

OVEC Food & Beverage List (July 2023 - June 2024)

September 18, 2023

Nutrikds Recipe #	Product	Source	Portion Size	Calories	Fat g	Sat Fat g	Sodium mg	Carb g	Protein g	Sugars g	Chol mg	Fiber g
10206	BID/APPLE CRISPS, DRIED, STRAWBERRY	TREE TOP 5260	.34 OZ	40	0	0	0	10	0	7	0	2
6944	BID/APPLES, SLICED 6/10 CANS	GFS 117773	1/2 cup	51	0	0	10	12.28	0	9.21	0	2.05
9137	BID/APPLES, SLICED, HOMESTYLE	MUSSELMAN	5/8 CUP	103	0	0	13	28.28	0	23.14	0	2.57
7497	BID/APPLES, SLICES, 2 OZ BAG	PETERSON FARMS	2 OZ	30	0	0	0	7	0	6	0	1
11157	BID/APPLES, SLICES, FRESH 3 LB	GFS 792382	1/2 cup	70	0	0	0	18	0	13	0	4
9990	BID/APPLESAUCE CUP, CINNAMON	GFS 699180	4.5 OZ	60	0	0	10	13	0	12	0	2
9989	BID/APPLESAUCE CUP, STRAWBERRY	ASA 10014	4.5 OZ	50	0	0	0	14	0	12	0	1
9040	BID/APPLESAUCE CUP, UNSWEETENED	GFS 753911	4.5 OZ	50	0	0	0	14	0	12	0	1
10533	BID/APPLESAUCE CUP, UNSWEETENED	GFS 122200	4 OZ	50	0	0	20	12	0	8	0	2
6855	BID/APPLESAUCE CUP, WATERMELON	NAT FOOD GROUP A3510	4.5 OZ	60	0	0	15	17	0	15	0	1
7502	BID/APPLESAUCE, UNSWEETEN 6/10	GFS 271497	1/2 cup	48	0	0	10	12.57	0	8.7	0	1.93
7490	BID/BACON, ROUND SLICE	HORMEL 15825	1 SLICE	50	4	1.5	210	0	4	0	15	0
7489	BID/BACON, SLICES	GFS/FRESH MARK	1 SLICE	30	2.25	0.75	100	0	1.5	0	5	0
10956	BID/BAGEL, BLUEBERRY - THOMAS	BIMBO 7075	EACH	280	2	1	390	55	10	9	0	2
10953	BID/BAGEL, BLUEBRY, XWG	KLOSTERMAN 9541	4 OZ	280	1	0	390	58	9	10	0	4
10812	BID/BAGEL, BRKFAST EGG	TONYS 67626	2.8 OZ	180	6	3	380	23	9	6	55	2
10811	BID/BAGEL, BRKFAST EGG/SAUSAGE	TONYS 67625	2.83 OZ	180	6	3	380	23	10	6	55	2
6847	BID/BAGEL, MINI CINNAMON CREAM CHEESE	GEN MILLS 38399	2.43 OZ	230	6	2	190	42	6	13	10	2
6848	BID/BAGEL, MINI STRAWBERRY CREAM CHEESE	GEN MILLS 38413	2.43 OZ	230	6	2	190	42	6	13	10	2
9363	BID/BAGEL, MULTIGRN,WG	KLOSTERMAN 9543	EACH	260	2	0	340	52	10	3	0	6
10957	BID/BAGEL, PLAIN - THOMAS	BIMBO 7078	EACH	270	1.5	0.5	450	53	10	6	0	2
10952	BID/BAGEL, PLAIN, XWG	KLOSTERMAN 9540	4 OZ	260	1	0	350	53	10	2	0	5
3575	BID/BAGEL, WHITE WHOLE GRAIN	LENDERS 74/75	2 OZ	140	1	0	180	29	6	5	0	4
3799	BID/BAR, CEREAL, COCOA PUFFS	GEN MILLS 45577	1.42 OZ	160	3.5	0	105	30	3	9	0	3
5776	BID/BAR, CEREAL, GOLDEN GRAHAM	GEN MILLS 31913	1.42 OZ	160	3.5	0	115	30	2	9	0	3
3532	BID/BAR, CEREAL, TRIX	GEN MILLS 31915	1.42 OZ	160	3.5	0.5	105	29	2	9	0	3
3800	BID/BAR, CEREAL, CINN TOAST CRUNCH	GEN MILLS 45576	1.42 OZ	160	3.5	0	120	30	2	8	0	3
5830	BID/BAR, COCOA CHERRY, WG	NAT FOOD GROUP ZCH100	1.8 OZ	200	7	2	40	33	3	16	0	2
9551	BID/BAR, COCOA PUFFS, SOFT	GEN MILLS 11032	2.43 OZ	260	7	2	310	44	6	15	0	3
5777	BID/BAR, NUTRI GRAIN, BLUEBERRY	KELLOGGS 90819	1.55 OZ	160	4	0.5	130	30	2	14	0	3
5446	BID/BAR, NUTRI GRAIN, STRAWBERRY	KELLOGGS 59772	1.55 OZ	160	4	0.5	150	29	2	14	0	3
5778	BID/BAR, OATMEAL, DOUBLE CHOCOLATE	GEN MILLS 45977	1.24 OZ	150	5	1	115	24	2	9	0	3
7512	BID/BAR, RICE KRISPIE, CHOCOLATE CHIP	KELLOGGS 14567	1.59 OZ	190	5	2	150	34	2	14	0	0
3805	BID/BAR, RICE KRISPIE, WG	KELLOGGS 11052	1.41 OZ	160	4	1	140	30	2	11	0	0
10156	BID/BEANS, BAKED, BEAN POT	BUSHS 001619	1/2 cup	147	0.49	0	540	29.44	6.87	11.78	0	4.91
7767	BID/BEANS, BLACK, LOW SODIUM, CANNED	BUSHS 1885	1/2 cup	190	0	0	224	34.53	12.09	1.73	0	8.63
7617	BID/BEANS, CHILI, CANNED	GFS 192015	1/2 cup	111	0	0	524	20.17	7.06	1.01	0	5.04
7619	BID/BEANS, GREAT NORTHERN, CANNED	GFS 119075	1/2 cup	163	0	0	207	29.62	8.88	2.96	0	8.88
7794	BID/BEANS, GREEN, CANNED	GFS 118737	1/2 cup	21	0	0	309	4.26	1.06	2.13	0	2.13

Nutrikds Recipe #	Product	Source	Portion Size	Calories	Fat g	Sat Fat g	Sodium mg	Carb g	Protein g	Sugars g	Chol mg	Fiber g
8162	BID/BEANS, GREEN, FROZEN	GFS 285630	1/2 cup	28	0	0	0	5.52	0.92	1.84	0	1.84
9645	BID/BEANS, LIGHT RED KIDNEY	GFS 118788	1/2 cup	111	0	0	129	21.22	7.38	1.84	0	8.3
7620	BID/BEANS, PINTO, CANNED	GFS 216475	1/2 cup	123	0	0	412	28.81	8.23	0	0	8.23
9214	BID/BEANS, REFRIED, VEG, LOW SODIUM	BASIC AM 10302	1/2 CUP/5.29 OZ	160	1	0	163	28	11	0	0	11
11422	BID/BEANS, REFRIED	ROSARITA	1/2 cup	138	1.97	0.49	522	22.65	7.88	0.98	0	5.91
7783	BID/BEANS, VEGETARIAN, CANNED	GFS 298913	1/2 cup	158	0.53	0	454	30.61	8.45	9.5	0	5.28
5171	BID/BEEF CRUMBLES	JTM 5868	2.44 OZ	160	12	4.5	172	1	13	0	42	1
7800	BID/BEEF DIPPER W/TERIYAKI	ADV PIERRE 3827	4 EACH/2.8 OZ	150	8	3.5	420	6	12	4	35	1
4690	BID/BEEF DIPPER W/TERIYAKI	ADV PIERRE 3740	4 EACH/2.8 OZ	160	8	3.5	440	6	14	4	40	1
4038	BID/BEEF PATTY, APPLESAUCE	ADV PIERRE 155-425-20	2.5 OZ	140	9	3.5	270	2	13	0	30	1
3705	BID/BEEF PATTY, FLAMEBROILED	ADV PIERRE 80124ADFL	2.4 OZ	130	8	3.5	250	1	12	0	35	1
7552	BID/BEEF PATTY, FLAMEBROILED	ADV PIERRE 80124ACN	2.4 OZ	150	11	4.5	240	1	12	0	30	1
8567	BID/BEEF PATTY, SALISBURY	ADV PIERRE 16-530-0	3 OZ	200	14	6	350	4	14	1	45	1
9152	BID/BEEF PATTY, SALISBURY	ADV PIERRE 85422	2.25 OZ	160	12	5	370	2	12	0	30	1
7958	BID/BEEF PATTY, SALISBURY	ADV PIERRE 76-730	3 OZ	200	14	3.5	390	6	12	1	35	1
6227	BID/BEEF PATTY, STEAK	JTM 5670	2.45 OZ	165	12	4.8	196	1	12	0	49	1
3084	BID/BEEF, CHILI W/ BEAN	JTM 579	5.83 OZ	159	5.02	1.71	267	16.06	14.05	5.02	31	5.02
3915	BID/BEEF, CHILI, CINCY STYLE	JTM 519	5.58 OZ	224	16	6	350	6	14	0	54	1
4680	BID/BEEF, CHILI, NO BEAN, RED FAT	JTM 5333	5.15 OZ	161	6	2.3	352	12	15	5	43	3
10196	BID/BEEF, GROUND	PACKER 764720	2.712 OZ	192	14.42	6.18	45	0	14.42	0	51	0
11007	BID/BEEF, MEATBALLS, LOW SODIUM	GFS 610790	6 EACH/3 OZ	270	20	8	270	8	14	1	40	2
5317	BID/BEEF, MEATBALLS, REDUCED SODIUM	JTM 5035	4 EACH/2.6 OZ	154	9	3.5	220	6	12	2	36	1
6073	BID/BEEF, SLOPPY JOE, RED FAT & SODIUM	JTM 545	3.63 OZ	145	6	2.2	669	10	13	8	44	1
5393	BID/BEEF, SPAGHETTI SAUCE, REDUCED FAT	JTM 5578	5.6 OZ	180	8	2.9	309	11	16	7	57	2
683	BID/BEEF, TACO MEAT, RED FAT & SODIUM	JTM 5250	3.17 OZ	114	5	1.8	297	5	13	2	35	2
6332	BID/BEVERAGE, GREEN - EPIC	FRUIT 66	8 OZ	120	0	0	10	30	0	22	0	0
6267	BID/BEVERAGE, NAKED JUICE-BERRY	PEPSICO 63317	10 OZ	160	0	0	10	38	2	32	0	0
6270	BID/BEVERAGE, NAKED JUICE-STRAWBERRY	PEPSICO 63071	10 OZ	160	0	0	5	38	2	29	0	0
5807	BID/BEVERAGE, PURPLE - EPIC	FRUIT 66	8 OZ	120	0	0	10	30	0	22	0	0
5808	BID/BEVERAGE, RED - EPIC	FRUIT 66	8 OZ	120	0	0	10	30	0	22	0	0
8786	BID/BEVERAGE, TEA, SWT, DECAF	MILOS 51600	12 OZ	50	0	0	0	12	0	12	0	0
6329	BID/BEVERAGE, V8 FUSION, POMEGRANATE BLUEBRRY	CAMPBELLS	8 OZ	100	0	0	70	25	0	22	0	0
6330	BID/BEVERAGE, V8 FUSION, STRAWBERRY BANANA	CAMPBELLS	8 OZ	110	0	0	80	27	0	23	0	0
9531	BID/BISCUIT STICK, WG	RICHS 16317	1.25 OZ	110	5	3	370	13	2	1	0	0
9140	BID/BISCUIT, DOUGH, SPLIT, NOT WG	PILLSBURY 10752	2.51 OZ	220	9	4.5	320	29	4	3	0	0
7772	BID/BISCUIT, DOUGH, SPLIT, NOT WG	PILLSBURY 31524	2.2 OZ	190	8	4	430	25	4	2	0	1
9803	BID/BISCUIT, DOUGH, SPLIT, WG	RICHS 09315	2.1 OZ	170	8	4.5	380	22	4	2	0	3
5875	BID/BISCUIT, DOUGH, SPLIT, WG	PILLSBURY 32268	2.51 OZ	210	9	4.5	290	28	5	3	0	2
7598	BID/BLUEBERRIES, FROZEN	GFS 166720	1/2 cup	44	0	0	0	10.89	0.54	7.62	0	1.63
7773	BID/BREAD, APPLE CINNAMON TEXAS TOAST	S & F 128MC	3.3 OZ	260	6	1	290	45	8	17	0	2
10197	BID/BREAD, CHEESY PULL APART	GEN MILLS 12317	3.88 OZ	300	13	6	520	32	14	5	30	2

