

Child and Youth Programs Food Product Analysis Sheets

Product analysis sheets are compiled using nutrition labels and information available from our contracted food supplier, US Foods. Supplemental items may also be purchased from Food Lion, the base commissary or other local stores. Inclusion of a food on the Child and Youth Programs menu does not indicate Federal or USMC endorsement of food vender, manufacturer or product. As product formulations may change without notice and/or the food supplier may substitute an equivalent product, parents should not rely solely on the information provided.

Nutritional information is provided as a courtesy. Parents may use this information to assist in circling menu items that should not be served to their child{ren} in accordance with a submitted meal modification or note provided by a certified medical practitioner. Please consult with your facility regarding substitute items stocked at the facility that may be served to your child in lieu of food item listed on the regular menu.

From the US Foods website:

US Foods, Inc. obtains nutritional information from claims made by the product manufacturer{s}. Although we have made every effort to be as accurate as possible manufacturers frequently change formulations and it may take some tiem to get our records updated to reflect these changes. We suggest you continue to read product labels as we cannot guarantee the information posted here is 100% accurate and current and as such cannot be responsible for individual reactions to any products listed here. In addition, any product images displayed are for reference only and may not reflect the most current packaging.

When precise nutritional information is important, our data is not a substitute for reading the label on the products you purchase or for contacting the manufacturer directly for additional details.

Apple Slices



130 _{cal}	34 _g	0 _g	5 _g	1 _g	0 _{mg}	25 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 1 Apple

Ingredients:

Gala Apple.

Applesauce



50 _{cal}	13 _g	0 _g	2 _g	0 _g	10 _{mg}	9 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 4 oz.

Ingredients:

Apples, Water, Ascorbic Acid (Vitamin C added to maintain color).

Applesauce Cup



50 _{cal}	12 _g	0 _g	2 _g	0 _g	10 _{mg}	8 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 4 oz.

Ingredients:

Apples, Water, Unsweetened Apple Juice, Ascorbic Acid (Vitamin C added to maintain color).

Banana



110 _{cal}	30 _g	0 _g	3 _g	1 _g	0 _{mg}	19 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 4.4 oz.

Ingredients:

Banana.

BBQ Sauce

Contains: Tomato, Garlic, Onion



40 _{cal}	10 _g	0 _g	0 _g	0 _g	470 _{mg}	8 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 1 oz.

Ingredients:

Water, Vinegar, High Fructose Corn Syrup, Tomato Paste, Sugar, Salt, Modified Food Starch. Contains less than 2% of: Natural Smoke Flavor, Spices, Paprika, Caramel Color, Garlic, Sodium Benzoate as a preservative, Onion.

Black Beans

Contains: Legumes



120 _{cal}	23 _g	.5 _g	6 _g	7 _g	140 _{mg}	1 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 4 oz.

Ingredients:

Prepared Black Beans, Water, Salt, and Calcium Chloride Firming Agent.

Black Beans-Canned (*allergy substitution*)

Contains: Legumes



110 _{cal}	20 _g	0 _g	5 _g	7 _g	400 _{mg}	1 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 4 oz.

Ingredients:

Water, Black Beans, Salt, Calcium Chloride.

Blueberries



70 _{cal}	17 _g	1 _g	4 _g	1 _g	0 _{mg}	13 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 5 oz.

Ingredients:

Blueberries.

Butter

Contains: Milk



70 _{cal}	0 _g	8 _g	0 _g	0 _g	65 _{mg}	0 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 0.35 oz.

Ingredients:

Pasteurized Cream, Salt.

Carrot Sticks (**SAC only**)



30 _{cal}	7 _g	0 _g	2 _g	1 _g	60 _{mg}	5 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 2.75 oz.

Ingredients:

Carrots.

Cheddar Goldfish Crackers (SAC only)

Contains: Milk, Soy, Wheat



130 ^{cal}	19 ^g	4.5 ^g	1 ^g	3 ^g	240 ^{mg}	0 ^g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 1 oz

Ingredients:

MADE WITH SMILES AND ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CHEDDAR CHEESE (CULTURED MILK, SALT, ENZYMES), ANNATTO, VEGETABLE OILS (CANOLA, SUNFLOWER AND/OR SOYBEAN), SALT. CONTAINS 2% OR LESS OF: YEAST, SUGAR, AUTOLYZED YEAST EXTRACT, PAPRIKA, SPICES, CELERY, ONION POWDER, MONOCALCIUM PHOSPHATE, BAKING SODA.

Cheerios Cereal



100 ^{cal}	20 ^g	2 ^g	3 ^g	3 ^g	140 ^{mg}	1 ^g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 1 cup = 1 oz eq

Ingredients:

Whole Grain Oats, Corn Starch, Sugar, Salt, Tripotassium Phosphate. Vitamin E ([Mixed Tocopherols] added to preserve freshness). Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (Mineral Nutrients), Sodium Ascorbate (Vitamin C), Niacinamide (B Vitamin), Pyridoxine Hydrochloride (B6), Palmitate (Vitamin A), Thiamin Mononitrate (B1), Folic Acid (B Vitamin), Vitamin B12 and Vitamin D3.

Cheese Slices

Contains: Milk



60 ^{cal}	1 ^g	4 ^g	0 ^g	4 ^g	360 ^{mg}	1 ^g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 0.6 oz.

Ingredients:

Cultured Milk, Skim Milk, Water, Buttermilk Powder, Cream, Whey, Sodium Citrate, Salt, Sodium Phosphate, Citric Acid, Sorbic Acid (Preservative), Enzymes, Lecithin.

Cheesy Grits

Contains: Milk, Soy, Wheat



cal	g	g	g	g	mg	g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size =

Ingredients:

Grits (White Hominy Grits made from Corn, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Margarine (Vegetable Oil Blend [Palm Oil, Soybean Oil] Water, Contains 2% or less of: Salt, Soybean Lecithin [Soy], Vegetable Monoglycerides, Citric Acid [Preservative], Beta Caroten [Color], Natural Flavor and Vitamin A Palmitate Added), Salt, Shredded Cheese (Cheddar Cheese [Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto), Monterey Jack Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes), Potato Starch, Powdered Cellulose (Anti Caking Agent) and Natamycin (Natural Mold Inhibitor). Water.

Cheez-It Crackers (SAC only)

Contains: Milk, Soy, Wheat



210 ^{cal}	24 ^g	11 ^g	1 ^g	5 ^g	320 ^{mg}	0 ^g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size =

Ingredients:

Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Vegetable Oil (High Oleic Soybean, Palm, and/or Canola Oil with TBHQ for Freshness), Cheese made with Skim Milk (Skim Milk, Whey Protein, Salt, Cheese Cultures, Enzymes, Annatto Extract Color). Contains 2% or less of Salt, Paprika, Yeast, Paprika Extract Color, Soy Lecithin).

Chicken-Canned (allergy substitution)



45 ^{cal}	0 ^g	1 ^g	0 ^g	9 ^g	26 ^{mg}	0 ^g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 2 oz.

Ingredients:

Chicken Breast Meat with Rib Meat, Water-Contains 2% or less of: Sea Salt, Modified Food Starch, Sodium Phosphates, Chicken Flavor (Salt, Chicken Broth, Natural Flavors, Flavoring).

Chicken Salad

Contains: Egg, Soy



cal	g	g	g	g	mg	g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size =

Ingredients:

Chicken (Cooked Chicken, Chicken Broth, Salt). Mayonnaise (Soybean Oil, Distilled Vinegar, Egg Yolk, High Fructose Corn Syrup, Contains less than 2% of: Salt, Water, Mustard Seed, Calcium Disodium EDTA (to protect flavor)). Relish (Cucumbers, High Fructose Corn Syrup, Vinegar, Water, Contains less than 2% of: Salt, Lactic Acid, Calcium Chloride, Xanthan Gum, Sodium Benzoate (preservative), Polysorbate 80, Alum, Natural Flavor, Turmeric Extract (color)).

Chili w/ Ground Turkey

Contains: Legumes, Tomato, Onion, Garlic



cal	g	g	g	g	mg	g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size =

Ingredients:

Ground Turkey, Brown Sugar (Sugar, Molasses, Azucar, Melaza), Chili Powder (Chili Pepper and Other Spices, Salt, Garlic Powder), Celery, Diced Tomatoes (Tomatoes, Tomato Juice, Salt, Calcium Chloride and Citric Acid), Garlic, Kidney Beans (Dark Red Kidney Beans, Water, High Fructose Corn Syrup, Sugar, Salt, Calcium Chloride, Disodium EDTA {to preserve color}, Natural Flavorings), Onion, Pepper, Salt, Tomato Paste (Tomatoes, Citric Acid).

