

Entrée	Calories	Fat (g)	% calories from fat	Saturated fat (g)	Carbohydrate (g)	Fiber (g)	Sodium (mg)	Allergens
Alfredo Chicken and Pasta	388.5	11	25.48	5	46	6	510	Wheat, milk
Alfredo Pasta - spicy pink alfredo	443.9	14	28.38	7.5	57	5.8	1049	Wheat, milk
Alfredo Vegetarian	519	18.5	32.08	9.7	46.6	8	1048	Wheat, milk
Baked Potato Bacon & Jalapeno Cheese	535	17	28.60	8.8	73	5	824	Milk, soy
Baked Potato and Chili Turkey	432	7	14.58	3	74	6	700	Milk
Baked Potato Cheese	451	9	17.96	5	75	5	1318	Milk
BBQ Beef Sandwich	458	13.65	26.82	4.7	64	3	1070	Wheat, soy
BBQ Chicken Sandwich, swiss	325	7	19.38	5.7	37	3	677	Wheat, soy, milk
BBQ Chicken Club Sandwich	359	10	25.07	6.5	38	3	919	Wheat, milk, soy
BBQ Shredded Chicken Sandwich	377	6	14.32	1.35	60	3	868	Wheat
Beefaroni	354	13	33.05	5	42	7	252	Wheat, milk
Beef and Broccoli Bowl	492	15.5	28.35	5	71	3.7	991	Wheat, soy
Beef Rib Honey BBQ & Mac n Cheese & Roll	642	31	43.46	15	64	7.5	1600	Wheat, milk, soy, eggs
Beef Rib Honey BBQ Sandwich	386	14	32.64	5	42	1.9	946	Wheat, soy, milk
Beef Rib Honey BBQ with Cheese Sandwich	402	16	35.82	6.5	43.5	5	1174	Wheat, soy, milk
Beef Teriyaki Dunkers Rice Bowl 1 C Rice 5 pc	489	20	15.00	6.6	57	4	798	Wheat, soy, sesame oil
Bosco Sticks 6 inch 2 each cheese	300	10	30.00	5	34	4	440	Wheat, milk
Buffalo Mac & Cheese with chicken	354	9	22.88	3.7	45	7	993	Wheat, milk, soy
Buffalo Bacon Chicken Mac & Cheese Bowl & Chips	751	26	38.60	18	65	6	2300	Wheat, milk, soy
Burrito, Bean & Cheesy 12" tortilla, 1/2C Bean 1/2 C Rice	680	18.7	24.75	9.7	98.5	16	1795	Wheat, milk, soy
Burrito, Beef & Rice	364	15	37.09	6	42.6	3	598	Wheat, milk, soy
Burrito Chicken Handmade	495	18	32.73	8	47	5	1036	Wheat, milk
Burrito, Bean, Beef, Cheese and Salsa Los Cabo	339	11	29.20	4	42	7	522	Wheat, soy, milk
Burrito, Chicken, Cheese and Rice Michael Bs	305	9.5	28.03	3	42	6.8	423	Wheat, soy, milk
Burrito, South West 71673	298	9.5	28.69	3	41	9	470	Wheat milk, soy
Burrito, Ultra Bean and Cheese 71571	330	11	30.00	4.5	43	7	440	Wheat, milk, soy
Burrito, Wet	465	13	25.16	5	66	9	873	Wheat, milk, soy
Burrito Verde Caritas	524	20	34.35	9	67	7	1245	Wheat, soy, milk
Burrito, Xtreme Bean and Cheddar 71662	320	9	25.31	3.5	44	8	475	Wheat, milk, soy
Charcuterie Box Grab and Go	578	27	42.04	5	64	8	864	Milk, soy, wheat
Cheeseburger - Bacon	456	25	49.34	10	30	3	987	Wheat, milk
Cheeseburger - Jalapeno Cheddar	430	22.5	47.09	9	33	3	860	Wheat, milk
Cheeseburger - Western Bacon	618	29	42.23	11	57	4	1427	Wheat, milk, soy
Cheeseburger Don Lee Packaged	270	9	30.00	3.5	30	3	410	Wheat, soy, milk
Cheeseburger Sliders, Integrated Packaged	272	9	29.78	3	30	2.3	475	Wheat, milk, soy
Chicken Alfredo Pasta	388.5	11	25.48	5	46	6	510	Wheat, milk
Chicken Bacon Melt Sandwich	388	17	39.43	5	30	3	771	Wheat, milk, soy