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7559	BID/BREAD, GARLIC TOAST, WG	COLES 847	1 oz	80	3.5	1	150	10	2	0	0	1
5859	BID/BREAD, PRETZEL BUN, WG	J & J 7051	2.2 OZ	160	2.5	1	40	29	5	2	0	3
7601	BID/BREAD, SAND, FROZEN	GFS 7408	1 SLICE	110	1.5	0	170	19	3	2	0	2
10903	BID/BREAD, SAND, FROZEN	GFS 7283	1 SLICE	100	1	0	115	18	3	3	0	2
9364	BID/BREAD, SAND, WG	KLOSTERMAN 1292	1 SLICE	70	1	0	85	13	3	1	0	1
6349	BID/BREAD, SAND, WG	BIMBO/SARA LEE 2773	1 SLICE	60	1	0	120	12	3	1	0	2
6350	BID/BREAD, SAND, WG	BIMBO 3239	1 SLICE	80	1	0	115	15	3	2	0	1
10400	BID/BREAD, SAND,XWG	BIMBO/SARA LEE 3087	1 SLICE	70	0.75	0	135	13	2.5	1.5	0	1.5
10401	BID/BREAD, SAND,XWG	BIMBO/HEINER 3773	1 SLICE	70	1	0	115	13.5	2	2	0	0
6398	BID/BREAD, TEXAS TOAST, WG	KLOSTERMAN 1294	1 SLICE	80	1	0	95	15	3	1	0	1
10402	BID/BREAD, TEXAS TOAST, NOT WG	BIMBO/HEINER 5423	1 SLICE	100	1.5	0	150	19	3	2	0	0
10405	BID/BREAD, TEXAS TOAST, NOT WG	KLOSTERMAN 1005	1 SLICE	90	1	0	170	16	3	1	0	0
7561	BID/BREADSTICK, 5 INCH, WG	AUNT MILLIE 34636	1 oz	80	1	0	130	15	2	2	0	1
9630	BID/BREADSTICK, BLUEBERRY CINNAMON	CONAGRA 12611	2.3 OZ	190	7	2.5	300	24	7	7	5	2
6338	BID/BREADSTICK, BOSCO, 4 INCH, REDUCED FAT	BOSCO 703114	1.517 OZ	110	3	1.5	140	14	6	1	5	1
7560	BID/BREADSTICK, BOSCO, 6 INCH, REDUCED FAT	BOSCO 702011	2.141 OZ	150	5	2.5	220	17	10	1	15	2
10550	BID/BREADSTICK, CHEEZY, WG	S & F 151BC	EACH (4 OZ)	260	10	4.5	410	29	14	2	25	2
7564	BID/BREADSTICK, TWISTED GARLIC	COLES 832	2 OZ	160	4	1.5	140	28	5	2	0	3
8831	BID/BREADSTICK,EGG/CHEESE	BOSCO 2474	2.24 OZ	160	7	3	340	17	8	2	55	2
10170	BID/BROCCOIL CUTS, FROZEN	GORDON CHCOIE	1/2 cup	27	0	0	16	5.43	3.26	1.09	0	3.26
8549	BID/BROCCOLI FLORETS, FROZEN	GFS MARBRAN	1/2 cup	19	0	0	11	3.81	2.29	0.76	0	2.29
8797	BID/BROTH, CHICKEN	HEARTHSTONE	1 oz	1	0	0	69	0.12	0	0	0	0
11017	BID/BUN, BUDDY BOY, NOT WG	KLOSTERMAN 3717	EACH	190	2.5	0	320	36	7	2	0	1
6400	BID/BUN, BURGER, WG	KLOSTERMAN 3474	EACH	160	2	0	240	29	6	4	0	3
9299	BID/BUN, BURGER, WG, FROZEN	GFS 7303	EACH	150	2	0.5	240	25	5	4	0	3
7745	BID/BUN, BURGER, NOT WG	BIMBO/HEINER 3778	EACH	160	2.5	0	320	29	5	4	0	0
7751	BID/BUN, BURGER, NOT WG	KLOSTERMAN 3295	EACH	160	2	0	290	32	5	5	0	1
6351	BID/BUN, BURGER,WG	BIMBO 3447	EACH	160	2	0	200	30	7	4	0	3
5493	BID/BUN, HOAGIE, WG	KLOSTERMAN 3737	EACH	200	2	0	340	39	7	6	0	3
6355	BID/BUN, HOT DOG, WG	BIMBO 4266	EACH	160	2	0	200	30	7	4	0	3
5494	BID/BUN, HOT DOG, WG	KLOSTERMAN 3709	EACH	130	1.5	0	200	25	5	4	0	2
7744	BID/BUN, HOT DOG, NOT WG	BIMBO/HEINER 3777	EACH	120	2	0	210	23	4	4	0	0
10406	BID/BUN, HOT DOG, NOT WG	KLOSTERMAN 3710	EACH	110	1	0	200	22	3	3	0	1
10958	BID/BUN, HOT DOG, NOT WG	BIMBO 5455	EACH	140	1.5	0	270	26	4	4	0	0
10951	BID/BUN, SLAMMER, NOT WG	KLOSTERMAN 3929	EACH	90	1	0	130	17	3	3	0	0
10342	BID/BUN, SUB, 5 INCH FROZEN	GFS 276142	EACH	6	0.09	0.02	8	0.99	0.25	0.11	0	0.07
7935	BID/BURRITO, BEEF/CHEESE/BEAN	FERNANDO 05218	5 OZ	360	15	7	460	40	16	3	25	5
2870	BID/BUTTER BUDS (RECONSTITUTED)	SUGAR FOODS	1 oz	9	0	0	141	1.75	0	0	0	0
339	BID/BUTTER BUDS, ZTF, ALL NATURAL	BUTTER BUDS 49835	4 OZ PACKET	280	0	0	4480	56	0	0	0	0
7682	BID/CALZONE, HAM & CHEESE, WG	S & F 208BC	4.8 OZ	320	12	6	480	38	18	6	40	0
6182	BID/CALZONE, PEPPERONI, WG	S & F 211BC	5 OZ	350	14	7	540	36	20	6	40	1