Chopped Broccoli

Contains: Onion, Garlic



20 _{cal}	4 _g	0 _g	3 _g	2 _g	20 _{mg}	1 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 2 oz.

Ingredients:

Broccoli, Badia Complete Seasoning (Dehydrated Garlic, Onion, Spices, Salt, Monosodium Glutamate, Spices, Herbs and Tricalcium Phosphate)

Corn

Contains: Onion, Garlic



47 _{cal}	11 _g	0 _g	1 _g	1 _g	0 _{mg}	2 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 2 oz.

Ingredients:

Corn, Badia Complete Seasoning (Dehydrated Garlic, Onion, Spices, Salt, Monosodium Glutamate, Spices, Herbs and Tricalcium Phosphate)

Corn-SS (allergy substitution)



30 _{cal}	6 _g	0.5 _g	1 _g	1 _g	140 _{mg}	2 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 4 oz.

Ingredients:

Water, Corn, Sea Salt, Ascorbic Acid

Cornbread

Contains: Eggs, Milk, Soy, Wheat



210 _{cal}	25 _g	10 _g	0 _g	3 _g	260 _{mg}	11 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 2 oz (60 grams).

Ingredients:

Enriched Bleached Flour (Wheat Flour, Niacin, Reduced iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Eggs, Water, Sugar, Soybean Oil, Yellow Corn Meal, High Fructose Corn Syrup. Contains 2 or less: Skim Milk, Modified Corn Starch, Leavening Sodium Acid Pyrophosphate, Baking Soda, Corn Starch, Monocalcium Phosphate, Salt, Mono- and Diglycerides, Lactose, Milk Protein Concentrate, Xanthan Gum.

Cornflakes

Contains: Wheat



110_{cal}	26_g	0_g	1_g	2_g	300_{mg}	2_g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 1 cup = 1 oz eq

Ingredients:

Milled Corn, Sugar, Salt, Malt Extract, Corn Syrup, Sodium Ascorbate (Vitamin C), Reduced Iron, Zinc Oxide (Zinc), Niacinamide (Niacin), Palmitate (Vitamin A), Pyridoxine Hydrochloride (B6), Vitamin D, Riboflavin (B2), Thiamin Mononitrate (B1), Folate (Folic Acid), Vitamin B12 and Wheat Starch.

Cottage Cheese

Contains: Milk



80_{cal}	6_g	1_g	0_g	13_g	410_{mg}	4_g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 4 oz.

Ingredients:

Cultured Nonfat Milk, Milk, Nonfat Milk, Contains 2 % or less of: Whey, Salt, Maltodextrin, Guar Gum, Citric Acid, Carrageenan, Mono and Diglycerides, Locust Bean Gum, Potassium Sorbate and Carbon Dioxide (to protect freshness), Natural and Artificial Flavor, Palmitate (Vitamin A), Enzyme.

Cowboy Beans

Contains: Legumes, Tomato, Onion, Garlic



cal	g	g	g	g	mg	g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 2 oz

Ingredients:

Ground Turkey, BBQ Sauce (Water, Vinegar, High Fructose Corn Syrup, Tomato Paste, Sugar, Salt, Modified Food Starch, Contains 2 % or less of: Natural Smoke Flavor, Spice, Paprika, Caramel Color, Garlic, Sodium Benzoate (preservative), Onion), Brown Sugar (Sugar, Molasses, Azucar, Melaza), Chili Powder (Chili Pepper and other Spices, Salt, Garlic Powder), Diced Onions, Pepper, Salt, Vegetarian Baked Beans (Prepared White Beans, Water, Brown Sugar, Sugar, Salt, Mustard [Vinegar, Water, Mustard Seed, Salt, Turmeric, Paprika], Modified Corn Starch, Onion Powder, Caramel Color, Spices, Garlic Powder, Natural Flavor.

Cream of Wheat w/ Brown Sugar

Contains: Milk, Wheat



cal	g	g	g	g	mg	g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size =

Ingredients:

Cream of Wheat (Wheat Farina, Reduced Iron, Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid), Brown Sugar (Sugar, Molasses, Azucar, Melaza), Cinnamon, Salt, Water and Powdered Milk.

Crushed Pineapple

Contains: Citrus



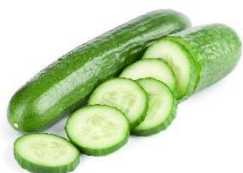
80^{cal}	22^g	0^g	1^g	1^g	0^{mg}	20^g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 4 oz.

Ingredients:

Pineapple, Pineapple Juice, Citric Acid.

Cucumber Slices



10^{cal}	2^g	0^g	1^g	1^g	0^{mg}	1^g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 3.5 oz.

Ingredients:

Cucumber.

Diced Carrots



35^{cal}	7^g	0^g	2^g	1^g	60^{mg}	4^g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 3 oz.

Ingredients:

Carrots.

Diced Chicken



80^{cal}	0^g	4^g	0^g	11^g	140^{mg}	0^g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 2 oz.

Ingredients:

White Chicken Meat, Water, Seasoning (Maltodextrin, Chicken Broth, Yeast Extract, Salt, Natural Flavors), Unmodified Potato Starch, Vinegar and Sea Salt.

Diced Chicken w/ BBQ Sauce

Contains: Tomato, Garlic, Onion



140 _{cal}	10 _g	2.5 _g	0 _g	20 _g	470 _{mg}	8 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 3 oz.

Ingredients:

BBQ Sauce (Water, Vinegar, High Fructose Corn Syrup, Tomato Paste, Sugar, Salt, Modified Food Starch, Contains 2 % or less of: Natural Smoke Flavor, Spice, Paprika, Caramel Color, Garlic, Sodium Benzoate {preservative}, Onion), **Diced Chicken** (White Chicken Meat, Water, Seasoning (Maltodextrin, Chicken Broth, Yeast Extract, Salt, Natural Flavors), Unmodified Potato Starch, Vinegar and Sea Salt).

Diced Ham



66 _{cal}	1 _g	2 _g	0 _g	12 _g	525 _{mg}	1 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 2 oz.

Ingredients:

Ham, Water, Salt, Contains 2% or less: Modified Potato Starch, Potassium Lactate, Brown Sugar, Sugar, Dextros, Sodium Phosphates, Sodium Erythorbate, Vinegar, Corn Syrup, Sodium Diacetate, Sodium Nitrite.

Diced Mangoes



64 _{cal}	17 _g	0 _g	2 _g	1 _g	0 _{mg}	15 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 4 oz.

Ingredients:

Organic Mango

Diced Peaches



60 _{cal}	16 _g	0 _g	2 _g	1 _g	5 _{mg}	14 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 4 oz.

Ingredients:

Peaches, Water, Pear Juice Concentrate and Citric Acid.

Diced Pears



50 _{cal}	13 _g	0 _g	2 _g	0 _g	5 _{mg}	9 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 4 oz.

Ingredients:

Pears, Pear Juice.

Diced Tomatoes

Contains: Tomato



25 _{cal}	5 _g	0 _g	1 _g	1 _g	20 _{mg}	3 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 5 oz.

Ingredients:

Tomato.

Diced Turkey-Allergy Sub



110 _{cal}	1 _g	8 _g	0 _g	8 _g	530 _{mg}	0 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 2 oz.

Ingredients:

Turkey, Water, Salt, Dextrose, Brown Sugar, Sodium Phosphate, Smoke Flavoring, Sodium Erythorbate, Sodium Nitrite.

Diced Turkey & Gravy

Contains: Wheat, Milk, Soy



	cal	g	g	g	g	mg	g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR	

Serving Size = 1 oz.

Ingredients:

Diced Turkey (White Turkey, Water, Modified Food Starch, Salt, Dextrose, Sodium Phosphate), Gravy (Food Starch-Modified, Enriched Bleached Flour (Wheat Flour, Niacin, Iron, thiamin Mononitrate, Riboflavin, Folic Acid), Salt, Palm Oil, Hydrolyzed Vegetable Protein (Corn, Soy), Chicken Fat, Maltodextrin, Chicken, Monosodium Glutamate, Onion, Sugar, Corn Syrup Solids, Chicken Broth, Nonfat Milk, Dextrose, Contains less than 2%: Garlic, Spices, Pepper, Natural Flavors, Turmeric, Soy Flour, Autolyzed Yeast Extract, Whey Protein Concentrate (Milk), Citric Acid, Sodium Caseinate (Milk), Mono- and Diglycerides, Gum Arabic, Color Added, Disodium Guanylate, Disodium Inosinate, Polysorbate 80).

