

BBQ Single Serve

PER SERVING (1 packet)

15 CALORIES	0.0g SAT FAT	86mg SODIUM	4.0g CARBS
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Allergens:

Made With: Heinz BBQ Sauce Packets, IW (WATER, HIGH FRUCTOSE CORN SYRUP, TOMATO PASTE, DISTILLED VINEGAR, CORN SYRUP, SALT, MOLASSES, MODIFIED FOOD STARCH, NATURAL FLAVORS, ONION POWDER, SPICES, SODIUM BENZOATE AND POTASSIUM SORBATE AS PRESERVATIVES.)

Cheese and Green Tamale

PER SERVING (1 ea.)

370 CALORIES	8.0g SAT FAT	470mg SODIUM	28.0g CARBS
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Allergens: Contains Milk.

Made With: Tamale, Cheese and Green Chile (Masa [Water, Ground White Corn Masa Flour (trace of lime), Canola Oil, Salt, Seasoning (Modified tapioca and corn starch, Apple pectin & Fiber, Xanthan gum, Guar gum, Methyl cellulose), Baking powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium phosphate)]. Filling: Cheese (Cultured Milk, Water, Cream, Skim Milk, Sodium Phosphates, Salt, Enzymes), Green Chilies (green chilies, citric acid).)

Ketchup Single Serve

PER SERVING (1 packet)

10 CALORIES	0.0g SAT FAT	85mg SODIUM	3.0g CARBS
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Allergens:

Made With: Heinz Ketchup Single Serve (TOMATO CONCENTRATE FROM RED RIPE TOMATOES, DISTILLED VINEGAR, HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, SALT, SPICE, ONION POWDER, NATURAL FLAVORING)

Yellow Mustard Single Serve

PER SERVING (1 packet)

0 CALORIES	0.0g SAT FAT	65mg SODIUM	0.0g CARBS
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Allergens:

Made With: Heinz Yellow Mustard Single Serve (DISTILLED VINEGAR, WATER, MUSTARD SEED, MUSTARD BRAN, SALT, TURMERIC, PAPRIKA, GARLIC POWDER, SPICES, EXTRACTIONS OF PAPRIKA, MUSTARD OIL.)

Applesauce Cup

PER SERVING (1 ea.)

51 CALORIES	0.0g SAT FAT	2mg SODIUM	14.0g CARBS
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Allergens:

Made With: Applesauce Cups (Apples, water, ascorbic acid (to maintain color).)

Baby Carrots

PER SERVING (3/4 c.)

38 CALORIES	0.0g SAT FAT	85mg SODIUM	9.0g CARBS
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Allergens:

Made With: Baby Carrots (CARROTS)

Baby Carrots

PER SERVING (1/2 c.)

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

Made With: Baby Carrots (CARROTS)

Baked Mac & Cheese

PER SERVING (1 #6 scoop)

319 CALORIES	10.5g SAT FAT	718mg SODIUM	24.6g CARBS
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Allergens: Contains Gluten, Milk, Wheat. Processed in a facility that also processes Egg.

Made With: Cheddar Cheese Sauce (CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), WATER, NONFAT DRY MILK, SODIUM PHOSPHATES AND POTASSIUM PHOSPHATES, CONTAINS LESS THAN 2% OF MODIFIED FOOD STARCH, SEASONING (POTASSIUM CHLORIDE, FLAVOR [CONTAINS MALTODEXTRIN]), AMERICAN CHEESE FLAVOR (A DEHYDRATED BLEND OF CHEESES [SEMISOFT AND CHEDDAR (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES)], MALTODEXTRIN, NATURAL AND ARTIFICIAL FLAVORS, SALT, FOOD STARCH-MODIFIED, SODIUM PHOSPHATE, BUTTER [CREAM, SALT, ANNATTO], CALCIUM PHOSPHATE, LACTIC ACID), SALT, PAPRIKA EXTRACT, ANNATTO EXTRACT.); Elbow Macaroni, whole wheat (WHOLE DURUM WHEAT FLOUR); Shredded Cheddar Cheese, Land O Lakes (CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES, ANNATTO (COLOR)), ANTICAKING BLEND (POTATO STARCH, CELLULOSE, NATAMYCIN (NATURAL INHIBITOR))).); Shredded Cheddar Cheese, Land O Lakes (CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES, ANNATTO (COLOR)), ANTICAKING BLEND (POTATO STARCH, CELLULOSE, NATAMYCIN (NATURAL INHIBITOR))).)

Baked Potato with Broccoli and Cheese

PER SERVING (1 potato)

413 CALORIES	10.4g SAT FAT	648mg SODIUM	34.3g CARBS
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Allergens: Contains Milk.

Made With: Potato, baked, Russet, 120 count, with skin (1 potato = 1/2c starchy veg) , Recipe (Potato, Russet, small baker, 120 count, flesh and skin (RUSSET POTATO); Canola/Olive Oil (CANOLA, EXTRA VIRGIN OLIVE OIL)); Cheese Sauce, cheddar, JTM Main Street Cafe (1/4c = 1 oz M/MA) , Recipe (Cheddar Cheese Sauce (CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), WATER, NONFAT DRY MILK, SODIUM PHOSPHATES AND POTASSIUM PHOSPHATES, CONTAINS LESS THAN 2% OF MODIFIED FOOD STARCH, SEASONING (POTASSIUM CHLORIDE, FLAVOR [CONTAINS MALTODEXTRIN]), AMERICAN CHEESE FLAVOR (A DEHYDRATED BLEND OF CHEESES [SEMISOFT AND CHEDDAR (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES)], MALTODEXTRIN, NATURAL AND ARTIFICIAL FLAVORS, SALT, FOOD STARCH-MODIFIED, SODIUM PHOSPHATE, BUTTER [CREAM, SALT, ANNATTO], CALCIUM PHOSPHATE, LACTIC ACID), SALT, PAPRIKA EXTRACT, ANNATTO EXTRACT.)); Broccoli, frozen cut or chopped, heated, drained (Frozen Broccoli (BROCCOLI); Municipal Water (WATER)); Shredded Cheddar Cheese (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES AND ANNATTO (IF COLORED), POTATO STARCH AND POWDERED CELLULOSE ADDED TO PREVENT CAKING.)

