



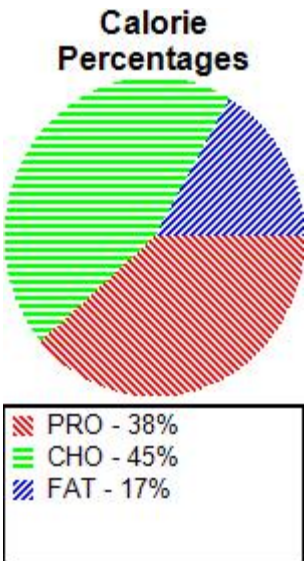
BBQ Chicken Sandwich

Nutrition Information

Serving Size: Serving (153 grams)

Amount Per Serving		
Calories: 234		Calories from Fat: 38
		% Daily Value*
Total Fat:	4 GM	6%
Saturated Fat:	0 GM	2%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0.5 GM	
Cholesterol:	55 MG	18%
Sodium:	560 MG	24%
Potassium:	310 MG	9%
Total Carbohydrate:	25 GM	8%
Dietary Fiber:	2 GM	8%
Sugars:	5 GM	
Protein:	21 GM	
Vitamin A: 4% Vitamin C: 4%		
Calcium: 0% Iron: 8%		

**Ingredients:**  
Chicken Breast Boneless Skinless RawK0CH, Bun White Whole Grain Skinny(""), Bbq Sauce Smokey Traditional (Tomato Concentrate (Water and Tomato Paste), High Fructose Corn Syrup, Distilled Vinegar, Salt, Molasses, Sugar, Hickory Smoke Flavor, Spices, Corn Syrup Solids, Onion Powder, Sodium Benzoate (perservative), Garlic Powder, Caramel Color.)



* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
Calories		2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g
Calories per gram:			
Fat 9	Carbohydrate 4	Protein 4	

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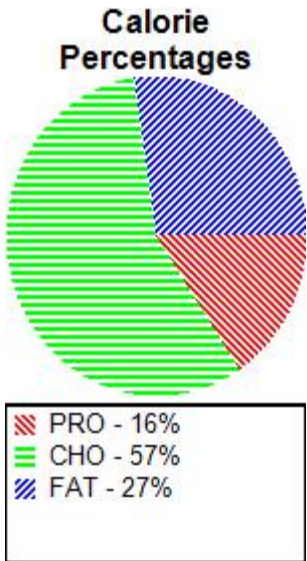
Bean & Cheese Burrito Lg

Nutrition Information

Serving Size: Serving (143 grams)

Amount Per Serving		
Calories: 305		Calories from Fat: 81
		% Daily Value*
Total Fat:	9 GM	14%
Saturated Fat:	3.5 GM	18%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	15 MG	5%
Sodium:	610 MG	25%
Potassium:	140 MG	4%
Total Carbohydrate:	43 GM	14%
Dietary Fiber:	6 GM	23%
Sugars:	2 GM	
Protein:	12 GM	
Vitamin A: 4%		
Vitamin C: 2%		
Calcium: 30%		
Iron: 15%		

**Ingredients:**  
Pinto Beans, Canned, Tortilla Flour Hearty Grai 10" (Water, whole grain wheat flour, enriched bleached wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), vegetable shortening (interesterified soybean oil, hydrogenated soybean oil), sugar, contains 2% or less of each of the following: vital wheat gluten, salt, potassium chloride, leavening (sodium bicarbonate, sodium acid pyrophosphate), distilled monoglycerides, enzymes, calcium carbonate, antioxidants (tocopherols, ascorbic acid, citric acid, cellulose gum, guar gum, dough conditioners (fumaric acid, sodium metabisulfite), preservatives (calcium propionate, sorbic acid). Allergens: Wheat.), Cheddar Jack Cheese Shredded (Mild Cheddar Cheese (Cultured pasteurized milk, salt, enzymes, annatto (color)), Monterey Jack Cheese (Cultured pastuerized milk, salt, enzymes), potato starch, corn starch and calcium sulfate (to prevent caking), natamycin. **ALLERGEN INFORMATION: CONTAINS MILK.)**



* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g
Calories per gram:			
Fat 9	Carbohydrate 4	Protein 4	

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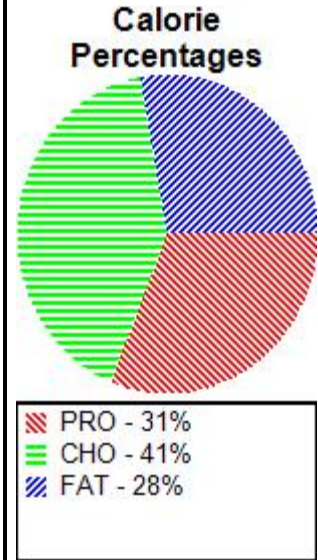


Broccoli Beef

Nutrition Information

Serving Size: Serving (272 grams)

Amount Per Serving		
Calories: 317		Calories from Fat: 88
		% Daily Value*
Total Fat:	10 GM	15%
Saturated Fat:	3.5 GM	18%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0.5 GM	
Monounsaturated Fat:	4 GM	
Cholesterol:	60 MG	20%
Sodium:	720 MG	30%
Potassium:	640 MG	18%
Total Carbohydrate:	32 GM	11%
Dietary Fiber:	4 GM	16%
Sugars:	1 GM	
Protein:	25 GM	
Vitamin A: 10% Vitamin C: 130%		
Calcium: 8% Iron: 15%		
Thiamin: 15% Riboflavin: 15%		
Niacin: 35% Vitamin B-6: 35%		
Folate: 20% Vitamin B-12: 15%		
Phosphorus: 30% Zinc: 30%		
Ingredients:		
Rice Brown, Cooked, Beef Top Sirloin Butt, Broccoli Floret Iceless Fresh Packer, Light Soy Sauce, Cornstarch		



* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g
Calories per gram:			
Fat 9	Carbohydrate 4	Protein 4	

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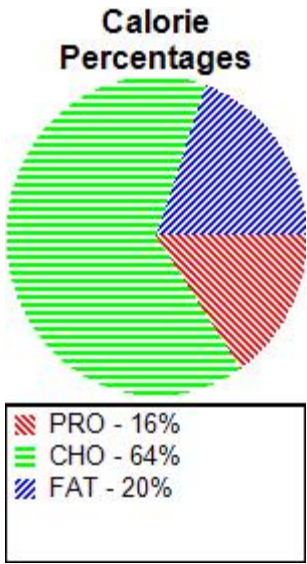
Black Bean & Vegetable Burrito

Nutrition Information

Serving Size: Serving (294 grams)

Amount Per Serving		
Calories: 416		Calories from Fat: 85
		% Daily Value*
Total Fat:	9 GM	14%
Saturated Fat:	3.5 GM	19%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	15 MG	5%
Sodium:	460 MG	19%
Potassium:	510 MG	15%
Total Carbohydrate:	67 GM	22%
Dietary Fiber:	10 GM	41%
Sugars:	6 GM	
Protein:	16 GM	
Vitamin A: 110%	Vitamin C: 90%	
Calcium: 30%	Iron: 20%	

**Ingredients:**  
Tortilla Flour Hearty Grai 10" (Water, whole grain wheat flour, enriched bleached wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), vegetable shortening (interesterified soybean oil, hydrogenated soybean oil), sugar, contains 2% or less of each of the following: vital wheat gluten, salt, potassium chloride, leavening (sodium bicarbonate, sodium acid pyrophosphate), distilled monoglycerides, enzymes, calcium carbonate, antioxidants (tocopherols, ascorbic acid, citric acid, cellulose gum, guar gum, dough conditioners (fumaric acid, sodium metabisulfite), preservatives (calcium propionate, sorbic acid). Allergens: Wheat.), Cooked Black Beans, Rice Brown, Cooked, Fresh Carrots, Fresh Red Bell Peppers, Fresh Yellow Onions, Fresh Zucchini Squash, Cheddar Jack Cheese Shredded (Mild Cheddar Cheese (Cultured pasteurized milk, salt, enzymes, annatto (color)), Monterey Jack Cheese (Cultured pastuerized milk, salt, enzymes), potato starch, corn starch and calcium sulfate (to prevent caking), natamycin. **ALLERGEN INFORMATION: CONTAINS MILK.**)



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	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g
Calories per gram:			
Fat 9	Carbohydrate 4	Protein 4	

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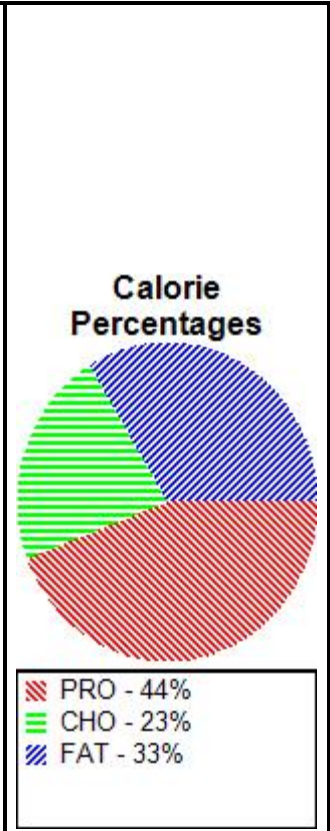
Asian Chicken Salad

Nutrition Information

Serving Size: Serving (228 grams)

Amount Per Serving		
Calories: 184		Calories from Fat: 61
		% Daily Value*
Total Fat:	7 GM	10%
Saturated Fat:	1 GM	6%
Trans Fat:	0 GM	
Polyunsaturated Fat:	3 GM	
Monounsaturated Fat:	1.5 GM	
Cholesterol:	55 MG	18%
Sodium:	220 MG	9%
Potassium:	510 MG	15%
Total Carbohydrate:	10 GM	4%
Dietary Fiber:	2 GM	8%
Sugars:	less than 1 GM	
Protein:	20 GM	
Vitamin A: 130%	Vitamin C: 30%	
Calcium: 4%	Iron: 10%	

Ingredients:  
Fresh Romaine Lettuce, Chicken Breast Boneless Skinless RawKOCH, Dressing Sesame Ginger, Chow Mein Noodles, Canned



\* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2000	2500
Total Fat	Less Than		65g	81g
Sat Fat	Less Than		20g	25g
Cholesterol	Less Than		300mg	375mg
Sodium	Less Than		2400mg	3000mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	31g
Calories per gram:				
Fat 9	Carbohydrate 4	Protein 4		

LEGAL DISCLAIMER

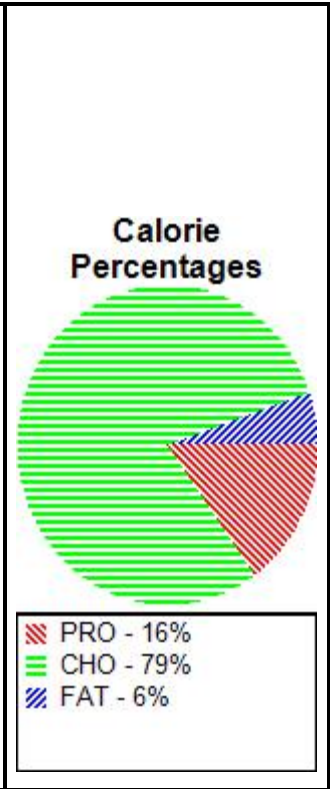
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Bagel Plain 4 Oz

SUPC: 5385869

Nutrition Information		
Serving Size: 1 bagel (4-1/2" dia) (110 grams)		
Amount Per Serving		
Calories: 283		Calories from Fat: 16
		% Daily Value*
Total Fat:	2 GM	3%
Saturated Fat:	0 GM	2%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0.5 GM	
Monounsaturated Fat:	0.5 GM	
Cholesterol:	0 MG	0%
Sodium:	490 MG	21%
Potassium:	80 MG	2%
Total Carbohydrate:	56 GM	19%
Dietary Fiber:	2 GM	10%
Sugars:	6 GM	
Protein:	11 GM	
Vitamin A: 0%	Vitamin C: 2%	
Calcium: 10%	Iron: 35%	
Thiamin: 45%	Riboflavin: 15%	
Niacin: 20%	Vitamin B-6: 4%	
Folate: 40%	Vitamin B-12: 0%	
Phosphorus: 10%	Zinc: 15%	



* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g
Calories per gram:			
Fat 9	Carbohydrate 4	Protein 4	

Notes

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Cheese Cream Cup Fat Free

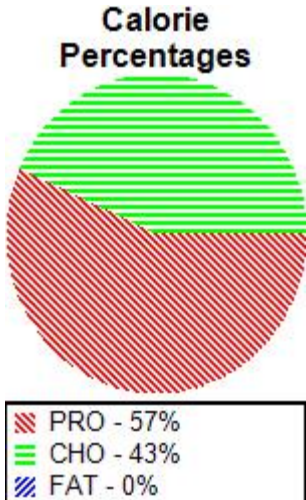
SUPC: 6261325

Nutrition Information

Serving Size: 1 unit (28 grams)

Amount Per Serving		
Calories: 30		Calories from Fat: 0
		% Daily Value*
Total Fat:	0 GM	0%
Saturated Fat:	0 GM	0%
Trans Fat:	0 GM	
Polyunsaturated Fat:	NA	NA
Monounsaturated Fat:	NA	NA
Cholesterol:	less than 5 MG	1%
Sodium:	160 MG	7%
Potassium:	NA	NA
Total Carbohydrate:	3 GM	1%
Dietary Fiber:	0 GM	0%
Sugars:	2 GM	
Protein:	4 GM	
Vitamin A: 8% Vitamin C: 0%		
Calcium: 6% Iron: 0%		

**Ingredients:**  
Pasteurized skim milk, pasteurized milk and ceam\*\*\*, stabilizers (carob bean and/or xanthan and/or guar gums and/or carrageenan)\*\* ,cheese culture, sodium tripolyphosphate\*, sugar\*, salt, artificial color\*, potassium sorbate and calcium propionate (as preservatives)\*, enzymes, vitamin a palmitate.~\*Ingredient not in regular cream cheese. ~\*\*Ingredient in excess of amount allowed in regular cream cheese. ~\*\*\* Adds a trvial amount of fat.~ALLERGEN INFORMATION: CONTAINS MILK.



* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g
Calories per gram:			
Fat 9	Carbohydrate 4	Protein 4	

Notes

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Cheese Cream Lite

SUPC: 3723269

Nutrition Information

Serving Size: 1 OZ (28 grams)

Amount Per Serving

Calories: 60

Calories from Fat: 45

% Daily Value\*

Total Fat:

5 GM

8%

Saturated Fat:

3 GM

15%

Trans Fat:

0 GM

Polyunsaturated Fat:

NA

NA

Monounsaturated Fat:

NA

NA

Cholesterol:

20 MG

7%

Sodium:

130 MG

5%

Potassium:

70 MG

2%

Total Carbohydrate:

2 GM

1%

Dietary Fiber:

0 GM

0%

Sugars:

2 GM

Protein:

2 GM

Calorie Percentages

PRO - 13%

CHO - 13%

FAT - 74%

Ingredients:

PASTEURIZED NONFAT MILK AND MILKFAT, WHEY PROTEIN CONCENTRATE, CHEESE CULTURE, SALT, GUAR GUM, CAROB BEAN GUM, SORBIC ACID AS A PRESERVATIVE\*, VITAMIN A PALMITATE \*INGREDIENT NOT IN REGULAR CREAM CHEESE

\* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories

2000

2500

Total Fat

Less Than

65g

81g

Sat Fat

Less Than

20g

25g

Cholesterol

Less Than

300mg

375mg

Sodium

Less Than

2400mg

3000mg

Total Carbohydrate

300g

375g

Dietary Fiber

25g

31g

Calories per gram:

Fat 9

Carbohydrate 4

Protein 4

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# Breadsticks

Calories (kcal):	123
% Calories from Fat:	5.5%
% Calories from Carbohydrates:	83.0%
% Calories from Protein:	11.5%

## Per Serving Nutritional Information

Total Fat (g):	1g	1%	Vitamin B6 (mg):	trace	1%
Saturated Fat (g):	trace	1%	Vitamin B12 (mcg):	trace	0%
Monounsaturated Fat (g):	trace	1%	Thiamin B1 (mg):	.3mg	17%
Polyunsaturated Fat (g):	trace	1%	Riboflavin B2 (mg):	.2mg	10%
Cholesterol (mg):	trace	0%	Folacin (mcg):	10mcg	2%
Total Carbohydrate (g):	25g	8%	Niacin (mg):	2mg	10%
Dietary Fiber (g):	1g	4%	Caffeine (mg):	0mg	N/A
Protein (g):	3g	7%	Alcohol (kcal):	0	N/A
Sodium (mg):	65mg	3%	% Refuse:		
Potassium (mg):	40mg	1%			
Calcium (mg):	9mg	1%	<b>Food Exchanges</b>		
Iron (mg):	2mg	8%	Grain (Starch):		1 1/2
Zinc (mg):	trace	2%	Lean Meat:		0
Vitamin C (mg):	trace	0%	Vegetable:		0
Vitamin A (i.u.):	4IU	0%	Fruit:		0
Vitamin A (r.e.):	1RE	0%	Non-Fat Milk:		0
			Fat:		0
			Other Carbohydrates:		0

\* Percent Daily Values are based on a 2000 calorie diet.



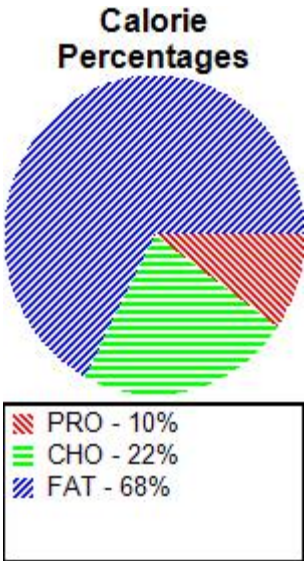
Caesar Salad

Nutrition Information

Serving Size: Serving (159 grams)

Amount Per Serving		
Calories: 265		Calories from Fat: 188
		% Daily Value*
Total Fat:	21 GM	32%
Saturated Fat:	4 GM	19%
Trans Fat:	0 GM	
Polyunsaturated Fat:	9 GM	
Monounsaturated Fat:	4.5 GM	
Cholesterol:	15 MG	6%
Sodium:	630 MG	26%
Potassium:	280 MG	8%
Total Carbohydrate:	15 GM	5%
Dietary Fiber:	2 GM	10%
Sugars:	2 GM	
Protein:	7 GM	
Vitamin A: 190% Vitamin C: 45%		
Calcium: 15% Iron: 10%		

**Ingredients:**  
Fresh Romaine Lettuce, Caesar Dressing, Crouton Seasoned Hmsty Ztf(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, AZODICARBONAMIDE, 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 CONTAINS: WHEAT, MILK. PACKAGED IN A FACILITY THAT ALSO PACKAGES TREE NUTS.), Parmesan Cheese



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		Calories	2000	2500
Total Fat	Less Than		65g	81g
Sat Fat	Less Than		20g	25g
Cholesterol	Less Than		300mg	375mg
Sodium	Less Than		2400mg	3000mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	31g
Calories per gram:				
Fat 9	Carbohydrate 4	Protein 4		

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Carrot Baby Pld Wh

SUPC: 6919450

Nutrition Information

Serving Size: 1 large (15 grams)

Amount Per Serving

Calories: 5

Calories from Fat: 0

% Daily Value\*

Total Fat:

0 GM

0%

Saturated Fat:

0 GM

0%

Trans Fat:

NA

NA

Polyunsaturated Fat:

0 GM

Monounsaturated Fat:

0 GM

Cholesterol:

0 MG

0%

Sodium:

10 MG

0%

Potassium:

35 MG

1%

Total Carbohydrate:

1 GM

0%

Dietary Fiber:

0 GM

2%

Sugars:

less than 1 GM

Protein:

0 GM

Vitamin A: 40%

●

Vitamin C: 2%

Calcium: 0%

●

Iron: 2%

Thiamin: 0%

●

Riboflavin: 0%

Niacin: 0%

●

Vitamin B-6: 2%

Folate: 2%

●

Vitamin B-12: 0%

Phosphorus: 0%

●

Zinc: 0%

Calorie Percentages

PRO - 7%

CHO - 90%

FAT - 3%

\* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g
Calories per gram:			
Fat 9	●	Carbohydrate 4	●
			Protein 4

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[http://enutrition.sysco.com/HtmlReport/ec0d6013-c7b1-4659-9ce3-7a8e6527c6fd/showVendorItemNutritionPF/VendorItemBuffer\[2/12/2014 5:20:11 PM\]](http://enutrition.sysco.com/HtmlReport/ec0d6013-c7b1-4659-9ce3-7a8e6527c6fd/showVendorItemNutritionPF/VendorItemBuffer[2/12/2014 5:20:11 PM])



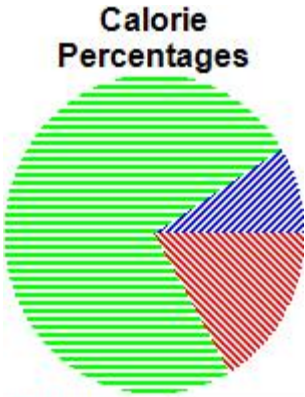
Celery Stick

SUPC: 8389011

Nutrition Information

Serving Size: 1 cup chopped (101 grams)

Amount Per Serving		
Calories: 16		Calories from Fat: 2
		% Daily Value*
Total Fat:	0 GM	0%
Saturated Fat:	0 GM	0%
Trans Fat:	NA	NA
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	0 MG	0%
Sodium:	80 MG	3%
Potassium:	260 MG	8%
Total Carbohydrate:	3 GM	1%
Dietary Fiber:	2 GM	6%
Sugars:	2 GM	
Protein:	less than 1 GM	
Vitamin A: 10%	●	Vitamin C: 6%
Calcium: 4%	●	Iron: 2%
Thiamin: 2%	●	Riboflavin: 4%
Niacin: 2%	●	Vitamin B-6: 4%
Folate: 10%	●	Vitamin B-12: 0%
Phosphorus: 2%	●	Zinc: 2%



PRO - 17%
CHO - 73%
FAT - 9%

\* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2000	2500
Total Fat	Less Than		65g	81g
Sat Fat	Less Than		20g	25g
Cholesterol	Less Than		300mg	375mg
Sodium	Less Than		2400mg	3000mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	31g
Calories per gram:				
Fat 9	●	Carbohydrate 4	●	Protein 4

Notes

1. The nutritional values indicated may not be complete based on limited information from product manufacturer.
2. This is a representation of the nutrition label. Because the data may change from time to time, this information may not always be identical to the nutrition label information on products sold.
3. If the Nutrition Label, Allergen Information and/or Ingredient List on eNutrition conflicts with these three statements on the product packaging itself, defer to the information on the product packaging. To ensure complete and current information on a product, always contact the product manufacturer.



Soybean Whole In Pod Edamame

SUPC: 4879308

Nutrition Information

Serving Size: 3 OZ (85 grams)

Amount Per Serving

Calories: 120

Calories from Fat: 45

% Daily Value\*

Total Fat:

5 GM

8%

Saturated Fat:

1 GM

5%

Trans Fat:

0 GM

Polyunsaturated Fat:

NA

NA

Monounsaturated Fat:

NA

NA

Cholesterol:

0 MG

0%

Sodium:

10 MG

0%

Potassium:

NA

NA

Total Carbohydrate:

7 GM

2%

Dietary Fiber:

7 GM

28%

Sugars:

0 GM

Protein:

11 GM

Vitamin A: 8%

Vitamin C: 15%

Calcium: 6%

Iron: 10%

Calorie Percentages

PRO - 38%

CHO - 24%

FAT - 38%

\* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2000	2500
Total Fat	Less Than		65g	81g
Sat Fat	Less Than		20g	25g
Cholesterol	Less Than		300mg	375mg
Sodium	Less Than		2400mg	3000mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	31g
Calories per gram:				
Fat 9	Carbohydrate 4	Protein 4		

Notes

1. The nutritional values indicated may not be complete based on limited information from product manufacturer.
2. This is a representation of the nutrition label. Because the data may change from time to time, this information may not always be identical to the nutrition label information on products sold.
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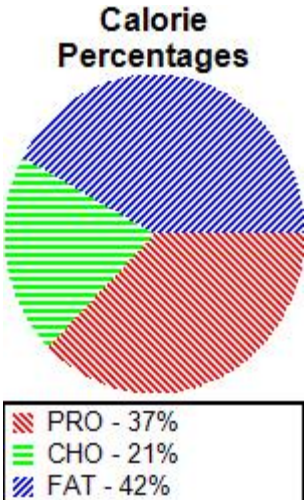


4.0 Cheeseburger w/Bun

Nutrition Information

Serving Size: Serving (133 grams)

Amount Per Serving		
Calories: 320		Calories from Fat: 134
		% Daily Value*
Total Fat:	15 GM	23%
Saturated Fat:	6 GM	31%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	3.5 GM	
Cholesterol:	80 MG	26%
Sodium:	290 MG	12%
Potassium:	310 MG	9%
Total Carbohydrate:	17 GM	6%
Dietary Fiber:	2 GM	8%
Sugars:	2 GM	
Protein:	29 GM	
Vitamin A: 6% Vitamin C: 0%		
Calcium: 20% Iron: 20%		
Ingredients:		
Beef Ground Bulk 90/10, Bun White Whole Grain Skinny(""), Cheddar Cheese Lo-sod Lo-fat		



* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
Calories		2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g
Calories per gram:			
Fat 9	Carbohydrate 4	Protein 4	

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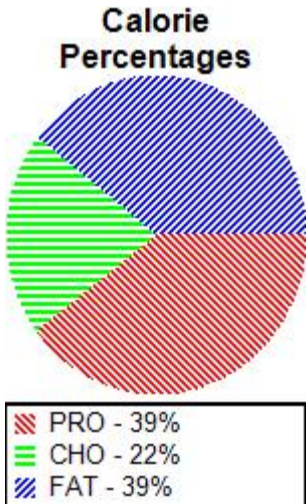
4.0 Hamburger w/Bun

Nutrition Information

Serving Size: Serving (126 grams)

Amount Per Serving		
Calories: 288		Calories from Fat: 111
		% Daily Value*
Total Fat:	12 GM	19%
Saturated Fat:	4 GM	20%
Trans Fat:	0.5 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	4.5 GM	
Cholesterol:	75 MG	26%
Sodium:	220 MG	9%
Potassium:	370 MG	11%
Total Carbohydrate:	16 GM	5%
Dietary Fiber:	2 GM	8%
Sugars:	2 GM	
Protein:	27 GM	
Vitamin A: 0%		
Vitamin C: 0%		
Calcium: 2%		
Iron: 20%		

Ingredients:  
Beef Ground Bulk 90/10, Bun White Whole Grain Skinny(")



* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g
Calories per gram:			
Fat 9	Carbohydrate 4	Protein 4	

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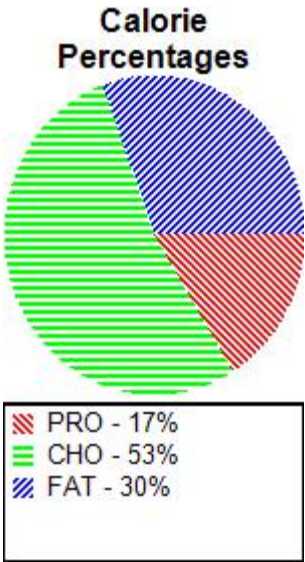


Cheese Tortellini Butter

Nutrition Information

Serving Size: Serving (146 grams)

Amount Per Serving		
Calories: 355		Calories from Fat: 107
		% Daily Value*
Total Fat:	12 GM	18%
Saturated Fat:	6 GM	32%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	1 GM	
Cholesterol:	50 MG	17%
Sodium:	470 MG	20%
Potassium:	125 MG	4%
Total Carbohydrate:	47 GM	16%
Dietary Fiber:	1 GM	5%
Sugars:	3 GM	
Protein:	15 GM	
Vitamin A: 8%		
Vitamin C: 0%		
Calcium: 15%		
Iron: 15%		
Thiamin: 35%		
Riboflavin: 30%		
Niacin: 20%		
Phosphorus: 30%		
Ingredients:		
Cheese Tortellini, Butter		



* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:				
Calories		2000	2500	
Total Fat	Less Than	65g	81g	
Sat Fat	Less Than	20g	25g	
Cholesterol	Less Than	300mg	375mg	
Sodium	Less Than	2400mg	3000mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	31g	
Calories per gram:				
Fat 9			Carbohydrate 4	Protein 4

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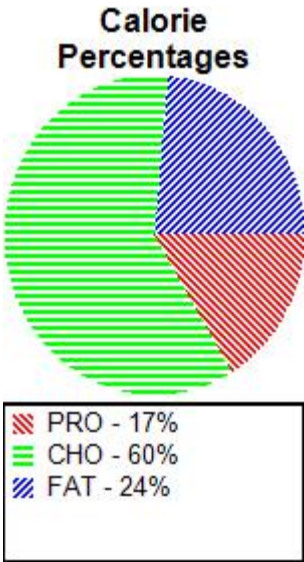


Cheese Tortellini Marinara

Nutrition Information

Serving Size: Serving (170 grams)

Amount Per Serving		
Calories: 306		Calories from Fat: 72
		% Daily Value*
Total Fat:	8 GM	12%
Saturated Fat:	3.5 GM	18%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0.5 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	35 MG	11%
Sodium:	580 MG	24%
Potassium:	280 MG	8%
Total Carbohydrate:	45 GM	15%
Dietary Fiber:	2 GM	10%
Sugars:	7 GM	
Protein:	13 GM	
Vitamin A: 15%	Vitamin C: 2%	
Calcium: 10%	Iron: 15%	
Thiamin: 30%	Riboflavin: 25%	
Niacin: 30%		
Phosphorus: 25%		
Ingredients:		
Cheese Tortellini, Sauce Marinara		



* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:				
	Calories	2000	2500	
Total Fat	Less Than	65g	81g	
Sat Fat	Less Than	20g	25g	
Cholesterol	Less Than	300mg	375mg	
Sodium	Less Than	2400mg	3000mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	31g	
Calories per gram:				
Fat 9	Carbohydrate 4	Protein 4		

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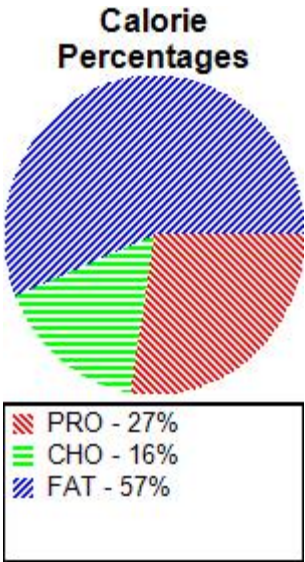
Chicken Caesar Salad

Nutrition Information

Serving Size: Serving (226 grams)

Amount Per Serving		
Calories: 359		Calories from Fat: 207
		% Daily Value*
Total Fat:	23 GM	35%
Saturated Fat:	4.5 GM	22%
Trans Fat:	0 GM	
Polyunsaturated Fat:	10 GM	
Monounsaturated Fat:	5 GM	
Cholesterol:	70 MG	24%
Sodium:	720 MG	30%
Potassium:	550 MG	16%
Total Carbohydrate:	14 GM	5%
Dietary Fiber:	2 GM	8%
Sugars:	2 GM	
Protein:	25 GM	
Vitamin A: 160% Vitamin C: 40%		
Calcium: 15% Iron: 15%		

**Ingredients:**  
Fresh Romaine Lettuce, Chicken Breast Boneless Skinless RawK0CH, Caesar Dressing, Crouton Seasoned Hmsty Ztt(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, AZODICARBONAMIDE, 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 CONTAINS: WHEAT, MILK. PACKAGED IN A FACILITY THAT ALSO PACKAGES TREE NUTS.), Parmesan Cheese



* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g
Calories per gram:			
Fat 9	Carbohydrate 4	Protein 4	

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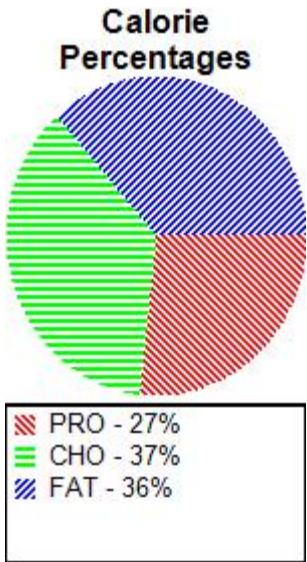
Chicken & Cheese Quesadilla

Nutrition Information

Serving Size: Serving (156 grams)

Amount Per Serving		
Calories: 376		Calories from Fat: 131
		% Daily Value*
Total Fat:	15 GM	22%
Saturated Fat:	6 GM	32%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	65 MG	22%
Sodium:	600 MG	25%
Potassium:	210 MG	6%
Total Carbohydrate:	34 GM	11%
Dietary Fiber:	3 GM	12%
Sugars:	2 GM	
Protein:	25 GM	
Vitamin A: 6%		Vitamin C: 2%
Calcium: 35%		Iron: 10%

**Ingredients:**  
Tortilla Flour Hearty Grai 10" (Water, whole grain wheat flour, enriched bleached wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), vegetable shortening (interesterified soybean oil, hydrogenated soybean oil), sugar, contains 2% or less of each of the following: vital wheat gluten, salt, potassium chloride, leavening (sodium bicarbonate, sodium acid pyrophosphate), distilled monoglycerides, enzymes, calcium carbonate, antioxidants (tocopherols, ascorbic acid, citric acid, cellulose gum, guar gum, dough conditioners (fumaric acid, sodium metabisulfite), preservatives (calcium propionate, sorbic acid). Allergens: Wheat.), Chicken Breast Boneless Skinless RawKOCH, Cheddar Jack Cheese Shredded (Mild Cheddar Cheese (Cultured pasteurized milk, salt, enzymes, annatto (color))), Monterey Jack Cheese (Cultured pastuerized milk, salt, enzymes), potato starch, corn starch and calcium sulfate (to prevent caking), natamycin. **ALLERGEN INFORMATION: CONTAINS MILK.**)



* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:				
		Calories	2000	2500
Total Fat		Less Than	65g	81g
Sat Fat		Less Than	20g	25g
Cholesterol		Less Than	300mg	375mg
Sodium		Less Than	2400mg	3000mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	31g
Calories per gram:				
Fat 9		Carbohydrate 4	Protein 4	

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Chicken Breast w/Mashed Potatoes

Nutrition Information

Serving Size: Serving (213 grams)

Amount Per Serving

Calories: 232

Calories from Fat: 56

% Daily Value\*

Total Fat: 6 GM10%

Saturated Fat: 1.5 GM7%

Trans Fat: 1 GM

Polyunsaturated Fat: 0 GM

Monounsaturated Fat: 1 GM

Cholesterol: 65 MG21%

Sodium: 450 MG19%

Potassium: 370 MG10%

Total Carbohydrate: 19 GM6%

Dietary Fiber: 3 GM11%

Sugars: 0 GM

Protein: 24 GM

Vitamin A: 4%

Vitamin C: 2%

Calcium: 0%

Iron: 8%

Ingredients:

Potato Mashed Cooked Fresh (INGREDIENTS: Potatoes, Water, Margarine (liquid and partially hydrogenated soybean oil, artificial color, water, salt, whey solids, soy lecithin, vegetable mono and diglycerides, sodium benzoate [preservative], citric acid, natural and artificial flavor, vitamin A palmitate added), Nonfat Milk, Salt, Potassium Sorbate to protect flavor, Disodium Pyrophosphate to maintain color, Modified Corn Starch, Glucono Delta Lactone, Xanthan Gum.), Chicken Breast Boneless Skinless RawK0CH

Calorie Percentages

PRO - 42%

CHO - 34%

FAT - 25%

\* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g
Calories per gram:			
Fat 9	Carbohydrate 4	Protein 4	

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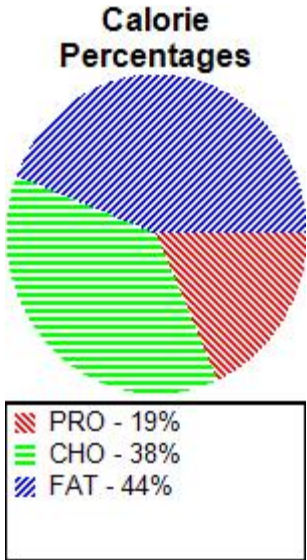
Chicken Chow Mein

Nutrition Information

Serving Size: Serving (223 grams)

Amount Per Serving		
Calories: 354		Calories from Fat: 154
		% Daily Value*
Total Fat:	17 GM	26%
Saturated Fat:	2.5 GM	12%
Trans Fat:	0 GM	
Polyunsaturated Fat:	6 GM	
Monounsaturated Fat:	6 GM	
Cholesterol:	35 MG	12%
Sodium:	410 MG	17%
Potassium:	380 MG	11%
Total Carbohydrate:	33 GM	11%
Dietary Fiber:	3 GM	12%
Sugars:	7 GM	
Protein:	16 GM	
Vitamin A: 120%	Vitamin C: 25%	
Calcium: 6%	Iron: 10%	

**Ingredients:**  
Chicken Breast Boneless Skinless RawKoch, Yakisoba Noodle, Uncooked (Water, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Soybean Oil, Potassium Sorbate and Sodium Benzoate added to retard spoilage, Salt, Potassium Carbonate, Sodium Carbonate. Colored with FD&C Yellow # 5 and Yellow Color # 6. Allergens: Wheat. Manufactured on equipment that processes eggs.), Cabbage Napa Fresh, Fresh Carrots, Fresh Celery(Celery), Hoisin Sauce, Sesame Oil



\* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2000	2500
Calories			
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g
Calories per gram:			
Fat 9	Carbohydrate 4	Protein 4	

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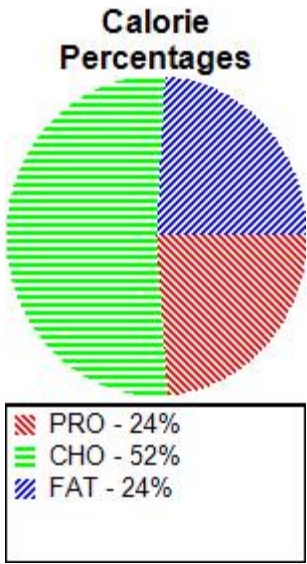
Chicken Fajita Burrito

Nutrition Information

Serving Size: Serving (271 grams)

Amount Per Serving		
Calories: 402		Calories from Fat: 95
		% Daily Value*
Total Fat:	11 GM	16%
Saturated Fat:	4 GM	20%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0.5 GM	
Cholesterol:	55 MG	19%
Sodium:	470 MG	20%
Potassium:	360 MG	10%
Total Carbohydrate:	51 GM	17%
Dietary Fiber:	5 GM	20%
Sugars:	5 GM	
Protein:	24 GM	
Vitamin A: 20%	Vitamin C: 120%	
Calcium: 25%	Iron: 15%	

**Ingredients:**  
Tortilla Flour Hearty Grai 10" (Water, whole grain wheat flour, enriched bleached wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), vegetable shortening (interesterified soybean oil, hydrogenated soybean oil), sugar, contains 2% or less of each of the following: vital wheat gluten, salt, potassium chloride, leavening (sodium bicarbonate, sodium acid pyrophosphate), distilled monoglycerides, enzymes, calcium carbonate, antioxidants (tocopherols, ascorbic acid, citric acid, cellulose gum, guar gum, dough conditioners (fumaric acid, sodium metabisulfite), preservatives (calcium propionate, sorbic acid). Allergens: Wheat.), Chicken Breast Boneless Skinless RawKOCH, Rice Brown, Cooked, Fresh Green Bell Peppers, Fresh Red Bell Peppers, Fresh Yellow Onions, Cheddar Jack Cheese Shredded (Mild Cheddar Cheese (Cultured pasteurized milk, salt, enzymes, annatto (color)), Monterey Jack Cheese (Cultured pastuerized milk, salt, enzymes), potato starch, corn starch and calcium sulfate (to prevent caking), natamycin. **ALLERGEN INFORMATION: CONTAINS MILK.)**



\* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2000	2500
Calories			
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g
Calories per gram:			
Fat 9	Carbohydrate 4	Protein 4	

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Chicken Fried Rice

Nutrition Information

Serving Size: Serving (295 grams)

Amount Per Serving

Calories: 501

Calories from Fat: 304

% Daily Value\*

Total Fat: 34 GM52%

Saturated Fat: 5 GM27%

Trans Fat: 0 GM

Polyunsaturated Fat: 12 GM

Monounsaturated Fat: 12 GM

Cholesterol: 155 MG51%

Sodium: 140 MG6%

Potassium: 450 MG13%

Total Carbohydrate: 30 GM10%

Dietary Fiber: 4 GM16%

Sugars: 4 GM

Protein: 20 GM

Vitamin A: 130%

Vitamin C: 15%

Calcium: 6%

Iron: 10%

Thiamin: 20%

Ingredients:

Rice Brown, Cooked, Chicken Breast Boneless Skinless RawKOCH, Frozen Peas & Carrots, Sesame Oil, Egg Whole Liquid, Green Onion Fresh Sliced

Calorie Percentages

PRO - 16%

CHO - 24%

FAT - 60%

\* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories	2000	2500
Total Fat	Less Than 65g	81g
Sat Fat	Less Than 20g	25g
Cholesterol	Less Than 300mg	375mg
Sodium	Less Than 2400mg	3000mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	31g
Calories per gram:		
Fat 9	Carbohydrate 4	Protein 4

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Chicken Brst Tenderloin Frtr