Egg Patty

Contains: Egg, Milk, Soy



60 _{cal}	1 _g	4 _g	0 _g	3 _g	110 _{mg}	0 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 1 patty

Ingredients:

WHOLE EGGS, WATER, SOYBEAN OIL, MODIFIED FOOD STARCH, WHEY SOLIDS, SALT, NONFAT DRIED MILK, CITRIC ACID

Fried Jasmine Rice

Contains: Soy, Wheat, Garlic, Onion



cal	g	g	g	g	mg	g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size =

Ingredients:

Jasmine Rice, Water, Diced Celery, Diced Onions, Sazon Seasoning (Monosodium Glutamate, Salt, Dehydrated Garlic, Cumin, Yellow 5, Tricalcium Phosphate [Anti-Caking Agent], Coriander, Annatto [Color], Red 40), Soy Sauce (Water, Wheat, Soybeans, Salt, Sodium Benzoate).

Fruit Cocktail

Contains: Citrus



80 _{cal}	20 _g	0 _g	1 _g	0 _g	0 _{mg}	18 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 4 oz.

Ingredients:

Diced Peaches, Diced Pears, Pineapple Segments, Grapes, Cherry Halves, Water, Pear Juice Concentrate And Citric Acid.

Gluten Free Brown Rice Loaf (*allergy substitution*)



120 _{cal}	16 _g	6 _g	1 _g	1 _g	10 _{mg}	2 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 1 Slice / 1 oz.

Ingredients:

Filtered Water, Brown Rice Flour, Rice Flour, Tapioca Starch, High Oleic Safflower Oil, Pear Juice Concentrate, Yeast, Modified Cellulose, Cellulose Gum, Orange Citrus Fiber, Baking Powder (Glucono Delta Lactone, Calcium Carbonate, Magnesium Carbonate). Enriched with Thiamin (Vitamin B1), Riboflavin (Vitamin B2), Niacin, Iron, Folic Acid. *Produced in a facility that also processes eggs.

Gluten Free Light Brown Rice Loaf (*allergy substitution*)



50 _{cal}	7 _g	2 _g	1 _g	0 _g	75 _{mg}	1 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 1 Slice / 1 oz.

Ingredients:

Filtered Water, Brown Rice Flour, Rice Flour, Tapioca Starch, High Oleic Safflower Oil, Pear Juice Concentrate, Methylcellulose, Organic Tapioca Syrup, Yeast, Salt, Orange Citrus Fiber, Sodium Carboxymethylcellulose, Baking Powder (Glucono Delta-Lactone, Calcium Carbonate & Magnesium Carbonate), Calcium Phosphate. Enriched with Thiamin (Vitamin B1), Riboflavin (Vitamin B2), Niacin, Iron, Folic acid and Vitamin D.

Green Beans

Contains: Onion, Garlic



30 _{cal}	5 _g	0 _g	2 _g	1 _g	0 _{mg}	2 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 3 oz.

Ingredients:

Green Beans, Badia Complete Seasoning (Dehydrated Garlic, Onion, Spices, Salt, Monosodium Glutamate, Spices, Herbs and Tricalcium Phosphate).

Green Beans-SS (*allergy substitution*)



10 _{cal}	2 _g	0 _g	1 _g	1 _g	105 _{mg}	0 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 4 oz.

Ingredients:

Water, Green Beans, Sea Salt, Ascorbic (to promote color retention)

Green Peas

Contains: Onion, Garlic



70 _{cal}	12 _g	0 _g	4 _g	5 _g	200 _{mg}	4 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 3 oz.

Ingredients:

Peas, Badia Complete Seasoning (Dehydrated Garlic, Onion, Spices, Salt, Monosodium Glutamate, Spices, Herbs and Tricalcium Phosphate).

Ground Turkey Taco Meat

Contains: Citrus, Tomato, Garlic, Onion



cal	g	g	g	g	mg	g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 2 oz.

Ingredients:

Ground Turkey, Onions, Taco Seasoning (Dextrose, Salt, Corn Flour, Chili Pepper, Cumin, Onion Powder, Garlic Powder, Oregano, Citric Acid, Silicon Dioxide [Anti Caking Agent], and Paprika), Tomato Paste (Tomatoes, Citric Acid), Water.

Ground Turkey Sloppy Joe

Contains: Citrus, Tomato, Garlic, Onion



cal	g	g	g	g	mg	g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size =

Ingredients:

Ground Turkey, Ketchup (Tomato Concentrate [Water, Tomato Paste], Corn Syrup, High Fructose Corn Syrup, Vinegar, Salt, Onion, Natural Flavorings and Garlic), Mustard (Distilled Vinegar, Water, No. 1 Grade Mustard Seed, Salt, Turmeric, Paprika, Spices, Natural Flavor and Garlic Powder), Onions, Brown Sugar (Sugar, Molasses, Azucar, Melaza).

Honey Mustard-SS Cup

Contains: Egg, Soy



120 _{cal}	4 _g	12 _g	0 _g	0 _g	210 _{mg}	4 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 1 oz.

Ingredients:

Soybean Oil, Prepared Mustard (Water, Vinegar, Mustard Seed, Salt, Turmeric, Spices), Vinegar, Sugar, Egg Yolk, Honey, Corn Syrup, Contains Less Than 2% Of: Salt, Xanthan Gum, Spices, Paprika And Turmeric.

Hummus

Contains: Citrus, Sesame, Garlic



60 _{cal}	6 _g	3.5 _g	2 _g	3 _g	240 _{mg}	2 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 1 oz.

Ingredients:

Garbanzo Beans, Sesame Tahini, Water, Lemon Juice, Sea Salt, Contains 2% or less of: Garlic Puree (Garlic, Citric Acid), Spices.

Infant Food: Applesauce



60 _{cal}	13 _g	0 _g	1 _g	0 _g	5 _{mg}	12 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 1 package or 4 oz.

Ingredients:

Apples, Ascorbic Acid (Vitamin C).

Infant Food: Bananas



90 _{cal}	22 _g	0 _g	1 _g	1 _g	5 _{mg}	18 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 1 package or 4 oz.

Ingredients:

Fully Ripened Bananas (Banana Puree Concentrate And Water), Citric Acid, Ascorbic Acid (Vitamin C).

Infant Food: Carrots



40 cal	7 g	0 g	1 g	1 g	30 mg	6 g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 1 package or 4 oz.

Ingredients:

Carrots, Water.

Infant Food: Green Beans



35 cal	6 g	0 g	2 g	1 g	10 mg	3 g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 1 package or 4 oz.

Ingredients:

Green Beans, Water.

Infant Food: Formula-Powder

Contains: Milk, Soy

100 cal	11 g	5 g	0 g	2 g	27 mg	0 g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size: 5 fluid oz.

Ingredients:



WHEY PROTEIN CONCENTRATE FROM MILK, ENZYMATICALLY HYDROLYZED, REDUCED IN MINERALS, VEGETABLE OILS (PALM OLEIN, SOY, COCONUT, AND HIGH-OLEIC SAFFLOWER OR HIGH-OLEIC SUNFLOWER), CORN MALTODEXTRIN, AND LESS THAN 2% OF: POTASSIUM HYDROXIDE, CALCIUM CHLORIDE, POTASSIUM PHOSPHATE, CALCIUM PHOSPHATE, CHOLINE BITARTRATE, 2-0-FUCOSYLLACTOSE, CITRIC ACID, M. ALPINA OIL, SCHIZOCHYTRIUM OIL, SODIUM ASCORBATE, MAGNESIUM CHLORIDE, SODIUM CITRATE, SOY LECITHIN, TAURINE, NUCLEOTIDES (CYTIDINE 5-MONOPHOSPHATE, DISODIUM URIDINES, 5-MONOPHOSPHATE, ADENOSINE 5-MONOPHOSPHATE, DISODIUM GUANOSINE 5-MONOPHOSPHATE), INOSITOL, FERROUS SULFATE, ALPHA-TOCOPHERYL ACETATE, MIXED TOCOPHEROLS, ASCORBYL PALMITATE, ZINC SULFATE, NIACINAMIDE, CALCIUM PANTOTHENATE, B. LACTIS CULTURES, L-CARNITINE, COPPER SULFATE, RIBOFLAVIN, THIAMINE MONONITRATE, VITAMIN A ACETATE, PYRIDOXINE HYDROCHLORIDE, MANGANESE SULFATE, POTASSIUM IODIDE, FOLIC ACID, PHYLLOQUINONE, BIOTIN, SODIUM SELENATE, VITAMIN D3, VITAMIN B12. CONTAINS MILK AND SOY

Infant Food: Formula-Powder

Contains: Milk, Soy

100 cal	11 g	5 g	0 g	2 g	27 mg	0 g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size: 5 fluid oz.

