

Kidney Beans

PER SERVING (1/2 c.)

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

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

Baby Carrots

PER SERVING (1/2 c.)

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

Made With: Baby Carrots (CARROTS)

Baked Chicken with BBQ sauce

PER SERVING (1 piece)

496 CALORIES	8.1g SAT FAT	1408mg SODIUM	14.9g CARBS
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Allergens:

Made With: Chicken, 8 Piece Cut, Fully Cooked (8 PIECE CUT CHICKEN, WATER, SEASONING (SALT HYDROLYZED CORN PROTEIN, DEXTROSE, ONION POWDER, AUTOLYZED YEAST EXTRACT, GARLIC POWDER, SOYBEAN OIL, SPICE EXTRACT), SODIUM PHOSPHATES. COATED WITH: WATER, COATING (MODIFIED CORN STARCH, TAPIOCA DEXTRIN, DEXTROSE, SODIUM ALGINATE, MALT EXTRACT, PENTASODIUM TRIPHOSPHATE, METHYLCELLULOSE, GUAR GUM)); Smokey Barbecue Sauce (Back of the House) (TOMATO PUREE (WATER, TOMATO PASTE), DISTILLED VINEGAR, SUGAR, SALT, MUSTARD BRAN, CONTAINS LESS THAN 2% OF CORN STARCH, NATURAL HICKORY SMOKE FLAVOR, SPICES, MOLASSES, GARLIC*, CELERY SEED, NATURAL FLAVORS, TAMARIND CONCENTRATE. *DEHYDRATED)

Baked French Fries

PER SERVING (1/2 c.)

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

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

Banana

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

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

Made With: Bananas (BANANA)

BBQ Sauce

PER SERVING (1 pump)

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

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

Bean and Cheese Burrito

PER SERVING (1 ea.)

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

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

Beef Meatballs

PER SERVING (5 Meatballs)

215 CALORIES	3.8g SAT FAT	311mg SODIUM	14.6g CARBS
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Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: NSA Marinara Sauce (TOMATO PUREE (WATER, TOMATO PASTE), DICED TOMATOES IN JUICE (TOMATOES, TOMATO JUICE), WATER, MODIFIED CORNSTARCH, DEHYDRATED ONION, EXTRA VIRGIN OLIVE OIL, SPICE BLEND (GARLIC, SPICES), CITRIC ACID.); Deluxe Beef Meatballs, Advance Pierre, commodity (INGREDIENTS: Ground Beef (Not More Than 20% Fat), Water, Vegetable Protein Product [Soy Protein Concentrate, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), Cyanocobalamin (B12), (May Contain Caramel Color), (May Contain Soy Lecithin)], Meatball Seasoning [Dextrose, Tomato Powder, Soybean Oil, Disodium Inosinate and Disodium Guanylate, Spice Extractives, Nonfat Dry Milk], Peppers, Dehydrated Minced Onion, Bread Crumbs (Bleached Wheat Flour, Soybean Oil, Dextrose, Leavening {Sodium Acid Pyrophosphate, Sodium Bicarbonate}, Whey,, Oleoresin Paprika), Salt, Sodium Phosphate. CONTAINS: Milk, Soy, Wheat)

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

PER SERVING (1/2 c.)

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

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

Breaded Chicken Drumstick

PER SERVING (1 drumstick)

190 CALORIES	2.5g SAT FAT	450mg SODIUM	5.0g CARBS
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Allergens: Contains Wheat.

Made With: Breaded Chicken Drumstick (CHICKEN DRUMSTICKS, WATER, WHOLE WHEAT FLOUR, CONTAINS 2% OR LESS OF THE FOLLOWING: AUTOLYZED YEAST EXTRACT, CHICKEN FAT, CITRIC ACID, DISODIUM INOSINATE AND DISODIUM GUANYLATE, DRIED CHICKEN, DRIED CHICKEN BROTH, ENRICHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), EXTRACTIVES OF PAPRIKA AND TURMERIC, FLAVORING, GARLIC POWDER, LEAVENING (SODIUM ACID PYROPHOSPAHTE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), MALTODEXTRIN, MODIFIED FOOD STARCH, ONION POWDER, SALT, SODIUM PHOSPHATES, SPICES, WHEAT GLUTEN, YELLOW CORN FLOUR. BREADING SET IN VEGETABLE OIL.)

