

OVEC Food & Beverage List (July 2018 - June 2019)											February 27, 2019	
Nutrikds Recipe #	Product	Manufacturer	Portion Size	Calories	Fat g	Sat Fat g	Sodium mg	Carbs g	Protein g	Chol mg	Fiber g	
6944	BID/APPLES, SLICED 6/10	GFS 117773	1/2 CUP	51	0	0	10	12.28	0	0	2.05	
7497	BID/APPLES, SLICES, 2 OZ BAG	PETERSON FARMS	2 OZ	30	0	0	0	7	0	0	1	
6856	BID/APPLESAUCE CUP, BLUE RASPBERRY	NFG A88350	4.5 OZ	90	0	0	15	22	0	0	2	
9207	BID/APPLESAUCE CUP, UNSWEETENED	GFS 122200	4 OZ	50	0	0	20	12	0	0	2	
9040	BID/APPLESAUCE CUP, UNSWEETENED	GFS 753911	4.5 OZ	50	0	0	0	14	0	0	1	
6855	BID/APPLESAUCE CUP, WATERMELON	NFG A88330	4.5 OZ	90	0	0	15	22	0	0	2	
7502	BID/APPLESAUCE, UNSWEETENED 6/10	GFS 271497	1/2 CUP	48	0	0	10	12.57	0	0	1.93	
8813	BID/BACON, DICED, COOKED	HORMEL 04544	1 OZ	121	9.11	4.05	648	0	10.12	51	0	
7490	BID/BACON, ROUND SLICE	GFS/FRESH MARK	EACH	35	3	1	120	0	2	8	0	
7489	BID/BACON, SLICES	GFS/FRESH MARK	EACH	25	2	0.75	85	0	1.5	5	0	
7501	BID/BAGEL, BLUEBERRY, WG	LENDERS 80	2.25 OZ	170	1	0	190	34	7	0	4	
6245	BID/BAGEL, CINNAMON RAISIN, WG	LENDERS 78	2.25 OZ	170	1.5	0	150	33	7	0	5	
6847	BID/BAGEL, MINI CINNAMON CREAM CHEESE	GEN MILLS 38399	2.43 OZ	240	6	2.5	180	41	6	10	2	
6848	BID/BAGEL, MINI STRAWBERRY CREAM CHEESE	GEN MILLS 38413	2.43 OZ	240	6	2.5	180	41	6	10	2	
9314	BID/BAGEL, WG - BIMBO/THOMAS	BIMBO 7081	EACH	250	2	1	350	51	11	0	7	
9363	BID/BAGEL, WG	KLOSTERMAN 9543	EACH	260	2	0	340	52	10	0	6	
3575	BID/BAGEL, WHITE WHOLE GRAIN	LENDERS 74/75	2 OZ	140	1	0	180	29	6	0	4	
3799	BID/BAR, CEREAL, COCOA PUFFS	GEN MILLS 45577	1.42 OZ	150	3	0	100	30	3	0	3	
5776	BID/BAR, CEREAL, GOLDEN GRAHAM	GEN MILLS 31913	1.42 OZ	150	3	0.5	110	30	2	0	3	
3532	BID/BAR, CEREAL, TRIX	GEN MILLS 31915	1.42 OZ	150	3.5	0	100	30	2	0	2	
3800	BID/BAR, CEREAL, CINN TOAST CRUNCH	GEN MILLS 45576	1.42 OZ	150	3.5	0	115	30	2	0	3	
3527	BID/BAR, CEREAL, STRAWBERRY TEAM CHEERIO	GEN MILLS 31914	1.42 OZ	150	3.5	0.5	85	30	2	0	3	
7503	BID/BAR, CHOC CHIP OAT CRISPS	GEN MILLS 4825	1.2 OZ	150	5	1	135	25	3	0	2	
5830	BID/BAR, COCOA CHERRY, WG	NFG ZCH100	1.8 OZ	200	7	2	40	33	3	0	2	
7553	BID/BAR, CRUNCH, CHERRY APPLE	FATHERS TABLE	2.25 OZ	260	8	2	105	43	3	0	3	
8510	BID/BAR, GRANOLA, CHOC CHIP	QUAKER 31182	.84 OZ	100	3.5	1.5	70	17	1	0	1	
6207	BID/BAR, GRANOLA, OAT N HONEY	GEN MILLS 33530	1.5 OZ	190	7	1	180	29	3	0	2	
6251	BID/BAR, NUTRI GRAIN, APPLE CINN	KELLOGGS 59779	1.55 OZ	160	4	0.5	130	30	2	0	3	
5777	BID/BAR, NUTRI GRAIN, BLUEBERRY	KELLOGGS 90819	1.55 OZ	160	4	0.5	130	30	2	0	3	
5446	BID/BAR, NUTRI GRAIN, STRAWBERRY	KELLOGGS 59772	1.55 OZ	160	4	0.5	150	29	2	0	3	
5203	BID/BAR, OATMEAL, CHOC CHIP	GEN MILLS 45977	1.24 OZ	150	5	1	105	25	2	0	2	
5778	BID/BAR, OATMEAL, DOUBLE CHOC	GEN MILLS 45977	1.24 OZ	150	5	1	115	24	2	0	3	
7512	BID/BAR, RICE KRISPIE, CHOC CHIP	KELLOGGS 14567	1.59 OZ	190	5	2	150	34	2	0	0	
7511	BID/BAR, RICE KRISPIE, MINI,WG	KELLOGGS 11052	.42 OZ	50	1	0	45	9	0	0	0	
3805	BID/BAR, RICE KRISPIE, WG	KELLOGGS 11052	1.41 OZ	160	4	1	140	30	2	0	0	
7774	BID/BASE, BEEF, LOW SODIUM	NESTLE MINORS	1 TSP	16	0.76	0	178	0.66	1.11	1	0.04	
7775	BID/BASE, CHICKEN, LOW SODIUM	NESTLE MINORS	1 TSP	19	0.31	0.09	173	2.37	1.11	1	0.01	
7776	BID/BASE, HAM	NESTLE MINORS	1 TSP	13	0.2	0.06	1096	1.84	0.93	0	0.01	

Nutrikds Recipe #	Product	Manufacturer	Portion Size	Calories	Fat g	Sat Fat g	Sodium mg	Carbs g	Protein g	Chol mg	Fiber g
7777	BID/BASE, VEGETABLE	NESTLE MINORS	1 TSP	14	0.23	0.03	838	2.66	0.71	0	0.03
8511	BID/BEANS, BLACK, CANNED	GRAN SAZON	1/2 CUP	220	0	0	661	36.71	11.01	0	14.69
7767	BID/BEANS, BLACK, LOW SODIUM, CANNED	BUSHS 1885	1/2 CUP	207	0.86	0	242	39.71	12.09	0	10.36
7617	BID/BEANS, CHILI, CANNED	GFS 192015	1/2 CUP	117	0	0	665	22.17	8.17	0	2.33
7618	BID/BEANS, GARBANZO, CANNED	GFS 118753	1/2 CUP	136	2.48	0.62	371	22.29	7.43	0	6.19
7619	BID/BEANS, GREAT NORTHERN, CANNED	GFS 119075	1/2 CUP	176	0	0	481	32.08	9.62	0	9.62
7794	BID/BEANS, GREEN, CANNED	GFS 118737	1/2 CUP	21	0	0	309	4.26	1.06	0	2.13
8162	BID/BEANS, GREEN, FROZEN	KITCHEN ESS	1/2 CUP	28	0	0	0	5.52	0.92	0	1.84
7519	BID/BEANS, LIMA, FROZEN	GFS 119296	1/2 CUP	110	0	0	241	20.05	6.02	0	5.01
7826	BID/BEANS, NAVY, CANNED	GFS 555473	1/2 CUP	85	0	0	149	14.88	4.25	0	6.38
7620	BID/BEANS, PINTO, CANNED	GFS 216475	1/2 CUP	123	0	0	412	28.81	8.23	0	8.23
9439	BID/BEANS, PORK &, CANNED	SHOWBOAT	1/2 CUP	137	1.71	0.57	685	25.12	6.85	0	5.71
9214	BID/BEANS, REFRIED, VEG, LOW SODIUM	BASIC AM 10302	1/2 CUP/5.28 OZ	160	0.5	0	163	29	10	0	10
4670	BID/BEANS, REFRIED,VEGETARIAN	BASIC AM 54914	1/2 CUP/5.41 OZ	170	1.5	0.5	613	30	10	0	10
7783	BID/BEANS, VEGETARIAN, CANNED	GFS 298913	1/2 CUP	137	0	0	496	27.45	7.39	0	6.33
8956	BID/BEEF & CHEESE SAUCE	JTM 5157	3.45 OZ	164	9	4	381	7	13	50	0
5171	BID/BEEF CRUMBLES	JTM 5868	2.44 OZ	160	12	4.5	175	1	13	42	1
4690	BID/BEEF DIPPER W/TERIYAKI	ADV PIERRE 3740	4 EACH/2.8 OZ	160	8	3.5	440	6	14	40	1
7800	BID/BEEF DIPPER W/TERIYAKI	ADV PIERRE 3827	4 EACH/2.8 OZ	150	8	3.5	420	6	12	35	1
9147	BID/BEEF PATTY	JTM 5659	2.5 OZ	148	10	3.6	269	2	14	39	1
4038	BID/BEEF PATTY, APPLESAUCE	ADV PIERRE 155-425-20	2.5 OZ	140	9	3.5	270	2	13	30	1
8576	BID/BEEF PATTY, CHICKEN FRIED	ADV PIERRE 95322CN	3 OZ	250	18	6	350	11	12	30	2
3705	BID/BEEF PATTY, FLAMEBROIL	ADV PIERRE 80124ADFL	2.4 OZ	130	8	3.5	250	1	12	35	1
7552	BID/BEEF PATTY, FLAMEBROIL	ADV PIERRE 80124ACN	2.4 OZ	150	11	4.5	240	1	12	30	1
9152	BID/BEEF PATTY, SALISBURY	ADV PIERRE 85422	2.25 OZ	160	12	5	370	2	12	30	1
8567	BID/BEEF PATTY, SALISBURY	ADV PIERRE 16-530-0	3 OZ	140	7	3	430	4	16	40	1
8566	BID/BEEF PATTY, SALISBURY	ADV PIERRE 16-521-0	2.14 OZ	100	5	2	300	3	11	30	1
7958	BID/BEEF PATTY, SALISBURY	ADV PIERRE 76-730	3 OZ	200	14	3.5	390	6	12	35	1
6227	BID/BEEF PATTY, STEAK	JTM 5670	2.45 OZ	166	12	4.8	256	1	12	49	1
5398	BID/BEEF PATTY, RED SODIUM	JTM 5682	2.25 OZ	128	8	3.2	139	1	13	35	1
4686	BID/BEEF STEAK, PHILLY	JTM 5813	2.86 OZ	143	8	3.4	389	3	13	40	0
3084	BID/BEEF, CHILI W/ BEAN, RED FAT	JTM 579	5.83 OZ	153	5.02	1.71	231	15.06	13.05	31	4.01
3915	BID/BEEF, CHILI, CINCY STYLE	JTM 519	5.58 OZ	222	16	5.9	346	6	14	54	1
4680	BID/BEEF, CHILI, NO BEAN, RED FAT	JTM 5333	5.15 OZ	161	6	2.3	288	11	15	44	3
5317	BID/BEEF, MEATBALLS, RED SODIUM	JTM 5035	4 EACH/2.6 OZ	151	9	3.5	216	5	12	36	1
8684	BID/BEEF, MEATLOAF W/CHEESE	ADV PIERRE 69190	2.9 OZ	170	10	5	390	8	12	30	1
695	BID/BEEF, ROTINI PASTA W/MEAT	JTM 5591	7.44 OZ	314	16	6.2	606	23.99	17.99	54	4
6073	BID/BEEF, SLOPPY JOE, RF & SODIUM	JTM 545	3.63 OZ	145	6	2.2	417	10	13	44	2
8804	BID/BEEF, SOUS VIDE	JTM 5887	3.28 OZ	114	4	1.6	42	0	20	62	0

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5393	BID/BEEF, SPAGHETTI SAUCE, RED FAT	JTM 5578	5.6 OZ	167	7	2.8	290	9	15	55	2
683	BID/BEEF, TACO MEAT, RED FAT & SODIUM	JTM 5250	3.17 OZ	111	5	1.8	292	5	13	35	2
7828	BID/BEETS, PICKLED, SLICED, CANNED	GFS 148393	1/2 CUP	32	0	0	201	6.43	0	0	0.8
9438	BID/BERRIES, THREE BLEND, FROZEN	GFS 221020	1/2 CUP	40	0.5	0	0	9.5	0.5	0	3.5
7558	BID/BEVERAGE, BLUE - EPIC	FRUIT 66	8 OZ	120	0	0	10	30	0	0	0
6332	BID/BEVERAGE, GREEN - EPIC	FRUIT 66	8 OZ	119	0	0	10	28	0	0	1
5807	BID/BEVERAGE, PURPLE - EPIC	FRUIT 66	8 OZ	120	0	0	10	29	0	0	1
5808	BID/BEVERAGE, RED - EPIC	FRUIT 66	8 OZ	117	0	0	10	28	0	0	1
6331	BID/BEVERAGE, STRAWBERRY MELON	FRUIT 66	8 OZ	119	0	0	10	28	0	0	0
5167	BID/BEVERAGE, TROPICAL PUNCH	FRUIT 66	8 OZ	116	0	0	10	28	0	0	0
6333	BID/BEVERAGE, YELLOW - EPIC	FRUIT 66	8 OZ	120	0	0	10	29	0	0	1
5875	BID/BISCUIT, DOUGH, SPLIT	PILLSBURY 32268	2.51 OZ	210	9	4.5	330	27	5	0	2
9140	BID/BISCUIT, DOUGH, SPLIT, NOT WG	PILLSBURY 10752	2.51 OZ	210	9	4.5	420	29	5	0	1
7772	BID/BISCUIT, DOUGH, SPLIT, NOT WG	PILLSBURY 31524	2.2 OZ	180	7	4	430	25	4	0	1
8661	BID/BISCUIT, SPLIT ,	BAKERY CHEF 21031	2.1 OZ	170	6	4	320	25	4	0	2
7598	BID/BLUEBERRIES, FROZEN - GFS	GFS 166720	1/2 CUP	73	0	0	14	17.26	0	0	2.73
124	BID/BOSCO STICK, APPLE, IW	BOSCO 703072	3.02 OZ	190	2.5	0.5	170	38	5	0	3
8831	BID/BOSCO STICK, EGG/CHEESE	BOSCO 2474	2.24 OZ	160	7	3	340	17	8	55	2
4485	BID/BOSCO STICK, EGG/CHEESE/BACON	BOSCO 10201	2.275 OZ	160	6	2.5	370	17	9	60	2
8787	BID/BOSCO STICK, EGG/CHEESE/BACON	BOSCO 8735	2.08 OZ	170	7	3	380	17	9	60	2
6826	BID/BREAD BOWL	SUPER BAKERY 8676	2 OZ	160	4	0.5	125	28	5	15	3
5828	BID/BREAD SLICE, BANANA	SUPER BAKERY 6071	3.4 OZ	280	10	2	220	44	5	0	2
7499	BID/BREAD SLICE, BLUEBERRY	SUPER BAKERY 6073	3.4 OZ	270	9	2	190	43	6	0	2
7773	BID/BREAD, APPLE CINN TEXAS TOAST	S & F 128MC	3.3 OZ	260	6	1	290	45	8	0	2
8227	BID/BREAD, CIABATTA	GEN MILLS 37738	1.8 OZ	160	3.5	0.5	170	30	5	0	3
9325	BID/BREAD, FRENCH, WG	ALPHA 31011	EACH	154	1.61	0.29	317	28.22	6.41	0	2.92
8969	BID/BREAD, FRENCH, WG	GEN MILLS 10174	1.8 OZ	160	4	0.5	240	27	6	0	2
7559	BID/BREAD, GARLIC TOAST, WG	COLES 847	1 OZ	80	3.5	1	150	11	2	0	1
5194	BID/BREAD, GOLDFISH, HONEY	PEP FARM 19933	2 SLICE (1.5 OZ)	100	1.5	0.5	180	21	4	0	4
8228	BID/BREAD, PANINI	GEN MILLS 37737	.82 OZ	83	1.72	0.25	98	14.71	2.94	0	1.47
5859	BID/BREAD, PRETZEL BUN, WG	J & J 7051	2.2 OZ	160	2.5	1	40	29	5	0	3
7601	BID/BREAD, SAND, FROZEN	GFS 7408	EACH	110	1.5	0	170	20	3	0	2
5134	BID/BREAD, SAND, WG	KLOSTERMAN 1290	EACH	80	1	0	85	14	3	0	1
9364	BID/BREAD, SAND, WG	KLOSTERMAN 1292	EACH	70	1	0	75	12	3	0	1
6399	BID/BREAD, SAND, WG	KLOSTERMAN 1448	EACH	70	0.75	0	105	13.5	3	0	2
8622	BID/BREAD, SANDWICH, THINS, WG	BIMBO 4507	EACH	140	2	0.5	300	28	6	0	4
9396	BID/BREAD, SANDWICH, WG	ALPHA 11162	EACH	71	1.23	0.4	130	13.23	2.37	0	1.4
9326	BID/BREAD, SANDWICH, WG	ALPHA 12385	EACH	69	0.99	0.17	154	12.7	2.39	0	1.18
6350	BID/BREAD, SANDWICH, WG	BIMBO 3239	EACH	80	1	0	115	15	3	0	1

