

*THE OHIO STATE UNIVERSITY CHILD CARE PROGRAM*

**FOOD SERVICE INGREDIENT &  
NUTRITIONAL INFORMATION  
BINDER**

# INTRODUCTION AND LAYOUT

The Food Service Ingredient & Nutritional Information Binder contains ingredient lists and nutritional information for all foods on the Child Care Program's monthly menu. The information listed for each item, portion size, nutrition and Percent Daily Values, is based on recommended adult dietary needs; the Child and Adult Care Food Program meal pattern requirements for children six years and under are listed below.

## MEAL PATTERN REQUIREMENTS

BREAKFAST				LUNCH AND/OR SUPPER				SNACKS			
Age	1-2	3-5	6-12	Age	1-2	3-5	6-12	Age	1-2	3-5	6-12
Milk, fluid	1/2 cup	3/4 cup	1 cup	Milk, fluid	1/2 cup	3/4 cup	1 cup	Milk, fluid	1/2 cup	3/4 cup	1 cup
Juice, fruit/veg	1/4 cup	1/2 cup	1/2 cup	Meat/Alter.	1 oz.	1 1/2 oz.	2 oz.	Vegetable	1/2 cup	1/2 cup	3/4 cup
Grains	1/2 oz.	1/2 oz.	1 oz.	Grains	1/2 slice/oz.	1/2 slice/oz.	1 slice/oz.	Fruit	1/2 cup	1/2 cup	3/4 cup
Meat/Alter*	1/2 oz.	1/2 oz.	1 oz.	Vegetable	1/8 cup	1/4 cup	1/2 cup	Grains	1/2 slice/oz.	1/2 slice/oz.	1 slice/oz.
				Fruit	1/8 cup	1/4 cup	1/2 cup	Meat/Alter.	1/2 oz.	1/2 oz.	1 oz.

\*Meat and meat alternates may be used to substitute the entire grains component a maximum of three times per week at breakfast. Oz eq = ounce equivalents

The Child Care Program's monthly menu is designed as 20 daily menus, each of which includes breakfast/evening snack, lunch/supper and afternoon snack. These menus are rotated in the same order throughout each month continuously.

## BINDER CONTENTS

- 20 Meal Rotation list
- Ingredients and nutritional information categories; items within are listed in alphabetical order:
  - Beverages
  - Sauces, Seasonings & Condiments
  - Grains
  - Fruits & Vegetables
  - Entrees & Proteins

## MENUS 1 – 20

MENU	BREAKFAST	LUNCH	SNACK
1	Milk, Cantaloupe, Wheat Bran Flakes	Milk, Turkey Sausage, Wheat Bun, Sweet Potato Fries (ketchup), Applesauce	Red/Green Pepper Slices (ranch dip), Whole Wheat Pita, Water
2	Milk, Banana, Whole Grain Corn Flakes	Milk, Cheese Pizza, Diced Carrots, Mandarin Oranges	Graham Crackers, Pineapple, Water
3	Milk, Pears, Cheerios	Milk, Black Bean Burger (ketchup), Wheat Bun, Mashed Sweet Potatoes, Peaches	Cheddar Cheese, Apple Slices, Water
4	Milk, Applesauce, Multigrain Waffle	Milk, Chicken Strips (taco seasoning), Whole Wheat Tortilla, Corn, Applesauce	Whole Grain Soft Pretzel, Hummus, Water
5	Milk, Orange Juice, Rice Chex	Milk, Whole Grain Pasta & Cheese, Peas, Pineapple	Watermelon, Animal Crackers, Water
6	Milk, Apple Slices, Whole Grain Bagel (cream cheese)	Milk, Turkey Meatballs with Tomato Sauce, Wheat Bun, Green Beans, Pears	Peaches, Fat Free Vanilla Yogurt, Water
7	Milk, Tropical Fruit, Hard Cooked Egg	Milk, Cheese, Whole Wheat Tortilla (salsa), Broccoli, Mandarin Oranges	Cucumber Slices (ranch dressing), Whole Wheat Pita, Water
8	Milk, Orange Juice, Wheat Bran Flakes	Milk, Fish (ketchup), Wheat Bread, Mashed Sweet Potatoes, Peaches	Mozzarella Cheese, Whole Grain Cheddar Goldfish Crackers, Water
9	Milk, Mandarin Oranges, Whole Wheat English Muffin	Milk, Chicken Patty, Brown Rice, Vegetable Blend (peas, carrots, corn, green beans), Pineapple	Turkey, Whole Wheat Tortilla, Water
10	Milk, Applesauce, Graham Crackers	Milk, Hamburger (ketchup), Wheat Bun, Baked Beans, Tropical Fruit	Mozzarella Cheese, Cantaloupe, Water

# MENUS 1 – 20

MENU	BREAKFAST	LUNCH	SNACK
11	Milk, Tropical Fruit, Hard Cooked Egg	Milk, Turkey Sausage Patty, Whole Grain Biscuit, Diced Carrots, Applesauce	Peaches, Whole Grain Pancake, Water
12	Milk, Orange Juice, Wheat Bran Flakes	Milk, Cheese Pizza, Broccoli Cole Slaw (ranch dressing), Pears	Red/Green Pepper Slices, Hummus, Water
13	Milk, Peaches, Cheerios	Milk, Turkey Sloppy Joe (Manwich sauce), Wheat Bun, Green Beans, Mandarin Oranges	Cheddar Cheese, Apple Slices, Water
14	Milk, Applesauce, Multigrain Waffle	Milk, Chicken with Cream of Chicken Soup & Whole Grain Pasta, Peas and Carrots, Apricots	Whole Grain Soft Pretzel, Honeydew, Milk
15	Milk, Pears, Rice Chex	Milk, Alfredo Sauce with Whole Grain Pasta, Broccoli, Banana	Watermelon, Animal Crackers, Water
16	Milk, Apple Slices, Whole Grain Bagel (cream cheese)	Milk, Turkey Meatballs with Tomato Sauce, Whole Grain Pasta, Corn, Pears	Peaches, Fat Free Vanilla Yogurt, Water
17	Milk, Orange Juice, Cheerios	Milk, Turkey & Cheese on Wheat Bread, Peas, Mandarin Oranges	Broccoli (ranch dressing), Whole Wheat Pita, Water
18	Milk, Kiwi, Whole Grain Corn Flakes	Milk, Toasted Cheese on Wheat Bun, Tomato Soup, Applesauce	Mozzarella Cheese, Whole Grain Cheddar Goldfish Crackers, Water
19	Milk, Mandarin Oranges, Whole Wheat English Muffin	Milk, Ground Turkey & Whole Wheat Tortilla (salsa), Broccoli Cole Slaw (ranch dressing), Pineapple	Applesauce, Whole Grain Pancake, Water
20	Milk, Tropical Fruit, Hard Cooked Egg	Milk, Scrambled Egg, Whole Grain Biscuit, Red Potatoes, Peaches	Turkey, Whole Wheat Tortilla, Water



# **BEVERAGES**

# BEVERAGES

## MILK - 1% LOWFAT

LOWFAT MILK, VITAMIN A PALMITATE AND VITAMIN D3 ADDED.

Nutrition Facts	
Serving size 1 cup (240mL)	
Amount Per Serving	
Calories <b>110</b>	
calories from Fat 25	
% Daily Value*	
<b>Total Fat</b> 2.5g	<b>4%</b>
Saturated fat 1.5g	<b>8%</b>
Trans fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 125mg	<b>5%</b>
<b>Total Carbohydrate</b> 13g	<b>4%</b>
Dietary Fiber 0g	
Sugars 12g	
<b>Protein</b> 8g	<b>16%</b>
Vitamin A 10%	●Vitamin C 4%
Calcium 30%	●Iron 0%
Vitamin D 25%	
*Percent Daily Values are based on a 2,000 calorie diet.	

# BEVERAGES

## MILK - VITAMIN D

MILK, WITH VITAMIN D3 ADDED.

Nutrition Facts	
Serving size 1 cup (240mL)	
Amount Per Serving	
Calories <b>150</b>	
calories from Fat 70	
% Daily Value*	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated fat 5g Trans fat 0g	<b>25%</b>
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 125mg	<b>5%</b>
<b>Potassium</b> 400mg	<b>11%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 0g Sugars 12g	
<b>Protein</b> 8g	<b>15%</b>
Vitamin A 6%     ●Vitamin C 4%	
Calcium 30%     ●Iron 0%	
Vitamin D 25%	
*Percent Daily Values are based on a 2,000 calorie diet.	



# BEVERAGES

## ORANGE JUICE

## 100% ORANGE JUICE

Nutrition Facts	
Serving size 8 fl oz (240mL)	
Amount Per Serving	
Calories <b>110</b>	
calories from Fat 0	
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated fat 0g	<b>0%</b>
Trans fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Potassium</b> 450mg	<b>13%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 0g	
Sugars 22g	
<b>Protein</b> 2g	
Vitamin A 0%	●Vitamin C 120%
Calcium 2%	●Iron 0%
Thiamin 10%	●Riboflavin 4%
Niacin 4%	●Vitamin B6 6%
<b>Folic Acid</b> 15%	● <b>Magnesium</b> 6%
*Percent Daily Values are based on a 2,000 calorie diet.	