Chicken Malibu Sandwich	510	22	38.82	5	50	6	909	Wheat, milk, soy
Chicken Nuggets 6 pieces Tyson	320	18	50.63	3	20	3	488	Wheat, soy
Chicken Nuggets and Macaroni and Cheese	431	20.5	42.81	6.5	36.5	3.5	1060	Wheat, soy, milk, egg
Chicken Parmesan Pasta	640	26	36.56	6	70	9	1182	Wheat, soy, milk
Chicken Parmesan Sandwich	479	20	37.58	4	48	6	896	Wheat, soy, milk

Chicken Patty on bun	443	18.5	37.58	3	50	6.5	809	Wheat, milk, soy
Chicken Pesto Pasta	513	24	42.11	5	44	4.5	485	Wheat, pine nuts, milk
Chicken Pesto Sandwich	403	20	44.67	5	30	3	836	Wheat, pine nuts, milk
Chicken Popcorn 15 pieces Tyson	312	17.5	50.48	3.125	18.75	3.75	475	Wheat, soy
Chicken Popcorn and Macaroni and Cheese	467	22	42.40	7	38	4.5	1115	What, soy, milk, egg
Chicken Salad Croissant Sandwich	364	18	44.51	4.5	34	3	409	Wheat, soy, milk, egg
Chicken Salad Wrap	458	20.7	40.68	6	42.6	4	775	Wheat, soy, milk, egg
Chicken Tenders Hot & Spicy Wedges 4 pieces Tyson	444	23	46.62	3.9	38	4	969	Wheat, soy
Chicken Teriyaki (Yangs) and Rice	370	9	21.89	1.6	51	4	765	Soy, wheat
Chicken Teriyaki Dunkers 1 C rice 5 pc	389	9	20.82	1.6	55	5.6	1052	Soy, wheat
Chicken Teriyaki Rice Bowl Minh Sauce	365	9	22.19	2	47	2	616	Wheat, soy
Chicken Wings 3 each Tyson	240	16.5	61.88	3.75	1.5	0	615	Wheat
Chicken Wings 3 each with fires	360	20	50.00	4	21	2	754	Wheat
Chickpea Pesto Pasta Salad	489	15	27.61	3	72	10.5	782	Wheat, Cheese, pinenut
Chili three bean chili rice burrito vegetarian	468	4	7.69	4	76	7	1411	Milk, Soy
Chili Fries crinkle	430	19	39.77	8	36	0	935	Milk, soy
Chili Fries wedges	477	21	39.62	8.5	46	4	911	Milk, soy
Chili Mac	340	5	13.24	1.6	53	8.5	410	Wheat, milk, soy
Chili - turkey 1 cup with cheese	261	13	44.83	7	12	2.7	635	Milk
Chili - vegetarian	221	3	12.22	0	40	10	615	Milk
Corn Dog, Chicken Don Lee	240	9	33.75	2.5	28	2.3	690	Wheat, soy, eggs, gluten
Enchilada Cheese Salsa Verde Revolution	350	17	43.71	8	51	10	640	Milk
Enchilada Chicken Salsa Verde Revolution	270	9	30.00	4	51	12	450	Milk, soy
Enchilada (1 Cheese) Fajita Chicken, Rice and Beans	679	23	30.49	11	78	13	16	Milk, soy
Enchiladas (2 Cheese) Rice and Beans (Fernando)	606	21	31.19	10	83	13.5	1776	Milk, soy
Enchiladas (2 Chicken) Rice and Beans (Fernando)	548	20	32.85	8	67	14	1511	Wheat, milk, soy
Fajita Chicken Bowl	607	17	25.21	3	80	17	1200	Milk, soy, wheat
Fiesta Chicken Bowl Rice and Beans	488	16	29.51	6	57	10	1243	Wheat, milk, soy
Fiesta Vegetarian Bowl Rice and Beans	589	19	29.03	8	78	18	1351	Wheat, milk soy
Fish Sandwich with cheese	370	9	21.89	3	46	5	684	Fish, wheat, milk
Fish Sticks 4 each	200	5	22.50	0.05	21	3	380	Fish, wheat, milk
Fish Tacos	541	13.5	22.46	0.7	80	10.6	543	Fish, milk, wheat
Flatbread, chicken fajita	418	21	45.22	7	34	4	840	Wheat, milk, soy, sesame
Flatbread, pesto chicken	578	30	46.71	9	32	3.75	770	Wheat, milk, soy, sesame
