

Nutrition Facts			
Chilled Applesauce			
Per 1/2 Cup (118.3 ml)	Amount Per Serving	% Daily value	
Calories	50		
Fat	0g	0%	
Saturated + Trans	0g		
Cholesterol	0mg	0%	
Sodium	0mg		
Carbohydrate	14g	5%	
Dietary Fiber / Fibres	1g	4%	
Sugars	11g		
Protein	0g		
Vitamin A	0%	Calcium	0%
Vitamin C	45%	Iron	0%
Applesauce, JcPk			

Nutrition Facts			
Refried Beans			
Per 1/2 Cup (118.3 ml)	Amount Per Serving	% Daily value	
Calories	110		
Fat	3.5g	5%	
Saturated + Trans	1g		
Cholesterol	0mg	0%	
Sodium	420mg		
Carbohydrate	16g	5%	
Dietary Fiber / Fibres	4g	16%	
Sugars	1g		
Protein	6g		
Vitamin A	0%	Calcium	4%
Vitamin C	10%	Iron	10%
Beans, Refried Cnd; Onion, Yellow; Oil, Vegetable; Cumin, Ground			

Nutrition Facts			
Wax Beans			
Per 1/2 Cup (118.3 ml)	Amount Per Serving	% Daily value	
Calories	40		
Fat	2g	3%	
Saturated + Trans	0g		
Cholesterol	0mg	0%	
Sodium	25mg		
Carbohydrate	6g	2%	
Dietary Fiber / Fibres	3g	12%	
Sugars	2g		
Protein	1g		
Vitamin A	0%	Calcium	4%
Vitamin C	6%	Iron	4%
Beans, Wax Frz; Margarine, Solids; Parsley, Dried			
Milk			

Nutrition Facts			
Meatloaf			
Per 3 Oz (85.05 g)	Amount Per Serving	% Daily value	
Calories	180		
Fat	9g	14%	
Saturated + Trans	4g		
Cholesterol	75mg	25%	
Sodium	50mg		
Carbohydrate	0g	0%	
Dietary Fiber / Fibres	0g	0%	
Sugars	0g		
Protein	23g		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	15%
Eggs, Milk, Wheat			

Nutrition Facts			
Baked Beef Patty			
Per 3 Oz (85.05 g)	Amount Per Serving	% Daily value	
Calories	4660		
Fat	305g	469%	
Saturated + Trans	116g		
Cholesterol	1555mg	518%	
Sodium	1290mg		
Carbohydrate	5g	2%	
Dietary Fiber / Fibres	2g	8%	
Sugars	0g		
Protein	442g		
Vitamin A	6%	Calcium	40%
Vitamin C	0%	Iron	240%
Beef, Patty 2.7z NEP; Garlic Powder; Paprika			

Nutrition Facts			
Roast Beef			
Per 3 Oz (85.05 g)	Amount Per Serving	% Daily value	
Calories	150		
Fat	5g	8%	
Saturated + Trans	2g		
Cholesterol	65mg	22%	
Sodium	30mg		
Carbohydrate	0g	0%	
Dietary Fiber / Fibres	0g	0%	
Sugars	0g		
Protein	24g		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	10%

Nutrition Facts			
Beef Taco Filling			
Per 1/3 Cup (78.79 ml)	Amount Per Serving	% Daily value	
Calories	120		
Fat	9g	14%	
Saturated + Trans	3g 0g		
Cholesterol	25mg	8%	
Sodium	260mg		
Carbohydrate	2g	1%	
Dietary Fiber / Fibres	0g	0%	
Sugars	0g		
Protein	8g		
Vitamin A	6%	Calcium	0%
Vitamin C	0%	Iron	8%
Soy			

Nutrition Facts			
Pickled Beets			
Per 1/2 Cup (118.3 ml)	Amount Per Serving	% Daily value	
Calories	70		
Fat	0g	0%	
Saturated + Trans	0g 0g		
Cholesterol	0mg	0%	
Sodium	170mg		
Carbohydrate	18g	6%	
Dietary Fiber / Fibres	1g	4%	
Sugars	13g		
Protein	1g		
Vitamin A	0%	Calcium	0%
Vitamin C	4%	Iron	2%

Nutrition Facts			
Seasoned Beets			
Per 1/2 Cup (118.3 ml)	Amount Per Serving	% Daily value	
Calories	45		
Fat	2g	3%	
Saturated + Trans	0g 0g		
Cholesterol	0mg	0%	
Sodium	210mg		
Carbohydrate	7g	2%	
Dietary Fiber / Fibres	2g	8%	
Sugars	6g		
Protein	1g		
Vitamin A	0%	Calcium	0%
Vitamin C	6%	Iron	10%
Beets, Sliced Cnd; Margarine, Solids; Nutmeg, Ground			
Milk			

Nutrition Facts			
Biscuit			
Per 1 Each (63.79 g)	Amount Per Serving	% Daily value	
Calories	130		
Fat	4.5g	7%	
Saturated + Trans	1g 1g		
Cholesterol	0mg	0%	
Sodium	420mg		
Carbohydrate	20g	7%	
Dietary Fiber / Fibres	0g	0%	
Sugars	3g		
Protein	3g		
Vitamin A	0%	Calcium	2%
Vitamin C	0%	Iron	6%
Biscuit Dough, Buttermilk RTB			
Eggs, Milk, Wheat			

Nutrition Facts			
Seasoned Broccoli Florets			
Per 1/2 Cup (118.3 ml)	Amount Per Serving	% Daily value	
Calories	40		
Fat	2g	3%	
Saturated + Trans	0g 0g		
Cholesterol	0mg	0%	
Sodium	35mg		
Carbohydrate	5g	2%	
Dietary Fiber / Fibres	3g	12%	
Sugars	1g		
Protein	3g		
Vitamin A	4%	Calcium	4%
Vitamin C	60%	Iron	4%
Broccoli, Florets Frz; Margarine, Solids; Parsley, Dried			
Milk			

Nutrition Facts			
Angel Food Cake			
Per 1 Slice (42 g)	Amount Per Serving	% Daily value	
Calories	110		
Fat	0g	0%	
Saturated + Trans	0g 0g		
Cholesterol	0mg	0%	
Sodium	310mg		
Carbohydrate	24g	8%	
Dietary Fiber / Fibres	1g	4%	
Sugars	0g		
Protein	2g		
Vitamin A	0%	Calcium	6%
Vitamin C	0%	Iron	0%

Nutrition Facts			
Pound Cake			
Per 1 Slice (85.05 g)	Amount Per Serving	% Daily value	
Calories	330		
Fat	15g	23%	
Saturated + Trans	4g 0g		
Cholesterol	50mg	17%	
Sodium	340mg		
Carbohydrate	45g	15%	
Dietary Fiber / Fibres	1g	4%	
Sugars	0g		
Protein	4g		
Vitamin A	0%	Calcium	6%
Vitamin C	0%	Iron	8%
Wheat			

Nutrition Facts			
Parslied Carrots			
Per 1/2 Cup (118.3 ml)	Amount Per Serving	% Daily value	
Calories	50		
Fat	2.5g	4%	
Saturated + Trans	0g 0g		
Cholesterol	0mg	0%	
Sodium	70mg		
Carbohydrate	7g	2%	
Dietary Fiber / Fibres	3g	12%	
Sugars	4g		
Protein	1g		
Vitamin A	50%	Calcium	4%
Vitamin C	4%	Iron	4%
Carrot, Sliced Frz; Margarine, Solids; Parsley, Dried			
Milk			

Nutrition Facts			
Parsley Cauliflower			
Per 1/2 Cup (118.3 ml)	Amount Per Serving	% Daily value	
Calories	30		
Fat	2g	3%	
Saturated + Trans	0g 0g		
Cholesterol	0mg	0%	
Sodium	30mg		
Carbohydrate	3g	1%	
Dietary Fiber / Fibres	2g	8%	
Sugars	1g		
Protein	1g		
Vitamin A	0%	Calcium	0%
Vitamin C	45%	Iron	2%
Cauliflower, Frz; Margarine, Solids; Parsley, Dried			
Milk			

Nutrition Facts			
Cheerios			
Per 3/4 Cup (177.45 ml)	Amount Per Serving	% Daily value	
Calories	80		
Fat	1.5g	2%	
Saturated + Trans	0g 0g		
Cholesterol	0mg	0%	
Sodium	105mg		
Carbohydrate	15g	5%	
Dietary Fiber / Fibres	2g	8%	
Sugars	1g		
Protein	3g		
Vitamin A	15%	Calcium	8%
Vitamin C	8%	Iron	40%
Cereal, Cheerios Bulk			
Milk			

Nutrition Facts			
Corn Flakes			
Per 3/4 Cup (177.45 ml)	Amount Per Serving	% Daily value	
Calories	60		
Fat	0g	0%	
Saturated + Trans	0g 0g		
Cholesterol	0mg	0%	
Sodium	125mg		
Carbohydrate	14g	5%	
Dietary Fiber / Fibres	1g	4%	
Sugars	2g		
Protein	1g		
Vitamin A	6%	Calcium	0%
Vitamin C	6%	Iron	25%
Cereal, Corn Flakes Bulk			
Wheat			

Nutrition Facts			
Cream of Rice			
Per 1/2 Cup (118.3 ml)	Amount Per Serving	% Daily value	
Calories	80		
Fat	0g	0%	
Saturated + Trans	0g 0g		
Cholesterol	0mg	0%	
Sodium	30mg		
Carbohydrate	19g	6%	
Dietary Fiber / Fibres	0g	0%	
Sugars	0g		
Protein	1g		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	35%
Water, Tap; Cereal, Cream of Rice; Salt, Iodized			
Milk			

Nutrition Facts			
Cream of Wheat			
Per 1/2 Cup (118.3 ml)	Amount Per Serving	% Daily value	
Calories	60		
Fat	0g	0%	
Saturated + Trans	0g		
Cholesterol	0mg	0%	
Sodium	120mg		
Carbohydrate	12g	4%	
Dietary Fiber / Fibres	1g	4%	
Sugars	0g		
Protein	2g		
Vitamin A	15%	Calcium	6%
Vitamin C	0%	Iron	25%
Water, Tap; Cereal, Cream of Wheat; Salt, Iodized			
Wheat			

Nutrition Facts			
Oatmeal			
Per 1/2 Cup (118.3 ml)	Amount Per Serving	% Daily value	
Calories	80		
Fat	1.5g	2%	
Saturated + Trans	0g		
Cholesterol	0mg	0%	
Sodium	30mg		
Carbohydrate	14g	5%	
Dietary Fiber / Fibres	2g	8%	
Sugars	0g		
Protein	3g		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	4%
Water, Tap; Cereal, Oatmeal Quick; Salt, Iodized			
Wheat			

Nutrition Facts			
Cinnamon Oatmeal			
Per 1/2 Cup (118.3 ml)	Amount Per Serving	% Daily value	
Calories	80		
Fat	1g	2%	
Saturated + Trans	0g		
Cholesterol	0mg	0%	
Sodium	15mg		
Carbohydrate	17g	6%	
Dietary Fiber / Fibres	2g	8%	
Sugars	6g		
Protein	2g		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	4%
Water, Tap; Cereal, Oatmeal Quick; Sugar, Brown Packed; Cinnamon, Ground; Salt, Iodized			
Wheat			

Nutrition Facts			
Rice Crispy Cereal			
Per 3/4 Cup (177.45 ml)	Amount Per Serving	% Daily value	
Calories	80		
Fat	0g	0%	
Saturated + Trans	0g		
Cholesterol	0mg	0%	
Sodium	115mg		
Carbohydrate	18g	6%	
Dietary Fiber / Fibres	0g	0%	
Sugars	3g		
Protein	1g		
Vitamin A	15%	Calcium	0%
Vitamin C	25%	Iron	40%
Cereal, Rice Krispies Bulk			
Wheat			

Nutrition Facts			
Cheeseburger on Bun			
Per 1 Each (106.31 g)	Amount Per Serving	% Daily value	
Calories	400		
Fat	20g	31%	
Saturated + Trans	9g		
Cholesterol	80mg	27%	
Sodium	650mg		
Carbohydrate	28g	9%	
Dietary Fiber / Fibres	1g	4%	
Sugars	5g		
Protein	25g		
Vitamin A	4%	Calcium	25%
Vitamin C	0%	Iron	20%
Beef, Patty 2.7z NEP; Hamburger Bun; Cheese, American Yellow Sliced			
Milk, Wheat			

Nutrition Facts			
Grilled Chicken Breast			
Per 3 Oz (85.05 g)	Amount Per Serving	% Daily value	
Calories	160		
Fat	7g	11%	
Saturated + Trans	2g		
Cholesterol	50mg	17%	
Sodium	460mg		
Carbohydrate	4g	1%	
Dietary Fiber / Fibres	1g	4%	
Sugars	0g		
Protein	21g		
Vitamin A	0%	Calcium	2%
Vitamin C	0%	Iron	8%