Burger Garden

PER SERVING (1 burger)

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

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

Caesar Side Salad

PER SERVING (1/2 c.)

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

Made With: Romaine Lettuce (ROMAINE LETTUCE); Creamy Caesar Dressing (SOYBEAN OIL, WATER, DISTILLED VINEGAR, PARMESAN CHEESE WITH FLAVOR, (PARMESAN CHEESE [CULTURED MILK, SALT, ENZYMES], FLAVOR [ENZYME MODIFIED PARMESAN CHEESE {CULTURED MILK, WATER, SALT, ENZYMES}]), EGG YOLKS, ROMANO CHEESE WITH FLAVOR (ROMANO CHEESE [CULTURED MILK, SALT, ENZYMES], FLAVOR [ENZYME MODIFIED ROMANO CHEESE {CULTURED MILK, WATER, SALT, ENZYMES}]), EXTRA VIRGIN OLIVE OIL, SALT, CONTAINS LESS THAN 2% OF FOOD STARCH-MODIFIED, NATURAL FLAVORS, SPICES, LEMON JUICE CONCENTRATE, GARLIC*, XANTHAN GUM, POLYSORBATE 60, SODIUM BENZOATE (A PRESERVATIVE), MONOSODIUM GLUTAMATE, PUREED ANCHOVIES, CARAMEL COLOR, ONION*, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR. * DEHYDRATED); Parmesan Cheese (GRATED PARMESAN CHEESE (MADE FROM COW'S MILK, CHEESE CULTURE, SALT, ENZYMES), POWDERED CELLULOSE (ADDED TO PREVENT CAKING)); Croutons (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), CANOLA AND/OR SUNFLOWER OIL, WHEY, SALT, YEAST, 2% OR LESS OF HIGH FRUCTOSE CORN SYRUP, SUGAR, SPICES, DEHYDRATED PARSLEY, ONION POWDER, CALCIUM PROPIONAE (PRESERVATIVE), PAPRIKA (COLOR), TURMERIC (COLOR), EXTRACTIVE OF PAPRIKA (COLOR), SPICE EXTRACTIVE, ENZYMES, ASCORBIC ACID, TBHQ (TO PRESERVE FRESHNESS).)

Celery Sticks

PER SERVING (6 stick.)

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

Made With: Celery Sticks (CELERY)



Cheese Pizza

PER SERVING (1 slice regular)

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

Made With: Big Daddy's Bold WG Cheese Pizza 16" (CRUST: FLOUR BLEND (WHITE WHOLE WHEAT FLOUR, ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHITE CORNMEAL, WHOLE GRAIN OAT FLOUR), WATER, YEAST, CONTAINS 2% OR LESS OF: VEGETABLE OIL (SOYBEAN AND/OR CANOLA OIL), BUTTER FLAVORED OIL WITH GARLIC (LIQUID AND HYDROGENATED SOYBEAN OIL, NATURAL FLAVOR, SALT, ARTIFICIAL FLAVOR, SOY LECITHIN, BETA CAROTENE [COLOR], VITAMIN A PALMITATE), SUGAR, WHEAT GLUTEN, SEA SALT, DATEM, DEXTROSE, GUAR GUM, SOY LECITHIN, ASCORBIC ACID, WHEAT STARCH, SALT, ENZYMES. TOPPING: LOW MOISTURE PART SKIM MOZZARELLA CHEESE (CULTURED PASTEURIZED PART SKIM MILK, SALT, ENZYMES). SAUCE: TOMATOES (WATER, TOMATO PASTE [NOT LESS THAN 28% SOLUBLE, SOLIDS]), CONTAINS 2% OR LESS OF: MODIFIED FOOD STARCH,, PARMESAN CHEESE (CULTURED PASTEURIZED PART SKIM, MILK, SALT, ENZYMES), SUGAR, DEXTROSE, SALT, DRIED, GARLIC, SPICE, DRIED ONION, DEHYDRATED ROMANO CHEESE, (CULTURED PASTEURIZED SHEEP'S AND COW'S MILK, SALT,, ENZYMES), PAPRIKA, CITRIC ACID.)

Cheeseburger

PER SERVING (1 ea.)

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

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

Chicken Caesar Salad

PER SERVING (1 salad)

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

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

Chicken Tenders

PER SERVING (3 strips)

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

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

Chilled Black Beans

PER SERVING (1/2 c.)