Ingredients:



WHEY PROTEIN CONCENTRATE FROM MILK, ENZYMATICALLY HYDROLYZED, REDUCED IN MINERALS, VEGETABLE OILS PALM OLEIN, SOY, COCONUT, AND HIGH-OLEIC SAFFLOWER OR HIGH-OLEIC SUNFLOWER, CORN MALTODEXTRIN, LACTOSE, GALACTO-OLIGOSACCHARIDES, AND LESS THAN 2 OF: POTASSIUM CITRATE, POTASSIUM PHOSPHATE, CALCIUM CHLORIDE, CALCIUM PHOSPHATE, SODIUM CITRATE, MAGNESIUM CHLORIDE, FERROUS SULFATE, ZINC SULFATE, COPPER SULFATE, POTASSIUM IODIDE, MANGANESE SULFATE, SODIUM SELENATE, M. ALPINA OIL, C. COHNII OIL, SODIUM ASCORBATE, INOSITOL, CHOLINE BITARTRATE, ALPHA-TOCOPHERYL ACETATE, NIACINAMIDE, CALCIUM PANTOTHENATE, RIBOFLAVIN, VITAMIN A ACETATE, PYRIDOXINE HYDROCHLORIDE, THIAMINE MONONITRATE, FOLIC ACID, PHYLLOQUINONE, BIOTIN, VITAMIN D3, VITAMIN B12, TAURINE, NUCLEOTIDES CYTIDINE 5'-MONOPHOSPHATE, DISODIUM URIDINE 5'-MONOPHOSPHATE, ADENOSINE 5'-MONOPHOSPHATE, DISODIUM GUANOSINE 5'-MONOPHOSPHATE, ASCORBYL PALMITATE, MIXED TOCOPHEROLS, L-CARNITINE, B. LACTIS CULTURES, SOY LECITHIN.

Infant Food: Formula-RTF

Contains: Milk, Soy



100_{cal}	11_g	5_g	0_g	2_g	27_{mg}	0_g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size: 5 fluid oz.

Ingredients:

Water, Whey Protein Concentrate from Milk, Enzymatically Hydrolyzed, Reduced in Minerals, Vegetable Oils (Palm Olein, Soy, Coconut, and High-Oleic Safflower or High-Oleic Sunflower), Corn Maltodextrin, Lactose, and less than 1.5% of: Galacto-Oligosaccharides, Potassium Citrate, Potassium Phosphate, Calcium Chloride, Calcium Phosphate, Sodium Citrate, Magnesium Chloride, Ferrous Sulfate, Zinc Sulfate, Copper Sulfate, Potassium Iodide, Manganese Sulfate, Sodium Selenate, M. Alpina Oil, Cohnii Oil, Sodium Ascorbate, Inositol, Choline Bitartrate, Alpha-Tocopheryl Acetate, Niacinamide, Calcium Pantothenate, Riboflavin, Vitamin A Palmitate, Pyridoxine Hydrochloride, Thiamine Mononitrite, Folic Acid, Phylloquinone, Biotin, Vitamin D3, Vitamin B12, Taurine, Nucleotides Cytidine 5-Monophosphate, Disodium Uridine 5-Monophosphate Adenosine 5-Monophosphate, Disodium Guanosine 5-Monophosphate, Ascorbyl Palmitate, Mixed Tocopherols, L-Carnitine, Soy Lecithin.

Infant Food: Oatmeal Cereal

Contains: Wheat



60_{cal}	10_g	1_g	1_g	2_g	0_{mg}	2_g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 1/4 Cup

Ingredients:

Whole Grain Oat Flour And Oat Flour, Calcium Carbonate, And Less Than 2% Of: Potassium Phosphate, Ascorbic Acid (Vitamin C), Electrolytic Iron, Zinc Sulfate, Alpha Tocopheryl Acetate (Vitamin E), Niacinamide (A B Vitamin) Riboflavin (Vitamin B2), Thiamin Mononitrate (Vitamin B1), Pyridoxine Hydrochloride (Vitamin B6), Vitamin B12, Folic Acid (A B Vitamin).

Infant Food: Peaches



70_{cal}	14_g	0_g	1_g	1_g	0_{mg}	12_g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 1 package or 4 oz.

Ingredients:

Peaches, Peach Puree (Water, Peach Puree Concentrate), Ascorbic Acid (Vitamin C).

Infant Food: Pears



70_{cal}	16_g	0_g	3_g	0_g	5_{mg}	10_g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 1 package or 4 oz.

Ingredients:

Pears, Pear Puree (Water, Pear Puree Concentrate), Ascorbic Acid (Vitamin C), Citric Acid.

Infant Food: Peas



45 _{cal}	7 _g	0 _g	2 _g	2 _g	5 _{mg}	2 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 1 package or 4 oz.

Ingredients:
Peas, Water.

Infant Food: Rice Cereal

Contains: Soy



60 _{cal}	12 _g	1 _g	0 _g	1 _g	0 _{mg}	1 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 1/4 Cup

Ingredients:

Rice Flour, Calcium Carbonate, And Less Than 2% Of: Soy Lecithin, Potassium, Ferrous Fumarate (Iron) Ascorbic Acid (Vitamin C), Zinc Sulfate, Alpha Tocopheryl Acetate (Vitamin E), Riboflavin (Vitamin B2), Thamin Monontrate (Vitamin B1), Pyridoxine Hydrochloride (Vitamin B6), Vitamin B12, Folic Acid.

Infant Food: Squash



35 _{cal}	7 _g	0 _g	1 _g	1 _g	5 _{mg}	4 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 1 package / 4 oz.

Ingredients:
Squash, Water.

Infant Food: Sweet Potatoes



70 _{cal}	14 _g	0 _g	1 _g	1 _g	20 _{mg}	8 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 1 package / 4 oz.

Ingredients:

Sweet Potatoes, Water, Ascorbic Acid (Vitamin C) To Maintain Color.

Instant Grits (allergy substitution)



100 _{cal}	22 _g	0 _g	1 _g	2 _g	310 _{mg}	0 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 1 packet

Ingredients:

Specially Processed Degerminated White Corn Grits, Salt, Calcium Carbonate, Reduced Iron, Niacin, BHT and Citric Acid (as preservatives), Thiamin Mononitrate, Riboflavin, Folic Acid.

Jasmine Rice



104 ^{cal}	45 ^g	0 ^g	1 ^g	3 ^g	6 ^{mg}	0 ^g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 1/2 cup cooked, 1 oz dry

Ingredients:

Jasmine Rice, Water, Salt.

Jelly-SS Cup-Assorted



35 ^{cal}	9 ^g	0 ^g	0 ^g	0 ^g	0 ^{mg}	8 ^g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 0.5 oz.

Ingredients:

Mixed: High Fructose Corn Syrup, Corn Syrup, Grape Juice, Apple Juice, Fruit Pectin, Citric Acid. **GRAPE JELLY:** GRAPE JUICE (WATER, GRAPE JUICE CONCENTRATE), CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, CITRIC ACID, PECTIN, POTASSIUM SORBATE (PRESERVATIVE). **STRAWBERRY JAM WITH NATURAL FLAVOR:** STRAWBERRIES (STRAWBERRIES, STRAWBERRY PUREE CONCENTRATE), CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, SUGAR, CITRIC ACID, PECTIN, NATURAL FLAVOR. **MIXED FRUIT JELLY:** APPLE AND GRAPE JUICE (WATER, APPLE AND GRAPE JUICE CONCENTRATE), CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, CITRIC ACID, PECTIN, POTASSIUM SORBATE (PRESERVATIVE).

