

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	1/4 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 eg = 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.

*****Please note that the Child Care Program's menu is currently "under construction".
Food items listed in RED on the meal rotation list are newly added to our menu in
September/October.**

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, Tropical Fruit, Hard Cooked Egg	Turkey Sausage, Wheat Roll, Sweet Potato Fries (ketchup), Applesauce	Red/Green Pepper Slices (ranch dip), Whole Wheat Pita , Water
2	Milk, Banana, Whole Grain Corn Flakes	Cheese Pizza, Lettuce Salad (Italian dressing), Mandarin Oranges	Graham Crackers, Pineapple , Water
3	Milk, Pears, Cheerios	Roast Turkey, Wheat Bread, Red Potatoes, Peaches	Cheddar Cheese, Apple Slices, Water
4	Milk, Applesauce, Multigrain Waffle	Chicken Strips, Soft Tortilla, Fiesta Corn and Peppers, Applesauce	Whole Grain Soft Pretzel, Hummus , Water
5	Milk, Orange Juice, Rice Chex	Whole Grain Macaroni and Cheese, Peas, Pineapple	Watermelon , Animal Crackers, Water
6	Milk, Apple Slices, Whole Grain Bagel (cream cheese)	Turkey Meatballs, Radiatore Pasta w/Tomato Sauce, Cauliflower and Broccoli, Pears	Peaches, Fat Free Vanilla Yogurt , Water
7	Milk, Tropical Fruit, Hard Cooked Egg	Cheese Quesadilla (salsa), Three Bean Salad (Garbanzo, black, white beans, corn), Mandarin Oranges	Cucumber Slices (ranch dressing), Whole Wheat Pita , Water
8	Milk, Orange Juice, Wheat Bran Flakes	Fish (ketchup), Wheat Bread, Peas, Peaches	Mozzarella Cheese, Whole Grain Cheddar Goldfish Crackers , Water
9	Milk, Mandarin Oranges, Whole Wheat English Muffin	Chicken Strips, Brown Rice, Oriental Vegetables (green beans, broccoli, red peppers, onions), Pineapple	Turkey, Whole Wheat Tortilla , Water
10	Milk, Cantaloupe , Mozzarella Cheese	Hamburger (ketchup), Wheat Bun, Baked Beans, Corn	Applesauce, Graham Crackers, Water

MENUS 1 – 20

MENU	BREAKFAST	LUNCH	SNACK
11	Milk, Orange Juice, Wheat Bran Flakes	Turkey Sausage, Whole Grain Biscuit, Diced Carrots, Applesauce	Peaches, Whole Grain Pancake , Water
12	Milk, Tropical Fruit, Hard Cooked Egg	Cheese Pizza, Lettuce Salad (Italian dressing), Pears	Red/Green Pepper Slices, Hummus , Water
13	Milk, Peaches, Cheerios	Turkey Sloppy Joe, Wheat Bun, Green Beans, Mandarin Oranges	Cheddar Cheese, Apple Slices, Water
14	Milk, Applesauce, Multigrain Waffle	Diced Chicken in Gravy, Egg Noodles, Peas and Carrots, Peaches	Whole Grain Soft Pretzel, Honeydew , Milk
15	Milk, Pears, Rice Chex	Red Beans, Brown Rice, Corn, Pineapple	Watermelon , Animal Crackers, Water
16	Milk, Apple Slices, Whole Grain Bagel (cream cheese)	Turkey Meatballs, Whole Grain Spaghetti w/Tomato Sauce, Cauliflower and Broccoli, Pears	Celery/Carrot Sticks (ranch dressing), Whole Wheat Pita , Water
17	Milk, Kiwi, Whole Grain Corn Flakes	Grilled Cheese on Wheat Bread, Tomato Soup, Applesauce	Peaches, Fat Free Vanilla Yogurt , Water
18	Milk, Orange Juice, Cheerios	Turkey and Cheese Subs on Wheat Bun, Sugar Snap Peas, Mandarin Oranges	Mozzarella Cheese, Whole Grain Cheddar Goldfish Crackers , Water
19	Milk, Mandarin Oranges, Whole Wheat English Muffin	Turkey Tacos with Corn Shells (salsa), Lettuce Salad (Italian dressing), Pineapple	Applesauce, Whole Grain Pancake , Water
20	Milk, Cantaloupe, Wheat Bran Flakes	Scrambled Eggs, English Muffin, Diced Carrots, 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 110	
calories from Fat 25	
% Daily Value*	
Total Fat 2.5g	4%
Saturated fat 1.5g	8%
Trans fat 0g	
Cholesterol 15mg	5%
Sodium 125mg	5%
Total Carbohydrate 13g	4%
Dietary Fiber 0g	
Sugars 12g	
Protein 8g	16%
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 150	
calories from Fat 70	
% Daily Value*	
Total Fat 8g	12%
Saturated fat 5g	25%
Trans fat 0g	
Cholesterol 35mg	12%
Sodium 125mg	5%
Potassium 400mg	11%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	
Sugars 12g	
Protein 8g	15%
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 110	
calories from Fat 0	
% Daily Value*	
Total Fat 0g	0%
Saturated fat 0g	0%
Trans fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 450mg	13%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	
Sugars 22g	
Protein 2g	
Vitamin A 0%	●Vitamin C 120%
Calcium 2%	●Iron 0%
Thiamin 10%	●Riboflavin 4%
Niacin 4%	●Vitamin B6 6%
Folic Acid 15%	● Magnesium 6%
*Percent Daily Values are based on a 2,000 calorie diet.	