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6349	BID/BREAD, SANDWICH	BIMBO/SARA LEE 2773	EACH	60	1	0	120	12	3	0	2
9365	BID/BREAD, SLIMS, WG	KLOSTERMAN 7511	EACH	90	1	0	135	19	4	0	5
7728	BID/BREAD, SLIMS, WG	KLOSTERMAN 7511	EACH	90	1	0	135	19	4	0	5
6398	BID/BREAD, TX TST, WG	KLOSTERMAN 1294	EACH	80	1	0	95	15	3	0	1
7561	BID/BREADSTICK, 5", WG	GFS 7736	1 OZ	70	1	0	95	14	2	0	1
6338	BID/BREADSTICK, BOSCO, 4", RED FAT	BOSCO 703114	1.61 OZ	110	3	1.5	140	14	6	5	1
7560	BID/BREADSTICK, BOSCO, 6", RED FAT	BOSCO 702011	2.15 OZ	150	5	2.5	220	17	10	15	2
5819	BID/BREADSTICK, BOSCO, 7", RED FAT	BOSCO 702015	3 OZ	210	8	4	320	21	14	20	2
7564	BID/BREADSTICK, CHEESY GARLIC	COLES 832	2.1 OZ	160	4	1.5	140	28	5	0	3
8278	BID/BREADSTICK, MOZZ - MAXSTIX	GILARDI 12439	1.93 OZ	150	6	2	370	17	7	5	2
7722	BID/BREADSTICK, WG,	KLOSTERMAN 3221	EACH	120	1	0	220	22	5	0	2
7724	BID/BREADSTICK, WG ,	KLOSTERMAN 3699	EACH	70	0.5	0	135	13	3	0	1
6923	BID/BREAKFAST BUN, WG, RED FAT	BAKE CRAFTER 2003	3 OZ	300	10	4.5	280	48	6	0	3
9011	BID/BREAKFAST KIT, APPLE JACKS	CHAMPION	EACH	270	4	1.5	245	58	4	0	6
9012	BID/BREAKFAST KIT, CINN TOAST CRUNCH	ES 61119	EACH	270	6	1.5	350	55	2	0	4
9014	BID/BREAKFAST KIT, COCOA PUFFS	ES 61101	EACH	270	5	1	320	54	4	0	3
9013	BID/BREAKFAST KIT, LUCKY CHARM	ES 61103	EACH	290	5	1	325	57	4	0	3
8549	BID/BROCCOLI FLORETS, FROZEN	GFS MARBRAN	1/2 CUP	22	0	0	15	3	0.75	0	1.5
8797	BID/BROTH, CHICKEN	HEARTHSTONE	1 OZ	1	0.12	0.06	69	0	0.48	0	0
2544	BID/BROWNIE MIX, LOW FAT, NOT WG	GEN MILLS 11325	1/4 CUP MIX	140	2.5	1	140	28.02	2	0	1
6810	BID/BUFFALO CHEESE CRUNCHERS	RICHS 65224	4 EACH/5.792 OZ	530	31	9	730	40	21	25	4
6351	BID/BUN, BURGER	BIMBO 3447	EACH	160	2	0	200	30	7	0	3
9242	BID/BUN, BURGER, WG	ALPHA 51535	EACH	147	1.94	0.32	248	26.47	6.24	0	2.65
9328	BID/BUN, BURGER, WG	ALPHA 51022	EACH	147	1.94	0.32	248	26.47	6.24	0	2.65
8623	BID/BUN, BURGER, WG	KLOSTERMAN 3007	EACH	100	1.5	0	140	17	4	0	2
6682	BID/BUN, BURGER, WG	KLOSTERMAN 3227	EACH	120	1.5	0	180	22	5	0	2
7723	BID/BUN, BURGER, WG	KLOSTERMAN 3470	EACH	140	2	0	210	26	6	0	4
6400	BID/BUN, BURGER, WG	KLOSTERMAN 3474	EACH	150	2	0	210	27	6	0	2
9299	BID/BUN, BURGER, WG, FROZEN	GFS 7303	EACH	100	1.5	0	95	19	4	0	4
7563	BID/BUN, BURGER, WG, FROZEN	GFS 7156	EACH	130	2	0	125	25	5	0	5
7746	BID/BUN, BURGER, WG	BIMBO 4258	EACH	140	1.5	0	250	27	7	0	3
9313	BID/BUN, BURGER, WG	BIMBO 5600	EACH	160	2	0	200	30	7	0	3
9317	BID/BUN, BURGER, NOT WG	BIMBO 6763	EACH	160	2	0	300	30	6	0	0
9318	BID/BUN, BURGER, NOT WG	BIMBO 5538	EACH	160	2.5	0.5	280	28	5	0	0
7745	BID/BUN, BURGER, NOT WG	BIMBO 3778	EACH	160	2.5	0	290	29	5	0	0
7751	BID/BUN, BURGER, NOT WG	KLOSTERMAN 3295	EACH	160	2	0	270	29	5	0	1
5493	BID/BUN, HOAGIE, WG	KLOSTERMAN 3737	EACH	160	2	0	260	28	6	0	2
6401	BID/BUN, HOAGIE, WG	KLOSTERMAN 3744	EACH	150	2	0.5	250	27	5	0	2
7727	BID/BUN, HOAGIE, WG	KLOSTERMAN 3746	EACH	170	2.5	0.5	270	30	6	0	3

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9300	BID/BUN, HOT DOG, FROZEN	GFS 7157	EACH	100	1.5	0	95	19	4	0	4
7562	BID/BUN, HOT DOG, FROZEN	GFS 7739	EACH	140	2	0.5	160	27	6	0	5
9312	BID/BUN, HOT DOG, WG	BIMBO 3591	EACH	150	2.5	0.5	320	27	7	0	4
6355	BID/BUN, HOT DOG, WG	BIMBO 4266	EACH	160	2	0	200	30	7	0	3
5494	BID/BUN, HOT DOG, WG	KLOSTERMAN 3709	EACH	100	1.5	0	170	18	4	0	2
8624	BID/BUN, HOT DOG, WG	KLOSTERMAN 3724	EACH	110	1.5	0	200	19	4	0	3
7725	BID/BUN, HOT DOG, WG	KLOSTERMAN 3727	EACH	110	1.5	0	200	19	4	0	3
5844	BID/BUN, HOT DOG, WG	KLOSTERMAN 3736	EACH	150	2	0.5	240	26	5	0	2
8625	BID/BUN, HOT DOG, WG	KLOSTERMAN 3739	EACH	100	1.5	0	170	18	4	0	2
9327	BID/BUN, HOT DOG, WG	ALPHA 53071	EACH	145	2.09	0.33	255	26.35	5.17	0	2.28
9315	BID/BUN, HOT DOG, NOT WG	BIMBO 6787	EACH	120	2	0	230	23	4	0	0
9316	BID/BUN, HOT DOG, NOT WG	BIMBO 5541	EACH	140	2	0	240	25	5	0	0
7744	BID/BUN, HOT DOG, NOT WG	BIMBO 3777	EACH	120	2	0	200	23	4	0	0
7752	BID/BUN, HOT DOG, NOT WG	KLOSTERMAN 3711	EACH	110	1.5	0	210	20	3	0	1
8882	BID/BUN, MINI BURGER, NOT WG	GFS 676171	EACH	100	1	0	190	19	3	0	1
9362	BID/BUN, SLAMMER, WG	ALPHA 33037	EACH	93	1.34	0.25	160	16.59	3.83	0	1.64
5973	BID/BUN, SLAMMER, WG	KLOSTERMAN 3939	EACH	90	1	0	125	16	3	0	1
7934	BID/BURRITO, BEAN/CHEESE	LOS CABOS 69542	5.2 OZ	271	5.72	2.07	306	44.28	13.88	10	8.02
7935	BID/BURRITO, BEEF/CHEESE/BEAN	FERNANDO 05218	5 OZ	360	15	7	460	40	16	25	5
2870	BID/BUTTER BUDS (RECONSTITUTED)	SUGAR FOODS	1 OZ	18	0	0	134	3.54	0	0	0
339	BID/BUTTER BUDS, ZTF, ALL NATURAL	BUTTER BUDS 49835	4 OZ PACKET	567	0	0	4252	113.4	0	0	0
2262	BID/CAKE MIX, YELLOW, NOT WG	GEN MILLS 11152	2" X 3" PIECE	151	3.94	1.97	243	26.91	1.97	3	0.66
7682	BID/CALZONE, HAM & CHEESE	S & F 208BC	4.8 OZ	280	11	5	590	31	19	40	3
6182	BID/CALZONE, PEPPERONI	S & F 211BC	5 OZ	280	11	6	590	32	19	25	3
7532	BID/CALZONE, THREE CHEESE	GILARDI 20120	4.69 OZ	250	5	2	420	33	19	10	4
7789	BID/CARROTS, KK SLICED, FROZEN	GFS 175706	1/2 CUP	38	0	0	65	7.57	0	0	2.16
7788	BID/CARROTS, SLICED, CANNED	GFS 118915	1/2 CUP	40	0	0	333	8	0	0	2.67
6935	BID/CATSUP PACKET, LOW SODIUM	HEINZ 78004314	9 GRAM	10	0	0	25	3	0	0	0
7719	BID/CATSUP PACKET, LOW SODIUM	RED GOLD REDYL9G	9 GRAM	10	0	0	25	2	0	0	0
8741	BID/CATSUP POUCH, LOW SODIUM	RED GOLD REDYL7D	1 OZ	40	0	0	101	8.05	0	0	0
7860	BID/CATSUP, #10 - GFS CROWN	GFS 100129	1 OZ	25	0	0	267	6.67	0	0	0
8706	BID/CATSUP, 1 OZ CUP	RED GOLD REDY51Z	1 OZ	25	0	0	75	6	0	0	0
7853	BID/CAULIFLOWER, FROZEN	GFS 285600	1/2 CUP	29	0	0	29	4.64	1.16	0	1.16
6235	BID/CEREAL ON THE GO, CINN TOAST	GEN MILLS 17733	1 OZ	110	3	0.5	160	22	1	0	2
3885	BID/CEREAL, APPLE JACK, RED SUGAR	KELLOGGS 78787	1 OZ	110	1	0.5	160	24	2	0	3
3710	BID/CEREAL, CHEERIOS	GEN MILLS 32262	1 OZ	100	2	0.5	140	20	3	0	3
3711	BID/CEREAL, CINN TOAST CRUNCH/RED SUGAR	GEN MILLS 29444	1 OZ	110	3	0.5	160	22	1	0	3
8084	BID/CEREAL, CINNAMON FLAKES, MULTIGRAIN	KELLOGGS 78786	1 OZ	100	0	0	170	24	2	0	3
6948	BID/CEREAL, CINNAMON RICE CHEX	GEN MILLS 38387	1 OZ	120	2.5	0	170	22	1	0	1