Ketchup-SS Pouch

Contains: Citrus, Tomato, Onion, Garlic



35 ^{cal}	9 ^g	0 ^g	0 ^g	0 ^g	0 ^{mg}	0 ^g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 0.5 oz.

Ingredients:

Tomato Concentrate, High Fructose Corn Syrup, Distilled Vinegar, Corn Syrup, Salt, Less than 2% of: Spices, Onion Powder, Garlic Powder, Natural Flavors.

Kidney Beans-canned (*allergy substitution*)

Contains: Legumes



100 ^{cal}	21 ^g	.5 ^g	7 ^g	7 ^g	260 ^{mg}	1 ^g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 4 oz.

Ingredients:

Prepared Kidney Beans, Water, Sugar, Salt, Calcium Chloride (firming agent), Disodium Edta (to promote color retention)

Kikkoman Organic Soy Milk

Contains: Soy



130 _{cal}	15 _g	4.5 _g	2	8 _g	110 _{mg}	11 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 8 oz.

Ingredients:

Filtered Water, Whole Organic Soybeans, Organic Dried Cane Syrup, Tricalcium Phosphate, Sea Salt, Potassium Phosphate, Carrageenan, Organic Natural Vanilla Flavor, Vitamin A Palmitate, Vitamin D2, Riboflavin (Vitamin B2), Vitamin B12.

Kix Cereal



110 _{cal}	25 _g	1 _g	3 _g	2 _g	180 _{mg}	3 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 1 1/4 cup = 1 oz eq.

Ingredients:

Whole Grain Corn, Corn Meal, Sugar, Corn Bran, Salt, Brown Sugar Syrup, Trisodium Phosphate, Vitamin E (Mixed Tocopherols) Added To Preserve Freshness.

Lactose-Free Milk-Fat Free

Contains: Milk



90 _{cal}	13 _g	0 _g	0 _g	9 _g	130 _{mg}	12 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 8 oz.

Ingredients:

FAT FREE MILK, LACTASE ENZYME, VITAMIN A PALMITATE, VITAMIN D3

Lemon Juice

Contains: Citrus



0 _{cal}	0 _g	0 _g	0 _g	0 _g	0 _{mg}	0 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = .5 oz.

Ingredients:

Filtered Water, Lemon Juice Concentrate, Sodium Bisulfate (Preservative), Sodium Benzoate (Preservative), and Lemon Oil.

Life Cereal

Contains: Wheat



120 _{cal}	25 _g	1.5 _g	2 _g	3 _g	160 _{mg}	6 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 3/4 cup = 1 oz eq

Ingredients:

Whole Grain Oat Flour, Sugar, Corn Flour, Whole Wheat Flour, Rice Flour, Salt, Calcium Carbonate, Disodium Phosphate, Reduced Iron, Miacinamide, Zinc Oxide, BHT (A Preservative), Yellow 5, Yellow 6, Thiamin Mononitrate, Pyridoxin Hydrochloride, Riboflavin, Folic Acid.

Linguine w/ Alfredo Sauce

Contains: Milk, Soy, Wheat, Garlic



cal	g	g	g	g	mg	g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size =

Ingredients:

Linguine (Semolina, Durum Flour, Enriched With Iron [Ferrous Sulfate] And B Vitamins [Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid]), Alfredo Sauce: Margarine (Vegetable Oil Blend [Palm Oil, Soybean Oil] Water, Contains 2% or less of: Salt, Soybean Lecithin [Soy], Vegetable Monoglycerides, Citric Acid [Preservative], Beta Caroten [Color], Natural Flavor and Vitamin A Palmitate Added), All Purpose Flour, 1% Milk, Parmesan Cheese (Pasteurized Part Skim Milk, Cheese Cultures, Salt, Enzymes and Powdered Cellulose [Anti Caking Agent]), Salt, Pepper, Garlic.

Mandarin Oranges

Contains: Citrus



50 _{cal}	13 _g	0 _g	1 _g	1 _g	10 _{mg}	12 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 4 oz.

Ingredients:

Mandarin Orange Segments, Pear Juice.

Mayonnaise-SS Pouch

Contains: Eggs, Soy



30_{cal}	1_g	3_g	0_g	0_g	85_{mg}	0_g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 0.5 oz.

Ingredients:

Water, Soybean Oil, Vinegar, Modified Food Starch, Egg Yolks, Contains Less Than 2% Of Salt, Eggs, Natural Flavor, Mustard Flour, Potassium Sorbate And Calcium Disodium Edta (As Preservatives), Phosphoric Acid, Oleoresin Paprika.

Meatballs w/ BBQ Sauce (SAC only) **Contains: Citrus, Tomato, Onion, Garlic, Milk, Soy, Wheat**



cal	g	g	g	g	mg	g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 2 oz.

Ingredients:

BBQ Sauce (Water, Vinegar, High Fructose Corn Syrup, Tomato Paste, Sugar, Salt, Modified Food Starch, Contains 2 % or less of: Natural Smoke Flavor, Spice, Paprika, Caramel Color, Garlic, Sodium Benzoate {preservative}, Onion). **Meatballs** Ground Beef (Not more than 30% fat), Water, Textured Vegetable Protein Product [Soy Protein Concentrate, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), and Cyanocobalamin (B12)], Meatball Seasoning (Dextrose, Tomato Powder, Soybean Oil, Disodium Inosinate and Disodium Guanylate, Spice Extractives, Nonfat Milk), Bell Peppers, Dehydrated Minced Onion, Bread Crumbs [Bleached Wheat Flour, Soybean Oil, Dextrose, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Whey, Oleoresin, Paprika], Salt, Sodium Phosphate.

Milk--1 %

Contains: Milk



110_{cal}	12_g	2.5_g	0_g	8_g	115_{mg}	12_g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 8 oz.

Ingredients:

Milk

Milk--FF Chocolate (SAC only)

Contains: Milk



130_{cal}	23_g	0_g	1_g	8_g	170_{mg}	22_g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 8 oz.

Ingredients:

Nonfat milk, sugar, cocoa (processed with alkali), corn starch, salt, carrageenan, vanillin (an artificial flavor), vitamin A palmitate, vitamin D3.

Milk--Whole

Contains: *Milk*



CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR
150 _{cal}	12 _g	8 _g	0 _g	8 _g	120 _{mg}	12 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 8 oz.

Ingredients: Milk

Mustard-SS Pouch

Contains: *Garlic*



CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR
5 _{cal}	1 _g	0 _g	0 _g	1 _g	85 _{mg}	0 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 1 Packet / 0.2 oz.

Ingredients:

Distilled Vinegar, Water, Mustard Seed, Mustard Bran, Salt, Turmeric, Paprika, Garlic Powder, Spices, Extractive Of Paprika, Mustard Oil.

Oatmeal w/ Brown Sugar and Cinnamon

Contains: *Milk*



cal	g	g	g	g	mg	g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size =

Ingredients:

Oatmeal (100 % Natural Whole Grain Quaker Quality Rolled Oats), Water, Powdered Milk, Brown Sugar, Cinnamon.

Orange Slices

Contains: *Citrus*



cal	g	g	g	g	mg	g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR
80 _{cal}	19 _g	0 _g	3 _g	1 _g	0 _{mg}	14 _g

Serving Size = 1 Orange / 5 oz.

Ingredients:

Oranges.

Peach Cup

Contains: *Citrus*



cal	g	g	g	g	mg	g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR
60 _{cal}	14 _g	0 _g	1 _g	1 _g	0 _{mg}	12 _g

Serving Size = 4 oz.

Ingredients:

Peaches, White Grape Juice Concentrate Water, White Grape Juice Concentrate, Lemon Juice from Concentrate Water, Lemon Juice Concentrate, Natural Flavors, Ascorbic Acid Vitamin C to Promote Color Retention, Citric Acid.

Pickle Chips (SAC only)



5^{cal}	1^g	0^g	0^g	0^g	380^{mg}	0^g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 1 oz.

Ingredients:

Cucumbers, Water, Vinegar, Salt. Contains less than 2% of Calcium Chloride, Potassium Sorbate (Preservative), Natural Flavors, Polysorbate 80, Yellow 5.

Pineapple Tidbits

Contains: Citrus



80^{cal}	22^g	0^g	1^g	1^g	0^{mg}	20^g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 5 oz.

Ingredients:

Pineapple, Pineapple Juice And Citric Acid.