Flatbread, bbq chicken	602	33	49.34	15	40	3	1058	Wheat, milk, soy, sesame
Flatbread, vegetarian	525	31	53.14	15	34	4	887	Wheat, milk, soy, sesame
Flauquito Chili and Cheese Michael B's	334	15	40.42	8	30	3	573	Wheat, milk, soy
Grilled Cheese Integrated	279	9.68	31.23	5	31	3	599	Wheat, milk, soy
Hamburger Don Lee Package	276	10	32.61	3.7	29	3	260	Wheat, soy
Hot Dog	320	17	47.81	7	32	3	540	Wheat
Impossible Burger on bun	399	15.6	35.19	8	40	6	667	Wheat, Soy
Italian Beef Stacker Sandwich	471	23	43.95	11.6	42	4.5	884	Wheat, milk, soy
Korean Beef Rice Bowl	383	7	16.45	2	57	3	727	Wheat, soy

Lasagna cheesy Pesto	574	23	36.06	9	58	4	1157	Wheat, egg, milk, pine nuts
Lasagna Roll Up with Roll	525	14	24.00	5	75	7	1341	Wheat, milk, egg
Macaroni and Cheese Land O Lakes 1- 1/3 Cup	580	22	34.14	12	62	4	1960	Wheat, milk, egg
Macaroni and cheese with dinner roll	510	13	22.94	13	57	7	1180	Wheat, milk, egg
Masala - Chicken Curry Vegetable Rice Bowl	430	18	37.67	1.6	46	4.7	465	Soybean oil
Masala - Garbanzo & Curry Vegetable Rice	517	19	33.08	0.4	78	11	563	
Meatball Sandwich	572	27	42.48	8	42	5	945	Wheat, milk, soy
Meatballs - Sweet & Sour Rice Bowl	492	19	34.76	4	57	4	698	Soy, wheat
Meatloaf recipe	236	16	61.02	6	2	0	111	Eggs, soy
Meatloaf Cheesy Sandwich	350	15.5	39.86	6.5	38	4	560	Wheat, milk, soy
Mexican Cold Pasta Salad	574	27	42.33	6.7	73	13	762	Wheat, egg, milk, soy
Orange Chicken and Rice 1 cup	356	7	17.70	1	57	2	608	Wheat, egg, soy
Pasta Chicken & Peppers	335	12	32.24	4	37	5.7	814	Wheat, milk
Pasta Spicy Marinara Bowl	366	9	22.13	5	59	6	281	Wheat, milk
Pasta spicy pink alfredo	434	14	29.03	7.5	55	6	963	Wheat, milk
Peanut butter and Jelly Sandwich 5.6 oz Uncrustable	600	34	51.00	6	64	7	540	Peanut, wheat, soy
Pesto Chickpea Pesto Pasta Salad	489	15	27.61	3	72	10.5	782	Wheat, Cheese, pinenut
Philly Cheese Steak Sandwich	344	13	34.01	4.7	35	4	726	Wheat, soy, milk
Pick Up Stix House Chicken and Rice	400	11	24.75	2	58	3	370	Wheat, soy, egg, gluten ****
Pick Up Stix House Tofu and Brown Rice	340	6	15.88	1	56	5	390	Wheat, soy, gluten****
Pick Up Stix Orange Chicken and Rice	390	11	25.38	2.5	54	3	250	Egg, soy, wheat****
Pick Up Stix Teriyaki Chicken and rice	320	4	11.25	1	55	3	350	Soy, wheat***
Pizza Bagel	420	14	30.00	7	49	4.3	741	Wheat, milk
Pizza Papa John Cheese WW	380	11	26.05	4	49	4	780	Wheat, milk
Pizza Papa John Pepperoni pork WW	380	11	26.05	4	48	4	880	Wheat, milk
Pot Stickers with chicken and rice	488	10	18.44	1.5	76	14	952	Wheat, soy, sesame
Pretzel Dog Jumbo Beef	300	6.5	19.50	2	41	5	790	Wheat, Soy
Pork Stew over rice	423	13.5	28.72	4	48	5	900	Soy
Pork, spicy pulled pork	464	18	34.91	20	50	3	1259	Wheat
Quesadilla, Cheese 12" Tortilla	550	31	50.73	18.5	42	4	1018	Wheat, milk, soy