Nutrikds Recipe #	Product	Manufacturer	Portion Size	Calories	Fat g	Sat Fat g	Sodium mg	Carbs g	Protein g	Chol mg	Fiber g
3712	BID/CEREAL, COCOA PUFFS, RED SUGAR	GEN MILLS 31888	1.06 OZ	110	1.5	0	120	25	2	0	2
3713	BID/CEREAL, FROOT LOOPS, RED SUGAR	KELLOGGS 78788	1 OZ	110	1	0.5	170	24	2	0	3
5122	BID/CEREAL, FROSTED FLAKES, MULTIGRAIN	KELLOGGS 54998	1 OZ	100	0	0	160	24	2	0	3
3886	BID/CEREAL, FRUITY CHEERIOS	GEN MILLS 31916	1.12 OZ	120	1.5	0	140	25	2	0	2
5901	BID/CEREAL, GOLDEN GRAHAMS	GEN MILLS 11943	1 OZ	100	1	0	220	24	1	0	1
7845	BID/CEREAL, GRANOLA, BULK	GEN MILLS 27111	1 OZ	129	4.64	0.52	98	19.59	2.06	0	1.55
8495	BID/CEREAL, GRANOLA, IW	FIELDSTONE 9788	1 OZ	120	3.5	0	80	20	3	0	2
7993	BID/CEREAL, GRANOLA, LOW FAT, BULK	KELLOGGS 49834	1 OZ	109	1.36	0	46	23.44	2.18	0	2.18
3716	BID/CEREAL, HONEY NUT CHEERIOS	GEN MILLS 11918	1 OZ	110	1.5	0	160	22	2	0	2
5123	BID/CEREAL, LUCKY CHARMS	GEN MILLS 31917	1 OZ	110	1	0	180	23	2	0	2
193	BID/CEREAL, MINI WHEAT	KELLOGGS 04996	1 OZ	100	0	0	0	24	3	0	3
4623	BID/CEREAL, MINI WHEAT, CHOC	KELLOGGS 45861	1 OZ	100	1	0	105	23	3	0	3
4533	BID/CEREAL, OATS, QUICK	HOSPITALITY	1/2 CUP	173	3.05	0.51	0	31.55	7.12	0	4.07
8081	BID/CEREAL, REESES PUFFS	GEN MILLS 31919	1 OZ	120	3	0.5	160	21	2	0	1
5071	BID/CEREAL, RICE CHEX	GEN MILLS 31921	1 OZ	100	0.5	0	250	24	2	0	1
8825	BID/CEREAL, RICE KRISPIES, WG	KELLOGGS 78789	1 OZ	100	0.5	0	170	23	2	0	0
3717	BID/CEREAL, TRIX, RED SUGAR	GEN MILLS 31922	1 OZ	110	1.5	0	140	24	1	0	1
8512	BID/CEREAL, TRIX, WG, BULK	GEN MILLS 11963	1.10Z	145	1.68	0	179	30.17	1.12	0	1.12
9319	BID/CHEESE BITES, WG	WILD MIKE 11003	4 EACH	280	12	4	540	28	16	20	4
8827	BID/CHEESE CUBES, CO-JACK	LOL 44115	1 OZ	90	7	4	180	1	7	20	0
7718	BID/CHEESE STICK, CHEDDAR	LOL 44881	1 OZ	90	7	4.5	200	0	7	20	0
7740	BID/CHEESE STICK, CO-JACK	LOL 44878	1 OZ	90	6	4	200	0	7	20	0
3887	BID/CHEESE STICK, MOZZ STRING	LOL 59701	1 OZ	80	6	3.5	210	1	7	15	0
7513	BID/CHEESE STICKS, MOZZ, WG BREADED	RICHS 65220	6 EACH/4.16 OZ	310	11	3.5	560	33	19	15	3
4170	BID/CHEESE, AM SLICE, RED FAT	LOL 46253	SLICE (1/2 OZ)	35	2	1.25	210	1	3.5	7	0
8118	BID/CHEESE, AM SLICE, RED FAT & SODIUM	SCHREIBER	SLICE (1/2 OZ)	35	2	1.25	140	2	2.5	7	0
7741	BID/CHEESE, AMER SLICE, RED FAT & SODIUM	LOL 46288	SLICE (1/2 OZ)	35	2	1.25	105	1	3.5	7	0
6870	BID/CHEESE, AMER, SLICE, RED FAT & SODIUM	BONGARDS 10054	SLICE (1/2 OZ)	40	3	1.75	140	1	3.5	7	0
8826	BID/CHEESE, CHEDDAR, SHREDDED	BONGARDS 75571	1 OZ	90	7	4.5	165	0	6.5	15	0
7948	BID/CHEESE, CHEDDAR, FEATHER SHREDDED	GFS 411841	1 OZ	110	9	5	180	1	7	30	0
7947	BID/CHEESE, CHEDDAR, FINE SHREDDED	GFS 191043	1 OZ	110	9	5	170	2	7	25	0
8620	BID/CHEESE, COTTAGE, 1% FAT	GFS 329487	2 OZ/1/4 CUP	40	0.5	0.25	221	2.51	7.02	5	0
7946	BID/CHEESE, MOZZARELLA, SHREDDED	VITORRI 26559	1 OZ	90	6	3.5	170	1	7	15	0
8132	BID/CHEESE, MOZZARELLA, SHREDDED	LOL 41698	1 OZ	90	6	3.5	210	1	7	15	0
6872	BID/CHEESE, MOZZARELLA, SHREDDED	BONGARDS 75507	1 OZ	85	6	4	150	0	7	15	0
7823	BID/CHEESE, PARMESAN, GRATED	PRIMO GUSTO	1 TBSP	20	2	1	70	0	2	5	0
8133	BID/CHEESE, SHARP AMERICAN, SHREDDED	LOL 41725	1 OZ	110	9	6	400	1	6	25	0
7481	BID/CHEESE, SWISS	AMPI	SLICE (1/2 OZ)	51	4.05	2.53	213	1.01	2.53	13	0
6876	BID/CHICKEN BITES, ASIAN	PROVIEW 40130WG	4 OZ/4 EACH	259	14.42	1.44	327	18.26	18.26	43	0.96

Nutrikds Recipe #	Product	Manufacturer	Portion Size	Calories	Fat g	Sat Fat g	Sodium mg	Carbs g	Protein g	Chol mg	Fiber g
5302	BID/CHICKEN BITES, BREADED	GOLDKIST 7518	5 EACH/3.75 OZ	200	7	1.5	480	16	17	45	2
6875	BID/CHICKEN BITES, BUFFALO STYLE	PROVIEW 40030WG	4 OZ/4 EACH	243	10.13	0	729	20.25	16.2	40	0
5988	BID/CHICKEN BREAST, BREADED	GOLDKIST 7516	4 OZ	216	8	1	576	16	20	45	2
5351	BID/CHICKEN BREAST, GRILLED	TYSON 38350	3 OZ	120	2.5	0.5	320	1	22	60	0
8093	BID/CHICKEN BRST, DILL, BREADED	PROVIEW 60015WG	4 OZ	230	9	1.5	440	15	23	70	1
6878	BID/CHICKEN CHUNKS, BREADED	PROVIEW 64030WG	4 OZ/4 EACH	216	7.5	1.41	431	15.93	20.62	61	1.87
6879	BID/CHICKEN CHUNKS, BUFFALO	PROVIEW 64230WG	4.4 OZ/4 EACH	230	6.99	1	699	20.96	18.96	45	0
7525	BID/CHICKEN CRUMBLES	TYSON 36233-928	3 OZ	105	4.5	1.5	112	0	15	60	0
6280	BID/CHICKEN DRUMSTICK, BREADED	TYSON 666010	2.8 OZ	190	11	2.5	450	5	16	50	1
8812	BID/CHICKEN DRUMSTICK, BUFFALO	TYSON 00413	3.22 OZ	170	10	2.5	300	4	17	60	0
7522	BID/CHICKEN DRUMSTICK, GLAZED	TYSON 26435	3.22 OZ	160	10	2.5	320	2	16	90	0
4668	BID/CHICKEN NUGGET, BREADED	TYSON 2155	5 EACH/3.3 OZ	240	14	2.5	470	16	13	20	3
6880	BID/CHICKEN NUGGET, HOMESTYLE	GOLDKIST 6153	5 EACH/3.04 OZ	182	9.9	1.62	328	9.5	13.5	34	0
7529	BID/CHICKEN NUGGET, PHD	GOLDKIST 6116	4 EACH/3.9 OZ	254	14	3	321	15	17	59	3
5386	BID/CHICKEN PATTY, WG	TYSON 5778	1.6 OZ	90	4.5	1	220	6	7	15	1
5861	BID/CHICKEN PATTY, BREADED	TYSON 70304	3.54 OZ	270	15	2.5	400	16	16	25	3
6231	BID/CHICKEN PATTY, BREADED, BREAKFAST	GOLDKIST 6353	1.63 OZ	96	4	1	207	7	8	17	1
6285	BID/CHICKEN PATTY, BREADED, WHOLE MUSCLE	TYSON 70302	3.75 OZ	200	9	1.5	290	9	19	45	3
4657	BID/CHICKEN PATTY, BREADED	TYSON 2154	3.29 OZ	240	13	2.5	460	15	14	25	3
7531	BID/CHICKEN PATTY, PHD	GOLDKIST 6616	3.9 OZ	254	14	3	321	15	17	59	3
5770	BID/CHICKEN PATTY, SPICY	TYSON 70314	3.53 OZ	268	14.9	2.98	397	16.89	14.9	25	2.98
7524	BID/CHICKEN PATTY, SPICY	TYSON 70312	3.75 OZ	200	10	2	330	9	19	45	1
6218	BID/CHICKEN PATTY, SPICY BREADED	GOLDKIST 66660	3.05 OZ	179	10	1.6	199	9.5	12.6	50	0
8615	BID/CHICKEN POPCORN, BREADED	TYSON 70368	12 EACH/3.29 OZ	250	15	2.5	380	16	15	25	3
6568	BID/CHICKEN POPCORN, BREADED	GOLDKIST 69160	14 EACH/3.08 OZ	211	9	2	400	13	15	47	2
5364	BID/CHICKEN POPCORN, DARK	GOLDKIST 110452	10 EACH/4.3 OZ	269	13	3	590	20	18	60	3
4411	BID/CHICKEN RINGS, BREADED	TYSON 70366	5 EACH/3.7 OZ	300	18	3.5	450	15	21	50	2
8131	BID/CHICKEN STRIPS, FAJITA, BREAST	TYSON 6119	3 OZ	101	2.53	1.01	537	3.04	17.21	46	0
7954	BID/CHICKEN STRIPS, FAJITA, DARK	TYSON 4621	3 OZ	140	7.02	2.01	401	2.01	17.04	80	0
6233	BID/CHICKEN TENDERS, BREADED	GOLDKIST 62210	3 EACH/3.06 OZ	211	11	2	424	13	15	36	2
5771	BID/CHICKEN TENDERS, BREADED	TYSON 70334	3 EACH/3.39 OZ	260	15	2.5	390	16	15	25	3
7530	BID/CHICKEN TENDERS, PHD	GOLDKIST 6216	3 EACH/3.9 OZ	254	14	3	321	15	17	59	3
6283	BID/CHICKEN TENDERS,WHOLE MUSCLE, BRD	TYSON 70332	3 EACH/4.23 OZ	240	12	2.25	405	12	19.5	45	1.5
9142	BID/CHICKEN WINGS, BONELESS	TYSON 70362	5 EACH/3.95 OZ	200	9	2	330	13	18	25	3
5622	BID/CHICKEN, BONE IN - BREAST	TYSON 666000	4.24 OZ	272	15.74	3.58	673	8.59	25.76	72	1.43
6684	BID/CHICKEN, BONE IN - DRUMSTICK	TYSON 666000	3.89 OZ	249	14.44	3.28	617	7.88	23.63	66	1.31
6683	BID/CHICKEN, BONE IN - THIGH	TYSON 666000	6.66 OZ	427	24.72	5.62	1056	13.49	40.46	112	2.25
6327	BID/CHICKEN, CHEESY SAUCE	CFS 3868	1/2 CUP/4.2 OZ	220	13	6	500	8	17	60	1
8679	BID/CHICKEN, DICED, WHITE/DARK	TYSON 22830	2.3 OZ	100	3.83	1.15	92	0.77	13.8	42	0

Nutrikds Recipe #	Product	Manufacturer	Portion Size	Calories	Fat g	Sat Fat g	Sodium mg	Carbs g	Protein g	Chol mg	Fiber g
6852	BID/CHICKEN, GENERAL TSO	YANGS 15563	3.6 OZ	170	3	0.5	361	23	11	40	0
6853	BID/CHICKEN, MANDARIN ORANGE JR	YANGS 15555	3.6 OZ	150	3	0.5	280	19	11	40	0
7526	BID/CHICKEN, PULLED, DARK/WHITE	TYSON 25560	2.2 OZ	95	3.67	1.1	84	0.73	14.67	44	0
7565	BID/CHICKEN, TACO MEAT	TYSON 19957	3 OZ	150	7	2	320	3	19	95	0
4725	BID/CHICKEN, TANGERINE, WG	ASIAN SOL 72001	3.9 OZ	190	4	1	380	25	14	45	2
4707	BID/CHICKEN, TERIYAKI	ASIAN SOL 73001	2.85 OZ	146	2.5	1	414	14	15	53	0
3536	BID/CHIP, CHEETO, BAKED	PEPSICO 62933	.875 OZ	120	4.5	1	200	17	2	0	1
6321	BID/CHIP, CHEETO, FLAMIN PUFFS	PEPSICO 21912	.7 OZ	90	3.5	0	135	14	2	0	0
6320	BID/CHIP, CHEETO, MELLO PUFFS	PEPSICO 21910	.7 OZ	90	3.5	0	135	14	2	0	0
3923	BID/CHIP, CHEETO,FLAMIN HOT, BAKED	PEPSICO 62984	.875 OZ	120	4.5	0.5	200	17	2	0	1
6808	BID/CHIP, CORN CHIPS, RF, BULK	FRITOS 57766	1 OZ	140	6	1	170	19	2	0	2
3928	BID/CHIP, DORITO, COOL RANCH	PEPSICO 36096	1 OZ	130	5	0.5	150	20	2	0	2
7568	BID/CHIP, DORITO, FLAMAS	PEPSICO 62829	1 OZ	130	5	0.5	200	20	2	0	2
4075	BID/CHIP, DORITO, NACHO	PEPSICO 31748	1 OZ	130	5	1	200	20	2	0	2
4616	BID/CHIP, DORITO, SWEET SPICY	PEPSICO 49093	1 OZ	130	5	0.5	200	20	2	0	2
8230	BID/CHIP, DORITO, TOP N GO	PEPSICO 66007	1.4 OZ	190	7	1	280	28	3	0	2
3927	BID/CHIP, FANTASTIX, CHILI CHEESE	CHEETOS 36098	1 OZ	130	5	1	200	19	2	0	2
6668	BID/CHIP, FANTASTIX, FLAMIN HOT	CHEETOS 43578	1 OZ	130	5	1	200	20	2	0	2
8146	BID/CHIP, FUNYUNS, BAKED	PEPSICO 66689	.75 OZ	100	3.5	0.5	125	14	2	0	0
6193	BID/CHIP, POPCORN, WHITE CHEDD	SMARTFOOD 25566	.5 OZ	70	2.5	0	100	9	2	0	2
2226	BID/CHIP, POTATO, BAKED	FRITO LAY 44396	1.125 OZ	140	4	0.5	180	24	2	0	2
6950	BID/CHIP, POTATO, BAKED	LAYS 33625	.875 OZ	110	3	0	140	19	2	0	1
2524	BID/CHIP, POTATO, BBQ, BAKED	FRITO LAY 44395	1.125 OZ	140	3.5	0.5	180	24	2	0	2
6949	BID/CHIP, POTATO, BBQ, BAKED	LAYS 32078	.875 OZ	110	3	0	140	19	2	0	1
6975	BID/CHIP, POTATO, CHDR SOUR CREAM, BAKED	RUFFLES 56882	.8 OZ	100	3	0	200	18	1	0	1
8806	BID/CHIP, POTATO, SALT & VINEGAR	LAYS 25113	1.375 OZ	180	7	1	180	28	3	0	2
8082	BID/CHIP, POTATO, SOUR CREAM & ONION, BKD	LAYS 33627	.875 OZ	110	3	0	150	19	2	0	1
4796	BID/CHIP, PRETZEL, HEARTZELS	ROLD GOLD 15940	.7 OZ	80	1.5	0	200	15	2	0	2
3801	BID/CHIP, SIMPLY CHEX, CHEDDAR	GEN MILLS 31932	.92 OZ	110	2.5	0.5	125	20	2	0	2
4056	BID/CHIP, SIMPLY CHEX, CHOC CARAMEL	GEN MILLS 31933	1.03 OZ	120	3.5	0.5	50	22	2	0	2
4057	BID/CHIP, SIMPLY CHEX, STRWBERRY	GEN MILLS 31937	1.03 OZ	120	3	1	55	23	2	0	2
3819	BID/CHIP, SNACK MIX/MUNCHIES	PEPSICO 36308	.875 OZ	110	3.5	0	180	17	2	0	2
6954	BID/CHIP, SUNCHIP SNACK MIX, HARVST CHDR	PEPSICO 30820	.875 OZ	110	4	0	190	17	2	0	2
2840	BID/CHIP, SUNCHIP, CHEDDAR	PEPSICO 11152	1 OZ	140	6	0.5	200	19	2	0	2
150	BID/CHIP, TORTILLA SCOOPS, BAKED	FRITO LAY 42537	.875 OZ	110	2.5	0	125	19	2	0	1
8123	BID/CHIP, TORTILLA, BULK	KITCHEN ESS	1.09 OZ/11 CHIP	150	5.99	1	75	20.95	2	0	2
7566	BID/CHIP, TORTILLA, BULK	TOSTITOS 62399	1 OZ/13 CHIPS	142	6.08	1.01	116	20.25	2.03	0	2.03
5800	BID/CHIP, TORTILLA, RF, 1.25 OEG	TOSTITOS 18792	.875 OZ	120	4.5	0.5	100	18	2	0	2
7569	BID/CHIP, TORTILLA, RF, 2 OEG	TOSTITOS 30103	1.45 OZ	200	7	1	160	29	3	0	3