Nutrition Facts			
Teriyaki Chicken			
Per 3 Oz (85.05 g)	Amount Per Serving	% Daily value	
Calories	120		
Fat	3g	5%	
Saturated + Trans	1g 0g		
Cholesterol	75mg	25%	
Sodium	280mg		
Carbohydrate	0g	0%	
Dietary Fiber / Fibres Sugars	0g 0g	0%	
Protein	24g		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	2%

Nutrition Facts			
Soft Chicken Salad			
Per 1/3 Cup (78.79 ml)	Amount Per Serving	% Daily value	
Calories	30610		
Fat	1617g	2488%	
Saturated + Trans	392g 0g		
Cholesterol	20095mg	6698%	
Sodium	50220mg		
Carbohydrate	542g	181%	
Dietary Fiber / Fibres Sugars	1g 222g	4%	
Protein	3291g		
Vitamin A	390%	Calcium	290%
Vitamin C	80%	Iron	890%

Chicken, Meat Ckd Pulled; Dressing, Mayo-Like Bulk; Hard Boiled Egg; Juice, Lemon RTS; Salt, Iodized; Pepper, Black Ground

Eggs, Soy

Nutrition Facts			
Soft Chicken Salad on Wheat			
Per 1 Each (149 g)	Amount Per Serving	% Daily value	
Calories	260		
Fat	9g	14%	
Saturated + Trans	2g 0g		
Cholesterol	80mg	27%	
Sodium	440mg		
Carbohydrate	26g	9%	
Dietary Fiber / Fibres Sugars	2g 4g	8%	
Protein	19g		
Vitamin A	0%	Calcium	8%
Vitamin C	0%	Iron	15%

Soft Chicken Salad (Chicken, Meat Ckd Pulled; Dressing, Mayo-Like Bulk; Hard Boiled Egg; Juice, Lemon RTS; Salt, Iodized; Pepper, Black Ground); Wheat Bread

Eggs, Milk, Soy, Wheat

Nutrition Facts			
Chicken Tenders			
Per 3 Oz (85.05 g)	Amount Per Serving	% Daily value	
Calories	210		
Fat	12g	18%	
Saturated + Trans	2g 0g		
Cholesterol	30mg	10%	
Sodium	450mg		
Carbohydrate	13g	4%	
Dietary Fiber / Fibres Sugars	1g 0g	4%	
Protein	13g		
Vitamin A	0%	Calcium	4%
Vitamin C	0%	Iron	4%

Chicken Tenders

Eggs, Milk, Soy, Wheat

Nutrition Facts			
Coffee			
Per 6 Fl Oz (177.44 ml)	Amount Per Serving	% Daily value	
Calories	0		
Fat	0g	0%	
Saturated + Trans	0g 0g		
Cholesterol	0mg	0%	
Sodium	5mg		
Carbohydrate	0g	0%	
Dietary Fiber / Fibres Sugars	0g 0g	0%	
Protein	0g		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	0%

Water, Tap; Coffee, Ground

Nutrition Facts			
Snickerdoodle Cookies			
Per 1 Each (56.7 g)	Amount Per Serving	% Daily value	
Calories	90		
Fat	4g	6%	
Saturated + Trans	1g 0g		
Cholesterol	0mg	0%	
Sodium	70mg		
Carbohydrate	13g	4%	
Dietary Fiber / Fibres Sugars	0g 8g	0%	
Protein	1g		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	2%

Cookie Dough, Snickerdoodle

Eggs, Wheat

Nutrition Facts Snickerdoodle Cookies			
Per 2 Each (113.4 g)	Amount Per Serving	% Daily value	
Calories	180		
Fat	8g	12%	
Saturated + Trans	2g 0g		
Cholesterol	5mg	2%	
Sodium	140mg		
Carbohydrate	26g	9%	
Dietary Fiber / Fibres	0g	0%	
Sugars	15g		
Protein	2g		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	4%
Cookie Dough, Snickerdoodle			
Eggs, Wheat			

Nutrition Facts Sugar Cookies			
Per 1 Each (42.52 g)	Amount Per Serving	% Daily value	
Calories	90		
Fat	4g	6%	
Saturated + Trans	1g 0g		
Cholesterol	0mg	0%	
Sodium	70mg		
Carbohydrate	13g	4%	
Dietary Fiber / Fibres	0g	0%	
Sugars	8g		
Protein	1g		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	2%
Cookie Dough, Sugar			
Eggs, Milk, Soy, Wheat			

Nutrition Facts Sugar Cookies			
Per 2 Each (85.05 g)	Amount Per Serving	% Daily value	
Calories	180		
Fat	8g	12%	
Saturated + Trans	2g 0g		
Cholesterol	5mg	2%	
Sodium	140mg		
Carbohydrate	26g	9%	
Dietary Fiber / Fibres	0g	0%	
Sugars	15g		
Protein	2g		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	4%
Cookie Dough, Sugar			
Eggs, Milk, Soy, Wheat			

Nutrition Facts Saltine Crackers			
Per 1 Pkg (6 g)	Amount Per Serving	% Daily value	
Calories	25		
Fat	0.5g	1%	
Saturated + Trans	0g 0g		
Cholesterol	0mg	0%	
Sodium	55mg		
Carbohydrate	4g	1%	
Dietary Fiber / Fibres	0g	0%	
Sugars	0g		
Protein	1g		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	0%
Wheat			

Nutrition Facts LS Crackers			
Per 1 Pkg (6 g)	Amount Per Serving	% Daily value	
Calories	25		
Fat	0.5g	1%	
Saturated + Trans	0g 0g		
Cholesterol	0mg	0%	
Sodium	10mg		
Carbohydrate	4g	1%	
Dietary Fiber / Fibres	0g	0%	
Sugars	0g		
Protein	1g		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	0%
Wheat			

Nutrition Facts Hard Boiled Egg			
Per 1 Each (56.7 g)	Amount Per Serving	% Daily value	
Calories	70		
Fat	5g	8%	
Saturated + Trans	2g 0g		
Cholesterol	185mg	62%	
Sodium	70mg		
Carbohydrate	0g	0%	
Dietary Fiber / Fibres	0g	0%	
Sugars	0g		
Protein	6g		
Vitamin A	6%	Calcium	2%
Vitamin C	0%	Iron	4%
Egg, Shell Large			
Eggs			

Nutrition Facts			
Scrambled Egg & Cheese			
Per 1/4 Cup (59.15 ml)	Amount Per Serving	% Daily value	
Calories	130		
Fat	9g	14%	
Saturated + Trans	4g 0g		
Cholesterol	195mg	65%	
Sodium	150mg		
Carbohydrate	1g	0%	
Dietary Fiber / Fibres Sugars	0g 0g	0%	
Protein	9g		
Vitamin A	8%	Calcium	15%
Vitamin C	0%	Iron	4%
Egg, Liquid Frz; Cheese, Cheddar Shredded; Milk, 2% Bulk; Pepper, Black Ground			
Eggs, Milk			

Nutrition Facts			
Scrambled Egg			
Per 1 #16scp (59.15 ml)	Amount Per Serving	% Daily value	
Calories	100		
Fat	7g	11%	
Saturated + Trans	2g 0g		
Cholesterol	220mg	73%	
Sodium	85mg		
Carbohydrate	1g	0%	
Dietary Fiber / Fibres Sugars	0g 1g	0%	
Protein	7g		
Vitamin A	6%	Calcium	4%
Vitamin C	0%	Iron	6%
Egg, Liquid Frz; Milk, 2% Bulk; Margarine, Solids			
Eggs, Milk			

Nutrition Facts			
Breaded Fish Fillet			
Per 3 Oz (85.05 g)	Amount Per Serving	% Daily value	
Calories	5640		
Fat	293g	451%	
Saturated + Trans	52g 3g		
Cholesterol	890mg	297%	
Sodium	12440mg		
Carbohydrate	420g	140%	
Dietary Fiber / Fibres Sugars	24g 10g	96%	
Protein	332g		
Vitamin A	4%	Calcium	35%
Vitamin C	0%	Iron	50%
Fish, Brd Square RTB 3z			
Crustacean, Eggs, Fish, Milk, Shellfish, Wheat			

Nutrition Facts			
Fish Fillet Sndw on Bun			
Per 1 Each (151.19 g)	Amount Per Serving	% Daily value	
Calories	340		
Fat	12g	18%	
Saturated + Trans	2g 0g		
Cholesterol	30mg	10%	
Sodium	700mg		
Carbohydrate	41g	14%	
Dietary Fiber / Fibres Sugars	2g 4g	8%	
Protein	17g		
Vitamin A	0%	Calcium	8%
Vitamin C	0%	Iron	10%
Breaded Fish Fillet (Fish, Brd Square RTB 3z); Hamburger Bun			
Crustacean, Eggs, Fish, Milk, Shellfish, Soy, Wheat			

Nutrition Facts			
Cheddar Cheese Garnish			
Per 1 Oz (28.35 g)	Amount Per Serving	% Daily value	
Calories	110		
Fat	9g	14%	
Saturated + Trans	5g 0g		
Cholesterol	30mg	10%	
Sodium	190mg		
Carbohydrate	1g	0%	
Dietary Fiber / Fibres Sugars	0g 0g	0%	
Protein	6g		
Vitamin A	6%	Calcium	20%
Vitamin C	0%	Iron	0%
Cheese, Cheddar Shredded			
Milk			

Nutrition Facts			
Pickle Spear			
Per 1 Each (28.35 g)	Amount Per Serving	% Daily value	
Calories	0		
Fat	0g	0%	
Saturated + Trans	0g 0g		
Cholesterol	0mg	0%	
Sodium	230mg		
Carbohydrate	1g	0%	
Dietary Fiber / Fibres Sugars	0g 0g	0%	
Protein	0g		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	0%
Pickles, Dill Spear			

Nutrition Facts			
Gr.Cheeseburger On Bun			
Per 1 Each (106.31 g)	Amount Per Serving	% Daily value	
Calories	520		
Fat	33g	51%	
Saturated + Trans	11g 1g		
Cholesterol	90mg	30%	
Sodium	570mg		
Carbohydrate	27g	9%	
Dietary Fiber / Fibres	1g	4%	
Sugars	4g		
Protein	27g		
Vitamin A	8%	Calcium	30%
Vitamin C	0%	Iron	20%
Baked Beef Patty (Beef, Patty 2.7z NEP; Garlic Powder; Paprika); Hamburger Bun; Mayonnaise (Mayonnaise, Bulk); Cheese, Cheddar Shredded			
Eggs, Milk, Soy, Wheat			

Nutrition Facts			
Gr.Fish Fillet Sndw on Bun			
Per 1 Each (226.8 g)	Amount Per Serving	% Daily value	
Calories	240		
Fat	8g	12%	
Saturated + Trans	2g 0g		
Cholesterol	10mg	3%	
Sodium	510mg		
Carbohydrate	33g	11%	
Dietary Fiber / Fibres	1g	4%	
Sugars	5g		
Protein	9g		
Vitamin A	0%	Calcium	8%
Vitamin C	0%	Iron	10%
Hamburger Bun; Breaded Fish Fillet (Fish, Brd Square RTB 3z); Tartar Sauce (Sauce, Tartar Bulk)			
Crustacean, Eggs, Fish, Milk, Shellfish, Soy, Wheat			

Nutrition Facts			
Gr/MM5 Teriyaki Chicken			
Per 1 #10scp (94.64 ml)	Amount Per Serving	% Daily value	
Calories	150		
Fat	3.5g	5%	
Saturated + Trans	1g 0g		
Cholesterol	75mg	25%	
Sodium	550mg		
Carbohydrate	5g	2%	
Dietary Fiber / Fibres	0g	0%	
Sugars	4g		
Protein	24g		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	2%
Teriyaki Chicken; Sauce, Teriyaki Glaze			
Soy			

Nutrition Facts			
Gr/MM5 Chicken Tenders			
Per 1 #10scp (94.64 ml)	Amount Per Serving	% Daily value	
Calories	220		
Fat	12g	18%	
Saturated + Trans	2g 0g		
Cholesterol	30mg	10%	
Sodium	580mg		
Carbohydrate	15g	5%	
Dietary Fiber / Fibres	1g	4%	
Sugars	0g		
Protein	13g		
Vitamin A	0%	Calcium	4%
Vitamin C	0%	Iron	4%
Chicken Tenders (Chicken Tenders); Cream Gravy (Water, Tap; Gravy Mix, Country Dry)			
Eggs, Milk, Soy, Wheat			

