

100% Apple Juice

PER SERVING (4 fl oz cup)

60 CALORIES	0.0g SAT FAT	0mg SODIUM	14.0g CARBS
-----------------------	------------------------	----------------------	-----------------------

Allergens:

Made With: Apple Juice (WATER, APPLE JUICE CONCENTRATE)

100% Orange Juice

PER SERVING (4 fl oz cup)

60 CALORIES	0.0g SAT FAT	0mg SODIUM	14.0g CARBS
-----------------------	------------------------	----------------------	-----------------------

Allergens:

Made With: Orange Juice (WATER, ORANGE JUICE CONCENTRATE)

Apple Cinnamon Muffin

PER SERVING (1 muffin)

190 CALORIES	2.0g SAT FAT	130mg SODIUM	30.0g CARBS
------------------------	------------------------	------------------------	-----------------------

Allergens: Contains Egg, Gluten, Soy, Wheat.

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

Banana

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

105 CALORIES	0.1g SAT FAT	1mg SODIUM	27.0g CARBS
------------------------	------------------------	----------------------	-----------------------

Allergens:

Made With: Bananas (BANANA)

Banana Chocolate Chunk BeneFIT Bar

PER SERVING (1 Bar)

280 CALORIES	3.0g SAT FAT	220mg SODIUM	48.0g CARBS
------------------------	------------------------	------------------------	-----------------------

Allergens: Contains Egg, Gluten, Milk, Soy, Wheat.

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

Banana Muffin

PER SERVING (1 muffin)

190 CALORIES	2.0g SAT FAT	130mg SODIUM	30.0g CARBS
------------------------	------------------------	------------------------	-----------------------

Allergens: Contains Egg, Gluten, Soy, Wheat.

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

Blueberry Muffin

PER SERVING (1 muffin)

190 CALORIES	2.0g SAT FAT	130mg SODIUM	30.0g CARBS
------------------------	------------------------	------------------------	-----------------------

Allergens: Contains Egg, Gluten, Soy, Wheat.

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

Bread Banana Slice

PER SERVING (1 slice)

280 CALORIES	2.0g SAT FAT	220mg SODIUM	44.0g CARBS
------------------------	------------------------	------------------------	-----------------------

Allergens: Contains Egg, Gluten, Soy, Wheat.

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

Bread Zucchini Slice

PER SERVING (1 slice)

270 CALORIES	2.0g SAT FAT	220mg SODIUM	43.0g CARBS
------------------------	------------------------	------------------------	-----------------------

Allergens: Contains Egg, Soy, Wheat.

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

Breakfast Burrito

PER SERVING (1 ea.)

352 CALORIES	8.2g SAT FAT	499mg SODIUM	26.9g CARBS
------------------------	------------------------	------------------------	-----------------------

Allergens: Contains Milk, Soy.

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

Cereal, Cheerios

PER SERVING (1 bowl)

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

Allergens:

Made With: Cheerios Cereal (WHOLE GRAIN OATS, CORN STARCH, SUGAR, SALT, TRIPOTASSIUM PHOSPHATE, VITAMIN E (MIXED TOCOPHEROLS) ADDED TO PRESERVE FRESHNESS, VITAMINS AND MINERALS: CALCIUM CARBONATE, IRON AND ZINC (MINERAL NUTRIENTS), VITAMIN C (SODIUM ASCORBATE), A B VITAMIN (NIACINAMIDE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN A (PALMITATE), VITAMIN B1 (THIAMIN MONONITRATE), A B VITAMIN (FOLIC ACID), VITAMIN B12, VITAMIN D3.)

Cheerios

PER SERVING (1 bowl)

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

Allergens:

Made With: Cheerios Cereal (WHOLE GRAIN OATS, CORN STARCH, SUGAR, SALT, TRIPOTASSIUM PHOSPHATE, VITAMIN E (MIXED TOCOPHEROLS) ADDED TO PRESERVE FRESHNESS, VITAMINS AND MINERALS: CALCIUM CARBONATE, IRON AND ZINC (MINERAL NUTRIENTS), VITAMIN C (SODIUM ASCORBATE), A B VITAMIN (NIACINAMIDE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN A (PALMITATE), VITAMIN B1 (THIAMIN MONONITRATE), A B VITAMIN (FOLIC ACID), VITAMIN B12, VITAMIN D3.)