Banana

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

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

Made With: Bananas (BANANA)

Black Beans

PER SERVING (1/2 c.)

118 CALORIES	0.0g SAT FAT	137mg SODIUM	22.6g CARBS
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Allergens:

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

Blanched Broccoli Florets

PER SERVING (1/2 c.)

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

Made With: Broccoli Florets, ready-to-use (BROCCOLI);
Municipal Water (WATER)

Bread Zucchini Slice

PER SERVING (1 slice)

270 CALORIES	2.0g SAT FAT	220mg SODIUM	43.0g CARBS
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Allergens: Contains Egg, Soy, Wheat.

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

Breadstick

PER SERVING (1 ea.)

140 CALORIES	0.0g SAT FAT	160mg SODIUM	29.5g CARBS
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Allergens: Contains Soy, Wheat. Processed in a facility that also processes Egg, Milk, Tree nuts.

Made With: Breadsticks (Whole grain flour, enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, ribovlavin, folic acid) water, contains 2% or less: salt, dextrose, vegetable shortening (partially hydrogenated soybean or cottonseed oil), yeast, sugar, defatted soy flour, mono-diglycerides, calcium stearoyl-2-lactylate, calcium sulfate, ascorbic acid (Vitamin C), Potassium iodate, enzymes and L-Cystein hydrochloride.)

Burrito, Bean & Cheese

PER SERVING (1 ea.)

358 CALORIES	0.0g SAT FAT	478mg SODIUM	44.8g CARBS
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Allergens: Contains Gluten, Milk, Wheat.

Made With: Grilled Bean and Cheese Burrito (WATER, DEHYDRATED PINTO BEANS, MOZZARELLA CHEESE (CULTURED PASTEURIZED MILK, CONTAINS LESS THAN 2% OF SALT AND ENZYMES), CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, CONTAINS LESS THAN 2% OF SALT, ENZYMES AND ANNATTO), SAUCE (WATER, TOMATO PASTE, SPICES, VINEGAR), CORN OIL, TORTILLA: WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, VITAMIN ENRICHMENT (NIACIN, IRON, THIAMINE, FOLIC ACID), WATER, CANOLA OIL, SUGAR, BAKING SODA.)

Caesar Side Salad

PER SERVING (1/2 c.)

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

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

Caesar Side Salad

PER SERVING (1 c.)

170 CALORIES	3.3g SAT FAT	350mg SODIUM	4.9g CARBS
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Allergens: Contains Egg, Fish, Gluten, Milk, Wheat.

Made With: Romaine Lettuce (ROMAINE LETTUCE); Caesar Dressing (Back of the House) (SOYBEAN OIL, WATER, PARMESAN CHEESE WITH FLAVOR (PARMESAN CHEESE [CULTURED MILK, SALT, ENZYMES], FLAVOR [ENZYME MODIFIED PARMESAN CHEESE {CULTURED MILK, WATER, SALT ENZYMES}], POWDERED CELLULOSE TO PREVENT CAKING), CORN VINEGAR, EGG YOLKS, EXTRA VIRGIN OLIVE OIL, CONTAINS LESS THAN 2% OF SALT, ANCHOVIES, GARLIC PUREE, SPICE, WORCESTERSHIRE SAUCE CONCENTRATE (DISTILLED VINEGAR, MOLASSES, CORN SYRUP, WATER, SALT, CARAMEL COLOR, GARLIC POWDER, SUGAR, SPICES, TAMARIND, NATURAL FLAVOR, SULFITING AGENT), LEMON JUICE CONCENTRATE, GARLIC*, PHOSPHORIC ACID, SODIUM BENZOATE AND POTASSIUM SORBATE (AS PRESERVATIVES), XANTHAN GUM, CARAMEL COLOR. *DEHYDRATED); Parmesan Cheese (GRATED PARMESAN CHEESE (MADE FROM COW'S MILK, CHEESE CULTURE, SALT, ENZYMES), POWDERED CELLULOSE (ADDED TO PREVENT CAKING)); Seasoned Croutons (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), CANOLA OIL, WHEY, SALT, YEAST, 2% OR LESS OF HIGH FRUCTOSE CORN SYRUP, CALCIUM PROPIONATE (PRESERVATIVE), CALCIUM PEROXIDE, CALCIUM SULFATE, ASCORBIC ACID, AZODICARBONAMINE, SODIUM STEAROYL LACTYLATE, WHEAT GLUTEN, SPICES, SUGAR, ONION POWDER, PARSLEY*, PAPRIKA (COLOR), TURMERIC (COLOR), EXTRACTIVE OF PAPRIKA (COLOR), SPICE EXTRACTIVE, CITRIC ACID, TBHQ (TO PRESERVE FRESHNESS). *DEHYDRATED.)

Cheese Breadsticks

PER SERVING (1 breadstick)

210 CALORIES	3.0g SAT FAT	270mg SODIUM	25.0g CARBS
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Allergens: Contains Milk, Wheat.