Quesadilla, Cheese RosenShore	330	18	49.09	11	25	2	530	Wheat, milk, soy
Quesadilla, Cheese and Chicken	483	24	44.72	13	42	4	1000	Wheat, milk
Ramen Beef Bowl	388	13	30.15	4	45	6	838	Wheat, soy, egg
Ramen Chicken Bowl	345	7	18.26	1.5	48	5.5	756	Wheat, soy, egg
Raviolis, Beef Chef Boyardee 10 pies	297	9	27.27	4	34	4.5	687	Wheat, milk, soy
Raviolis, Cheese 4 with sauce	353	11	28.05	5	40	3	1050	Wheat, Milk, Eggs
Salad, BBQ Chicken with Tortilla chips /Dressing	778	45	52.06	11	64	5	1511	Milk, soy, (ranch-egg)
Salad, BBQ without Chips or Dressing	387	18	41.86	8	30	5	801	Milk, soy
Tortilla Chips	210	10	42.86	0	27	0	184	
Dressing Ranch 2 oz	189	21	100.00	3	2	0	510	Milk, egg
Dressing BBQ Ranch 2 oz	207	22	95.65	3	4	0	532	Milk, egg
Salad, BBQ vegan w/ Tortilla chips and BBQ sauce	425	10.5	22.24	1	79	7.5	718	
Salad, BBQ vegan without chips	118	0.5	3.81	0	29	7.5	148	

Salad, Buffalo w/ ranch packet croutons	510	26.5	46.76	5	47	9	1457	Wheat, milk
Salad, Buffalo NO Ranch or Courtons	246	12	43.90	5	16	3	912	Milk
Salad, Caesar Chicken w/ Dressing & Croutons	615	41	60.00	6.5	33	7	1220	Wheat, milk, soy, egg, fish
Croutons .75 cup 2 grains	255	15	52.94	0	30	4	473	Wheat
Salad, Caesar No Chicken w/ croutons	635	46	65.20	11	33	7	1780	Wheat, milk, soy(Dressing: egg, fish)
Croutons .75 cup 2 grains	255	15	52.94	0	30	4	473	Wheat
Salad, Chinese chicken with Dressing	514	28	49.03	6	45	6	1056	Wheat, soy
Crispy Noodles 1 package 1 grain	100	4	36.00	1	14	2	180	Wheat
Salad, Cobb w/ croutons	581	33	51.12	8	33	8	1395	Wheat, milk, egg, soy
Croutons .75 cup 2 grains	255	15	52.94	0	30	4	473	Wheat
Salad, Taco with Beef and Guacamole	655	38	52.21	12	55	10	975	Milk,
Salad, Tuna with Ranch Dressing	489	27	49.69	1.5	42	11	1152	Wheat, milk, soy, egg, fish
Sandwich BBQ Chicken	335	7.5	20.15	5.75	39	3	677	Milk, wheat
Sandwich, croissant chicken salad	365	18	44.38	4.5	34	3	409	Egg, milk, soy, wheat
Sandwich, Sub Ham and Cheese	334	14	37.72	6	32	4	1048	Wheat, milk
Sandwich, Sub Tuna	292	7	1.00	1	34	4	733	Wheat, egg, fish, soy
Sandwich, Sub Turkey and Cheese	325	9	24.92	4	31	4	794	Wheat, milk
Sandwich, Sub Vegetarian	302	10	29.80	5	36	4	1118	Wheat, milk
Sandwich, Triangle Chicken Salad	283	10	31.80	2	28	2	448	Wheat, egg, soy
Sandwich, Triangle Egg	336	18	48.21	4	29	2	762	Wheat, soy, egg
Sandwich, Triangle Ham	247	7	25.51	1.5	26	2	757	Wheat, soy
Sandwich, Triangle Ham and Cheese	303	13.5	40.10	6	28	2	963	Wheat, milk, soy
Sandwich, Triangle Tuna	275	7	22.91	1	30	2	727	Wheat, fish, egg, soy
Sandwich, Triangle Turkey	221	3.5	14.25	0.5	26	2	674	Wheat, soy
Sandwich, Triangle Turkey and Cheese	290	12	37.24	5	28	2	922	Wheat, soy, milk
Sandwich, Triangle Vegetarian	375	20	48.00	12	31	3	695	Wheat, milk
Soup - spicy cheddar broccoli soup	210	12	7.00	7	13	1.6	853	Milk