Nutrition Facts			
Gr/MM5 Breakfast Ham			
Per 1 #20scp (47.32 ml)	Amount Per Serving	% Daily value	
Calories	70		
Fat	1.5g	2%	
Saturated + Trans	1g 0g		
Cholesterol	10mg	3%	
Sodium	550mg		
Carbohydrate	5g	2%	
Dietary Fiber / Fibres	0g	0%	
Sugars	0g		
Protein	9g		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	0%
Cream Gravy (Water, Tap; Gravy Mix, Country Dry); Breakfast Ham (Baked Ham (Ham, Pit-Style Smoked; Water, Tap))			
Milk, Wheat			

Nutrition Facts			
Gr/MM5 Pork Roast			
Per 1 #10scp (94.64 ml)	Amount Per Serving	% Daily value	
Calories	180		
Fat	9g	14%	
Saturated + Trans	3g 0g		
Cholesterol	65mg	22%	
Sodium	210mg		
Carbohydrate	2g	1%	
Dietary Fiber / Fibres	0g	0%	
Sugars	0g		
Protein	23g		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	4%
Pork Roast; Brown Gravy (Water, Tap; Gravy Mix, Brown Dry)			
Milk, Soy, Wheat			

Nutrition Facts			
Gr/MM5 Sausage Patty			
Per 1 #16scp (59.15 ml)	Amount Per Serving	% Daily value	
Calories	160		
Fat	13g	20%	
Saturated + Trans	4g 0g		
Cholesterol	40mg	13%	
Sodium	500mg		
Carbohydrate	3g	1%	
Dietary Fiber / Fibres	0g	0%	
Sugars	0g		
Protein	9g		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	4%
Sausage Patty (Sausage, Pork Patties 2z raw NEP); Cream Gravy (Water, Tap; Gravy Mix, Country Dry)			
Milk, Wheat			

Nutrition Facts			
Gr/MM5 Roast Turkey			
Per 1 #10scp (94.64 ml)	Amount Per Serving	% Daily value	
Calories	160		
Fat	5g	8%	
Saturated + Trans	1g 0g		
Cholesterol	75mg	25%	
Sodium	220mg		
Carbohydrate	2g	1%	
Dietary Fiber / Fibres	0g	0%	
Sugars	0g		
Protein	25g		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	4%
Roast Turkey; Poultry Gravy (Water, Tap; Gravy Mix, Poultry)			
Milk, Soy, Wheat			

Nutrition Facts			
Brown Gravy			
Per 2 FI Oz (59.15 ml)	Amount Per Serving	% Daily value	
Calories	20		
Fat	0.5g	1%	
Saturated + Trans	0g 0g		
Cholesterol	0mg	0%	
Sodium	300mg		
Carbohydrate	4g	1%	
Dietary Fiber / Fibres	0g	0%	
Sugars	0g		
Protein	1g		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	0%
Water, Tap; Gravy Mix, Brown Dry			
Milk, Soy, Wheat			

Nutrition Facts			
Cream Gravy			
Per 2 FI Oz (59.15 ml)	Amount Per Serving	% Daily value	
Calories	690		
Fat	18g	28%	
Saturated + Trans	5g 0g		
Cholesterol	35mg	12%	
Sodium	7540mg		
Carbohydrate	112g	37%	
Dietary Fiber / Fibres	0g	0%	
Sugars	0g		
Protein	20g		
Vitamin A	4%	Calcium	30%
Vitamin C	0%	Iron	15%
Water, Tap; Gravy Mix, Country Dry			
Milk, Wheat			

Nutrition Facts			
Poultry Gravy			
Per 2 FI Oz (59.15 ml)	Amount Per Serving	% Daily value	
Calories	660		
Fat	13g	20%	
Saturated + Trans	4g 0g		
Cholesterol	25mg	8%	
Sodium	7970mg		
Carbohydrate	117g	39%	
Dietary Fiber / Fibres	0g	0%	
Sugars	0g		
Protein	19g		
Vitamin A	0%	Calcium	30%
Vitamin C	0%	Iron	35%
Water, Tap; Gravy Mix, Poultry			
Milk, Wheat			

Nutrition Facts			
Seasoned Green Beans			
Per 1/2 Cup (118.3 ml)	Amount Per Serving	% Daily value	
Calories	40		
Fat	2g	3%	
Saturated + Trans	0g 0g		
Cholesterol	0mg	0%	
Sodium	15mg		
Carbohydrate	6g	2%	
Dietary Fiber / Fibres	3g	12%	
Sugars	2g		
Protein	1g		
Vitamin A	0%	Calcium	4%
Vitamin C	6%	Iron	4%
Green Beans, Cut Frz; Margarine, Solids; Basil, Dried Leaves			
Milk			

Nutrition Facts			
Baked Ham			
Per 3 Oz (85.05 g)	Amount Per Serving	% Daily value	
Calories	4390		
Fat	85g	131%	
Saturated + Trans	31g 0g		
Cholesterol	790mg	263%	
Sodium	32420mg		
Carbohydrate	262g	87%	
Dietary Fiber / Fibres Sugars	0g 0g	0%	
Protein	646g		
Vitamin A	0%	Calcium	25%
Vitamin C	35%	Iron	80%
Ham, Pit-Style Smoked; Water, Tap			

Nutrition Facts			
Breakfast Ham			
Per 1 Oz (28.35 g)	Amount Per Serving	% Daily value	
Calories	60		
Fat	1g	2%	
Saturated + Trans	0g 0g		
Cholesterol	10mg	3%	
Sodium	430mg		
Carbohydrate	3g	1%	
Dietary Fiber / Fibres Sugars	0g 0g	0%	
Protein	9g		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	0%
Baked Ham (Ham, Pit-Style Smoked; Water, Tap)			

Nutrition Facts			
NSA FF Vanilla Ice Cream PC			
Per 1 Each (113.4 g)	Amount Per Serving	% Daily value	
Calories	80		
Fat	0g	0%	
Saturated + Trans	0g 0g		
Cholesterol	0mg	0%	
Sodium	65mg		
Carbohydrate	20g	7%	
Dietary Fiber / Fibres Sugars	5g 5g	20%	
Protein	4g		
Vitamin A	0%	Calcium	15%
Vitamin C	0%	Iron	0%
Milk			

Nutrition Facts			
Vanilla Ice Cream			
Per 1/2 Cup (118.3 ml)	Amount Per Serving	% Daily value	
Calories	150		
Fat	8g	12%	
Saturated + Trans	5g 0g		
Cholesterol	30mg	10%	
Sodium	60mg		
Carbohydrate	17g	6%	
Dietary Fiber / Fibres Sugars	1g 15g	4%	
Protein	3g		
Vitamin A	6%	Calcium	10%
Vitamin C	0%	Iron	0%
Ice Cream, Vanilla Bulk			
Eggs, Milk			

Nutrition Facts			
Grape Jelly			
Per 1 Each (4.93 ml)	Amount Per Serving	% Daily value	
Calories	15		
Fat	0g	0%	
Saturated + Trans	0g 0g		
Cholesterol	0mg	0%	
Sodium	0mg		
Carbohydrate	5g	2%	
Dietary Fiber / Fibres Sugars	0g 3g	0%	
Protein	0g		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	0%

Nutrition Facts			
LoCal Grape Jelly PC			
Per 1 Each (4.93 ml)	Amount Per Serving	% Daily value	
Calories	5		
Fat	0g	0%	
Saturated + Trans	0g 0g		
Cholesterol	0mg	0%	
Sodium	0mg		
Carbohydrate	2g	1%	
Dietary Fiber / Fibres Sugars	0g 2g	0%	
Protein	0g		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	0%

Nutrition Facts			
Apple Juice			
Per 4 Fl Oz (118.29 ml)	Amount Per Serving	% Daily value	
Calories	45		
Fat	0g	0%	
Saturated + Trans	0g 0g		
Cholesterol	0mg	0%	
Sodium	10mg		
Carbohydrate	12g	4%	
Dietary Fiber / Fibres	0g	0%	
Sugars	11g		
Protein	0g		
Vitamin A	0%	Calcium	0%
Vitamin C	45%	Iron	0%
Water, Tap; Juice, Apple Conc Frz 5x1			

Nutrition Facts			
Apple Juice			
Per 6 Fl Oz (177.44 ml)	Amount Per Serving	% Daily value	
Calories	70		
Fat	0g	0%	
Saturated + Trans	0g 0g		
Cholesterol	0mg	0%	
Sodium	15mg		
Carbohydrate	18g	6%	
Dietary Fiber / Fibres	0g	0%	
Sugars	17g		
Protein	0g		
Vitamin A	0%	Calcium	0%
Vitamin C	60%	Iron	2%
Water, Tap; Juice, Apple Conc Frz 5x1			

Nutrition Facts			
Grape Juice			
Per 4 Fl Oz (118.29 ml)	Amount Per Serving	% Daily value	
Calories	40		
Fat	0g	0%	
Saturated + Trans	0g 0g		
Cholesterol	0mg	0%	
Sodium	0mg		
Carbohydrate	10g	3%	
Dietary Fiber / Fibres	0g	0%	
Sugars	10g		
Protein	1g		
Vitamin A	0%	Calcium	0%
Vitamin C	60%	Iron	0%
Water, Tap; Juice, Grape Conc Frz Swt			

Nutrition Facts			
Grape Juice			
Per 6 Fl Oz (177.44 ml)	Amount Per Serving	% Daily value	
Calories	60		
Fat	0g	0%	
Saturated + Trans	0g 0g		
Cholesterol	0mg	0%	
Sodium	5mg		
Carbohydrate	15g	5%	
Dietary Fiber / Fibres	0g	0%	
Sugars	15g		
Protein	1g		
Vitamin A	0%	Calcium	0%
Vitamin C	90%	Iron	0%
Water, Tap; Juice, Grape Conc Frz Swt			

Nutrition Facts			
Orange Juice			
Per 4 Fl Oz (118.29 ml)	Amount Per Serving	% Daily value	
Calories	50		
Fat	0g	0%	
Saturated + Trans	0g 0g		
Cholesterol	0mg	0%	
Sodium	0mg		
Carbohydrate	12g	4%	
Dietary Fiber / Fibres	0g	0%	
Sugars	10g		
Protein	1g		
Vitamin A	0%	Calcium	0%
Vitamin C	80%	Iron	0%
Water, Tap; Juice, Orange Conc Unswt Frz			

Nutrition Facts			
Orange Juice			
Per 6 Fl Oz (177.44 ml)	Amount Per Serving	% Daily value	
Calories	70		
Fat	0g	0%	
Saturated + Trans	0g 0g		
Cholesterol	0mg	0%	
Sodium	5mg		
Carbohydrate	17g	6%	
Dietary Fiber / Fibres	0g	0%	
Sugars	15g		
Protein	1g		
Vitamin A	0%	Calcium	2%
Vitamin C	120%	Iron	0%
Water, Tap; Juice, Orange Conc Unswt Frz			

Nutrition Facts			
LS Brown Gravy			
Per 2 Fl Oz (59.15 ml)	Amount Per Serving	% Daily value	
Calories	0		
Fat	0g	0%	
Saturated + Trans	0g 0g		
Cholesterol	0mg	0%	
Sodium	0mg		
Carbohydrate	0g	0%	
Dietary Fiber / Fibres	0g	0%	
Sugars	0g		
Protein	0g		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	0%
Water, Tap; Gravy Mix, Brown Dry LS			
Wheat			

Nutrition Facts			
LS Beef Broth			
Per 6 Fl Oz (177.44 ml)	Amount Per Serving	% Daily value	
Calories	300		
Fat	131g	202%	
Saturated + Trans	0g 0g		
Cholesterol	15mg	5%	
Sodium	3550mg		
Carbohydrate	13g	4%	
Dietary Fiber / Fibres	1g	4%	
Sugars	1g		
Protein	21g		
Vitamin A	0%	Calcium	15%
Vitamin C	0%	Iron	0%
Water, Tap; Base, Beef Paste LS			
Soy, Wheat			

Nutrition Facts			
LS Chicken Broth			
Per 6 Fl Oz (177.44 ml)	Amount Per Serving	% Daily value	
Calories	390		
Fat	11g	17%	
Saturated + Trans	3g 0g		
Cholesterol	55mg	18%	
Sodium	3310mg		
Carbohydrate	50g	17%	
Dietary Fiber / Fibres	2g	8%	
Sugars	12g		
Protein	23g		
Vitamin A	0%	Calcium	40%
Vitamin C	0%	Iron	20%
Water, Tap; Base, Chicken Paste LS			
Wheat			