Made With: Cheese Breadstick 7' (CRUST: FLOUR BLEND [WHOLE -WHEAT FLOUR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE, MONONITRATE, RIBOFLAVIN, ENZYME, FOLIC ACID)], WATER, BROWN SUGAR, CORN OIL, DOUGH CONDITIONER (SOYBEAN, OIL, VEGETABLE GLYCERIDES, SOY FLAKES), SALT, VITAL WHEAT GLUTEN, YEAST, L -CYSTEINE. CHEESES: MOZZARELLA, CHEESE (PASTEURIZED PART SKIM MILK, CHEESE CULTURES, SALT, ENZYMES). REDUCED FAT/REDUCED SODIUM, MOZZARELLA CHEESE (PASTEURIZED PART SKIM MILK, NONFAT MILK, MODIFIED CORN STARCH*, CHEESE CULTURE,, SALT, POTASSIUM CHLORIDE*, NATURAL FLAVORS*, ANNATTO (COLOR), VITAMIN A PALMITATE, ENZYMES), *INGREDIENTS, NOT IN REGULAR MOZZARELLA CHEESE.,)

Cheese Pizza

PER SERVING (1 slice)

280 CALORIES	6.0g SAT FAT	640mg SODIUM	31.0g CARBS
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Allergens: Contains Milk, Wheat.

Made With: New York Cheese Pizza, 8cts (LOW MOISTURE MOZZARELLA CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), WATER, WHOLE WHEAT, PIZZA SAUCE (CRUSHED TOMATOES, SALT, SOYBEAN OIL, OLIVE OIL, ROMANO CHEESE [WHEY POWDER, MILK], SPICES, GARLIC, CITRIC ACID), ENRICHED FLOUR (WHEAT FLOUR, ASCORBIC ACID, ENZYME, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SALT, SOYBEAN OIL, YEAST.)

Cheese Quesadilla

PER SERVING (1 each quesadilla)

360 CALORIES	10.5g SAT FAT	540mg SODIUM	24.0g CARBS
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Allergens: Contains Gluten, Milk, Wheat.

Made With: Shredded Cheddar Cheese (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES AND ANNATTO (IF COLORED), POTATO STARCH AND POWDERED CELLULOSE ADDED TO PREVENT CAKING.); Mindful Healthy Grains 8-inch Flour Tortilla (WATER, WHOLE WHEAT FLOUR, ENRICHED BLEACHED FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOLFAVIN, FOLIC ACID), NON-GMO CANOLA OIL, ORGANIC CANE SUGAR, VITAL WHEAT GLUTEN, CONTAINS 2% OR LESS OF: SEA SALT, DISTILLED MONOGLYCERIDES, SODIUM ACID PYROPHOSPHATE, BAKING SODA, NON-GMO CELLULOSE GUM, FUMARIC ACID, AND SORBIC ACID AND CALCIUM PROPIONATE (TO MAINTAIN FRESHNESS).)

Cherry Tomatoes

PER SERVING (1/2 c.)

13 CALORIES	0.0g SAT FAT	4mg SODIUM	2.9g CARBS
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Allergens:

Made With: Fresh Tomatoes (TOMATO)

Chicken Caesar Salad

PER SERVING (1 salad)

285 CALORIES	5.0g SAT FAT	682mg SODIUM	8.1g CARBS
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Allergens: Contains Egg, Fish, Milk, Wheat. Processed in a facility that also processes Tree nuts.

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

Chocolate Milk

PER SERVING (1 Half Pint)

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

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

Corn

PER SERVING (1/2 c.)

92 CALORIES	0.0g SAT FAT	7mg SODIUM	17.0g CARBS
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Allergens:

Made With: Whole Kernel Corn, No Salt Added, Canned (CORN, WATER)

Corn Dog

PER SERVING (1 corn dog)

240 CALORIES	2.5g SAT FAT	390mg SODIUM	30.0g CARBS
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Allergens: Contains Egg, Gluten, Soy, Wheat.

Made With: Corn Dogs (BATTER INGREDIENTS: WATER, WHOLE WHEAT FLOUR, WHOLE GRAIN CORN, SUGAR, CONTAINS 2% OR LESS OF LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), SOY FLOUR, SOYBEAN OIL, SALT, EGG YOLK WITH SODIUM, SILICOALUMINATE, ASCORBIC ACID, EGG WHITE, DRIED HONEY, ARTIFICIAL FLAVOR. FRIED IN VEGETABLE OIL. CHICKEN FRANKFURTER INGREDIENTS: MECHANICALLY SEPARATED CHICKEN, WATER, CORN SYRUP SOLIDS, CONTAINS LESS THAN 2% OF SPICES, SALT, POTASSIUM, LACTATE, SODIUM LACTATE, SODIUM PHOSPHATE, POTASSIUM CHLORIDE, FLAVORINGS, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE.)

Cucumber Coins

PER SERVING (1/2 c.)

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

Made With: Cucumbers (CUCUMBER)

Diced Pears in Pear Juice

PER SERVING (1/2 c.)

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

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

Dinner Roll

PER SERVING (1 roll.)

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

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

Edamame

PER SERVING (1/2 c.)

100 CALORIES	0.5g SAT FAT	5mg SODIUM	7.3g CARBS
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Allergens: Contains Soy.

Made With: Edamame (EDAMAME (SOYBEANS))

Ellena's Lettuce Bowl

PER SERVING (1 bowl)

256 CALORIES	1.6g SAT FAT	577mg SODIUM	36.1g CARBS
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Allergens: Contains Gluten, Soy, Wheat.