Shepherd's Pie Pork	369	18	43.90	8.5	22.5	4	1076	Milk, Soy, Wheat
Spaghetti and Marinara	405	13.5	30.00	7	49.5	4	440	Wheat, milk
Spaghetti and Meat Sauce	412	12	26.21	4.5	53	7	952	Wheat, milk, soy
Spaghetti and Meatballs Chicken	545	19	31.38	5	61.5	10	901	Wheat, milk, soy
Sriracha Chicken Chunk Bowl	474	17	32.28	2.5	57	3.5	673	Wheat
Sriracha Orange Chicken	410	8	17.56	1	66	2	786	Soy, wheat, egg
Street Corn Mac & Cheese	424	10	21.23	5.5	65	9	821	Wheat, Milk, Soy
Sunbutter Box Grab and Go	490	27	49.59	5.5	43	5	652	Soy, wheat, milk
Taco Beef (2) Michael B's	257	9	31.52	2.6	28	2.5	85.6	
Taco Salad with Beef and Guacamole	655	38	52.21	12	55	10	975	Milk,
Taco Stick Beef Integrated	345	13	33.91	8	32	4	630	Wheat, milk, soy
Teriyaki Chicken and Chow Mein Yang	328	5	13.72	1	44	5.5	926	Wheat, soy, egg
Teriyaki Chicken and Rice Yang	333	8	21.62	1.5	44	2	710	Wheat, soy
Teriyaki Chicken and Rice Bowl Minh	365	9	22.19	2	47	2	617	Wheat, soy
Tortilla Soup Revolution	240	6	22.50	1	21	4	920	Milk
Tuna Melt Sandwich	320	10	28.13	2.7	30	2	28	Wheat, fish, milk, egg, soy

Turkey Gravy Mashed Potato Bowl	281	9	28.83	3	25	3	999	Wheat, soy, milk
Turkey Pot Pie Soup	311	4	11.58	4	36	3	773	Wheat, soy, milk
Unrustables 5.3 oz WW	600	34	51.00	6	64	7	540	Wheat, soy, peanuts
Vegan Black bean and edamame Pasta	471	22	42.04	3	60	10	609	Wheat, soy
Vegan Southwestern Protein Bowl	476	7	13.24	0.7	93	11	1377	Wheat
Vegetarian Burger Dr. Praeger	300	6.5	19.50	0.5	41	6	710	Wheat, soy
Vegetarian Teriyaki Patty on Bun Pierre	310	9	26.13	0.5	44	6	760	Wheat, soy
Veggie Gardenburger on Bun Morning Star	240	5	18.75	0	28	6	700	Wheat, soy milk
Western Bacon Cheeseburger	628	30	42.99	11	60	4	1427	Wheat, milk, soy
Wrap BBQ Chicken Wrap with dressing	702	42	53.85	13	53	5	1441	Wheat, milk (dressing: egg & milk)
Wrap - BLT Bacon Lettuce Turkey	400	13	29.25	4.5	44	5	1235	Wheat, soy
Wrap Buffalo Chicken Wrap	465	20	38.71	10	44	4.5	1200	Wheat, milk
Wrap - Caesar	661	39	53.10	12.5	43	4	1570	Wheat, milk, soy (dressing: fish egg)
Wrap - Caesar vegetarian	691	44	57.31	16.5	45	4	2038	Wheat, milk, soy (dressing: fish egg)
Wrap - Chicken Salad	458	20	39.30	6	42	4	774	Eggs, milk, soy, wheat
Wrap - Chicken Fajita	427	19	40.05	8	41.5	4	920	Wheat, milk
Wrap - Vegan	368	7.8	19.08	3	64	13.7	806	Wheat
Ziti - cheese	769	40	46.81	21	56	6	2078	Wheat, milk, egg
	<b>Calories</b>	<b>Fat</b>	<b>% calories</b>	<b>Saturated</b>	<b>Carbohydrate</b>	<b>Fiber</b>	<b>Sodium</b>	<b>Allergens</b>
<b>Fruit</b>		<b>(g)</b>	<b>from fat</b>	<b>fat (g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(mg)</b>	
Apple Sauce 4.5 oz unsweetened cup	51	0	0.00	0	14	1	2	
Apple Slices 2 oz 1/2 cup	30	0	0.00	0	8	1	1	
Apple small	50	0.1	0.00	0	14	2.5	1	
Banana Petite about 6 inches	90	0.3	0.00	0.1	23	2.6	1	
