	% Daily value % valeur quotidienne	
Calories / Calories	633.6		
Fat / Lipides	3.06g	4.71%	
Saturated / satures + Trans / trans	0.54g 0g		
Cholesterol / Cholesterol	0mg	0%	
Sodium / Sodium	3.6mg		
Carbohydrate / Glucides	151.56g	50.52%	
Fiber / Fibres Sugars / Sucres	20.34g 34.2g	81.36%	
Protein / Proteines	17.28g		
Vitamin A / Vitamine A Vitamin C / Vitamine C	0.36% 0%	Calcium / Calcium Iron / Fer	4.68% 171%
Cereal, Frosted Mini Wheat White			
Contains: Wheat			

Rice Krispies Cereal Nutrition Facts/Valeur nutritive			
Per 180 mL (180 ml)		Par 180 mL (180 ml)	
	Amount Teneur	% Daily value % valeur quotidienne	
Calories / Calories	76.59		
Fat / Lipides	0.25g	0.38%	
Saturated / satures + Trans / trans	0.06g 0g		
Cholesterol / Cholesterol	0mg	0%	
Sodium / Sodium	228.74mg		
Carbohydrate / Glucides	17.57g	5.86%	
Fiber / Fibres Sugars / Sucres	0.21g 0g	0.84%	
Protein / Proteines	1.43g		
Vitamin A / Vitamine A Vitamin C / Vitamine C	0% 0%	Calcium / Calcium Iron / Fer	0.26% 19.64%
Cereal, Rice Krispie			
Contains: Wheat			

cream cheese Nutrition Facts/Valeur nutritive			
Per 26 g (26 gm)		Par 26 g (26 gm)	
	Amount Teneur	% Daily value % valeur quotidienne	
Calories / Calories	88.92		
Fat / Lipides	8.9g	13.69%	
Saturated / satures + Trans / trans	5.02g 0g		
Cholesterol / Cholesterol	28.6mg	9.53%	
Sodium / Sodium	83.46mg		
Carbohydrate / Glucides	1.06g	0.35%	
Fiber / Fibres Sugars / Sucres	0g 0.83g	0%	
Protein / Proteines	1.54g		
Vitamin A / Vitamine A Vitamin C / Vitamine C	9.52% 0%	Calcium / Calcium Iron / Fer	2.32% 0.71%
Cream Cheese PC			

Honey Nutrition Facts/Valeur nutritive			
Per 10 mL (10 ml)	Par 10 mL (10 ml)		
	Amount Teneur	% Daily value % valeur quotidienne	
Calories / Calories	51.27		
Fat / Lipides	0g	0%	
Saturated / satures + Trans / trans	0g 0g		
Cholesterol / Cholesterol	0mg	0%	
Sodium / Sodium	0.67mg		
Carbohydrate / Glucides	13.9g	4.63%	
Fiber / Fibres Sugars / Sucres	0.03g 13.85g	0.12%	
Protein / Proteines	0.05g		
Vitamin A / Vitamine A Vitamin C / Vitamine C	0% 0.13%	Calcium / Calcium Iron / Fer	0.09% 0.5%
Honey			

Ketchup Nutrition Facts/Valeur nutritive			
Per 30 mL (30 ml)	Par 30 mL (30 ml)		
	Amount Teneur	% Daily value % valeur quotidienne	
Calories / Calories	55		
Fat / Lipides	0.18g	0.28%	
Saturated / satures + Trans / trans	0.02g 0g		
Cholesterol / Cholesterol	0mg	0%	
Sodium / Sodium	631.64mg		
Carbohydrate / Glucides	14.26g	4.75%	
Fiber / Fibres Sugars / Sucres	0.96g 12.91g	3.84%	
Protein / Proteines	0.99g		
Vitamin A / Vitamine A Vitamin C / Vitamine C	2.65% 14.27%	Calcium / Calcium Iron / Fer	0.93% 2.07%
Ketchup, Bulk			