Made With: Rice, brown, oven, steamed (1/2c = 1 oz eq grain), Recipe (Municipal Water (WATER); Long Grain Brown Rice (LONG GRAIN PARBOILED BROWN RICE)); Iceberg Lettuce (ICEBERG LETTUCE); Savory Turkey Crumbles (TURKEY, MECHANICALLY SEPARATED TURKEY, CONTAINS 2% OR LESS OF SEASONING (YEAST EXTRACT, SUGAR, DEXTROSE, ONION POWDER, GARLIC POWDER, SPICE, DISODIUM INOSINATE AND DISODIUM GURANYLATE), SALT FLAVORINGS, POTASSIUM, CHLORIDE.); Soy Sauce (WATER, WHEAT, SOYBEANS, SALT, LACTIC ACID, SODIUM BENZOATE: LESS THAN 1/10 OF 1% AS A PRESERVATIVE.); Brown Sugar (BROWN SUGAR); Green Onions (GREEN ONIONS); Garlic (GARLIC); Ground Ginger (GROUND GINGER)

Fresh Broccoli Florets

PER SERVING (1/2 c.)

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

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

Fresh Oranges

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

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

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

Fruit & Yogurt Parfait

PER SERVING (1 ea.)

386 CALORIES	5.2g SAT FAT	380mg SODIUM	55.1g CARBS
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Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Vanilla Yogurt (CULTURED PASTEURIZED GRADE A LOW FAT MILK, SUGAR, MODIFIED CORN STARCH, KOSHER GELATIN, NATURAL FLAVOR, POTASSIUM SORBATE ADDED TO MAINTAIN FRESHNESS, VITAMIN A ACETATE, VITAMIN D3.); Frozen Blueberries (BLUEBERRIES); Cereal, granola, oats n honey, WGR, Nature Valley, bulk (WHOLE GRAIN OATS, SUGAR, CANOLA OIL, RICE FLOUR, HONEY, SALT, BROWN SUGAR SYRUP, BAKING SODA, SOY LECITHIN, NATURAL FLAVOR); String Cheese (PASTEURIZED PART SKIM MILK, CHEESE CULTURES, SALT, ENZYMES)

Grilled Cheese Sandwich

PER SERVING (1 sandwich)

322 CALORIES	9.1g SAT FAT	665mg SODIUM	26.0g CARBS
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Allergens: Contains Gluten, Milk, Wheat.

Made With: Cheddar Cheese Slice (CULTURED PASTERUIZED REDUCED FAT MILK, SALT, ENZYMES, ANNATTO (COLOR). VITAMIN A PALMITATE.); Wheat Loaf Bread (Water, White Whole Wheat Flour, Enriched Wheat Flour (with Niacin, reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Soybean Oil, Yeast, Salt, Dough Softener (water and monoglycerides with propionic acid and Phosphoric acid added as preservatives), Calcium Propionate as mold inhibitor. Strengtheners (Enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid) enzymes), dough conditioner, (Enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), ascorbic acid, wheat gluten, enzymes.)); Wheat Loaf Bread (Water, White Whole Wheat Flour, Enriched Wheat Flour (with Niacin, reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Soybean Oil, Yeast, Salt, Dough Softener (water and monoglycerides with propionic acid and Phosphoric acid added as preservatives), Calcium Propionate as mold inhibitor. Strengtheners (Enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid) enzymes), dough conditioner, (Enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), ascorbic acid, wheat gluten, enzymes.))

Hamburger

PER SERVING (1 ea.)

238 CALORIES	3.0g SAT FAT	355mg SODIUM	26.5g CARBS
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Allergens: Contains Gluten, Wheat.

Made With: Hamburger Bun, 3", K8 (WATER, WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR, (WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, YEAST, SALT, DOUGH SOFTENER, (WATER AND MONOGLYCERIDES WITH PROPIONIC ACID AND PHOSPHORIC ACID ADDED AS PRESERVATIVES), CALCIUM PROPIONATE AS MOLD INHIBITOR. STRENGTHENER (ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE, MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENZYMES). DOUGH CONDITIONER, (ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ASCORBIC ACID, WHEAT GLUTEN, ENZYMES.)); Beef Patty K8 Commodity (GROUND BEEF (NOT MORE THAN 20% FAT), SALT, FLAVOR, NATURAL FLAVOR.)

Hawaiian Pizza

PER SERVING (1 slice)

260 CALORIES	5.0g SAT FAT	670mg SODIUM	27.0g CARBS
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Allergens: Contains Milk, Wheat.

Made With: New York Hawaiian Pizza, 8cts (LOW MOISTURE MOZZARELLA CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), PIZZA SAUCE (CRUSHED TOMATOES, SALT, SOYBEAN OIL, OLIVE OIL, ROMANO CHEESE [WHEY POWDER, MILK], SPICES, GARLIC, CITRIC ACID), WATER, WHOLE WHEAT FLOUR, CANADIAN BACON (PORK LOIN AND PORK CURED WITH WATER, SUGAR, SALT, SODIUM LACTATE, SODIUM PHOSPHATE, NATURAL SMOKE FLAVOR, FLAVORING, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRATE), ENRICHED FLOUR (WHEAT FLOUR, ASCORBIC ACID, ENZYME, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), PINEAPPLE CHUNKS (PINEAPPLE, PINEAPPLE JUICE), SUGAR, SALT, SOYBEAN OIL, YEAST.)

Hearty Garden Salad

PER SERVING (1 salad)

229 CALORIES	7.7g SAT FAT	306mg SODIUM	9.5g CARBS
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Allergens: Contains Egg, Milk.

Made With: Salad Mix (ROMAINE LETTUCE, ICEBERG LETTUCE); Hard Boiled Egg (EGGS); Tomatoes 6x6 (TOMATO); Shredded Cheddar Cheese, Land O Lakes (CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES, ANNATTO (COLOR)), ANTICAKING BLEND (POTATO STARCH, CELLULOSE, NATAMYCIN (NATURAL INHIBITOR)).); Cucumbers (CUCUMBER); Green Bell Peppers (GREEN SWEET PEPPER); Beans, garbanzo, canned, drained, ready-to-serve (1/2c=3.1 oz = 1/2c legume or 2 oz M/MA) , Recipe (Beans, garbanzo (chickpeas), Bushs, low-sodium (PREPARED CHICK PEAS, WATER, SALT, CALCIUM CHLORIDE (FIRMING AGENT), AND DISODIUM EDTA (PROMOTES COLOR RETENTION).))