Canned Fruit	64	0	0.00	0	16	1	6	
Canned Pineapple 1/2 Cup	108	0.1	0.00	0	28	1	2	
Fresh Fruit general rule of thumb for small fruit	60	0	0.00	0	15	3	1	
Frozen Fruit Cup Peaches	80	0	0.00	0	19	1	0	
Frozen Fruit Cup Strawberry	80	0	0.00	0	19	2	0	
Juice 6.75 oz SunCup	100	0	0.00	0	25	0	15	
Lunch Bunch Grapes 2.25 oz	45	0	0.00	0	11	1	8	
Mixed Fruit 1/2 Cup	65	0	0.00	0	16	1	6	
Orange slices 160 gm	100	0.5	0.00	0	25	7	3	
Peaches, canned diced or sliced 1/2 cup 124g	76	0.2	0.00	0	19	1	5	
Pears, canned diced 1/2 cup	60	0	0.00	0	15	2	2	
Pears, small	60	0.1	0.00	0	17	3.5	1	
Pineapple Spear 2.7 oz	40	0	0.00	0	10	1	0	
Raisins 1 box 37.7 grams	110	0	0.00	0	30	1	4	
SideKicks 100% Fruit Juice 4.4 oz	80	0	0.00	0	22	0	45	
Tangerine small	40	0.2	0.00	0	10	1	1.5	
Watermelon 1/2 Cup	23	0	0.00	0	6	0	0	

<b>Vegetables</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>% calories from fat</b>	<b>Saturated fat (g)</b>	<b>Carbohydrate (g)</b>	<b>Fiber (g)</b>	<b>Sodium (mg)</b>	<b>Allergens</b>
Baby Carrots 3 oz	23	0	0.00	0	5.4	1.33		
French Fries Crinkle Cut 1/2 Cup 2.1oz	100	3	27.00	0	15	2	210	
French Fries Spirals 1/2 cup 2.12 oz	110	6	49.09	1	14	1	250	Wheat
French Fries 1/2 cup Wedges 2.9 oz	133	4.4	29.77	0.6	22	2	155	
French Fries Tater Tots 8 each 2.52 oz	110	6	49.09	1	14	1	310	
French Fries Seasoned 3/8 Straight Cut 1/2 cup	110	5	40.91	1	16	1	270	Wheat
Green Beans	16	0.1	5.63	0	3.5	1	3	
Mashed Potatoes 1 cup	147	2.2	13.47	0.2	29	2	680	Milk
Side Salad 1 cup	8	0	0.00	0	1	0.4		
Corn Cup 1/2 Cup	67	0.55	7.39	0	16	2	7.6	
Cucumber 1/2 cup	9	0	0.00	0.001	2	0.52		
Edamame 1/2 cup	43	2	41.86	0	3	0.4		Soy
Side Salad	8	0	0.00	0	1	0.4		
Sugar Snap Peas 1/2 Cup	15	0	0.00	0	2	1		
Tomatoes 1/2 Cup	13	0.1	0.00	0	3	0.9	3.8	
<b>Milk</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>% calories from fat</b>	<b>Saturated fat (g)</b>	<b>Carbohydrate (g)</b>	<b>Fiber (g)</b>	<b>Sodium (mg)</b>	<b>Allergens</b>
Non-Fat White	90	0	0.00	0	12	0	130	Milk
Non-Fat Chocolate	130	0	0.00	0	26	0	130	Milk
<b>Bread/Grains</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>% calories from fat</b>	<b>Saturated fat (g)</b>	<b>Carbohydrate (g)</b>	<b>Fiber (g)</b>	<b>Sodium (mg)</b>	<b>Allergens</b>
Bread Stick	122	1	7.38	0	22	1	250	Wheat, soy
Cheese Stuffed Bread Stick 1 each	145	5.5	34.14	3	14	1	250	Wheat, milk, soy
Crackers 2 grain Back to Basics	170	5	26.47	5	28	3	350	Wheat, Soy, Milk
Crackers MJM	180	6	30.00	1	30	3	400	Wheat
Croutons 1.8 oz .75 cup	255	15	52.94	0	30	7	510	Wheat, Milk
Dinner Roll 2 oz Sky Blue packaged	150	2.5	15.00	0.5	28	1	135	Wheat, milk, soy, Eggs
Dinner Roll Artisan Roll 2 oz	160	2	11.25	0	34	5	270	Wheat
Dinner Roll 1 oz Galasso	80	1	11.25	0	17	1	125	wheat
Noodle, Crispy Asian Food Solutions	100	4	36.00	0	14	2	180	wheat