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7532	BID/CALZONE, THREE CHEESE, WG	GILARDI 20120	4.69 OZ	250	5	2	430	33	19	4	10	4
10632	BID/CALZONETTE, PEPPERONI, WG	S & F 9073BC	3 EACH	360	14	6	500	41	17	7	35	1
7789	BID/CARROTS, KK SLICED, FROZEN	GFS 175706	1/2 cup	38	0	0	65	7.57	0	4.33	0	2.16
11158	BID/CARROTS, PETITIE BABY, FRESH	GFS 768146	1/2 cup	27	0	0	49	6.59	0.55	3.3	0	2.2
7788	BID/CARROTS, SLICED, CANNED	GFS 118915	1/2 cup	40	0	0	333	8	0	5.33	0	2.67
4027	BID/CATSUP PACKET, 9 GRAM	HEINZ 98480	9 GRAM	10	0	0	90	2	0	2	0	0
7719	BID/CATSUP PACKET, LOW SODIUM	REDGOLD REDYL9G	9 GRAM	10	0	0	25	2	0	2	0	0
8741	BID/CATSUP POUCH, LOW SODIUM	REDGOLD REDYL7D	1 oz	40	0	0	101	8.05	0	8.05	0	0
7860	BID/CATSUP, #10 - GFS CROWN	GFS 100129	1 OZ	25	0	0	267	6.67	0	6.67	0	0
8706	BID/CATSUP, 1 OZ CUP	REDGOLD REDY51Z	1 oz	25	0	0	75	6	0	6	0	0
7853	BID/CAULIFLOWER, FROZEN	GORDON CHOICE	1/2 CUP	29	0	0	17	5.8	3.48	1.16	0	3.48
9011	BID/CEREAL BRKFST KIT-APPLE JACKS	CHAMPION K1032	1 KIT	270	4	1.5	245	58	4	27	0	6
9012	BID/CEREAL BRKFST KIT-CINN TOAST	ES 61119	1 KIT	280	5.5	0	215	55	2	25	0	4
9014	BID/CEREAL BRKFST KIT-COCOA PUFFS	ES 61101	1 KIT	270	5	1	280	54	4	21	0	3
9013	BID/CEREAL BRKFST KIT-LUCKY CHARMS	ES 61103	1 KIT	290	5.5	0	280	58	4	28	0	4
3885	BID/CEREAL, APPLE JACK, REDUCED SUGAR	KELLOGGS 78787	1 oz	110	1	0.5	160	24	2	8	0	3
3710	BID/CEREAL, CHEERIOS	GEN MILLS 32262	1 oz	100	2	0	140	21	4	1	0	3
9556	BID/CEREAL, CINN TOAST CRUNCH, 2 OEG	GEN MILLS 14886	2 OZ	230	5	0.5	320	44	3	11	0	6
3711	BID/CEREAL, CINN TOAST CRUNCH, REDUCED SUGAR	GEN MILLS 29444	1 oz	120	2.5	0	160	22	1	6	0	3
8084	BID/CEREAL, CINNAMON MG FLAKES	KELLOGGS 78786	1 oz	100	0	0	180	24	2	6	0	2
6948	BID/CEREAL, CINNAMON RICE CHEX	GEN MILLS 38387	1 oz	120	2.5	0	170	23	1	6	0	1
9557	BID/CEREAL, COCOA PUFFS, 2 OEG	GEN MILLS 14885	2 OZ	210	2.5	0	220	47	3	15	0	3
3712	BID/CEREAL, COCOA PUFFS, REDUCED SUGAR	GEN MILLS 31888	1.06 OZ	110	1.5	0	120	25	2	8	0	2
3713	BID/CEREAL, FROOT LOOPS,REDUCED SUGAR	KELLOGGS 78788	1 oz	110	1	0.5	170	24	2	8	0	3
5122	BID/CEREAL, FROSTED FLAKES, MG	KELLOGGS 54998	1 oz	100	0	0	170	24	2	6	0	2
5901	BID/CEREAL, GOLDEN GRAHAMS	GEN MILLS 11943	1 oz	100	1	0	220	24	1	8	0	1
7845	BID/CEREAL, GRANOLA, BULK	GEN MILLS 27111	1 oz	134	4.64	0.52	98	20.1	2.06	7.73	0	1.55
8495	BID/CEREAL, GRANOLA, IW	FIELDSTONE 9788	EACH (1 OZ)	120	3.5	0	75	20	3	6	0	2
9558	BID/CEREAL, HN CHEERIOS, 2 OEG	KELLOGGS 14882	2 OZ	210	3	0.5	320	45	5	19	0	4
11237	BID/CEREAL, HONEY CHEERIOS	GEN MILLS 18447	1 oz	110	1.5	0	170	22	3	6	0	2
11236	BID/CEREAL, HONEY CHEERIOS, 2 OEG	KELLOGGS 18448	2 OZ	210	3	0.5	340	44	6	12	0	5
3716	BID/CEREAL, HONEY NUT CHEERIOS	GEN MILLS 11918	1 oz	110	1.5	0	160	23	2	9	0	2
5123	BID/CEREAL, LUCKY CHARMS	GEN MILLS 31917	1 oz	110	1	0	180	23	2	9	0	2
9555	BID/CEREAL, LUCKY CHARMS, 2 OEG	GEN MILLS 14884	2 OZ	210	2.5	0	350	46	4	20	0	3
193	BID/CEREAL, MINI WHEAT	KELLOGGS 04996	1 oz	100	0	0	0	24	3	6	0	3
4533	BID/CEREAL, OATS, QUICK	HOSPITALITY	1/2 cup	173	3.05	0.51	0	31.55	7.12	*N/A*	0	4.07
8081	BID/CEREAL, REESES PUFFS	GEN MILLS 31919	1 oz	120	3	0.5	160	21	2	9	0	1
5071	BID/CEREAL, RICE CHEX	GEN MILLS 31921	1 oz	110	0.5	0	230	24	2	2	0	1
3717	BID/CEREAL, TRIX, REDUCED SUGAR	GEN MILLS 31922	1 oz	110	1.5	0	160	23	2	6	0	1
9319	BID/CHEESE BITES,WG	WILD MIKE 11003	4 EACH	280	10	6	460	28	19	2	35	2
8827	BID/CHEESE CUBES, CO-JACK	LOL 44115	1 oz	90	7	4	180	1	7	0	20	0

Nutrikds Recipe #	Product	Source	Portion Size	Calories	Fat g	Sat Fat g	Sodium mg	Carb g	Protein g	Sugars g	Chol mg	Fiber g
10201	BID/CHEESE JALAPENO BITES, WG	WILD MIKE 11008	4 EACH	290	11	6	460	28	19	2	35	2
3887	BID/CHEESE STICK, MOZZ STRING	LOL 59701	1 oz	80	6	4	200	2	6	1	20	0
7513	BID/CHEESE STICKS, MOZZ, WG BREADED	RICHS 65220	6 EACH/4.16 OZ	310	11	3.5	560	33	19	2	15	3
4170	BID/CHEESE, AMERICAN SLICE, REDUCED FAT	LOL 46253	1 SLICE (1/2 OZ)	35	2	1.25	210	1	3.5	1	7	0
7741	BID/CHEESE, AMERICAN SLICE, REDUCED SODIUM & FAT	LOL 46288	1 SLICE (1/2 OZ)	35	2	1.25	105	1	3.5	1	7	0
7947	BID/CHEESE, CHEDDAR, FINE SHREDDED	GFS 191043	1 oz	111	9.11	5.06	192	1.01	6.08	0	30	0
4171	BID/CHEESE, CHEDDAR, SHREDDED	LOL 41749	1 oz	111	9.11	6.08	192	1.01	7.09	0	30	0
7948	BID/CHEESE, CHEDDAR,FEATHER SHREDDED	GFS 411841	1 oz	110	9	5	190	1	6	0	30	0
8132	BID/CHEESE, MOZZARELLA, SHREDDED	LOL 41698	1 oz	90	6	3.5	180	1	7	0	15	0
10089	BID/CHEESE, PARMESAN PACKET	GORDON 254959	3.5 GRAM	15	1	0.5	35	1	1	0	5	0
7823	BID/CHEESE, PARMESAN, GRATED	PRIMO GUSTO	1 TBSP	20	2	1	70	0	2	0	5	0
8133	BID/CHEESE, SHARP AMERICAN, SHREDDED	LOL 41725	1 oz	110	9	6	400	1	6	0	25	0
7481	BID/CHEESE, SWISS	AMPI	1 SLICE (1/2 OZ)	46	3.54	2.28	248	1.01	2.53	0.51	13	0
6876	BID/CHICKEN BITES, ASIAN	PROVIEW 40130WG	4 OZ/4 EACH	259	14.42	1.44	327	18.26	18.26	3.84	43	0.96
5302	BID/CHICKEN BITES, BREAST, WG	PIERCE 7518	5 EACH/3.75 OZ	210	8	1.5	570	17	18	0	50	2
6875	BID/CHICKEN BITES, BUFFALO STYLE	PROVIEW 40030WG	4 OZ/4 EACH	243	10.13	0	729	20.25	16.2	0	40	0
8093	BID/CHICKEN BREAST, DILL, WG	PROVIEW 60015WG	4 OZ	230	9	1.5	440	15	23	2	70	1
5351	BID/CHICKEN BREAST, GRILLED	TYSON 38350	3 OZ	120	2.5	0.5	320	1	22	0	60	0
5988	BID/CHICKEN BREAST, WG BREADED	PIERCE 7516	4 OZ	220	8	1.5	610	18	18	0	50	2
6878	BID/CHICKEN CHUNKS, BREADED	PROVIEW 64030WG	4 OZ/4 EACH	211	6.02	1	502	19.07	10.04	0	50	0
6879	BID/CHICKEN CHUNKS, BUFFALO	PROVIEW 64230WG	4.4 OZ/4 EACH	230	6.99	1	699	20.96	18.96	0	45	0
6280	BID/CHICKEN DRUMSTICK, BREADED	TYSON 666010	5.15 OZ	342	20.19	4.66	823	9.32	29.51	0	93	1.55
7954	BID/CHICKEN FALITA STRIPS, DARK MEAT	TYSON 4621	3 OZ	142	7.1	2.03	406	2.03	17.26	0	81	0
6880	BID/CHICKEN NUGGET, HOMESTYLE	GOLDKIST 615300	5 EACH/3.04 OZ	200	10	2	400	13	15	1	35	2
10380	BID/CHICKEN NUGGET, WG BREADED	TYSON 70364	5 EACH/3 OZ	240	14.01	2.5	440	16.01	14.01	1	25	3
4668	BID/CHICKEN NUGGET, WG BREADED	TYSON 2155	5 EACH/3.3 OZ	240	14	2.5	470	16	13	1	20	3
10702	BID/CHICKEN NUGGETS,POPCORN,WG	GLD CRK 791493	10 EACH	270	12	2	600	15	25	0	60	2
5386	BID/CHICKEN PATTY, 1.6 OZ, WG	TYSON 5778	1.6 OZ	90	4.5	1	220	6	7	0	15	1
5861	BID/CHICKEN PATTY, BREADED	TYSON 70304	3.54 OZ	270	15	2.5	400	16	16	1	25	3
6285	BID/CHICKEN PATTY, BREADED, WHOLE MUSCLE	TYSON 70302	3.75 OZ	200	9	1.5	290	9	19	0	45	3
4657	BID/CHICKEN PATTY, BREADED	TYSON 2154	3.29 OZ	240	13	2.5	460	15	14	1	25	3
7524	BID/CHICKEN PATTY, SPICY	TYSON 70312	3.75 OZ	200	10	2	330	9	19	1	45	1
5770	BID/CHICKEN PATTY, SPICY	TYSON 70314	3.53 OZ	268	14.9	2.98	397	16.89	14.9	0.99	25	2.98
10872	BID/CHICKEN PATTY, WG	GOLD CREEK 791421	EACH	190	7	1	470	13	20	0	60	1
9801	BID/CHICKEN PATTY, WG BREADED	GOLDKIST 665400	3.05 OZ	200	10	2	400	13	15	0	35	2
10809	BID/CHICKEN PATTY, BREAKFAST	GOLD CREEK 791426	EACH	110	6	1	260	7	8	0	25	1
8615	BID/CHICKEN POPCORN, BRD	TYSON 70368	12 EACH/3.29 OZ	250	15	2.5	380	16	15	1	25	3
6190	BID/CHICKEN POPCORN, DARK, WG	GOLDKIST 110458	10 EACH/4.3 OZ	240	11	2	570	16	18	0	80	3
5364	BID/CHICKEN POPCORN,WHITE/DARK	GOLDKIST 110452	10 EACH/4.3 OZ	260	13	3	550	17	19	0	70	3
10185	BID/CHICKEN STICKS, BREADED	TYSON 70367	8 EACH/3.44 OZ	263	14.86	2.86	389	16	14.86	1.14	23	2.29
10162	BID/CHICKEN TENDERS, A+, WG	GOLD KIST 7572	110 3 EACH/4.35 OZ	220	7	1	470	18	22	1	55	2