**SAUCES, SEASONINGS
& CONDIMENTS**

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 80	
calories from Fat 50	
% Daily Value*	
Total Fat 6g	9%
Saturated fat 1.5g	7%
Trans fat 2g	
Cholesterol 5mg	1%
Sodium 570mg	24%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	0%
Sugars 3g	
Protein 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 70	
calories from Fat 60	
% Daily Value*	
Total Fat 7g	11%
Saturated fat 4.5g	23%
Trans fat 0g	
Cholesterol 20mg	7%
Sodium 65mg	3%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 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 110	
calories from Fat 60	
% Daily Value*	
Total Fat 7g	11%
Saturated fat 1.5g	8%
Trans fat 0g	
Cholesterol 10mg	3%
Sodium 750mg	31%
Total Carbohydrate 10g	3%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 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

ITALIAN DRESSING

Nutrition Facts	
Serving size 2 tbs	
Amount Per Serving	
Calories 70	
calories from Fat 60	
% Daily Value*	
Total Fat 7g	11%
Saturated fat 1g	5%
Trans fat 0g	
Cholesterol 0mg	0%
Sodium 500mg	21%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 0g	
Vitamin A 0%	●Vitamin C 2%
Calcium 0%	●Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet.	

WATER, SOYBEAN OIL, DISTILLED VINEGAR, HIGH FRUCTOSE CORN SYRUP, SALT, DEHYDRATED GARLIC, DEHYDRATED ONION, DEHYDRATED RED BELL PEPPERS, XANTHAN GUM, SPICES, CALCIUM DISODIUM EDTA USED TO PROTECT QUALITY, LEMON JUICE CONCENTRATE, COLOR (CARAMEL, ANNATTO).

COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

None

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 15	
calories from Fat 0	
% Daily Value*	
Total Fat 0g	0%
Saturated fat 0g	0%
Trans fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Sugars 4g	
Protein 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

RANCH DRESSING

Nutrition Facts	
Serving size 1 oz	
Amount Per Serving	
Calories 60	
calories from Fat 45	
% Daily Value*	
Total Fat 5g	.08%
Saturated fat 0g	0%
Trans fat 0g	
Cholesterol 5mg	.02%
Sodium 240mg	1%
Total Carbohydrate 2g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 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 10	
calories from Fat 0	
% Daily Value*	
Total Fat 0g	0%
Saturated fat 0g	0%
Trans fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	2%
Sugars 2g	
Protein 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

SLOPPY JOE SAUCE

Nutrition Facts	
Serving size 64 g	
Amount Per Serving	
Calories 30	
calories from Fat 0	
% Daily Value*	
Total Fat 0g	0%
Saturated fat 0g	0%
Trans fat 0g	
Cholesterol 0mg	0%
Sodium 380mg	16%
Total Carbohydrate 7g	2%
Dietary Fiber 1g	4%
Sugars 5g	
Protein 1g	
Vitamin A 6%	●Vitamin C 4%
Calcium 0%	●Iron 4%
*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: SALT, SUGAR, DEHYDRATED ONIONS, DEHYDRATED RED AND GREEN BELL PEPPERS, CHILE PEPPER, TOMATO FIBER, SPICES, GUAR GUM, XANTHAN GUM, DEHYDRATED GARLIC, CAROB BEAN GUM, NATURAL FLAVORS.

COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

None

SAUCES, SEASONINGS & CONDIMENTS

TACO SEASONING

Nutrition Facts	
Serving size 7 g	
Amount Per Serving	
Calories 20 calories from Fat 0	
% Daily Value*	
Total Fat 0g	0%
Saturated fat 0g	0%
Trans fat 0g	
Cholesterol 0mg	0%
Sodium 470mg	20%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	2%
Sugars 1g	
Sugars 0g	
Protein 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

TOMATOES.

COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

None

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

SAUCES, SEASONINGS & CONDIMENTS

TOMATO SAUCE

Nutrition Facts	
Serving size 61 g	
Amount Per Serving	
Calories 20	
calories from Fat 0	
% Daily Value*	
Total Fat 0g	0%
Saturated fat 0g	0%
Trans fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 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*	
Total Fat 0g	0%
Saturated fat 0g	0%
Trans fat 0g	
Cholesterol 0mg	0%
Sodium 750mg	31%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 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 120	
calories from Fat 15	
% Daily Value*	
Total Fat 2g	3%
Saturated fat 0g	0%
Trans fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 23g	8%
Dietary Fiber 0g	0%
Sugars 6g	
Protein 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 160	
calories from Fat 10	
% Daily Value*	
Total Fat 1.5g	2%
Saturated fat 0g	0%
Trans fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 33g	11%
Dietary Fiber 2g	6%
Sugars 0g	
Protein 4g	
Vitamin A 0%	●Vitamin C 0%
Calcium 0%	●Iron 4%
*Percent Daily Values are based on a 2.000 calorie diet.	

GRAINS

EGG NOODLES

SEMOLINA, DURUM FLOUR, EGGS, ENRICHED WITH IRON (FERROUS SULFATE) AND B VITAMINS (NIACIN, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID).

COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

Wheat, eggs

Nutrition Facts	
Serving size 56 g	
Amount Per Serving	
Calories 220	
calories from Fat 30	
% Daily Value*	
Total Fat 3g	5%
Saturated fat 1g	5%
Trans fat 0g	
Cholesterol 55mg	18%
Sodium 15mg	1%
Total Carbohydrate 40g	13%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 8g	
Vitamin A 0%	●Vitamin C 0%
Calcium 0%	●Iron 10%
*Percent Daily Values are based on a 2.000 calorie diet.	

GRAINS

GRAHAM CRACKER

Nutrition Facts	
Serving size 14 g	
Amount Per Serving	
Calories 60	
calories from Fat 10	
% Daily Value*	
Total Fat 1.5g	2%
Saturated fat 0g	0%
Trans fat 0g	
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	2%
Sugars 3g	
Protein 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 130	
calories from Fat 31.5	
% Daily Value*	
Total Fat 3.5g	4%
Saturated fat 5g	3%
Trans fat 0g	
Cholesterol 5mg	2%
Sodium 360mg	16%
Total Carbohydrate 23g	8%
Dietary Fiber 3g	11%
Sugars 4g	
Protein 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 70	
calories from Fat 0	
% Daily Value*	
Total Fat 0g	0%
Saturated fat 0g	0%
Trans fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 16g	5%
Dietary Fiber 1g	3%
Sugars 2g	
Protein 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 90	
calories from Fat 5	
% Daily Value*	
Total Fat .5g	1%
Saturated fat 0g	0%
Trans fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 24g	10%
Dietary Fiber 5g	20%
Sugars 5g	
Protein 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 50	
calories from Fat 5	
% Daily Value*	
Total Fat 0.5g	1%
Saturated fat 0g	0%
Trans fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 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 130	
calories from Fat 20	
% Daily Value*	
Total Fat 2g	3%
Saturated fat 0g	0%
Trans fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 24g	8%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 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

WHEAT HOT DOG BUN

Nutrition Facts	
Serving size 50 g	
Amount Per Serving	
Calories 120	
calories from Fat 15	
% Daily Value*	
Total Fat 2g	3%
Saturated fat 0g	0%
Trans fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 23g	8%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 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, CALCIUM SULFATE, DOUGH CONDITIONERS (CALCIUM PEROXIDE, DATEM, ASCORBIC ACID, AZODICARBONAMIDE), CALCIUM PROPIONATE (PRESERVATIVE).

COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

Wheat

GRAINS

WHEAT ROLL

Nutrition Facts	
Serving size 37 g	
Amount Per Serving	
Calories 110	
calories from Fat 15	
% Daily Value*	
Total Fat 1.5g	2%
Saturated fat 0g	0%
Trans fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	6%
Sugars 4g	
Protein 4g	
Vitamin A 0%	●Vitamin C 0%
Calcium 4%	●Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet.	

ENRICHED WHEAT FLOUR (WHEAT FLOUR, BARLEY MALT, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHOLE WHEAT FLOUR, WATER, WHEAT BRAN, CONTAINS 2% OF LESS OF THE FOLLOWING: CRUSHED WHOLE WHEAT, HIGH FRUCTOSE CORN SYRUP, SOYBEAN OIL, YEAST, WHEAT GLUTEN, BROWN SUGAR, WHOLE RYE MEAL, SALT, RAISIN JUICE, DOUGH CONDITIONERS (ETHOXYLATED MONO-DIGLYCERIDES, CALCIUM PEROXIDE, SODIUM STEAROYL LACTYLATE), CORN STARCH, YEAST NUTRIENTS (CALCIUM SULFATE, AMMONIUM CHLORIDE), VINEGAR, CALCIUM PROPIONATE (PRESERVATIVE).

COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

Wheat, soy

GRAINS

WHITE BREAD

Nutrition Facts	
Serving size 2 slices/42 g	
Amount Per Serving	
Calories 110	
calories from Fat 15	
% Daily Value*	
Total Fat 1.5g	1%
Saturated fat 0g	0%
Trans fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	8%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	3%
Sugars 2g	
Protein 3g	
Vitamin A 0%	●Vitamin C 0%
Calcium 4%	●Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet.	

ENRICHED WHEAT FLOUR (WHEAT FLOUR, BARLEY MALT, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, HIGH FRUCTOSE CORN SYRUP, YEAST, SOYBEAN OIL, CONTAINS 2% OR LESS OF THE FOLLOWING: SALT, CALCIUM PROPIONATE (PRESERVATIVE), DOUGH CONDITIONERS (MONO & DIGLYCERIDES, DATEM, ASCORBIC ACID, CALCIUM PEROXIDE, AZODICARBONAMIDE), CALCIUM SULFATE, DIAMMONIUM PHOSPHATE, TRICALCIUM PHOSPHATE, SOY LECITHIN.

COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

Wheat, soy

GRAINS

WHOLE GRAIN BAGEL

Nutrition Facts	
Serving size 57 g	
Amount Per Serving	
Calories 120	
calories from Fat 10	
% Daily Value*	
Total Fat 1g	2%
Saturated fat 0g	0%
Trans fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	8%
Total Carbohydrate 24g	10%
Dietary Fiber 3g	16%
Sugars 3g	
Protein 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 170	
calories from Fat 70	
% Daily Value*	
Total Fat 8g	12%
Saturated fat 5g	25%
Trans fat 0g	
Cholesterol 0mg	0%
Sodium 370mg	15%
Total Carbohydrate 21g	7%
Dietary Fiber 2g	2%
Sugars 2g	
Protein 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 140	
calories from Fat 50	
% Daily Value*	
Total Fat 5g	8%
Saturated fat 1g	5%
Trans fat 0g	
Cholesterol 5mg	2%
Sodium 240mg	10%
Total Carbohydrate 19g	6%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 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*	
Total Fat 1g	2%
Saturated fat 0g	0%
Trans fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	3%
Sugars 1g	
Protein 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 70	
calories from Fat 31.5	
% Daily Value*	
Total Fat 5g	0%
Saturated fat 0g	0%
Trans fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 16g	5%
Dietary Fiber 1g	3%
Sugars 2g	
Protein 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*	
Total Fat 6g	9%
Saturated fat 1g	5%
Trans fat 0g	
Cholesterol 10mg	0%
Sodium 390mg	4%
Total Carbohydrate 41g	5%
Dietary Fiber 3g	3%
Sugars 10g	
Protein 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 PENNE PASTA

WHOLE DURUM WHEAT FLOUR, SEMOLINA, DURUM WHEAT FLOUR, OAT FIBER.

COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

Wheat

Nutrition Facts	
Serving size 2 oz	
Amount Per Serving	
Calories 200	
calories from Fat 15	
% Daily Value*	
Total Fat 1.5g	2%
Saturated fat 0g	0%
Trans fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 41g	14%
Dietary Fiber 6g	24%
Sugars 2g	
Protein 7g	
Vitamin A 0%	●Vitamin C 0%
Calcium 0%	●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 70	
calories from Fat 5	
% Daily Value*	
Total Fat 5g	1%
Saturated fat 0g	0%
Trans fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 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 120	
calories from Fat 10	
% Daily Value*	
Total Fat 1g	2%
Saturated fat 0g	0%
Trans fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	9%
Total Carbohydrate 26g	9%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 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 PITA BREAD

Nutrition Facts	
Serving size 90 g	
Amount Per Serving	
Calories 260	
calories from Fat 60	
% Daily Value*	
Total Fat 7g	11%
Saturated fat 1g	5%
Trans fat 0g	
Cholesterol 0mg	0%
Sodium 520mg	22%
Total Carbohydrate 43g	14%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 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 SPAGHETTI

100% DURUM WHOLE WHEAT FLOUR.

COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

Wheat

Nutrition Facts	
Serving size 56 g	
Amount Per Serving	
Calories 180	
calories from Fat 10	
% Daily Value*	
Total Fat 1g	2%
Saturated fat 0g	0%
Trans fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 41g	14%
Dietary Fiber 6g	24%
Sugars 2g	
Protein 7g	
Vitamin A 0%	●Vitamin C 0%
Calcium 0%	●Iron 10%
*Percent Daily Values are based on a 2.000 calorie diet.	