Nutrition Facts			
Macaroni & Cheese			
Per 1/2 Cup (118.3 ml)	Amount Per Serving	% Daily value	
Calories	250		
Fat	8g	12%	
Saturated + Trans	3g 0g		
Cholesterol	10mg	3%	
Sodium	1170mg		
Carbohydrate	40g	13%	
Dietary Fiber / Fibres	1g	4%	
Sugars	4g		
Protein	6g		
Vitamin A	0%	Calcium	8%
Vitamin C	0%	Iron	6%
Water, Tap; Water, Tap; Sauce Mix, Cheese Trio; Macaroni, Elbow Dry; Oil, Vegetable			
Milk, Wheat			

Nutrition Facts			
Soft Macaroni Salad			
Per 1/2 Cup (118.3 ml)	Amount Per Serving	% Daily value	
Calories	110		
Fat	2.5g	4%	
Saturated + Trans	0g 0g		
Cholesterol	5mg	2%	
Sodium	60mg		
Carbohydrate	19g	6%	
Dietary Fiber / Fibres	1g	4%	
Sugars	2g		
Protein	3g		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	4%
Dressing, Mayo-Like Bulk; Macaroni, Elbow Dry; Vinegar, White; Sugar, Granulated Bulk; Paprika; Parsley, Dried; Onion Powder			
Eggs, Milk, Sulphites, Wheat			

Nutrition Facts			
Margarine			
Per 1 Each (5 g)	Amount Per Serving	% Daily value	
Calories	35		
Fat	4g	6%	
Saturated + Trans	1g 1g		
Cholesterol	0mg	0%	
Sodium	35mg		
Carbohydrate	0g	0%	
Dietary Fiber / Fibres	0g	0%	
Sugars	0g		
Protein	0g		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	0%
Milk			

Nutrition Facts			
Mayonnaise			
Per 1 Tbsp (14.79 ml)	Amount Per Serving	% Daily value	
Calories	1460		
Fat	161g	248%	
Saturated + Trans	17g 0g		
Cholesterol	120mg	40%	
Sodium	1160mg		
Carbohydrate	5g	2%	
Dietary Fiber / Fibres Sugars	0g 1g	0%	
Protein	2g		
Vitamin A	10%	Calcium	4%
Vitamin C	0%	Iron	6%
Mayonnaise, Bulk			
Eggs, Soy			

Nutrition Facts			
Meatballs			
Per 6 Each (510.3 g)	Amount Per Serving	% Daily value	
Calories	180		
Fat	11g	17%	
Saturated + Trans	4g 0g		
Cholesterol	45mg	15%	
Sodium	300mg		
Carbohydrate	5g	2%	
Dietary Fiber / Fibres Sugars	1g 1g	4%	
Protein	17g		
Vitamin A	2%	Calcium	4%
Vitamin C	2%	Iron	10%
Meatball, Ckd. 5z			
Milk, Soy, Wheat			

Nutrition Facts			
2% Milk			
Per 8 Fl Oz (236.59 ml)	Amount Per Serving	% Daily value	
Calories	120		
Fat	5g	8%	
Saturated + Trans	3g 0g		
Cholesterol	20mg	7%	
Sodium	115mg		
Carbohydrate	12g	4%	
Dietary Fiber / Fibres Sugars	0g 12g	0%	
Protein	8g		
Vitamin A	8%	Calcium	30%
Vitamin C	0%	Iron	0%
Milk, 2% Bulk			
Milk			

Nutrition Facts			
2% Milk			
Per 8 Fl Oz (236.59 ml)	Amount Per Serving	% Daily value	
Calories	120		
Fat	5g	8%	
Saturated + Trans	3g 0g		
Cholesterol	20mg	7%	
Sodium	115mg		
Carbohydrate	12g	4%	
Dietary Fiber / Fibres Sugars	0g 12g	0%	
Protein	8g		
Vitamin A	8%	Calcium	30%
Vitamin C	0%	Iron	0%
Milk, 2% Bulk			
Milk			

Nutrition Facts			
Mustard Pack			
Per 1 Each (5.5 g)	Amount Per Serving	% Daily value	
Calories	0		
Fat	0g	0%	
Saturated + Trans	0g 0g		
Cholesterol	0mg	0%	
Sodium	60mg		
Carbohydrate	0g	0%	
Dietary Fiber / Fibres Sugars	0g 0g	0%	
Protein	0g		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	0%

Nutrition Facts			
-			
Per 1 . (1 g)	Amount Per Serving	% Daily value	
Calories	0		
Fat	0g	0%	
Saturated + Trans	0g 0g		
Cholesterol	0mg	0%	
Sodium	0mg		
Carbohydrate	0g	0%	
Dietary Fiber / Fibres Sugars	0g 0g	0%	
Protein	0g		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	0%

Nutrition Facts			
Seasoned Egg Noodles			
Per 1/2 Cup (118.3 ml)	Amount Per Serving	% Daily value	
Calories	120		
Fat	3g	5%	
Saturated + Trans	1g 0g		
Cholesterol	25mg	8%	
Sodium	35mg		
Carbohydrate	19g	6%	
Dietary Fiber / Fibres	1g	4%	
Sugars	1g		
Protein	4g		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	6%
Water, Tap; Noodles, Egg Dry; Margarine, Solids; Salt, for Boiling NEP			
Eggs, Milk, Wheat			

Nutrition Facts			
Chilled Mandarin Oranges			
Per 1/2 Cup (118.3 ml)	Amount Per Serving	% Daily value	
Calories	50		
Fat	0g	0%	
Saturated + Trans	0g 0g		
Cholesterol	0mg	0%	
Sodium	5mg		
Carbohydrate	13g	4%	
Dietary Fiber / Fibres	1g	4%	
Sugars	12g		
Protein	1g		
Vitamin A	4%	Calcium	0%
Vitamin C	80%	Iron	2%
Oranges, Mandarin JcPk			

Nutrition Facts			
P. Tartar Sauce			
Per 1 #60scp (15.77 ml)	Amount Per Serving	% Daily value	
Calories	60		
Fat	5g	8%	
Saturated + Trans	1g 0g		
Cholesterol	0mg	0%	
Sodium	210mg		
Carbohydrate	4g	1%	
Dietary Fiber / Fibres	0g	0%	
Sugars	1g		
Protein	0g		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	0%
Sauce, Tartar Bulk			
Eggs			

Nutrition Facts			
P/PU4 Refried Beans			
Per 1 #10scp (94.64 ml)	Amount Per Serving	% Daily value	
Calories	120		
Fat	3.5g	5%	
Saturated + Trans	1g 0g		
Cholesterol	0mg	0%	
Sodium	580mg		
Carbohydrate	16g	5%	
Dietary Fiber / Fibres	4g	16%	
Sugars	1g		
Protein	6g		
Vitamin A	0%	Calcium	4%
Vitamin C	10%	Iron	10%
Refried Beans (Beans, Refried Cnd; Onion, Yellow; Oil, Vegetable; Cumin, Ground); Vegetable Broth (Water, Tap; Base, Vegetable Dry)			

Nutrition Facts			
P/PU4 Wax Beans			
Per 1 #10scp (94.64 ml)	Amount Per Serving	% Daily value	
Calories	40		
Fat	2g	3%	
Saturated + Trans	0g 0g		
Cholesterol	0mg	0%	
Sodium	25mg		
Carbohydrate	6g	2%	
Dietary Fiber / Fibres	3g	12%	
Sugars	2g		
Protein	1g		
Vitamin A	0%	Calcium	4%
Vitamin C	6%	Iron	4%
Wax Beans (Beans, Wax Frz; Margarine, Solids; Parsley, Dried)			
Milk			

Nutrition Facts			
P/PU4 Cheeseburger on Bun			
Per 3 #12scp (236.59 ml)	Amount Per Serving	% Daily value	
Calories	600		
Fat	42g	65%	
Saturated + Trans	11g 1g		
Cholesterol	100mg	33%	
Sodium	1130mg		
Carbohydrate	30g	10%	
Dietary Fiber / Fibres	1g	4%	
Sugars	6g		
Protein	26g		
Vitamin A	6%	Calcium	30%
Vitamin C	0%	Iron	20%
Baked Beef Patty (Beef, Patty 2.7z NEP; Garlic Powder; Paprika); Vegetable Broth (Water, Tap; Base, Vegetable Dry); Hamburger Bun; Cheese, American Yellow Sliced; Mayonnaise, Bulk			
Eggs, Milk, Soy, Wheat			

Nutrition Facts			
P/PU4 Meatloaf			
Per 1 #10scp (94.64 ml)	Amount Per Serving	% Daily value	
Calories	180		
Fat	11g	17%	
Saturated + Trans	4g 0g		
Cholesterol	75mg	25%	
Sodium	90mg		
Carbohydrate	0g	0%	
Dietary Fiber / Fibres	0g	0%	
Sugars	0g		
Protein	23g		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	15%
Meatloaf; LS Beef Broth (Water, Tap; Base, Beef Paste LS)			
Eggs, Milk, Soy, Wheat			

Nutrition Facts			
P/PU4 Roast Beef			
Per 1 #10scp (94.64 ml)	Amount Per Serving	% Daily value	
Calories	150		
Fat	7g	11%	
Saturated + Trans	2g 0g		
Cholesterol	65mg	22%	
Sodium	70mg		
Carbohydrate	0g	0%	
Dietary Fiber / Fibres	0g	0%	
Sugars	0g		
Protein	24g		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	10%
Roast Beef; LS Beef Broth (Water, Tap; Base, Beef Paste LS)			
Soy, Wheat			

Nutrition Facts			
P/PU4 Beef Taco Filling			
Per 1 #12scp (78.86 ml)	Amount Per Serving	% Daily value	
Calories	120		
Fat	10g	15%	
Saturated + Trans	3g 0g		
Cholesterol	25mg	8%	
Sodium	280mg		
Carbohydrate	2g	1%	
Dietary Fiber / Fibres	0g	0%	
Sugars	0g		
Protein	8g		
Vitamin A	6%	Calcium	0%
Vitamin C	0%	Iron	8%
Beef Taco Filling; LS Beef Broth (Water, Tap; Base, Beef Paste LS)			
Soy, Wheat			

Nutrition Facts			
P/PU4 Pickled Beets			
Per 1 #10scp (94.64 ml)	Amount Per Serving	% Daily value	
Calories	70		
Fat	0g	0%	
Saturated + Trans	0g 0g		
Cholesterol	0mg	0%	
Sodium	170mg		
Carbohydrate	18g	6%	
Dietary Fiber / Fibres	1g	4%	
Sugars	13g		
Protein	1g		
Vitamin A	0%	Calcium	0%
Vitamin C	4%	Iron	2%
Pickled Beets			
Sulphites			

Nutrition Facts			
P/PU4 Seasoned Beets			
Per 1 #10scp (94.64 ml)	Amount Per Serving	% Daily value	
Calories	45		
Fat	2g	3%	
Saturated + Trans	0g 0g		
Cholesterol	0mg	0%	
Sodium	210mg		
Carbohydrate	7g	2%	
Dietary Fiber / Fibres	2g	8%	
Sugars	6g		
Protein	1g		
Vitamin A	0%	Calcium	0%
Vitamin C	6%	Iron	10%
Seasoned Beets (Beets, Sliced Cnd; Margarine, Solids; Nutmeg, Ground)			
Milk			

Nutrition Facts			
P/PU4 Seasoned Broccoli Florets			
Per 1 #10scp (94.64 ml)	Amount Per Serving	% Daily value	
Calories	40		
Fat	2g	3%	
Saturated + Trans	0g 0g		
Cholesterol	0mg	0%	
Sodium	35mg		
Carbohydrate	5g	2%	
Dietary Fiber / Fibres	3g	12%	
Sugars	1g		
Protein	3g		
Vitamin A	4%	Calcium	4%
Vitamin C	60%	Iron	4%
Seasoned Broccoli Florets (Broccoli, Florets Frz; Margarine, Solids; Parsley, Dried)			
Milk			

Nutrition Facts			
P/PU4 Angel Food Cake			
Per 1 #10scp (94.64 ml)	Amount Per Serving	% Daily value	
Calories	5		
Fat	0g	0%	
Saturated + Trans	0g 0g		
Cholesterol	0mg	0%	
Sodium	20mg		
Carbohydrate	2g	1%	
Dietary Fiber / Fibres	0g	0%	
Sugars	0g		
Protein	0g		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	0%
Water, Tap; Angel Food Cake			
Eggs, Wheat			

Nutrition Facts			
P/PU4 Pound Cake			
Per 1 #10scp (94.64 ml)	Amount Per Serving	% Daily value	
Calories	330		
Fat	15g	23%	
Saturated + Trans	4g 0g		
Cholesterol	50mg	17%	
Sodium	340mg		
Carbohydrate	45g	15%	
Dietary Fiber / Fibres	1g	4%	
Sugars	0g		
Protein	4g		
Vitamin A	0%	Calcium	6%
Vitamin C	0%	Iron	8%
Pound Cake; Water, Tap			
Eggs, Milk, Soy, Wheat			