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

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

Chocolate Milk

PER SERVING (1 Half Pint)

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

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

Corn

PER SERVING (1/2 c.)

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

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

Craisins

PER SERVING (1 pkg.)

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

Made With: Craisins

Crispy Chicken Sandwich

PER SERVING (1 ea.)

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

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

Cucumber Coins

PER SERVING (1/2 c.)

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

Made With: Cucumbers (CUCUMBER)



Deep Dish Cheese Pizza

PER SERVING (1 ea.)

320 CALORIES	6.0g SAT FAT	480mg SODIUM	35.0g CARBS
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Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Deep Dish Cheese Pizza (INGREDIENTS: CRUST: FLOUR BLEND (WHITE WHOLE WHEAT, FLOUR, ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY, FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE,, RIBOFLAVIN, FOLIC ACID]), WATER, VEGETABLE OIL (SOYBEAN, AND/OR CANOLA OIL), DEFATTED SOY FLOUR, YEAST,, ISOLATED SOY PROTEIN, CONTAINS 2% OR LESS OF: SUGAR,, SOY LECITHIN, SALT, DISTILLED MONO-GLYCERIDES,, ASCORBIC ACID (DOUGH CONDITIONER). TOPPINGS: LOW, MOISTURE PART SKIM MOZZARELLA CHEESE (CULTURED, PASTEURIZED PART SKIM MILK, SALT, ENZYMES). SAUCE:, TOMATOES (WATER, TOMATO PASTE [NOT LESS THAN 28%, SOLUBLE SOLIDS]), MODIFIED FOOD STARCH, SUGAR,, CONTAINS 2% OR LESS OF: DEXTROSE, SEA SALT, DRIED, ONION, SPICE, DEHYDRATED ROMANO CHEESE (CULTURED, PASTEURIZED SHEEP'S AND COW'S MILK, SALT, ENZYMES),, PAPRIKA, DRIED GARLIC, CITRIC ACID.)

Diced Pears in Pear Juice

PER SERVING (1/2 c.)

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

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

Dill Pickle Chips

PER SERVING (2 tbsp.)

0 CALORIES	0.0g SAT FAT	256mg SODIUM	0.0g CARBS
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Allergens:

Made With: Pickle Slices (CUCUMBERS, WATER, VINEGAR, SALT, ALUM, CALCIUM CHLORIDE, SODIUM BENZOATE AND POTASSIUM SORBATE (PRESERVATIVE), NATURAL FLAVORS, POLYSORBATE 80, YELLOW 5, BLUE 1.)

Dinner Roll

PER SERVING (1 roll.)

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

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

French Bread Cheese Pizza

PER SERVING (1 pizza)

290 CALORIES	4.5g SAT FAT	600mg SODIUM	33.0g CARBS
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Allergens: Contains Milk, Soy, Wheat.

Made With: French Bread 6" WG Cheese Pizza (FRENCH BREAD (WATER, WHOLE WHEAT FLOUR, ENRICHED, FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN,, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], VITAL WHEAT GLUTEN, PEA PROTEIN, CONTAINS 2% OR LESS OF SUGAR, SOYBEAN OIL, YEAST, DOUGH CONDITIONER, [WHEAT FLOUR, ASCORBIC ACID, SOYBEAN OIL, ENZYMES],,, SEA SALT, SALT, SOY LECITHIN, NON FAT DRY MILK), CHEESE BLEND (LOW MOISTURE PART SKIM MOZZARELLA CHEESE, [CULTURED PASTEURIZED PART SKIM MILK, SALT, ENZYMES],,, SUBSTITUTE MOZZARELLA CHEESE [WATER, CORN OIL AND/OR, SOY OIL, CASEIN (MILK), MODIFIED FOOD STARCH, WHEY,, NONFAT DRY MILK, NATURAL FLAVOR, SODIUM ALUMINUM, PHOSPHATE, SALT, LACTIC ACID, SODIUM PHOSPHATE,, POTASSIUM CHLORIDE, CITRIC ACID, TRICALCIUM PHOSPHATE,, SORBIC ACID (PRESERVATIVE), XANTHAN GUM, VITAMIN AND, MINERAL SUPPLEMENT (MAGNESIUM OXIDE, DICALCIUM, PHOSPHATE, ZINC OXIDE, IRON, RIBOFLAVIN (VITAMIN B2),,, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6),,, CYANOCOBALAMIN (VITAMIN B12), NIACINAMIDE (VITAMIN B3),,, THIAMINE MONONITRATE (VITAMIN B1), VITAMIN A, PALMITATE)]), SAUCE (WATER, TOMATO PASTE [31% NTSS],,, SEASONING [MODIFIED FOOD STARCH, SUGAR, DEXTROSE,, SEA SALT, CONTAINS 2% OR LESS OF DRIED ONION, SPICE,, DEHYDRATED ROMANO CHEESE (CULTURED PASTEURIZED, SHEEP'S AND COW'S MILK, SALT, ENZYMES), PAPRIKA, DRIED, GARLIC, CITRIC ACID])).)