Hummus Plate

PER SERVING (1 serving)

579 CALORIES	1.7g SAT FAT	886mg SODIUM	52.8g CARBS
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Allergens: Contains Gluten, Soy, Wheat.

Made With: Hummus (Chickpeas (Chickpeas, water, calcium chloride), water, canola oil with natural roasted garlic flavor, sesame tahini, sea salt, citric acid, spices, sodium benzoate and potassium sorbate (to preserve freshness).); Celery Sticks (CELERY); Pita Gordita (Whole grain wheat flour, enriched wheat flour (niacin, iron, thiamine, mononitrate, riboflavin, folic acid), water, margarine (soybean oil, water, salt, partially hydrogenated soybean oil, mono and diglycerides, and soybean lecithin. Sodium benzoate added as preservative. Artificial flavor Vitamin A Palmitate added. Colored with beta carotene). May contain 2% or less of: Sugar, seal salt, leavening agents (sodium acid pyrophosphate, sodium bicarbonate),, calcium propionate and fumaric acid (to preserve freshness), mono and diglycerides. L-Cysteine Hydrochloride, and ascorbic acid as dough conditioners. Contains Wheat and Soy. Contains 0 trans fat.)

Ketchup Simply

PER SERVING (1 pump)

17 CALORIES	0.0g SAT FAT	133mg SODIUM	4.2g CARBS
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Allergens:

Made With: Ketchup, Simply, bulk (TOMATO CONCENTRATE FROM RED RIPE TOMATOES, DISTILLED VINEGAR, SUGAR, SALT, ONION POWDER, SPICES, NATURAL FLAVORING.)

Kiwifruit

PER SERVING (1/2 c.)

50 CALORIES	0.0g SAT FAT	2mg SODIUM	12.1g CARBS
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Allergens:

Made With: Kiwifruit (KIWIFRUIT)

Marinara Dunk Cups

PER SERVING (1 Container)

15 CALORIES	0.0g SAT FAT	120mg SODIUM	3.0g CARBS
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Allergens:

Made With: Marinara Sauce Cup 1 oz (TOMATO PUREE (WATER, TOMATO PASTE) HIGH FRUCTOSE CORN SYRUP, SALT, DRIED ONION, SPICES, CITRIC ACID, POTASSIUM SORBATE (PRESERVATIVE), SODIUM BENZOATE (PRESERVATIVE), NATURAL FLAVOR)

Mashed Potatoes

PER SERVING (1/2 c.)

80 CALORIES	1.0g SAT FAT	103mg SODIUM	15.0g CARBS
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Allergens: Contains Milk.

Made With: Municipal Water (WATER); Potato, mashed, dehydrated granules, BAF Signature (POTATO (DRY), SHORTENING POWDER [PALM OIL, CORN SYRUP SOLIDS, SODIUM CASEINATE, DIPOTASSIUM PHOSPHATE, MONOGLYCERIDES, AND LESS THAN 2% SODIUM SILICOALUMINATE (ANTI-CAKING AGENT)], MALTODEXTRIN, SUGAR, SALT, ENZYME MODIFIED WHOLE MILK (DRY), ARTIFICIAL PHOSPHATE, SPICE AND COLORING. FRESHNESS PRESERVED WITH SODIUM BISULFITE AND BHT.)

Milk

PER SERVING (1 Half Pint)

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

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

Mini Cheeseburger

PER SERVING (1 pkg.)

320 CALORIES	6.0g SAT FAT	600mg SODIUM	35.0g CARBS
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Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Mini Cheeseburger, Commodity (Fully Baked Whole Grain Bun: Water, Whole Wheat Flour, Enriched Bleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine, Mononitrate, Riboflavin, Enzyme, Folic Acid.) Sugar, Instant Dry Yeast (Yeast, Sorbitan Monostearate, Ascorbic Acid). Contains 2% or Less of The Following: Soybean Oil, Salt,, Monoglycerides With Ascorbic Acid and Citric Acid (Antioxidants), Calcium Propionate (Preservative), Calcium Sulfate, Enzyme, Wheat Starch, Ascorbic Acid, Microcrystalline, Cellulose. Fully Cooked Flamebroiled Beef and Onion Patty: Ground Beef (Not More Than 20% Fat), Water, Onions, Textured Vegetable Protein Product (Soy Protein Concentrate,, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate, Pyridoxine Hydrochloride,, Riboflavin, Cyanocobalamin). Seasoning (Hydrolyzed Corn Protein, Dextrose, Salt, Flavorings), Potassium Phosphate, Caramel Color. Sharp Pasteurized Process American, Cheese: Cultured Milk, Water, Cream, Sodium Phosphate, Salt, Lactic Acid, Sorbic Acid (Preservative), Color Added, Sodium Citrate, Enzymes.)

Non Fat White Milk

PER SERVING (1 Half Pint)

90 CALORIES	0.0g SAT FAT	135mg SODIUM	13.0g CARBS
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Allergens: Contains Milk.

Made With: Nonfat White Milk Berkeley (NONFAT MILK, VITAMIN A PALMITATE, VITAMIN D3)

Peaches in Pear Juice

PER SERVING (1/2 c.)

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

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

Pepperoni Pizza

PER SERVING (1 slice)

360 CALORIES	9.0g SAT FAT	980mg SODIUM	31.0g CARBS
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Allergens: Contains Milk, Wheat.