Nutrition Facts			
P/PU4 Parslied Carrots			
Per 1 #10scp (94.64 ml)	Amount Per Serving	% Daily value	
Calories	50		
Fat	2.5g	4%	
Saturated + Trans	0g 0g		
Cholesterol	0mg	0%	
Sodium	70mg		
Carbohydrate	7g	2%	
Dietary Fiber / Fibres	3g	12%	
Sugars	4g		
Protein	1g		
Vitamin A	50%	Calcium	4%
Vitamin C	4%	Iron	4%
Parslied Carrots (Carrot, Sliced Frz; Margarine, Solids; Parsley, Dried)			
Milk			

Nutrition Facts			
P/PU4 Parsley Cauliflower			
Per 1 #10scp (94.64 ml)	Amount Per Serving	% Daily value	
Calories	30		
Fat	2g	3%	
Saturated + Trans	0g 0g		
Cholesterol	0mg	0%	
Sodium	30mg		
Carbohydrate	3g	1%	
Dietary Fiber / Fibres	2g	8%	
Sugars	1g		
Protein	1g		
Vitamin A	0%	Calcium	0%
Vitamin C	45%	Iron	2%
Parsley Cauliflower (Cauliflower, Frz; Margarine, Solids; Parsley, Dried)			
Milk			

Nutrition Facts			
P/PU4 Cheerios			
Per 1 #12scp (78.86 ml)	Amount Per Serving	% Daily value	
Calories	100		
Fat	2.5g	4%	
Saturated + Trans	1g 0g		
Cholesterol	5mg	2%	
Sodium	125mg		
Carbohydrate	18g	6%	
Dietary Fiber / Fibres	2g	8%	
Sugars	3g		
Protein	4g		
Vitamin A	15%	Calcium	15%
Vitamin C	8%	Iron	40%
Milk, 2% Bulk; Cereal, Cheerios Bulk			
Milk			

Nutrition Facts			
P/PU4 Corn Flakes			
Per 1 #12scp (78.86 ml)	Amount Per Serving	% Daily value	
Calories	80		
Fat	1g	2%	
Saturated + Trans	1g 0g		
Cholesterol	5mg	2%	
Sodium	140mg		
Carbohydrate	16g	5%	
Dietary Fiber / Fibres	1g	4%	
Sugars	4g		
Protein	3g		
Vitamin A	8%	Calcium	6%
Vitamin C	6%	Iron	25%
Milk, 2% Bulk; Cereal, Corn Flakes Bulk			
Milk, Wheat			

Nutrition Facts			
P/PU4 Oatmeal			
Per 1 #8scp (118.29 ml)	Amount Per Serving	% Daily value	
Calories	80		
Fat	1.5g	2%	
Saturated + Trans	0g 0g		
Cholesterol	0mg	0%	
Sodium	30mg		
Carbohydrate	14g	5%	
Dietary Fiber / Fibres	2g 0g	8%	
Protein	3g		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	4%
Oatmeal (Water, Tap; Cereal, Oatmeal Quick; Salt, Iodized); Water, Tap			
Wheat			

Nutrition Facts			
P/PU4 Cinnamon Oatmeal			
Per 1 #8scp (118.29 ml)	Amount Per Serving	% Daily value	
Calories	80		
Fat	1g	2%	
Saturated + Trans	0g 0g		
Cholesterol	0mg	0%	
Sodium	20mg		
Carbohydrate	17g	6%	
Dietary Fiber / Fibres	2g 6g	8%	
Protein	2g		
Vitamin A	0%	Calcium	2%
Vitamin C	0%	Iron	4%
Cinnamon Oatmeal (Water, Tap; Cereal, Oatmeal Quick; Sugar, Brown Packed; Cinnamon, Ground; Salt, Iodized); Water, Tap			
Wheat			

Nutrition Facts			
P/PU4 Rice Krispies			
Per 1 #12scp (78.86 ml)	Amount Per Serving	% Daily value	
Calories	100		
Fat	1g	2%	
Saturated + Trans	1g 0g		
Cholesterol	5mg	2%	
Sodium	135mg		
Carbohydrate	20g	7%	
Dietary Fiber / Fibres	0g 5g	0%	
Protein	3g		
Vitamin A	20%	Calcium	6%
Vitamin C	25%	Iron	40%
Milk, 2% Bulk; Cereal, Rice Krispies Bulk			
Milk, Wheat			

Nutrition Facts			
P/PU4 Grilled Chicken Breast			
Per 1 #10scp (94.64 ml)	Amount Per Serving	% Daily value	
Calories	170		
Fat	7g	11%	
Saturated + Trans	2g 0g		
Cholesterol	50mg	17%	
Sodium	490mg		
Carbohydrate	5g	2%	
Dietary Fiber / Fibres	1g 0g	4%	
Protein	21g		
Vitamin A	0%	Calcium	4%
Vitamin C	0%	Iron	8%
Grilled Chicken Breast; LS Chicken Broth (Water, Tap; Base, Chicken Paste LS)			
Wheat			

Nutrition Facts			
P/PU4 Teriyaki Chicken			
Per 1 #10scp (94.64 ml)	Amount Per Serving	% Daily value	
Calories	120		
Fat	3g	5%	
Saturated + Trans	1g 0g		
Cholesterol	75mg	25%	
Sodium	300mg		
Carbohydrate	0g	0%	
Dietary Fiber / Fibres	0g 0g	0%	
Protein	24g		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	2%
Teriyaki Chicken; LS Chicken Broth (Water, Tap; Base, Chicken Paste LS)			
Soy, Wheat			

Nutrition Facts			
P/PU4 Soft Chicken Salad on Wheat			
Per 3 #12scp (236.59 ml)	Amount Per Serving	% Daily value	
Calories	320		
Fat	12g	18%	
Saturated + Trans	3g 0g		
Cholesterol	90mg	30%	
Sodium	870mg		
Carbohydrate	32g	11%	
Dietary Fiber / Fibres	2g 5g	8%	
Protein	20g		
Vitamin A	0%	Calcium	8%
Vitamin C	0%	Iron	15%
Soft Chicken Salad (Chicken, Meat Ckd Pulled; Dressing, Mayo-Like Bulk; Hard Boiled Egg; Juice, Lemon RTS; Salt, Iodized; Pepper, Black Ground); Chicken Broth (Water, Tap; Base, Chicken Paste G-F); Wheat Bread; Dressing, Mayo-Like Bulk			
Eggs, Milk, Soy, Wheat			

Nutrition Facts			
P/PU4 Chicken Tenders			
Per 1 #10scp (94.64 ml)	Amount Per Serving	% Daily value	
Calories	230		
Fat	12g	18%	
Saturated + Trans	2g 0g		
Cholesterol	30mg	10%	
Sodium	720mg		
Carbohydrate	17g	6%	
Dietary Fiber / Fibres	1g	4%	
Sugars	0g		
Protein	13g		
Vitamin A	0%	Calcium	4%
Vitamin C	0%	Iron	6%
Chicken Tenders (Chicken Tenders); Poultry Gravy (Water, Tap; Gravy Mix, Poultry)			
Eggs, Milk, Soy, Wheat			

Nutrition Facts			
P/PU4 Snickerdoodle Cookies			
Per 1 #10scp (94.64 ml)	Amount Per Serving	% Daily value	
Calories	180		
Fat	8g	12%	
Saturated + Trans	2g 0g		
Cholesterol	5mg	2%	
Sodium	140mg		
Carbohydrate	26g	9%	
Dietary Fiber / Fibres	0g	0%	
Sugars	15g		
Protein	2g		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	4%
Snickerdoodle Cookies (Cookie Dough, Snickerdoodle); Water, Tap			
Eggs, Wheat			

Nutrition Facts			
P/PU4 Snickerdoodle Cookies			
Per 2 #10scp (189.27 ml)	Amount Per Serving	% Daily value	
Calories	360		
Fat	16g	25%	
Saturated + Trans	4g 0g		
Cholesterol	10mg	3%	
Sodium	280mg		
Carbohydrate	51g	17%	
Dietary Fiber / Fibres	1g	4%	
Sugars	31g		
Protein	3g		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	8%
Snickerdoodle Cookies (Cookie Dough, Snickerdoodle); Water, Tap			
Eggs, Wheat			

Nutrition Facts			
P/PU4 Sugar Cookies			
Per 1/2 #10scp (47.32 ml)	Amount Per Serving	% Daily value	
Calories	90		
Fat	4g	6%	
Saturated + Trans	1g 0g		
Cholesterol	0mg	0%	
Sodium	70mg		
Carbohydrate	13g	4%	
Dietary Fiber / Fibres	0g	0%	
Sugars	8g		
Protein	1g		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	2%
Water, Tap; Sugar Cookies (Cookie Dough, Sugar)			
Eggs, Milk, Soy, Wheat			

Nutrition Facts			
P/PU4 Sugar Cookies			
Per 1 #10scp (94.64 ml)	Amount Per Serving	% Daily value	
Calories	180		
Fat	8g	12%	
Saturated + Trans	2g 0g		
Cholesterol	5mg	2%	
Sodium	140mg		
Carbohydrate	26g	9%	
Dietary Fiber / Fibres	0g	0%	
Sugars	15g		
Protein	2g		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	4%
Water, Tap; Sugar Cookies (Cookie Dough, Sugar)			
Eggs, Milk, Soy, Wheat			

Nutrition Facts			
P/PU4 Hard Boiled Egg			
Per 1 #16scp (59.15 ml)	Amount Per Serving	% Daily value	
Calories	70		
Fat	5g	8%	
Saturated + Trans	2g 0g		
Cholesterol	185mg	62%	
Sodium	230mg		
Carbohydrate	1g	0%	
Dietary Fiber / Fibres	0g	0%	
Sugars	0g		
Protein	6g		
Vitamin A	6%	Calcium	4%
Vitamin C	0%	Iron	4%
Hard Boiled Egg (Egg, Shell Large); Chicken Broth (Water, Tap; Base, Chicken Paste G-F)			
Eggs			

Nutrition Facts			
P/PU4 Scrambled Eggs with Cheese			
Per 1 #16scc (59.15 ml)	Amount Per Serving	% Daily value	
Calories	130		
Fat	10g	15%	
Saturated + Trans	4g 0g		
Cholesterol	195mg	65%	
Sodium	150mg		
Carbohydrate	1g	0%	
Dietary Fiber / Fibres	0g	0%	
Sugars	1g		
Protein	9g		
Vitamin A	8%	Calcium	15%
Vitamin C	0%	Iron	4%
Scrambled Egg & Cheese (Egg, Liquid Frz; Cheese, Cheddar Shredded; Milk, 2% Bulk; Pepper, Black Ground); Milk, 2% Bulk			
Eggs, Milk			

Nutrition Facts			
P/PU4 Scrambled Eggs			
Per 1 #16scc (59.15 ml)	Amount Per Serving	% Daily value	
Calories	100		
Fat	7g	11%	
Saturated + Trans	2g 0g		
Cholesterol	220mg	73%	
Sodium	85mg		
Carbohydrate	1g	0%	
Dietary Fiber / Fibres	0g	0%	
Sugars	1g		
Protein	7g		
Vitamin A	6%	Calcium	4%
Vitamin C	0%	Iron	6%
Scrambled Egg (Egg, Liquid Frz; Milk, 2% Bulk; Margarine, Solids); Water, Tap			
Eggs, Milk			

Nutrition Facts			
P/PU4 Fish Fillet Sndw on Bun			
Per 3 #12scc (236.59 ml)	Amount Per Serving	% Daily value	
Calories	280		
Fat	11g	17%	
Saturated + Trans	2g 0g		
Cholesterol	15mg	5%	
Sodium	930mg		
Carbohydrate	36g	12%	
Dietary Fiber / Fibres	1g	4%	
Sugars	6g		
Protein	10g		
Vitamin A	0%	Calcium	10%
Vitamin C	2%	Iron	10%
Vegetable Broth (Water, Tap; Base, Vegetable Dry); Hamburger Bun; Tartar Sauce (Sauce, Tartar Bulk); Breaded Fish Fillet (Fish, Brd Square RTB 3z)			
Crustacean, Eggs, Fish, Milk, Shellfish, Soy, Wheat			

Nutrition Facts			
P/PU4 Seasoned Green Beans			
Per 1 #10scc (94.64 ml)	Amount Per Serving	% Daily value	
Calories	40		
Fat	2g	3%	
Saturated + Trans	0g 0g		
Cholesterol	0mg	0%	
Sodium	15mg		
Carbohydrate	6g	2%	
Dietary Fiber / Fibres	3g	12%	
Sugars	2g		
Protein	1g		
Vitamin A	0%	Calcium	4%
Vitamin C	6%	Iron	4%
Seasoned Green Beans (Green Beans, Cut Frz; Margarine, Solids; Basil, Dried Leaves)			
Milk			