Chocolate Milk

PER SERVING (1 Half Pint)

120 CALORIES	0.0g SAT FAT	190mg SODIUM	20.0g CARBS
------------------------	------------------------	------------------------	-----------------------

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.)

Cinnamon Bun

PER SERVING (1 bun)

267 CALORIES	1.2g SAT FAT	140mg SODIUM	54.7g CARBS
------------------------	------------------------	------------------------	-----------------------

Allergens: Contains Egg, Gluten, Wheat. May contain Milk, Soy.

Made With: Cinnamon Roll Dough (WATER, WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), SUGAR, YEAST, CONTAINS LESS THAN 2% OF THE FOLLOWING: MALTODEXTRIN, EGGS, MODIFIED CORNSTARCH, CINNAMON, CITRUS FIBER, SALT, NATURAL AND ARTIFICIAL FLAVOR, MOLASSES, DISTILLED MONOGLYCERIDES, POTASSIUM CHLORIDE, DATEM, SODIUM STEAROYL LACTYLATE, COLORED WITH (CAMEL COLOR, BETA CAROTENE), PECTIN, MODIFIED TAPIOCA STARCH, ASCORBIC ACID, ENZYME.); Vanilla Heat 'N Ice, Icing (SUGAR, WATER, CORN SYRUP, PALM OIL, CONTAINS LESS THAN 2% OF THE FOLLOWING: MODIFIED TAPIOCA STARCH, TO PRESERVE FRESHNESS (SORBIC ACID, SULFITING AGENTS), COLORED WITH (TITANIUM DIOXIDE), ARTIFICIAL FLAVOR.)

Cocoa Puffs Cereal Bar

PER SERVING (1 Bar)

150 CALORIES	0.0g SAT FAT	100mg SODIUM	30.0g CARBS
------------------------	------------------------	------------------------	-----------------------

Allergens: Contains Gluten, Soy, Wheat.

Made With: Cocoa Puffs Cereal Bar (WHOLE GRAIN OATS, CEREAL (WHOLE GRAIN CORN, SUGAR, CORN MEAL, CORN SYRUP, COCOA PROCESSED WITH ALKALI, FRUCTOSE, CANOLA OIL, SALT, CARAMEL COLOR, BROWN SUGAR SYRUP, BAKING SODA, NATURAL FLAVOR, VITAMINS AND MINERALS,; TRICALCIUM PHOSPHATE, CALCIUM CARBONATE, ZINC AND IRON [MINERAL NUTRIENTS], VITAMIN C [SODIUM ASCORBATE], A B VITAMIN [NIAICINAMIDE], VITAMIN B6 [PYRIDOXINE HYDROCHLORIDE], VITAMIN B2 [RIBOFLAVIN], VITAMIN B1 [THIAMIN MONONITRATE], VITAMIN A [PALMITATE], A B VITAMIN [FOLIC ACID], VITAMIN B12, VITAMIN D3) CORN SYRUP, SUGAR, WHOLE WHEAT FLOUR, FRUCTOSE, CANOLA OIL, BROWN RICE FLOUR, CHICORY ROOT EXTRACT. CONTAINS 2% OR LESS OF: VEGETABLE GLYCERIN, CALCIUM CARBONATE, COCOA PROCESSED WITH ALKALI, MALTODEXTRIN, CORN FLOUR, MODIFIED WHEAT STARCH, SALT, CARAMEL COLOR, BAKING SODA, NATURAL FLAVOR, SOY LECITHIN.)