GRAINS

WHOLE WHEAT TORTILLA

Nutrition Facts	
Serving size 31 g	
Amount Per Serving	
Calories 90	
calories from Fat 20	
% Daily Value*	
Total Fat 2g	3%
Saturated fat 1g	5%
Trans fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	9%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 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 130	
calories from Fat 0	
% Daily Value*	
Total Fat 0g	0%
Saturated fat 0g	0%
Trans fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 34g	11%
Dietary Fiber 5g	20%
Sugars 25g	
Protein 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 50	
calories from Fat 0	
% Daily Value*	
Total Fat 0g	0%
Saturated fat 0g	0%
Trans fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	8%
Sugars 8g	
Protein 0g	
Vitamin A 0%	●Vitamin C 0%
Calcium 0%	●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 130	
calories from Fat 0	
% Daily Value*	
Total Fat 0g	0%
Saturated fat 0g	0%
Trans fat 0g	
Cholesterol 0mg	0%
Sodium 550mg	23%
Total Carbohydrate 29g	10%
Dietary Fiber 5g	20%
Sugars 12g	
Protein 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 110	
calories from Fat 0	
% Daily Value*	
Total Fat 0g	0%
Saturated fat 0g	0%
Trans fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 30g	10%
Dietary Fiber 3g	12%
Sugars 19g	
Protein 1g	
Vitamin A 2%	●Vitamin C 15%
Calcium 0%	●Iron 2%
*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 50	
calories from Fat 0	
% Daily Value*	
Total Fat 0g	0%
Saturated fat 0g	0%
Trans fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Sugars 11g	
Protein 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*	
Total Fat 0g	0%
Saturated fat 0g	0%
Trans fat 0g	
Cholesterol 0mg	0%
Sodium 88mg	4%
Total Carbohydrate 12g	4%
Dietary Fiber 4g	14%
Sugars 6g	
Protein 1g	
Vitamin A 428% ● Vitamin C 13%	
Calcium 4% ● Iron 2%	
*Percent Daily Values are based on a 2.000 calorie diet.	

FRUITS & VEGETABLES

CAULIFLOWER AND BROCCOLI

CAULIFLOWER, BROCCOLI.

COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

None

Nutrition Facts	
Serving size 85 g	
Amount Per Serving	
Calories 25	
calories from Fat 0	
% Daily Value*	
Total Fat 0g	0%
Saturated fat 0g	0%
Trans fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 2g	
Vitamin A 6%	●Vitamin C 50%
Calcium 2%	●Iron 0%
*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 80	
calories from Fat 10	
% Daily Value*	
Total Fat 1g	2%
Saturated fat 0g	0%
Trans fat 0g	
Cholesterol 0mg	0%
Sodium 310mg	13%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 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 10	
calories from Fat 0	
% Daily Value*	
Total Fat 0g	0%
Saturated fat 0g	0%
Trans fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	27%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 1g	
Vitamin A 4%	●Vitamin C 10%
Calcium 2%	●Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet.	

FRUITS & VEGETABLES

FIESTA CORN AND PEPPERS

Nutrition Facts	
Serving size 3 oz	
Amount Per Serving	
Calories 90	
calories from Fat 25	
% Daily Value*	
Total Fat 3g	4%
Saturated fat 0g	0%
Trans fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 13g	4%
Dietary Fiber 4g	16%
Sugars 8g	
Protein 2g	
Vitamin A 15%	●Vitamin C 20%
Calcium 1%	●Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet.	

CORN, BELL PEPPERS, ONIONS, SOYBEAN OIL, SEASONING (SALT, SUGAR, DEHYDRATED GARLIC, PAPRIKA, DEHYDRATED ONION, SPICES, CHILI PEPPER, CITRIC ACID, CORN DEXTRIN, GRILL FLAVOR, NATURAL SMOKE FLAVOR, NATURAL FLAVORING).

COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

Soy

FRUITS & VEGETABLES

HONEYDEW

Nutrition Facts	
Serving size 4.8 oz	
Amount Per Serving	
Calories 50	
calories from Fat 0	
% Daily Value*	
Total Fat 0g	0%
Saturated fat 0g	0%
Trans fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Sugars 11g	
Protein 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 90	
calories from Fat 10	
% Daily Value*	
Total Fat 1g	2%
Saturated fat 0g	0%
Trans fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 20g	7%
Dietary Fiber 4g	16%
Sugars 13g	
Protein 1g	
Vitamin A 2%	●Vitamin C 40%
Calcium 4%	●Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet.	