Nutrikds Recipe #	Product	Source	Portion Size	Calories	Fat g	Sat Fat g	Sodium mg	Carb g	Protein g	Sugars g	Chol mg	Fiber g
5771	BID/CHICKEN TENDERS, BREADED	TYSON 70334	3 EACH/3.39 OZ	260	15	2.5	390	16	15	1	25	3
10873	BID/CHICKEN TENDERS, WG	GOLD CREEK 792441	3 EACH	220	7	1.5	460	14	22	0	65	2
6283	BID/CHICKEN TENDERS, WHOLE MUSCLE, BREADED	TYSON 70332	2 EACH/4.14 OZ	230	11	2	400	12	20	2	45	2
9142	BID/CHICKEN WINGS, BONELESS	TYSON 70362	5 EACH/3.95 OZ	200	9	2	330	13	18	1	25	3
5622	BID/CHICKEN, BONE IN - BREAST	TYSON 666000	4.24 OZ	272	15.74	3.58	673	8.59	22.9	0	100	1.43
6684	BID/CHICKEN, BONE IN - DRUMSTICK	TYSON 666000	3.89 OZ	249	14.44	3.28	617	7.88	21.01	0	92	1.31
6683	BID/CHICKEN, BONE IN - THIGH	TYSON 666000	6.66 OZ	427	24.72	5.62	1056	13.49	35.96	0	157	2.25
8679	BID/CHICKEN, DICED, WHITE/DARK	TYSON 046012	2.3 OZ	101	3.88	1.16	97	0.78	13.97	0	43	0
10710	BID/CHICKEN, DRMSTCK/THIGH	GOLD CREEK 791880	4 OZ	231	14.05	3.51	492	11.04	16.06	0	75	1
6852	BID/CHICKEN, GENERAL TSO	YANGS 15563	3.6 OZ	170	3	0.5	361	23	11	13	40	0
10491	BID/CHICKEN, MAND ORANGE RICE BOWL	YANGS 16668	9 OZ	380	3.5	0.7	280	68	16	10	40	1
6853	BID/CHICKEN, MANDARIN ORANGE JR	YANGS 15555	3.6 OZ	150	3	0.5	280	19	11	10	40	0
7526	BID/CHICKEN, PULLED,DARK/WHITE	TYSON 046021	2.2 OZ	89	3.71	1.11	89	0.74	11.88	0	48	0
7565	BID/CHICKEN, TACO MEAT	TYSON 19957	3 OZ	160	7	2	370	5	19	1	95	1
4725	BID/CHICKEN, TANGERINE, WG	ASIAN SOLUTIONS 72001	3.9 OZ	190	4	1	380	25	14	13	45	2
3536	BID/CHIP, CHEETO, BAKED	PEPSICO 62933	.875 OZ	120	4.5	1	200	16	2	1	0	1
6321	BID/CHIP, CHEETO, FLAMIN PUFFS	PEPSICO 21912	.7 OZ	90	3.5	0.5	140	13	2	0	0	0
6320	BID/CHIP, CHEETO, MELLO PUFFS	PEPSICO 21910	.7 OZ	90	3.5	0.5	140	13	2	0	0	0
3923	BID/CHIP, CHEETO, FLAMIN HOT, BAKED	PEPSICO 62984	.875 OZ	120	4.5	0.5	200	16	2	0	0	1
3928	BID/CHIP, DORITO, COOL RANCH	PEPSICO 36096	1 oz	130	5	0.5	180	20	2	0	0	2
7568	BID/CHIP, DORITO, FLAMAS	PEPSICO 62829	1 oz	130	5	0.5	200	20	2	0	0	2
4075	BID/CHIP, DORITO, NACHO CHEESE	PEPSICO 31748	1 oz	130	5	1	200	20	2	0	0	2
4616	BID/CHIP, DORITO, SWEET SPICY	PEPSICO 49093	1 oz	130	5	0.5	200	20	2	0	0	2
8230	BID/CHIP, DORITO, WALKING TACO	PEPSICO 20518	1.4 OZ	190	7	1	280	28	3	0	0	2
10218	BID/CHIP, DORITO, WHITE NACHO	PEPSICO 67609	1 oz	130	5	1	170	20	2	0	0	2
3927	BID/CHIP, FANTASTIX, CHILI CHEESE	PEPSICO 36098	1 oz	130	5	1	200	19	2	0	0	2
6668	BID/CHIP, FANTASTIX, FLAMIN HOT	PEPSICO 43578	1 oz	130	5	1	200	20	2	0	0	2
3569	BID/CHIP, FRITOS CORN CHIPS	FRITO LAY 32405	1 oz	160	10	1.5	170	16	2	0	0	1
8146	BID/CHIP, FUNYUNS, BAKED	PEPSICO 66689	.75 OZ	100	3.5	0.5	125	14	2	0	0	0
6193	BID/CHIP, POPCORN, WHITE CHEDDAR	SMART FOOD 30900	.5 OZ	70	2.5	0	100	9	2	0	0	2
6950	BID/CHIP, POTATO, BAKED	PEPSICO 33625	.875 OZ	110	3	0	140	19	2	2	0	1
2226	BID/CHIP, POTATO, BAKED	PEPSICO 44396	1.125 OZ	140	4	0.5	180	24	2	3	0	2
2524	BID/CHIP, POTATO, BBQ, BAKED	PEPSICO 44395	1.125 OZ	140	3.5	0.5	160	24	2	3	0	2
6949	BID/CHIP, POTATO, BBQ, BAKED	PEPSICO 32078	.875 OZ	110	3	0	125	19	2	3	0	1
6975	BID/CHIP, POTATO, CHEDDAR SOUR CREAM, BAKED	PEPSICO 56882	.8 OZ	100	2.5	0	200	17	1	2	0	1
9724	BID/CHIP, POTATO, KETTLE	FRITO LAY 25115	1.375 OZ	180	7	1	190	27	3	1	0	2
9725	BID/CHIP, POTATO, KETTLE BBQ	FRITO LAY 09598	1.375 OZ	180	7	1	190	27	3	3	0	2
8806	BID/CHIP, POTATO, SALT/VINEGAR	LAYS 25113	1.375 OZ	180	7	1	180	28	3	2	0	2
8082	BID/CHIP, POTATO, SOUR CREAM & ONION, BAKED	PEPSICO 33627	.875 OZ	110	3	0	150	19	2	2	0	1
4796	BID/CHIP, PRETZEL, HEARTZELS	PEPSICO 15940	.7 OZ	80	1	0	200	16	2	0	0	2
3801	BID/CHIP, SIMPLY CHEX, CHEDDAR	GEN MILLS 31932	.92 OZ	110	2.5	0	130	20	2	4	0	2

Nutrikds Recipe #	Product	Source	Portion Size	Calories	Fat g	Sat Fat g	Sodium mg	Carb g	Protein g	Sugars g	Chol mg	Fiber g
4056	BID/CHIP, SIMPLY CHEX, CHOC CARAMEL	GEN MILLS 31933	1.03 OZ	130	4	0.5	50	22	2	6	0	2
4057	BID/CHIP, SIMPLY CHEX, STRAWBERRY	GEN MILLS 31937	1.03 OZ	130	3	1	55	23	2	6	0	2
3819	BID/CHIP, SNACK MIX/MUNCHIES	PEPSICO 36308	.875 OZ	110	3.5	0	180	17	3	2	0	2
2840	BID/CHIP, SUNCHIP, CHEDDAR	PEPSICO 11152	1 oz	140	6	0.5	170	19	2	2	0	2
11223	BID/CHIP, SUNCHIP, ORIGINAL	PEPSICO 44425	1.5 OZ	210	9	1	170	28	3	3	0	4
150	BID/CHIP, TORTILLA SCOOPS, BAKED	TOSTITOS 42537	.875 OZ	110	2.5	0	125	19	2	0	0	1
7566	BID/CHIP, TORTILLA, BULK	TOSTITOS 62399	1 OZ/13 CHIPS	142	6.08	1.01	116	20.25	2.03	0	0	2.03
8123	BID/CHIP, TORTILLA, BULK	KITCHEN ESSENTIALS	1 OZ/10 CHIP	121	4.56	0.51	76	20.25	2.03	0	0	2.03
5800	BID/CHIP, TORTILLA, RF, 1.25 OEG	TOSTITOS 18792	.875 OZ	120	4.5	0.5	100	18	2	0	0	2
7569	BID/CHIP, TORTILLA, RF, 2 OEG	TOSTITOS 30103	1.45 OZ	200	7	1	160	29	3	0	0	3
8231	BID/CHIP, TOSTITO, WALKING TACO	TOSTITOS 20510	1.4 OZ	190	7	1	160	28	3	0	0	3
9334	BID/COOKIE, CHOCOLATE CHIP, IW	GFS 543131	1 oz	120	3	1	110	18	2	9	10	1
6886	BID/COOKIE, CHOCOLATE CHIP, REDUCED FAT	J & J 14921	1.85 OZ	190	6	2	170	34	3	17	20	3
8808	BID/COOKIE, CHOCOLATE FILLED HERSHEY	RICHS 03593	1.7 OZ	200	7	2	130	31	3	15	5	3
6887	BID/COOKIE, DOUBLE CHOCOLATE, REDUCED FAT	J & J 14924	1.85 OZ	190	6	2	190	32	3	17	25	3
9455	BID/COOKIE, FORTUNE, WG	ASIAN SOLUTIONS 79203	EACH	12	0	0	0	2.67	0.17	1.67	0	0
6888	BID/COOKIE, SUGAR, REDUCED FAT	J & J 14925	1.85 OZ	190	6	2	200	34	3	17	20	4
9726	BID/COOKIES, MINI CHOCPLATE CHIP, WG	GRANDMAS 66154	1.22 OZ	160	6	1.5	160	25	2	11	0	3
9247	BID/COOKIES, OREO, 2 PACK	NABISCO	PKG (2 CT)	100	5	1	85	16	1	9	0	0
3793	BID/CORN DOG, CHICKEN	FOSTER FARM 95150	4 OZ	240	9	2.5	470	30	9	8	40	2
7486	BID/CORN DOG, TURKEY	STATE FAIR 28322	4 OZ	280	13	3.5	660	31	9	9	40	2
3868	BID/CORN DOGS, MINI CHICKEN	GORDON CHOICE 497360	6 EACH/4.02 OZ	270	12	3.75	420	30	10.5	6	38	4.5
8069	BID/CORN DOGS, MINI TURKEY	JTM 5090	6 EACH/4.02 OZ	257	10	1.8	362	35	10	11	37	0
7615	BID/CORN, CANNED	GFS 118966	1/2 cup	80	1	0	140	17.03	2	5.01	0	2
10541	BID/CORN, COB, 2.75 INCH, FROZEN	GFS 119385	EACH	90	1	0	0	19	2	3	0	2
7798	BID/CORN, COB, 5.5 INCH, FROZEN	GFS 303593	EACH	170	2	0	0	36	5	9	0	2
7808	BID/CORN, FROZEN	GFS 851329	1/2 CUP	90	0.9	0	0	18.92	2.7	6.31	0	0.9
10216	BID/CORNBREAD LOAF, WG, IW	MUFFINTOWN 51605	2 OZ	180	6	0.5	90	28	3	15	15	1
10217	BID/CORNBREAD POPPERS, WG	RICHS 18510	3 EACH	150	8	3.5	200	19	2	5	10	1
5360	BID/CRACKERS, ANIMAL	KEEBLER 20150	1 oz	120	3.5	1	115	22	2	8	0	2
7666	BID/CRACKERS, BUNNY GRAHAM, HONEY	ANNIES 236	1.25 OZ	160	6	0.5	140	24	3	8	0	3
7667	BID/CRACKERS, BUNNY GRAHAM, CHOCOLATE CHIP	ANNIES 237	1.25 OZ	160	6	0.5	105	24	3	9	0	3
4609	BID/CRACKERS, CHEEZ IT, WG	KELLOGGS 79263	.75 OZ	100	3.5	1	150	14	2	0	0	1
5196	BID/CRACKERS, GOLDFISH, CHEDDAR	PEPP FARM 18105	.75 OZ	100	3.5	0.5	170	14	2	0	0	1
3531	BID/CRACKERS, GOLDFISH, CINNAMON, GIANT	PEPP FARM 26830	.9 OZ	120	4	1	140	19	1	7	0	1
8513	BID/CRACKERS, GOLDFISH, VANILLA	PEPP FARM 26828	.9 OZ	120	4	1	105	19	1	7	0	1
10207	BID/CRACKERS, GRAHAM, CHAT SNAX	KELLOGGS 12695	1 oz	120	4	1	105	21	2	8	0	1
8689	BID/CRACKERS, GRAHAM, HONEY	KELLOGGS 91822	3 CT/.78 OZ	90	2.5	0	95	17	2	4	0	1
3820	BID/CRACKERS, GRAHAM, SCOOPY	KELLOGGS 50689	1 oz	120	3.5	1	115	21	2	8	0	1
4101	BID/CRACKERS, GRAHAM, BUG BITES	KEEBLER 55644	1 oz	120	3.5	1	115	21	2	8	0	1
7704	BID/CRACKERS, GRAHAM, CHOCOLATE CHIP GRIPZ	KELLOGGS 80741	.95 OZ	120	3.5	1.5	80	20	2	6	0	3