Country Breakfast Sausage Patty

PER SERVING (1 patty)

60 CALORIES	1.5g SAT FAT	80mg SODIUM	0.0g CARBS
-----------------------	------------------------	-----------------------	----------------------

Allergens:

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



Fiesta Bean & Cheese Burrito


PER SERVING (1 burrito)

293 CALORIES	3.6g SAT FAT	506mg SODIUM	41.4g CARBS
------------------------	------------------------	------------------------	-----------------------

Allergens: Contains Gluten, Milk, Soy, Wheat.


Made With: Bean and Cheese Burrito (FILLING: WATER, PINTO BEANS, CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, MAY CONTAIN ANNATTO COLOR), TEXTURED VEGETABLE PROTEIN PRODUCT [SOY, FLOUR, CARAMEL COLOR, ZINC OXIDE, FERROUS SULFATE, NIACINAMIDE, CALCIUM PANTOTHENATE, PYRIDOXINE HYDROCHLORIDE (B6), RIBOFLAVIN (B2), THIAMINE MONONITRATE (B1), VITAMIN A, PALMITATE, AND VITAMIN B12], SALT, FLAVORINGS, MODIFIED FOOD STARCH (REFINED CORN), WHOLE WHEAT FLOUR TORTILLA, SOY FLOUR ENRICHED (WHEAT FLOURS [WHOLE WHEAT FLOUR, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID)], WATER SOY FLOUR, SOYBEAN OIL, POTATO STARCH, PEA FIBER, DISTILLED MONOGLYCERIDE, WHEAT GLUTEN, GLYCERINE, SALT, BAKING POWDER (CORN STARCH, SODIUM BICARBONATE, SODIUM ALUMINUM, MONOCALCIUM PHOSPHATE).); Salsa, original, homemade (1/2c = 3/8c red/orange + 1/8c other veg) (Crushed Tomatoes, Heinz (TOMATOES, TOMATO PUREE, CITRIC ACID.); Onion, yellow, 1/4 -inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe (Yellow Onions (YELLOW ONION)); Lime Juice (LIME JUICE FROM CONCENTRATE); Peppers, jalapeno, sliced, canned, drained, ready-to-serve (Sliced Jalapeno Peppers (FRESH JALAPENO PEPPERS, WATER, VINEGAR, SALT, MALIC AND LACTIC ACID, CALCIUM CHLORIDE, SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVES), YELLOW 5.)); Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe (Cilantro (CILANTRO (CORIANDER) LEAVES)); Salt (SODIUM CHLORIDE, YELLOW PRUSSATE OF SODA AS AN ANTICAKING AGENT.); Sugar (SUGAR); Ground Cumin (CUMIN))

Beef or Bean Burrito

sodexo 

CHEF'S TIPS

- Cook **Burritos** as close to service as possible. (Batch cooking is necessary to ensure quality.)
- Recommended hold no longer than 20 minutes. CCP hold at 140 degrees or above for service.
- Use proper portion utensils.
- To enhance entrée, provide a variety of condiments. (Example: sour cream and salsa)
- If preparing off site: bulk **burritos** in lined sheet pans/hotel pans, cook and serve at site.
- Follow all recipes and build cards.
- Use only specified and approved products.
- Follow HACCP procedures.
- Always provide fast and friendly service.



Place one **Burrito** in service vessel!

French Toast Breakfast Bar

PER SERVING (1 Bar)

289 CALORIES	2.5g SAT FAT	200mg SODIUM	46.9g CARBS
------------------------	------------------------	------------------------	-----------------------

Allergens: Contains Egg, Gluten, Milk, Soy, Wheat.

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

French Toast Sticks

PER SERVING (4 stick.)

256 CALORIES	2.0g SAT FAT	296mg SODIUM	37.5g CARBS
------------------------	------------------------	------------------------	-----------------------

Allergens: Contains Gluten, Soy, Wheat.