SUPC: 5338559

Nutrition Information			
Serving Size: 3.43 oz (96 grams)			
Amount Per Serving			
Calories: 210		Calories from Fat: 102	
		% Daily Value*	
Total Fat:	11 GM	17%	
Saturated Fat:	1.5 GM	8%	
Trans Fat:	0 GM		
Polyunsaturated Fat:	6 GM		
Monounsaturated Fat:	3 GM		
Cholesterol:	20 MG	7%	
Sodium:	530 MG	22%	
Potassium:	NA	NA	
Total Carbohydrate:	15 GM	5%	
Dietary Fiber:	less than 1 GM	3%	
Sugars:	0 GM		
Protein:	13 GM		
Vitamin A: 0%		Vitamin C: 0%	
Calcium: 0%		Iron: 4%	
Ingredients:			
Chicken breast tenderloins CONTAINING: Up to 12% of a solution of chicken broth, soy protein concentrate, sodium phosphates, sugar, salt, flavorings. BREADED WITH: Wheat flour, salt, leavening (sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate), wheat gluten, spices, garlic powder, onion powder, natural flavor. BATTERED WITH: Water, wheat flour, salt, leavening (sodium bicarbonate, sodium acid pyrophosphate, sodium aluminum phosphate, monocalcium phosphate), disodium inosinate and disodium guanylate. PREDUSTED WITH: Wheat flour, wheat gluten, and salt. Breeding set in vegetable oil.			
* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g
Calories per gram:			
Fat 9	Carbohydrate 4	Protein 4	

Calorie Percentages

PRO - 24%

CHO - 29%

FAT - 47%

Notes

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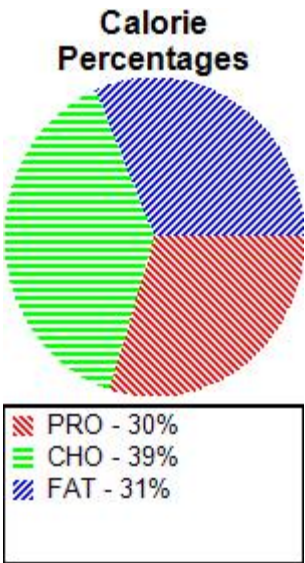


Lg Chicken Tenders

Nutrition Information

Serving Size: Serving (142 grams)

Amount Per Serving		
Calories: 255		Calories from Fat: 79
		% Daily Value*
Total Fat:	9 GM	14%
Saturated Fat:	1.5 GM	6%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	40 MG	13%
Sodium:	750 MG	31%
Potassium:	0 MG	0%
Total Carbohydrate:	25 GM	8%
Dietary Fiber:	1 GM	5%
Sugars:	0 GM	
Protein:	19 GM	
Vitamin A: 0% Vitamin C: 0%		
Calcium: 0% Iron: 30%		
Ingredients:		
Chicken Tender Brst Fritter		



* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
Calories		2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g
Calories per gram:			
Fat 9	Carbohydrate 4	Protein 4	

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Chicken Teriyaki

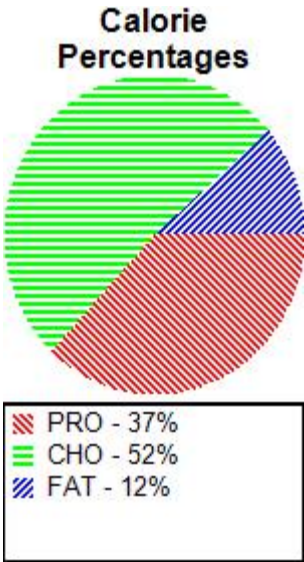
Nutrition Information

Serving Size: Serving (257 grams)

Amount Per Serving		
Calories: 248		Calories from Fat: 29
		% Daily Value*
Total Fat:	3 GM	5%
Saturated Fat:	0.5 GM	3%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0.5 GM	
Monounsaturated Fat:	1 GM	
Cholesterol:	55 MG	18%
Sodium:	580 MG	24%
Potassium:	570 MG	16%
Total Carbohydrate:	32 GM	11%
Dietary Fiber:	3 GM	13%
Sugars:	5 GM	
Protein:	22 GM	

Vitamin A: 8% Vitamin C: 90%  
Calcium: 4% Iron: 10%

Ingredients:  
Rice Brown, Cooked, Chicken Breast Boneless Skinless RawKOCH, Broccoli Floret Iceless Fresh Packer, Teriyaki Glaze(NATURALLY BREWED SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT), SUGAR, WATER, MODIFIED FOOD STARCH, ONION JUICE, VINEGAR, NATURAL FLAVOR, GARLIC POWDER, MALIC ACID, SPICE, DISODIUM INOSINATE, DISODIUM GUANYLATE, SODIUM BENZOATE LESS THAN 1/10 OF 1% AS A PRESERVATIVE.)



* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:				
	Calories	2000	2500	
Total Fat	Less Than	65g	81g	
Sat Fat	Less Than	20g	25g	
Cholesterol	Less Than	300mg	375mg	
Sodium	Less Than	2400mg	3000mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	31g	
Calories per gram:				
Fat 9	Carbohydrate 4	Protein 4		

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Corn Dog Chkn L/f Whl Grain

SUPC: 1604289

Nutrition Information

Serving Size: 1 corn dog (112 grams)

Amount Per Serving

Calories: 240

Calories from Fat: 72

		% Daily Value*
Total Fat:	8 GM	12%
Saturated Fat:	2 GM	10%
Trans Fat:	0 GM	
Polyunsaturated Fat:	NA	NA
Monounsaturated Fat:	NA	NA
Cholesterol:	20 MG	7%
Sodium:	590 MG	25%
Potassium:	NA	NA
Total Carbohydrate:	33 GM	11%
Dietary Fiber:	5 GM	20%
Sugars:	9 GM	
Protein:	9 GM	
Vitamin A: 0%	Vitamin C: 0%	
Calcium: 15%	Iron: 15%	

Calorie Percentages

PRO - 15%  
CHO - 55%  
FAT - 30%

\* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2000	2500
Calories			
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g
Calories per gram:			
Fat 9	Carbohydrate 4	Protein 4	

Notes

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Pollock Filet Brd Oven 2-3 Oz

SUPC: 1742121

Nutrition Information			
Serving Size: 4 OZ (113 grams)			
Amount Per Serving			
Calories: 220		Calories from Fat: 72	
		% Daily Value*	
Total Fat:	8 GM	12%	
Saturated Fat:	2 GM	10%	
Trans Fat:	0 GM		
Polyunsaturated Fat:	NA	NA	
Monounsaturated Fat:	NA	NA	
Cholesterol:	35 MG	12%	
Sodium:	470 MG	20%	
Potassium:	NA	NA	
Total Carbohydrate:	23 GM	8%	
Dietary Fiber:	1 GM	4%	
Sugars:	less than 1 GM		
Protein:	12 GM		
Vitamin A: 0%			
Vitamin C: 0%			
Calcium: 4%			
Iron: 4%			
Ingredients:			
POLLACK, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), COTTONSEED AND/OR SOYBEAN OIL, WATER, AND CONTAINS LESS THAN 2% OF: MODIFIED FOOD STARCH, YELLOW CORN FLOUR, SALT, WHEY SOLIDS, SUGAR, GARLIC POWDER, YEAST, ONION POWDER, DEXTROSE, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), NONFAT DRY MILK, SPICE, GUAR GUM, EXTRACTIVES OF PAPRIKA. CANOLA OIL. CONTAINS POLLACK, WHEAT, MILK.			
* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g
Calories per gram:			
Fat 9	Carbohydrate 4	Protein 4	

Calorie Percentages

PRO - 23%

CHO - 43%

FAT - 34%

Notes

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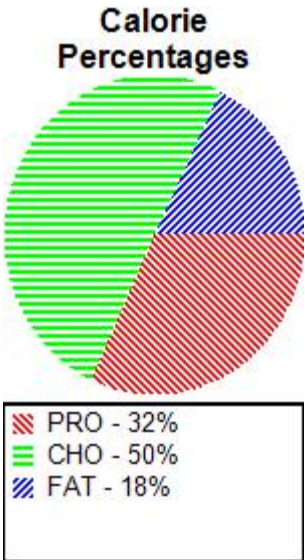


French Dip Sandwich

Nutrition Information

Serving Size: Serving (156 grams)

Amount Per Serving		
Calories:	326	Calories from Fat: 58
		% Daily Value*
Total Fat:	6 GM	10%
Saturated Fat:	2.5 GM	12%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0.5 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	45 MG	15%
Sodium:	550 MG	23%
Potassium:	90 MG	3%
Total Carbohydrate:	40 GM	13%
Dietary Fiber:	2 GM	7%
Sugars:	2 GM	
Protein:	25 GM	
Vitamin A: 0% Vitamin C: 0%		
Calcium: 4% Iron: 25%		
Ingredients: Beef Steak Philly Cab Flat(INGREDIENTS: Angus Beef. Marinated with up to 10% of a Marinade of: Water, Dextrose, Sodium Tripolyphosphate, Autolyzed Yeast, Oleoresin of Spice.), Hoagie Rolls 6"		



* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:				
	Calories	2000	2500	
Total Fat	Less Than	65g	81g	
Sat Fat	Less Than	20g	25g	
Cholesterol	Less Than	300mg	375mg	
Sodium	Less Than	2400mg	3000mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	31g	
Calories per gram:				
Fat 9	Carbohydrate 4	Protein 4		

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Frank Beef 4x1 F/c Natural/abf

SUPC: 8698385

Nutrition Information

Serving Size: 4 oz. (113 grams)

Amount Per Serving

Calories: 340

Calories from Fat: 270

		% Daily Value*
Total Fat:	30 GM	46%
Saturated Fat:	12 GM	60%
Trans Fat:	0 GM	
Polyunsaturated Fat:	NA	NA
Monounsaturated Fat:	NA	NA
Cholesterol:	70 MG	23%
Sodium:	680 MG	28%
Potassium:	NA	NA
Total Carbohydrate:	2 GM	1%
Dietary Fiber:	0 GM	0%
Sugars:	2 GM	
Protein:	12 GM	

Vitamin A: 0%

Vitamin C: 0%

Calcium: 0%

Iron: 4%

Calorie Percentages

PRO - 15%

CHO - 2%

FAT - 83%

\* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2000	2500
Total Fat	Less Than		65g	81g
Sat Fat	Less Than		20g	25g
Cholesterol	Less Than		300mg	375mg
Sodium	Less Than		2400mg	3000mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	31g
Calories per gram:				
Fat 9	Carbohydrate 4	Protein 4		

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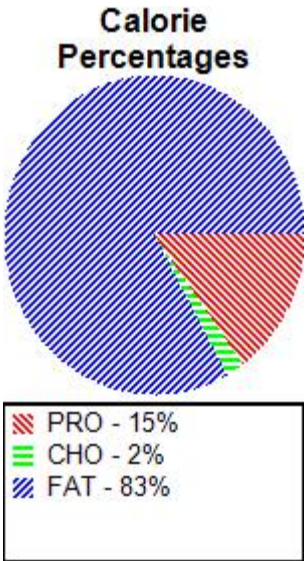
Frank Beef 8x1 F/c

SUPC: 6204442

Nutrition Information

Serving Size: 2 oz (57 grams)

Amount Per Serving		
Calories: 170		Calories from Fat: 135
		% Daily Value*
Total Fat:	15 GM	23%
Saturated Fat:	6 GM	30%
Trans Fat:	0 GM	
Polyunsaturated Fat:	NA	NA
Monounsaturated Fat:	NA	NA
Cholesterol:	35 MG	12%
Sodium:	340 MG	14%
Potassium:	NA	NA
Total Carbohydrate:	1 GM	0%
Dietary Fiber:	0 GM	0%
Sugars:	1 GM	
Protein:	6 GM	
Vitamin A: 0%		
Vitamin C: 0%		
Calcium: 0%		
Iron: 2%		



* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
Calories		2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g
Calories per gram:			
Fat 9	Carbohydrate 4	Protein 4	

Notes

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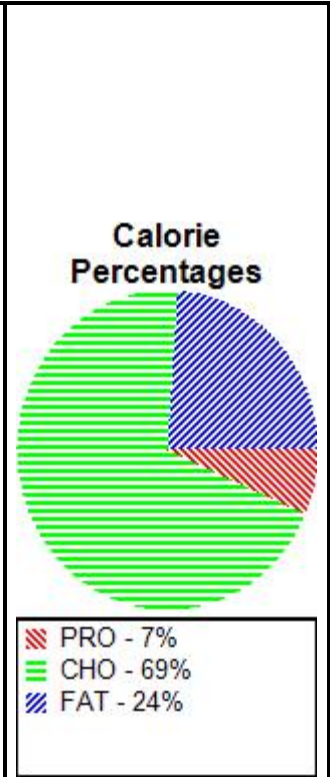


Gluten Free Pasta Pesto

Nutrition Information

Serving Size: Serving (113 grams)

Amount Per Serving		
Calories: 398		Calories from Fat: 98
		% Daily Value*
Total Fat:	11 GM	17%
Saturated Fat:	1.5 GM	7%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	5 MG	2%
Sodium:	190 MG	8%
Potassium:	0 MG	0%
Total Carbohydrate:	69 GM	23%
Dietary Fiber:	2 GM	7%
Sugars:	0 GM	
Protein:	6 GM	
Vitamin A: 8%		
Vitamin C: 4%		
Calcium: 8%		
Iron: 6%		
Ingredients:		
Pasta Penne Rigate Gluten Free HEARTLAND (Uncooked)(Corn Flour, Rice Flour, Mono and Diglycerides. Processed in a facility that uses wheat, egg and soy.), Basil Pesto Sauce		



* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g
Calories per gram:			
Fat 9	Carbohydrate 4	Protein 4	

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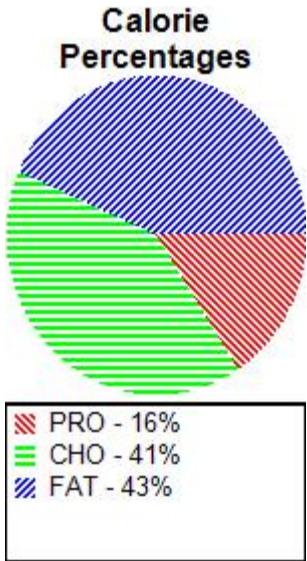
Grilled Cheddar Cheese Sandwich