Made With: New York Pizza, Pepperoni Pizza 8cts (LOW MOISTURE MOZZARELLA CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), WATER, WHOLE WHEAT, PIZZA SAUCE, (CRUSHED TOMATOES, SALT, SOYBEAN OIL, OLIVE OIL, ROMANO CHEESE [WHEY POWDER, MILK], SPICES, GARLIC, CITRIC ACID), PEPPERONI (PORK AND BEEF, SALT, WATER, DEXTROSE, SPICES, OLEORESIN OF PAPRIKA, LACTIC ACID STARTER CULTURE, GARLIC POWDER, SODIUM NITRITE [TO RETAIN COLOR], BHA AND BHT [AS ANTIOXIDANTS], CITRIC ACID), ENRICHED FLOUR (WHEAT FLOUR, ASCORBIC ACID, ENZYME, NIACIN, REDUCED IRON, THIAMINE, MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SALT, SOYBEAN OIL, YEAST)

Pinwheel Party Box

PER SERVING (1 Box)

460 CALORIES	5.5g SAT FAT	937mg SODIUM	52.1g CARBS
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Allergens: Contains Egg, Fish, Gluten, Milk, Soy, Wheat.

Made With:

Red Seedless Grapes (Red Grapes (GRAPES)); Mindful Healthy Grains 8-inch Flour Tortilla (WATER, WHOLE WHEAT FLOUR, ENRICHED BLEACHED FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOLFAVIN, FOLIC ACID), NON-GMO CANOLA OIL, ORGANIC CANE SUGAR, VITAL WHEAT GLUTEN, CONTAINS 2% OR LESS OF: SEA SALT, DISTILLED MONOGLYCERIDES, SODIUM ACID PYROPHOSPHATE, BAKING SODA, NON-GMO CELLULOSE GUM, FUMARIC ACID, AND SORBIC ACID AND CALCIUM PROPIONATE (TO MAINTAIN FRESHNESS).); Caesar Side Salad, traditional (Romaine Lettuce (ROMAINE LETTUCE); Caesar Dressing (Back of the House) (SOYBEAN OIL, WATER, PARMESAN CHEESE WITH FLAVOR (PARMESAN CHEESE [CULTURED MILK, SALT, ENZYMES], FLAVOR [ENZYME MODIFIED PARMESAN CHEESE {CULTURED MILK, WATER, SALT ENZYMES}], POWDERED CELLULOSE TO PREVENT CAKING), CORN VINEGAR, EGG YOLKS, EXTRA VIRGIN OLIVE OIL, CONTAINS LESS THAN 2% OF SALT, ANCHOVIES, GARLIC PUREE, SPICE, WORCESTERSHIRE SAUCE CONCENTRATE (DISTILLED VINEGAR, MOLASSES, CORN SYRUP, WATER, SALT, CARAMEL COLOR, GARLIC POWDER, SUGAR, SPICES, TAMARIND, NATURAL FLAVOR, SULFITING AGENT), LEMON JUICE CONCENTRATE, GARLIC*, PHOSPHORIC ACID, SODIUM BENZOATE AND POTASSIUM SORBATE (AS PRESERVATIVES), XANTHAN GUM, CARAMEL COLOR. *DEHYDRATED); Parmesan Cheese (GRATED PARMESAN CHEESE (MADE FROM COW'S MILK, CHEESE CULTURE, SALT, ENZYMES), POWDERED CELLULOSE (ADDED TO PREVENT CAKING)); Seasoned Croutons (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), CANOLA OIL, WHEY, SALT, YEAST, 2% OR LESS OF HIGH FRUCTOSE CORN SYRUP, CALCIUM PROPIONATE (PRESERVATIVE), CALCIUM PEROXIDE, CALCIUM SULFATE, ASCORBIC ACID, AZODICARBONAMINE, SODIUM STEAROYL LACTYLATE, WHEAT GLUTEN, SPICES, SUGAR, ONION POWDER, PARSLEY*, PAPRIKA (COLOR), TURMERIC (COLOR), EXTRACTIVE OF PAPRIKA (COLOR), SPICE EXTRACTIVE, CITRIC ACID, TBHQ (TO PRESERVE FRESHNESS). *DEHYDRATED.)); Sliced Turkey Breast (Turkey Breast, White Turkey, Turkey Broth, Contains 2% or less Modified Food, Starch, Potassium Chloride, Sodium Phosphate, Salt); Sliced Turkey Ham (TURKEY THIGH MEAT, WATER, CONTAINS 2% OR LESS LITE SALT (POTASSIUM CHLORIDE, SODIUM CHLORIDE), SUGAR, SODIUM PHOSPHATE, SALT, CARRAGEENAN, SODIUM ERYTHORBATE, NATURAL SMOKE FLAVORING, SODIUM NITRITE); American Cheese Slice, yellow, Schreiber (CULTURED MILK AND SKIM MILK, WATER, CREAM, SODIUM CITRATE, SALT, SODIUM PHOSPHATE, SORBIC ACID (PRESERVATIVE), CITRIC ACID, ARTIFICIAL COLOR, ACETIC ACID, ENZYMES, SOY LECITHIN.); Kelloggs Rice Krispies Treat Minis, .42 oz (WHOLE GRAIN BROWN RICE, CORN SYRUP, FRUCTOSE, SOYBEAN AND PALM OIL WITH TBHQ FOR FRESHNESS, SUGAR, CORN SYRUP SOLIDS, CONTAINS 2% OR LESS OF GLYCERIN, DEXTROSE, SALT, GELATIN, NATURAL AND ARTIFICIAL BUTTER FLAVOR (CONTAINS MILK), DATEM, NATURAL AND ARTIFICIAL MARSHMALLOW FLAVOR, ACETYLATED MONOGLYCERIDES, IRON, BHT (PRESERVATIVE), NIACINAMIDE, VITAMIN B1 (THIAMIN HYDROCHLORIDE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), SOY LECITHIN.); Large Clam Shell Container

Raisins

PER SERVING (1 Box)

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

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

Ranch Dressing

PER SERVING (1 packet)

51 CALORIES	0.6g SAT FAT	107mg SODIUM	0.9g CARBS
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Allergens: Contains Egg, Milk, Soy.