Nutrition Facts			
P/PU4 Breakfast Ham			
Per 1 #16scc (59.15 ml)	Amount Per Serving	% Daily value	
Calories	80		
Fat	1.5g	2%	
Saturated + Trans	1g 0g		
Cholesterol	10mg	3%	
Sodium	680mg		
Carbohydrate	7g	2%	
Dietary Fiber / Fibres	0g	0%	
Sugars	0g		
Protein	9g		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	0%
Cream Gravy (Water, Tap; Gravy Mix, Country Dry); Breakfast Ham (Baked Ham (Ham, Pit-Style Smoked; Water, Tap))			
Milk, Wheat			

Nutrition Facts			
P/PU4 Macaroni & Cheese			
Per 1 #10scc (94.64 ml)	Amount Per Serving	% Daily value	
Calories	260		
Fat	8g	12%	
Saturated + Trans	3g 0g		
Cholesterol	10mg	3%	
Sodium	1180mg		
Carbohydrate	41g	14%	
Dietary Fiber / Fibres	1g	4%	
Sugars	5g		
Protein	6g		
Vitamin A	0%	Calcium	10%
Vitamin C	0%	Iron	6%
Macaroni & Cheese (Water, Tap; Water, Tap; Sauce Mix, Cheese Trio; Macaroni, Elbow Dry; Oil, Vegetable); Milk, 2% Bulk			
Milk, Wheat			

Nutrition Facts			
P/PU4 Soft Macaroni Salad			
Per 1 #10scp (94.64 ml)	Amount Per Serving	% Daily value	
Calories	110		
Fat	2.5g	4%	
Saturated + Trans	0g 0g		
Cholesterol	5mg	2%	
Sodium	140mg		
Carbohydrate	19g	6%	
Dietary Fiber / Fibres	1g	4%	
Sugars	2g		
Protein	3g		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	4%
Soft Macaroni Salad (Dressing, Mayo-Like Bulk; Macaroni, Elbow Dry; Vinegar, White; Sugar, Granulated Bulk; Paprika; Parsley, Dried; Onion Powder); Vegetable Broth (Water, Tap; Base, Vegetable Dry)			
Eggs, Milk, Sulphites, Wheat			

Nutrition Facts			
P/PU4 Meatballs			
Per 1 #10scp (94.64 ml)	Amount Per Serving	% Daily value	
Calories	200		
Fat	12g	18%	
Saturated + Trans	4g 0g		
Cholesterol	45mg	15%	
Sodium	600mg		
Carbohydrate	8g	3%	
Dietary Fiber / Fibres	1g	4%	
Sugars	1g		
Protein	18g		
Vitamin A	2%	Calcium	6%
Vitamin C	2%	Iron	15%
Meatballs (Meatball, Ckd .5z); Brown Gravy (Water, Tap; Gravy Mix, Brown Dry)			
Milk, Soy, Wheat			

Nutrition Facts			
P/PU4 Seasoned Egg Noodles			
Per 1 #10scp (94.64 ml)	Amount Per Serving	% Daily value	
Calories	120		
Fat	3g	5%	
Saturated + Trans	1g 0g		
Cholesterol	25mg	8%	
Sodium	350mg		
Carbohydrate	20g	7%	
Dietary Fiber / Fibres	1g	4%	
Sugars	1g		
Protein	4g		
Vitamin A	0%	Calcium	2%
Vitamin C	0%	Iron	6%
Seasoned Egg Noodles (Water, Tap; Noodles, Egg Dry; Margarine, Solids; Salt, for Boiling NEP); Vegetable Broth (Water, Tap; Base, Vegetable Dry)			
Eggs, Milk, Wheat			

Nutrition Facts			
P/PU4 Chilled Mandarin Oranges			
Per 1 #10scp (94.64 ml)	Amount Per Serving	% Daily value	
Calories	50		
Fat	0g	0%	
Saturated + Trans	0g 0g		
Cholesterol	0mg	0%	
Sodium	5mg		
Carbohydrate	13g	4%	
Dietary Fiber / Fibres	1g	4%	
Sugars	12g		
Protein	1g		
Vitamin A	4%	Calcium	0%
Vitamin C	80%	Iron	2%
Chilled Mandarin Oranges (Oranges, Mandarin JcPk)			

Nutrition Facts			
P/PU4 Chilled Peaches			
Per 1 #10scp (94.64 ml)	Amount Per Serving	% Daily value	
Calories	50		
Fat	0g	0%	
Saturated + Trans	0g 0g		
Cholesterol	0mg	0%	
Sodium	0mg		
Carbohydrate	14g	5%	
Dietary Fiber / Fibres	2g	8%	
Sugars	12g		
Protein	1g		
Vitamin A	0%	Calcium	0%
Vitamin C	8%	Iron	0%
Chilled Peaches (Peaches, Sliced JcPk)			

Nutrition Facts			
P/PU4 Chilled Pears			
Per 1 #10scp (94.64 ml)	Amount Per Serving	% Daily value	
Calories	60		
Fat	0g	0%	
Saturated + Trans	0g 0g		
Cholesterol	0mg	0%	
Sodium	5mg		
Carbohydrate	16g	5%	
Dietary Fiber / Fibres	2g	8%	
Sugars	12g		
Protein	0g		
Vitamin A	0%	Calcium	0%
Vitamin C	4%	Iron	2%
Chilled Pears (Pears, Sliced JcPk)			

Nutrition Facts			
P/PU4 Pork Roast			
Per 1 #10scc (94.64 ml)	Amount Per Serving	% Daily value	
Calories	190		
Fat	9g	14%	
Saturated + Trans	3g 0g		
Cholesterol	65mg	22%	
Sodium	350mg		
Carbohydrate	4g	1%	
Dietary Fiber / Fibres Sugars	0g 0g	0%	
Protein	23g		
Vitamin A	0%	Calcium	2%
Vitamin C	0%	Iron	4%
Pork Roast; Brown Gravy (Water, Tap; Gravy Mix, Brown Dry)			
Milk, Soy, Wheat			

Nutrition Facts			
P/PU4 Au Gratin Potatoes			
Per 1 #8scc (118.29 ml)	Amount Per Serving	% Daily value	
Calories	130		
Fat	3.5g	5%	
Saturated + Trans	1g 0g		
Cholesterol	0mg	0%	
Sodium	780mg		
Carbohydrate	27g	9%	
Dietary Fiber / Fibres Sugars	1g 0g	4%	
Protein	3g		
Vitamin A	0%	Calcium	10%
Vitamin C	10%	Iron	4%
Au Gratin Potatoes (Water, Tap; Potato, AuGratin Mix; Margarine, Solids)			
Milk			

Nutrition Facts			
P/PU4 Potato Salad			
Per 1 #8scc (118.29 ml)	Amount Per Serving	% Daily value	
Calories	180		
Fat	10g	15%	
Saturated + Trans	2g 0g		
Cholesterol	80mg	27%	
Sodium	480mg		
Carbohydrate	19g	6%	
Dietary Fiber / Fibres Sugars	0g 1g	0%	
Protein	2g		
Vitamin A	2%	Calcium	0%
Vitamin C	2%	Iron	6%
Potato Salad; Dressing, Mayo-Like Bulk			
Eggs			

Nutrition Facts			
P/PU4 Cinnamon Sweet Potato			
Per 1 # 8 Scoop (118.3 ml)	Amount Per Serving	% Daily value	
Calories	180		
Fat	3g	5%	
Saturated + Trans	1g 1g		
Cholesterol	0mg	0%	
Sodium	80mg		
Carbohydrate	36g	12%	
Dietary Fiber / Fibres Sugars	4g 8g	16%	
Protein	2g		
Vitamin A	45%	Calcium	2%
Vitamin C	25%	Iron	8%
Cinnamon Sweet Potato (Potato, Sweet Syrup Cnd; Margarine, Solids; Cinnamon, Ground); Water, Tap			
Milk			

Nutrition Facts			
P/PU4 Fluffy Rice			
Per 1 #10scc (94.64 ml)	Amount Per Serving	% Daily value	
Calories	130		
Fat	2g	3%	
Saturated + Trans	0g 0g		
Cholesterol	0mg	0%	
Sodium	300mg		
Carbohydrate	24g	8%	
Dietary Fiber / Fibres Sugars	1g 0g	4%	
Protein	2g		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	8%
Fluffy Rice (Water, Tap; Rice, White Parboiled; Margarine, Solids; Salt, Iodized); Vegetable Broth (Water, Tap; Base, Vegetable Dry)			
Milk			

Nutrition Facts			
P/PU4 Cinnamon Roll			
Per 1/2 #10scc (47.32 ml)	Amount Per Serving	% Daily value	
Calories	100		
Fat	3.5g	5%	
Saturated + Trans	1g 1g		
Cholesterol	0mg	0%	
Sodium	190mg		
Carbohydrate	17g	6%	
Dietary Fiber / Fibres Sugars	0g 9g	0%	
Protein	1g		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	2%
Cinnamon Roll (Cinnamon Roll, Dough RTB; Frosting, Vanilla RTU); Water, Tap			
Eggs, Wheat			

Nutrition Facts			
P/PU4 Cinnamon Roll			
Per 1 #10scp (94.64 ml)	Amount Per Serving	% Daily value	
Calories	210		
Fat	7g	11%	
Saturated + Trans	2g 2g		
Cholesterol	0mg	0%	
Sodium	370mg		
Carbohydrate	34g	11%	
Dietary Fiber / Fibres	1g	4%	
Sugars	19g		
Protein	2g		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	4%
Cinnamon Roll (Cinnamon Roll, Dough RTB; Frosting, Vanilla RTU); Water, Tap			
Eggs, Wheat			

Nutrition Facts			
P/PU4 Wheat Roll			
Per 1 #10scp (94.64 ml)	Amount Per Serving	% Daily value	
Calories	110		
Fat	2g	3%	
Saturated + Trans	0g 0g		
Cholesterol	0mg	0%	
Sodium	220mg		
Carbohydrate	22g	7%	
Dietary Fiber / Fibres	3g	12%	
Sugars	4g		
Protein	4g		
Vitamin A	0%	Calcium	4%
Vitamin C	0%	Iron	6%
Water, Tap; Wheat Dinner Roll (Roll Dough, Whole Wheat 1.5z)			
Eggs, Wheat			

Nutrition Facts			
P/PU4 Sausage Patty			
Per 1 #10scp (94.64 ml)	Amount Per Serving	% Daily value	
Calories	150		
Fat	12g	18%	
Saturated + Trans	4g 0g		
Cholesterol	40mg	13%	
Sodium	680mg		
Carbohydrate	1g	0%	
Dietary Fiber / Fibres	0g	0%	
Sugars	0g		
Protein	9g		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	4%
Chicken Broth (Water, Tap; Base, Chicken Paste G-F); Sausage Patty (Sausage, Pork Patties 2z raw NEP)			
Eggs, Wheat			

Nutrition Facts			
P/PU4 Minestrone Soup			
Per 6 Fl Oz (177.44 ml)	Amount Per Serving	% Daily value	
Calories	60		
Fat	2g	3%	
Saturated + Trans	0g 0g		
Cholesterol	0mg	0%	
Sodium	450mg		
Carbohydrate	8g	3%	
Dietary Fiber / Fibres	1g	4%	
Sugars	1g		
Protein	3g		
Vitamin A	4%	Calcium	2%
Vitamin C	0%	Iron	4%
Minestrone Soup (Soup, Minestrone Cond; Water, Tap)			
Wheat			

Nutrition Facts			
P/PU4 Split Pea Soup			
Per 6 Fl Oz (177.44 ml)	Amount Per Serving	% Daily value	
Calories	170		
Fat	4g	6%	
Saturated + Trans	2g 0g		
Cholesterol	5mg	2%	
Sodium	770mg		
Carbohydrate	25g	8%	
Dietary Fiber / Fibres	2g	8%	
Sugars	0g		
Protein	9g		
Vitamin A	0%	Calcium	2%
Vitamin C	2%	Iron	10%
Split Pea Soup (Soup, Split Pea Cond; Water, Tap)			
Eggs, Wheat			

Nutrition Facts			
P/PU4 Vegetable Soup			
Per 6 Fl Oz (177.44 ml)	Amount Per Serving	% Daily value	
Calories	60		
Fat	1.5g	2%	
Saturated + Trans	0g 0g		
Cholesterol	0mg	0%	
Sodium	510mg		
Carbohydrate	10g	3%	
Dietary Fiber / Fibres	0g	0%	
Sugars	3g		
Protein	2g		
Vitamin A	10%	Calcium	0%
Vitamin C	0%	Iron	4%
Vegetable Soup (Soup, Vegetable Cond; Water, Tap)			
Eggs, Wheat			