Brown Gravy Nutrition Facts/Valeur nutritive			
Per 30 mL (30 ml)	Par 30 mL (30 ml)		
	Amount Teneur	% Daily value % valeur quotidienne	
Calories / Calories	11.14		
Fat / Lipides	0g	0%	
Saturated / satures + Trans / trans	0g 0g		
Cholesterol / Cholesterol	0mg	0%	
Sodium / Sodium	44mg		
Carbohydrate / Glucides	1.04g	0.35%	
Fiber / Fibres Sugars / Sucres	0g 0.42g	0%	
Protein / Proteines	1.51g		
Vitamin A / Vitamine A Vitamin C / Vitamine C	0% 0%	Calcium / Calcium Iron / Fer	0.1% 0%
Water; Water; Gravy Mix, Brown			
Contains: Wheat			

Lettuce/Tomato/Pickle/Onion Nutrition Facts/Valeur nutritive			
Per 1 Each (85.05 gm)	Par 1 Each (85.05 gm)		
	Amount Teneur	% Daily value % valeur quotidienne	
Calories / Calories	18.62		
Fat / Lipides	0.15g	0.23%	
Saturated / satures + Trans / trans	0.03g 0g		
Cholesterol / Cholesterol	0mg	0%	
Sodium / Sodium	128.96mg		
Carbohydrate / Glucides	4.1g	1.37%	
Fiber / Fibres Sugars / Sucres	1.27g 2.4g	5.08%	
Protein / Proteines	0.89g		
Vitamin A / Vitamine A Vitamin C / Vitamine C	2.26% 9.93%	Calcium / Calcium Iron / Fer	1.82% 2.43%
Lettuce, Iceberg; Tomatoes, Fresh Med; Onions, Fresh Finely Chopped; Pickle, Chips Dill			
Contains: Wheat			

cheddar cheese Nutrition Facts/Valeur nutritive			
Per 2 Oz (56.7 gm)	Par 2 Oz (56.7 gm)		
	Amount Teneur	% Daily value % valeur quotidienne	
Calories / Calories	228.5		
Fat / Lipides	18.79g	28.91%	
Saturated / satures + Trans / trans	11.96g 0g		
Cholesterol / Cholesterol	59.54mg	19.85%	
Sodium / Sodium	352.11mg		
Carbohydrate / Glucides	0.73g	0.24%	
Fiber / Fibres Sugars / Sucres	0g 0.29g	0%	
Protein / Proteines	14.12g		
Vitamin A / Vitamine A Vitamin C / Vitamine C	15.03% 0%	Calcium / Calcium Iron / Fer	37.16% 2.79%
Cheese, Cheddar			
Contains: Milk			

processed cheese Nutrition Facts/Valeur nutritive			
Per 2 Oz (56.7 gm)	Par 2 Oz (56.7 gm)		
	Amount Teneur	% Daily value % valeur quotidienne	
Calories / Calories	148.55		
Fat / Lipides	9.98g	15.35%	
Saturated / satures + Trans / trans	6.18g 0.34g		
Cholesterol / Cholesterol	31.75mg	10.58%	
Sodium / Sodium	899.83mg		
Carbohydrate / Glucides	5.22g	1.74%	
Fiber / Fibres Sugars / Sucres	0.17g 4.93g	0.68%	
Protein / Proteines	9.7g		
Vitamin A / Vitamine A Vitamin C / Vitamine C	9.53% 0%	Calcium / Calcium Iron / Fer	19.28% 0.79%
Cheese, Processed			
Contains: Milk			

Pizza Large Nutrition Facts/Valeur nutritive			
Per 8 Oz (226.8 gm)	Par 8 Oz (226.8 gm)		
	Amount Teneur	% Daily value % valeur quotidienne	
Calories / Calories	638.96		
Fat / Lipides	28.83g	44.35%	
Saturated / saturés + Trans / trans	14.8g 0g		
Cholesterol / Cholesterol	106.31mg	35.44%	
Sodium / Sodium	2006.14mg		
Carbohydrate / Glucides	60.48g	20.16%	
Fiber / Fibres Sugars / Sucres	2.48g 10.43g	9.92%	
Protein / Proteines	33.73g		
Vitamin A / Vitamine A Vitamin C / Vitamine C	12.71% 27.15%	Calcium / Calcium Iron / Fer	68.78% 29.14%