Made With: Buttermilk Ranch Dressing (SOYBEAN OIL, WATER, DISTILLED WHITE VINEGAR, CORN SYRUP,, BUTTERMILK (CULTURED LOWFAT MILK, MILK, NONFAT DRY MILK, SALT,, SODIUM CITRATE, VITAMIN A PALMITATE), EGG YOLKS AND ENZYME, MODIFIED EGG YOLKS, SUGAR, CONTAINS 2% OR LESS OF: SALT, MODIFIED, CORN STARCH, TORULA YEAST, MONOSODIUM GLUTAMATE, LACTIC ACID,, PHOSPHORIC ACID, SODIUM BENZOATE AND POTASSIUM SORBATE AS, PRESERVATIVES, GARLIC POWDER, XANTHAN GUM, POLYSORBATE 60,, ONON POWDER, NATURAL FLAVOR, DEHYDRATED PARSLEY, CULTURED, CREAM, ENZYME MODIFIED MILK, CALCIUM DISODIUM EDTA ADDED TO, PROTECT FLAVOR, BUTTERMILK POWDER, MOLASSES, SOY LECITHIN.)

Ready-to-Serve Apples

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

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

Made With: Kiddie Sized Fresh Apples (APPLE)

Roasted Chicken

PER SERVING (1 serving)

498 CALORIES	9.1g SAT FAT	1611mg SODIUM	10.2g CARBS
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Allergens:

Made With: Chicken Roasted (Chicken parts, water, salt, dextrose, sodium phosphates and citric acid.); Smokey Barbecue Sauce (Back of the House) (TOMATO PUREE (WATER, TOMATO PASTE), DISTILLED VINEGAR, SUGAR, SALT, MUSTARD BRAN, CONTAINS LESS THAN 2% OF CORN STARCH, NATURAL HICKORY SMOKE FLAVOR, SPICES, MOLASSES, GARLIC*, CELERY SEED, NATURAL FLAVORS, TAMARIND CONCENTRATE. *DEHYDRATED)

Sandwich Sun Butter & Grape Jelly with String Cheese

PER SERVING (1 sandwich)

542 CALORIES	6.2g SAT FAT	625mg SODIUM	61.6g CARBS
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Allergens: Contains Gluten, Milk, Wheat.

Made With: Wheat Loaf Bread (Water, White Whole Wheat Flour, Enriched Wheat Flour (with Niacin, reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Soybean Oil, Yeast, Salt, Dough Softener (water and monoglycerides with propionic acid and Phosphoric acid added as preservatives), Calcium Propionate as mold inhibitor. Strengtheners (Enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid) enzymes), dough conditioner, (Enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), ascorbic acid, wheat gluten, enzymes.)); Grape Jelly (High fructose corn syrup, corn syrup, water, concentrated grape juice,, pectin, sugar, citric acid and sodium benzoate - a preservative); Creamy Sunbutter (SUNFLOWER SEED, SUGAR, SALT, MONODIGLYCERIDES AND NATURAL MIXED TOCOPHEROLS TO PRESERVE FRESHNESS.); String Cheese (PASTEURIZED PART SKIM MILK, CHEESE CULTURES, SALT, ENZYMES)

Spaghetti with Marinara Sauce and Mozzarella Cheese

PER SERVING (2 #6 scoop)

328 CALORIES	4.2g SAT FAT	624mg SODIUM	49.7g CARBS
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Allergens: Contains Gluten, Milk, Wheat. Processed in a facility that also processes Egg.

Made With: Municipal Water (WATER); Pasta Sauce (Peeled ground tomatoes, tomato puree, extra virgin olive oil, salt, garlic, carrot puree, dehydrated onions, sugar, basil, spices.); Spaghetti Pasta, whole wheat (WHOLE DURUM WHEAT FLOUR); Shredded Mozzarella Cheese, LOL (CULTURED PASTEURIZED PART-SKIM MILK, SALT, ENZYMES, ANTICAKING BLEND [POTATO STARCH, CELLULOSE, NATAMYCIN (NATURAL MOLD INHIBITOR)].)

Steamed Brown Rice

PER SERVING (1 c.)

234 CALORIES	0.0g SAT FAT	4mg SODIUM	51.0g CARBS
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Allergens:

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

Strawberry Yogurt

PER SERVING (1 container (4 oz))

70 CALORIES	0.0g SAT FAT	60mg SODIUM	14.0g CARBS
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Allergens: Contains Milk.

Made With: Strawberry Blast Yogurt, Danimals, 4 oz (CULTURED PASTEURIZED GRADE A LOW FAT MILK, SUGAR, MODIFIED CORN STARCH, KOSHER GELATIN, CITRIC ACID, NATURAL FLAVOR, POTASSIUM SORBATE ADDED TO MAINTAIN FRESHNESS, COLORED WITH VEGETABLE JUICE, BETA CAROTENE AND TURMERIC EXTRACT, VITAMIN A ACETATE, VITAMIN D3.)

String Cheese Mozzarella

PER SERVING (1 ea.)

80 CALORIES	4.0g SAT FAT	200mg SODIUM	1.0g CARBS
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Allergens: Contains Milk.

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

Taco Salad

PER SERVING (1 salad)

413 CALORIES	3.0g SAT FAT	204mg SODIUM	50.9g CARBS
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Allergens: Contains Milk. Processed in a facility that also processes Soy.