Fresh Broccoli Florets

PER SERVING (1/2 c.)

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

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

Fresh Oranges

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

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

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

Fruit Cocktail in Pear Juice

PER SERVING (1/2 c.)

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

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

Garbanzo Beans

PER SERVING (1/2 c.)

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

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

Garden Side Salad

PER SERVING (1 c.)

19 CALORIES	0.0g SAT FAT	31mg SODIUM	4.0g CARBS
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Allergens:

Made With: Salad Mix (ROMAINE LETTUCE, ICEBERG LETTUCE); Shredded Carrots, matchsticks (CARROTS); Fresh Tomatoes (TOMATO); Spinach (SPINACH); Cucumbers (CUCUMBER)

Ham Sandwich

PER SERVING (1 sandwich)

331 CALORIES	6.6g SAT FAT	767mg SODIUM	33.0g CARBS
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Allergens: Contains Milk, Wheat.

Made With: Hoagie Roll 6" (WHOLE WHEAT FLOUR, DOUGH CONDITIONER {WHOLE WHEAT FLOUR, WHEAT GLUTEN, WHOLE GRAIN YELLOW CORN FLOUR, ORGANIC OAT FLOUR, WHOLE GRAIN BARLEY FLOUR, WHOLE GRAIN TRITICALE FLOUR, SUGAR, SALT, WHOLE GRAIN RYE FLOUR, CONTAINS 2% OR LESS OF SOY OIL, HONEY, MONO-DIGLYCERIDES, ETHOXYLATED MONO-DIGLYCERIDES, CALCIUM SEAROYL LACTYLATE (CSL), WEHAT SOUR, ASCORBIC ACID, ENGYMATE, SUCRALOSE.} WATER, YEAST, DOUGH SOFTENER (WATER AND MONOGLYCERIDES WITH PROPIONIC ACID AND PHOSPHORIC ACID ADDED AS PRESERVATIVES), GLUTEN, CALCIUM PROPIONATE AS MOLD INHIBITOR.); Turkey Ham All Natural uncured (Turkey Thigh Meat with a Portion of Ground Turkey Thigh Trim Added, Sugar, Vinegar, Contains 2% or Less Salt, Natural Flavor (Celery Juice Powder), Baking Soda, Natural Smoke Flavor); Cheddar Cheese Slice (CULTURED PASTERUIZED REDUCED FAT MILK, SALT, ENZYMES, ANNATTO (COLOR). VITAMIN A PALMITATE.); Film Wrap

Ketchup

PER SERVING (1 pump)

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

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



Milk

PER SERVING (1 Half Pint)

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

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

Nachos with Beef

PER SERVING (1 ea.)

460 CALORIES	12.7g SAT FAT	544mg SODIUM	37.3g CARBS
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Allergens: Contains Milk.

Made With: Jalapeno Cheese Sauce (CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), WATER, NONFAT DRY MILK, SODIUM PHOSPHATES AND POTASSIUM PHOSPHATES, MODIFIED FOOD STARCH, SEASONING (POTASSIUM CHLORIDE, NATURAL FLAVOR [CONTAINS MALTODEXTRIN]), AMERICAN CHEESE FLAVOR (A DEHYDRATED BLEND OF CHEESES [SEMISOFT AND CHEDDAR (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES)], MALTODEXTRIN, NATURAL AND ARTIFICIAL FLAVORS, SALT, FOOD STARCH-MODIFIED, SODIUM PHOSPHATE, BUTTER [CREAM, SALT, ANNATTO], CALCIUM PHOSPHATE, LACTIC ACID), SALT, JALAPENO EXTRACTIVES, PAPRIKA EXTRACT, ANNATTO EXTRACT.); Tortilla Chips (Whole grain corn, water, vegetable oil (contains one or more of the following: cottonseed oil, corn oil, palm oil), Lime., ,); All Beef Crumble, Commodity (Ground beef (Not more than 20% fat), and less than 1% of the following: spice, salt, potassium chloride, natural flavors.); Yellow Onions (YELLOW ONION); Municipal Water (WATER); Canola Salad Oil (Canola Oil); Taco Seasoning (Spices (including chili pepper), salt, paprika, garlic, onion, sugar, silicon dioxide (anti-caking agent).); Garlic Powder (100% Dehydrated Garlic); Onion Powder (ONION POWDER)