**SAUCES, SEASONINGS  
& CONDIMENTS**

# SAUCES, SEASONINGS & CONDIMENTS

## ALFREDO SAUCE

Nutrition Facts	
Serving size 51 g	
Amount Per Serving	
Calories <b>90</b>	
calories from Fat 70	
% Daily Value*	
<b>Total Fat</b> 7g	<b>11%</b>
Saturated fat 5g	<b>24%</b>
Trans fat 2g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 170mg	<b>7%</b>
<b>Total Carbohydrate</b> 3g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 2g	
<b>Protein</b> 3g	
Vitamin A 6%	●Vitamin C 0%
Calcium 10%	●Iron 0%
*Percent Daily Values are based on a 2.000 calorie diet.	

WHOLE MILK, HEAVY CREAM, ROMANO CHEESE, (PASTEURIZED COWS MILK, CHEESE CULTURES, SALT, ENZYMES AND ANTI-CAKING AGENT), CREAM CHEESE, (PASTEURIZED MILK AND CREAM, CHEESE CULTURES, SALT, CAROB BEAN GUM), BUTTER-SALTED, MODIFIED FOOD STARCH, GRANULATED GARLIC SALT, NUTMEG, XANTHAN GUM, BLACK PEPPER, TABASCO SAUCE, (VINEGAR, RED PEPPER, SALT).

### COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

**Dairy**

# SAUCES, SEASONINGS & CONDIMENTS

## CHEESE SAUCE

CHEESE WHEY, CHEDDAR CHEESE (CULTURED MILK, SALT, ENZYMES), PARTIALLY HYDROGENATED SOYBEAN OIL, CANOLA OIL, MODIFIED CORN STARCH, MODIFIED TAPIOCA STARCH, SALT, DISODIUM PHOSPHATE, NATURAL FLAVORS, MONOSODIUM GLUTAMATE, VINEGAR, YEAST EXTRACT, SODIUM STEAROYL LACTYLATE, FD&C YELLOW #5, FD&C YELLOW #6. ANNATTO.

### COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

**Dairy, soy**

Nutrition Facts	
Serving size 56 g	
Amount Per Serving	
Calories <b>80</b>	
calories from Fat 50	
% Daily Value*	
<b>Total Fat</b> 6g	<b>9%</b>
Saturated fat 1.5g	<b>7%</b>
Trans fat 2g	
<b>Cholesterol</b> 5mg	<b>1%</b>
<b>Sodium</b> 570mg	<b>24%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 3g	
<b>Protein</b> 1g	
Vitamin A 0%	●Vitamin C 0%
Calcium 6%	●Iron 0%
*Percent Daily Values are based on a 2.000 calorie diet.	

# SAUCES, SEASONINGS & CONDIMENTS

## CREAM CHEESE

Nutrition Facts	
Serving size 20 g	
Amount Per Serving	
Calories <b>70</b>	
calories from Fat 60	
% Daily Value*	
<b>Total Fat</b> 7g	<b>11%</b>
Saturated fat 4.5g	<b>23%</b>
Trans fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 65mg	<b>3%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 1g	
<b>Protein</b> 1g	
Vitamin A 4%	●Vitamin C 0%
Calcium 0%	●Iron 0%
*Percent Daily Values are based on a 2.000 calorie diet.	

PASTEURIZED MILK AND CREAM, CHEESE CULTURE, SALT, STABILIZERS (CAROB BEAN AND/OR XANTHAN AND/OR GUAR GUMS), NATAMYCIN (A NATURAL MOLD INHIBITOR).

### COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

**Dairy**

# SAUCES, SEASONINGS & CONDIMENTS

## CREAM OF CHICKEN SOUP

Nutrition Facts	
Serving size 120 ml	
Amount Per Serving	
Calories <b>110</b>	
calories from Fat 60	
% Daily Value*	
<b>Total Fat</b> 7g	<b>11%</b>
Saturated fat 1.5g	<b>8%</b>
Trans fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 750mg	<b>31%</b>
<b>Total Carbohydrate</b> 10g	<b>3%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 1g	
<b>Protein</b> 2g	
Vitamin A 4%	●Vitamin C 0%
Calcium 0%	●Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet.	

CHICKEN STOCK, WATER, VEGETABLE OIL, MODIFIED FOOD STARCH, WHEAT FLOUR, CREAM (MILK), CONTAINS LESS THAN 2% OF SALT, DEHYDRATED COOKED CHICKEN, SOY PROTEIN CONCENTRATE, MONOSODIUM GLUTAMATE, CHICKEN FAT, YEAST EXTRACT, FLAVORING, BETA CAROTENE FOR COLOR, CHICKEN FLAVOR, PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OIL, BUTTER (MILK).

### COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

**Wheat, dairy, soy**

# SAUCES, SEASONINGS & CONDIMENTS

## KETCHUP

TOMATOES, HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, VINEGAR, SALT, ONION POWDER, SPICES, NATURAL FLAVORS.

### COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

None

Nutrition Facts	
Serving size 17 g	
Amount Per Serving	
Calories <b>15</b>	
calories from Fat 0	
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated fat 0g	<b>0%</b>
Trans fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 4g	
<b>Protein</b> 0g	
Vitamin A 6%	●Vitamin C 0%
Calcium 0%	●Iron 0%
*Percent Daily Values are based on a 2.000 calorie diet.	

# SAUCES, SEASONINGS & CONDIMENTS

## MANWICH SAUCE

Nutrition Facts	
Serving size 64 g	
Amount Per Serving	
Calories <b>35</b>	
calories from Fat 0	
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated fat 0g	<b>0%</b>
Trans fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 310mg	<b>13%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Dietary Fiber 2g	<b>0%</b>
Sugars 6g	
<b>Protein</b> 1g	
Vitamin A 6%	● Vitamin C 0%
Calcium 0%	● Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet.	

TOMATO PUREE (WATER, TOMATO PASTE), HIGH FRUCTOSE CORN SYRUP, DISTILLED VINEGAR, CORN SYRUP, LESS THAN 2% OF: SUGAR, DRIED GREEN AND RED BELL PEPPERS, SALT, CHILI PEPPER, TOMATO FIBER, GUAR GUM, SPICES, XANTHAN GUM, DRIED GARLIC, NATURAL FLAVORS, CITRIC ACID.

### COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

None



# SAUCES, SEASONINGS & CONDIMENTS

## RANCH DRESSING

Nutrition Facts	
Serving size 1 oz	
Amount Per Serving	
Calories <b>60</b>	
calories from Fat 45	
% Daily Value*	
<b>Total Fat</b> 5g	<b>.08%</b>
Saturated fat 0g	<b>0%</b>
Trans fat 0g	
<b>Cholesterol</b> 5mg	<b>.02%</b>
<b>Sodium</b> 240mg	<b>1%</b>
<b>Total Carbohydrate</b> 2g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 2g	
Vitamin A 0%	●Vitamin C 0%
Calcium 0%	●Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet.	

NON FAT GREEK YOGURT (CULTURED SKIM MILK, MILK PROTEIN CONCENTRATE, CORN STARCH, TAPIOCA STARCH, CARRAGEENAN GUM, LOCUST BEAN GUM), CANOLA OIL, WATER, SALT, CIDER VINEGAR, DISTILLED VINEGAR, EGG YOLK, NATURAL FLAVORS, DRIED GARLIC, LACTIC ACID, GLUCONIC ACID, SPICES, DRIED ONION, ACACIA GUM, XANTHAN GUM, DRIED CHIVE.

### COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

Milk, egg

# SAUCES, SEASONINGS & CONDIMENTS

## SALSA

Nutrition Facts	
Serving size 29 g	
Amount Per Serving	
Calories <b>10</b>	
calories from Fat 0	
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated fat 0g	<b>0%</b>
Trans fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 140mg	<b>6%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 1g	<b>2%</b>
Sugars 2g	
<b>Protein</b> 0g	
Vitamin A 3%	●Vitamin C 2%
Calcium 2%	●Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet.	

TOMATO CONCENTRATE (WATER, TOMATO PASTE), DICED TOMATOES, JALAPENO PEPPERS, GREEN CHILIES, YELLOW CHILIES, VINEGAR, SALT, DRIED ONION, DRIED GARLIC, CILANTRO, NATURAL FLAVOR.

### COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

None

# SAUCES, SEASONINGS & CONDIMENTS

## TACO SEASONING

Nutrition Facts	
Serving size 7 g	
Amount Per Serving	
Calories <b>20</b> calories from Fat 0	
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated fat 0g	<b>0%</b>
Trans fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 470mg	<b>20%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 1g	<b>2%</b>
Sugars 1g	
Sugars 0g	
<b>Protein</b> 1g	
Vitamin A 20%	● Vitamin C 0%
Calcium 0%	● Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet.	

CHILI PEPPER AND OTHER SPICES, WHEAT FLOUR, SALT, DEXTROSE, MALTODEXTRIN, ONION POWDER, GARLIC POWDER, DISODIUM INOSINATE, EXTRACTIVE OF PAPRIKA (AS COLOR), SPICE EXTRACTIVES, ONION EXTRACTIVES AND LESS THAN 2% SILICON DIOXIDE TO PREVENT CAKING.

### COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

**Wheat**

# SAUCES, SEASONINGS & CONDIMENTS

## TOMATO PASTE

Nutrition Facts	
Serving size 33 g	
Amount Per Serving	
Calories <b>30</b>	
calories from Fat 0	
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated fat 0g	<b>0%</b>
Trans fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 20mg	<b>1%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 3g	
<b>Protein</b> 2g	
Vitamin A 10%	●Vitamin C 10%
Calcium 0%	●Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet.	