Made With: Pinto Beans (PREPARED PINTO BEANS, WATER, SALT, CALCIUM CHLORIDE (FIRMING AGENT), AND CALCIUM DISODIUM EDTA (PROMOTES COLOR RETENTION).); Shredded Iceberg Lettuce (ICEBERG LETTUCE); Tortilla Chips, IW (Whole grain corn masa flour, vegetable oil (may contain one or more of the following, high oleic safflower, mid oleic sunflower, corn or cottonseed Oil), and a trace of lime.); Shredded Cheddar Cheese, Land O Lakes (CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES, ANNATTO (COLOR)), ANTICAKING BLEND (POTATO STARCH, CELLULOSE, NATAMYCIN (NATURAL INHIBITOR)).); Fresh Tomatoes (TOMATO)

Teriyaki Beef Dippers

PER SERVING (4 ea.)

160 CALORIES	3.5g SAT FAT	440mg SODIUM	6.0g CARBS
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Allergens: Contains Soy, Wheat.

Made With: Beef Dipper, Commodity (GROUND BEEF (NOT MORE THAN 20% FAT), WATER, TEXTURED VEGETABLE PROTEIN PRODUCT (SOY PROTEIN CONCENTRATE, CARAMEL COLOR, ZINC OXIDE, NIACINAMIDE, FERROUS SULFATE, COPPER GLUCONATE, VITAMIN A PALMITATE, CALCIUM PANTOTHENATE, THIAMINE MONONITRATE (B1), PYRIDOXINE HYDROCHLORIDE (B6), RIBOFLAVIN (B2), CYANOCOBALAMIN (B12)), SEASONING (MOLASSES GRANULES (REFINERY SYRUP, CANE MILL MOLASSES, CANE CARAMEL COLOR), SUGAR (BROWN AND CANE), DEHYDRATED SOY SAUCE (WHEAT, SOYBEANS, SALT), MALTODEXTRIN, SALT, SODIUM PHOSPHATES, POTASSIUM CHLORIDE, SPICES, GARLIC POWDER, CITRIC ACID). GLAZED WITH: TERIYAKI SAUCE (SOY SAUCE (WATER, SOYBEANS, WHEAT, SALT, SODIUM BENZOATE), SUGAR, WATER, DISTILLED VINEGAR, MODIFIED FOOD STARCH, PINEAPPLE JUICE CONCENTRATE, SOYBEAN OIL, CARAMEL COLOR, XANTHAN GUM, GARLIC POWDER, SODIUM BENZOATE, SPICE AND NATURAL FLAVOR).)

Thick & Chunky Salsa

PER SERVING (2 tbsp.)

5 CALORIES	0.0g SAT FAT	115mg SODIUM	1.5g CARBS
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Allergens:

Made With: Thick and Chunky Salsa (CRUSHED TOMATOES (WATER, CRUSHED TOMATO CONCENTRATE), JALAPENO PEPPERS, DICED TOMATOES IN TOMATO JUICE, FRESH ONIONS, DISTILLED VINEGAR, DEHYDRATED ONIONS, SALT, GARLIC, NATURAL FLAVORING.)

Tortilla Chips

PER SERVING (1 package (2 oz))

280 CALORIES	0.0g SAT FAT	10mg SODIUM	36.0g CARBS
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Allergens: Processed in a facility that also processes Milk, Soy.

Made With: Tortilla Chips, IW (Whole grain corn masa flour, vegetable oil (may contain one or more of the following, high oleic safflower, mid oleic sunflower, corn or cottonseed Oil), and a trace of lime.)

Turkey Hot Dog

PER SERVING (1 serving (1 hot dog))

261 CALORIES	3.0g SAT FAT	553mg SODIUM	28.0g CARBS
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Allergens: Contains Gluten, Wheat.

Made With: Frankfurter, turkey (hot dog) , (1 frank = 2 oz M/MA) , Recipe (Turkey Frank (MECHANICALLY SEPARATED TURKEY, WATER, CONTAINS 2% OR LESS: SEASONING (CORN SYRUP SOLIDS, DEXTROSE, SUGAR, PAPRIKA, NATURAL FLAVORING), SALT, POTASSIUM CHLORIDE, NATURAL FLAVOR (CELERY JUICE POWDER), NATURAL FLAVORING, NATURAL SMOKED FLAVORING.)); Hot Dog Bun (WATER, WHITE WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR, (WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, YEAST, SALT, DOUGH SOFTENER, (WATER AND MONOGLYCERIDES WITH PROPIONIC ACID AND PHOSPHORIC ACID ADDED AS PRESERVATIVES), CALCIUM PROPIONATE AS MOLD INHIBITOR. STRENGTHENER (ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE, MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENZYMES). DOUGH CONDITIONER, (ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONITRATE, RIBOFLAVIN, FOLIC ACID), ASCORBIC ACID, WHEAT GLUTEN, ENZYMES.))

Turkey Sandwich

PER SERVING (1 sandwich)

276 CALORIES	4.8g SAT FAT	702mg SODIUM	26.0g CARBS
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Allergens: Contains Gluten, Milk, Wheat.

Made With: Wheat Loaf Bread (Water, White Whole Wheat Flour, Enriched Wheat Flour (with Niacin, reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Soybean Oil, Yeast, Salt, Dough Softener (water and monoglycerides with propionic acid and Phosphoric acid added as preservatives), Calcium Propionate as mold inhibitor. Strengtheners (Enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid) enzymes), dough conditioner, (Enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), ascorbic acid, wheat gluten, enzymes.)); Sliced Oven Roasted Turkey Breast (TURKEY BREAST MEAT, TURKEY BROTH, CONTAINS 2% OR LESS: SALT, SUGAR, ROSEMARY EXTRACT, BAKING SODA.); Cheddar Cheese Slice (CULTURED PASTERUIZED REDUCED FAT MILK, SALT, ENZYMES, ANNATTO (COLOR). VITAMIN A PALMITATE.); Film Wrap