Pizza Crust, Parbaked 14"; Mushroom, Button; Sauce, Marinara; Cheese, Mozzarella; Pepperoni, Sliced; Cheese, Mozzarella Shredded; Cheese, Feta; Onions, Fresh Yellow; Peppers, Green Fresh; Peppers, Red Frsh Swt

Contains: Milk

Peameal Bacon on Bun Nutrition Facts/Valeur nutritive			
Per 1 Each (134.66 gm)	Par 1 Each (134.66 gm)		
	Amount Teneur	% Daily value % valeur quotidienne	
Calories / Calories	234.03		
Fat / Lipides	6.85g	10.54%	
Saturated / saturés + Trans / trans	2.05g 0g		
Cholesterol / Cholesterol	35.44mg	11.81%	
Sodium / Sodium	1209.39mg		
Carbohydrate / Glucides	22.95g	7.65%	
Fiber / Fibres Sugars / Sucres	0.92g 2.75g	3.68%	
Protein / Proteines	18.81g		
Vitamin A / Vitamine A Vitamin C / Vitamine C	0% 0%	Calcium / Calcium Iron / Fer	6.04% 13.86%

Bacon, Peameal; Bun, Hamburger 3-in 44GM

Contains: Wheat

Corned Beef on Rye Nutrition Facts/Valeur nutritive			
Per 1 Each (124 gm)	Par 1 Each (124 gm)		
	Amount Teneur	% Daily value % valeur quotidienne	
Calories / Calories	225.05		
Fat / Lipides	3.7g	5.69%	
Saturated / saturés + Trans / trans	1.02g 0.04g		
Cholesterol / Cholesterol	31.42mg	10.47%	
Sodium / Sodium	1070.91mg		
Carbohydrate / Glucides	31.34g	10.45%	
Fiber / Fibres Sugars / Sucres	3.71g 2.55g	14.84%	
Protein / Proteines	16.42g		
Vitamin A / Vitamine A Vitamin C / Vitamine C	0.02% 0.43%	Calcium / Calcium Iron / Fer	4.64% 19.64%

XBeef, Corned Sliced Ckd; Bread, Rye RTS Slice

Contains: Wheat

Roast Beef on Wheat Nutrition Facts/Valeur nutritive			
Per 1 Each (113.4 gm)	Par 1 Each (113.4 gm)		
	Amount Teneur	% Daily value % valeur quotidienne	
Calories / Calories	288.77		
Fat / Lipides	5.14g	7.91%	
Saturated / saturés + Trans / trans	1.68g 0.09g		
Cholesterol / Cholesterol	67.69mg	22.56%	
Sodium / Sodium	365.1mg		
Carbohydrate / Glucides	30.02g	10.01%	
Fiber / Fibres Sugars / Sucres	5.18g 4.17g	20.72%	
Protein / Proteines	31.31g		
Vitamin A / Vitamine A Vitamin C / Vitamine C	0.58% 1.17%	Calcium / Calcium Iron / Fer	7.23% 24%

Bread, Whole Wheat RTS Bulk Loaf; Beef, Roast Ckd Btm Rnd

Contains: Wheat

Hot Rst Beef Sandwich Nutrition Facts/Valeur nutritive			
Per 1 Each (141.75 gm)	Par 1 Each (141.75 gm)		
	Amount Teneur	% Daily value % valeur quotidienne	
Calories / Calories	314.77		
Fat / Lipides	5.14g	7.91%	
Saturated / saturés + Trans / trans	1.68g 0.09g		
Cholesterol / Cholesterol	67.69mg	22.56%	
Sodium / Sodium	465.61mg		
Carbohydrate / Glucides	32.44g	10.81%	
Fiber / Fibres Sugars / Sucres	5.18g 5.15g	20.72%	
Protein / Proteines	34.83g		
Vitamin A / Vitamine A Vitamin C / Vitamine C	0.58% 1.17%	Calcium / Calcium Iron / Fer	7.28% 24%