TOMATOES.

### COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

**None**

# SAUCES, SEASONINGS & CONDIMENTS

## TOMATO SAUCE

Nutrition Facts	
Serving size 61 g	
Amount Per Serving	
Calories <b>20</b>	
calories from Fat 0	
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated fat 0g	<b>0%</b>
Trans fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 280mg	<b>12%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 3g	
<b>Protein</b> 0g	
Vitamin A 10%	●Vitamin C 4%
Calcium 0%	●Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet.	

TOMATO CONCENTRATE (WATER, TOMATO PASTE), SALT, ONION POWDER, GARLIC POWDER, CITRIC ACID, NATURAL FLAVORS.

### COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

**None**

# SAUCES, SEASONINGS & CONDIMENTS

## VEGETABLE PASTE

SAUTEED VEGETABLE PUREES (CARROT, CELERY, ONION), SALT, SUGAR, MALTODEXTRIN, CORN OIL, HYDROLYZED SOY PROTEIN, FOOD STARCH-MODIFIED, ONION POWDER, CAMEL COLOR, TURMERIC (COLOR), SPICE EXTRACTIVE.

### COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

**Soy**

**Added to black beans.**

Nutrition Facts	
Serving size 6 g	
Amount Per Serving	
Calories 10	
calories from Fat 0	
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated fat 0g	<b>0%</b>
Trans fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 750mg	<b>31%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 1g	
<b>Protein</b> 0g	
Vitamin A 0%	●Vitamin C 0%
Calcium 0%	●Iron 0%
*Percent Daily Values are based on a 2.000 calorie diet.	



**GRAINS**



# GRAINS

## ANIMAL CRACKERS

Nutrition Facts	
Serving size 28 g	
Amount Per Serving	
Calories <b>120</b>	
calories from Fat 15	
% Daily Value*	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated fat 0g	<b>0%</b>
Trans fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 85mg	<b>4%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 6g	
<b>Protein</b> 2g	
Vitamin A 0%	●Vitamin C 0%
Calcium 0%	●Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet.	

ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B1 [THIAMIN MONONITRATE], VITAMIN B2 [RIBOFLAVIN], FOLIC ACID), SUGAR, SOYBEAN OIL, CORNSTARCH, HIGH FRUCTOSE CORN SYRUP, CONTAINS TWO PERCENT OR LESS OF SALT, BAKING SODA, SOY LECITHIN, WHEY, NATURAL FLAVORS, SPICE.

### COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

**Wheat, soy and dairy**

# GRAINS

## BROWN RICE

PARBOILED LONG GRAIN BROWN RICE.

### COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

Rice

Nutrition Facts	
Serving size 44 g	
Amount Per Serving	
Calories <b>160</b>	
calories from Fat 10	
% Daily Value*	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated fat 0g	<b>0%</b>
Trans fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 33g	<b>11%</b>
Dietary Fiber 2g	<b>6%</b>
Sugars 0g	
<b>Protein</b> 4g	
Vitamin A 0%	●Vitamin C 0%
Calcium 0%	●Iron 4%
*Percent Daily Values are based on a 2.000 calorie diet.	

# GRAINS

## GRAHAM CRACKER

Nutrition Facts	
Serving size 14 g	
Amount Per Serving	
Calories <b>60</b>	
calories from Fat 10	
% Daily Value*	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated fat 0g	<b>0%</b>
Trans fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 90mg	<b>4%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 1g	<b>2%</b>
Sugars 3g	
<b>Protein</b> 1g	
Vitamin A 0%	●Vitamin C 0%
Calcium 0%	●Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet.	

GRAHAM FLOUR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B1 [THIAMIN MONONITRATE], VITAMIN B2 [RIBOFLAVIN], FOLIC ACID), SUGAR, CANOLA OIL, CORN SYRUP, MOLASSES, CONTAINS 2% OR LESS OF CALCIUM CARBONATE, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), SALT, ARTIFICIAL FLAVOR, VITAMIN A PALMITATE, BHT FOR FRESHNESS, SOY LECITHIN.

### COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

**Wheat, soy**

# GRAINS

## MULTIGRAIN WAFFLE

Nutrition Facts	
Serving size 70 g	
Amount Per Serving	
Calories <b>130</b>	
calories from Fat 31.5	
% Daily Value*	
<b>Total Fat</b> 3.5g	<b>4%</b>
Saturated fat 5g	<b>3%</b>
Trans fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 360mg	<b>16%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 3g	<b>11%</b>
Sugars 4g	
<b>Protein</b> 4g	
Vitamin A 0%	●Vitamin C 0%
Calcium 4%	●Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet.

WHOLE WHEAT FLOUR, WATER, NON FAT MILK, WHEY SOLIDS, SOYBEAN OIL, SUGAR, LEAVENING [SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE] WHOLE EGGS, SOY LECITHIN, SALT.

### COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

**Wheat, milk, soy, eggs**

# GRAINS

## RICE CHEX

Nutrition Facts	
Serving size 19 g	
Amount Per Serving	
Calories <b>70</b>	
calories from Fat 0	
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated fat 0g	<b>0%</b>
Trans fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 16g	<b>5%</b>
Dietary Fiber 1g	<b>3%</b>
Sugars 2g	
<b>Protein</b> 1g	
Vitamin A 6%	●Vitamin C 6%
Calcium 6%	●Iron 30%
*Percent Daily Values are based on a 2.000 calorie diet.	

WHOLE GRAIN RICE, RICE, SUGAR, SALT, MOLASSES. 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 (PYRIDOXINEHYDROCHLORIDE), VITAMIN B1 (THIAMIN MONONITRATE), VITAMIN A (PALMITATE), VITAMIN B2 (RIBOFLAVIN), A B VITAMIN (FOLIC ACID), VITAMIN B12, VITAMIN D3.

### COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

None

# GRAINS

## WHEAT BRAN FLAKES

Nutrition Facts	
Serving size ¾ cup	
Amount Per Serving	
Calories <b>90</b>	
calories from Fat 5	
% Daily Value*	
<b>Total Fat</b> .5g	<b>1%</b>
Saturated fat 0g	<b>0%</b>
Trans fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 210mg	<b>9%</b>
<b>Total Carbohydrate</b> 24g	<b>10%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 5g	
<b>Protein</b> 3g	
Vitamin A 15%	●Vitamin C 80%
Calcium 0%	●Iron 100%
*Percent Daily Values are based on a 2.000 calorie diet.	

WHOLE GRAIN WHEAT, WHEAT BRAN, SUGAR, BROWN SUGAR SYRUP, CONTAINS 2% OR LESS OF SALT, MALT FLAVORING. VITAMINS AND MINERALS: VITAMIN C (SODIUM ASCORBATE, ASCORBIC ACID), VITAMIN A PALMITATE, NIACINAMIDE, REDUCED IRON, ZINC OXIDE, CALCIUM PANTOTHENATE, VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN D, VITAMIN B2 (RIBOFLAVIN), VITAMIN B1 (THIAMIN HYDROCHLORIDE), VITAMIN E (ALPHA TOCOPHEROL ACETATE), FOLIC ACID, VITAMIN B12.

### COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

Wheat



# GRAINS

## WHEAT BREAD

Nutrition Facts	
Serving size 1 slice/25 g	
Amount Per Serving	
Calories <b>50</b>	
calories from Fat 5	
% Daily Value*	
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated fat 0g	<b>0%</b>
Trans fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 105mg	<b>5%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 1g	
<b>Protein</b> 3g	
Vitamin A 0%	●Vitamin C 0%
Calcium 4%	●Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet.	

100% STONE GROUND WHOLE WHEAT FLOUR, WATER, HIGH FRUCTOSE CORN SYRUP, WHEAT GLUTEN, WHEAT BRAN, YEAST, CONTAINS 2% OR LESS OF THE FOLLOWING: SOYBEAN OIL, SALT, DOUGH CONDITIONERS (MONO & DIGLYCERIDES, SODIUM STEAROYL LACTYLATE, DATEM, ASCORBIC ACID, CALCIUM PEROXIDE, AZODICARBONAMIDE, L-CYSTEINE), CALCIUM PROPIONATE (PRESERVATIVE), CALCIUM SULFATE, VINEGAR, MONOCALCIUM PHOSPHATE, SOY LECITHIN.

### COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

Wheat and soy



# GRAINS

## WHEAT BUN

Nutrition Facts	
Serving size 53 g	
Amount Per Serving	
Calories <b>130</b>	
calories from Fat 20	
% Daily Value*	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated fat 0g	<b>0%</b>
Trans fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrate</b> 24g	<b>8%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 4g	
<b>Protein</b> 5g	
Vitamin A 0%	●Vitamin C 0%
Calcium 6%	●Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet.	

100% WHOLE WHEAT FLOUR, WATER, WHEAT FLOUR, HIGH FRUCTOSE CORN SYRUP, YEAST, WHEAT GLUTEN, SOYBEAN OIL, CONTAINS 2% OR LESS OF THE FOLLOWING: SALT, DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, MONO & DIGLYCERIDES, CALCIUM PEROXIDE), YEAST NUTRIENTS (CALCIUM SULFATE, AMMONIUM CHLORIDE), CALCIUM PROPIONATE (PRESERVATIVE), CORN STARCH, DIAMMONIUM PHOSPHATE, TRICALCIUM PHOSPHATE.

### COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

**Wheat**

# GRAINS

## WHOLE GRAIN BAGEL

Nutrition Facts	
Serving size 57 g	
Amount Per Serving	
Calories <b>120</b>	
calories from Fat 10	
% Daily Value*	
<b>Total Fat</b> 1g	<b>2%</b>
Saturated fat 0g	<b>0%</b>
Trans fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 170mg	<b>8%</b>
<b>Total Carbohydrate</b> 24g	<b>10%</b>
Dietary Fiber 3g	<b>16%</b>
Sugars 3g	
<b>Protein</b> 5g	
Vitamin A 0%	●Vitamin C 0%
Calcium 4%	●Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet.	

WHOLE WHEAT FLOUR, WATER, HIGH FRUCTOSE CORN SYRUP, VITAL WHEAT GLUTEN, YEAST. CONTAINS 2% OR LESS OF: SALT, PRESERVATIVES (SORBIC ACID, CALCIUM PROPIONATE), MONO AND DIGLYCERIDES, SOYBEAN OIL, GUAR GUM, DOUGH CONDITIONERS (CALCIUM SULFATE, L-CYSTEINE), ENZYME (WHEAT GLUTEN).

### COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

**Wheat, soy**

# GRAINS

## WHOLE GRAIN BISCUIT

Nutrition Facts	
Serving size 57 g	
Amount Per Serving	
Calories <b>170</b>	
calories from Fat 70	
% Daily Value*	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated fat 5g	<b>25%</b>
Trans fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 370mg	<b>15%</b>
<b>Total Carbohydrate</b> 21g	<b>7%</b>
Dietary Fiber 2g	<b>2%</b>
Sugars 2g	
<b>Protein</b> 3g	
Vitamin A 0%	●Vitamin C 0%
Calcium 4%	●Iron 6%
*Percent Daily Values are based on a 2.000 calorie diet.	

BUTTERMILK BLEND (CULTURED FAT FREE MILK, NONFAT DRY MILK, GUAR GUM, FOOD STARCH, SALT, SODIUM CITRATE, CARRAGEENAN, LOCUST BEAN GUM, MONO- AND DIGLYCERIDES [EMULSIFIERS], MODIFIED FOOD STARCH), WHOLE WHEAT FLOUR, ENRICHED FLOUR (BLEACHED WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE SHORTENING (PALM OIL), WATER, CONTAINS 2% OR LESS OF THE FOLLOWING: SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE, SUGAR, SALT, PARTIALLY HYDROGENATED SOYBEAN OIL, SOY LECITHIN, DATEM, WHEAT PROTEIN ISOLATE, MODIFIED CELLULOSE, MONOCALCIUM PHOSPHATE, NATURAL FLAVOR.

### COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

**Wheat, dairy, soy**

# GRAINS

## WHOLE GRAIN CHEDDAR GOLDFISH CRACKERS

Nutrition Facts	
Serving size 1.1 oz	
Amount Per Serving	
Calories <b>140</b>	
calories from Fat 50	
% Daily Value*	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated fat 1g	<b>5%</b>
Trans fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrate</b> 19g	<b>6%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 0g	
<b>Protein</b> 3g	
Vitamin A 0%	●Vitamin C 0%
Calcium 2%	●Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet.	

WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OILS (CANOLA AND/OR SUNFLOWER), CHEDDAR CHEESE ([CULTURED MILK, SALT, ENZYMES], ANNATTO), SALT, CONTAINS 2 PERCENT OR LESS OF: YEAST EXTRACT, NATURAL FLAVOR, PAPRIKA, SPICES (CELERY), BAKING SODA, MONOCALCIUM PHOSPHATE, DEHYDRATED ONIONS, ANNATTO EXTRACT FOR COLOR.

### COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

**Wheat, milk**

# GRAINS

## WHOLE GRAIN CHEERIOS

Nutrition Facts	
Serving size 19 g	
Amount Per Serving	
Calories 70	
calories from Fat 10	
% Daily Value*	
<b>Total Fat</b> 1g	<b>2%</b>
Saturated fat 0g	<b>0%</b>
Trans fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 95mg	<b>4%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 2g	<b>3%</b>
Sugars 1g	
<b>Protein</b> 2g	
Vitamin A 10%	●Vitamin C 6%
Calcium 6%	●Iron 30%

\*Percent Daily Values are based on a 2,000 calorie diet.

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.

### COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

None

# GRAINS

## WHOLE GRAIN CORN FLAKES

Nutrition Facts	
Serving size 19 g	
Amount Per Serving	
Calories <b>70</b>	
calories from Fat 31.5	
% Daily Value*	
<b>Total Fat</b> 5g	<b>0%</b>
Saturated fat 0g	<b>0%</b>
Trans fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 16g	<b>5%</b>
Dietary Fiber 1g	<b>3%</b>
Sugars 2g	
<b>Protein</b> 1g	
Vitamin A 8%	●Vitamin C 6%
Calcium 15%	●Iron 25%

\*Percent Daily Values are based on a 2,000 calorie diet.

WHOLE GRAIN CORN, CORN MEAL, SUGAR, CORN STARCH, SALT, CORN SYRUP, BROWN SUGAR SYRUP, MALT SYRUP, CANOLA OIL, BAKING SODA. 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 B2 (RIBOFLAVIN), VITAMIN B1 (THIAMIN MONONITRATE), VITAMIN A (PALMITATE), A B VITAMIN (FOLIC ACID), VITAMIN B12, VITAMIN D3.

### COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

**Wheat**



# GRAINS

## WHOLE GRAIN PANCAKE

WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, HIGH FRUCTOSE CORN SYRUP, SOYBEAN OIL, SUGAR, WHOLE EGGS, WHEY. CONTAINS 2% OR LESS OF: LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE [SOY LECITHIN]), SALT, NATURAL FLAVOR.

### COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

Wheat, eggs, milk

Nutrition Facts	
Serving size 97g	
Amount Per Serving	
Calories 240	
calories from Fat 50	
% Daily Value*	
<b>Total Fat</b> 6g	<b>9%</b>
Saturated fat 1g	<b>5%</b>
Trans fat 0g	
<b>Cholesterol</b> 10mg	<b>0%</b>
<b>Sodium</b> 390mg	<b>4%</b>
<b>Total Carbohydrate</b> 41g	<b>5%</b>
Dietary Fiber 3g	<b>3%</b>
Sugars 10g	
<b>Protein</b> 5g	
Vitamin A 0%	●Vitamin C 0%
Calcium 4%	●Iron 8%
*Percent Daily Values are based on a 2.000 calorie diet.	



# GRAINS

## WHOLE GRAIN SOFT PRETZEL STICK

Nutrition Facts	
Serving size 1 oz	
Amount Per Serving	
Calories <b>70</b>	
calories from Fat 5	
% Daily Value*	
<b>Total Fat</b> 5g	<b>1%</b>
Saturated fat 0g	<b>0%</b>
Trans fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 65mg	<b>3%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 0g	
<b>Protein</b> 2g	
Vitamin A 0%	●Vitamin C 0%
Calcium 4%	●Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet.

WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, CORN SYRUP, WHEAT GLUTEN, ASCORBIC ACID, BICARBONATES AND CARBONATES OF SODA. SALT PACKET: SALT

### COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

**Wheat**

# GRAINS

## WHOLE WHEAT ENGLISH MUFFIN

Nutrition Facts	
Serving size 57 g	
Amount Per Serving	
Calories <b>120</b>	
calories from Fat 10	
% Daily Value*	
<b>Total Fat</b> 1g	<b>2%</b>
Saturated fat 0g	<b>0%</b>
Trans fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 220mg	<b>9%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 1g	
<b>Protein</b> 5g	
Vitamin A 0%	●Vitamin C 0%
Calcium 8%	●Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet.	

WHOLE WHEAT FLOUR, WATER, FARINA, WHEAT GLUTEN, YEAST, SUGAR, SALT, PRESERVATIVES (CALCIUM PROPIONATE, SORBIC ACID), GRAIN VINEGAR, NATURAL FLAVOR, SODIUM STEAROYL LACTYLATE, MONO- AND DIGLYCERIDES, ETHOXYLATED MONO- AND DIGLYCERIDES, SUCRALOSE, SOY LECITHIN, SOY, WHEY (MILK).

### COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

**Wheat, soy, milk**

# GRAINS

## WHOLE WHEAT PASTA

WHOLE WHEAT DURUM FLOUR, DURUM WHEAT SEMOLINA AND DURUM WHEAT FLOUR [ENRICHED WITH IRON (FERROUS SULFATE) AND B VITAMINS (NIACIN, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID)].

### COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

**Wheat**

Nutrition Facts	
Serving size 56g	
Amount Per Serving	
Calories <b>210</b>	
calories from Fat 10	
% Daily Value*	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated fat 0g	<b>0%</b>
Trans fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 41g	<b>14%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 2g	
<b>Protein</b> 7g	
Vitamin A 0%	●Vitamin C 0%
Calcium 2%	●Iron 10%

\*Percent Daily Values are based on a 2.000 calorie diet.