Rice 1 cup	194	0.6	2.78	0	41	1	122	
Tortilla Chips Warnock 1.5 oz	210	10	42.86	0	27	0	184	
<b>Protein</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>% calories from fat</b>	<b>Saturated fat (g)</b>	<b>Carbohydrate (g)</b>	<b>Fiber (g)</b>	<b>Sodium (mg)</b>	<b>Allergens</b>
Cheese, String	80	6	67.50	3.5	1	0	200	Milk
Sunflower Seeds Azar Power Spicy Lime	170	14.6	77.29	2	6	3	110	Roasted in Peanut oil
Sunflower Seeds Sun Rich Naturals NonGMO	170	16	84.71	1.5	5	2	110	Honey Roasted No allergens
Sunflower Seeds Sun Rich Naturals NonGMO	170	16	84.71	1.5	5	2	110	Salted No allergens
Sunflower seeds, Blazing Hot	170	15	79.41	1.5	4	2	110	Milk, soy
<b>Breakfast</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>% calories from fat</b>	<b>Saturated fat (g)</b>	<b>Carbohydrate (g)</b>	<b>Fiber (g)</b>	<b>Sodium (mg)</b>	<b>Allergens</b>

Apple-Bites	260	10	34.62	4.5	38	3	140	Wheat, milk, egg, soy
Bagel 3 oz	217	1	4.15	1	45	4	230	Wheat
Banana Bread	260	8	27.69	1.5	45	2	240	Wheat, egg, soy, milk
Benefit Bar Large	285	8.5	26.84	3	47.5	3	230	Wheat, egg, soy, milk
Blueberry muffin	223	6	24.22	0.9	38.5	3.3	115	Wheat, egg, soy, milk
Bosco Pizza (Beef and Pork)	240	9	33.00	4.5	29	3	500	Wheat, milk
Breakfast bun	270	10	33.33	4.5	38	3	280	Wheat, milk, soy
Breakfast Bowl egg cheese potato	317	19	53.94	8.5	24	2	909	Wheat, milk, soy, eggs
Breakfast Bowl egg cheese potato sausage, 3M .5V	361	21	52.35	7	24	2	1063	Wheat, milk, soy, eggs
Breakfast Bowl egg cheese potato ham	290	16	49.66	6	20	2	948	Wheat, milk, soy, eggs
Breakfast Bowl egg cheese potato bacon	305	17.6	51.93	6	24	2	1037	Wheat, milk, soy, eggs
Breakfast Bowl egg cheese potato pancakes Bacon	300	15	45.00	5	32	3	738	Wheat, milk, soy, eggs
Breakfast Bowl Pancake Potato Chicken Sausage	320	13.5	37.97	2.5	39.5	4	825	Wheat, milk, soy, eggs
Breakfast Burrito 10" egg and cheese	388	18	41.75	6.5	36	3	1032	Wheat, milk, soy, eggs
Breakfast Burrito 10" egg, cheese & bacon	336	17	45.54	7	27	2.5	858	Wheat, milk, soy, eggs
Breakfast Burrito 10" egg, cheese & taco turkey	329	15	41.03	6	28	2.5	936	Wheat, milk, soy, eggs
Breakfast Burrito 10" chorizo	276	10	32.61	2	37	3.5	533	Wheat, milk, soy, eggs
Breakfast Burrito 10" Salsa Taco eggstravaganza	356	16	40.45	7	37.5	3.5	645	Wheat, milk, soy, eggs
Breakfast Fiesta Pizza	341	18	47.51	7	33	2	942	Wheat, milk egg
Chilaquiles	393	23	52.67	4	39	3	1192	Milk, eggs
Cinnamon Crumble 4 oz Buena Vista	340	13	34.41	1.5	44	2	350	Wheat, Egg, Soy, milk
Cinnamon Crumble 2.9 oz Buena Vista	250	9	32.40	1	32	2	250	Wheat, Egg, Soy, milk
Cinnamon Roll Daves	224	7.5	30.13	1.5	36.5	2.6	142	Wheat, Egg, Soy, milk
Cinnamon Roll Super Bakery	240	8	30.00	2	38	3	300	Wheat, milk, eggs, soy
Cinnamon Roll Central Kitchen	380	8	18.95	4	71	4.6	193	Wheat, Soy, milk