Nutrition Facts			
P/PU4 Cinnamon Wheat Toast			
Per 1 #12scc (78.86 ml)	Amount Per Serving	% Daily value	
Calories	110		
Fat	5g	8%	
Saturated + Trans	1g 1g		
Cholesterol	0mg	0%	
Sodium	150mg		
Carbohydrate	15g	5%	
Dietary Fiber / Fibres	2g	8%	
Sugars	3g		
Protein	3g		
Vitamin A	0%	Calcium	4%
Vitamin C	0%	Iron	6%
Water, Tap; Cinnamon Toast (Wheat Bread; Margarine, Solids; Sugar, Granulated Bulk; Cinnamon, Ground)			
Milk, Wheat			

Nutrition Facts			
P/PU4 Wheat Toast			
Per 1 #12scc (78.86 ml)	Amount Per Serving	% Daily value	
Calories	70		
Fat	1g	2%	
Saturated + Trans	0g 0g		
Cholesterol	0mg	0%	
Sodium	120mg		
Carbohydrate	12g	4%	
Dietary Fiber / Fibres	1g	4%	
Sugars	1g		
Protein	3g		
Vitamin A	0%	Calcium	4%
Vitamin C	0%	Iron	4%
Water, Tap; Dry Wheat Toast (Wheat Bread)			
Wheat			

Nutrition Facts			
P/PU4 White Toast			
Per 1 #12scc (78.86 ml)	Amount Per Serving	% Daily value	
Calories	80		
Fat	1g	2%	
Saturated + Trans	0g 0g		
Cholesterol	0mg	0%	
Sodium	140mg		
Carbohydrate	14g	5%	
Dietary Fiber / Fibres	1g	4%	
Sugars	2g		
Protein	3g		
Vitamin A	0%	Calcium	4%
Vitamin C	0%	Iron	6%
Water, Tap; Dry White Toast (White Bread)			
Wheat			

Nutrition Facts			
P/PU4 Flour Tortilla			
Per 1 #12scc (78.86 ml)	Amount Per Serving	% Daily value	
Calories	140		
Fat	6g	9%	
Saturated + Trans	2g 1g		
Cholesterol	0mg	0%	
Sodium	180mg		
Carbohydrate	17g	6%	
Dietary Fiber / Fibres	1g	4%	
Sugars	2g		
Protein	3g		
Vitamin A	0%	Calcium	4%
Vitamin C	0%	Iron	6%
Milk, 2% Bulk; Flour Tortilla; Margarine, Solids			
Milk, Wheat			

Nutrition Facts			
P/PU4 Tuna Salad Sndw on Wheat			
Per 3 #12scc (236.59 ml)	Amount Per Serving	% Daily value	
Calories	270		
Fat	9g	14%	
Saturated + Trans	2g 0g		
Cholesterol	45mg	15%	
Sodium	830mg		
Carbohydrate	32g	11%	
Dietary Fiber / Fibres	2g	8%	
Sugars	5g		
Protein	15g		
Vitamin A	0%	Calcium	8%
Vitamin C	0%	Iron	15%
Soft Tuna Salad (Tuna, Chunk Light WtrPk Bulk; Dressing, Mayo-Like Bulk; Hard Boiled Egg; Juice, Lemon RTS; Pepper, White; Onion Powder); Vegetable Broth (Water, Tap; Base, Vegetable Dry); Wheat Bread; Dressing, Mayo-Like Bulk			
Eggs, Fish, Soy, Wheat			

Nutrition Facts			
P/PU4 Roast Turkey			
Per 1 #10scc (94.64 ml)	Amount Per Serving	% Daily value	
Calories	170		
Fat	5g	8%	
Saturated + Trans	1g 0g		
Cholesterol	75mg	25%	
Sodium	360mg		
Carbohydrate	4g	1%	
Dietary Fiber / Fibres	0g	0%	
Sugars	0g		
Protein	26g		
Vitamin A	0%	Calcium	2%
Vitamin C	0%	Iron	4%
Roast Turkey; Poultry Gravy (Water, Tap; Gravy Mix, Poultry)			
Milk, Soy, Wheat			

Nutrition Facts			
P/PU4 Turkey Sandwich on Wheat			
Per 3 #12scp (236.59 ml)	Amount Per Serving	% Daily value	
Calories	250		
Fat	6g	9%	
Saturated + Trans	1g 0g		
Cholesterol	30mg	10%	
Sodium	1090mg		
Carbohydrate	32g	11%	
Dietary Fiber / Fibres	3g	12%	
Sugars	6g		
Protein	19g		
Vitamin A	0%	Calcium	8%
Vitamin C	6%	Iron	15%
Chicken Broth (Water, Tap; Base, Chicken Paste G-F); Wheat Bread; Turkey, Breast Whole Ckd; Dressing, Mayo-Like Bulk			
Eggs, Milk, Soy, Wheat			

Nutrition Facts			
P/PU4 California Blend Vegetables			
Per 1 #10scp (94.64 ml)	Amount Per Serving	% Daily value	
Calories	40		
Fat	2g	3%	
Saturated + Trans	0g 0g		
Cholesterol	0mg	0%	
Sodium	40mg		
Carbohydrate	5g	2%	
Dietary Fiber / Fibres	2g	8%	
Sugars	2g		
Protein	1g		
Vitamin A	6%	Calcium	2%
Vitamin C	50%	Iron	2%
California Blend Vegetables (Vegetable Mix, Cali Frz; Margarine, Solids)			
Milk			

Nutrition Facts			
Chilled Peaches			
Per 1/2 Cup (118.3 ml)	Amount Per Serving	% Daily value	
Calories	50		
Fat	0g	0%	
Saturated + Trans	0g 0g		
Cholesterol	0mg	0%	
Sodium	0mg		
Carbohydrate	14g	5%	
Dietary Fiber / Fibres	2g	8%	
Sugars	12g		
Protein	1g		
Vitamin A	0%	Calcium	0%
Vitamin C	8%	Iron	0%
Peaches, Sliced JcPk			

Nutrition Facts			
Chilled Pears			
Per 1/2 Cup (118.3 ml)	Amount Per Serving	% Daily value	
Calories	60		
Fat	0g	0%	
Saturated + Trans	0g 0g		
Cholesterol	0mg	0%	
Sodium	5mg		
Carbohydrate	16g	5%	
Dietary Fiber / Fibres	2g	8%	
Sugars	12g		
Protein	0g		
Vitamin A	0%	Calcium	0%
Vitamin C	4%	Iron	2%
Pears, Sliced JcPk			

Nutrition Facts			
Pork Roast			
Per 3 Oz (85.05 g)	Amount Per Serving	% Daily value	
Calories	170		
Fat	9g	14%	
Saturated + Trans	3g 0g		
Cholesterol	65mg	22%	
Sodium	55mg		
Carbohydrate	0g	0%	
Dietary Fiber / Fibres	0g	0%	
Sugars	0g		
Protein	23g		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	4%

Nutrition Facts			
Au Gratin Potatoes			
Per 1/2 Cup (118.3 ml)	Amount Per Serving	% Daily value	
Calories	130		
Fat	3.5g	5%	
Saturated + Trans	1g 0g		
Cholesterol	0mg	0%	
Sodium	780mg		
Carbohydrate	27g	9%	
Dietary Fiber / Fibres	1g	4%	
Sugars	0g		
Protein	3g		
Vitamin A	0%	Calcium	10%
Vitamin C	10%	Iron	4%
Water, Tap; Potato, AuGratin Mix; Margarine, Solids			
Milk			

Nutrition Facts			
French Fries			
Per 4 Oz (113.4 g)	Amount Per Serving	% Daily value	
Calories	250		
Fat	9g	14%	
Saturated + Trans	4g 0g		
Cholesterol	0mg	0%	
Sodium	50mg		
Carbohydrate	39g	13%	
Dietary Fiber / Fibres	4g	16%	
Sugars	0g		
Protein	4g		
Vitamin A	0%	Calcium	0%
Vitamin C	20%	Iron	10%
Potato, Fries Krinkle Cut RTC			
Milk			

Nutrition Facts			
Mashed Potatoes			
Per 1/2 Cup (118.3 ml)	Amount Per Serving	% Daily value	
Calories	110		
Fat	1.5g	2%	
Saturated + Trans	0g 0g		
Cholesterol	0mg	0%	
Sodium	125mg		
Carbohydrate	22g	7%	
Dietary Fiber / Fibres	2g	8%	
Sugars	1g		
Protein	2g		
Vitamin A	0%	Calcium	0%
Vitamin C	35%	Iron	0%
Water, Tap; Potato, Pearls; Margarine, Solids; Salt, Iodized			
Milk			

Nutrition Facts			
Garlic Mashed Potatoes			
Per 1/2 Cup (118.3 ml)	Amount Per Serving	% Daily value	
Calories	110		
Fat	1.5g	2%	
Saturated + Trans	0g 0g		
Cholesterol	0mg	0%	
Sodium	125mg		
Carbohydrate	22g	7%	
Dietary Fiber / Fibres	2g	8%	
Sugars	1g		
Protein	2g		
Vitamin A	0%	Calcium	0%
Vitamin C	35%	Iron	0%
Water, Tap; Potato, Pearls; Margarine, Solids; Salt, Iodized; Garlic Powder			
Milk			

Nutrition Facts			
Potato Salad			
Per 1/2 Cup (118.3 ml)	Amount Per Serving	% Daily value	
Calories	140		
Fat	8g	12%	
Saturated + Trans	1g 0g		
Cholesterol	75mg	25%	
Sodium	410mg		
Carbohydrate	17g	6%	
Dietary Fiber / Fibres	0g	0%	
Sugars	0g		
Protein	2g		
Vitamin A	2%	Calcium	0%
Vitamin C	2%	Iron	6%
Milk			

Nutrition Facts			
Cinnamon Sweet Potato			
Per 1/2 Cup (118.3 ml)	Amount Per Serving	% Daily value	
Calories	180		
Fat	3g	5%	
Saturated + Trans	1g 1g		
Cholesterol	0mg	0%	
Sodium	75mg		
Carbohydrate	36g	12%	
Dietary Fiber / Fibres	4g	16%	
Sugars	8g		
Protein	2g		
Vitamin A	45%	Calcium	2%
Vitamin C	25%	Iron	8%
Potato, Sweet Syrup Cnd; Margarine, Solids; Cinnamon, Ground			
Milk			

Nutrition Facts			
Potato Wedges			
Per 1/2 Cup (118.3 ml)	Amount Per Serving	% Daily value	
Calories	120		
Fat	3g	5%	
Saturated + Trans	1g 0g		
Cholesterol	0mg	0%	
Sodium	25mg		
Carbohydrate	21g	7%	
Dietary Fiber / Fibres	2g	8%	
Sugars	0g		
Protein	2g		
Vitamin A	0%	Calcium	0%
Vitamin C	10%	Iron	4%
Potato, Wedges Frz			
Soy, Wheat			

Nutrition Facts			
Chocolate Pudding			
Per 1/2 Cup (118.3 ml)	Amount Per Serving	% Daily value	
Calories	120		
Fat	2.5g	4%	
Saturated + Trans	1g 0g		
Cholesterol	10mg	3%	
Sodium	140mg		
Carbohydrate	22g	7%	
Dietary Fiber / Fibres	1g	4%	
Sugars	13g		
Protein	4g		
Vitamin A	4%	Calcium	15%
Vitamin C	0%	Iron	2%
Milk, 2% Bulk; Pudding Mix, Chocolate Inst			
Milk			

Nutrition Facts			
LoCal Chocolate Pudding			
Per 1/2 Cup (118.3 ml)	Amount Per Serving	% Daily value	
Calories	70		
Fat	0g	0%	
Saturated + Trans	0g 0g		
Cholesterol	0mg	0%	
Sodium	105mg		
Carbohydrate	14g	5%	
Dietary Fiber / Fibres	0g	0%	
Sugars	7g		
Protein	5g		
Vitamin A	4%	Calcium	15%
Vitamin C	0%	Iron	0%
Milk, Skim Bulk; Pudding Mix, Chocolate LoCal			
Milk, Soy, Wheat			

Nutrition Facts			
Vanilla Pudding			
Per 1/2 Cup (118.3 ml)	Amount Per Serving	% Daily value	
Calories	130		
Fat	2g	3%	
Saturated + Trans	1g 0g		
Cholesterol	10mg	3%	
Sodium	180mg		
Carbohydrate	24g	8%	
Dietary Fiber / Fibres	0g	0%	
Sugars	21g		
Protein	3g		
Vitamin A	4%	Calcium	10%
Vitamin C	0%	Iron	0%
Milk, 2% Bulk; Pudding Mix, Vanilla Inst			
Milk			