Nutrikds Recipe #	Product	Manufacturer	Portion Size	Calories	Fat g	Sat Fat g	Sodium mg	Carbs g	Protein g	Chol mg	Fiber g
8231	BID/CHIP, TOSTITO, TOP N GO	PEPSICO 66006	1.4 OZ	190	7	1	160	28	3	0	3
8085	BID/CHOCOLATE FLAVORED CHIPS	GFS 583103	1 OZ	140	7	7	10	20	1	0	1
179	BID/COOKIE, CHOC CHIP	OTIS 58100	1 OZ	130	6	3	100	17	1	5	0
9334	BID/COOKIE, CHOC CHIP, IW	GFS 543140	1 OZ	100	3	1	110	18	2	15	1
6886	BID/COOKIE, CHOC CHIP, RED FAT	J & J 14921	1.85 OZ	192	5.83	2.08	173	34.23	3.13	19	3.55
8808	BID/COOKIE, CHOC FILL, HERSHEY	RICHS 03593	1.7 OZ	200	7	2	130	31	3	5	3
6887	BID/COOKIE, DOUBLE CHOC, RED FAT	J & J 14924	1.85 OZ	190	6.18	2.11	188	33.15	3.26	24	3
9247	BID/COOKIE, OREO	NABISCO	PKG (2 CT)	100	5	1	85	16	1	0	0
183	BID/COOKIE, SUGAR	OTIS 58104	1 OZ	120	5	2	105	18	1	5	0
6888	BID/COOKIE, SUGAR, RED FAT	J & J 14925	1.85 OZ	194	5.96	2.09	200	34.55	2.8	18	3.72
9418	BID/COOKIES, CHOC CHIP	GRANDMAS 45092	2 CT	170	9	3	110	22	2	5	1
6309	BID/COOKIES, EDUCATIONAL	DICK & JANE	1 OZ	130	4	1	95	22	2	0	1
3793	BID/CORN DOG, CHICKEN	FOSTER FARM 95150	4 OZ	240	8	2.5	390	30	9	40	5
7486	BID/CORN DOG, TURKEY	STATE FAIR 09988	4 OZ	240	7	1.5	670	33	11	15	4
3868	BID/CORN DOGS, MINI CHICKEN	FOSTER FARM 96086	6 EACH/4.02 OZ	270	12	3.5	410	30	10	40	5
9238	BID/CORN DOGS, MINI TURKEY	HOUSE OF RAEFORD	6 EACH/4.02 OZ	290	14	3.5	380	30	10	55	3
8069	BID/CORN DOGS, MINI TURKEY	JTM 5090	6 EACH/4.02 OZ	267	11	1.9	365	33	9	34	3
7615	BID/CORN, CANNED	GFS 118966	1/2 CUP	80	1	0	301	17.03	2	0	2
7798	BID/CORN, COB, 5.5", FROZEN	GFS 303593	EACH	170	2	0	0	36	5	0	2
7808	BID/CORN, FROZEN	GFS 851329	1/2 CUP	90	0.9	0	0	18.92	2.7	0	0.9
5360	BID/CRACKERS, ANIMAL	KEEBLER 20150	1 OZ	120	3.5	1	115	22	2	0	2
7666	BID/CRACKERS, BUNNY GRAHAM, HONEY	ANNIES 236	1.25 OZ	160	6	0.5	140	24	3	0	3
7667	BID/CRACKERS, BUNNY GRAHAM, CHOC CHIP	ANNIES 237	1.25 OZ	160	6	0.5	105	24	3	0	3
6238	BID/CRACKERS, CHEEZ IT, ATOMIC	KELLOGGS 10238	.75 OZ	100	3.5	1	200	14	2	0	1
4609	BID/CRACKERS, CHEEZ IT, WG	KELLOGGS 79263	.75 OZ	100	3.5	1	150	14	3	0	1
3877	BID/CRACKERS, CLUB, NOT WG	KEEBLER 01032	PKT (2 CT)	35	1.5	0	50	5	0	0	0
5196	BID/CRACKERS, GOLDFISH, CHEDDAR	PEPP FARM 18105	.75 OZ	100	4	0.5	170	14	2	0	1
3531	BID/CRACKERS, GOLDFISH, CINN, GIANT	PEPP FARM 26830	.9 OZ	120	4	1	140	19	1	0	1
8513	BID/CRACKERS, GOLDFISH, VANILL	PEPP FARM 26828	.9 OZ	120	4	1	105	19	1	0	1
6229	BID/CRACKERS, GRAHAM, CHOC, ELF	KELLOGGS 40239	1 OZ	120	4	1	125	20	2	0	2
3817	BID/CRACKERS, GRAHAM, CINN BUN	KELLOGGS 24518	1.76 OZ	220	7	2	230	37	4	0	2
8689	BID/CRACKERS, GRAHAM, HONEY	KELLOGGS 91822	3 CT/.78 OZ	90	2.5	0	95	17	2	0	1
8149	BID/CRACKERS, GRAHAM, JURASSIC	KELLOGGS 12027	1 OZ	130	4	1	95	21	2	0	0
5896	BID/CRACKERS, GRAHAM, PLAIN	KELLOGGS 91829	3 CT/.78 OZ	90	2.5	0	100	16	2	0	1
3820	BID/CRACKERS, GRAHAM, SCOOPY	KELLOGGS 50689	1 OZ	120	3.5	1	115	21	2	0	1
4101	BID/CRACKERS, GRAHAM, BUG BITES	KEEBLER 55644	1 OZ	120	3.5	1	115	21	2	0	1
7704	BID/CRACKERS, GRAHAM, CC GRIPZ	KELLOGGS 80741	.95 OZ	120	3.5	1.5	80	20	2	0	3
5305	BID/CRACKERS, OYSTER, NOT WG	HERITAGE OVENS	.5 OZ	60	1.5	0	150	11	1	0	0
8757	BID/CRACKERS, RITZ, BULK, NOT WG	MONDELEZ 03467	5 CRACKERS	80	4.5	1	105	10	0	0	0

Nutrikds Recipe #	Product	Manufacturer	Portion Size	Calories	Fat g	Sat Fat g	Sodium mg	Carbs g	Protein g	Chol mg	Fiber g
7938	BID/CRACKERS, SALTINE, SNACK	KELLOGG 10088	.39 OZ	50	1.5	0	60	7	1	0	0
2312	BID/CRACKERS, SALTINE, NOT WG	KEEBLER 01446	PKT (4 CT)	50	1	0	180	9	1	0	0
7557	BID/CRAISINS, CHERRY, IW	OCEAN SPRAY	1.16 OZ	110	0	0	0	28	0	0	3
7556	BID/CRAISINS, STRAWBERRY, IW	OCEAN SPRAY	1.16 OZ	110	0	0	0	28	0	0	3
7805	BID/CREAM CHEESE, LIGHT	GFS 549762	1 OZ	60	5	3.5	100	1	2	15	0
9141	BID/CRESCENTS, CHOC	GEN MILLS 49979	EACH	230	8	1.5	270	37	6	0	2
9075	BID/CRESCENTS, GRAPE	GEN MILLS 49978	EACH	210	6	1	260	35	5	0	2
7689	BID/CROISSANT, SLICED, WG	CHEF PIERRE	2.35 OZ	220	9	3.5	300	30	6	0	2
7138	BID/CROUTONS, CHEESE GARLIC, WG, PKT	SUGAR FOODS 74627	.5 OZ	50	1.5	0	140	8	2	0	1
7621	BID/CROUTONS, NOT WG	GFS/SUGAR FOODS 7488	1 OZ	121	4.05	0	364	20.25	4.05	0	0
9115	BID/CROUTONS, PKT, NOT WG	SUGAR FOODS 74471	.25 OZ PACKETS	30	1	0	95	5	1	0	0
7665	BID/DONUT, DUNKIN STIX, WG	SUPER BAKERY 7010	1.9 OZ	180	6	1.5	170	28	3	0	2
6284	BID/DONUT, GOODY RING, WG	SUPER BAKERY 18400	2.5 OZ	230	11	4	260	29	5	0	2
8735	BID/DONUT, HOLES, WG	RICHS 02725	6 EACH/2.46 OZ	280	15	7	300	30	5	0	3
6788	BID/DONUT, YEAST RAISED, WG	RICHS 14839	2.45 OZ	280	16	7	300	30	5	0	2.64
7753	BID/DONUTS, MINI, CHOCOLATE, WG	SUPER BAKERY 7786	3.3 OZ (6 CT)	320	15	7	270	41	5	0	2
7754	BID/DONUTS, MINI, POWDERED SUGAR, WG	SUPER BAKERY 7787	3 OZ (6 CT)	270	11	3	230	41	4	0	2
8880	BID/DRESSING, 1000 ISLAND, BULK	GFS 272051	1 OZ	100	8	1.5	230	6	0	10	0
7664	BID/DRESSING, CAESAR	KENS 827B3	1.5 OZ	210	23	3.5	390	2	1	0	0
7610	BID/DRESSING, CAESAR, BULK	GFS/CARGILL	1 OZ	115	11.8	1.95	271	1.95	0.29	9	0.12
8471	BID/DRESSING, CHIPOLTE RANCH	GFS 166741	1 OZ	149	16.2	2.53	202	1.01	0	5	0
7613	BID/DRESSING, COLE SLAW	GFS 106992	1 OZ	143	9.86	1.61	257	13.29	0.15	10	0.21
8945	BID/DRESSING, FRENCH, FAT FREE	PEPPER MILL	EACH (1.5 OZ)	50	0	0	470	12	0	0	1
7611	BID/DRESSING, HONEY MUSTARD, IW	HEINZ	1 OZ	70	6	1	220	5	0	10	0
7707	BID/DRESSING, HONEY MUSTARD, IW	LITEHOUSE	1.5 OZ	190	16	2.5	220	12	0	10	0
3912	BID/DRESSING, ITALIAN LITE	KENS 801B3	1.5 OZ	60	5	1	380	3	0	0	0
7491	BID/DRESSING, ITALIAN, RED CALORIE	LITEHOUSE	1 OZ	59	3.97	0.58	322	6	0.05	0	0.21
8083	BID/DRESSING, RANCH BUTTERMILK	HEINZ TASTE PLEASERS 2	1 OZ	120	12	1.5	250	2	0	10	0
8617	BID/DRESSING, RANCH DRY MIX	HVR 21004	3.2 OZ	164	0.66	0.13	17440	22.62	1.85	1	3.24
7612	BID/DRESSING, RANCH FAT FREE	HEINZ	12 GRAM	10	0	0	125	2	0	0	0
7739	BID/DRESSING, RANCH LITE	HVR 14374	1 OZ	60	3.5	0.5	370	7	0	5	0
7708	BID/DRESSING, RANCH LITE	KENS 041B3	1.5 OZ	130	11	1.5	370	8	1	10	0
7492	BID/DRESSING, RANCH LITE, BULK	GFS/CARGILL	1 OZ	72	5.83	0.96	245	4.37	0.31	5	0.14
9347	BID/DRESSING, RANCH, BULK	KENS KE0777	1 OZ	98	10.75	1.47	10	0.98	0	10	0
8155	BID/DRESSING, RANCH, LITE, LOW SODIUM	DIAMOND CRYSTAL 7080	1 OZ	70	6	1	125	5	0	5	0
7969	BID/DRESSING, RANCH, LOW SODIUM	GFS/DIAMOND CRYSTAL	12 GRAM	30	2.5	0	55	2	0	5	0
3533	BID/DRESSING, SALAD, MIRACLE WHIP	KRAFT 66371	12.4 GRAM	32	2.77	0.42	81	1.81	0.06	2	0
8692	BID/DRESSING, SALAD, MIRACLE WHIP	KRAFT 63316	1 TBSP	54	5.09	0.78	106	1.9	0.09	5	0
7622	BID/DRINK, LEMONADE MIX	GFS 111961	8 OZ	72	0	0	31	19.49	0	0	0

Nutrikds Recipe #	Product	Manufacturer	Portion Size	Calories	Fat g	Sat Fat g	Sodium mg	Carbs g	Protein g	Chol mg	Fiber g
6310	BID/EGG & CHEESE ON BUN	ADV PIERRE 68079	2.35 OZ	160	7	2.5	280	19	6	70	2
4710	BID/EGG COLBY CHEESE OMELET	MICHAELS 85137	2.1 OZ	130	10	3.5	300	1	7	165	0
6931	BID/EGG PATTY, 3.5" ROUND	MICHAELS 85017	1.25 OZ	70	6	1.5	110	1	3	95	0
3700	BID/EGG PATTY, GRILLED	SUNNY FRESH 40710	1.25 OZ	50	3.5	1	120	1	3	100	0
6789	BID/EGG ROLL, VEGETABLE, WG	MINH 66048	3.1 OZ	140	3.5	1	150	22	4	0	4
7733	BID/EGG, BOIL IN BAG	GFS 465798	2.17 OZ (NOT CKD)	67	3.59	1.02	215	1.54	6.15	108	0
7822	BID/EGG, DICED	GFS 192198	1 OZ	45	2.83	0.85	40	0.57	3.4	105	0
7844	BID/EGG, HARD COOKED, PEELED	GFS 229431	EACH	75	5.17	1.65	59	0.47	6.11	176	0
8659	BID/EGG, SCRAMBLE MIX, BACON	SUNNY FRESH 40928	2 OZ	120	9	3	280	1	8	170	0
7821	BID/EGG, SCRAMBLE, PRE COOKED	GFS 584584	1.64 OZ	58	3.32	0.83	183	0.83	4.98	104	0
7716	BID/ENGLISH MUFFIN, WG	EUROPEAN BAKERS	EACH	120	1.5	0	180	24	6	0	3
8621	BID/ENGLISH MUFFIN, WG	BIMBO 7057	EACH	120	1	0.5	230	23	5	0	3
7729	BID/ENGLISH MUFFIN, WG	KLOSTERMAN 502552	EACH	110	1	0	190	22	5	0	3
7691	BID/FAST FUEL STICK, BEEF	OLD WISC 12948	.5 OZ	30	1	0	190	0	4	10	0
7692	BID/FAST FUEL STICK, TURKEY	OLD WISC 12949	.5 OZ	40	1.5	0	200	3	4	10	0
5403	BID/FISH NUGGET, POLLOCK	HIGH LINER 1089301	4 EACH/4 OZ	230	8	1.5	290	23	15	50	2
9156	BID/FISH NUGGET, POLLOCK	HIGH LINER 1089863	4 EACH/4 OZ	220	8	1.5	240	21	15	50	2
3840	BID/FISH NUGGET, STAR/FISH	HIGH LINER 10020540	4 EACH/4 OZ	240	10	1.5	730	22	15	40	2
9154	BID/FISH PATTY, POLLOCK	HIGH LINER 10020621	3 OZ	170	7	1	580	17	11	25	2
6339	BID/FISH PATTY, POLLOCK	HIGH LINER 1089300	3.6 OZ	190	7	1	230	16	15	50	1
9155	BID/FISH PATTY, POLLOCK	HIGH LINER 1089271	3.6 OZ	170	7	1	230	16	11	35	1
7936	BID/FISH STICKS, POLLOCK	TRIDENT 418304	4 EACH/4 OZ	220	10	1.5	460	18	15	40	2
9466	BID/FISH STICKS, POLLOCK	TRIDENT 418301	4 EACH/4 OZ	200	9	1.5	310	17	14	40	1
7937	BID/FISH WEDGE, POLLOCK	TRIDENT 418320	3.6 OZ	180	8	1.5	280	14	14	40	2
6958	BID/FLATBREAD, 6X6", WG	RICHS 14010	2.2 OZ	180	5	1	330	29	6	0	3
8809	BID/FLATBREAD, BBQ CHICKEN	GILARDI 20125	4.65 OZ	320	10	5	590	38	18	35	3
8810	BID/FLATBREAD, GARLIC PARMESAN	GILARDI 20124	4.25 OZ	300	11	6	570	33	17	30	3
7713	BID/FRENCH TOAST STICKS	RICHS 37722	4 EACH/3.24 OZ	255	9.81	1.96	294	37.3	5.89	0	2.94
9391	BID/FRENCH TOAST STICKS, WG	BAKE CRAFTERS 442	3 EACH/3.3 OZ	270	8	1	290	43	7	10	2
7715	BID/FRENCH TOAST, CINN GLAZED	MICHAEL 75014	2.9 OZ	200	8	1.5	290	25	8	110	2
8874	BID/FRENCH TOAST, MAPLE GLAZED	MICHAEL 75010	3 EACH/2.9 OZ	203	8.55	1.97	261	25.16	7.4	98	2.38
5784	BID/FRENCH TOAST, MINI	KELLOGGS 80693	3.03 OZ	210	5	1.5	240	37	4	0	3
7663	BID/FRENCH TOAST, MINI, CHOC CHIP	KELLOGGS 80801	3.03 OZ	210	6	1.5	260	35	5	0	4
8519	BID/FRENCH TOAST, MINI, CINN	GEN MILLS 37309	2.64 OZ	220	7	1	200	37	4	0	2
9228	BID/FRUIT COCKTAIL, IN JUICE	GFS 610232	1/2 CUP	60	0	0	10	14	0	0	1
7956	BID/FRUIT COCKTAIL, EXTRA LIGHT SYRUP	GFS 225304	1/2 CUP	61	0	0	10	14.14	0	0	1.01
9227	BID/FRUIT MIX CUP, LIGHT SYRUP	GFS 185160	4 OZ	70	0	0	0	17	0	0	1
9229	BID/FRUIT MIX, IN JUICE	GFS 610348	1/2 CUP	63	0	0	5	13.66	1.05	0	1.05
8655	BID/FRUIT ROLL UP, CRAZY COLOR	GEN MILLS 11561	.5 OZ	50	1	0.5	55	11	0	0	2