O - Peppers, jalapeno, sliced, canned, drained, ready-to-serve

PER SERVING (2 tbsp.)

1 CALORIES	0.0g SAT FAT	42mg SODIUM	0.1g CARBS
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Allergens:

Made With: Jalapenos, sliced (JALAPENO PEPPERS, DISTILLED VINEGAR, SALT, GARLIC POWDER, CALCIUM CHLORIDE, SPICES)

Orange Chicken

PER SERVING (12 ea.)

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

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

Pasta Spaghetti with Marinara Sauce and Two Cheese

PER SERVING (2 #6 scoop)

477 CALORIES	10.3g SAT FAT	702mg SODIUM	70.7g CARBS
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Allergens: Contains Gluten, Milk, Wheat. Processed in a facility that also processes Egg.

Made With: Municipal Water (WATER); NSA Marinara Sauce (TOMATO PUREE (WATER, TOMATO PASTE), DICED TOMATOES IN JUICE (TOMATOES, TOMATO JUICE), WATER, MODIFIED CORNSTARCH, DEHYDRATED ONION, EXTRA VIRGIN OLIVE OIL, SPICE BLEND (GARLIC, SPICES), CITRIC ACID.); Spaghetti Pasta, whole wheat (WHOLE DURUM WHEAT FLOUR); String Cheese (PASTEURIZED PART SKIM MILK, CHEESE CULTURES, SALT, ENZYMES); Shredded Parmesan Cheese (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES, POTATO STARCH AND POWDERED CELLULOSE ADDED TO PREVENT CAKING.)

Peaches in Pear Juice

PER SERVING (1/2 c.)

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

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

Pepperoni Pizza

PER SERVING (1 slice regular)

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

Made With: Big Daddy's Bold WG Cheese Pizza 16" (CRUST: FLOUR BLEND (WHITE WHOLE WHEAT FLOUR, ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHITE CORNMEAL, WHOLE GRAIN OAT FLOUR), WATER, YEAST, CONTAINS 2% OR LESS OF: VEGETABLE OIL (SOYBEAN AND/OR CANOLA OIL), BUTTER FLAVORED OIL WITH GARLIC (LIQUID AND HYDROGENATED SOYBEAN OIL, NATURAL FLAVOR, SALT, ARTIFICIAL FLAVOR, SOY LECITHIN, BETA CAROTENE [COLOR], VITAMIN A PALMITATE), SUGAR, WHEAT GLUTEN, SEA SALT, DATEM, DEXTROSE, GUAR GUM, SOY LECITHIN, ASCORBIC ACID, WHEAT STARCH, SALT, ENZYMES. TOPPING: LOW MOISTURE PART SKIM MOZZARELLA CHEESE (CULTURED PASTEURIZED PART SKIM MILK, SALT, ENZYMES). SAUCE: TOMATOES (WATER, TOMATO PASTE [NOT LESS THAN 28% SOLUBLE SOLIDS]), CONTAINS 2% OR LESS OF: MODIFIED FOOD STARCH,, PARMESAN CHEESE (CULTURED PASTEURIZED PART SKIM, MILK, SALT, ENZYMES), SUGAR, DEXTROSE, SALT, DRIED, GARLIC, SPICE, DRIED ONION, DEHYDRATED ROMANO CHEESE, (CULTURED PASTEURIZED SHEEP'S AND COW'S MILK, SALT,, ENZYMES), PAPRIKA, CITRIC ACID.); Pepperoni Slices (PORK, BEEF, SALT, CONTAINS 2% OR LESS OF SPICES, DEXTROSE, OLEORESIN OF PAPRIKA, LACTIC ACID STARTER CULTURE, GARLIC POWDER, SODIUM NITRITE, BHA, BHT, CITRIC ACID.)