Nutrition Facts			
Fluffy Rice			
Per 1/2 Cup (118.3 ml)	Amount Per Serving	% Daily value	
Calories	120		
Fat	2g	3%	
Saturated + Trans	0g 0g		
Cholesterol	0mg	0%	
Sodium	65mg		
Carbohydrate	24g	8%	
Dietary Fiber / Fibres	1g	4%	
Sugars	0g		
Protein	2g		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	8%
Water, Tap; Rice, White Parboiled; Margarine, Solids; Salt, Iodized			
Milk			

Nutrition Facts			
Cinnamon Roll			
Per 1/2 Each (42.52 g)	Amount Per Serving	% Daily value	
Calories	100		
Fat	3.5g	5%	
Saturated + Trans	1g 1g		
Cholesterol	0mg	0%	
Sodium	190mg		
Carbohydrate	17g	6%	
Dietary Fiber / Fibres	0g	0%	
Sugars	9g		
Protein	1g		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	2%
Cinnamon Roll, Dough RTB; Frosting, Vanilla RTU			
Eggs, Wheat			

Nutrition Facts			
Cinnamon Roll			
Per 1 Each (85.05 g)	Amount Per Serving	% Daily value	
Calories	210		
Fat	7g	11%	
Saturated + Trans	2g 2g		
Cholesterol	0mg	0%	
Sodium	370mg		
Carbohydrate	34g	11%	
Dietary Fiber / Fibres	1g	4%	
Sugars	19g		
Protein	2g		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	4%
Cinnamon Roll, Dough RTB; Frosting, Vanilla RTU			
Eggs, Wheat			

Nutrition Facts			
Wheat Dinner Roll			
Per 1 Each (42.52 g)	Amount Per Serving	% Daily value	
Calories	110		
Fat	2g	3%	
Saturated + Trans	0g 0g		
Cholesterol	0mg	0%	
Sodium	220mg		
Carbohydrate	22g	7%	
Dietary Fiber / Fibres	3g	12%	
Sugars	4g		
Protein	4g		
Vitamin A	0%	Calcium	4%
Vitamin C	0%	Iron	6%
Roll Dough, Whole Wheat 1.5z			
Eggs, Wheat			

Nutrition Facts			
Honey Mustard Sauce			
Per 1 Fl Oz (29.57 ml)	Amount Per Serving	% Daily value	
Calories	60		
Fat	4g	6%	
Saturated + Trans	1g 0g		
Cholesterol	5mg	2%	
Sodium	140mg		
Carbohydrate	6g	2%	
Dietary Fiber / Fibres	0g	0%	
Sugars	4g		
Protein	0g		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	0%
Dressing, Mayo-Like Bulk; Honey, Bulk; Mustard, Yellow Prepared			
Eggs, Milk			

Nutrition Facts			
Tartar Sauce			
Per 1 Fl Oz (29.57 ml)	Amount Per Serving	% Daily value	
Calories	2030		
Fat	161g	248%	
Saturated + Trans	32g 0g		
Cholesterol	65mg	22%	
Sodium	6410mg		
Carbohydrate	128g	43%	
Dietary Fiber / Fibres	5g	20%	
Sugars	41g		
Protein	10g		
Vitamin A	8%	Calcium	25%
Vitamin C	35%	Iron	15%
Sauce, Tartar Bulk			
Eggs			

Nutrition Facts			
Tartar Sauce			
Per 1 Each (12 g)	Amount Per Serving	% Daily value	
Calories	25		
Fat	2g	3%	
Saturated + Trans	0g 0g		
Cholesterol	0mg	0%	
Sodium	80mg		
Carbohydrate	2g	1%	
Dietary Fiber / Fibres	0g	0%	
Sugars	1g		
Protein	0g		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	0%

Nutrition Facts			
Sausage Patty			
Per 1 Each (56.7 g)	Amount Per Serving	% Daily value	
Calories	150		
Fat	12g	18%	
Saturated + Trans	4g 0g		
Cholesterol	40mg	13%	
Sodium	370mg		
Carbohydrate	1g	0%	
Dietary Fiber / Fibres	0g	0%	
Sugars	0g		
Protein	8g		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	4%
Sausage, Pork Patties 2z raw NEP			

Nutrition Facts			
Chicken Broth			
Per 6 Fl Oz (177.44 ml)	Amount Per Serving	% Daily value	
Calories	230		
Fat	5g	8%	
Saturated + Trans	1g 0g		
Cholesterol	15mg	5%	
Sodium	27820mg		
Carbohydrate	27g	9%	
Dietary Fiber / Fibres	0g	0%	
Sugars	0g		
Protein	17g		
Vitamin A	0%	Calcium	35%
Vitamin C	0%	Iron	10%
Water, Tap; Base, Chicken Paste G-F			

Nutrition Facts			
Vegetable Broth			
Per 6 Fl Oz (177.45 ml)	Amount Per Serving	% Daily value	
Calories	300		
Fat	16g	25%	
Saturated + Trans	4g 0g		
Cholesterol	15mg	5%	
Sodium	27450mg		
Carbohydrate	21g	7%	
Dietary Fiber / Fibres	0g	0%	
Sugars	20g		
Protein	19g		
Vitamin A	0%	Calcium	35%
Vitamin C	2%	Iron	6%
Water, Tap; Base, Vegetable Dry			

Nutrition Facts			
Minestrone Soup			
Per 6 Fl Oz (177.44 ml)	Amount Per Serving	% Daily value	
Calories	60		
Fat	2g	3%	
Saturated + Trans	0g 0g		
Cholesterol	0mg	0%	
Sodium	450mg		
Carbohydrate	8g	3%	
Dietary Fiber / Fibres	1g	4%	
Sugars	1g		
Protein	3g		
Vitamin A	4%	Calcium	2%
Vitamin C	0%	Iron	4%
Soup, Minestrone Cond; Water, Tap			
Wheat			

Nutrition Facts			
Split Pea Soup			
Per 6 Fl Oz (177.44 ml)	Amount Per Serving	% Daily value	
Calories	170		
Fat	4g	6%	
Saturated + Trans	2g 0g		
Cholesterol	5mg	2%	
Sodium	770mg		
Carbohydrate	25g	8%	
Dietary Fiber / Fibres	2g	8%	
Sugars	0g		
Protein	9g		
Vitamin A	0%	Calcium	2%
Vitamin C	2%	Iron	10%
Soup, Split Pea Cond; Water, Tap			

Nutrition Facts			
Vegetable Soup			
Per 6 Fl Oz (177.44 ml)	Amount Per Serving	% Daily value	
Calories	60		
Fat	1.5g	2%	
Saturated + Trans	0g 0g		
Cholesterol	0mg	0%	
Sodium	510mg		
Carbohydrate	10g	3%	
Dietary Fiber / Fibres	0g	0%	
Sugars	3g		
Protein	2g		
Vitamin A	10%	Calcium	0%
Vitamin C	0%	Iron	4%
Soup, Vegetable Cond; Water, Tap			

Nutrition Facts			
Cinnamon Toast			
Per 1 Slice (20 g)	Amount Per Serving	% Daily value	
Calories	110		
Fat	5g	8%	
Saturated + Trans	1g 1g		
Cholesterol	0mg	0%	
Sodium	150mg		
Carbohydrate	15g	5%	
Dietary Fiber / Fibres	2g	8%	
Sugars	3g		
Protein	3g		
Vitamin A	0%	Calcium	4%
Vitamin C	0%	Iron	6%
Wheat Bread; Margarine, Solids; Sugar, Granulated Bulk; Cinnamon, Ground			
Milk, Wheat			

Nutrition Facts			
Dry Wheat Toast			
Per 1 Slice (28 g)	Amount Per Serving	% Daily value	
Calories	70		
Fat	1g	2%	
Saturated + Trans	0g 0g		
Cholesterol	0mg	0%	
Sodium	120mg		
Carbohydrate	12g	4%	
Dietary Fiber / Fibres	1g	4%	
Sugars	1g		
Protein	3g		
Vitamin A	0%	Calcium	4%
Vitamin C	0%	Iron	4%
Wheat Bread			
Wheat			

Nutrition Facts			
Dry White Toast			
Per 1 Slice (28 g)	Amount Per Serving	% Daily value	
Calories	80		
Fat	1g	2%	
Saturated + Trans	0g		
Cholesterol	0mg	0%	
Sodium	140mg		
Carbohydrate	14g	5%	
Dietary Fiber / Fibres	1g	4%	
Sugars	2g		
Protein	3g		
Vitamin A	0%	Calcium	4%
Vitamin C	0%	Iron	6%
White Bread			
Wheat			

Nutrition Facts			
Flour Tortilla			
Per 1 Each (28.35 g)	Amount Per Serving	% Daily value	
Calories	90		
Fat	2g	3%	
Saturated + Trans	0g		
Cholesterol	0mg	0%	
Sodium	135mg		
Carbohydrate	16g	5%	
Dietary Fiber / Fibres	1g	4%	
Sugars	0g		
Protein	2g		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	6%
Wheat			

Nutrition Facts			
Soft Tuna Salad			
Per 1/2 Cup (118.3 ml)	Amount Per Serving	% Daily value	
Calories	27350		
Fat	1274g	1960%	
Saturated + Trans	261g		
	0g		
Cholesterol	15505mg	5168%	
Sodium	62690mg		
Carbohydrate	796g	265%	
Dietary Fiber / Fibres	5g	20%	
Sugars	311g		
Protein	3241g		
Vitamin A	410%	Calcium	380%
Vitamin C	290%	Iron	1530%
Tuna, Chunk Light WtrPk Bulk; Dressing, Mayo-Like Bulk; Hard Boiled Egg; Juice, Lemon RTS; Pepper, White; Onion Powder			
Eggs, Fish, Soy			

Nutrition Facts			
Soft Tuna Salad on Wheat			
Per 1 Each (148 g)	Amount Per Serving	% Daily value	
Calories	210		
Fat	6g	9%	
Saturated + Trans	1g		
	0g		
Cholesterol	40mg	13%	
Sodium	410mg		
Carbohydrate	26g	9%	
Dietary Fiber / Fibres	2g	8%	
Sugars	4g		
Protein	14g		
Vitamin A	0%	Calcium	8%
Vitamin C	0%	Iron	15%
Soft Tuna Salad (Tuna, Chunk Light WtrPk Bulk; Dressing, Mayo-Like Bulk; Hard Boiled Egg; Juice, Lemon RTS; Pepper, White; Onion Powder); Wheat Bread			
Eggs, Fish, Soy, Wheat			

Nutrition Facts			
Roast Turkey			
Per 3 Oz (85.05 g)	Amount Per Serving	% Daily value	
Calories	150		
Fat	4.5g	7%	
Saturated + Trans	1g		
	0g		
Cholesterol	75mg	25%	
Sodium	85mg		
Carbohydrate	0g	0%	
Dietary Fiber / Fibres	0g	0%	
Sugars	0g		
Protein	25g		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	4%
Wheat			

Nutrition Facts			
Turkey Sandwich on Wheat			
Per 1 Each (106 g)	Amount Per Serving	% Daily value	
Calories	220		
Fat	3g	5%	
Saturated + Trans	1g		
	0g		
Cholesterol	25mg	8%	
Sodium	710mg		
Carbohydrate	29g	10%	
Dietary Fiber / Fibres	3g	12%	
Sugars	5g		
Protein	18g		
Vitamin A	0%	Calcium	8%
Vitamin C	6%	Iron	15%
Wheat Bread; Turkey, Breast Whole Ckd			
Wheat			

Nutrition Facts		
California Blend Vegetables		
Per 1/2 Cup (118.3 ml)	Amount Per Serving	% Daily value
Calories	40	
Fat	2g	3%
Saturated + Trans	0g	
Cholesterol	0mg	0%
Sodium	40mg	
Carbohydrate	5g	2%
Dietary Fiber / Fibres	2g	8%
Sugars	2g	
Protein	1g	
Vitamin A	6%	Calcium 2%
Vitamin C	50%	Iron 2%
Vegetable Mix, Cali Frz; Margarine, Solids		
Milk		

Nutrition Facts		
Vanilla Yogurt		
Per 1/2 Cup (118.3 ml)	Amount Per Serving	% Daily value
Calories	100	
Fat	1.5g	2%
Saturated + Trans	1g	
Cholesterol	0g	
Sodium	5mg	2%
Sodium	80mg	
Carbohydrate	17g	6%
Dietary Fiber / Fibres	0g	0%
Sugars	17g	
Protein	6g	
Vitamin A	0%	Calcium 20%
Vitamin C	0%	Iron 0%
Yogurt, Vanilla Bulk		
Milk		