FRUITS & VEGETABLES

LETTUCE SALAD

LETTUCE, RED CABBAGE, CARROTS.

COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

None

Nutrition Facts	
Serving size 89 g	
Amount Per Serving	
Calories 10	
calories from Fat 0	
% Daily Value*	
Total Fat 0g	0%
Saturated fat 0g	0%
Trans fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 1g	
Vitamin A 6%	●Vitamin C 6%
Calcium 2%	●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 60	
calories from Fat 0	
% Daily Value*	
Total Fat 0g	0%
Saturated fat 0g	0%
Trans fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	1%
Total Carbohydrate 14g	4%
Dietary Fiber 1g	4%
Sugars 11g	
Protein 1g	
Vitamin A 8%	●Vitamin C 20%
Calcium 2%	●Iron 2%
*Percent Daily Values are based on a 2.000 calorie diet.	

FRUITS & VEGETABLES

ORIENTAL VEGETABLES

GREEN BEANS, BROCCOLI, ONIONS, MUSHROOMS, RED PEPPERS.

COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

None

Nutrition Facts	
Serving size 90 g	
Amount Per Serving	
Calories 30	
calories from Fat 0	
% Daily Value*	
Total Fat 0g	0%
Saturated fat 0g	0%
Trans fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 2g	
Vitamin A 6%	●Vitamin C 20%
Calcium 2%	●Iron 0%
*Percent Daily Values are based on a 2.000 calorie diet.	

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*	
Total Fat 0g	0%
Saturated fat 0g	0%
Trans fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 13g	4%
Dietary Fiber 1g	4%
Sugars 12g	
Protein 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 66	
calories from Fat 0	
% Daily Value*	
Total Fat 2g	0%
Saturated fat 0g	0%
Trans fat 0g	
Cholesterol 0mg	0%
Sodium 61mg	3%
Total Carbohydrate 12g	4%
Dietary Fiber 4.7g	19%
Sugars 4g	
Protein 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 38	
calories from Fat 3	
% Daily Value*	
Total Fat 0.3g	1%
Saturated fat 0g	0%
Trans fat 0g	
Cholesterol 0mg	0%
Sodium 54mg	2%
Total Carbohydrate 8g	3%
Dietary Fiber 2.5g	10%
Sugars 3.5g	
Protein 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 60	
calories from Fat 0	
% Daily Value*	
Total Fat 0g	0%
Saturated fat 0g	0%
Trans fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	8%
Sugars 10g	
Protein 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 60	
calories from Fat 0	
% Daily Value*	
Total Fat 0g	0%
Saturated fat 0g	0%
Trans fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 14g	7%
Dietary Fiber 2g	4%
Sugars 11g	
Protein 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 AND GREEN PEPPER SLICES

Nutrition Facts	
Serving size 5.3 oz	
Amount Per Serving	
Calories 25	
calories from Fat 0	
% Daily Value*	
Total Fat 0g	0%
Saturated fat 0g	0%
Trans fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 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 80	
calories from Fat 0	
% Daily Value*	
Total Fat 0g	0%
Saturated fat 0g	0%
Trans fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 18g	6%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 2g	
Vitamin A 0%	●Vitamin C 7%
Calcium 0%	●Iron 2%
*Percent Daily Values are based on a 2.000 calorie diet.	

FRUITS & VEGETABLES

SUGAR SNAP PEAS

SUGAR SNAP PEAS.

COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

None

Nutrition Facts	
Serving size 83 g	
Amount Per Serving	
Calories 45	
calories from Fat 0	
% Daily Value*	
Total Fat 0g	0%
Saturated fat 0g	0%
Trans fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 2g	
Vitamin A 2%	●Vitamin C 8%
Calcium 4%	●Iron 4%
*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 140	
calories from Fat 45	
% Daily Value*	
Total Fat 4.5g	7%
Saturated fat 0g	0%
Trans fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	12%
Sugars 7g	
Protein 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 90	
calories from Fat 0	
% Daily Value*	
Total Fat 0g	0%
Saturated fat 0g	0%
Trans fat 0g	
Cholesterol 0mg	0%
Sodium 480mg	20%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	4%
Sugars 12g	
Protein 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*	
Total Fat 0g	0%
Saturated fat 0g	0%
Trans fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Sugars 14g	
Protein 0g	
Vitamin A 0%	●Vitamin C 100%
Calcium 2%	●Iron 2%
*Percent Daily Values are based on a 2.000 calorie diet.	

FRUITS & VEGETABLES

WATERMELON

Nutrition Facts	
Serving size 10 oz	
Amount Per Serving	
Calories 80	
calories from Fat 0	
% Daily Value*	
Total Fat 0g	0%
Saturated fat 0g	0%
Trans fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	4%
Sugars 20g	
Protein 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 BEANS

BLACK BEANS, WATER, SALT, FERROUS GLUCONATE.

COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

None

Nutrition Facts	
Serving size 130 g	
Amount Per Serving	
Calories 120	
calories from Fat 0	
% Daily Value*	
Total Fat 0g	0%
Saturated fat 0g	0%
Trans fat 0g	
Cholesterol 0mg	0%
Sodium 430mg	18%
Total Carbohydrate 21g	7%
Dietary Fiber 6g	24%
Sugars 0g	
Protein 8g	
Vitamin A 0%	●Vitamin C 0%
Calcium 4%	●Iron 30%
*Percent Daily Values are based on a 2.000 calorie diet.	

ENTRÉES & PROTEINS

CHEESE PIZZA

Nutrition Facts	
Serving size 4.97 oz	
Amount Per Serving	
Calories 380	
calories from Fat 140	
% Daily Value*	
Total Fat 15g	24%
Saturated fat 8g	40%
Trans fat 0g	
Cholesterol 15mg	6%
Sodium 640mg	27%
Total Carbohydrate 47g	16%
Dietary Fiber 2g	8%
Sugars 7g	
Protein 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 90	
calories from Fat 30	
% Daily Value*	
Total Fat 3g	5%
Saturated fat 1g	5%
Trans fat 0g	
Cholesterol 40mg	13%
Sodium 480mg	20%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 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

DICED CHICKEN

WHITE AND DARK MEAT CHICKEN.

COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

None

Nutrition Facts	
Serving size 100 g	
Amount Per Serving	
Calories 146	
calories from Fat 45	
% Daily Value*	
Total Fat 5g	8%
Saturated fat 2g	10%
Trans fat 0g	
Cholesterol 90mg	30%
Sodium 45mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 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 160	
calories from Fat 0	
% Daily Value*	
Total Fat 0g	0%
Saturated fat 0g	0%
Trans fat 0g	
Cholesterol 10mg	3%
Sodium 80mg	3%
Total Carbohydrate 20g	7%
Dietary Fiber 0g	0%
Sugars 16g	
Protein 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 190	
calories from Fat 80	
% Daily Value*	
Total Fat 9g	14%
Saturated fat 1.5g	8%
Trans fat 0g	
Cholesterol 20mg	7%
Sodium 260mg	11%
Total Carbohydrate 16g	5%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 11g	
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

GARBANZO BEANS

Nutrition Facts	
Serving size 125 g	
Amount Per Serving	
Calories 120	
calories from Fat 20	
% Daily Value*	
Total Fat 2.5g	4%
Saturated fat .5g	2%
Trans fat 0g	
Cholesterol 0mg	0%
Sodium 330mg	14%
Total Carbohydrate 19g	6%
Dietary Fiber 8g	32%
Sugars 0g	
Protein 5g	
Vitamin A 0%	●Vitamin C 0%
Calcium 2%	●Iron 6%
*Percent Daily Values are based on a 2.000 calorie diet.	

GARBANZO BEANS, WATER, SALT, CALCIUM CHLORIDE ADDED TO HELP MAINTAIN FIRMNESS, DISODIUM EDTA (TO PRESERVE COLOR).

COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

None

ENTRÉES & PROTEINS

GREAT NORTHERN BEAN

PREPARED GREAT NORTHERN BEANS, WATER, SALT.

COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

None

Nutrition Facts	
Serving size 129 g	
Amount Per Serving	
Calories 140	
calories from Fat 5	
% Daily Value*	
Total Fat 1g	1%
Saturated fat 0g	0%
Trans fat 0g	
Cholesterol 0mg	0%
Sodium 320mg	13%
Total Carbohydrate 24g	8%
Dietary Fiber 6g	25%
Sugars 1g	
Protein 9g	
Vitamin A 0%	●Vitamin C 2%
Calcium 8%	●Iron 10%

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

ENTRÉES & PROTEINS

GROUND TURKEY

GROUND TURKEY.

COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

None

Nutrition Facts	
Serving size 4 oz	
Amount Per Serving	
Calories 220	
calories from Fat 140	
% Daily Value*	
Total Fat 16g	25%
Saturated fat 5g	25%
Trans fat 0g	
Cholesterol 75mg	25%
Sodium 80mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 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 200	
calories from Fat 140	
% Daily Value*	
Total Fat 15g	24%
Saturated fat 6g	32%
Trans fat 0g	
Cholesterol 45mg	16%
Sodium 35mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 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 78	
calories from Fat 48	
% Daily Value*	
Total Fat 5g	7%
Saturated fat 1.6g	8%
Trans fat 0g	
Cholesterol 187mg	62%
Sodium 62mg	2%
Potassium 63mg	1%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	
Sugars less than 0g	
Protein 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 70	
calories from Fat 55	
% Daily Value*	
Total Fat 6g	9%
Saturated fat 1g	5%
Trans fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 2g	
Vitamin A 0%	●Vitamin C 0%
Calcium 0%	●Iron 2%
*Percent Daily Values are based on a 2.000 calorie diet.	