# GRAINS

## WHOLE WHEAT PITA BREAD

Nutrition Facts	
Serving size 90 g	
Amount Per Serving	
Calories <b>260</b>	
calories from Fat 60	
% Daily Value*	
<b>Total Fat</b> 7g	<b>11%</b>
Saturated fat 1g	<b>5%</b>
Trans fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 520mg	<b>22%</b>
<b>Total Carbohydrate</b> 43g	<b>14%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 3g	
<b>Protein</b> 7g	
Vitamin A 0%	●Vitamin C 0%
Calcium 6%	●Iron 15%
*Percent Daily Values are based on a 2.000 calorie diet.	

WHOLE WHEAT FLOUR (WHOLE WHEAT FLOUR, ASCORBIC ACID ADDED AS DOUGH CONDITIONER, ENZYME), WATER, ENRICHED WHEAT FLOUR (WHEAT FLOUR, ASCORBIC ACID AS DOUGH CONDITIONER, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, ENZYMES, FOLIC ACID), SOYBEAN AND/OR CANOLA OIL, SUGAR, SALT, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORNSTARCH, MONOCALCIUM PHOSPHATE), YEAST, BLACKSTRAP MOLASSES, CALCIUM PROPIONATE, SODIUM STEAROYL LACTYLATE, GUAR GUM, AMYLASE.

### COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

Wheat, soy

# GRAINS

## WHOLE WHEAT TORTILLA

Nutrition Facts	
Serving size 31 g	
Amount Per Serving	
Calories <b>90</b>	
calories from Fat 20	
% Daily Value*	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated fat 1g	<b>5%</b>
Trans fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 220mg	<b>9%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 0g	
<b>Protein</b> 3g	
Vitamin A 0%	●Vitamin C 0%
Calcium 8	●Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet.

WHOLE WHEAT FLOUR, ENRICHED BLEACHED FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, VEGETABLE SHORTENING (INTERESTERIFIED AND HYDROGENATED SOYBEAN OILS), CONTAINS 2% OR LESS OF: SALT, BAKING SODA, SODIUM ACID PYROPHOSPHATE, DISTILLED MONOGLYCERIDES, ENZYMES, CELLULOSE GUM, FUMARIC ACID, AND CALCIUM PROPIONATE, AND SORBIC ACID (TO MAINTAIN FRESHNESS).

### COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

**Wheat**



**FRUITS &  
VEGETABLES**

# FRUITS & VEGETABLES

## APPLE

Nutrition Facts	
Serving size 8 oz	
Amount Per Serving	
Calories <b>130</b>	
calories from Fat 0	
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated fat 0g	<b>0%</b>
Trans fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 34g	<b>11%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 25g	
<b>Protein</b> 1g	
Vitamin A 2%	●Vitamin C 8%
Calcium 2%	●Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet.	



# FRUITS & VEGETABLES

## APPLESAUCE

APPLES, WATER, UNSWEETENED APPLE JUICE, ASCORBIC ACID (VITAMIN C) TO MAINTAIN COLOR.

### COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

None

Nutrition Facts	
Serving size 113 g	
Amount Per Serving	
Calories <b>50</b>	
calories from Fat 0	
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated fat 0g	<b>0%</b>
Trans fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 10mg	<b>0%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 8g	
<b>Protein</b> 0g	
Vitamin A 0%	●Vitamin C 0%
Calcium 0%	●Iron 0%
*Percent Daily Values are based on a 2.000 calorie diet.	

# FRUITS & VEGETABLES

## APRICOT

APRICOTS, WATER, PEAR JUICE CONCENTRATE.

### COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

None

Nutrition Facts	
Serving size 125 g	
Amount Per Serving	
Calories <b>60</b>	
calories from Fat 0	
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated fat 0g	<b>0%</b>
Trans fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 35mg	<b>1%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 9g	
<b>Protein</b> 1g	
Vitamin A 35%	●Vitamin C 2%
Calcium 2%	●Iron 0%
*Percent Daily Values are based on a 2.000 calorie diet.	

# FRUITS & VEGETABLES

## BAKED BEANS

PREPARED WHITE BEANS, WATER, BROWN SUGAR, SUGAR, SALT, MUSTARD (WATER, VINEGAR, MUSTARD SEED, SALT, TURMERIC, SPICES), MODIFIED CORN STARCH, ONION POWDER, CARAMEL COLOR, SPICES, GARLIC POWDER, AND NATURAL FLAVOR.

### COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

None

**Ketchup and brown sugar added.**

Nutrition Facts	
Serving size 130 g	
Amount Per Serving	
Calories <b>130</b>	
calories from Fat 0	
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated fat 0g	<b>0%</b>
Trans fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 550mg	<b>23%</b>
<b>Total Carbohydrate</b> 29g	<b>10%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 12g	
<b>Protein</b> 6g	
Vitamin A 0%	●Vitamin C 0%
Calcium 4%	●Iron 10%
*Percent Daily Values are based on a 2.000 calorie diet.	

# FRUITS & VEGETABLES

## BANANAS

Nutrition Facts	
Serving size 126 g	
Amount Per Serving	
Calories <b>110</b>	
calories from Fat 0	
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated fat 0g	<b>0%</b>
Trans fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 30g	<b>10%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 19g	
<b>Protein</b> 1g	
Vitamin A 2%	●Vitamin C 15%
Calcium 0%	●Iron 2%
*Percent Daily Values are based on a 2.000 calorie diet.	

# FRUITS & VEGETABLES

## BROCCOLI

Nutrition Facts	
Serving size 148 g	
Amount Per Serving	
Calories <b>45</b>	
calories from Fat 0	
% Daily Value*	
<b>Total Fat</b> .5g1	<b>0%</b>
Saturated fat 0g	<b>0%</b>
Trans fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 80mg	<b>3%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 2g	
<b>Protein</b> 4g	
Vitamin A 6%	●Vitamin C 220%
Calcium 6%	●Iron 6%
*Percent Daily Values are based on a 2.000 calorie diet.	

# FRUITS & VEGETABLES

## BROCCOLI COLE SLAW

BROCCOLI STALK, CARROTS AND RED CABBAGE.

### COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

None

Nutrition Facts	
Serving size 85 g	
Amount Per Serving	
Calories 35	
calories from Fat 0	
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated fat 0g	<b>0%</b>
Trans fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 25mg	<b>1%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 3g	<b>10%</b>
Sugars 2g	
<b>Protein</b> 6g	
Vitamin A 30% ● Vitamin C 110%	
Calcium 4% ● Iron 4%	
*Percent Daily Values are based on a 2.000 calorie diet.	

# FRUITS & VEGETABLES

## CANTALOUPE

Nutrition Facts	
Serving size 4.8 oz	
Amount Per Serving	
Calories <b>50</b>	
calories from Fat 0	
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated fat 0g	<b>0%</b>
Trans fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 20mg	<b>1%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 11g	
<b>Protein</b> 1g	
Vitamin A 120% ● Vitamin C 80%	
Calcium 2% ● Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet.	



# FRUITS & VEGETABLES

## CARROTS

CARROTS.

### COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

None

Nutrition Facts	
Serving size 128 g	
Amount Per Serving	
Calories 52	
calories from Fat 3	
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated fat 0g	<b>0%</b>
Trans fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 88mg	<b>4%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 4g	<b>14%</b>
Sugars 6g	
<b>Protein</b> 1g	
Vitamin A 428% ● Vitamin C 13%	
Calcium 4% ● Iron 2%	
*Percent Daily Values are based on a 2.000 calorie diet.	

# FRUITS & VEGETABLES

## CORN

CORN, WATER, SUGAR, SALT.

### COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

None

Nutrition Facts	
Serving size 125 g	
Amount Per Serving	
Calories <b>80</b>	
calories from Fat 10	
% Daily Value*	
<b>Total Fat</b> 1g	<b>2%</b>
Saturated fat 0g	<b>0%</b>
Trans fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 310mg	<b>13%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 4g	
<b>Protein</b> 2g	
Vitamin A 0%	●Vitamin C 6%
Calcium 2%	●Iron 2%
*Percent Daily Values are based on a 2.000 calorie diet.	

# FRUITS & VEGETABLES

## CUCUMBER SLICES

Nutrition Facts	
Serving size 3.5 oz	
Amount Per Serving	
Calories <b>10</b>	
calories from Fat 0	
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated fat 0g	<b>0%</b>
Trans fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>27%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 1g	
<b>Protein</b> 1g	
Vitamin A 4%	●Vitamin C 10%
Calcium 2%	●Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet.	

# FRUITS & VEGETABLES

## GREEN BEANS

CUT GREEN BEANS.

**COMMON ALLERGENS AND RESTRICTED INGREDIENTS:**

**None**

Nutrition Facts	
Serving size 85 g	
Amount Per Serving	
Calories <b>20</b>	
calories from Fat 0	
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated fat 0g	<b>0%</b>
Trans fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 1g	
<b>Protein</b> 1g	
Vitamin A 8%	●Vitamin C 6%
Calcium 4%	●Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet.	

# FRUITS & VEGETABLES

## HONEYDEW

Nutrition Facts	
Serving size 4.8 oz	
Amount Per Serving	
Calories <b>50</b>	
calories from Fat 0	
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated fat 0g	<b>0%</b>
Trans fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 15mg	<b>1%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 11g	
<b>Protein</b> 1g	
Vitamin A 2%	●Vitamin C 45%
Calcium 2%	●Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet.	