Nutrikds Recipe #	Product	Source	Portion Size	Calories	Fat g	Sat Fat g	Sodium mg	Carb g	Protein g	Sugars g	Chol mg	Fiber g
10581	BID/CRACKERS, GRAHAM, LIL SQUARE	NABISCO 00166	1.06 OZ	130	3	0	150	24	2	8	0	2
9500	BID/CRACKERS, SALTINE, XWG, 2 CT	KEEBLER 01008	PKT (2 CT)	25	0.5	0	90	5	1	0	0	0
2312	BID/CRACKERS, SALTINE, XWG, 4 CT	KEEBLER 01446	PKT (4 CT)	50	1	0	180	9	1	0	0	0
6309	BID/CRACKERS, SWEET, EDUCATION	DICK & JANE	1 oz	130	4	1	95	22	2	8	0	1
6229	BID/CRACKERS, GRAHAM, CHOCOLATE, TIGER	KELLOGGS 40239	1 oz	120	4	1	125	21	2	7	0	2
10762	BID/CRACKERS, GRAHAM, CINNAMON, TEDDY	NABISCO	.75 OZ	90	3	0	70	16	1	5	0	1
7557	BID/CRAISINS, CHERRY, IW	OCEAN SPRAY	1.16 OZ	110	0	0	0	28	0	24	0	3
7556	BID/CRAISINS, STRAWBERRY, IW	OCEAN SPRAY	1.16 OZ	110	0	0	0	28	0	24	0	3
5306	BID/CRANBERRY SAUCE	GFS 164740	1/4 CUP	109	0	0	10	24.73	0	20.77	0	0
9141	BID/CRESCENTS, CHOC -PILLSBURY	GEN MILLS 49979	EACH	230	8	1.5	270	37	6	10	0	2
9504	BID/CRISPITO, CHICKEN CHILI, WG	STATE FAIR 24569	3.45 OZ	270	14	3	370	23	12	1	25	3
9621	BID/CRISPS, BLUEBERRY/VANILLA	GRANDMAS 22642	1 oz	130	5	0.5	70	20	2	5	0	2
7689	BID/CROISSANT, SLICED, WG	CHEF PIERRE	2.35 OZ	190	7	2.5	270	27	5	4	0	2
10285	BID/CROUTONS, BULK, NOT WG	GFS 793944	.5 OZ	61	2.03	0	142	10.12	2.03	0	0	0
7138	BID/CROUTONS, CHEESE GARIC, WG, PACKET	SUGAR FOODS 74627	.5 OZ	56	1.79	0.18	150	8.8	2.09	0.68	0	0.92
9788	BID/CUPCAKE, CHOCOLATE, LETS CELEBRATE	SUPER BAKERY 9488	1.5 OZ	140	3	1	200	26	2	8	20	6
6923	BID/DONUT, BREAKFAST BUN, WG	BAKECRAFT 2003	3 OZ	270	10	4.5	220	40	6	13	0	3
6284	BID/DONUT, GOODY RING, WG	SUPER BAKERY 18400	2.5 OZ	230	11	4	260	29	5	6	0	2
8735	BID/DONUT, HOLES, WG	RICHS 02725	6 EACH/2.46 OZ	280	16	7	320	30	4	6	0	2
6788	BID/DONUT, YEAST RAISED, WG	RICHS 14839	2.45 OZ	280	16	7	300	30	5	6	0	2.64
7753	BID/DONUTS, MINI, CHOCOLATE,WG	SUPER BAKERY 7786	3.3 OZ (6 CT)	320	15	7	270	41	5	19	0	2
7754	BID/DONUTS, MINI, POWDERED SUGAR, WG	SUPER BAKERY 7787	3 OZ (6 CT)	270	11	3	230	41	4	21	0	2
7613	BID/DRESSING, COLE SLAW	GFS 106992	1 oz	130	9	1.5	240	13	0	12	10	0
8945	BID/DRESSING, FRENCH, FAT FREE	PEPPER MILL	EACH (1.5 OZ)	50	0	0	470	12	0	11	0	1
10321	BID/DRESSING, HONEY MUSTARD, IW	GORDON CHOICE	1 oz	140	12	2	210	6	0	6	10	0
10189	BID/DRESSING, RANCH BUTTERMILK, BULK	GFS 426598	1 oz	152	16.2	2.53	243	1.01	0	1.01	5	0
10315	BID/DRESSING, RANCH BUTTERMILK	PEPPER MILL	1.5 OZ	200	21	3.5	400	3	1	3	15	0
8617	BID/DRESSING, RANCH DRY MIX	HVR 21004	3.2 OZ	164	0.66	0.13	17440	22.62	1.85	0.75	1	3.24
7612	BID/DRESSING, RANCH FAT FREE	HEINZ 78000366	12 GRAM	10	0	0	125	2	0	0	0	0
10318	BID/DRESSING, RANCH FAT FREE	KENS KE0026B3	1.5 OZ	40	0	0	520	10	0	4	0	1
7739	BID/DRESSING, RANCH LITE	HVR 14374	1 oz	60	3.5	0.5	370	7	0	3	5	0
7708	BID/DRESSING, RANCH LITE	KENS KE0041B3	1.5 oz	130	11	1.5	410	8	1	2	10	0
7969	BID/DRESSING, RANCH, LOW SODIUM	GFS/DIAMOND CRYSTAL	12 GRAM	30	2.5	0	55	2	0	1	5	0
3533	BID/DRESSING, SALAD, MIRACLE WHIP	KRAFT 66371	12.4 GRAM	35	3	0	80	2	0	1	0	*N/A*
8692	BID/DRESSING, SALAD, MIRACLE WHIP	KRAFT 63316	1 TBSP	54	5.09	0.78	106	1.9	0.09	1.31	5	0
4710	BID/EGG COLBY CHEESE OMELET	MICHAEL 85137	2.1 OZ	120	10	3.5	300	1	7	0	165	0
9971	BID/EGG PATTY, 3.25 INCH ROUND	GORDON CHOICE 462519	1 oz	45	3.5	1	90	1	3	0	75	0
6931	BID/EGG PATTY, 3.5 INCH ROUND	MICHAELS 85017	1.25 OZ	60	4	1	110	1	3	0	95	0
6789	BID/EGG ROLL, VEGETABLE, WG	MINH 66048	1 oz	140	3.5	1	150	22	4	4	0	4
7822	BID/EGG, DICED	GFS 192198	1 oz	45	2.83	0.85	34	0.57	3.4	0.57	105	0
10172	BID/EGG, HARD COOKED, PEELED	PAPETTI 85018	EACH	70	5	1.5	55	1	6	1	170	0