Popcorn Chicken

PER SERVING (12 ea.)

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

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

Raisins

PER SERVING (1 Box)

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

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

Ranch Dressing

PER SERVING (1 pump)

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

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

Ready-to-Serve Apples

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

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

Made With: Kiddie Sized Fresh Apples (APPLE)



Refried Beans

PER SERVING (1/2 c.)

127 CALORIES	0.0g SAT FAT	573mg SODIUM	20.2g CARBS
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Allergens:

Made With: Refried Beans (Cooked Beans, Water, Less Than 2% of: Canola Oil, Salt, Distilled Vinegar, Chile Pepper, Onion Powder, Spices, Garlic Powder, Natural Flavor)

Shredded Lettuce

PER SERVING (1/4 cup shredded)

3 CALORIES	0.0g SAT FAT	2mg SODIUM	0.5g CARBS
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Allergens:

Made With: Iceberg Lettuce (ICEBERG LETTUCE)

Sliced Black Olives

PER SERVING (1/2 c.)

56 CALORIES	0.0g SAT FAT	471mg SODIUM	3.8g CARBS
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Allergens:

Made With: Sliced Black Olives (RIPE OLIVES, WATER, SEA SALT, FERROUS GLUCONATE (AN IRON DERIVATIVE))

Sliced Red Tomatoes

PER SERVING (2 tbsp.)

4 CALORIES	0.0g SAT FAT	1mg SODIUM	0.9g CARBS
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Allergens:

Made With: Tomatoes 6x6 (TOMATO)

Spaghetti with All Beef Meat Sauce

PER SERVING (2 #8 scoop)

245 CALORIES	3.3g SAT FAT	150mg SODIUM	28.6g CARBS
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Allergens: Contains Gluten, Wheat. Processed in a facility that also processes Egg.

Made With: NSA Marinara Sauce (TOMATO PUREE (WATER, TOMATO PASTE), DICED TOMATOES IN JUICE (TOMATOES, TOMATO JUICE), WATER, MODIFIED CORNSTARCH, DEHYDRATED ONION, EXTRA VIRGIN OLIVE OIL, SPICE BLEND (GARLIC, SPICES), CITRIC ACID.); All Beef Crumble, Commodity (Ground beef (Not more than 20% fat), and less than 1% of the following: spice, salt, potassium chloride, natural flavors.); Diced Tomatoes (VINE-RIPENED TOMATOES, TOMATO JUICE, LESS THAN 2% OF: CALCIUM CHLORIDE, CITRIC ACID*. *NATURALLY DERIVED); Spaghetti Pasta, whole wheat (WHOLE DURUM WHEAT FLOUR); Canola Salad Oil (Canola Oil)

Spicy Chicken Sandwich

PER SERVING (1 ea.)

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

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

Steamed Brown Rice

PER SERVING (1/2 c.)

117 CALORIES	0.0g SAT FAT	2mg SODIUM	25.5g CARBS
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Allergens:

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



Super Side Salad

PER SERVING (1 c.)

49 CALORIES	0.0g SAT FAT	32mg SODIUM	10.2g CARBS
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Allergens:

Made With: Romaine Lettuce (ROMAINE LETTUCE); Tomatoes, fresh, 1/4-inch diced, ready-to-serve (1/2c = 4.2 oz = 1/2c red/orange veg) , Recipe (Tomatoes 6x6 (TOMATO)); Frozen Corn (SWEET CORN); Black Beans (PREPARED BLACK BEANS, WATER, SALT, AND CALCIUM CHLORIDE (FIRMING AGENT).); Shredded Carrots, matchsticks (CARROTS)

Sweet & Sour Chicken

PER SERVING (3 5/8 oz.)

137 CALORIES	0.5g SAT FAT	196mg SODIUM	17.6g CARBS
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Allergens: Contains Egg, Gluten, Soy, Wheat.