Nutrikds Recipe #	Product	Manufacturer	Portion Size	Calories	Fat g	Sat Fat g	Sodium mg	Carbs g	Protein g	Chol mg	Fiber g
8654	BID/FRUIT ROLL UP, HOT COLORS	GEN MILLS 11566	.5 OZ	50	1	0.5	55	11	0	0	2
4059	BID/FRUIT ROLL UP, STRAWBERRY, RED SUGAR	GEN MILLS 29162	.5 OZ	50	1	0.5	55	11	0	0	2
9187	BID/FRUIT SALAD, TROPICAL, LIGHT	GFS 553611	1/2 CUP	75	0	0	0	18.67	0	0	0.93
8657	BID/FRUIT SNACKS, ASST FRUIT	GEN MILLS MOTTS 4795	1.6 OZ	130	0	0	55	37	0	0	8
8658	BID/FRUIT SNACKS, MIXED BERRY	GEN MILLS MOTTS 4795	1.6 OZ	130	0	0	55	37	0	0	8
8656	BID/FRUIT SNACKS, SCOOPY DOO	GEN MILLS 11510	.9 OZ	70	0	0	30	21	0	0	5
9150	BID/FUNDLE, PORK SAUSAGE GRAVY	JTM 5827	3 OZ	223	12	6.4	512	22	7	11	2
7964	BID/GATORADE G2, FRUIT PUNCH	GATORADE 12202	12 OZ	30	0	0	160	8	0	0	0
5831	BID/GATORADE G2, GLACIER FREEZE	GATORADE 12007	12 OZ	30	0	0	160	8	0	0	0
6265	BID/GATORADE G2, GRAPE	GATORADE 12203	12 OZ	30	0	0	160	8	0	0	0
7960	BID/GATORADE G2, LEMON LIME	GATORADE 12463	12 OZ	30	0	0	160	8	0	0	0
5832	BID/GATORADE G2, MIX BERRY, CLEAR	GATORADE 13297	12 OZ	30	0	0	160	8	0	0	0
7959	BID/GATORADE G2, ORANGE	GATORADE 12204	12 OZ	35	0	0	160	8	0	0	0
7623	BID/GELATIN, LIME	GFS/DIAMOND CRYSTAL	1/2 CUP	70	0	0	105	17	1	0	0
7624	BID/GELATIN, ORANGE	GFS/DIAMOND CRYSTAL	1/2 CUP	70	0	0	85	17	1	0	0
7625	BID/GELATIN, STRAWBERRY	GFS/DIAMOND CRYSTAL	1/2 CUP	70	0	0	85	17	1	0	0
7238	BID/GLUTEN FREE BAGEL	UDI	EACH	320	10	1	590	48	8	0	3
7237	BID/GLUTEN FREE HAMBURGER BUN	UDI	EACH	250	7	0.5	480	43	6	0	5
7236	BID/GLUTEN FREE PASTA, ROTINI	BARILLA	1 OZ	101	0.51	0	0	22.27	2.03	0	0.51
7235	BID/GLUTEN FREE WAFFLE	VANS	EACH	115	3.5	0.5	200	19.5	1	0	0.5
7693	BID/GRAVY, BEEF MIX	GFS/DIAMOND CRYSTAL	1/4 CUP	25	0.5	0	292	5	0	0	0
9153	BID/GRAVY, BROWN MIX	NESTLE TRIO	1/4 CUP	20	0.51	0	244	3.03	0	0	0
8811	BID/GRAVY, CHICKEN MIX	NESTLE TRIO	1/4 CUP	35	0.5	0	242	7.02	0	0	0
6910	BID/GRAVY, PORK SAUSAGE	JTM 5156	2.71 OZ	139	10	4.7	118	4	7	26	0
7487	BID/GRAVY, TURKEY MIX	GFS/DIAMOND CRYSTAL	1/4 CUP	25	0.5	0	380	4	1	0	0
7694	BID/GRAVY, WHITE MIX	GUENTHER	1/4 CUP	45	2	1	242	6	0	0	0
7500	BID/GRAVY, WHITE PEPPERED MIX	NESTLE TRIO	1/4 CUP	45	1.5	0	242	6	1	0	0
7482	BID/HAM, DICED	GFS/FARMLAND	2 OZ	71	2.53	1.01	658	0	11.14	30	0
8834	BID/HAM, SMOKED, BONELESS	GFS 559024	3 OZ	101	3.55	1.01	1023	3.04	14.18	46	0
5899	BID/HAM, SMOKED, BONELESS	GFS 605301	2.67 OZ	89	3.12	0.89	899	2.67	12.46	40	0
7818	BID/HAM, SMOKED, SLICED .5 OZ	GFS 294187	.5 OZ SLICE	15	0.38	0.13	105	0.25	2.5	7	0
7737	BID/HOT DOG, BEEF & PORK	GFS/KENT 154792	2 OZ	180	17	6	580	2	6	35	0
7738	BID/HOT DOG, TURKEY	JENNIE O 612620	2 OZ	110	9	3	240	0	8	50	0
7928	BID/HOT DOG, TURKEY & BEEF	KITCHEN ESS 570662	2 OZ	150	11	4	320	6	7	50	0
8876	BID/HUMMUS, 2 OZ CUP	SABRA 01111	2 OZ	150	11	1.5	250	9	4	0	3
7653	BID/HUMMUS, ROASTED RED PEPPER	GRECIAN DELIGHT	2 OZ	120	6	0	340	14	4	0	4
9151	BID/ICE CREAM BAR, CHOC SHORTCAKE	RICHS 85000	3 OZ	140	3.5	1	60	22	2	5	1
8798	BID/ICE CREAM BAR, STRAWBERRY BANANA	JONNY POP	1.55 OZ	50	1	0.5	25	10	1	5	0
8799	BID/ICE CREAM BAR, TRIPLE BERRY	JONNY POP	1.55 OZ	50	0.5	0	25	11	1	0	1

Nutrikds Recipe #	Product	Manufacturer	Portion Size	Calories	Fat g	Sat Fat g	Sodium mg	Carbs g	Protein g	Chol mg	Fiber g
3870	BID/ICING, CHOCOLATE, HEATN'ICE	RICHS 09977	1 OZ	130	2.5	1	15	27	0	0	0
3733	BID/ICING, DONUT GLAZE	RICHS 21506	1 OZ	100	0	0	0	24	0	0	0
3871	BID/ICING, VANILLA, HEAT N' ICE	RICHS 09976	1 OZ	181	2.2	0.5	2	40.21	0	0	0.01
376	BID/JELLY, ASSORTED	SMUCKER	.5 OZ	35	0	0	5	9	0	0	0
7544	BID/JELLY, GRAPE	HEINZ	.5 OZ	35	0	0	0	9	0	0	0
8739	BID/JUICE CUP, BERRY/LEMON, FROZEN	J & J 23060025	4.4 OZ	70	0	0	5	19	0	0	3
6247	BID/JUICE CUP, BLUERASPBERRY LEMON, FROZEN	RIDGEFIELD 2009	4.4 OZ	90	0	0	30	22	0	0	0
8192	BID/JUICE CUP, CHERRY SMOOTH	RIDGEFIELD 2021	4.4 OZ	100	0	0	25	25	0	0	0
6248	BID/JUICE CUP, KIWI STRAWBERRY, FROZEN	RIDGEFIELD 2014	4.4 OZ	90	0	0	35	22	0	0	0
6334	BID/JUICE CUP, ORANGE PINEAPPLE CHERRY, FRZN	J & J 23060020	4.4 OZ	70	0	0	10	19	0	0	3
6250	BID/JUICE CUP, STRAWBERRY MANGO, FROZEN	RIDGEFIELD 2015	4.4 OZ	90	0	0	35	22	0	0	0
7571	BID/JUICE, APPLE	SUNCUP 90301	4 OZ	60	0	0	5	14	0	0	0
4702	BID/JUICE, APPLE	SUNCUP 40301	6 OZ	90	0	0	5	21	0	0	0
4467	BID/JUICE, APPLE - CAPRI SUN	KRAFT 00142	6 OZ	77	0.01	0	23	18.76	0.4	0	0
9171	BID/JUICE, APPLE, BOX	SUNCUP 400305	4.23 OZ	60	0	0	5	14	0	0	0
9295	BID/JUICE, APPLE, BOX	SUNCUP 410305	6.75 OZ	90	0	0	10	23	0	0	0
4468	BID/JUICE, BERRY - CAPRI SUN	KRAFT 00144	6 OZ	80	0.16	0.03	22	19.56	0.32	0	0.02
8584	BID/JUICE, DRAGON PUNCH	COUNTRY PURE 45710	4 OZ	50	0	0	35	13	0	0	0
7962	BID/JUICE, FRUIT MEDLEY	TROPICANA 02145	10 OZ	140	0	0	25	34	2	0	0
9173	BID/JUICE, FRUIT PUNCH	SUNCUP 400805	4.23 OZ	60	0	0	5	15	0	0	0
9378	BID/JUICE, FRUIT PUNCH	SUNCUP 90800	4 OZ	60	0	0	5	14	0	0	0
4469	BID/JUICE, FRUIT PUNCH - CAPRI	KRAFT 00146	6 OZ	78	0.17	0.03	23	19.13	0.25	0	0.01
5887	BID/JUICE, GRAPE	SUNCUP 90501	4 OZ	80	0	0	10	19	0	0	0
4703	BID/JUICE, GRAPE	SUNCUP 40501	6 OZ	120	0	0	15	28	0	0	0
9172	BID/JUICE, GRAPE, BOX	SUNCUP 400505	4.23 OZ	80	0	0	10	20	0	0	0
5889	BID/JUICE, ORANGE	SUNCUP 90100	4 OZ	60	0	0	0	14	0	0	0
9377	BID/JUICE, ORANGE	SUNCUP 40100	6 OZ	90	0	0	0	19	0	0	0
9175	BID/JUICE, ORANGE TANGERINE	SUNCUP 402405	4.23 OZ	38	0	0	6	9.4	0	0	0
7572	BID/JUICE, ORANGE/PINEAPPLE	SUNCUP 91200	4 OZ	60	0	0	0	15	0	0	0
9296	BID/JUICE, ORANGE TANGERINE, BOX	SUNCUP 412405	6.75 OZ	100	0	0	20	24	0	0	0
9174	BID/JUICE, PARADISE PUNCH	SUNCUP 402800	4.23 OZ	60	0	0	5	14	0	0	0
9472	BID/JUICE, SPARKLING APPLE	IZZE 01507	8.4 OZ	90	0	0	15	24	0	0	0
9473	BID/JUICE, SPARKLING BLACKBERRY	IZZE 01502	8.4 OZ	90	0	0	20	22	0	0	0
9474	BID/JUICE, SPARKLING CLEMENTINE	IZZE 01505	8.4 OZ	90	0	0	15	21	0	0	0
7963	BID/JUICE, STRAWBERRY KIWI	TROPICANA 02144	10 OZ	150	0	0	25	38	0	0	0
7961	BID/JUICE, STRAWBERRY ORANGE	TROPICANA 02146	10 OZ	160	0	0	25	40	0	0	0
6329	BID/JUICE, V8 FUSION, POMEGRANATE	CAMPBELLS	8 OZ	100	0	0	65	25	0	0	0
6330	BID/JUICE, V8 FUSION, STRAWBERRY BANANA	CAMPBELLS	8 OZ	110	0	0	70	28	0	0	0
9176	BID/JUICE, VERY BERRY	SUNCUP 402505	4.23 OZ	60	0	0	10	17	0	0	0