Nutrikds Recipe #	Product	Source	Portion Size	Calories	Fat g	Sat Fat g	Sodium mg	Carb g	Protein g	Sugars g	Chol mg	Fiber g
9807	BID/EGG, LIQUID WHOLE	GFS 119865	3 TBSP (1.75 OZ)	203	13.05	4.35	189	0	17.4	0	493	0
8659	BID/EGG, SCRAMBLE MIX, BACON	SUNNY FRSH 40928	2 OZ	120	9	3	280	1	8	1	170	0
10155	BID/EGG, SCRAMBLED, COOK IN BAG	PAPETTI 54211	1.18 OZ (NO CKD)	77	4.16	1.19	267	1.78	7.13	1.19	113	0
5318	BID/ENGLISH MUFFIN, WG	BAKE CRAFTERS 802	2 OZ	120	1.5	0	270	21	6	1	0	1
5403	BID/FISH NUGGETS, POLLOCK	HIGH LINER 1089301	4 EACH/4 OZ	210	8	1.5	330	23	12	1	35	2
3840	BID/FISH NUGGETS, STAR/FISH	HIGH LINER 10020540	4 EACH/4 OZ	223	10.13	1.52	739	21.26	13.16	1.01	21	2.03
6339	BID/FISH PATTY, POLLOCK	HIGH LINER 1089300	3.6 OZ	170	7	1	270	16	11	1	35	1
7937	BID/FISH PATTY, POLLOCK	TRIDENT 418320	3.6 OZ	200	9	1	300	15	15	0	45	2
9155	BID/FISH PATTY, POLLOCK	HIGH LINER 1089271	3.6 OZ	172	7.07	1.01	232	16.17	11.12	1.01	35	1.01
7936	BID/FISH STICKS, POLLOCK	TRIDENT 418304	4 OZ	230	11	1	490	18	16	0	45	2
9466	BID/FISH STICKS, POLLOCK	TRIDENT 418301	4 OZ	210	8	1	320	19	16	1	45	2
6958	BID/FLATBREAD, 6X6 INCHES, WG	RICHS 14010	2.2 OZ	180	5	1	330	28	6	2	0	3
10190	BID/FLATBREAD, GORDITA, 6 INCH, WG	FATHERS TABLE	2 OZ	150	3	0	135	26	4	1	0	3
9391	BID/FRENCH TOAST STICKS	BAKE CRAFTERS 442	3 EACH/3.3 OZ	260	8	1	290	42	6	14	10	2
7713	BID/FRENCH TOAST STICKS	RICHS 37722	4 EACH/3.2 OZ	260	10	1.5	300	38	6	9	0	3
10174	BID/FRENCH TOAST STICKS	MICHAEL 75016	3 EACH/2.6 OZ	160	3.5	1	270	23	8	8	105	2
7715	BID/FRENCH TOAST, CINN GLAZED	MICHAEL 75014	2.9 OZ	210	8	2	290	26	8	11	110	2
5784	BID/FRENCH TOAST, MINI	KELLOGGS 80693	3.03 OZ	210	5	1.5	240	37	4	13	0	3
7663	BID/FRENCH TOAST, MINI, CHOCOLATE CHIP	KELLOGGS 80801	3.03 OZ	190	6	1.5	260	35	5	11	0	4
8519	BID/FRENCH TOAST, MINI, CINNAMON	GEN MILLS 37309	2.64 OZ	220	7	1	200	37	4	11	0	2
9228	BID/FRUIT COCKTAIL, IN JUICE	GFS 610232	1/2 cup	60	0	0	10	14	0	11	0	1
7956	BID/FRUIT COCKTAIL, XLIGHT SYRUP	GFS 225304	1/2 cup	61	0	0	0	16.16	0	13.13	0	1.01
5223	BID/FRUIT CUP, TROPICAL	DOLE 3048	4 OZ	80	0	0	5	15	1	14	0	1
9227	BID/FRUIT MIX CUP, LIGHT SYRUP	GFS 185160	4 OZ	70	0	0	0	17	0	15	0	1
9229	BID/FRUIT MIX, IN JUICE	GFS 610348	1/2 CUP	63	0	0	5	13.66	1.05	13.66	0	1.05
8655	BID/FRUIT ROLL UP, CRAZY COLOR	GEN MILLS 11561	.5 OZ	50	1	0.5	55	11	0	4	0	2
8654	BID/FRUIT ROLL UP, HOT COLORS	GEN MILLS 11566	.5 OZ	50	1	0.5	55	11	0	4	0	2
4059	BID/FRUIT ROLL UP, STRAWBERRY, REDUCED SUGAR	GEN MILLS 29162	.5 OZ	50	1	0.5	55	11	0	4	0	2
10341	BID/FRUIT SALAD, TROPICAL, LIGHT SYRUP	GFS 553611	1/2 cup	67	0	0	0	16.42	0	15.67	0	1.49
8657	BID/FRUIT SNACKS, ASSORTED FRUIT	GEN MILLS MOTTS 47954	1.6 OZ	130	0	0	65	38	0	15	0	9
8658	BID/FRUIT SNACKS, MIXED BERRY	GEN MILLS MOTTS 47953	1.6 OZ	130	0	0	55	38	0	15	0	9
8656	BID/FRUIT SNACKS, SCOOPY DOO	GEN MILLS 11510	.9 OZ	70	0	0	35	21	0	9	0	5
7964	BID/GATORADE G2, FRUIT PUNCH	GATORADE 12202	12 OZ	30	0	0	160	8	0	7	0	0
5831	BID/GATORADE G2, GLACIER FREEZE	GATORADE 12007	12 OZ	30	0	0	160	8	0	7	0	0
6265	BID/GATORADE G2, GRAPE	GATORADE 12203	12 OZ	30	0	0	160	8	0	7	0	0
5832	BID/GATORADE G2, MIX BERRY, CLEAR	GATORADE 13297	12 OZ	30	0	0	160	8	0	7	0	0
7959	BID/GATORADE G2, ORANGE	GATORADE 12204	12 OZ	35	0	0	160	8	0	7	0	0
10502	BID/GELATIN, BERRY BLUE	GFS 554901	1/2 cup	70	0	0	80	17	1	17	0	0
7624	BID/GELATIN, ORANGE	GFS 524638	1/2 cup	70	0	0	85	17	1	17	0	0
7625	BID/GELATIN, STRAWBERRY	GFS 524581	1/2 cup	70	0	0	85	17	1	17	0	0
7237	BID/GLUTEN FREE HAMBURGER BUN	UDI	EACH	250	7	0.5	480	43	6	6	0	5

Nutrikds Recipe #	Product	Source	Portion Size	Calories	Fat g	Sat Fat g	Sodium mg	Carb g	Protein g	Sugars g	Chol mg	Fiber g
7236	BID/GLUTEN FREE PASTA, ROTINI	BARILLA	1 OZ	101	0.51	0	0	22.27	2.03	0	0	0.51
7235	BID/GLUTEN FREE WAFFLE	VANS	EACH	115	3.5	0.5	200	19.5	1	2	0	0.5
9153	BID/GRAVY, BROWN MIX	NESTLE TRIO	1/4 CUP	20	0.51	0	234	3.03	0	0	0	0
4681	BID/GRAVY, PORK SAUSAGE	JTM 552	3.95 OZ	174	12	6.9	510	8	7	1	25	0
7487	BID/GRAVY, TURKEY MIX	GFS/DIAMOND CRYSTAL	1/4 CUP	25	0.5	0	392	4	1	1	0	0
7694	BID/GRAVY, WHITE MIX	GUENTHER	1/4 CUP	45	2	1	262	6	0	1	0	0
5899	BID/HAM, BONELESS FLAT BUFFET	GFS 605301	2.67 OZ	89	3.56	1.34	872	1.78	12.46	1.78	40	0
7482	BID/HAM, DICED	GFS 825472	1 oz	35	1.27	0.51	354	1.52	4.56	0.51	15	0
7818	BID/HAM, SLICED .5 OZ	GFS 294187	.5 OZ SLICE	13	0.38	0.13	100	0.25	2.25	0.25	5	0
7737	BID/HOT DOG, BEEF & PORK	GFS/KENT 154792	2 OZ	180	17	6	580	2	6	1	35	0
7738	BID/HOT DOG, TURKEY, REDUCED SODIUM	JENNIE O 612620	2 OZ	130	10	3	260	1	7	0	50	0
10184	BID/HUMMUS, RED PEPPER, CUP	NAT FOOD GROUP A5100	3 OZ	110	2	0	100	18	6	4	0	5
11455	BID/ICE CREAM BAR, CRUMBLE COOKIE	RICHS 85000	3 OZ	150	5	1.5	55	23	1	13	0	0
11458	BID/ICE CREAM BAR, SOUR CHERRY	RICHS 86266	2.5 OZ	60	0	0	10	14	0	15	0	0
11456	BID/ICE CREAM BAR, SOUR BLUE RASPBERRY	RICHS 86265	2.5 OZ	60	0	0	10	14	0	15	0	0
9151	BID/ICE CREAM BAR, CHOCOLATE CRUNCH	RICHS 85000	3 OZ	150	5	1.5	55	23	1	13	0	*N/A*
11457	BID/ICE CREAM BAR, COTTON CANDY	RICHS 86265	2.5 OZ	60	0	0	10	14	0	15	0	0
11448	BID/ICE CREAM BAR, FUDGE FRENZY	RICHS 86210	2.5 OZ	110	0	0	65	25	2	19	0	1
11449	BID/ICE CREAM BAR, ORANGE CREAM	RICHS 86010	2.5 OZ	0	0	0	0	0.05	0	0.04	0	0
11446	BID/ICE CREAM BAR, STRAWBERRY SHORTCAKE	RICHS 85050	3 OZ	140	5	1.5	50	23	0	12	0	0
11452	BID/ICE CREAM CONE, BIRTHDAY CAKE	RICHS 42400	3 OZ	150	2.5	1.5	90	29	2	14	0	1
11451	BID/ICE CREAM CONE, CRUMBLE COOKIE	RICHS 42200	3 OZ	150	2.5	1.5	110	29	2	14	0	1
11447	BID/ICE CREAM CUP, VANILLA	RICHS 36920	3 OZ	80	1	0.5	45	17	1	12	0	0
11459	BID/ICE CREAM CUP,CHOC/VANILLA	RICHS 36922	3 OZ	80	1	0.5	45	17	1	12	0	0
11453	BID/ICE CREAM CYCLONE, BLUE RASPBERRY	RICHS 40140	3.75 OZ	90	0.5	0	30	21	0	14	0	0
11450	BID/ICE CREAM SANDWICH, LOW FAT	VELVET 44030	3 OZ	130	2.5	1	120	24	2	11	0	1
11454	BID/ICE CREAM, RAINBOW POLAR POLE	RICHS 42570	2.75 OZ	70	0.5	0	15	16	0	13	0	0
3870	BID/ICING, CHOCOLATE, HEAT N' ICE	RICHS 09977	1 OZ	108	2.17	1.06	3	21.89	0.22	20.36	0	0.17
3733	BID/ICING, DONUT GLAZE	RICHS 21506	1 OZ	89	0	0	2	22.29	0	22.02	0	0.02
3871	BID/ICING, VANILLA, HEAT N' ICE	RICHS 09976	1 OZ	101	1.35	0.68	0	22.95	0	22.27	0	0
7544	BID/JELLY, GRAPE	HEINZ	.5 OZ	35	0	0	5	9	0	7	0	0
8739	BID/JUICE CUP, BERRY/LEMON, FROZEN	J & J 23060025	4.4 OZ	70	0	0	5	19	0	16	0	3
6247	BID/JUICE CUP, BLUE RASPBERRY LEMON, FROZEN	RIDGEFIELD 2009	4.4 OZ	90	0	0	30	22	0	18	0	0
8192	BID/JUICE CUP, CHERRY SMOOTH	RIDGEFIELD 2021	4.4 OZ	100	0	0	25	25	0	21	0	0
6248	BID/JUICE CUP, KIWI STRAWBERRY, FROZEN	RIDGEFIELD 2014	4.4 OZ	90	0	0	35	22	0	19	0	0
6334	BID/JUICE CUP, O/PA CHERRY, FROZEN	J & J 23060020	4.4 OZ	70	0	0	10	19	0	16	0	3
6250	BID/JUICE CUP, STRAWBERRY MANGO, FROZEN	RIDGEFIELD 2015	4.4 OZ	90	0	0	35	22	0	19	0	0
8193	BID/JUICE CUP, SUNBELIEVABLE	RIDGEFIELD 2020	4.4 OZ	110	0	0	25	26	0	23	0	0
7571	BID/JUICE, APPLE (4 OZ)	SUNCUP 90301	4 OZ	60	0	0	5	14	0	12	0	0
4702	BID/JUICE, APPLE (6 OZ)	SUNCUP 40301	6 OZ	90	0	0	5	21	0	18	0	0
9171	BID/JUICE, APPLE, 4.23 OZ BOX	SUNCUP 400305	4.23 OZ	60	0	0	5	14	0	13	0	0