Made With: Sweet & Sour Chicken (Chicken: Dark meat chicken chunks, water, cornstarch, unbleached enriched flour (unbleached wheat flour, barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid) soybean oil, liquid whole eggs, salt, white pepper powder, garlic, ginger and green onion. Sauce: Water, sugar, ketchup (tomato concentrate made from vine ripened tomatoes, high fructose corn syrup, distilled vinegar, corn syrup, salt, less than 2% of onion powder, garlic powder, natural flavorings) vinegar, modified starch, cranberry sauce (cranberries, high fructose corn syrup, water, corn syrup) lemon juice, jalapeno chili, garlic, ginger and green onion)

Tacos

PER SERVING (2 tacos)

323 CALORIES	5.4g SAT FAT	437mg SODIUM	29.5g CARBS
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Allergens: Contains Gluten, Milk, Wheat.

Made With: Mindful Healthy Grains 6-inch Flour Tortilla (WATER, WHOLE WHEAT FLOUR, ENRICHED BLEACHED FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), NON-GMO CANOLA OIL, ORGANIC CANE SUGAR, VITAL WHEAT GLUTEN, CONTAINS 2% OR LESS OF: SEA SALT, DISTILLED MONOGLYCERIDES, SODIUM ACID PYROPHOSPHATE, BAKING SODA, NON-GMO CELLULOSE GUM, FUMARIC ACID, AND SORBIC ACID AND CALCIUM PROPIONATE (TO MAINTAIN FRESHNESS).); All Beef Crumble, Commodity (Ground beef (Not more than 20% fat), and less than 1% of the following: spice, salt, potassium chloride, natural flavors.); Shredded Cheddar Cheese, Land O Lakes (CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES, ANNATTO (COLOR)), ANTICAKING BLEND (POTATO STARCH, CELLULOSE, NATAMYCIN (NATURAL INHIBITOR)).); Yellow Onions (YELLOW ONION); Municipal Water (WATER); Canola Salad Oil (Canola Oil); Taco Seasoning (Spices (including chili pepper), salt, paprika, garlic, onion, sugar, silicon dioxide (anti-caking agent).); Garlic Powder (100% Dehydrated Garlic); Onion Powder (ONION POWDER)

Teriyaki Chicken

PER SERVING (1 #12 scoop)

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

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

Turkey & Cheddar Sub

PER SERVING (1 sandwich)

317 CALORIES	5.6g SAT FAT	755mg SODIUM	32.0g CARBS
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Allergens: Contains Milk, Wheat.

Made With: Hoagie Roll 6" (WHOLE WHEAT FLOUR, DOUGH CONDITIONER {WHOLE WHEAT FLOUR, WHEAT GLUTEN, WHOLE GRAIN YELLOW CORN FLOUR, ORGANIC OAT FLOUR, WHOLE GRAIN BARLEY FLOUR, WHOLE GRAIN TRITICALE FLOUR, SUGAR, SALT, WHOLE GRAIN RYE FLOUR, CONTAINS 2% OR LESS OF SOY OIL, HONEY, MONO-DIGLYCERIDES, ETHOXYLATED MONO-DIGLYCERIDES, CALCIUM SEAROYL LACTYLATE (CSL), WEHAT SOUR, ASCORBIC ACID, ENGYMATE, SUCRALOSE.} WATER, YEAST, DOUGH SOFTENER (WATER AND MONOGLYCERIDES WITH PROPIONIC ACID AND PHOSPHORIC ACID ADDED AS PRESERVATIVES), GLUTEN, CALCIUM PROPIONATE AS MOLD INHIBITOR.); Turkey, All Natural, Sliced (Turkey Breast Meat, Turkey Broth Contains 2% or less Salt, Sugar, Rosemary Extract, Baking Soda); Cheddar Cheese Slice (CULTURED PASTERUIZED REDUCED FAT MILK, SALT, ENZYMES, ANNATTO (COLOR). VITAMIN A PALMITATE.); Film Wrap

Variety of Entrees

PER SERVING (1 serving)

498 CALORIES	4.0g SAT FAT	834mg SODIUM	52.0g CARBS
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Allergens:

Made With: Variety Bar Ingredient

Variety of Fruits

PER SERVING (1 serving)

65 CALORIES	0.0g SAT FAT	1mg SODIUM	16.0g CARBS
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Allergens:

Made With: Variety Bar Ingredient

Variety of Milk

PER SERVING (1 serving)

141 CALORIES	0.4g SAT FAT	200mg SODIUM	26.0g CARBS
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Allergens:

Made With: Variety Bar Ingredient

Variety of Vegetables

PER SERVING (1 serving)

76 CALORIES	0.2g SAT FAT	203mg SODIUM	12.0g CARBS
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Allergens:

Made With: Variety Bar Ingredient

Vegetable Lo Mein

PER SERVING (2/3 c.)