# FRUITS & VEGETABLES

## KIWI

Nutrition Facts	
Serving size 5.3 oz	
Amount Per Serving	
Calories <b>90</b>	
calories from Fat 10	
% Daily Value*	
<b>Total Fat</b> 1g	<b>2%</b>
Saturated fat 0g	<b>0%</b>
Trans fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 15mg	<b>1%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 13g	
<b>Protein</b> 1g	
Vitamin A 2%	●Vitamin C 40%
Calcium 4%	●Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet.	

# FRUITS & VEGETABLES

## MANDARIN ORANGES

MANDARIN ORANGE SEGMENTS AND PEAR JUICE.

### COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

None

Nutrition Facts	
Serving size 140 g	
Amount Per Serving	
Calories <b>60</b>	
calories from Fat 0	
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated fat 0g	<b>0%</b>
Trans fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 10mg	<b>1%</b>
<b>Total Carbohydrate</b> 14g	<b>4%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 11g	
<b>Protein</b> 1g	
Vitamin A 8%	●Vitamin C 20%
Calcium 2%	●Iron 2%
*Percent Daily Values are based on a 2.000 calorie diet.	



# FRUITS & VEGETABLES

## MASHED SWEET POTATOES

Nutrition Facts	
Serving size 33g	
Amount Per Serving	
Calories <b>120</b>	
calories from Fat 0	
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated fat 0g	<b>0%</b>
Trans fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 270mg	<b>11%</b>
<b>Total Carbohydrate</b> 27g	<b>9%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 7g	
<b>Protein</b> 2g	
Vitamin A 100%	●Vitamin C 15%
Calcium 2%	●Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet.	

POTATO (DRY), SWEET POTATO(DRY), BROWN SUGAR, SUGAR, SALT, CONTAINS 2% OR LESS OF: NATURAL AND ARTIFICIAL FLAVOR, GUAR AND XANTHAN GUM, MONO AND DIGLYCERIDES, SPICE, VITAMIN A (ACETATE), ARTIFICIAL COLOR (YELLOW 5, YELLOW 6, RED 40, BLUE 1). FRESHNESS PRESERVED WITH SODIUM BISULFITE AND BHT.

### COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

Soy

# FRUITS & VEGETABLES

## PEACHES

DICED PEACHES, WATER, PEAR JUICE CONCENTRATE, ASCORBIC ACID (VITAMIN C).

### COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

**None**

Nutrition Facts	
Serving size 113 g	
Amount Per Serving	
Calories 50	
calories from Fat 0	
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated fat 0g	<b>0%</b>
Trans fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 15mg	<b>1%</b>
<b>Total Carbohydrate</b> 13g	<b>4%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 12g	
<b>Protein</b> 0g	
Vitamin A 6%	●Vitamin C30%
Calcium 0%	●Iron 0%
*Percent Daily Values are based on a 2.000 calorie diet.	

# FRUITS & VEGETABLES

## PEAS

PEAS.

### COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

None

Nutrition Facts	
Serving size 85 g	
Amount Per Serving	
Calories <b>66</b>	
calories from Fat 0	
% Daily Value*	
<b>Total Fat</b> 2g	<b>0%</b>
Saturated fat 0g	<b>0%</b>
Trans fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 61mg	<b>3%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 4.7g	<b>19%</b>
Sugars 4g	
<b>Protein</b> 4.4g	
Vitamin A 36% ● Vitamin C 14%	
Calcium 2% ● Iron 7%	
*Percent Daily Values are based on a 2,000 calorie diet.	

# FRUITS & VEGETABLES

## PEAS AND CARROTS

PEAS, CARROTS.

### COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

None

Nutrition Facts	
Serving size 80 g	
Amount Per Serving	
Calories <b>38</b>	
calories from Fat 3	
% Daily Value*	
<b>Total Fat</b> 0.3g	<b>1%</b>
Saturated fat 0g	<b>0%</b>
Trans fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 54mg	<b>2%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Dietary Fiber 2.5g	<b>10%</b>
Sugars 3.5g	
<b>Protein</b> 2.5g	
Vitamin A 152% ● Vitamin C 11%	
Calcium 2% ● Iron 4%	
*Percent Daily Values are based on a 2.000 calorie diet.	

# FRUITS & VEGETABLES

## PEARS

PEARS, WATER, PEAR JUICE CONCENTRATE.

### COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

None

Nutrition Facts	
Serving size 125 g	
Amount Per Serving	
Calories <b>60</b>	
calories from Fat 0	
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated fat 0g	<b>0%</b>
Trans fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 10g	
<b>Protein</b> 1g	
Vitamin A 0%	●Vitamin C 2%
Calcium 0%	●Iron 2%
*Percent Daily Values are based on a 2.000 calorie diet.	

# FRUITS & VEGETABLES

## PINEAPPLE

PINEAPPLE, PINEAPPLE JUICE, WATER.

### COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

None

Nutrition Facts	
Serving size 4 oz	
Amount Per Serving	
Calories <b>60</b>	
calories from Fat 0	
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated fat 0g	<b>0%</b>
Trans fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 10mg	<b>0%</b>
<b>Total Carbohydrate</b> 14g	<b>7%</b>
Dietary Fiber 2g	<b>4%</b>
Sugars 11g	
<b>Protein</b> 1g	
Vitamin A 2%	●Vitamin C 15%
Calcium 0%	●Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet.	

# FRUITS & VEGETABLES

## RED/GREEN PEPPER SLICES

Nutrition Facts	
Serving size 5.3 oz	
Amount Per Serving	
Calories <b>25</b>	
calories from Fat 0	
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated fat 0g	<b>0%</b>
Trans fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 40mg	<b>2%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 4g	
<b>Protein</b> 1g	
Vitamin A 4%	●Vitamin C 190%
Calcium 2%	●Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet.	



# FRUITS & VEGETABLES

## RED POTATOES

POTATOES, DISODIUM DIHYDROGEN PYROPHOSPHATE (TO PROMOTE COLOR RETENTION), DEXTROSE.

### COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

**None**

Nutrition Facts	
Serving size 3 oz	
Amount Per Serving	
Calories <b>80</b>	
calories from Fat 0	
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated fat 0g	<b>0%</b>
Trans fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 20mg	<b>1%</b>
<b>Total Carbohydrate</b> 18g	<b>6%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 0g	
<b>Protein</b> 2g	
Vitamin A 0%	●Vitamin C 7%
Calcium 0%	●Iron 2%
*Percent Daily Values are based on a 2.000 calorie diet.	

# FRUITS & VEGETABLES

## SWEET POTATO FRIES

Nutrition Facts	
Serving size 3 oz	
Amount Per Serving	
Calories <b>140</b>	
calories from Fat 45	
% Daily Value*	
<b>Total Fat</b> 4.5g	<b>7%</b>
Saturated fat 0g	<b>0%</b>
Trans fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 110mg	<b>5%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 7g	
<b>Protein</b> 1g	
Vitamin A 70%	●Vitamin C 10%
Calcium 2%	●Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet.	

SWEET POTATOES, CANOLA OIL, MODIFIED FOOD STARCH, RICE FLOUR, CORNSTARCH, DEXTRIN, SALT, DEXTROSE, XANTHAN GUM, LEAVENING (DISODIUM DIHYDROGEN PYROPHOSPHATE, SODIUM BICARBONATE), COLORED WITH TURMERIC AND OLEORESIN PAPRIKA.

### COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

Rice

# FRUITS & VEGETABLES

## TOMATO SOUP

TOMATO PUREE (WATER, TOMATO PASTE), HIGH FRUCTOSE CORN SYRUP, WHEAT FLOUR, WATER, SALT, POTASSIUM CHLORIDE, FLAVORING, CITRIC ACID, LOWER SODIUM NATURAL SEA SALT, ASCORBIC ACID (VITAMIN C), MONOPOTASSIUM PHOSPHATE.

### COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

Wheat

Nutrition Facts	
Serving size 120 ml	
Amount Per Serving	
Calories <b>90</b>	
calories from Fat 0	
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated fat 0g	<b>0%</b>
Trans fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 480mg	<b>20%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 12g	
<b>Protein</b> 2g	
Vitamin A 8%	●Vitamin C 10%
Calcium 0%	●Iron 4%
*Percent Daily Values are based on a 2.000 calorie diet.	

# FRUITS & VEGETABLES

## TROPICAL FRUIT

PINEAPPLE, RED PAPAYA, YELLOW PAPAYA, PINEAPPLE JUICE, PINEAPPLE JUICE CONCENTRATE, ASCORBIC ACID, CITRIC ACID AND NATURAL FLAVOR.

### COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

None

Nutrition Facts	
Serving size 113 g	
Amount Per Serving	
Calories 60	
calories from Fat 0	
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated fat 0g	<b>0%</b>
Trans fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 20mg	<b>1%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 14g	
<b>Protein</b> 0g	
Vitamin A 0%	●Vitamin C 100%
Calcium 2%	●Iron 2%
*Percent Daily Values are based on a 2.000 calorie diet.	

# FRUITS & VEGETABLES

## VEGETABLE BLEND

DICED CARROTS, PEAS, CORN, CUT GREEN BEANS.

### COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

None

Nutrition Facts	
Serving size 85 g	
Amount Per Serving	
Calories <b>45</b>	
calories from Fat 0	
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated fat 0g	<b>0%</b>
Trans fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 25mg	<b>1%</b>
<b>Total Carbohydrate</b> 10g	<b>3%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 14g	
<b>Protein</b> 2g	
Vitamin A 120%●	Vitamin C 6%
Calcium 2%	●Iron 4%
*Percent Daily Values are based on a 2.000 calorie diet.	

# FRUITS & VEGETABLES

## WATERMELON

Nutrition Facts	
Serving size 10 oz	
Amount Per Serving	
Calories <b>80</b>	
calories from Fat 0	
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated fat 0g	<b>0%</b>
Trans fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 21g	<b>7%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 20g	
<b>Protein</b> 1g	
Vitamin A 30%	●Vitamin C 25%
Calcium 2%	●Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet.	



**ENTRÉES &  
PROTEINS**



# ENTRÉES & PROTEINS

## BLACK BEAN BURGER

Nutrition Facts	
Serving size 100 g	
Amount Per Serving	
Calories <b>110</b>	
calories from Fat 0	
% Daily Value*	
<b>Total Fat</b> 4g	<b>5%</b>
Saturated fat 3g	<b>2%</b>
Trans fat 1g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 430mg	<b>18%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 6g	<b>20%</b>
Sugars 0g	
<b>Protein</b> 7g	
Vitamin A 6%	●Vitamin C 5%
Calcium 5%	●Iron 12%
*Percent Daily Values are based on a 2.000 calorie diet.	

WATER, COOKED BLACK BEANS (BLACK BEANS, WATER), COOKED BROWN RICE (WATER, BROWN RICE), SOY PROTEIN CONCENTRATE, ONIONS, WHOLE KERNEL CORN, HYDRATED BULGUR WHEAT (WATER, BULGUR WHEAT), SOY PROTEIN ISOLATE, GREEN CHILES, CANOLA OIL, CONTAINS TWO PERCENT OR LESS OF SALT, SPICES, RED BELL PEPPERS, BLACK BEAN POWDER, METHYLCELLULOSE, YEAST EXTRACT, SUGAR, ONION POWDER, TOMATO POWDER, CARAMEL COLOR, NATURAL FLAVOR, GARLIC POWDER, PAPRIKA (COLOR), TURMERIC (COLOR).

### COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

**Soy, wheat**

# ENTRÉES & PROTEINS

## CHEESE PIZZA

Nutrition Facts	
Serving size 4.97 oz	
Amount Per Serving	
Calories <b>380</b>	
calories from Fat 140	
% Daily Value*	
<b>Total Fat</b> 15g	<b>24%</b>
Saturated fat 8g	<b>40%</b>
Trans fat 0g	
<b>Cholesterol</b> 15mg	<b>6%</b>
<b>Sodium</b> 640mg	<b>27%</b>
<b>Total Carbohydrate</b> 47g	<b>16%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 7g	
<b>Protein</b> 14g	
Vitamin A 6%	●Vitamin C 0%
Calcium 20%	●Iron 15%
*Percent Daily Values are based on a 2.000 calorie diet.	

ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), TOMATOES (WATER, TOMATO PASTE), LOW MOISTURE PART SKIM MOZZARELLA CHEESE (CULTURED PASTEURIZED PART SKIM MILK, SALT, ENZYMES), WATER, PALM OIL, YEAST, CONTAINS 2% OR LESS OF: VEGETABLE OIL (SOYBEAN AND/OR CANOLA OIL), SUGAR, SALT, MODIFIED FOOD STARCH, SPICE, MALTODEXTRIN, HYDROLYZED SOY AND CORN PROTEIN, CARROT FIBER, PAPRIKA, DRIED GARLIC, WHEAT STARCH, DEFATTED SOY FLOUR, L-CYSTEINE HYDROCHLORIDE, AMMONIUM SULFATE, SOY LECITHIN, NATURAL FLAVOR, ASCORBIC ACID.

### COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

**Wheat, dairy, soy**

# ENTRÉES & PROTEINS

## CHICKEN BREAST STRIPS

Nutrition Facts	
Serving size 84 g	
Amount Per Serving	
Calories <b>90</b>	
calories from Fat 30	
% Daily Value*	
<b>Total Fat</b> 3g	<b>5%</b>
Saturated fat 1g	<b>5%</b>
Trans fat 0g	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 480mg	<b>20%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 15g	
Vitamin A 0%	●Vitamin C 0%
Calcium 0%	●Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet.	

BONELESS, SKINLESS CHICKEN BREAST STRIPS W/ RIB MEAT, CONTAINS UP TO 15% NATURAL CHICKEN BROTH. ALL NATURAL CHICKEN BROTH INGREDIENTS: CHICKEN BROTH, SALT, NATURAL FLAVORINGS.

### COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

None

# ENTRÉES & PROTEINS

## CHICKEN PATTY

Nutrition Facts	
Serving size 73 g	
Amount Per Serving	
Calories <b>120</b>	
calories from Fat 50	
% Daily Value*	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated fat 1.5g	<b>8%</b>
Trans fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 350mg	<b>15%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 2g	
<b>Protein</b> 14g	
Vitamin A 2%	●Vitamin C 0%
Calcium 2%	●Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet.	

CHICKEN, WATER, VEGETABLE PROTEIN PRODUCT (SOY CONCENTRATE, ZINC OXIDE, NIACINAMIDE, FERROUS SULFATE, COPPER GLUCONATE, VITAMIN A PALMITATE, CALCIUM PANTOTHENATE, THIAMINE MONONITRATE [B1], PYRIDOXINE HYDROCHLORIDE [B6], RIBOFLAVIN [B2], CYANOCOBALAMIN [B12]), SEASONING (CORN SYRUP SOLIDS, BROWN SUGAR, SALT, DEXTROSE, VINEGAR POWDER [MALTODEXTRIN, MODIFIED CORN STARCH, DRIED VINEGAR], GARLIC POWDER, ONION POWDER, CHICKEN TYPE FLAVOR [HYDROLYZED CORN GLUTEN, AUTOLYZED YEAST EXTRACT, SOYBEAN OIL, THIAMINE HYDROCHLORIDE, DISODIUM INOSINATE AND DISODIUM GUANYLATE]), SODIUM PHOSPHATES.

### COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

Soy

# ENTRÉES & PROTEINS

## DICED CHICKEN

WHITE AND DARK MEAT CHICKEN.

### COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

None

Nutrition Facts	
Serving size 100 g	
Amount Per Serving	
Calories <b>146</b>	
calories from Fat 45	
% Daily Value*	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated fat 2g	<b>10%</b>
Trans fat 0g	
<b>Cholesterol</b> 90mg	<b>30%</b>
<b>Sodium</b> 45mg	<b>2%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 25g	
Vitamin A 0%	●Vitamin C 0%
Calcium 1%	●Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet.	

# ENTRÉES & PROTEINS

## FAT FREE VANILLA YOGURT

Nutrition Facts	
Serving size 8 oz	
Amount Per Serving	
Calories <b>160</b>	
calories from Fat 0	
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated fat 0g	<b>0%</b>
Trans fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 80mg	<b>3%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 16g	
<b>Protein</b> 20g	
Vitamin A 0%	●Vitamin C 0%
Calcium 25%	●Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet.	

CULTURED PASTEURIZED GRADE A NONFAT MILK, SUGAR, CORN STARCH, NATURAL FLAVOR, PECTIN. CONTAINS THE FOLLOWING LIVE CULTURES: LACTOBACILLUS BULGARICUS, STREPTOCOCCUS THERMOPHILUS, LACTOBACILLUS ACIDOPHILUS, BIFIDUS, LACTOBACILLUS CASEI.

### COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

Milk



# ENTRÉES & PROTEINS

## FISH-BREADED COD

Nutrition Facts	
Serving size 3 oz	
Amount Per Serving	
Calories <b>190</b>	
calories from Fat 80	
% Daily Value*	
<b>Total Fat 9g</b>	<b>14%</b>
Saturated fat 1.5g	<b>8%</b>
Trans fat 0g	
<b>Cholesterol 20mg</b>	<b>7%</b>
<b>Sodium 260mg</b>	<b>11%</b>
<b>Total Carbohydrate 16g</b>	<b>5%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein 11g</b>	
Vitamin A 0%	●Vitamin C 2%
Calcium 0%	●Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet.	

COD, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, MODIFIED FOOD STARCH, YELLOW CORN FLOUR, SOYBEAN OIL SHORTENING, IODIZED SALT, LEAVENING (SODIUM BICARBONATE, SODIUM ACID PYROPHOSPHATE), WHEY, WHITE CORN MEAL, ONION POWDER, DEXTROSE, YEAST, SUGAR, CARAMEL COLOR, SPICE EXTRACTIVE, DOUGH CONDITIONERS (ASCORBIC ACID, CYSTEINE HCL), COLORED WITH OLEORESIN OF PAPRIKA, GARLIC POEDER. FREID IN SOYBEAN OIL.

### COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

Wheat



# ENTRÉES & PROTEINS

## GROUND TURKEY

GROUND TURKEY.

**COMMON ALLERGENS AND RESTRICTED INGREDIENTS:**

**None**

Nutrition Facts	
Serving size 4 oz	
Amount Per Serving	
Calories <b>220</b>	
calories from Fat 140	
% Daily Value*	
<b>Total Fat</b> 16g	<b>25%</b>
Saturated fat 5g	<b>25%</b>
Trans fat 0g	
<b>Cholesterol</b> 75mg	<b>25%</b>
<b>Sodium</b> 80mg	<b>3%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 20g	
Vitamin A 0%	●Vitamin C 0%
Calcium 2%	●Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet.	