Cinnamon Toast Crunch Cup	230	6	23.48	1	44	3	230	Wheat, soy
Crumb cake Central Kitchen	418	12.5	26.91	7	72	3	354	Wheat, milk, egg
Donuts Whole Grain Chocolate	331	18	48.94	11	41	3	240	Wheat, egg, milk, soy
Donut whole grain Low Fat powdered	310	11	31.94	5	52	2	70	Wheat, egg, milk, soy
Flatbread, breakfast supreme	440	24	49.09	8	31	3	963	Wheat, egg, milk, soy, sesame
French Toast and Bacon	243	9	33.33	2	27	2	500	Wheat, soy, eggs, milk
Frudel	210	6	25.71	1	36	2	250	Wheat, milk, soy
Muffin Blueberry	223	6	24.22	0.9	38.5	3.3	115	Wheat, egg, soy, milk
Muffin Chocolate	280	10	32.14	2	44	0	250	Wheat, egg, milk, soy
Mini Cinnis	240	7	39.00	2	39	2	270	Wheat, milk
Mini Pancakes	200	6	27.00	1	36	2	150	Wheat, milk, egg
Pizza Bagel Breakfast	192	6	28.13	3	23	2	363	Wheat, milk
Pop tart, Whole Grain Brown Sugar Cinnamon	170	3	15.88	1	36	3	190	Wheat, soy
Pop tart, Whole Grain Strawberry	170	2.5	13.24	1	36	3	180	Wheat, soy
Unrustables 2.8 oz	300	16	48.00	3.5	32	3	280	Wheat, peanuts
Whole Grain French Toast Bakecrafters	240	7	26.25	2	38	2	260	Wheat, soy, gluten, eggs, milk
Yogurt Parfait - berries	293	6.5	19.97	1	52	4	180	Wheat, milk, soy
Yogurt Parfait - Peach canned	328	6.5	17.84	1	62	3.5	792	Wheat, milk, soy

Although this information is deemed reliable, it may not be accurate. We cannot guarantee cross contamination from different allergens.

Other	Calories	Fat (g)	% calories from fat	Saturated fat (g)	Carbohydrate (g)	Fiber (g)	Sodium (mg)	Allergens
Barbecue Sauce, 1 oz	50	0	0.00	0	12	0	240	
Cream Cheese	70	6	77.14	3.5	1	0	115	Milk
Dinner Roll Artisan Roll 2 oz	160	2	11.25	0	34	5	270	Wheat
Goldfish Whole Grain snack crackers	100	4	36.00	0.5	14	1	170	Wheat, milk
Ketchup, 7 g	10	0	0.00	0	3	0	95	
Marinara Sauce, 1 oz	15	0	0.00	0	4	0	130	
Mayonnaise, 9 g	60	6	90.00	1	1	0	60	Egg
Mustard, 5.6 oz	0	0	0.00	0	0	0	65	
Ranch Dressing, 12 g Kraft packet	45	4.5	90.00	0.5	1	0	120	Milk, egg
Ranch Dressing, 2 oz cup	189	21	100.00	3	2	0	510	Milk, egg
Salsa Cup, 2 oz	18	0	0.00	0	5	1.75	407	
Soy Sauce, 8 mL	0.5	0	0.00	0	0	0	29.4	Wheat, soy
Sunflower Seeds Azar Power Spicy Lime	170	14.6	77.29	2	6	3	110	Roasted in Peanut oil
Sunflower Seeds Sun Rich Naturals NonGMO	170	16	84.71	1.5	5	2	110	Honey Roasted No allergens
Sunflower Seeds Sun Rich Naturals NonGMO	170	16	84.71	1.5	5	2	110	Salted No allergens
Syrup 1.5 oz portions	120	0	0.00	0	34	0	0	

\*\*\*\* - Pick Up Stix - The recipe and ingredients do not contain peanuts or sesame; cross contamination may occur with items such as peanuts and sesame seeds.

Please be advised that this is general information and not intended to be used as medical advice. Information is accurate to the best of our knowledge based on the information provided by the manufacturer. Products may change at any time.

