142 CALORIES	0.2g SAT FAT	564mg SODIUM	30.3g CARBS
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Allergens: Contains Gluten, Soy, Wheat. Processed in a facility that also processes Egg.

Made With: Spaghetti Noodles, pasta, whole wheat, cooked al dente (1/2c = 1 oz eq grain) , Recipe (Municipal Water (WATER); Spaghetti Pasta, whole wheat (WHOLE DURUM WHEAT FLOUR); Canola/Olive Oil (CANOLA, EXTRA VIRGIN OLIVE OIL); Salt (SODIUM CHLORIDE, YELLOW PRUSSIAN OF SODA AS AN ANTICAKING AGENT.)); Teriyaki Glaze (SUGAR, WATER, SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT), VINEGAR, CONCENTRATED PINEAPPLE JUICE, TOMATO PASTE, MODIFIED CORN STARCH, ONION POWDER, GARLIC POWDER, CITRIC ACID, SPICE, XANTHAN GUM.); Shredded Carrots, matchsticks (CARROTS); Soy Sauce (WATER, WHEAT, SOYBEANS, SALT, LACTIC ACID, SODIUM BENZOATE: LESS THAN 1/10 OF 1% AS A PRESERVATIVE.); Onion, green, sliced (1/2c = 2.2 oz = 1/2c other veg) , Recipe (Green Onions (GREEN ONIONS)); Garlic (GARLIC)

Veggie Pizza

PER SERVING (1 slice regular)

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

Made With: Big Daddy's Bold WG Cheese Pizza 16" (CRUST: FLOUR BLEND (WHITE WHOLE WHEAT FLOUR, ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHITE CORNMEAL, WHOLE GRAIN OAT FLOUR), WATER, YEAST, CONTAINS 2% OR LESS OF: VEGETABLE OIL (SOYBEAN AND/OR CANOLA OIL), BUTTER FLAVORED OIL WITH GARLIC (LIQUID AND HYDROGENATED SOYBEAN OIL, NATURAL FLAVOR, SALT, ARTIFICIAL FLAVOR, SOY LECITHIN, BETA CAROTENE [COLOR], VITAMIN A PALMITATE), SUGAR, WHEAT GLUTEN, SEA SALT, DATEM, DEXTROSE, GUAR GUM, SOY LECITHIN, ASCORBIC ACID, WHEAT STARCH, SALT, ENZYMES. TOPPING: LOW MOISTURE PART SKIM MOZZARELLA CHEESE (CULTURED PASTEURIZED PART SKIM MILK, SALT, ENZYMES). SAUCE: TOMATOES (WATER, TOMATO PASTE [NOT LESS THAN 28% SOLUBLE, SOLIDS]), CONTAINS 2% OR LESS OF: MODIFIED FOOD STARCH,, PARMESAN CHEESE (CULTURED PASTEURIZED PART SKIM, MILK, SALT, ENZYMES), SUGAR, DEXTROSE, SALT, DRIED, GARLIC, SPICE, DRIED ONION, DEHYDRATED ROMANO CHEESE, (CULTURED PASTEURIZED SHEEP'S AND COW'S MILK, SALT,, ENZYMES), PAPRIKA, CITRIC ACID.); Fresh Tomatoes (TOMATO); Green Bell Peppers (GREEN SWEET PEPPER); Sliced Black Olives (RIPE OLIVES, WATER, SEA SALT, FERROUS GLUCONATE (AN IRON DERIVATIVE)); Mushroom Slices (MUSHROOMS); Yellow Onions (YELLOW ONION)

Whole Wheat Spaghetti Noodles

PER SERVING (1 c.)

193 CALORIES	0.4g SAT FAT	423mg SODIUM	39.6g CARBS
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Allergens: Contains Gluten, Wheat. Processed in a facility that also processes Egg.

Made With: Municipal Water (WATER); Spaghetti Pasta, whole wheat (WHOLE DURUM WHEAT FLOUR); Canola/Olive Oil (CANOLA, EXTRA VIRGIN OLIVE OIL); Salt (SODIUM CHLORIDE, YELLOW PRUSSIAN OF SODA AS AN ANTICAKING AGENT.)