Made With: French Toast Sticks (BREAD (WATER, WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHEAT GLUTEN, SUGAR, YEAST, SALT, SOYBEAN OIL, CULTURED WHEAT FLOUR, VINEGAR, ENZYMES, ASCORBIC ACID, SOY LECITHIN, SOY FLOUR), WATER, WHOLE WHEAT FLOUR, SOYBEAN OIL, SUGAR, ENRICHED YELLOW CORN FLOUR (YELLOW CORN FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: CARRAGEENAN, DEXTROSE, DRIED YEAST, GUM ARABIC, LEAVENING (BAKING SODA, MONOCALCIUM PHOSPHATE), NATURAL AND ARTIFICIAL FLAVOR, SALT, SOY FLOUR, SOY LECITHIN.)

Fresh Oranges

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

45 CALORIES	0.0g SAT FAT	0mg SODIUM	11.3g CARBS
-----------------------	------------------------	----------------------	-----------------------

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
-----------------------	------------------------	-----------------------	-----------------------

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.)

Graham Cracker

PER SERVING (1 pkg.)

90 CALORIES	0.0g SAT FAT	95mg SODIUM	17.0g CARBS
-----------------------	------------------------	-----------------------	-----------------------

Allergens: Contains Gluten, Soy, Wheat.

Made With: Crackers, graham, honey, WGR, Keebler, 3 count (WHOLE WHEAT FLOUR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B1 (THIAMIN MONONITRATE), VITAMIN B2 (RIBOFLAVIN), FOLIC ACID), SUGAR, CANOLA OIL, MOLASSES, HONEY, CORN SYRUP, CONTAINS 2% OR LESS OF LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), SALT, SOY LECITHIN.)

Honey Nut Cheerios Cereal

PER SERVING (1 bowl)

110 CALORIES	0.0g SAT FAT	160mg SODIUM	22.0g CARBS
------------------------	------------------------	------------------------	-----------------------

Allergens: Contains Tree nuts.

Made With: Honey Nut Cheerios Cereal (WHOLE GRAIN OATS, SUGAR, OAT BRAN, CORN STARCH, HONEY, BROWN SUGAR SYRUP, SALT, TRIPOTASSIUM PHOSPHATE, RICE BRAN OIL AND/OR CANOLA OIL, NATURAL ALMOND FLAVOR, VITAMIN E (MIXED TOCOPHEROLS) ADDED TO PRESERVE FRESHNESS. VITAMINS AND MINERALS: CALCIUM CARBONATE, ZINC AND IRON (MINERAL NUTRIENTS), VITAMIN C (SODIUM ASCORBATE), A B VITAMIN (NIACINAMIDE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), VITAMIN B1 (THIAMIN MONONITRATE), VITAMIN A (PALMITATE), A B VITAMIN (FOLIC ACID), VITAMIN B12, VITAMIN D3.)

Honey Roasted Sunflower Seeds

PER SERVING (1 pkg.)

170 CALORIES	1.0g SAT FAT	65mg SODIUM	7.0g CARBS
------------------------	------------------------	-----------------------	----------------------

Allergens: May contain Egg, Milk, Peanuts, Soy, Tree nuts, Wheat.

Made With: Sunflower Seeds Honey Roast (Sunflower kernels, Cottonseed Oil, Honey Roast Coating (Sugar, Corn Syrup, Honey, Wheat Starch, High Fructose Corn Syrup, Xanthan Gum with no greater than 2% Partially Hydrogenated Vegetable Oil (soybean, cottonseed) added to prevent caking), Sugar, Salt.)

Hot Oatmeal

PER SERVING (1/2 c.)

126 CALORIES	0.4g SAT FAT	5mg SODIUM	23.1g CARBS
------------------------	------------------------	----------------------	-----------------------

Allergens:

Made With: Municipal Water (WATER); Oats

Milk

PER SERVING (1 Half Pint)

130 CALORIES	1.5g SAT FAT	160mg SODIUM	16.0g CARBS
------------------------	------------------------	------------------------	-----------------------

Allergens: Contains Milk.

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

Oatmeal Brown Sugar Packet

PER SERVING (1 pkg.)