# ENTRÉES & PROTEINS

## HAMBURGER

BEEF, SALT, CARAMEL COLOR.

### COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

None

Nutrition Facts	
Serving size 68 g	
Amount Per Serving	
Calories <b>200</b>	
calories from Fat 140	
% Daily Value*	
<b>Total Fat</b> 15g	<b>24%</b>
Saturated fat 6g	<b>32%</b>
Trans fat 0g	
<b>Cholesterol</b> 45mg	<b>16%</b>
<b>Sodium</b> 35mg	<b>2%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 15g	
Vitamin A 0%	●Vitamin C 0%
Calcium 0%	●Iron 8%
*Percent Daily Values are based on a 2.000 calorie diet.	

# ENTRÉES & PROTEINS

## HARD COOKED EGG

WHOLE EGG, WATER, CITRIC ACID, SODIUM BENZOATE

### COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

Egg

Nutrition Facts	
Serving size 1 ea	
Amount Per Serving	
Calories <b>78</b>	
calories from Fat 48	
% Daily Value*	
<b>Total Fat</b> 5g	<b>7%</b>
Saturated fat 1.6g	<b>8%</b>
Trans fat 0g	
<b>Cholesterol</b> 187mg	<b>62%</b>
<b>Sodium</b> 62mg	<b>2%</b>
<b>Potassium</b> 63mg	<b>1%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	
Sugars less than 0g	
<b>Protein</b> 6g	
Vitamin A 5%	●Vitamin C 0%
Calcium 2%	●Iron 3%
*Percent Daily Values are based on a 2,000 calorie diet.	

# ENTRÉES & PROTEINS

## HUMMUS

COOKED CHICK PEAS (CHICK PEAS [GARBANZOS], WATER), TAHINI (GROUND SESAME), SOYBEAN AND/OR CANOLA OIL, GARLIC, SALT, CITRIC ACID, SEASONING AND SPICES, NATURAL FLAVORS, POTASSIUM SORBATE AND SODIUM BENZOATE ADDED TO MAINTAIN FRESHNESS.

### COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

None

Nutrition Facts	
Serving size 28 g	
Amount Per Serving	
Calories <b>70</b>	
calories from Fat 55	
% Daily Value*	
<b>Total Fat</b> 6g	<b>9%</b>
Saturated fat 1g	<b>5%</b>
Trans fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 120mg	<b>5%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 0g	
<b>Protein</b> 2g	
Vitamin A 0%	●Vitamin C 0%
Calcium 0%	●Iron 2%
*Percent Daily Values are based on a 2.000 calorie diet.	

# ENTRÉES & PROTEINS

## MILD CHEDDAR CHEESE

PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, ANNATTO, POWDERED CELLULOSE (ANTI CAKING AGENT).

### COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

**Dairy**

Nutrition Facts	
Serving size 28 g	
Amount Per Serving	
Calories <b>110</b>	
calories from Fat 80	
% Daily Value*	
<b>Total Fat</b> 9g	<b>14%</b>
Saturated fat 5g	<b>27%</b>
Trans fat 0g	
<b>Cholesterol</b> 30mg	<b>9%</b>
<b>Sodium</b> 180mg	<b>7%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 7g	
Vitamin A 6%	●Vitamin C 0%
Calcium 20%	●Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet.	

# ENTRÉES & PROTEINS

## MOZZARELLA CHEESE

PASTEURIZED PART-SKIM MILK, CHEESE CULTURES, SALT, ENZYMES.

### COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

**Dairy**

Nutrition Facts	
Serving size 28 g	
Amount Per Serving	
Calories <b>80</b>	
calories from Fat 45	
% Daily Value*	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated fat 3g	<b>15%</b>
Trans fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 190mg	<b>8%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 1g	
<b>Protein</b> 7g	
Vitamin A 4%	●Vitamin C 0%
Calcium 20%	●Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet.	

# ENTRÉES & PROTEINS

## SCRAMBLED EGGS

WHOLE EGGS, WHEY, SKIM MILK, SOYBEAN OIL. CONTAINS 2% OR LESS OF THE FOLLOWING: DICALCIUM PHOSPHATE, SALT, SODIUM BICARBONATE, XANTHUM GUM, ARTIFICIAL BUTTER FLAVOR (PARTIALLY HYDROGENATED SOYBEAN AND COTTON SEED OIL, MEDIUM CHAIN TRIGLYCERIDES, CITRIC ACID, LIQUID PEPPER EXTRACT).

### COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

Eggs, dairy, soy

Nutrition Facts	
Serving size 100 g	
Amount Per Serving	
Calories <b>160</b>	
calories from Fat 110	
% Daily Value*	
<b>Total Fat</b> 12g	<b>19%</b>
Saturated fat 3g	<b>15%</b>
Trans fat 0g	
<b>Cholesterol</b> 290mg	<b>99%</b>
<b>Sodium</b> 440mg	<b>18%</b>
<b>Total Carbohydrate</b> 3g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 1g	
<b>Protein</b> 9g	
Vitamin A 3%	●Vitamin C 0%
Calcium 30%	●Iron 1%
*Percent Daily Values are based on a 2.000 calorie diet.	



# ENTRÉES & PROTEINS

## SLICED TURKEY

Nutrition Facts	
Serving size 57 g	
Amount Per Serving	
Calories <b>50</b>	
calories from Fat 5	
% Daily Value*	
<b>Total Fat</b> 5g	<b>1%</b>
Saturated fat 0g	<b>0%</b>
Trans fat 0g	
<b>Cholesterol</b> 10mg	<b>4%</b>
<b>Sodium</b> 550mg	<b>23%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 1g	
<b>Protein</b> 9g	
Vitamin A 0%	●Vitamin C 0%
Calcium 0%	●Iron 2%
*Percent Daily Values are based on a 2.000 calorie diet.	

TURKEY BREAST, WATER, CONTAINS 2% OR LESS OF SODIUM LACTATE, MODIFIED FOOD STARCH, DEXTROSE, SALT, CAFFEGEENAN, SODIUM PHOSPHATE, TURKEY FLAVOR, CONTAINS DISODIUM INOSNIATE, DISODIUM GUANYLATE AND XANTHAN GUM, SODIUM DIOCETATE.

### COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

None

# ENTRÉES & PROTEINS

## TURKEY MEATBALLS

Nutrition Facts	
Serving size 3 oz	
Amount Per Serving	
Calories <b>170</b>	
calories from Fat 90	
% Daily Value*	
<b>Total Fat</b> 10g	<b>15%</b>
Saturated fat 3g	<b>15%</b>
Trans fat 0g	
<b>Cholesterol</b> 50mg	<b>17%</b>
<b>Sodium</b> 400mg	<b>17%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 14g	
Vitamin A 0%	●Vitamin C 2%
Calcium 4%	●Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet.	

TURKEY, MECHANICALLY SEPARATED TURKEY, WATER, BREAD CRUMBS (WHEAT FLOUR, SALT, YEAST, DEXTROSE), TEXTURED VEGETABLE PROTEIN PRODUCT (SOY PROTEIN CONCENTRATE, CARAMEL COLOR), CHEESE (IMPORTED PARMESAN CHEESE [MADE FROM COWS MILK, RENNET, SALT], IMPORTED PECORINO ROMANO CHEESE [MADE FROM SHEEPS MILK, RENNET, SALT], CEREAL (CORN, WHEAT, RYE, OATS, AND RICE), SALT, SPICES, DEHYDRATED PARSLEY, DEXTROSE, DEHYDRATED ONION, HYDROLYZED CORN AND SOY PROTEIN, GARLIC, SPICE EXTRACTIVES.

### COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

**Wheat, soy, dairy, rice**

# ENTRÉES & PROTEINS

## TURKEY SAUSAGE

Nutrition Facts	
Serving size 43 g	
Amount Per Serving	
Calories <b>80</b>	
calories from Fat 35	
% Daily Value*	
<b>Total Fat</b> 4g	<b>6%</b>
Saturated fat 1g	<b>5%</b>
Trans fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 310mg	<b>13%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 9g	
Vitamin A 0%	●Vitamin C 0%
Calcium 2%	●Iron 4%
*Percent Daily Values are based on a 2.000 calorie diet.	

BONELESS TURKEY, WATER, CONTAINS 2% OR LESS OF: SUGAR, SALT, SPICES, SODIUM PHOSPHATE, CITRIC ACID, BHT, CARAMEL COLOR.

### COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

**None**

# ENTRÉES & PROTEINS

## VEGETARIAN REFRIED BEANS

COOKED BEANS, WATER, SALT, VEGETABLE OIL (COTTONSEED), GARLIC.

### COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

None

Nutrition Facts	
Serving size ½ cup	
Amount Per Serving	
Calories <b>135</b>	
calories from Fat 10	
% Daily Value*	
<b>Total Fat</b> 1g	<b>2%</b>
Saturated fat 0g	<b>0%</b>
Trans fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 370mg	<b>15%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>
Dietary Fiber 6g	<b>23%</b>
Sugars 1g	
<b>Protein</b> 6g	
Vitamin A 0%	●Vitamin C 0%
Calcium 4%	●Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet.	