Nutrikds Recipe #	Product	Manufacturer	Portion Size	Calories	Fat g	Sat Fat g	Sodium mg	Carbs g	Protein g	Chol mg	Fiber g
8586	BID/JUICE, WANGO MANGO	COUNTRY PURE 45711	4 OZ	50	0	0	30	13	0	0	0
7626	BID/KALE, CHOPPED	ALLEN	1/2 CUP	56	0.94	0	122	7.49	3.75	0	5.62
5238	BID/LASAGANA ROLLUP, WG	TASTY BRAND 00801	4.3 OZ	240	6	3.5	390	29	15	20	2
9148	BID/MAC & CHEESE, RED FAT, WG	JTM 5756	6 OZ	283	11	6.5	648	31.01	15	37	2
6319	BID/MAC & CHEESE, WG	JTM 5769	6 OZ	295	15	8.1	759	26.01	16	47	2
9353	BID/MARGARINE, TRANS FAT FREE	GFS 733061	1 OZ	202	22.27	9.11	223	0	0	0	0
7627	BID/MARSHMALLOWS, MINI	GFS 191736	1/2 CUP	81	0	0	20	20.16	0	0	0
8122	BID/MAYONNAISE PACKET, LIGHT	GFS 188741	12 GRAM	50	4.5	0.5	70	2	0	10	0
3534	BID/MAYONNAISE PACKET	KRAFT 66485	2.4 GRAM	90	10	1.5	65	0	0	0	0
7609	BID/MAYONNAISE, LIGHT, BULK	GFS/DIAMOND CRYSTAL	1 TBSP	55	5.09	0.84	127	2.06	0.11	8	0
8870	BID/MILK, ALMOND, VANILLA	SILK 102380	8 OZ	28	2.36	0	151	0	0.95	0	0
6241	BID/MILK, SOY, VANILLA	KIKKOMAN 06184	8 OZ	140	3	0	170	20	8	0	0
3825	BID/MUFFIN, APPLE CINNAMON	OTIS 10146	2 OZ	190	6	2	130	31	3	40	2
6273	BID/MUFFIN, BANANA	CHEF PIERRE 08861	2 OZ	200	8	1.5	110	31	2	10	1
6274	BID/MUFFIN, BLUEBERRY	CHEF PIERRE 08860	2 OZ	190	7	1	135	30	2	10	1
6275	BID/MUFFIN, CHOC CHOC CHIP	CHEF PIERRE 08862	2 OZ	180	6	1.5	105	27	3	10	2
7872	BID/MUSTARD PACKET	GFS/DIAMOND CRYSTAL	5.5 GRAM	5	0	0	85	0	0	0	0
8479	BID/MUSTARD PACKET	HEINZ 78000701	5.5 GRAM	0	0	0	65	0	0	0	0
7628	BID/MUSTARD, 4/1 GAL	GFS	1 TBSP	12	0.64	0.03	234	0.83	0.55	0	0.33
6267	BID/NAKED JUICE, BERRY BLAST	PEPSICO 63317	10 OZ	160	0	0	10	37	2	0	0
6811	BID/NAKED JUICE, BLUE MACHINE	PEPSICO 01017	10 OZ	210	0	0	15	50	1	0	4
6270	BID/NAKED JUICE, STRAWBERRY BANANA	PEPSICO 63071	10 OZ	160	0	0	5	38	2	0	0
7764	BID/OIL, SOY, ZERO TRANS FAT	PANTRY VALUE	1 OZ	263	44.55	20.25	0	0	0	0	0
8198	BID/OIL, VEGETABLE, ZERO TRANS FAT	GFS 292702	1 OZ	263	28.35	4.05	0	0	0	0	0
7827	BID/OLIVES, RIPE, SLICED	GFS	1/8 CUP	31	2.54	0.51	153	1.02	0	0	0
9248	BID/ONION RINGS, NOT WG	KITCHEN ESS	6 RING/3.185 OZ	180	8	1.5	550	23.99	2	0	2
6851	BID/ONION RINGS, WG	TASTY BRAND 33504	2.69 OZ/5 RINGS	200	8	1.5	200	28	3	0	3
6785	BID/ONIONS, DRIED	PACKER/OLAM	1 CUP (RECONST)	173	0.21	0.05	58	43.58	4.78	0	5.51
7782	BID/ORANGES, MANDARIN, LIGHT	GFS 117897	1/2 CUP	87	0	0	10	19.33	0.97	0	0
6337	BID/PANCAKES, BULK, WG	AUNT JEMIMA 43582	1.14 OZ	77	2	0.33	110	13.67	1.67	3	1
5897	BID/PANCAKES, MINI, BLUEBERRY	KELLOGGS 92560	3.03 OZ	210	6	1	310	35	4	10	4
6206	BID/PANCAKES, MINI, MAPLE	GEN MILLS 37732	3.17 OZ	220	6	0.5	130	39	4	0	3
5920	BID/PANCAKES, MINI, MAPLE	KELLOGGS 92562	3.03 OZ	210	6	1	320	35	4	10	4
6205	BID/PANCAKES, MINI, STRAWBERRY	GEN MILLS 37731	3.17 OZ	220	6	0.5	130	40	4	0	3
8913	BID/PASTA, EGG NOODLES	GFS 292346	1/2 CUP	89	1.21	0.4	6	16.12	3.22	22	0.4
5448	BID/PASTA, ELBOW, WG	BARILLA	1/2 CUP	91	0.76	0	0	19.74	4.05	0	3.04
7629	BID/PASTA, ELBOW, NOT WG	KITCHEN ESS	1/2 CUP	87	0.42	0	0	17.45	2.91	0	0.83
7630	BID/PASTA, PENNE, WG	DAKOTA	1/2 CUP	99	0.71	0	0	19.31	3.3	0	1.88
8068	BID/PASTA, ROTINI, WG	DAKOTA	1/2 CUP	109	0.78	0	0	21.29	3.63	0	2.08

Nutrikds Recipe #	Product	Manufacturer	Portion Size	Calories	Fat g	Sat Fat g	Sodium mg	Carbs g	Protein g	Chol mg	Fiber g
4987	BID/PASTA, SPAGHETTI, WG	BARILLA	1/2 CUP	91	0.76	0	0	19.74	4.05	0	3.04
7965	BID/PASTA, SPAGHETTI, NOT WG	KITCHEN ESS	1/2 CUP	160	0.76	0	0	32.09	5.35	0	1.53
9038	BID/PASTA, ZITI, NOT WG	GFS	1/2 CUP	109	0.52	0	0	21.81	3.63	0	1.04
4654	BID/PASTRY, FRUDEL, APPLE	PILLSBURY 27852	2.29 OZ	210	6	1.5	260	36	5	0	2
4655	BID/PASTRY, FRUDEL, CHERRY	PILLSBURY 27851	2.29 OZ	210	6	1	260	37	5	0	2
6814	BID/PB & GRAPE JELLY WAFERS	ADV PIERRE A1290	2.3 OZ	300	17	3.5	220	32	9	0	4
9209	BID/PEACH CUP, DICED, LIGHT SYRUP	GFS 185150	4 OZ	70	0	0	0	17	0	0	1
7791	BID/PEACHES, DICED, CANNED, LIGHT SYRUP	IPM 116350	1/2 CUP	46	0	0	5	12.84	0	0	0.92
9230	BID/PEACHES, DICED, CANNED, EXTRA LIGHT SYRUP	GFS 268348	1/2 CUP	56	0	0	9	13.05	0.93	0	0.93
7631	BID/PEACHES, HALF, EXTRA LIGHT SYRUP	GFS/PACIFIC	1/2 CUP	60	0	0	10	14	0	0	0
7786	BID/PEACHES, SLICED, EXTRA LIGHT SYRUP	IPM 116360	1/2 CUP	46	0	0	5	12.84	0	0	0.92
8469	BID/PEACHES, SLICED, EXTRA LIGHT SYRUP	GFS 224448	1/2 CUP	56	0	0	9	13.05	0.93	0	0.93
7548	BID/PEANUT BUTTER, CUP	SMUCKERS JIF	1.1 OZ	180	15	2.5	130	8	6	0	2
7668	BID/PEANUT FREE SPREAD	WOWBUTTER 40100	1.12 OZ	198	14.88	2.98	99	7.94	6.95	0	1.98
8506	BID/PEARS, DICED, CANNED, IN JUICE	GFS 610364	1/2 CUP	60	0	0	10	14.01	0	0	2
7785	BID/PEARS, DICED, CANNED, LIGHT SYRUP	IPM 116100	1/2 CUP	85	0	0	4	21.26	0	0	1.01
8788	BID/PEARS, DICED, CHUNK, CANNED	GFS 610429	1/2 CUP	60	0	0	10	14.01	0	0	2
1939	BID/PEARS, HALF, LIGHT SYRUP	GFS 224421	1/2 CUP	73	0	0	10	17.74	0	0	1.04
7795	BID/PEAS & CARROTS, FROZEN	GFS 285730	1/2 CUP	55	0	0	28	8.32	1.85	0	2.77
7479	BID/PEAS, CANNED	GFS 118443	1/2 CUP	92	0.66	0	393	15.72	5.24	0	3.93
7763	BID/PEAS, FROZEN	GFS/LAKESIDE	1/2 CUP	74	0	0	106	12.75	5.31	0	4.25
7632	BID/PEPPER, BANANA, SLICED RING	GFS/GIELOW	1 OZ	0	0	0	466	0	0	0	0
9185	BID/PEPPER, JALAPENO, .5 GAL	GFS 499943	1 OZ	4	0	0	409	0.89	0	0	0
7633	BID/PEPPER, JALAPENO, 1 GAL	GFS/GIELOW	1 OZ	5	0	0	279	1	0	0	1
7797	BID/PEPPERONI	GFS 729981	1 OZ	132	12.28	3.78	435	0	5.67	28	0
7480	BID/PICKLE, SLICE, DILL	GFS 149195	1 OZ	0	0	0	360	0	0	0	0
7809	BID/PICKLE, SPEAR, DILL	BRICKMAN	2 EACH	0	0	0	491	1.89	0	0	0
7784	BID/PINEAPPLE, TIDBIT, IN JUICE, CANNED	GFS 189979	1/2 CUP	76	0	0	0	19.64	0	0	1.09
4908	BID/PIZZA CHEESE CRUNCHERS	RICHS 65225	4 EACH/5.48 OZ	420	20	9	670	41	20	30	6
3977	BID/PIZZA STRIPS	TONYS 78378	3.1 OZ	220	6	3	390	27	12	20	3
8054	BID/PIZZA, 4 MEAT, 16", 8 CT	BIG DADDY 78640	5.3 OZ	370	17	7	650	36	20	40	3
8044	BID/PIZZA, BBQ, WEDGE - MAXSNAX	CONAGRA 12723	4.09 OZ (3 PC)	280	8	2	470	36	16	15	4
8660	BID/PIZZA, BREAKFAST, BACON	TONYS 78353	2.95 OZ	210	8	3.5	320	25	10	55	2
3485	BID/PIZZA, BREAKFAST, GRAVY	TONYS 78352	3 OZ	200	7	2	440	24	10	15	2
3393	BID/PIZZA, BREAKFAST, SAUSAGE	TONYS 63912	3.31 OZ	210	7	2	480	26	9	15	2
9240	BID/PIZZA, BREAKFAST, SAUSAGE	CONAGRA 12562	2.44 OZ	160	7	2	460	17	8	10	2
8053	BID/PIZZA, BUFF CHIX, 16", 8 CUT	BIG DADDY 78639	5.21 OZ	390	19	7	750	35	20	45	3
8116	BID/PIZZA, CHEESE DOUBLE STUFF	CONAGRA 12683	3.74 OZ	250	7	4	520	31	15	20	4
4996	BID/PIZZA, CHEESE MINI BAGELS	TASTY BRAND 52222	4 EACH	260	9	5	560	24	21	20	4

Nutrikds Recipe #	Product	Manufacturer	Portion Size	Calories	Fat g	Sat Fat g	Sodium mg	Carbs g	Protein g	Chol mg	Fiber g
8955	BID/PIZZA, CHEESE, 16"	BIG DADDY 68591	5.13 OZ	360	16	8	490	35	18	40	4
6191	BID/PIZZA, CHEESE, 16"	S & F 37BC	5.08 OZ	310	11	5	510	37	18	25	1
7656	BID/PIZZA, CHEESE, 4" ROUND	TONYS 78364	4.46 OZ	280	12	6	440	29	15	30	3
7577	BID/PIZZA, CHEESE, 4 X 6"	TONYS 78697	4.5 OZ	300	11	5	440	34	16	25	4
7988	BID/PIZZA, CHEESE, 5" ROUND	GILARDI 12514	5.05 OZ	320	11	3.5	610	40	15	10	5
9403	BID/PIZZA, CHEESE, FRENCH BREAD	TONYS 78356	4.94 OZ	290	11	4	440	33	17	20	0
6212	BID/PIZZA, CHEESE, STUFFED CRUST	GILARDI 20113	4.5 OZ	300	11	6	600	35	16	30	4
5852	BID/PIZZA, CHEESE, STUFFED CRUST WEDGE	TONYS 78647	5.34 OZ	360	16	6	600	39	16	25	3
7657	BID/PIZZA, CHEESE, 16", 8 CUT	BIG DADDY 78653	5.18 OZ	360	16	7	470	36	21	35	3
2120	BID/PIZZA, FIESTADA BEEF	TONYS 68523	5.44 OZ	360	14	6	710	43	17	25	4
6183	BID/PIZZA, PEPPERONI, 16"	S & F 36BC	5.32 OZ	340	14	6	600	36	20	30	1
7658	BID/PIZZA, PEPPERONI, 16"	BIG DADDY 78654	5.18 OZ	370	17	7	550	35	21	45	3
8871	BID/PIZZA, PEPPERONI, 16"	BIG DADDY 68592	5.13 OZ	360	16	8	460	35	19	45	4
7676	BID/PIZZA, PEPPERONI, 4"	TONYS 78365	4.51 OZ	290	13	6	490	26	16	35	3
7578	BID/PIZZA, PEPPERONI, 4 X 6"	TONYS 78698	4.48 OZ	300	12	5	530	33	16	25	4
8784	BID/PIZZA, PEPPERONI, 5"	SCHWANS 78369	4.98 OZ	330	13	6	540	38	17	30	4
5854	BID/PIZZA, PEPPERONI, STUFFED WEDGE	TONYS 78648	5.32 OZ	360	16	6	650	38	16	30	3
6214	BID/PIZZA, PEPPERONI, STUFFED CRUST	GILARDI 20114	4.5 OZ	300	11	5	650	35	17	30	5
7579	BID/PIZZA, SAUSAGE, 4 X 6"	TONYS 78771	4.69 OZ	290	10	4.5	470	33	16	25	5
8043	BID/PIZZA, TACO, WEDGE - MAXSNAX	CONAGRA 12714	4.09 OZ (3 PC)	260	9	2.5	580	30	14	10	4
8147	BID/POP TARTS, FROSTED BLUEBERRY, 1CT	KELLOGGS 17196	1.76 OZ	180	2.5	1	180	38	2	0	3
8148	BID/POP TARTS, FROSTED BLUEBERRY, 2CT	KELLOGGS 17199	3.5 OZ	360	5	2	360	76	4	0	6
4942	BID/POP TARTS, FROSTED STRAWBERRY, 1CT	KELLOGGS 55130	1.75 OZ	180	2.5	1	190	38	2	0	3
5368	BID/POP TARTS, FROSTED STRAWBERRY, 2CT	KELLOGGS 55133	3.5 OZ	360	5	2	360	75	4	0	6
6865	BID/POP TARTS, FROSTED FUDGE, 1CT	KELLOGGS 12070	1.76 OZ	180	3	1	190	38	3	0	3
6864	BID/POP TARTS, FROSTED FUDGE, 2CT	KELLOGGS 12073	3.53 OZ	370	6	2	390	76	5	0	6
4941	BID/POP TARTS, FROSTED CINNAMON, 1CT	KELLOGGS 55122	1.75 OZ	190	3	1	200	38	2	0	3
5367	BID/POP TARTS, FROSTED CINNAMON, 2CT	KELLOGGS 55125	3.5 OZ	370	6	2	380	75	5	0	6
3687	BID/PORK BBQ, TEXAS STYLE, LOW SODIUM	BROOKWOOD 12307	4 OZ	300	17.06	6.02	234	17.06	18.06	71	0
9149	BID/PORK BBQ, SOUTHERN	JTM 5406	4 OZ	176	6	2.1	582	12	17	44	2
8639	BID/PORK CHOP, COUNTRY FRIED	ADV PIERRE 3801	3.1 OZ	270	17	4.5	380	15	13	90	2
4136	BID/PORK MEATBALLS, RED SODIUM	JTM 5036	4 EACH/2.72 OZ	158	9.98	3.39	228	4.99	12.97	34	1
4682	BID/PORK PATTY, BREADED	JTM 5694	3.35 OZ	260	17	4.5	330	11	16	40	2
7929	BID/PORK RIB PATTY, BBQ	ADV PIERRE 80825	3.1 OZ	210	13	4.5	730	11	11	35	1
8121	BID/PORK RIB PATTY, BBQ	GFS 100640	2.5 OZ	160	10	3.5	390	8	12	30	1
3702	BID/PORK RIB PATTY, BBQ	ADV PIERRE 3717	3.25 OZ	210	12	4.5	660	12	13	45	1
5394	BID/PORK RIB PATTY, BBQ	JTM 5690	2.8 OZ	170	10	3.5	400	6	14	40	1
6302	BID/PORK STEAK, BREADED	ADV PIERRE 69040	3.85 OZ	290	17	4.5	420	17	16	50	2
3704	BID/PORK TACO MEAT, RED FAT	JTM 5205	3.17 OZ	120	5	1.8	297	6	14	33	2