160 CALORIES	0.5g SAT FAT	262mg SODIUM	32.0g CARBS
------------------------	------------------------	------------------------	-----------------------

Allergens:

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

Oatmeal Chocolate Breakfast Bar

PER SERVING (1 Bar)

289 CALORIES	3.0g SAT FAT	240mg SODIUM	46.9g CARBS
------------------------	------------------------	------------------------	-----------------------

Allergens: Contains Egg, Gluten, Milk, Soy, Wheat.

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

Peach Parfait

PER SERVING (1 parfait)

233 CALORIES	0.8g SAT FAT	126mg SODIUM	44.2g CARBS
------------------------	------------------------	------------------------	-----------------------

Allergens: Contains Gluten, Milk, Soy, Wheat.

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

Raisins

PER SERVING (1 Box)

132 CALORIES	0.0g SAT FAT	10mg SODIUM	31.4g CARBS
------------------------	------------------------	-----------------------	-----------------------

Allergens:

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

Ready-to-Serve Apples

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

48 CALORIES	0.0g SAT FAT	1mg SODIUM	12.6g CARBS
-----------------------	------------------------	----------------------	-----------------------

Allergens:

Made With: Kiddie Sized Fresh Apples (APPLE)



Sausage Biscuit Sandwich

PER SERVING (1 sandwich)

260 CALORIES	8.5g SAT FAT	490mg SODIUM	27.0g CARBS
------------------------	------------------------	------------------------	-----------------------

Allergens: Contains Gluten, Milk, Wheat.

Made With: Biscuit, baked, Easy Split, Pillsbury, whole grain, 2 oz (1 biscuit = 2 oz eq grain) , Recipe (Biscuit, baked, EZ Split, WGR, Pillsbury, 2 oz (WATER, WHOLE WHEAT FLOUR, ENRICHED FLOUR BLEACHED (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), PALM OIL, PALM KERNEL OIL, SUGAR, BAKING SODA, CALCIUM ACID PYROPHOSPHATE, BUTTERMILK, SALT, SODIUM ALUMINUM PHOSPHATE, NONFAT MILK, WHEY PROTEIN CONCENTRATE, WHEY, PECTIN.)); Country Turkey Sausage Patty (TURKEY, SEASONING (SALT, SPICES, SUGAR, DEXTROSE, SPICE EXTRACT, BHA, PROPYL GALLATE, CITRIC ACID), CAMEL COLOR.)

String Cheese Mozzarella

PER SERVING (1 ea.)

80 CALORIES	4.0g SAT FAT	200mg SODIUM	1.0g CARBS
-----------------------	------------------------	------------------------	----------------------

Allergens: Contains Milk.

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

Syrup

PER SERVING (1 oz.)

CALORIES	g SAT FAT	mg SODIUM	g CARBS
-----------------	---------------------	---------------------	-------------------

Allergens:

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

Taco Sauce Single Serve

PER SERVING (1 packet)

0 CALORIES	0.0g SAT FAT	0mg SODIUM	0.0g CARBS
----------------------	------------------------	----------------------	----------------------

Allergens:

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

Trix Cereal Bar

PER SERVING (1 Bar)

150 CALORIES	0.5g SAT FAT	100mg SODIUM	30.0g CARBS
------------------------	------------------------	------------------------	-----------------------

Allergens: Contains Gluten, Soy, Wheat.

Made With: Trix Cereal Bar, WG (WHOLE GRAIN OATS, CORN SYRUP, SUGAR, WHOLE GRAIN CORN, FRUCTOSE, CANOLA OIL, DEGERMED YELLOW CORN MEAL, WHOLE WHEAT FLOUR, CHICORY ROOT EXTRACT, MALTODEXTRIN. CONTAINS 2% OR LESS OF: BROWN RICE FLOUR, VEGETABLE GLYCERIN, CALCIUM CARBONATE, CORN FLOUR, WHEAT STARCH, SALT, COLOR (VEGETABLE JUICE, FRUIT JUICE, TURMERIC EXTRACT, ANNATTO EXTRACT), NATURAL FLAVOR, CALCIUM PHOSPHATE, BAKING SODA, TRISODIUM PHOSPHATE, ZINC AND IRON (MINERAL NUTRIENTS), CITRIC ACID, MALIC ACID, VITAMIN C (SODIUM ASCORBATE), A B VITAMIN (NIACINAMIDE), SOY LECITHIN, VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), VITAMIN B1 (THIAMIN MONONITRATE), VITAMIN A (PALMITATE), A B VITAMIN (FOLIC ACID), VITAMIN B12, VITAMIN D3.)