ENTRÉES & PROTEINS

LIGHT RED KIDNEY BEANS

RED KIDNEY BEANS, WATER, SALT, CALCIUM CHLORIDE, DISODIUM EDTA TO PRESERVE COLOR.

COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

None

Nutrition Facts	
Serving size 130 g	
Amount Per Serving	
Calories 110	
calories from Fat 0	
% Daily Value*	
Total Fat 0g	0%
Saturated fat 0g	0%
Trans fat 0g	
Cholesterol 0mg	0%
Sodium 430mg	18%
Total Carbohydrate 18g	7%
Dietary Fiber 7g	24%
Sugars 1g	
Protein 9g	
Vitamin A 0%	●Vitamin C 0%
Calcium 4%	●Iron 10%
*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 110	
calories from Fat 80	
% Daily Value*	
Total Fat 9g	14%
Saturated fat 5g	27%
Trans fat 0g	
Cholesterol 30mg	9%
Sodium 180mg	7%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 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 80	
calories from Fat 45	
% Daily Value*	
Total Fat 5g	8%
Saturated fat 3g	15%
Trans fat 0g	
Cholesterol 15mg	5%
Sodium 190mg	8%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 7g	
Vitamin A 4%	●Vitamin C 0%
Calcium 20%	●Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet.	

ENTRÉES & PROTEINS

ROAST TURKEY

TURKEY BREAST MEAT, TURKEY BROTH, SALT, CONTAINS 2% OR LESS SUGAR, SODIUM PHOSPHATE, FLAVORING.

COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

None

Nutrition Facts	
Serving size 56 g	
Amount Per Serving	
Calories 50	
calories from Fat 5	
% Daily Value*	
Total Fat 5g	1%
Saturated fat 0g	0%
Trans fat 0g	
Cholesterol 20mg	7%
Sodium 560mg	23%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 11g	
Vitamin A 0%	●Vitamin C 0%
Calcium 0%	●Iron 2%
*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 160	
calories from Fat 110	
% Daily Value*	
Total Fat 12g	19%
Saturated fat 3g	15%
Trans fat 0g	
Cholesterol 290mg	99%
Sodium 440mg	18%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 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 50	
calories from Fat 5	
% Daily Value*	
Total Fat 5g	1%
Saturated fat 0g	0%
Trans fat 0g	
Cholesterol 10mg	4%
Sodium 550mg	23%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 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 170	
calories from Fat 90	
% Daily Value*	
Total Fat 10g	15%
Saturated fat 3g	15%
Trans fat 0g	
Cholesterol 50mg	17%
Sodium 400mg	17%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 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 80	
calories from Fat 35	
% Daily Value*	
Total Fat 4g	6%
Saturated fat 1g	5%
Trans fat 0g	
Cholesterol 30mg	10%
Sodium 310mg	13%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 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 135	
calories from Fat 10	
% Daily Value*	
Total Fat 1g	2%
Saturated fat 0g	0%
Trans fat 0g	
Cholesterol 0mg	0%
Sodium 370mg	15%
Total Carbohydrate 22g	7%
Dietary Fiber 6g	23%
Sugars 1g	
Protein 6g	
Vitamin A 0%	●Vitamin C 0%
Calcium 4%	●Iron 8%

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

ENTRÉES & PROTEINS

VEGGIE BURGER

Nutrition Facts	
Serving size 1 burger	
Amount Per Serving	
Calories 150	
calories from Fat 50	
% Daily Value*	
Total Fat 5g	8%
Saturated fat 0g	0%
Trans fat 0g	
Cholesterol 0mg	0%
Sodium 430mg	18%
Total Carbohydrate 23g	8%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 3g	
Vitamin A 100%	● Vitamin C 8%
Calcium 2%	● Iron 6%

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

MIXED VEGETABLES (CARROTS, GREEN BEANS, SWEET PEAS, CORN), ONIONS, SEASONING (FLOUR, SALT, CORN FLOUR, CORN STARCH, ONION POWDER, GARLIC POWDER, SOY FLOUR, WHITE PEPPER, XANTHAN GUM), CRACKER MEAL, POTATO STARCH, WATER; COOKED IN CANOLA OIL.

COMMON ALLERGENS AND RESTRICTED INGREDIENTS:

Soy, wheat