Nutrikds Recipe #	Product	Source	Portion Size	Calories	Fat g	Sat Fat g	Sodium mg	Carb g	Protein g	Sugars g	Chol mg	Fiber g
9295	BID/JUICE, APPLE, 6.75 OZ BOX	SUNCUP 410305	6.75 OZ	90	0	0	10	23	0	21	0	0
4468	BID/JUICE, BERRY - CAPRI SUN	KRAFT 00144	6 OZ	80	0.16	0.03	22	19.56	0.32	18.65	0	0.02
8584	BID/JUICE, DRAGON PUNCH (4 OZ)	COUNTRY PURE 45710	4 OZ	50	0	0	35	13	0	12	0	0
7962	BID/JUICE, FRUIT MEDLEY	TROPICANA 02145	10 OZ	140	0	0	25	34	2	32	0	0
9378	BID/JUICE, FRUIT PUNCH (4 OZ)	SUNCUP 90800	4 OZ	60	0	0	5	14	0	12	0	0
4469	BID/JUICE, FRUIT PUNCH - CAPRI	KRAFT 00146	6 OZ	78	0.17	0.03	23	19.13	0.25	18.1	0	0.01
9173	BID/JUICE, FRUIT PUNCH, 4.23 OZ BOX	SUNCUP 400805	4.23 OZ	60	0	0	5	15	0	14	0	0
5887	BID/JUICE, GRAPE (4 OZ)	SUNCUP 90501	4 OZ	80	0	0	10	19	0	18	0	0
4703	BID/JUICE, GRAPE (6 OZ)	SUNCUP 40501	6 OZ	120	0	0	15	28	0	27	0	0
9172	BID/JUICE, GRAPE, 4.23 OZ BOX	SUNCUP 400505	4.23 OZ	80	0	0	10	20	0	19	0	0
5889	BID/JUICE, ORANGE (4 OZ)	SUNCUP 90100	4 OZ	60	0	0	0	14	0	12	0	0
9377	BID/JUICE, ORANGE (6 OZ)	SUNCUP 40100	6 OZ	90	0	0	0	19	0	18	0	0
9175	BID/JUICE, ORANGE TANG 4.23 OZ BOX	SUNCUP 402405	4.23 OZ	38	0	0	6	9.4	0	8.15	0	0
7572	BID/JUICE, ORANGE/PINEAPPLE 4 OZ	SUNCUP 91200	4 OZ	60	0	0	0	15	0	13	0	0
9296	BID/JUICE, ORNG TNG,6.75OZ BOX	SUNCUP 412405	6.75 OZ	100	0	0	20	24	0	23	0	0
9174	BID/JUICE, PARADISE PNCH, 4.23 OZ BOX	SUNCUP 402800	4.23 OZ	60	0	0	5	14	0	13	0	0
9472	BID/JUICE, SPARKLING APPLE	IZZE 01507	4 OZ	90	0	0	15	24	0	21	0	0
9473	BID/JUICE, SPARKLING BLACKBERRY	IZZE 01502	4 OZ	90	0	0	20	22	0	20	0	0
9474	BID/JUICE, SPARKLING CLEMENTINE	IZZE 01505	4 OZ	90	0	0	15	21	0	19	0	0
7963	BID/JUICE, STRAWBERRY KIWI	TROPICANA 02144	10 OZ	150	0	0	25	38	0	32	0	0
9176	BID/JUICE, VERY BERRY, 4.23 OZ BOX	SUNCUP 402505	4.23 OZ	60	0	0	10	17	0	15	0	0
8586	BID/JUICE, WANGO MANGO (4 OZ)	COUNTRY PURE 45711	4 OZ	50	0	0	30	13	0	12	0	0
5238	BID/LASAGANA ROLLUP, WG	TASTY BRANDS 00801	4.3 OZ	230	7	4	330	29	14	5	20	3
9991	BID/LUNCH KIT, HAM & CHEESE	TASTY BRANDS	4.41 OZ	360	17	5	720	33	18	8	45	1
9992	BID/LUNCH KIT, PIZZA	TASTY BRANDS	5.58 OZ	350	15	7	880	34	15	6	40	1
9601	BID/MAC & CHEESE, CAVATAPPI 3 CHEESE	JTM 5773	6 OZ	314	16	8.7	801	28.01	17	3	50	2
9148	BID/MAC & CHEESE, REDUCED FAT, WG	JTM 5756	6 OZ	299	12	6.7	649	32.01	15	8	36	2
10697	BID/MAC & CHEESE, WG, REDUCED FAT	LOL 43277	6 OZ	284	10.8	6.08	986	31.06	16.88	6.08	30	1.35
9797	BID/MAC & CHEESE, WG, REDUCED FAT & SUGAR	LOL 43274	6 OZ	277	10.8	5.4	675	29.03	16.88	6.08	27	1.35
9353	BID/MARGARINE, TRANS FAT FREE	GFS 733061	1 OZ	202	22.27	9.11	223	0	0	0	0	0
7627	BID/MARSHMALLOWS, MINI	GFS 191736	1/2 cup	81	0	0	20	20.16	0	13.1	0	0
8122	BID/MAYONNAISE PACKET, LIGHT	GFS 188741	12 GRAM	50	4.5	0.5	70	2	0	0	10	0
7609	BID/MAYONNAISE, LIGHT, BULK	GFS 429406	1 TBSP	25	1	0	50	4	0	1	10	0
8684	BID/MEATLOAF W/ CHEESE	ADV PIERRE 69190	2.9 OZ	170	10	5	390	8	12	5	30	1
10480	BID/MILK, ALMOND, DARK CHOCOLATE	SILK 136460	8 OZ	120	2.5	0	190	23	2	21	0	0
10479	BID/MILK, ALMOND, VANILLA	SILK 136461	8 OZ	90	2.5	0	160	16	1	15	0	0
6273	BID/MUFFIN, BANANA, 2 OZ	CHEF PIERRE 08861	2 OZ	180	7	1.5	100	28	2	15	10	1
6274	BID/MUFFIN, BLUEBERRY, 2 OZ	CHEF PIERRE 08860	2 OZ	170	6	1	120	27	2	14	10	1
6275	BID/MUFFIN, CHOCOLATE CHOCOLATE CHIP, 2 OZ	CHEF PIERRE 08862	2 OZ	170	6	1.5	105	27	3	14	10	2
8479	BID/MUSTARD PACKET	HEINZ 53050	5.5 GRAM	0	0	0	65	0	0	0	0	0
10192	BID/OIL, CANOLA, ZERO TRANS	GFS 255831	1 OZ	243	28.35	2.03	0	0	0	0	0	0

Nutrikds Recipe #	Product	Source	Portion Size	Calories	Fat g	Sat Fat g	Sodium mg	Carb g	Protein g	Sugars g	Chol mg	Fiber g
8198	BID/OIL, VEGETABLE, ZERO TRANS	GFS 292702	1 OZ	263	28.35	4.05	0	0	0	0	0	0
6851	BID/ONION RINGS, WG	TASTY BRAND 33504	2.69 OZ/5 RINGS	200	7	1	200	30	3	6	0	2
6785	BID/ONIONS, DRIED	PACKER/OLAM	1 CUP (RECONST)	173	0.21	0.05	58	43.58	4.78	2.5	0	5.51
7782	BID/ORANGES, MANDARIN, LIGHT SYRUP	GFS 117897	1/2 cup	87	0	0	10	19.33	0.97	18.36	0	0
11050	BID/ORANGES, MANDARIN, CUP	DOLE 04208	4 OZ	70	0	0	0	16	1	14	0	1
9587	BID/PANCAKE SANDWICH CHICKEN SAUSAGE	BAKE CRAFTER 9125	2.5 OZ	160	6	1.5	220	17	8	7	40	1
10492	BID/PANCAKE, BULK, WG	BAKE CRAFTER 1475	1.3 OZ	80	1.5	0	110	15	2	5	0	1
9960	BID/PANCAKES, MINI, CONFETTI	KELLOGGS 18574	3.03 OZ	210	7	1	210	36	4	11	10	4
5920	BID/PANCAKES, MINI, MAPLE	KELLOGGS 92562	3.03 OZ	200	6	1	210	35	4	10	0	4
8913	BID/PASTA, EGG NOODLES	GFS 292346	1/2 cup	89	1.21	0.4	6	16.12	3.22	0.81	22	0.4
5448	BID/PASTA, ELBOW, 51% WG	DAKOTA	1/2 cup	95	0.5	0	0	20.5	3.5	1.5	0	2
7629	BID/PASTA, ELBOW, NOT WG	KITCHEN ESSENTIALS	1/2 cup	83	0.42	0	0	17.45	2.91	0.83	0	0.83
7630	BID/PASTA, PENNE, 51% WG	DAKOTA	1/2 cup	88	0.47	0	0	19.07	3.26	0.93	0	1.86
8068	BID/PASTA, ROTINI, 51% WG	DAKOTA	1/2 cup	97	0.51	0	0	21.03	3.59	1.03	0	2.05
4987	BID/PASTA, SPAGHETTI, 51% WG	DAKOTA	1/2 cup	89	0.47	0	0	19.29	3.29	0.94	0	1.88
7965	BID/PASTA, SPAGHETTI, NOT WG	KITCHEN ESSENTIALS	1/2 cup	153	0.76	0	0	32.09	5.35	1.53	0	1.53
4654	BID/PASTRY, FRUDEL, APPLE	PILLSBURY 27852	2.29 OZ	210	6	1.5	250	36	5	10	0	2
4655	BID/PASTRY, FRUDEL, CHERRY	PILLSBURY 27851	2.29 OZ	210	6	1	260	37	5	11	0	2
5222	BID/PEACH CUP, DICE/JUICE	DOLE 3073	4 OZ	60	0	0	0	14	1	12	0	1
9230	BID/PEACHES, DICED, CANNED, EXTRA LIGHT SYRUP	GFS 268348	1/2 cup	60	0	0	10	13.96	0	10.97	0	0
8469	BID/PEACHES, SLICED, EXTRA LIGHT SYRUP	GFS 224448	1/2 cup	56	0	0	9	13.05	0.93	12.12	0	0.93
7548	BID/PEANUT BUTTER, 1.1 OZ CUP	SMUCKERS JIF	1.1 OZ	180	15	2.5	130	8	6	3	0	2
7668	BID/PEANUT FREE SOY BUTTER, BULK	WOWBUTTER 40100	1.12 OZ	199	14.9	2.98	99	7.95	6.95	2.98	0	2.98
8500	BID/PEANUT FREE SOY BUTTER, IW	WOWBUTTER 10920	1.12 OZ	200	15	3	100	8	7	3	0	3
8506	BID/PEARS, DICED, CANNED, JUICE	GFS 610364	1/2 cup	60	0	0	10	14.01	0	12.01	0	2
7785	BID/PEARS, DICED, CANNED, EXTRA LIGHT SYRUP	GC 290203	1/2 cup	68	0	0	0	16.51	0	14.57	0	0.97
11051	BID/PEARS, DICED, JUICE, CUP	GFS 758180	4 OZ	60	0	0	0	16	0	11	0	2
1939	BID/PEARS, HALF, LIGHT SYRUP	GFS 224421	1/2 cup	73	0	0	10	17.74	0	15.65	0	1.04
7479	BID/PEAS, CANNED	GFS 118443	1/2 cup	92	0.66	0	183	15.72	5.24	7.86	0	3.93
7763	BID/PEAS, FROZEN	GFS/LAKESIDE	1/2 cup	64	0	0	0	12.75	4.25	4.25	0	4.25
10795	BID/PENNE WITH ALFREDO	JTM 5764	6 OZ	305	12	7.3	706	31.01	17	8	37	0
7632	BID/PEPPER, BANANA, SLICED RING	GFS/GIELOW	1 oz	5	0	0	460	1	0	0	0	0
7633	BID/PEPPER, JALAPENO, 1 GALLON	GFS/GIELOW	1 oz	5	0	0	279	1	0	0	0	1
7797	BID/PEPPERONI	GFS 729981	1 oz	132	12.28	4.25	444	0.94	5.67	0	28	0
10210	BID/PEPPERONI, TURKEY	JENNIE O 213008	1.37 OZ	60	3	1	320	1	6	1	25	0
7480	BID/PICKLE SLICE, DILL	GFS 149195	1 oz	0	0	0	390	0	0	0	0	0
7809	BID/PICKLE SPEAR, DILL	BRICKMAN	2 EACH	0	0	0	491	1.89	0	0	0	0
11075	BID/PINEAPPLE TIDBITS, IN JUICE	DOLE 216300	4 OZ	60	0	0	0	15	1	14	0	1
10118	BID/PINEAPPLE, CHUNK, JUICE, CANNED	GFS 189952	1/2 cup	2	0	0	0	0.61	0	0.52	0	0.03
7784	BID/PINEAPPLE, TIDBIT, JUICE, CANNED	DOLE	1/2 cup	73	0	0	0	18.13	1.21	16.92	0	1.21
10901	BID/PINEAPPLE, TIDBIT, WATER, CANNED	GFS 612424	1/2 cup	66	0	0	0	16.52	0	14.04	0	0.83