Potato Medley



90^{cal}	19^g	1^g	3^g	2^g	330^{mg}	2^g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 3 oz.

Ingredients:

Potatoes, Sweet Potatoes, Canola Oil, Salt, Disodium Dihydrogen Pyrophosphate (To Promote Color Retention).

Potato Medley- Red Roasted

Contains: Citrus, Garlic, Onion



120^{cal}	20^g	3^g	2^g	3^g	200^{mg}	1^g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 3 oz.

Ingredients:

Redskin Potatoes, Olive Oil. Contains less than 2% of Autolyzed Yeast Extract, Citric Acid, Color Turmeric Oleoresin, Paprika Oleoresin, Dehydrated Garlic, Dehydrated Onion, Dextrose, Dried Chicken Broth, Natural Flavors, Salt, Spices, Sugar.

Not a menu item, but a frequent substitute.

Potato Salad

Contains: Egg, Soy, Onion, Garlic



220 _{cal}	27 _g	12 _g	3 _g	2 _g	550 _{mg}	7 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 4 oz.

Ingredients:

POTATOES, MAYONNAISE (SOYBEAN OIL, WATER, EGG YOLKS, VINEGAR, SALT), SUGAR, CELERY, WATER, SWEET PICKLE RELISH (CUCUMBERS, SUGAR, DISTILLED VINEGAR, SALT, CONTAINS LESS THAN 2% OF: MUSTARD SEED, XANTHAN GUM, CALCIUM CHLORIDE, CELERY SEED, DEHYDRATED RED BELL PEPPER, NATURAL FLAVORING, TURMERIC, MINCED ONION), MUSTARD (WATER, VINEGAR, MUSTARD SEED, SALT, SUGAR, TURMERIC AND PAPRIKA, GARLIC POWDER, SPICES, XANTHAN GUM, ANNATTO COLOR, NATURAL FLAVOR, CITRIC ACID), ONION, VINEGAR, RED BELL PEPPER, SALT, MODIFIED CORN STARCH, BLACK PEPPER, SODIUM BENZOATE (PRESERVATIVE), POTASSIUM SORBATE (PRESERVATIVE), XANTHAN GUM, ANNATTO COLOR.

Raisins



299 _{cal}	80 _g	1 _g	4 _g	3 _g	11 _{mg}	60 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 3.5 oz.

Ingredients:

Raisins.

Ranch Dressing-SS Cup

Contains: Egg, Milk, Soy, Onion, Garlic



70 _{cal}	1 _g	7 _g	0 _g	1 _g	250 _{mg}	1 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 1 oz.

Ingredients:

Buttermilk, Water, Vegetable Oil, Soybean and/or Canola, Vinegar, Egg Yolk, Contains less than 2%: Salt, Cornstarch, Sugar, Disodium Inosinate, and Disodium Guanylate, Nonfat Dry Milk, Xanthan Gum, Onion, Natural Buttermilk Flavor, Milk, Spice, Sorbic Acid as a Preservative, Cream, Lactic Acid, Corn Syrup Solids, Garlic, Guar Gum, Dipotassium Phosphate.

Rice Chex Cereal



100 _{cal}	23 _g	0 _g	1 _g	2 _g	220 _{mg}	2 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 1 cup = 1 oz eq

Ingredients:

Whole Grain Rice, Rice, Sugar, Salt, Molasses, Vitamin E (Mixed Tocopherols) And BHT Added To Preserve Freshness, Vitamins And Minerals: Calcium Carbonate, Iron And Zinc (Mineral Nutrients), Vitamin C (Sodium Asorbate), A B Vitamin (Niacinamide), Vitamin B6 (Pyridoxine Hydrochloide), Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin Mononitrate), Vitamin A (Palmitate) A B Vitamin (Folic Acid), Vitamin B12, Vitamin D3.

Rice Crispy Cereal



120 _{cal}	29 _g	0 _g	0 _g	2 _g	310 _{mg}	3 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 1 1/4 cup = 1 oz eq.

Ingredients:

Rice, Sugar, Salt, Malt Extract, Vitamin C (Sodium Ascorbate), Iron (Ferric Orthophosphate), Vitamin A (Palmitate), Niacinamide, Preservative (tocopherols), Zinc (Zinc Oxide), Vitamin B1 (thiamine Mononitrate), Vitamin B6 (Pyridoxine Hydrochloride), Vitamin D (Cholecalciferol), Vitamin B2 (Riboflavin), Folic Acid, Vitamin B12 (Cyanocobalamin).

Salsa

Contains: Tomato, Onions, Garlic



15 _{cal}	3 _g	0 _g	1 _g	0 _g	220 _{mg}	2 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 30 ml.

Ingredients:

Crushed Tomatoes (Water, Crushed Tomato Concentrate), Fresh Jalapeno Peppers, Diced Tomatoes In Tomato Juice, Fresh Onions, Dehydrated Onions, Distilled Vinegar, Salt, Water, Garlic, Natural Flavoring.

Shredded Cheese

Contains: Milk



110 _{cal}	1 _g	8 _g	0 _g	7 _g	180 _{mg}	0 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 31 oz.

Ingredients:

Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Monterey Jack Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes), Potato Starch and Powdered Cellulose Added to Prevent Caking, Natamycin (A Natural Mold Inhibitor).

Shredded Lettuce



14_{cal}	3_g	1_g	1_g	1_g	10_{mg}	2_g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 3.5 oz.

Ingredients:

Lettuce.

Sliced Ham



80_{cal}	4_g	2_g	0_g	10_g	710_{mg}	2_g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 3 Slices / 2 oz.

Ingredients:

Honey Ham Cured With Water, Honey, Contains 2% Or Less Of: Sodium Lactate, Salt, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite.

Sliced Turkey



50_{cal}	1_g	1_g	0_g	10_g	650_{mg}	1_g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 3 Slices / 2 oz.

Ingredients:

Turkey Breast Meat, Water, Salt, Sugar, Modified Cornstarch, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite.

Spaghetti Sauce

Contains: Tomato, Citrus



80_{cal}	14_g	0_g	3_g	3_g	500_{mg}	7_g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 4 oz.

Ingredients:

Tomato Concentrate (Water, Tomato Paste), Corn Syrup, Salt, Spices, Dehydrated Parsley, Citric Acid, Natural Flavor.

Spinach

Contains: Onion, Garlic



20_{cal}	2_g	0_g	2_g	2_g	11_{mg}	1_g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 3 oz.

Ingredients:

Spinach, Badia Complete Seasoning (Dehydrated Garlic, Onion, Spices, Salt, Monosodium Glutamate, Spices, Herbs and Tricalcium Phosphate).

String Cheese

Contains: Milk



90 _{cal}	1 _g	6 _g	0 _g	7 _g	150 _{mg}	0 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 1 oz.

Ingredients:

Pasteurized Cultured Cow's Milk, Salt, and Enzymes.

String Cheese (SAC only SS)

Contains: Milk



80 _{cal}	1 _g	6 _g	0 _g	6 _g	200 _{mg}	1 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 1 oz.

Ingredients:

Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes.

SunButter & Grape Jelly



200 _{cal}	7 _g	16 _g	4 _g	7 _g	120 _{mg}	3 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 1 oz.

Ingredients:

Sunbutter (Sunflower Seed, Sugar, Mono Diglycerides {to prevent separation}, Salt, Natural Mixed Tocopherols {to preserve freshness}). Grape Jelly (Concord Grapes, Corn Syrup, High Fructose Corn Syrup, Fruit Pectin, Citric Acid, Sodium Nitrate).

Sweet Potato Cubes



60 _{cal}	14 _g	0 _g	3 _g	1 _g	20 _{mg}	8 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 2.5 oz

Ingredients:

Sweet Potatoes.

Sweet Potatoes



89 ^{cal}	21 ^g	1 ^g	3 ^g	1 ^g	44 ^{mg}	15 ^g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 3.5 oz.

Ingredients:

Sweet Potatoes, Water, Corn Syrup And Sugar.

Syrup-SS Cup



80 ^{cal}	20 ^g	0 ^g	0 ^g	0 ^g	25 ^{mg}	11 ^g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 1.4 oz.

Ingredients:

Corn Syrup, High Fructose Corn Syrup, Water, Salt, Caramel Color, Natural and Artificial Flavors.

Syrup (SF) (allergy substitution)



20 ^{cal}	8 ^g	0 ^g	0 ^g	0 ^g	150 ^{mg}	7 ^g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR
						ALCOHOL

Serving Size = 2 oz.