Nutrition Information

Serving Size: Serving (129 grams)

Amount Per Serving		
Calories: 413		Calories from Fat: 192
		% Daily Value*
Total Fat:	21 GM	33%
Saturated Fat:	6 GM	31%
Trans Fat:	0 GM	
Polyunsaturated Fat:	8 GM	
Monounsaturated Fat:	3 GM	
Cholesterol:	20 MG	7%
Sodium:	430 MG	18%
Potassium:	30 MG	1%
Total Carbohydrate:	45 GM	15%
Dietary Fiber:	10 GM	40%
Sugars:	4 GM	
Protein:	18 GM	
Vitamin A: 8%	Vitamin C: 0%	
Calcium: 30%	Iron: 15%	

**Ingredients:**  
Bread Whl Wheat Sndwch Thin arnold(WHOLE WHEAT FLOUR, WATER, WHEAT BRAN, SUGAR, YEAST, CELLULOSE FIBER, WHEAT GLUTEN, POLYDEXTROSE, SALT, SOYBEAN AND/OR CANOLA OIL, PRESERVATIVES (CALCIUM PROPIONATE, SORBIC ACID), GUAR GUM, MONOGLYCERIDES, CITRIC ACID, STEVIA EXTRACT (A NATURAL SWEETNER), SOY LECITHIN. Allergens: Wheat, Soy), Cheddar Cheese Lo-sod Lo-fat, Butter Alternate S/f Ztf(Soybean Oil, Hydrogenated Soybean Oil with Soy Lecithin, Artificial Flavor, TBHQ and Citric Acid added to help protect flavor, Artificial Color, and Dimethylpolysiloxane added as an anti-foaming agent. CONTAINS: Soy)



* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g
Calories per gram:			
Fat 9	Carbohydrate 4	Protein 4	

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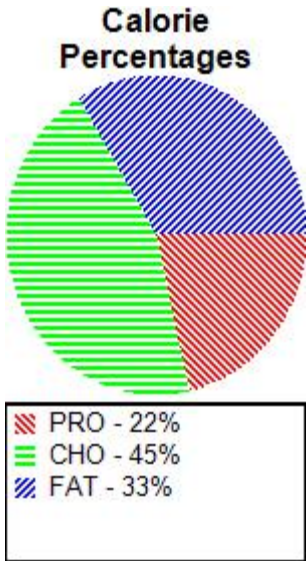
Macaroni & Cheese

Nutrition Information

Serving Size: Serving (203 grams)

Amount Per Serving		
Calories: 389		Calories from Fat: 128
		% Daily Value*
Total Fat:	14 GM	22%
Saturated Fat:	8 GM	39%
Trans Fat:	1 GM	
Polyunsaturated Fat:	0.5 GM	
Monounsaturated Fat:	1.5 GM	
Cholesterol:	35 MG	12%
Sodium:	320 MG	13%
Potassium:	200 MG	6%
Total Carbohydrate:	44 GM	15%
Dietary Fiber:	4 GM	16%
Sugars:	2 GM	
Protein:	22 GM	
Vitamin A: 15%	Vitamin C: 2%	
Calcium: 40%	Iron: 15%	

**Ingredients:**  
Milk 1%, Pasta Elbow Macaroni Plus, Cheese Cheddar Mld Stk Red Fat(Cultured Pasteurized Reduced Fat Milk, Salt, Enzymes, Annatto (color), \*Vitamin A Palmitate. \*Not found in regular cheddar cheeseCONTAINS: MILK), Butter



* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:				
Calories		2000	2500	
Total Fat	Less Than	65g	81g	
Sat Fat	Less Than	20g	25g	
Cholesterol	Less Than	300mg	375mg	
Sodium	Less Than	2400mg	3000mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	31g	
Calories per gram:				
Fat 9	Carbohydrate 4	Protein 4		

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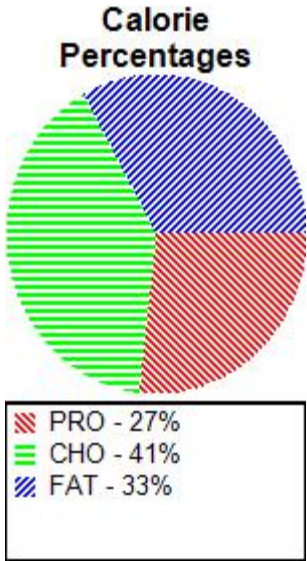


Meat Lasagne

Nutrition Information

Serving Size: Serving (337 grams)

Amount Per Serving		
Calories: 559		Calories from Fat: 179
		% Daily Value*
Total Fat:	20 GM	31%
Saturated Fat:	9 GM	43%
Trans Fat:	0 GM	
Polyunsaturated Fat:	2 GM	
Monounsaturated Fat:	6 GM	
Cholesterol:	85 MG	28%
Sodium:	470 MG	20%
Potassium:	550 MG	16%
Total Carbohydrate:	56 GM	19%
Dietary Fiber:	4 GM	14%
Sugars:	6 GM	
Protein:	37 GM	
Vitamin A: 15%		
Calcium: 30%		
Thiamin: 35%		
Niacin: 45%		
Folate: 35%		
Phosphorus: 45%		
Vitamin C: 2%		
Iron: 25%		
Riboflavin: 25%		
Vitamin B-6: 20%		
Vitamin B-12: 35%		
Zinc: 40%		
Ingredients:		
Lasagna Noodles, Cooked, Beef Ground Bulk 90/10, Sauce Marinara, Finely Ground Pork, Mozzarella Cheese Part Skim		
Low Moisture, Ricotta Cheese Prt Skim		



* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g
Calories per gram:			
Fat 9	Carbohydrate 4	Protein 4	

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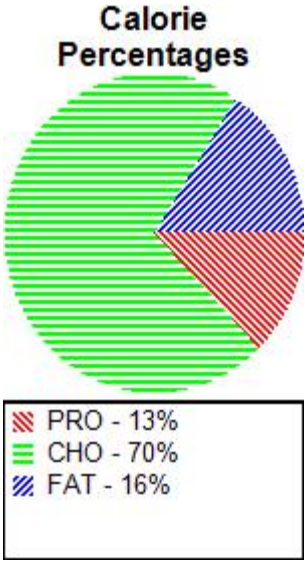


Pasta Butter

Nutrition Information

Serving Size: Serving (175 grams)

Amount Per Serving		
Calories: 303		Calories from Fat: 49
		% Daily Value*
Total Fat:	5 GM	8%
Saturated Fat:	2.5 GM	14%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0.5 GM	
Monounsaturated Fat:	1 GM	
Cholesterol:	10 MG	3%
Sodium:	30 MG	1%
Potassium:	75 MG	2%
Total Carbohydrate:	52 GM	17%
Dietary Fiber:	3 GM	12%
Sugars:	less than 1 GM	
Protein:	10 GM	
Vitamin A: 2%		
Calcium: 2%		
Thiamin: 30%		
Niacin: 15%		
Folate: 30%		
Phosphorus: 10%		
Vitamin C: 0%		
Iron: 10%		
Riboflavin: 15%		
Vitamin B-6: 4%		
Vitamin B-12: 0%		
Zinc: 6%		
Ingredients:		
Penne Pasta, Cooked, Butter		



* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g
Calories per gram:			
Fat 9	Carbohydrate 4	Protein 4	

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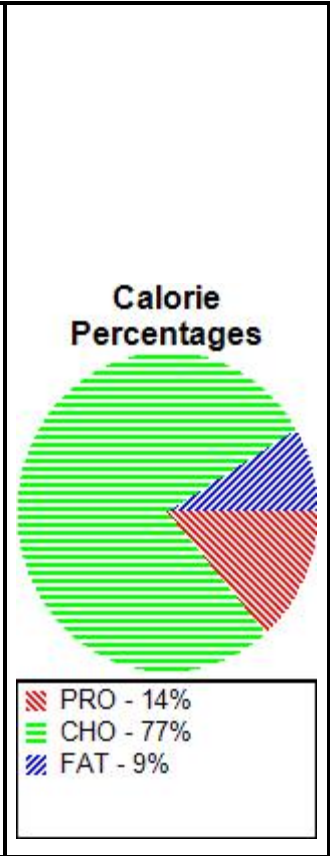


Pasta Marinara

Nutrition Information

Serving Size: Serving (227 grams)

Amount Per Serving		
Calories: 318		Calories from Fat: 28
		% Daily Value*
Total Fat:	3 GM	5%
Saturated Fat:	0.5 GM	3%
Trans Fat:	0 GM	
Polyunsaturated Fat:	1 GM	
Monounsaturated Fat:	0.5 GM	
Cholesterol:	0 MG	0%
Sodium:	230 MG	10%
Potassium:	250 MG	7%
Total Carbohydrate:	60 GM	20%
Dietary Fiber:	4 GM	18%
Sugars:	6 GM	
Protein:	11 GM	
Vitamin A: 10%	Vitamin C: 2%	
Calcium: 2%	Iron: 15%	
Thiamin: 30%	Riboflavin: 15%	
Niacin: 25%	Vitamin B-6: 10%	
Folate: 35%	Vitamin B-12: 0%	
Phosphorus: 10%	Zinc: 8%	
Ingredients:		
Penne Pasta, Cooked, Sauce Marinara		



* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:				
Calories		2000	2500	
Total Fat	Less Than	65g	81g	
Sat Fat	Less Than	20g	25g	
Cholesterol	Less Than	300mg	375mg	
Sodium	Less Than	2400mg	3000mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	31g	
Calories per gram:				
Fat 9	Carbohydrate 4	Protein 4		

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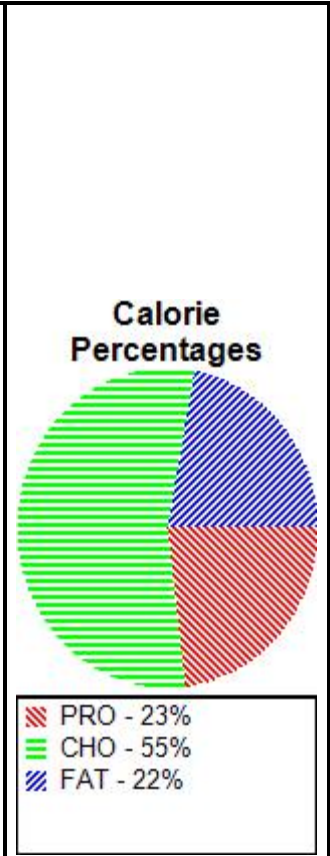
Pasta Marinara w/Meatballs

Nutrition Information

Serving Size: Serving (227 grams)

Amount Per Serving		
Calories: 350		Calories from Fat: 75
		% Daily Value*
Total Fat:	8 GM	13%
Saturated Fat:	2 GM	10%
Trans Fat:	0 GM	
Polyunsaturated Fat:	2.5 GM	
Monounsaturated Fat:	2.5 GM	
Cholesterol:	60 MG	21%
Sodium:	330 MG	14%
Potassium:	370 MG	10%
Total Carbohydrate:	47 GM	16%
Dietary Fiber:	4 GM	16%
Sugars:	6 GM	
Protein:	19 GM	
Vitamin A: 15%		
Vitamin C: 10%		
Calcium: 6%		
Iron: 15%		

**Ingredients:**  
Penne Pasta, Cooked, Turkey Meatballs(Turkey Ground, Egg Whole, Bread Crumbs Whole Wheat(WHOLE WHEAT FLOUR, WATER, HIGH FRUCTOSE CORN SYRUP, WHEAT GLUTEN, SOYBEAN OIL, YEAST, SALT, WHEAT BRAN, CALCIUM PROPIONATE (PRESERVATIVE), MONO-AND DIGLYCERIDES, DATEM, MONOCALCIUM PHOSPHATE, SODIUM STEAROYL LACTYLATE, CALCIUM SULFATE, SOY LECITHIN, SOY FLOUR. CONTAINS: WHEAT, SOY.), Fresh Yellow Onions, Chopped Garlic, Fresh Parsley, Cracked Black Pepper, Dried Oregano), Sauce Marinara



* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g
Calories per gram:			
Fat 9	Carbohydrate 4	Protein 4	

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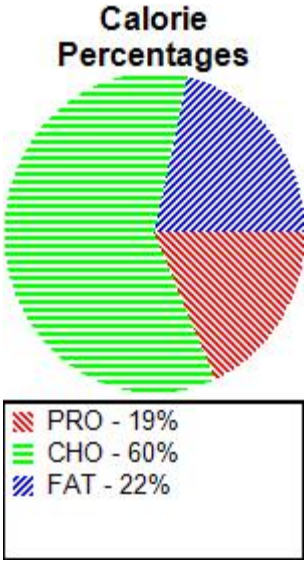


Pasta Marinata w/Mozzarella

Nutrition Information

Serving Size: Serving (227 grams)

Amount Per Serving		
Calories: 359		Calories from Fat: 77
		% Daily Value*
Total Fat:	8 GM	13%
Saturated Fat:	3.5 GM	19%
Trans Fat:	0 GM	
Polyunsaturated Fat:	1.5 GM	
Monounsaturated Fat:	2 GM	
Cholesterol:	15 MG	5%
Sodium:	380 MG	16%
Potassium:	270 MG	8%
Total Carbohydrate:	53 GM	18%
Dietary Fiber:	4 GM	16%
Sugars:	6 GM	
Protein:	17 GM	
Vitamin A: 10%		
Calcium: 25%		
Thiamin: 30%		
Niacin: 25%		
Folate: 30%		
Phosphorus: 25%		
Vitamin C: 2%		
Iron: 15%		
Riboflavin: 20%		
Vitamin B-6: 10%		
Vitamin B-12: 10%		
Zinc: 15%		
Ingredients:		
Penne Pasta, Cooked, Sauce Marinara, Mozzarella Cheese Part Skim Low Moisture		



* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g
Calories per gram:			
Fat 9	Carbohydrate 4	Protein 4	