Turkey Sausage Breakfast Pizza

PER SERVING (1 ea.)

240 CALORIES	2.5g SAT FAT	490mg SODIUM	31.0g CARBS
------------------------	------------------------	------------------------	-----------------------

Allergens: Contains Milk, Soy, Wheat.

Made With: Breakfast Pizza, WG Turkey Sausage, IW (CRUST: FLOUR BLEND [WHITE WHOLE WHEAT, FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED, BARLEY FLOUR, ASCORBIC ACID [DOUGH CONDITIONER]),, NIACIN, REDUCED IRON, THIAMINE MONONITRATE,, RIBOFLAVIN, FOLIC ACID]), WATER; CONTAINS 2% OR LESS OF:, YEAST, SOYBEAN OIL, SUGAR, SALT, AND CALCIUM, PROPIONATE. TOPPINGS: CHEESE BLEND (LOW MOISTURE, PART SKIM MOZZARELLA CHEESE [CULTURED PASTEURIZED, PART SKIM MILK, SALT, ENZYMES], MOZZARELLA CHEESE, SUBSTITUTE [WATER, CORN OIL AND/OR SOY OIL, CASEIN,, MODIFIED FOOD STARCH, WHEY, NONFAT DRY MILK, NATURAL FLAVOR, SODIUM ALUMINUM PHOSPHATE, SALT, LACTIC ACID,, SODIUM PHOSPHATE, POTASSIUM CHLORIDE, CITRIC ACID,, TRICALCIUM PHOSPHATE, SORBIC ACID (PRESERVATIVE),, XANTHAN GUM, VITAMIN AND MINERAL SUPPLEMENT, (MAGNESIUM OXIDE, DICALCIUM PHOSPHATE, ZINC OXIDE,, RIBOFLAVIN [VITAMIN B2], ELECTROLYTIC IRON, FOLIC ACID,, PYRIDOXINE HYDROCHLORIDE [VITAMIN B6], NIACINAMIDE,, THIAMINE MONONITRATE [VITAMIN B1], CYANOCOBALAMIN, [VITAMIN B12], VITAMIN A PALMITATE), ARTIFICIAL COLOR]),, COOKED TURKEY PIZZA TOPPING (TURKEY BREAKFAST, SAUSAGE [MECHANICALLY SEPARATED TURKEY, SEASONING, {SALT, NATURAL FLAVOR, DEXTROSE, SUGAR, CITRIC ACID,, BHA, BHT}, WATER], TEXTURED VEGETABLE PROTEIN [SOY, FLOUR, CARAMEL COLOR, ZINC OXIDE, NIACINAMIDE,, FERROUS SULFATE, COPPER GLUCONATE, VITAMIN A, PALMITATE, CALCIUM PANTOTHENATE, THIAMINE, MONONITRATE, PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN,, CYANOCOBALAMIN], WATER). SAUCE: TOMATOES (WATER,, TOMATO PASTE [NOT LESS THAN 28% SOLUBLE SOLIDS]),, MODIFIED FOOD STARCH, SUGAR, CONTAINS 2% OR LESS OF:, DEXTROSE, SALT, SPICE, DEHYDRATED ONIONS, DEHYDRATED, ROMANO CHEESE (PASTEURIZED CULTURED COW'S MILK,, SALT, ENZYMES), GARLIC POWDER, PAPRIKA, CITRIC ACID,, BEET POWDER.)

Unsweetened Applesauce

PER SERVING (1/2 c.)

52 CALORIES	0.0g SAT FAT	10mg SODIUM	13.6g CARBS
-----------------------	------------------------	-----------------------	-----------------------

Allergens:

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