Ingredients:

Water, Sorbitol. Contains 2% or less of: Cellulose Gum, Natural and Artificial Flavor (Caramel Color), Salt, Phosphoric Acid, Aspartame, Preservatives (Sorbic Acid, Sodium Benzoate), Caramel Color, Sodium Hexametaphosphate, Citric Acid, Acesulfame Potassium, Neotame.

Teriyaki Diced Chicken

Contains: Sesame, Soy, Wheat, Citrus, Garlic, Onion



cal	g	g	g	g	mg	g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size:

Ingredients:

Diced Chicken (White Chicken Meat, Water, Seasoning (Maltodextrin, Chicken Broth, Yeast Extract, Salt Natural Flavors), Unmodified Potato Starch, Vinegar and Sea Salt), Teriyaki Sauce (High Fructose Corn Syrup, Soy Sauce {Water, Wheat, Soybeans, Salt}, Sugar, Vinegar {Distilled Rice}, Modified Food Starch, Water, Contains Less Than 2 % of: Sesame Seeds, Soybean Oil, Pineapple Juice Concentrate, Spices, Salt, Sodium Acid Sulfate, Potassium Sorbate and Sodium Benzoate {Preservatives}, Garlic, Xanthan Gum, Caramel Color, Onion).

Tropical Fruit

Contains: Citrus



70 _{cal}	17 _g	0 _g	2 _g	1 _g	0 _{mg}	15 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 4 oz.

Ingredients:

Pineapple Chunks, Papaya, Pineapple Juice, Guava, Water, White Grape Juice Concentrate, Ascorbic Acid And Citric Acid.

Tuna-Canned (*allergy substitution*)

Contains: Soy



70 _{cal}	0 _g	0.5 _g	0 _g	16 _g	320 _{mg}	0 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 5 oz.

Ingredients:

Light Tuna, Water, Vegetable Broth, Salt

Vanilla Yogurt

Contains: Milk



110 _{cal}	20 _g	0 _g	0 _g	7 _g	115 _{mg}	13 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 8 oz.

Ingredients:

Nonfat Yogurt-Cultured Grade A Non Fat Milk, Water, Modified Food Starch, Cane Sugar, Contains Less Than 1% Of Kosher Gelatin, Natural And Artificial Flavors, Sucralose, Sodium Citrate, Potassium Sorbate (To Maintain Freshness), Acesulfame Potassium, Citric Acid, Vitamin A Palmitate, Vitamin D3. Contains Active Yogurt Cultures Including L. Acidophilus.

Wheat Twin Crackers

Contains: Wheat, Soy



60 _{cal}	9 _g	2 _g	1 _g	1 _g	135 _{mg}	1 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 1 oz. (4 crackers)

Ingredients:

Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Vegetable Oils (Palm and Soybean), Sugar, Whole Wheat Flour, Malted Barley Flour, Salt, Leavening (Monocalcium Phosphate, Sodium Bicarbonate, Ammonium Bicarbonate).

White Corn Soft Tortillas (*allergy substitute*)



50_{cal}	11_g	1_g	1_g	1_g	10_{mg}	1_g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 1 tortilla

Ingredients:

Corn Masa Flour, Water, Contains 2% or less of: Cellulose Gum, Guar Gum, Folic Acid, Propionic Acid, Benzoic Acid and Phosphoric Acid (to maintain freshness)

Whole Corn Tortilla Chips (**SAC only**)

Contains: Soy



140_{cal}	18_g	7_g	2_g	2_g	100_{mg}	0_g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 1 oz.

Ingredients:

Whole Yellow/White Corn, Vegetable Oil (Cottonseed and/or Soybean Oil), Salt.

Whole Grain Cheese Snack Crackers

Contains: Milk, Soy, Wheat



100_{cal}	17_g	3.5_g	2_g	3_g	180_{mg}	0_g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 1 oz.

Ingredients:

Whole Grain Wheat Flour, Enriched Wheat Flour (Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Soybean Oil, Cheddar Cheese, Cultured Milk, Salt, Enzymes, Annatto Extract for color, Applesauce, Apple Fiber, Salt, Yeast.

Whole Grain Cracker Bites

Contains: Milk, Soy, Wheat



110 ^{cal}	16 ^g	4.5 ^g	2 ^g	2 ^g	160 ^{mg}	1 ^g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 1 oz.

Ingredients:

Whole Grain Wheat Flour, Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Soybean Oil, Granulated Sugar, Corn Syrup, Natural Flavors (Contains Milk), Modified Corn Starch, Salt, Soy Lecithin, Baking Powder, Sodium Acid Pyrophosphate, Sodium Bicarbonate, Mono Calcium Phosphate.

Whole Grain French Toast Sticks

Contains: Eggs, Milk, Soy, Wheat



260 ^{cal}	42 ^g	8 ^g	2 ^g	6 ^g	290 ^{mg}	14 ^g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 3 oz.

Ingredients:

WHOLE WHEAT BREAD WHOLE WHEAT FLOUR, WATER, ENRICHED WHEAT FLOUR [FLOUR, MALTED BARLEY FLOUR, REDUCED IRON, NIACIN, THIAMINE MONONITRATE VITAMIN B1, RIBOFLAVIN VITAMIN B2, FOLIC ACID], SUGAR, WHEAT GLUTEN, YEAST. CONTAINS 2 OR LESS OF EACH OF THE FOLLOWING: SOYBEAN OIL, SALT, CALCIUM PROPIONATE PRESERVATIVE, DATEM, SOY LECITHIN, WATER, WHOLE WHEAT BATTER WHOLE WHEAT FLOUR, SUGAR, ENRICHED WHEAT FLOUR [WHEAT FLOUR, NIACIN, IRON, THIAMINE, RIBOFLAVIN, FOLIC ACID], DEXTROSE, YELLOW CORN FLOUR, MODIFIED CORNSTARCH. CONTAINS 2 OR LESS OF EACH OF THE FOLLOWING: CINNAMON, NUTMEG, EGG, SKIM MILK, SALT, SOYBEAN OIL, NATURAL AND ARTIFICIAL FLAVOR, LEAVENING [SODIUM BICARBONATE], CORN SYRUP SOLIDS, MODIFIED CELLULOSE, SOY LECITHIN, COATING ENRICHED WHEAT FLOUR [WHEAT FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], YELLOW CORN FLOUR, SUGAR, SOY FLOUR, SALT, DEXTROSE, LEAVENING [SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE], YEAST, SOYBEAN OIL, CINNAMON SUGAR SUGAR, CINNAMON.

Bake Crafters

Whole Grain Macaroni And Cheese

Contains: Milk, Soy, Wheat



cal	g	g	g	g	mg	g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size =

Ingredients:

Elbow Macaroni (Whole Grain Durum Wheat Flour, Semolina Durum Wheat Flour, Oat Fiber), Cheddar Cheese Sauce (Cheese Whey, Partially Hydrogenated Soybean Oil, Modified Food Starch, Salt, Sodium Phosphate, Natural Flavors, Monosodium Glutamate, Cheddar Cheese and Blue Cheese [Cultured Milk, Salt and Enzymes], Sodium Stearoyl Lactylate, Mono and Diglycerides, Datem, Vinegar, Sodium Polyphosphate, Color Added: Caramel Color, Yellow 5 and Yellow 6), 1% Milk, Shredded Cheese (Cheddar Cheese [Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [For Color], Monterey Jack Cheese [Pasteurized Milk, Cheese Culture, Salt, Enzymes], Potato Starch and Powdered Cellulose [Prevent Caking], Natamycin [Natural Mold Inhibitor].

Whole Grain Muffin (SAC only)

Contains: Eggs, Soy, Wheat



190 _{cal}	30 _g	6 _g	2 _g	3 _g	130 _{mg}	16 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 2 oz

Ingredients:

WHOLE WHEAT FLOUR, SUGAR, EGGS, WATER, ENRICHED FLOUR WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, BLUEBERRIES, INVERT SUGAR, SOYBEAN OIL, CONTAINS 2 OR LESS OF: PALM OIL, CANOLA OIL, OAT FIBER, LEAVENING SODIUM ALUMINUM PHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE, MODIFIED CORN STARCH, POTASSIUM SORBATE PRESERVATIVE, PROPYLENE GLYCOL ESTER OF FATTY ACIDS, SODIUM ALGINATE, NATURAL AND ARTIFICIAL FLAVOR, SALT, MONOAND DIGLYCERIDES, NATURAL BLUEBERRY FLAVOR, SOY LECITHIN, SODIUM STEAROYL LACTYLATE, BLUEBERRY JUICE CONCENTRATE, MALIC ACID, BLACKBERRY JUICE CONCENTRATE, ENZYMES.