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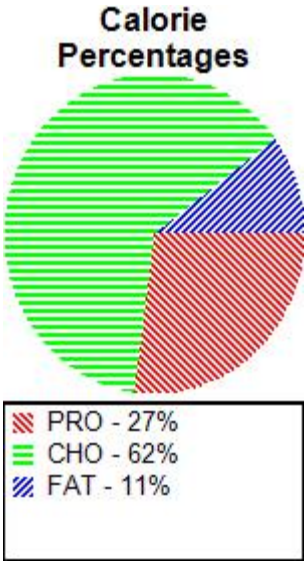


Pasta Primavera w/Chicken

Nutrition Information

Serving Size: Serving (405 grams)

Amount Per Serving		
Calories: 325		Calories from Fat: 34
		% Daily Value*
Total Fat:	4 GM	6%
Saturated Fat:	0.5 GM	4%
Trans Fat:	0 GM	
Polyunsaturated Fat:	1 GM	
Monounsaturated Fat:	1 GM	
Cholesterol:	45 MG	14%
Sodium:	290 MG	12%
Potassium:	810 MG	23%
Total Carbohydrate:	51 GM	17%
Dietary Fiber:	6 GM	24%
Sugars:	10 GM	
Protein:	22 GM	
Vitamin A: 150%		
Calcium: 6%		
Thiamin: 30%		
Niacin: 50%		
Folate: 35%		
Phosphorus: 25%		
Vitamin C: 130%		
Iron: 15%		
Riboflavin: 20%		
Vitamin B-6: 40%		
Vitamin B-12: 2%		
Zinc: 10%		
Ingredients:		
Penne Pasta, Cooked, Chicken Breast Boneless Skinless RawKOCH, Sauce Marinara, Fresh Zucchini Squash, Summer Squash Fresh, Fresh Red Bell Peppers, Fresh Yellow Onions, Fresh Carrots		



* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:				
	Calories	2000	2500	
Total Fat	Less Than	65g	81g	
Sat Fat	Less Than	20g	25g	
Cholesterol	Less Than	300mg	375mg	
Sodium	Less Than	2400mg	3000mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	31g	
Calories per gram:				
Fat 9	Carbohydrate 4	Protein 4		

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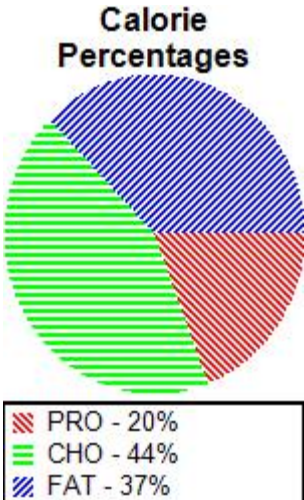
Wlh Grain Pepperoni Pizza

Nutrition Information

Serving Size: 1 Slice (122 grams)

Amount Per Serving		
Calories: 343		Calories from Fat: 127
		% Daily Value*
Total Fat:	14 GM	22%
Saturated Fat:	5 GM	27%
Trans Fat:	0 GM	
Polyunsaturated Fat:	1 GM	
Monounsaturated Fat:	5 GM	
Cholesterol:	25 MG	9%
Sodium:	1080 MG	45%
Potassium:	190 MG	5%
Total Carbohydrate:	38 GM	13%
Dietary Fiber:	3 GM	14%
Sugars:	3 GM	
Protein:	17 GM	
Vitamin A: 6%	Vitamin C: 2%	
Calcium: 25%	Iron: 15%	

**Ingredients:**  
Whole Grain Pizza Dough(Whole Wheat Flour, Flour, Bread Flour, Enriched, Water, Olive Oil, Granulated Sugar, Salt, Dry Active Yeast), Mozzarella Cheese Part Skim Low Moisture, Gourmet Italian Cheese Pizza - Sauce(Pizza Sauce W/basil, Diced Tomatoes, Canned, Salt, Granulated Sugar, Granulated Garlic, Granulated Sugar, Onion Powder, Fresh Oregano, Black Pepper, Basil Leaves), Pepperoni Sliced



* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g
Calories per gram:			
Fat 9	Carbohydrate 4	Protein 4	

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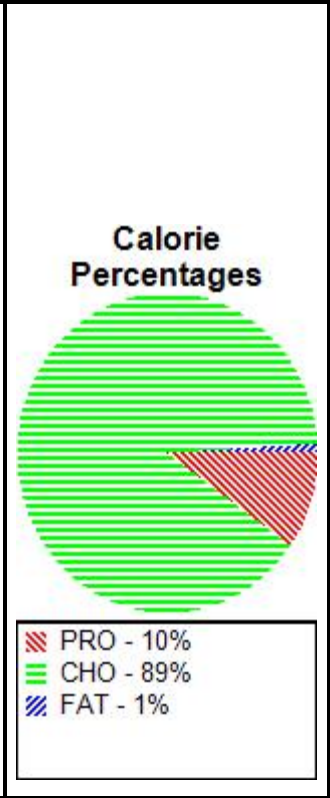
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Potato Baker

SUPC: 8169090

Nutrition Information		
Serving Size: 1 Potato large (3" to 4-1/4" dai) (369 grams)		
Amount Per Serving		
Calories: 284		Calories from Fat: 3
		% Daily Value*
Total Fat:	0 GM	1%
Saturated Fat:	0 GM	0%
Trans Fat:	NA	NA
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	0 MG	0%
Sodium:	20 MG	1%
Potassium:	1550 MG	44%
Total Carbohydrate:	64 GM	21%
Dietary Fiber:	8 GM	32%
Sugars:	3 GM	
Protein:	7 GM	
Vitamin A: 0%	●	Vitamin C: 120%
Calcium: 4%	●	Iron: 15%
Thiamin: 20%	●	Riboflavin: 8%
Niacin: 20%	●	Vitamin B-6: 50%
Folate: 15%	●	Vitamin B-12: 0%
Phosphorus: 20%	●	Zinc: 8%



* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g
Calories per gram:			
Fat 9	●	Carbohydrate 4	●
			Protein 4

Notes

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- 2. This is a representation of the nutrition label. Because the data may change from time to time, this information may not always be identical to the nutrition label information on products sold.
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Potsticker Chicken

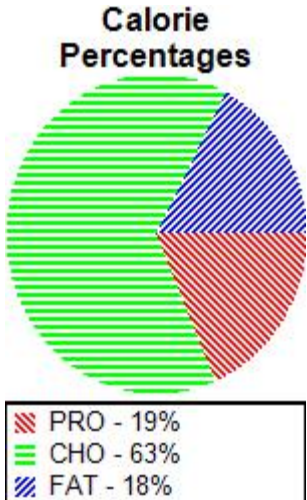
SUPC: 2482115

Nutrition Information

Serving Size: 5 Pieces (141 grams)

Amount Per Serving		
Calories: 250		Calories from Fat: 45
		% Daily Value*
Total Fat:	5 GM	8%
Saturated Fat:	1 GM	5%
Trans Fat:	0 GM	
Polyunsaturated Fat:	NA	NA
Monounsaturated Fat:	NA	NA
Cholesterol:	20 MG	7%
Sodium:	770 MG	32%
Potassium:	NA	NA
Total Carbohydrate:	40 GM	13%
Dietary Fiber:	2 GM	8%
Sugars:	4 GM	
Protein:	12 GM	
Vitamin A: 0%		
Vitamin C: 25%		
Calcium: 4%		
Iron: 15%		

**Ingredients:**  
BLEACHED AND ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), CABBAGE, DARK MEAT CHICKEN, WATER, SOY SAUCE (WATER, SOYA BEANS, SALT, AND WHEAT FLOUR), CELERY, SUGAR, SOYBEAN OIL, GREEN ONION, GARLIC, MODIFIED FOOD STARCH, SESAME SEED OIL, DEHYDRATED ONION, CHICKEN BROTH, COTTONSEED OIL, SALT, SPICE, SODIUM BENZOATE.



* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g
Calories per gram:			
Fat 9	Carbohydrate 4	Protein 4	

Notes

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Rice Brown Parboiled Whole Gra

SUPC: 5551284

Nutrition Information

Serving Size: 1 cup (47 grams)

Amount Per Serving

Calories: 170

Calories from Fat: 9

% Daily Value\*

Total Fat:

1 GM

2%

Saturated Fat:

0 GM

0%

Trans Fat:

0 GM

Polyunsaturated Fat:

NA

NA

Monounsaturated Fat:

NA

NA

Cholesterol:

0 MG

0%

Sodium:

0 MG

0%

Potassium:

NA

NA

Total Carbohydrate:

37 GM

12%

Dietary Fiber:

2 GM

8%

Sugars:

0 GM

Protein:

4 GM

Vitamin A: 0%

Vitamin C: 0%

Calcium: 0%

Iron: 8%

Calorie Percentages

PRO - 9%

CHO - 86%

FAT - 5%

\* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2000	2500
Total Fat	Less Than		65g	81g
Sat Fat	Less Than		20g	25g
Cholesterol	Less Than		300mg	375mg
Sodium	Less Than		2400mg	3000mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	31g
Calories per gram:				
Fat 9		Carbohydrate 4		Protein 4

Notes

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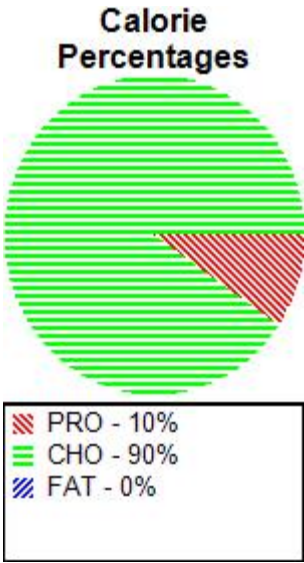
Rice Parboiled Perfect

SUPC: 4671350

Nutrition Information

Serving Size: 1/4 cup dry (47 grams)

Amount Per Serving		
Calories: 170		Calories from Fat: 0
		% Daily Value*
Total Fat:	0 GM	0%
Saturated Fat:	0 GM	0%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	0 MG	0%
Sodium:	0 MG	0%
Potassium:	70 MG	2%
Total Carbohydrate:	37 GM	12%
Dietary Fiber:	1 GM	4%
Sugars:	0 GM	
Protein:	4 GM	
Vitamin A: NA		
Vitamin C: NA		
Calcium: NA		
Iron: 8%		
Thiamin: 15%		
Niacin: 8%		
Ingredients:		
Enriched long grain parboiled rice, iron (ferric orthophosphate), niacin, thiamine (thiamine mononitrate), and folic acid.		



* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:				
	Calories	2000	2500	
Total Fat	Less Than	65g	81g	
Sat Fat	Less Than	20g	25g	
Cholesterol	Less Than	300mg	375mg	
Sodium	Less Than	2400mg	3000mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	31g	
Calories per gram:				
Fat 9	Carbohydrate 4	Protein 4		

Notes

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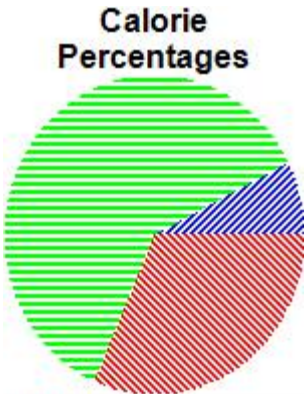
Roast Beef Sandwich

Nutrition Information

Serving Size: Serving (128 grams)

Amount Per Serving		
Calories: 266		Calories from Fat: 21
		% Daily Value*
Total Fat:	2.5 GM	4%
Saturated Fat:	0 GM	2%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0.5 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	30 MG	10%
Sodium:	990 MG	41%
Potassium:	90 MG	3%
Total Carbohydrate:	40 GM	13%
Dietary Fiber:	2 GM	7%
Sugars:	2 GM	
Protein:	20 GM	
Vitamin A: 0%		
Vitamin C: 0%		
Calcium: 4%		
Iron: 20%		

**Ingredients:**  
Hoagie Rolls 6", Sliced & Stacked Top Round Roast Beef (After cooking contains up to a 10% solution of water, Contains 2% or less of : sodium lactate, salt, sodium phosphate, sodium diacetate. Rubbed with: salt, caramel color, dextrose, onion powder, garlic powder, and spices.)



PRO - 31%
CHO - 61%
FAT - 8%

\* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g
Calories per gram:			
Fat 9	Carbohydrate 4	Protein 4	

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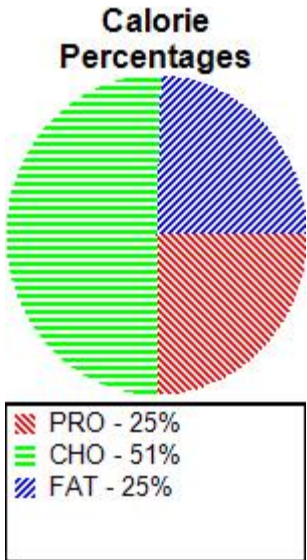
Shredded Chicken Burrito Lg

Nutrition Information

Serving Size: Serving (210 grams)

Amount Per Serving		
Calories: 392		Calories from Fat: 95
		% Daily Value*
Total Fat:	11 GM	16%
Saturated Fat:	4 GM	20%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0.5 GM	
Cholesterol:	50 MG	17%
Sodium:	560 MG	24%
Potassium:	290 MG	8%
Total Carbohydrate:	49 GM	16%
Dietary Fiber:	5 GM	19%
Sugars:	2 GM	
Protein:	24 GM	
Vitamin A: 4%	Vitamin C: 2%	
Calcium: 25%	Iron: 15%	

**Ingredients:**  
Tortilla Flour Hearty Grai 10" (Water, whole grain wheat flour, enriched bleached wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), vegetable shortening (interesterified soybean oil, hydrogenated soybean oil), sugar, contains 2% or less of each of the following: vital wheat gluten, salt, potassium chloride, leavening (sodium bicarbonate, sodium acid pyrophosphate), distilled monoglycerides, enzymes, calcium carbonate, antioxidants (tocopherols, ascorbic acid, citric acid, cellulose gum, guar gum, dough conditioners (fumaric acid, sodium metabisulfite), preservatives (calcium propionate, sorbic acid). Allergens: Wheat.), Chicken Breast Boneless Skinless RawKOCH, Rice Brown, Cooked, Pinto Beans, Canned, Cheddar Jack Cheese Shredded (Mild Cheddar Cheese (Cultured pasteurized milk, salt, enzymes, annatto (color)), Monterey Jack Cheese (Cultured pastuerized milk, salt, enzymes), potato starch, corn starch and calcium sulfate (to prevent caking), natamycin. ALLERGEN INFORMATION: CONTAINS MILK.)



* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g
Calories per gram:			
Fat 9	Carbohydrate 4	Protein 4	

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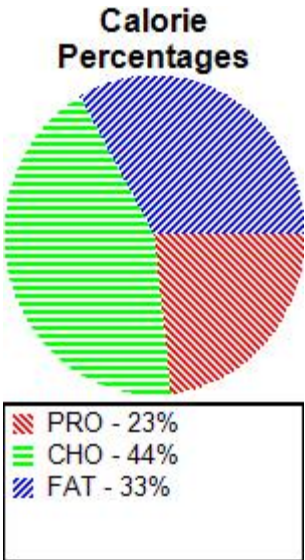
Shredded Beef Burrito Lg

Nutrition Information

Serving Size: Serving (178 grams)

Amount Per Serving		
Calories: 408		Calories from Fat: 132
		% Daily Value*
Total Fat:	15 GM	23%
Saturated Fat:	6 GM	29%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	2.5 GM	
Cholesterol:	45 MG	15%
Sodium:	520 MG	22%
Potassium:	230 MG	6%
Total Carbohydrate:	44 GM	15%
Dietary Fiber:	4 GM	18%
Sugars:	2 GM	
Protein:	23 GM	
Vitamin A: 4%		
Vitamin C: 0%		
Calcium: 25%		
Iron: 15%		

**Ingredients:**  
Tortilla Flour Hearty Grai 10" (Water, whole grain wheat flour, enriched bleached wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), vegetable shortening (interesterified soybean oil, hydrogenated soybean oil), sugar, contains 2% or less of each of the following: vital wheat gluten, salt, potassium chloride, leavening (sodium bicarbonate, sodium acid pyrophosphate), distilled monoglycerides, enzymes, calcium carbonate, antioxidants (tocopherols, ascorbic acid, citric acid, cellulose gum, guar gum, dough conditioners (fumaric acid, sodium metabisulfite), preservatives (calcium propionate, sorbic acid). Allergens: Wheat.), Beef Top Sirloin Butt, Pinto Beans, Canned, Rice Brown, Cooked, Cheddar Jack Cheese Shredded (Mild Cheddar Cheese (Cultured pasteurized milk, salt, enzymes, annatto (color)), Monterey Jack Cheese (Cultured pastuerized milk, salt, enzymes), potato starch, corn starch and calcium sulfate (to prevent caking), natamycin. **ALLERGEN INFORMATION: CONTAINS MILK.**)



* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g
Calories per gram:			
Fat 9	Carbohydrate 4	Protein 4	

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Soup Chicken Noodle Conc

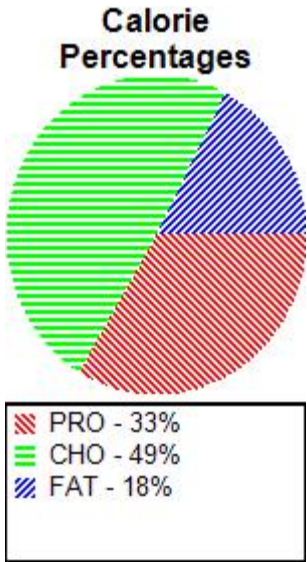
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Nutrition Information

Serving Size: 1/2 cup(s) (120 grams)

Amount Per Serving		
Calories: 70		Calories from Fat: 14
		% Daily Value*
Total Fat:	1.5 GM	2%
Saturated Fat:	0.5 GM	2%
Trans Fat:	0 GM	
Polyunsaturated Fat:	NA	NA
Monounsaturated Fat:	NA	NA
Cholesterol:	15 MG	5%
Sodium:	990 MG	41%
Potassium:	NA	NA
Total Carbohydrate:	9 GM	3%
Dietary Fiber:	1 GM	4%
Sugars:	1 GM	
Protein:	6 GM	
Vitamin A: 15% Vitamin C: 0%		
Calcium: 0% Iron: 0%		

**Ingredients:**  
Chicken stock, cooked enriched egg noodles (wheat flour, egg solids, egg white solids, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), cooked white chicken meat, carrots, celery, water, Contains less than 2 % of the following ingredients: salt, modified food starch, flavoring (chicken broth, autolyzed yeast extract, chicken fat, modified food starch, sugar), onion flavor (onion juice, salt, flavoring), chicken fat, gelatin, sugar, chicken broth, soy protein concentrate, disodium inosinate, disodium guanylate, chicken flavor (natural flavoring, salt, maltodextrin, whey powder [milk], nonfat dry milk, pectin, chicken fat, ascorbic acid), autolyzed yeast extract, flavoring, spice extract, dehydrated parsley, chicken powder, chicken flavor (contains chicken stock, chicken powder, chicken fat), beta carotene for color.



* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g
Calories per gram:			
Fat 9	Carbohydrate 4	Protein 4	

- Notes**
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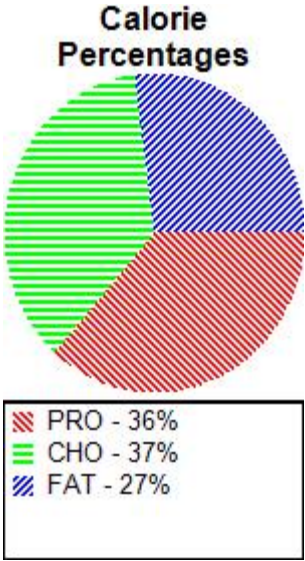


Street Tacos (3)

Nutrition Information

Serving Size: Serving (172 grams)

Amount Per Serving		
Calories: 286		Calories from Fat: 77
		% Daily Value*
Total Fat:	9 GM	13%
Saturated Fat:	3.5 GM	19%
Trans Fat:	0 GM	
Polyunsaturated Fat:	1.5 GM	
Monounsaturated Fat:	2.5 GM	
Cholesterol:	70 MG	23%
Sodium:	270 MG	11%
Potassium:	470 MG	14%
Total Carbohydrate:	27 GM	9%
Dietary Fiber:	4 GM	17%
Sugars:	less than 1 GM	
Protein:	25 GM	
Vitamin A: 4%	● Vitamin C: 2%	
Calcium: 15%	● Iron: 8%	
Thiamin: 10%	● Riboflavin: 10%	
Niacin: 50%	● Vitamin B-6: 40%	
Folate: 6%	● Vitamin B-12: 6%	
Phosphorus: 45%	● Zinc: 10%	
Ingredients: Chicken Breast Boneless Skinless RawKOCH, Corn Tortilla 6", Pinto Beans, Canned, Shredded Cheddar Cheese		



* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g
Calories per gram:			
Fat 9	● Carbohydrate 4	● Protein 4	

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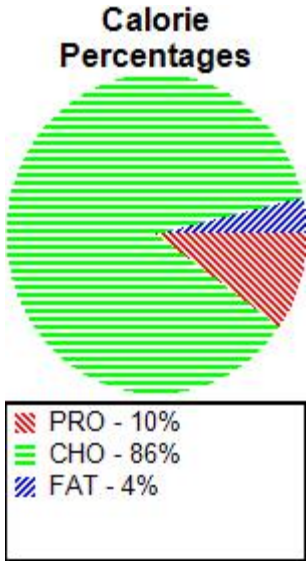
Sunbutter & Jelly

Nutrition Information

Serving Size: Serving (77 grams)

Amount Per Serving		
Calories: 201		Calories from Fat: 9
		% Daily Value*
Total Fat:	1 GM	2%
Saturated Fat:	0 GM	0%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0.5 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	0 MG	0%
Sodium:	250 MG	10%
Potassium:	0 MG	0%
Total Carbohydrate:	43 GM	14%
Dietary Fiber:	less than 1 GM	3%
Sugars:	20 GM	
Protein:	5 GM	
Vitamin A: 0% Vitamin C: 0%		
Calcium: 2% Iron: 8%		

**Ingredients:**  
Bread Pullman Wht 28 Sli sys Cls(ENRICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, HIGH FRUCTOSE CORN SYRUP, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: YEAST, WHEAT GLUTEN, SOYBEAN OIL, SALT, SODIUM STEAROYL LACTYLATE, MONOGLYCERIDES, CALCIUM SULFATE, CALCIUM PEROXIDE, SOY LECITHIN, CALCIUM PROPIONATE (TO PRESERVE FRESHNESS). CONTAINS: WHEAT AND SOY), Preserve Raspberry (Red Raspberries, Sugar, Corn Syrup, High Fructose Corn Syrup, Pectin, Citric Acid)



* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g
Calories per gram:			
Fat 9	Carbohydrate 4	Protein 4	

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Aptzr Sushi Calif Roll .75 Oz

SUPC: 8535050

Nutrition Information			
Serving Size: 8 pieces (170 grams)			
Amount Per Serving			
Calories: 315		Calories from Fat: 63	
		% Daily Value*	
Total Fat:	7 GM	11%	
Saturated Fat:	2 GM	10%	
Trans Fat:	0 GM		
Polyunsaturated Fat:	NA	NA	
Monounsaturated Fat:	NA	NA	
Cholesterol:	15 MG	5%	
Sodium:	750 MG	31%	
Potassium:	NA	NA	
Total Carbohydrate:	52 GM	17%	
Dietary Fiber:	2 GM	8%	
Sugars:	9 GM		
Protein:	11 GM		
Vitamin A: NA			
Vitamin C: NA			
Calcium: NA			
Iron: NA			
Ingredients:			
Surimi (Alaska Pollock, Water, Sugar, Soybean Oil, Egg Whites, Wheat Starch, Salt, Contains 2% Or Less Of The Following: Potato Starch, Sorbitol, Tapioca Starch, Artificial Crab Flavor, Mirin Wine (Sake, Sugar, Salt, Water, Yeast Extract), Sodium Tripolyphosphate, Tetrasodium Pyrophosphate, Paprika Oleoresin, Colour, Corn Syrup, Soy Lecithin), Avocado, Vinegar, Sugar, Vegetable Oil, Horseradish, Egg, Seaweed, Salt, Sesame Seed. CONTAINS: Fish (Pollock), Shell Fish (Crab), Wheat, Egg, Soy			
* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g
Calories per gram:			
Fat 9	Carbohydrate 4	Protein 4	

### Calorie Percentages

PRO - 14%
CHO - 66%
FAT - 20%

Notes

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Tandoori Chicken

Nutrition Information

Serving Size: Serving (124 grams)

Amount Per Serving

Calories: 194

Calories from Fat: 26

% Daily Value\*

Total Fat: 3 GM4%

Saturated Fat: 0.5 GM3%

Trans Fat: 0 GM

Polyunsaturated Fat: 0 GM

Monounsaturated Fat: 0.5 GM

Cholesterol: 55 MG18%

Sodium: 110 MG5%

Potassium: 370 MG11%

Total Carbohydrate: 19 GM6%

Dietary Fiber: less than 1 GM3%

Sugars: 2 GM

Protein: 21 GM

Vitamin A: 2%

Vitamin C: 2%

Calcium: 4%

Iron: 6%

Ingredients:

Chicken Breast Boneless Skinless RawKOCH, Rice Brown Jasmine Dry(organic rice), Fat Free Plain Yogurt, Curry Powder

Calorie Percentages

PRO - 45%

CHO - 41%

FAT - 14%

\* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g
Calories per gram:			
Fat 9	Carbohydrate 4	Protein 4	

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Aptzr Tornado Chkn Chs

SUPC: 3675808

Nutrition Information

Serving Size: 1 Taquito (85 grams)

Amount Per Serving

Calories: 220

Calories from Fat: 99

% Daily Value\*

Total Fat:

11 GM

17%

Saturated Fat:

2 GM

10%

Trans Fat:

0 GM

Polyunsaturated Fat:

NA

NA

Monounsaturated Fat:

NA

NA

Cholesterol:

10 MG

3%

Sodium:

470 MG

20%

Potassium:

NA

NA

Total Carbohydrate:

24 GM

8%

Dietary Fiber:

1 GM

4%

Sugars:

1 GM

Protein:

7 GM

Vitamin A: 4%

Vitamin C: 6%

Calcium: 4%

Iron: 8%

Calorie Percentages

PRO - 13%

CHO - 43%

FAT - 44%

\* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2000	2500
Total Fat	Less Than		65g	81g
Sat Fat	Less Than		20g	25g
Cholesterol	Less Than		300mg	375mg
Sodium	Less Than		2400mg	3000mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	31g
Calories per gram:				
Fat 9	Carbohydrate 4	Protein 4		

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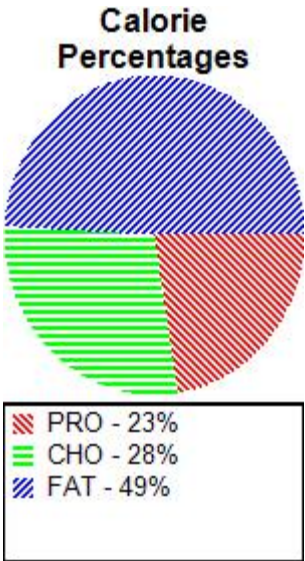
Tikka Masala

Nutrition Information

Serving Size: Serving (242 grams)

Amount Per Serving		
Calories: 263		Calories from Fat: 120
		% Daily Value*
Total Fat:	13 GM	20%
Saturated Fat:	8 GM	39%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	85 MG	28%
Sodium:	65 MG	3%
Potassium:	210 MG	6%
Total Carbohydrate:	17 GM	6%
Dietary Fiber:	0 GM	2%
Sugars:	0 GM	
Protein:	14 GM	
Vitamin A: 8%	Vitamin C: 2%	
Calcium: 0%	Iron: 4%	

Ingredients: Spring Water, Chicken Breast Boneless Skinless RawK0CH, Cream Heavy 40% Esl Stabilized Whlfarm(Cream, Carrageenan, Mono-Diglycerides, Polysorbate 80, Cellulose Gum. CONTAINS: MILK.), Rice Brown Jasmine Dry(organic rice), Curry Paste Tikka Masala



* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g
Calories per gram:			
Fat 9	Carbohydrate 4	Protein 4	

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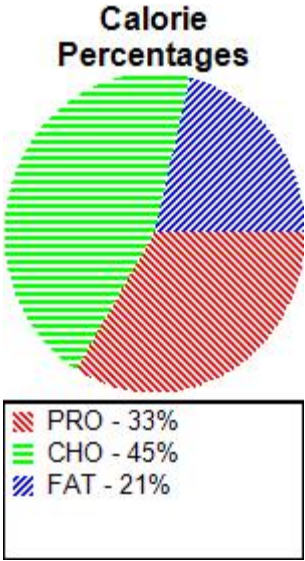


Tri-Tip Sandwich

Nutrition Information

Serving Size: Serving (147 grams)

Amount Per Serving		
Calories: 359		Calories from Fat: 76
		% Daily Value*
Total Fat:	8 GM	13%
Saturated Fat:	3.5 GM	16%
Trans Fat:	0 GM	
Polyunsaturated Fat:	1 GM	
Monounsaturated Fat:	3 GM	
Cholesterol:	40 MG	13%
Sodium:	500 MG	21%
Potassium:	340 MG	10%
Total Carbohydrate:	40 GM	13%
Dietary Fiber:	2 GM	7%
Sugars:	2 GM	
Protein:	29 GM	
Vitamin A: 0%		
Calcium: 4%		
Thiamin: 25%		
Niacin: 45%		
Folate: 30%		
Phosphorus: 25%		
Vitamin C: 0%		
Iron: 20%		
Riboflavin: 15%		
Vitamin B-6: 25%		
Vitamin B-12: 25%		
Zinc: 30%		
Ingredients:		
Beef Flank, Hoagie Rolls 6"		



* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g
Calories per gram:			
Fat 9	Carbohydrate 4	Protein 4	

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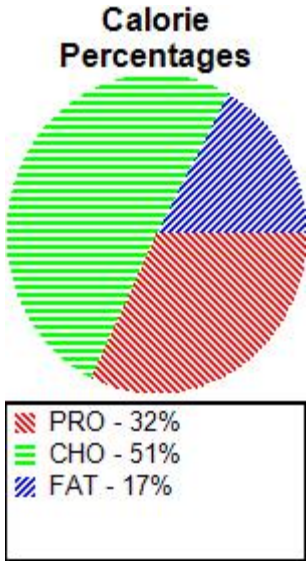


Turkey & Avocado Sandwich

Nutrition Information

Serving Size: Serving (156 grams)

Amount Per Serving		
Calories: 327		Calories from Fat: 56
		% Daily Value*
Total Fat:	6 GM	10%
Saturated Fat:	1 GM	5%
Trans Fat:	0 GM	
Polyunsaturated Fat:	1 GM	
Monounsaturated Fat:	3 GM	
Cholesterol:	45 MG	16%
Sodium:	550 MG	23%
Potassium:	420 MG	12%
Total Carbohydrate:	42 GM	14%
Dietary Fiber:	3 GM	11%
Sugars:	2 GM	
Protein:	26 GM	
Vitamin A: 4%		
Calcium: 4%		
Thiamin: 25%		
Niacin: 40%		
Folate: 30%		
Phosphorus: 20%		
Vitamin C: 4%		
Iron: 20%		
Riboflavin: 20%		
Ingredients:		
Hoagie Rolls 6", Turkey Breast Sliced Whole Muscle, Avocado Pulp Poly (Haas Avocado, Salt, Sugar, Erythorbic Acid (to promote color retention), Citric Acid.)		



* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g
Calories per gram:			
Fat 9	Carbohydrate 4	Protein 4	

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Turkey & Cheddar Sandwich

Nutrition Information

Serving Size: Serving (156 grams)

Amount Per Serving

Calories: 362

Calories from Fat: 61

% Daily Value\*

Total Fat: 7 GM10%

Saturated Fat: 3.5 GM18%

Trans Fat: 0 GM

Polyunsaturated Fat: 0.5 GM

Monounsaturated Fat: 0 GM

Cholesterol: 65 MG22%

Sodium: 580 MG24%

Potassium: 280 MG8%

Total Carbohydrate: 41 GM14%

Dietary Fiber: 2 GM7%

Sugars: 2 GM

Protein: 33 GM

Vitamin A: 6%

Vitamin C: 0%

Calcium: 25%

Iron: 20%

Thiamin: 20%

Riboflavin: 20%

Niacin: 40%

Ingredients:

Hoagie Rolls 6", Turkey Breast Sliced Whole Muscle, Cheddar Cheese Lo-sod Lo-fat

Calorie Percentages

PRO - 37%

CHO - 46%

FAT - 17%

\* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g
Calories per gram:			
Fat 9	Carbohydrate 4	Protein 4	

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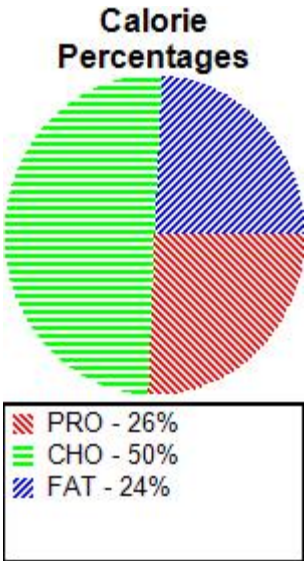
Turkey Meatball Sub

Nutrition Information

Serving Size: Serving (184 grams)

Amount Per Serving		
Calories: 412		Calories from Fat: 96
		% Daily Value*
Total Fat:	11 GM	16%
Saturated Fat:	2.5 GM	14%
Trans Fat:	0 GM	
Polyunsaturated Fat:	3 GM	
Monounsaturated Fat:	3.5 GM	
Cholesterol:	90 MG	31%
Sodium:	720 MG	30%
Potassium:	390 MG	11%
Total Carbohydrate:	51 GM	17%
Dietary Fiber:	3 GM	13%
Sugars:	5 GM	
Protein:	27 GM	
Vitamin A: 10%		
Vitamin C: 10%		
Calcium: 8%		
Iron: 25%		

**Ingredients:**  
Turkey Meatballs (Turkey Ground, Egg Whole, Bread Crumbs Whole Wheat (WHOLE WHEAT FLOUR, WATER, HIGH FRUCTOSE CORN SYRUP, WHEAT GLUTEN, SOYBEAN OIL, YEAST, SALT, WHEAT BRAN, CALCIUM PROPIONATE (PRESERVATIVE), MONO-AND DIGLYCERIDES, DATEM, MONOCALCIUM PHOSPHATE, SODIUM STEAROYL LACTYLATE, CALCIUM SULFATE, SOY LECITHIN, SOY FLOUR. CONTAINS: WHEAT, SOY.), Fresh Yellow Onions, Chopped Garlic, Fresh Parsley, Cracked Black Pepper, Dried Oregano), Hoagie Rolls 6", Sauce Marinara



* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g
Calories per gram:			
Fat 9	Carbohydrate 4	Protein 4	

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Soup Veg Medit

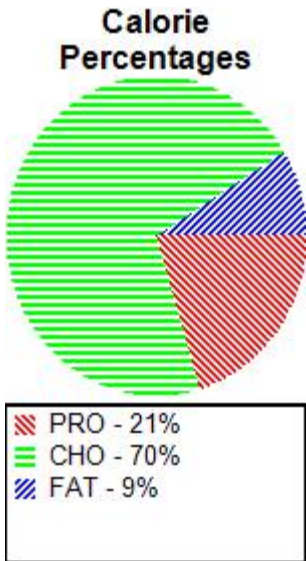
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Nutrition Information

Serving Size: 1 cup (227 grams)

Amount Per Serving		
Calories: 100		Calories from Fat: 9
		% Daily Value*
Total Fat:	1 GM	2%
Saturated Fat:	0 GM	0%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0.5 GM	
Cholesterol:	0 MG	0%
Sodium:	480 MG	20%
Potassium:	850 MG	24%
Total Carbohydrate:	17 GM	6%
Dietary Fiber:	5 GM	20%
Sugars:	5 GM	
Protein:	5 GM	
Vitamin A: 20%	Vitamin C: 8%	
Calcium: 6%	Iron: 6%	

**Ingredients:**  
TANGERINE TOMATO PUREE (TANGERINE TOMATO PASTE, WATER), CARROTS, DICED TOMATOES IN TOMATO JUICE, COOKED GARBANZO BEANS, COOKED RED BEANS, ZUCCHINI, SPINACH, GREAT NORTHERN BEANS, PEAS, CONTAINS LESS THAN 2% OF: LEEKS, ONIONS, ROASTED RED PEPPERS, CORNSTARCH, BUTTERNUT SQUASH, SALT, SUGAR, POTASSIUM CHLORIDE, SPICE, YEAST EXTRACT, NATURAL FLAVORING, EXTRA VIRGIN OLIVE OIL, GARLIC, CHEDDAR CHEESE (MILK, CULTURES, SALT, ENZYMES), PARMESAN CHEESE (MILK, CULTURES, SALT, ENZYMES), CABBAGE, CELERY, CELERY LEAVES, SEA SALT, PARSLEY.



* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g
Calories per gram:			
Fat 9	Carbohydrate 4	Protein 4	

Notes

- 1. The nutritional values indicated may not be complete based on limited information from product manufacturer.
- 2. This is a representation of the nutrition label. Because the data may change from time to time, this information may not always be identical to the nutrition label information on products sold.
- 3. If the Nutrition Label, Allergen Information and/or Ingredient List on eNutrition conflicts with these three statements on the product packaging itself, defer to the information on the product packaging. To ensure complete and current information on a product, always contact the product manufacturer.



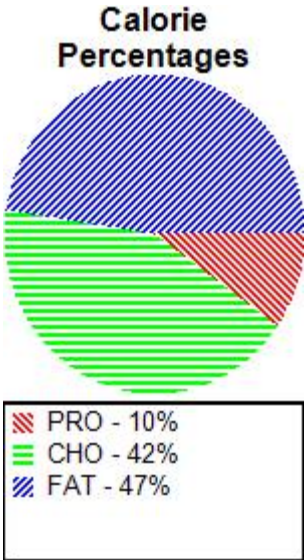
Vegetable Chow Mein w/Tofu

Nutrition Information

Serving Size: Serving (223 grams)

Amount Per Serving		
Calories: 325		Calories from Fat: 154
		% Daily Value*
Total Fat:	17 GM	26%
Saturated Fat:	2.5 GM	11%
Trans Fat:	0 GM	
Polyunsaturated Fat:	7 GM	
Monounsaturated Fat:	6 GM	
Cholesterol:	0 MG	0%
Sodium:	370 MG	15%
Potassium:	280 MG	8%
Total Carbohydrate:	34 GM	11%
Dietary Fiber:	3 GM	12%
Sugars:	8 GM	
Protein:	8 GM	
Vitamin A: 120%	Vitamin C: 25%	
Calcium: 8%	Iron: 15%	

**Ingredients:**  
Tofu Firm Frshwtr, Yakisoba Noodle, Uncooked (Water, Enriched Wheat Flour ( Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid ), Soybean Oil, Potassium Sorbate and Sodium Benzoate added to retard spoilage, Salt, Potassium Carbonate, Sodium Carbonate. Colored with FD&C Yellow # 5 and Yellow Color # 6. Allergens: Wheat. Manufactured on equipment that processes eggs.), Cabbage Napa Fresh, Fresh Carrots, Fresh Celery(Celery), Hoisin Sauce, Sesame Oil



* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g
Calories per gram:			
Fat 9	Carbohydrate 4	Protein 4	

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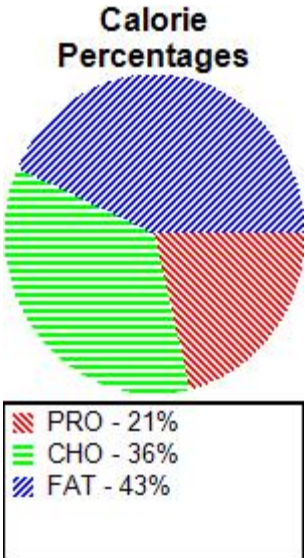


Cheese Pizza

Nutrition Information

Serving Size: Serving (163 grams)

Amount Per Serving		
Calories: 339		Calories from Fat: 149
		% Daily Value*
Total Fat:	17 GM	25%
Saturated Fat:	10 GM	48%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	45 MG	15%
Sodium:	870 MG	36%
Potassium:	0 MG	0%
Total Carbohydrate:	31 GM	11%
Dietary Fiber:	3 GM	12%
Sugars:	3 GM	
Protein:	18 GM	
Vitamin A: 15%	Vitamin C: 15%	
Calcium: 30%	Iron: 8%	
* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
Calories per gram:		
Fat 9	Carbohydrate 4	Protein 4



Ingredients:

Cheese Mozzarella Whl Mlk Loaf Arezzo(*Pasteurized milk, cheese cultures, salt, enzymes.*), Sauce Pizza Cal W/Oil(*Vine-Ripened Tomatoes, Soybean Oil, Salt, Olive Oil, Spices, Garlic Powder and Citric Acid.*), Dough Pizza Whl Grain 14" Prsh RICH(*S*)(*WATER, WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), YEAST, SUGAR, CONTAINS LESS THAN 2% OF THE FOLLOWING: SOYBEAN OIL, WHEAT GLUTEN, SALT, POTASSIUM CHLORIDE, ASCORBIC ACID, ENZYME. CONTAINS: WHEAT MAY CONTAIN MILK, SOY, EGG AND SESAME*)

Allergens: Wheat

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IMPORTANT DISCLAIMER:

These items' qualification as "gluten-free" is dependent on the accuracy of the gluten-free representations of the manufacturers of the items and their ingredients. Therefore, Sysco and its affiliates do not guarantee that any item will be completely gluten-free. Consumers with celiac disease and/or gluten sensitivities should exercise proper caution in the consumption of any food items and should always consider their individual dietary requirements and needs.