Nutrikds Recipe #	Product	Manufacturer	Portion Size	Calories	Fat g	Sat Fat g	Sodium mg	Carbs g	Protein g	Chol mg	Fiber g
7714	BID/POTATO CHUNKS, REDSKIN	SIMPLOT 77766	1/2 CUP	90	0	0	30	18	2	0	2
7648	BID/POTATO SKINS	MCCAIN MCX03602	1/2 CUP	90	0	0	5	19	2	0	3
6246	BID/POTATO STIX, SEASON, RED SODIUM	MCCAIN MCX04717	1/2 CUP	120	4	0.5	135	20	1	0	2
7637	BID/POTATO, AU GRATIN	BASIC AM 20922	1/2 CUP/5.62 OZ	146	3.94	1.83	275	25	2.03	8	1
9445	BID/POTATO, BABY BAKERS	SIMPLOT 00048	1/2 CUP	100	2	0	180	17	3	0	0
9428	BID/POTATO, EMOTICONS	MCCAIN 06639	1/2 CUP (4 PC)	120	4	0.5	80	18	2	0	2
3736	BID/POTATO, FF KK - CONCERTINA	LAMB WESTON X14	1/2 CUP	120	4.5	1.5	135	17	2	0	2
7778	BID/POTATO, FF STRAIGHT CUT, RED SODIUM	CAVENDISH 05307	1/2 CUP	125	6.5	1	120	16	1	0	1
7971	BID/POTATO, FF, CRISS CUT	LAMB WESTON D23	1/2 CUP	120	6	1.5	270	14	1	0	1
4515	BID/POTATO, FF, EVERCRISP	MCCAIN OIF01028	1/2 CUP	130	6	1	300	18	1	0	1
8805	BID/POTATO, FF, SEASON SPIRALS	MCCAIN 04108	1/2 CUP	100	3	0	150	17	1	0	1
8080	BID/POTATO, FF, SKIN ON	LAMB WESTON X23	1/2 CUP	120	4	1	150	19	2	0	2
4454	BID/POTATO, FF, SPICY	LAMB WESTON B91	1/2 CUP	120	5	1.5	280	16	2	0	2
7793	BID/POTATO, FF, WAFFLE CUT	MCCAIN OIF01037	1/2 CUP	140	5	1	80	22	2	0	3
8507	BID/POTATO, FF, TWISTER, SEASONED	LAMB WESTON D73	1/2 CUP	120	6	1.5	320	15	2	0	2
3845	BID/POTATO, FF, TWISTER, SEASONED	MCCAIN MCL03622	1/2 CUP	110	5	0.5	250	14	1	0	0
7647	BID/POTATO, HASH BROWN WEDGE	MCCAINOIF00589A	2 EACH (4.5 OZ)	270	15	1	500	31	2	0	3
6661	BID/POTATO, MASHED	BASIC AM 10630	1/2 CUP/3.02 OZ	70	0	0	117	14	2	0	1
6192	BID/POTATO, MASHED	BASIC AM 10169	1/2 CUP/3.88 OZ	80	1.5	0.5	253	15	2	0	1
7651	BID/POTATO, MASHED	BASIC AM 81837	1/2 CUP/3.67 OZ	70	0.5	0	18	15	2	0	1
7650	BID/POTATO, MASHED	BASIC AM 76468	1/2 CUP/4.17 OZ	70	1	0	324	15.04	1	0	1
7652	BID/POTATO, MASHED	BASIC AM 81056	1/2 CUP/3.74 OZ	70	1	0	283	15	2	0	1
8873	BID/POTATO, MASHED	MCCAIN 02870	1/2 CUP/4.342OZ	110	3	1	190	18	2	0	2
6242	BID/POTATO, ROUNDABOUTS	LAMB WESTON A26	1/2 CUP	150	8	2	280	17	2	0	2
7989	BID/POTATO, SCALLOPED	BASIC AM 94595	1/2 CUP/5.39 OZ	135	3.82	1.75	225	24	2.03	7	1
3029	BID/POTATO, SMILES	MCCAIN OIF03456	1/2 CUP (4 PC)	130	4.5	0.5	180	20	2	0	2
8872	BID/POTATO, SWEET, BATTERED	MCCAIN 04309	1/2 CUP	160	7.5	1	210	23	3	0	4
5454	BID/POTATO, SWEET, CRISS CUT	LAMB WEST L0090	1/2 CUP	150	6	0.5	170	23	2	0	2
7638	BID/POTATO, SWEET, CUT, CANNED	DUNBAR 796325	1/2 CUP	159	0	0	23	38.5	0	0	1.13
7649	BID/POTATO, SWEET, FF	LAMB WESTON L8100	1/2 CUP	117	3.35	0.42	142	20.08	0.84	0	2.51
9127	BID/POTATO, SWEET, FLAME ROASTED	SIMPLOT 70756	3.85 OZ	140	3.5	0.5	180	24	2	0	3
5053	BID/POTATO, SWEET, MINI PUFF	LAMB WESTON L0094	1/2 CUP	170	4	0	230	34	1	0	3
9244	BID/POTATO, TATER PUFFS	LAMB WESTON H30	1/2 CUP	140	7	1.5	280	16	2	0	2
7550	BID/POTATO, TATER TOTS	MCCAIN 02789	1/2 CUP	90	3.5	0	170	14	1	0	2
6244	BID/POTATO, WEDGE, RANCH	LAMB WESTON R12	1/2 CUP	120	5	1	280	17	2	0	2
8967	BID/POTATO, WEDGE, SEASONED,8 CUT	MCCAIN 03626	1/2 CUP	120	6	1	550	18	2	0	1
7551	BID/POTATO, WEDGE, SEASONED, 8 CUT	MCCAIN 00496	1/2 CUP	120	4	0.5	140	20	2	0	2
7955	BID/POTATO, WHITE, DICED, CANNED	GFS 118583	1/2 CUP	63	0	0	253	13.56	0.9	0	1.81
8719	BID/POTATO, WHITE, SLICED, CANNED	GFS 118486	1/2 CUP	56	0	0	333	11.1	0.79	0	1.59

Nutrikds Recipe #	Product	Manufacturer	Portion Size	Calories	Fat g	Sat Fat g	Sodium mg	Carbs g	Protein g	Chol mg	Fiber g
6659	BID/PRETZEL, CHEESE STUFFED	BOSCO 705672	2.4 OZ	200	7	2	230	27	7	10	3
4493	BID/PRETZEL, SOFT, MINI, WG	J & J 30113	1 OZ	70	0.5	0	100	14	2	0	1
7549	BID/PRETZEL, SOFT, NUGGET, WG	J & J 30185	.5 OZ	30	0	0	21	7	1	0	1
3823	BID/PRETZEL, SOFT, ROD, WG	J & J 31012	1 OZ	70	0.5	0	40	14	2	0	1
4610	BID/PRETZEL, SOFT, WG	J & J 30110	2.2 OZ	140	0.5	0	150	30	5	0	3
6266	BID/PROPEL, BERRY	PEPSICO 00169	16.9 OZ	0	0	0	230	0	0	0	0
3889	BID/PROPEL, GRAPE	PEPSICO 00173	16.9 OZ	0	0	0	230	0	0	0	0
6264	BID/PROPEL, KIWI STRAWBERRY	PEPSICO 00171	16.9 OZ	0	0	0	230	0	0	0	0
6263	BID/PROPEL, LEMON	PEPSICO 00167	16.9 OZ	0	0	0	230	0	0	0	0
7582	BID/PUDDING, CHOCOLATE, COWRAGEOUS	LOL 03710	3.75 OZ	110	1	0.5	105	21	3	5	3
7478	BID/PUDDING, CHOCOLATE	GFS	1/2 CUP	120	3	0.5	200	24	1	0	1
4522	BID/PUDDING, VANILLA	GFS	1/2 CUP	130	3	0	200	25	0	0	0
7583	BID/PUDDING, VANILLA, COWRAGEOUS	LOL 03720	3.75 OZ	100	1	0	125	21	3	10	3
3623	BID/QUESADILLA, CHEESE	COYOTE GRILL 78372	2 PIECE(4.4 OZ)	320	12	6	560	32	20	40	3
3622	BID/QUESADILLA, CHICKEN	COYOTE GRILL 78373	2 PIECE(4.4 OZ)	300	11	4.5	570	32	19	45	3
5688	BID/RAISINS, BOX	BOGHOSIAN	1.5 OZ	138	0	0	11	32.96	1.06	0	2.13
6672	BID/RAISINS, SOUR ORANGE	RAISELS 00529	1.5 OZ	130	0	0	0	35	1	0	1
6674	BID/RAISINS, SOUR WATERMELON	RAISELS 00527	1.5 OZ	140	0	0	0	35	1	0	1
6894	BID/RAVIOLI, BEEF, CN LABELED	CHEF BOYARDEE 81080	8.31 OZ (8 PC)	238	7.33	3.21	550	27.49	14.66	23	3.66
7573	BID/RAVIOLI, MINI CHEESE, WG	TASTY BRANDS	2.17 OZ (7 PC)	120	2.5	1	180	15	8	15	1
7639	BID/RELISH, SWEET	GFS 517186	1 OZ	28	0	0	265	7.56	0	0	0
6253	BID/RICE, BROWN, ASIAN	UNCLE BENS 45533	1/2 CUP	105	1	0.25	227	21	2.5	0	1
7761	BID/RICE, BROWN, MEXICAN STYLE	GFS/KENT	1/2 CUP	116	2.76	0.56	166	21	2	0	1
6252	BID/RICE, BROWN, ROASTED CHICKEN	UNCLE BENS 45532	1/2 CUP	105	1.5	0.5	217	20	3	3	1
7493	BID/RICE, BROWN,PARBOILED	GFS/PROD RICE MILL	1/2 CUP	85	0.5	0	0	18.5	2	0	1
7742	BID/RICE, BROWN,PARBOILED	UNCLE BENS 12111	1/2 CUP	90	0.8	0	2	18.58	2.12	0	1.06
7607	BID/ROAST BEEF, SLICED 1/2 OZ	HORMEL 15834	4 SLICE	50	2	1	420	0	9	25	0
7712	BID/ROLL DOUGH, DINNER	RICHS 13918	2.5 OZ	170	3	0	140	29	7	0	3
5855	BID/ROLL DOUGH, MINI SUB, 6"	RICHS 11782	2.4 OZ	170	3	0.5	180	28	6	0	3
4641	BID/ROLL DOUGH, RTO	RICHS 05295	2.1 OZ	140	2.5	0.5	190	24	6	0	5
8518	BID/ROLL, CINNAMON BUN	SUPER BAKERY 6070	2.9 OZ	240	8	2	300	38	5	20	3
6961	BID/ROLL, CINNAMON DOUGH, WG	RICHS 13940	2.6 OZ	170	1.5	0.5	135	36	5	5	3
6907	BID/ROLL, CINNAMON SWIRL, 2CT	SKY BLUE WCSW272	2 OZ	190	7	1	200	29	4	0	3
4818	BID/ROLL, CINNAMON - MINI CINNI	PILLSBURY 33686	2.29 OZ	240	7	1.5	270	39	5	0	2
6353	BID/ROLL, DELI, WG	BIMBO 4259	EACH	210	2.5	0.5	250	38	8	0	3
9301	BID/ROLL, DINNER, FROZEN	GFS 7304	1 OZ	80	1	0	90	13	3	0	1
9366	BID/ROLL, DINNER, WG	KLOSTERMAN 3920	EACH	90	1	0	135	17	3	0	2
7721	BID/ROLL, DINNER, WG	KLOSTERMAN 3933	EACH	150	2	0	230	28	6	0	3
8025	BID/ROLL, DINNER, WG	MA'S KITCHEN	2 OZ	140	2.5	1	80	32	5	5	7

Nutrikds Recipe #	Product	Manufacturer	Portion Size	Calories	Fat g	Sat Fat g	Sodium mg	Carbs g	Protein g	Chol mg	Fiber g
6195	BID/ROLL, DINNER, WHITE WHEAT	READIBAKE 01509	2.2 OZ	150	2	0	270	30	5	0	3
7747	BID/ROLL, DINNER, WG	BIMBO 6619	EACH	110	1.5	0	135	20	4	0	2
5219	BID/ROLL, PARBK, WG - SISTER SCHUBERT	MARZETTI 62205	1.5 OZ	140	4	1	200	22	4	10	3
7575	BID/SALSA CUP - RED GOLD	RED GOLD	3 OZ	25	0	0	195	5	1	0	1
4030	BID/SALSA, MILD, NUTRITIONALLY ENHANCED	RED GOLD 11005	1/4 CUP(1.5 OZ)	15	0	0	103	2.93	0	0	0
8243	BID/SANDWICH, GRILL CHEESE, IW	INTEGRATED 134000	4.19 OZ	280	9.91	5.56	581	30.96	18.55	32	3
8954	BID/SANDWICH, GRILL CHEESE, BULK	INTEGRATED 703003	4.19 OZ	280	9.91	5.56	581	30.96	18.55	32	3
6964	BID/SANDWICH, PB/GRAPE	SMUCKER	2.6 OZ	300	17	3	280	32	9	0	4
6965	BID/SANDWICH, PB/GRAPE	SMUCKER	5.3 OZ	600	34	6	540	64	18	0	7
6966	BID/SANDWICH, PB/STRAWBERRY	SMUCKER	2.6 OZ	300	17	3	280	32	9	0	4
8497	BID/SANDWICH,SOYBUTTER & GRAPE	ALBIES 607	2.4 OZ	290	16	3	220	28	9	0	4
6963	BID/SANDWICH,SOYBUTTER & GRAPE	ALBIES 608	4.6 OZ	570	32	6	440	55	19	0	8
5395	BID/SAUCE, ALFREDO, RED FAT	JTM 5722	1.83 OZ	90	5	3	374	5	6	19	0
5451	BID/SAUCE, ASIAN BASE	JTM 73430	1 OZ	43	0	0	209	11	0	0	0
5347	BID/SAUCE, BARBEQUE CUP	RED GOLD 11580	1 OZ	40	0	0	65	10	0	0	0
7790	BID/SAUCE, BARBEQUE PACKET	GFS 294659	12 GRAM	20	0	0	90	5	0	0	0
7806	BID/SAUCE, BARBEQUE, 4/1 GAL	GFS 734136	1 OZ	47	0	0	346	11.02	0	0	0
8515	BID/SAUCE, BARBEQUE, 6/.5 GAL	GFS 734152	1 OZ	47	0	0	346	11.02	0	0	0
9375	BID/SAUCE, BARBEQUE, 6/80 OZ	SWEET BABY RAY	1 OZ	54	0	0	222	13.03	0	0	0
8514	BID/SAUCE, BUFFALO RANCH, LIGHT	GFS 700081	1 OZ	50	4.5	0.5	140	3	0	5	0
7645	BID/SAUCE, BUFFALO, HOT WING	FRENCHS	1 OZ	0	0	0	907	0	0	0	0
3695	BID/SAUCE, CHEESE, CHEDDAR	JTM 5705	1.82 OZ	108	8.01	4.6	412	2	7.01	28	0
7640	BID/SAUCE, CHEESE, CHEDDAR, CANNED	BAY VALLEY	1/4 CUP	60	4	1	510	5	1	0	0
5013	BID/SAUCE, CHEESE, JALAPENO	JTM 5708	1.82 OZ	108	7.97	4.58	394	1.99	6.97	28	0
7641	BID/SAUCE, CHEESE, JALAPENO, CANNED	BAY VALLEY	1/4 CUP	60	4	1	580	5	1	0	0
4538	BID/SAUCE, CHEESE, QUESO BLANCO	JTM 5718	2 OZ	118	9	5.3	433	2	7	30	0
5306	BID/SAUCE, CRANBERRY	GFS 164740	1/4 CUP	110	0	0	10	25	0	0	0
8838	BID/SAUCE, ENCHILADA	GRAN SAZON	1 OZ	9	0	0	146	1.89	0.47	0	0.47
7769	BID/SAUCE, GENERAL TSO	ASIAN MENU	1 OZ	66	0	0	321	15.12	0	0	0
7787	BID/SAUCE, HOT	GFS 714590	3 GRAM	0	0	0	40	0	0	0	0
7698	BID/SAUCE, HOT DOG CHILI	CHEF MATE	1/4 CUP	60	2	0.5	310	8	2	0	1
8516	BID/SAUCE, MARINARA	RED GOLD 82200	1/2 CUP (2.8 OZ)	32	0.97	0	271	5.81	1.29	0	1.29
7576	BID/SAUCE, MARINARA CUP	RED GOLD	2.5 OZ	40	1	0	200	7	1	0	1
7768	BID/SAUCE, ORANGE GINGER	ASIAN MENU	1 OZ	57	0	0	123	15.12	0	0	0
7717	BID/SAUCE, SEAFOOD COCKTAIL	DIAMOND CRYSTAL	1 OZ	35	0	0	250	7	1	0	1
8058	BID/SAUCE, SLOPPY JOE - MANWICH	CONAGRA 44181	1 OZ	16	0	0	137	3.54	0.44	0	0.89
5195	BID/SAUCE, SPAGHETTI, NUTRITIONALLY ENHANCED	RED GOLD 82107	1/2 CUP (2.4 OZ)	33	0.54	0	76	6.53	1.09	0	1.09
7765	BID/SAUCE, STIR FRY	ASIAN MENU	1 OZ	60	0	0	1060	12	2	0	0
7642	BID/SAUCE, SWEET & SOUR	GFS/DIAMOND CRYSTAL	1 OZ	45	0	0	120	11	0	0	0