Whole Grain Spaghetti w/ Ground Turkey Meat Sa

Contains: Wheat, Tomato, Citrus, Onion



200 _{cal}	41 _g	2 _g	6 _g	7 _g	10 _{mg}	2 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size: (2oz)

Ingredients:

Whole Grain Spaghetti (Whole Grain Durum Wheat Flour, Semolina [Wheat], Durum Wheat Flour, Oat Fiber, Niacin, Iron [Ferrous Sulfate], Thiamine Mononitrate, Riboflavor, Folic Acid), Ground Turkey, Spaghetti Sauce (Tomato Concentrate [Water, Tomato Paste], Corn Syrup, Salt, Spices, Dehydrated Parsley, Citric Acid, Natural Flavor), Diced Tomatoes (Tomatoes, Tomato Juice, Salt, Calcium Chloride and Citric Acid), Diced Onions.

Whole Grain Sweet Potato Crackers

Contains: Soy, Wheat



133 _{cal}	22 _g	2 _g	2 _g	2 _g	80 _{mg}	6 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 1 oz.

Ingredients:

Whole Grain Wheat Flour, Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine, Mononitrate, Riboflavin, Folic Acid), Granulated Sugar, Soybean Oil, Sweet Potato Puree, Applesauce, Molasses, Apple Juice Concentrate, Baking Soda, Natural Flavors, Ground Cinnamon, Soy Lecithin, Sodium Ascorbate, Vitamin C, Apple Fiber, Dough Conditioner, Enzymes.

Whole Wheat Berry Animal Crackers

Contains: Milk, Soy, Wheat



110 _{cal}	18 _g	3.5 _g	2 _g	2 _g	60 _{mg}	6 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 1 oz.

Ingredients:

Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Soybean Oil, Dextrose, Naturally Flavored Blueberry Bits Sugar, Soybean Oil, Whole Grain Wheat Flour, Blueberry Powder, Citric Acid, Fruit Juice Extract, Natural Flavors, Naturally Flavored Strawberry Bits Sugar, Soybean Oil, Whole Grain Wheat Flour, Strawberry Powder, Citric Acid, Fruit Juice Extract, Natural Flavors, Apple Juice Concentrate, Apple Puree, Ascorbic Acid, Soy Lecithin, Apple Fiber, Natural Flavors. Contains: Milk, Baking Soda, Salt, Sodium Ascorbate, Vitamin C.

Whole Wheat Biscuit

Contains: Milk, Soy, Wheat



160 _{cal}	27 _g	4 _g	2 _g	5 _g	360 _{mg}	6 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 2 Biscuits / 2 oz.

Ingredients:

White Wheat 100% Whole Wheat Flour, Enriched Bleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Interesterified Soybean Oil (With Distilled Monoglycerides Added), Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Calcium Sulfate, Monocalcium Phosphate), Buttermilk Solids, Salt, Honey Flavor (Maltodextrin, Dextrose, Dry Fructose Food Starch [Tapioca/Waxy maize] And Triacetin), Xanthan Gum, Mono And Diglycerides.

Whole Wheat Bread

Contains: Soy, Wheat



100 _{cal}	18 _g	2 _g	2 _g	4 _g	180 _{mg}	2 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 1 Slice / 1 oz.

Ingredients:

Water, Whole Wheat Flour, Enriched Wheat Flour (Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), High Fructose Corn Syrup, Wheat Gluten, Soybean Oil, Contains 2% Or less Of Each Of The Following: Yeast, Salt, Molasses, Vinegar, Sodium Stearoyl Lactylate, Ethoxylated Mono And Diglycerides, Mono Calcium Phosphate, Ammonium Sulfate, Calcium Sulfate, Calcium Peroxide, Soy Lecithin, Calcium Propionate (To Preserve Freshness).

Whole Wheat Bun (SAC only)

Contains: Soy, Wheat



150 _{cal}	30 _g	2 _g	3 _g	5 _g	310 _{mg}	4 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 1 Bun / 2 oz.

Ingredients:

Water, Whole Wheat Flour, Unbleached Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin, Mononitrate, Riboflavin, Folic Acid), High Fructose Corn Syrup, Wheat Gluten, Contains 2% or less of each of the following: Yeast, Honey, Soybean Oil, Salt, Dough Conditioners (Contains one or more of the following: Sodium Stearoyl Lactylate, Calcium Stearoyl, Monoglycerides, Mono-and Diglycerides, Distilled Monoglycerides, Calcium Peroxide, Calcium Iodate, Datem, Ethoxylated Mono-and Diglycerides, Enzymes, Ascorbic Acid), Calcium Sulfate, Calcium Propionate (to retard spoilage).

Whole Wheat Crackers

Contains: Soy, Wheat.



60 _{cal}	9 _g	1.5 _g	.7 _g	2 _g	130 _{mg}	1 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 0.5 oz. (4 crackers)

Ingredients:

Whole Wheat Flour, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Vegetable Oil (contains one or more of the following: Canola Oil, Corn Oil, Palm Oil, Soybean Oil), Salt, Sodium Bicarbonate (Leavening), Malted Barley Flour, Yeast.

Whole Wheat Flour Tortilla

Contains: *Wheat*



90_{cal}	14_g	2.5_g	2_g	2_g	130_{mg}	1_g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 1 Tortilla / 1 oz.

Ingredients:

Whole Wheat Flour, Enriched Unbleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin and Folic Acid), Water, Vegetable Shortening. Contains one or more of the following: Palm Oil and/or Corn Oil. Contains 2 or less of the following: Salt, Aluminum-Free Leavening Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate, Wheat Protein, Preservatives Calcium Propionate, Sorbic Acid, Fumaric Acid, Xanthan Gum, Dough Conditioner Mono- and Diglycerides, Sodium Metabisulphite. Contains: Wheat.

Whole Wheat Pancakes

Contains: *Egg, Soy, Wheat, Milk*



70_{cal}	10_g	1_g	1_g	2_g	103_{mg}	3_g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 1 Pancake / .92 oz

Ingredients:

Whole Wheat Flour, Water, Whey, Buttermilk, Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar. Contains 2 or less of: Eggs, Leavening Sodium Bicarbonate, Sodium Aluminum Phosphate, Sodium Acid Pyrophosphate, Monocalcium Phosphate, Soybean Oil, Dextrose, Salt, Soy Lecithin (an emulsifier).

Whole Wheat Pita Bread

Contains: *Wheat*



230_{cal}	39_g	5_g	4_g	7_g	500_{mg}	2_g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 3 oz.

Ingredients:

Whole Wheat Flour, Water, Enriched Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate (B1), Riboflavin (B2), Folic Acid], Palm Oil. Contains 2% or less of: Sugar, Salt, Yeast, Sodium Bicarbonate, Cornstarch Monocalcium Phosphate, Dough Conditioner [Calcium Sulfate, Guar Gum, Mono- and Di-glycerides, Enzymes], Calcium Propionate and Potassium Sorbate (Preservatives), Sodium Stearoyl Lactylate.

Whole Wheat Soft Mini Pretzel

Contains: *Wheat*



70_{cal}	14_g	.5_g	1_g	2_g	65_{mg}	0_g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 1 oz.

Ingredients:

Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Yeast, Corn Syrup, Wheat Gluten, Ascorbic Acid, Bicarbonates and Carbonates of Soda. Salt Packet: Salt.

Whole Wheat Waffles (SAC Only)

Contains: Egg, Soy, Wheat, Milk



130 _{cal}	23 _g	3.5 _g	3 _g	4 _g	360 _{mg}	4 _g
CALORIES	CARBS	FAT	FIBER	PROTEIN	SODIUM	SUGAR

Serving Size = 1 Waffle

Ingredients:

INGREDIENTS: WHOLE WHEAT FLOUR, WATER, NON FAT MILK, WHEY SOLIDS (MILK), SOYBEAN OIL, SUGAR, LEAVENING [SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE], WHOLE EGGS, SOY LECITHIN, SALT. CONTAINS: EGG, MILK, SOY, WHEAT.