Bread, Whole Wheat RTS Bulk Loaf; Beef, Roast Ckd Btm Rnd; Water; Gravy Mix, Brown

Contains: Wheat

Grill Cheese on Wheat Nutrition Facts/Valeur nutritive			
Per 1 Each (124 gm)	Par 1 Each (124 gm)		
	Amount Teneur	% Daily value % valeur quotidienne	
Calories / Calories	503.43		
Fat / Lipides	32.43g	49.89%	
Saturated / saturés + Trans / trans	14.49g 0.66g		
Cholesterol / Cholesterol	57.6mg	19.2%	
Sodium / Sodium	900.34mg		
Carbohydrate / Glucides	30.4g	10.13%	
Fiber / Fibres Sugars / Sucres	5.73g 4.01g	22.92%	
Protein / Proteines	23.84g		
Vitamin A / Vitamine A Vitamin C / Vitamine C	23.18% 0.05%	Calcium / Calcium Iron / Fer	46.89% 13.21%

Bread, Whole Wheat RTS Bulk Loaf; Cheese, Yellow Sliced; Margarine Pat

Contains: Milk, Wheat

Corned Beef on Rye Nutrition Facts/Valeur nutritive			
Per 1 Each (124 gm)		Par 1 Each (124 gm)	
	Amount Teneur	% Daily value % valeur quotidienne	
Calories / Calories	224.31		
Fat / Lipides	3.68g	5.66%	
Saturated / satures + Trans / trans	1.02g 0.04g		
Cholesterol / Cholesterol	31.03mg	10.34%	
Sodium / Sodium	1062.9mg		
Carbohydrate / Glucides	31.34g	10.45%	
Fiber / Fibres Sugars / Sucres	3.71g 2.55g	14.84%	
Protein / Proteines	16.28g		
Vitamin A / Vitamine A Vitamin C / Vitamine C	0.02% 0.43%	Calcium / Calcium Iron / Fer	4.64% 19.57%
XBeef, Corned Sliced Ckd; Bread, Rye RTS Slice			
Contains: Wheat			

Grill Cheese on Wheat Nutrition Facts/Valeur nutritive			
Per 1 Each (124 gm)		Par 1 Each (124 gm)	
	Amount Teneur	% Daily value % valeur quotidienne	
Calories / Calories	503.43		
Fat / Lipides	32.43g	49.89%	
Saturated / satures + Trans / trans	14.49g 0.66g		
Cholesterol / Cholesterol	57.6mg	19.2%	
Sodium / Sodium	900.34mg		
Carbohydrate / Glucides	30.4g	10.13%	
Fiber / Fibres Sugars / Sucres	5.73g 4.01g	22.92%	
Protein / Proteines	23.84g		
Vitamin A / Vitamine A Vitamin C / Vitamine C	23.18% 0.05%	Calcium / Calcium Iron / Fer	46.89% 13.21%
Bread, Whole Wheat RTS Bulk Loaf; Cheese, Yellow Sliced; Margarine Pat			
Contains: Milk, Wheat			

Shaved Beef on Wheat Nutrition Facts/Valeur nutritive			
Per 1 Each (155.93 gm)		Par 1 Each (155.93 gm)	
	Amount Teneur	% Daily value % valeur quotidienne	
Calories / Calories	239.37		
Fat / Lipides	3.94g	6.06%	
Saturated / satures + Trans / trans	1.18g 0.05g		
Cholesterol / Cholesterol	38.2mg	12.73%	
Sodium / Sodium	352.04mg		
Carbohydrate / Glucides	29.71g	9.9%	
Fiber / Fibres Sugars / Sucres	5.02g 4.07g	20.08%	
Protein / Proteines	21.67g		
Vitamin A / Vitamine A Vitamin C / Vitamine C	0.33% 0.67%	Calcium / Calcium Iron / Fer	7.09% 18.93%
Bread, Whole Wheat RTS Bulk Loaf; Beef, Roast Ckd Btm Rnd			
Contains: Wheat			