Nutrikds Recipe #	Product	Manufacturer	Portion Size	Calories	Fat g	Sat Fat g	Sodium mg	Carbs g	Protein g	Chol mg	Fiber g
550	BID/SAUCE, TACO PACKET	GFS/DIAMOND CRYSTAL	9 GRAM	5	0	0	70	1	0	0	0
7643	BID/SAUCE, TARTAR	HEINZ	12 GRAM	45	4	0.5	85	2	0	0	0
7644	BID/SAUCE, WORCESTERSHIRE	FRENCHS	1 OZ	0	0	0	376	0	0	0	0
7646	BID/SAUERKRAUT, CANNED	GFS/GLK FOODS	1/2 CUP	26	0	0	824	5.15	0	0	5.15
6336	BID/SAUSAGE & PANCAKE NUGGET	FOSTER FARM 96169	3 EACH/2.55 OZ	180	9	2.5	280	15	6	25	3
7815	BID/SAUSAGE & PANCAKE STICK	GFS 497202	2.85 OZ	240	15	4.5	360	18	7	25	2
4835	BID/SAUSAGE LINKS, .5 OZ	JONES 018520	EACH (.5 OZ)	60	6	2	90	0	2	10	0
7755	BID/SAUSAGE LINKS, 1 OZ	JONES 018514	EACH (1 OZ)	120	12	4	90	0	4	20	0
7816	BID/SAUSAGE PANCAKE STICK, BLUEBERRY	FOSTER FARM 94112	2.85 OZ	240	15	4.5	360	18	7	25	2
8637	BID/SAUSAGE PATTY	GFS 112630	2 OZ	230	22	7	590	1	8	55	0
4537	BID/SAUSAGE PATTY	JTM 5649	1.33 OZ	121	10	3.7	172	1	6	26	0
7750	BID/SAUSAGE PATTY	JONES 018717	2 OZ	230	22	7	170	1	7	40	0
4727	BID/SEASONING, FAJITA	LAWRYS	1 TSP	15	0.11	0.02	395	3.32	0.23	0	0.22
7856	BID/SEASONING, ITALIAN	TRADE EAST	1 TSP	3	0.08	0.03	1	0.75	0.14	0	0.48
7057	BID/SEASONING, LEMON PEPPER	TRADE EAST	1 TSP	4	0.06	0.01	1158	0	0.1	0	0.17
8975	BID/SEASONING, POULTRY	TRADE EAST	1 TSP	4	0.15	0.05	0	0.72	0.14	0	0.44
7804	BID/SEASONING, SALT FREE	MRS DASH	1 TSP	0	0	0	0	0	0	0	0
8755	BID/SEASONING, SALT FREE, TACO	TRADE EAST	1 TSP	11	0.21	0.03	9	2	0.38	0	0.52
8754	BID/SEASONING, SALT FREE, GARLIC HERB	TRADE EAST	1 TSP	11	0.05	0.01	2	2.3	0.51	0	0.42
9231	BID/SEASONING, SALT FREE, ZESTY COUNTRY	TRADE EAST	1 TSP	20	0	0	0	4	0	0	0
4728	BID/SEASONING, TACO	LAWRY	1 TSP	8	0.14	0.02	136	1.51	0.25	0	0.39
7700	BID/SHELL, SALAD, TORTILLA	AZTECA 91619	EACH	280	17	3.5	210	28	4	0	2
3744	BID/SHELL, TACO, LARGE	MISSION 10112	EACH	100	4.5	1.5	0	14	1.5	0	1.5
7488	BID/SHRIMP POPPERS, WG	TAMPA MAID	3 OZ/20 PC	210	10	1.5	280	21	9	40	4
7505	BID/SMART BALANCE SPREAD BULK	VENTURA	1 TBSP	100	11	3.5	90	0	0	0	0
7504	BID/SMART BALANCE SPREAD CUP	VENTURA	5 GRAM	30	3	1	30	0	0	0	0
7581	BID/SORBET, CHERRY BLUE RASPBERRY	J & J 48446	4.4 OZ	70	0	0	5	18	0	0	3
7580	BID/SORBET, KIWI STRAWBERRY	J & J 48445	4.4 OZ	70	0	0	5	18	0	0	3
8869	BID/SOUP, BROCCOLI CHEESE	CFS 3948	3/4 CUP/6.6 OZ	230	16	9	440	13	10	45	3
2540	BID/SOUP, CHICKEN NOODLE/HEALTHY REQUEST	CAMPBELL 04142	8 OZ	50	2	0.5	413	7	2	10	1
5216	BID/SOUP, CRM CHIX/HEALTHY REQUEST	CAMPBELL 04143	1 OZ	17	0.5	0.25	102	2.75	0.5	1	0.25
2464	BID/SOUP, TOMATO/HEALTHY REQUEST	CAMPBELL 04145	8 OZ	80	1	0.5	413	16	1	0	1
7602	BID/SOUR CREAM, BULK	GFS 285218	1 OZ	57	4.73	3.31	47	1.89	0	19	0
7966	BID/SOUR CREAM, PACKET	GFS 860490	1 OZ	60	5	3.5	50	2	0	20	0
7974	BID/SPARKLING ICE, BLACK RASPBERRY	24573	17 OZ	0	0	0	0	0	0	0	0
7975	BID/SPARKLING ICE, CHERRY LIME	95086	17 OZ	0	0	0	0	0	0	0	0
7976	BID/SPARKLING ICE, KIWI STRAWBERRY	24575	17 OZ	0	0	0	0	0	0	0	0
7977	BID/SPARKLING ICE, ORANGE MANGO	24574	17 OZ	0	0	0	0	0	0	0	0
7857	BID/SPINACH, FROZEN	GFS 119474	1/2 CUP	59	0	0	244	5.85	3.9	0	1.95

Nutrikds Recipe #	Product	Manufacturer	Portion Size	Calories	Fat g	Sat Fat g	Sodium mg	Carbs g	Protein g	Chol mg	Fiber g
9161	BID/SPRAY, BAKERY	BAK-KLENE 14345	1 SPRAY	5	0.52	0.07	0	0.05	0	0	0
7608	BID/SPRAY, BUTTER	VEGALENE 17120	1 SPRAY	2	0.25	0.02	1	0	0	0	0
5633	BID/SPRAY, GARLIC	VEGALENE 17100	1 SPRAY	2	0.25	0.02	0	0	0	0	0
8517	BID/STRAWBERRIES, WHOLE, FROZEN	GFS/LIMSON	1/2 CUP	27	0	0	0	7.08	0	0	1.63
7688	BID/STRAWBERRIES, SLICE, 4+1, FROZEN	GFS	1/2 CUP	134	0	0	0	33.82	0	0	1.78
7603	BID/STUFFING, CORNBREAD, NOT WG	GFS/KENT	1/2 CUP	120	1	0	530	25	3	0	1
7604	BID/SYRUP, PANCAKE, MAPLE, CUP	HEINZ/MADEIRA	1.5 OZ	120	0	0	30	30	0	0	0
7636	BID/TACO SNACK, WG	FOSTER FARM	5 OZ	350	15	7	560	38	16	25	5
8786	BID/TEA, SWEET, DECAF, 12 OZ	MILOS 51600	12 OZ	60	0	0	0	14	0	0	0
7606	BID/TOMATO PASTE, CANNED	HUNTS	.5 OZ	9	0	0	39	2.15	0.86	0	0.86
7605	BID/TOMATO SAUCE, CANNED	WEST CREEK	1/2 CUP	40	0	0	820	8	2	0	2
7807	BID/TOMATOES, DICED, CANNED	GFS 246131	1/2 CUP	25	0	0	219	4.98	1	0	1
3747	BID/TOPPING, WHIPPED - ON TOP	RICHS 2559	1 OZ	91	6.79	6.49	5	7.18	0.33	0	0.04
5230	BID/TORTILLA, FLOUR, 10"	MISSION 33825	EACH	180	4.5	1.5	250	29	5	0	3
7701	BID/TORTILLA, FLOUR, 6"	AZTECA 06109	EACH	90	2.5	1.5	75	15	2	0	2
7702	BID/TORTILLA, FLOUR, 8"	AZTECA 06209	EACH	110	3	1.5	95	19	3	0	2
7710	BID/TORTILLA, JALAPENO CHEESE	TYSON 24000-621	EACH	160	4.5	1	220	26	5	0	4
7829	BID/TUNA, CHUNK, LIGHT IN WATER	KITCHEN ESS	1 OZ	30	0	0	57	0	6.58	20	0
7952	BID/TURKEY & GRAVY	JENNIE O 286228	4.16 OZ	130	5	1.5	520	2	18	45	0
4042	BID/TURKEY BREAST	JENNIE O 835402	3.86 OZ	100	1	0.5	890	2	18	40	0
6970	BID/TURKEY BREAST, .73 OZ SLICE	JENNIE O 231812	2.92 OZ/4 SLICE	91	0.51	0	426	0	18.25	41	0
8030	BID/TURKEY BREAST, SMOKED	BRICKMAN 848808	2 OZ	50	0.5	0	410	1	11	30	0
8728	BID/TURKEY COMBO, BOLOGNA	JENNIE O 2095	4 SLICE/2 OZ	110	9	2.5	690	1	7	50	0
8727	BID/TURKEY COMBO, HAM	JENNIE O 2095	6 SLICE/3.06 OZ	110	5	1.5	480	1	14	60	0
6305	BID/TURKEY COMBO, SALAMI	JENNIE O 2095	6 SLICE/3 OZ	150	10	2.5	600	2	13	60	0
4990	BID/TURKEY HAM, SLICED .51 OZ	JENNIE O 2565	6 SLICE/3.06 OZ	110	4.5	1.5	480	1	14	60	0
5409	BID/TURKEY TACO MEAT	JENNIE O 285628	3.03 OZ	120	5	1.5	410	3	16	50	0
7498	BID/VEGETABLE BLEND, ASIAN	NORPAC	1/2 CUP	18	0.07	0	6	3.19	1.12	0	1.36
9404	BID/VEGETABLE BLEND, FIESTA	SIMPLOT	1/2 CUP	141	3.01	0	231	24.09	6.02	0	6.02
5631	BID/VEGETABLE BLEND, NANTUCKET	NORPAC	1/2 CUP	38	0.1	0	24	8.07	1.18	0	2.22
9405	BID/VEGETABLE BLEND, PEPPER/ONION	SIMPLOT 67779	1/2 CUP/5.3 OZ	70	1.5	0	230	13	2	0	6
7909	BID/VEGETABLE BLEND, STIR FRY	GFS 440884	1/2 CUP	23	0	0	13	3.34	1.33	0	1.33
7855	BID/VEGETABLE BLEND,CALIFORNIA	GFS 610891	1/2 CUP	24	0	0	33	4.76	1.9	0	1.9
7849	BID/VEGETABLE, MIXED, FROZEN	GFS 119393	1/2 CUP	87	0	0	75	14.93	2.49	0	3.73
6968	BID/WAFFLE, DUTCH	J & J 4521	2.9 OZ	300	13	3	350	43	4	20	3
5201	BID/WAFFLES, MINI, BLUEBERRY	PILLSBURY 32264	2.47 OZ	210	6	1	170	37	4	0	3
6969	BID/WAFFLES, MINI, CINNAMON	KELLOGGS 92313	2.64 OZ	200	5	1.5	270	35	5	5	4
6211	BID/WAFFLES, MINI, MAPLE	PILLSBURY 32265	2.47 OZ	210	6	1	170	38	4	0	3
8500	BID/WOWBUTTER, CUP	WOWBUTTER 10920	1.12 OZ	200	15	3	100	8	7	0	3

Nutrikds Recipe #	Product	Manufacturer	Portion Size	Calories	Fat g	Sat Fat g	Sodium mg	Carbs g	Protein g	Chol mg	Fiber g
8618	BID/YOGURT, GREEK, NONFAT, PLAIN	DANNON OKIOS	1 OZ	15	0	0	11.34	1.13	2.77	0	0
4965	BID/YOGURT, LIGHT & FIT	DANNON L&F 468	4 OZ	50	0	0	55	10	4	5	0
8619	BID/YOGURT, LIGHT	YOPLAIT	6 OZ	90	0	0	80	16	5	5	0
5114	BID/YOGURT, RASP RAINBOW	TRIX 17725	4 OZ	100	0.5	0.5	50	20	3	5	0
5457	BID/YOGURT, STRAWBERRY BANANA	TRIX 17726	4 OZ	100	0.5	0.5	50	20	3	5	0
7545	BID/YOGURT, STRAWBERRY/VANILLA	DANNON 1957	4 OZ	70	0	0	60	14	4	0	0
9025	BID/YOGURT, STRAWBERRY- GO BIG	GEN MILLS 49295	4 OZ	100	1.5	1	70	18	4	5	0
8262	BID/YOGURT, STRAWBERRY- GO-GURT	GEN MILLS 49295	2 OZ	50	0.5	0	30	10	2	5	0
7711	BID/YOGURT, STRWBRY LOW FAT - PARFAIT PRO	YOPLAIT 16631	1 OZ	25	0.19	0.13	13	4.88	0.88	1	0
5129	BID/YOGURT, TRIPLE CHERRY	TRIX 31077	4 OZ	100	0.5	0.5	50	20	3	5	0
123	BID/YOGURT, VANILLA LOW FAT - PARFAIT PRO	YOPLAIT 16632	1 OZ	25	0.19	0.13	13	4.87	0.87	1	0

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.