B L T Sandwich Nutrition Facts/Valeur nutritive			
Per 1 Each (283.5 gm)		Par 1 Each (283.5 gm)	
	Amount Teneur	% Daily value % valeur quotidienne	
Calories / Calories	309.86		
Fat / Lipides	12.14g	18.68%	
Saturated / satures + Trans / trans	3.94g 0g		
Cholesterol / Cholesterol	16.59mg	5.53%	
Sodium / Sodium	729.78mg		
Carbohydrate / Glucides	36.02g	12.01%	
Fiber / Fibres Sugars / Sucres	4.29g 5.55g	17.16%	
Protein / Proteines	14.03g		
Vitamin A / Vitamine A Vitamin C / Vitamine C	2.8% 13.25%	Calcium / Calcium Iron / Fer	9.56% 19.93%
Bacon, Pork SI 18-22 ct NEP; Tomatoes, Fresh Med; Bread, White RTS Bulk Loaf; Bread, Whole Wheat RTS Bulk Loaf; Lettuce, Iceberg			
Contains: Wheat			

Italian Sausage Lasagna Nutrition Facts/Valeur nutritive			
Per 1 3x4 (250 ml)		Par 1 3x4 (250 ml)	
	Amount Teneur	% Daily value % valeur quotidienne	
Calories / Calories	318.19		
Fat / Lipides	16.3g	25.08%	
Saturated / satures + Trans / trans	5.65g 0g		
Cholesterol / Cholesterol	43.3mg	14.43%	
Sodium / Sodium	1225.76mg		
Carbohydrate / Glucides	15.37g	5.12%	
Fiber / Fibres Sugars / Sucres	3.85g 6.88g	15.4%	
Protein / Proteines	15.59g		
Vitamin A / Vitamine A Vitamin C / Vitamine C	28.12% 34.9%	Calcium / Calcium Iron / Fer	17% 21.64%
Tomato Sauce, Cnd; Sausage, Italian Swt NEP; Spinach, Chopped Frz; Juice, Tomato Cnd RTS Bulk; Cheese, Parmesan; Celery, Frsh; Peppers, Green Fresh; Pasta, Lasagana, RTB 11in; Onions, Fresh Finely Chopped; Oil, Olive			
Contains: Milk, Wheat			

Salsa Chicken Chowder/Chipotle Nutrition Facts/Valeur nutritive			
Per 250 mL (250 ml)		Par 250 mL (250 ml)	
	Amount Teneur	% Daily value % valeur quotidienne	
Calories / Calories	109.57		
Fat / Lipides	2.6g	4%	
Saturated / satures + Trans / trans	0.48g 0.02g		
Cholesterol / Cholesterol	25.86mg	8.62%	
Sodium / Sodium	758.23mg		
Carbohydrate / Glucides	10.19g	3.4%	
Fiber / Fibres Sugars / Sucres	1.63g 2.09g	6.52%	
Protein / Proteines	11.38g		
Vitamin A / Vitamine A Vitamin C / Vitamine C	3.25% 35.15%	Calcium / Calcium Iron / Fer	2.77% 5%
Water; Sauce, Salsa Medium RTS; Chicken, Breast bnls-sknl 4z Raw; Peppers, Red Frsh Swt; Tortillas, Corn 6 inch 1z; Onions, Fresh Red; Base, Chicken Dry; Cilantro, Raw Bunch; Peppers, Chipotle in Adobo; Oil, Vegetable			
Contains: Wheat			

side home fries Nutrition Facts/Valeur nutritive			
Per 4 Oz (113.4 gm)		Par 4 Oz (113.4 gm)	
	Amount Teneur	% Daily value % valeur quotidienne	
Calories / Calories	97.52		
Fat / Lipides	0.11g		0.17%
Saturated / satures + Trans / trans	0.03g 0g		
Cholesterol / Cholesterol	0mg		0%
Sodium / Sodium	5.67mg		
Carbohydrate / Glucides	22.69g		7.56%
Fiber / Fibres	1.59g		6.36%
Sugars / Sucres	0.96g		
Protein / Proteines	1.94g		
Vitamin A / Vitamine A	0.02%	Calcium / Calcium	0.82%
Vitamin C / Vitamine C	13.98%	Iron / Fer	2.5%
Potato, Frsh			