Nutrikds Recipe #	Product	Source	Portion Size	Calories	Fat g	Sat Fat g	Sodium mg	Carb g	Protein g	Sugars g	Chol mg	Fiber g
4908	BID/PIZZA CHEESE CRUNCHERS	RICHS 65225	4 EACH/5.48 OZ	420	20	9	670	41	20	3	30	6
6198	BID/PIZZA, 4 CHEESE, 8 CUT	BIG DADDY 78637	5.18 OZ	360	16	7	490	35	21	9	35	3
8054	BID/PIZZA, 4 MEAT, 16 IN, 8 CT	BIG DADDY 78640	5.3 OZ	370	17	7	630	36	20	10	40	3
8660	BID/PIZZA, BREAKFAST, BACON	TONYS 78353	2.95 OZ	210	9	3.5	330	23	10	5	60	2
3485	BID/PIZZA, BREAKFAST, GRAVY	TONYS 78352	3 OZ	190	7	2	300	24	10	6	20	2
3393	BID/PIZZA, BREAKFAST, SAUSAGE	TONYS 63912	3.31 OZ	200	7	2	320	26	9	6	15	3
8053	BID/PIZZA, BUFF CHIX,16 IN, 8 CUT	BIG DADDY 78639	5.21 OZ	380	19	8	760	33	20	8	45	3
10283	BID/PIZZA, CHEESE GARLIC, FRENCH BREAD	TONYS 78359	4.29 OZ	320	15	6	530	29	18	4	20	2
4996	BID/PIZZA, CHEESE MINI BAGELS	TASTY BRAND 52222	4 EACH	260	9	5	560	24	21	4	20	4
8955	BID/PIZZA, CHEESE, 16 INCH	BIG DADDY 68591	5.13 OZ	350	17	8	470	34	19	7	45	3
6191	BID/PIZZA, CHEESE, 16 INCH	S & F 37BC	5.08 OZ	310	11	5	510	37	18	3	25	1
7656	BID/PIZZA, CHEESE, 4 INCH ROUND	TONYS 78364	4.46 OZ	280	12	6	410	26	15	8	30	3
10284	BID/PIZZA, CHEESE, 4 INCH ROUND	TONYS 78366	4.46 OZ	280	12	6	410	26	15	8	30	3
7577	BID/PIZZA, CHEESE, 4X6	TONYS 78697	4.5 OZ	280	11	5	430	32	16	9	25	4
5849	BID/PIZZA, CHEESE, 4X6	TONYS 78673	4.6 OZ	280	11	3.5	470	33	16	8	15	4
7988	BID/PIZZA, CHEESE, 5 INCH ROUND	GILARDI 12514	5.05 OZ	320	11	3.5	610	40	15	5	10	5
9403	BID/PIZZA, CHEESE, FRENCH BREAD	TONYS 78356	4.94 OZ	300	11	3.5	430	32	17	8	15	3
6212	BID/PIZZA, CHEESE, STUFFED CRUST	GILARDI 20113	4.5 OZ	300	11	6	600	35	16	4	30	4
10578	BID/PIZZA, CHEESE, WW 4X6 INCH	NARDONE 96WW2	5 OZ	370	20	10	670	27	20	6	50	3
7657	BID/PIZZA, CHEESE,16 INCH, 8 CUT	BIG DADDY 78653	5.18 OZ	360	16	7	490	35	21	9	35	3
2120	BID/PIZZA, FIESTADA BEEF	TONYS 68523	5.44 OZ	360	14	6	710	43	17	8	25	4
7658	BID/PIZZA, PEPPERONI, 16 INCH	BIG DADDY 78654	5.18 OZ	360	17	7	580	33	21	9	45	3
6183	BID/PIZZA, PEPPERONI, 16 INCH	S & F 36BC	5.32 OZ	340	14	6	600	36	20	3	30	1
7676	BID/PIZZA, PEPPERONI, 4 INCH	TONYS 78365	4.51 OZ	290	13	6	490	28	16	8	35	3
7578	BID/PIZZA, PEPPERONI, 4X6 INCH	TONYS 78698	4.48 OZ	290	11	5	520	32	16	8	25	4
5848	BID/PIZZA, PEPPERONI, 4X6 INCH	TONYS 78674	4.48 OZ	280	11	3.5	540	33	15	8	15	4
8784	BID/PIZZA, PEPPERONI, 5 INCH	TONYS 78369	4.98 OZ	310	13	5	510	33	17	8	35	3
9441	BID/PIZZA, PEPPERONI, 6 INCH, WG	ALPHA AS64W	5.36 OZ	360	17	7	650	32	21	3	35	3
10126	BID/PIZZA, PEPPERONI, FRENCH BREAD	TONYS 78357	4.93 OZ	310	12	4	570	32	18	2	25	3
6214	BID/PIZZA, PEPPERONI, STUFFED CRUST	GILARDI 20114	4.5 OZ	300	11	5	650	35	17	4	30	5
10577	BID/PIZZA, PEPPERONI, WW 4X6 INCH	NARDONE 96WWP2	5 OZ	370	20	10	670	27	20	6	50	3
8043	BID/PIZZA, TACO, WEDGE - MAXSNAX	CONAGRA 12714	4.09 OZ (3 PC)	240	8	2.5	480	30	14	2	10	4
8147	BID/POP TARTS, FROSTED BLUEBERRY, 1CT	KELLOGGS 17196	1.76 OZ	180	2.5	1	180	38	2	15	0	3
8148	BID/POP TARTS, FROSTED BLUEBERRY, 2CT	KELLOGGS 17199	3.53 OZ	360	5	2	360	76	4	30	0	6
4942	BID/POP TARTS, FROSTED STRAWBERRY, 1CT	KELLOGGS 55130	1.76 OZ	180	2.5	1	190	38	2	15	0	3
5368	BID/POP TARTS, FROSTED STRAWBERRY, 2CT	KELLOGGS 55133	3.53 OZ	350	5	2	370	76	4	30	0	6
6865	BID/POP TARTS, FROSTED FUDGE, 1 CT	KELLOGGS 12070	1.76 OZ	190	3	1	200	38	3	15	0	3
6864	BID/POP TARTS, FROSTED FUDGE, 2CT	KELLOGGS 12073	3.52 OZ	370	6	2	390	76	5	30	0	6
4941	BID/POP TARTS, FROSTD CINNAMON, 1CT	KELLOGGS 55122	1.75 OZ	190	3	1	200	38	2	16	0	3
5367	BID/POP TARTS, FROSTD CINNAMON, 2 CT	KELLOGGS 55125	3.52 OZ	370	6	2	400	76	5	31	0	6
3687	BID/PORK BBQ, TEXAS STYLE, LOW SODIUM	BROOKWOOD 12307	4 OZ	300	17.06	6.02	234	17.06	18.06	16.06	71	0

Nutrikds Recipe #	Product	Source	Portion Size	Calories	Fat g	Sat Fat g	Sodium mg	Carb g	Protein g	Sugars g	Chol mg	Fiber g
8639	BID/PORK CHOP, COUNTRY FRIED	ADV PIERRE 3801	3.1 OZ	270	17	4.5	380	15	13	1	90	2
4136	BID/PORK MEATBALLS	JTM 5036	4 EACH/2.72 OZ	162	9	3.3	224	6	15	1	33	1
3702	BID/PORK RIB PATTY, BBQ	ADV PIERRE 3717	3.25 OZ	250	17	6	640	11	13	9	25	1
3704	BID/PORK TACO MEAT	JTM 5205	3.17 OZ	120	5	1.8	297	6	14	2	33	2
7714	BID/POTATO CHUNKS, REDSKIN	SIMPLOT 77766	1/2 cup	80	0	0	0	18	3	1	0	2
10213	BID/POTATO CHUNKS, REDSKIN ROSEMARY	SIMPLOT 75767	1/2 cup	120	3	0.5	190	19	3	1	0	2
6246	BID/POTATO STIX, SEASONED, REDUCED SODIUM	MCCAIN MCX04717	1/2 cup	110	5	0.5	110	15	1	0	0	1
7637	BID/POTATO, AU GRATIN	BASIC AM 20922	1/2 CUP/5.59 OZ	146	3.83	0.9	308	25	2	3	0	1
9445	BID/POTATO, BABY BAKERS	SIMPLOT 00048	1/2 cup	100	2	0	180	17	3	0	0	0
3078	BID/POTATO, FF KK - COLOSSAL	LAMB WESTON X15	1/2 cup	110	4.5	1.5	135	17	1	0	0	1
3736	BID/POTATO, FF KK - CONCERTINA	LAMB WESTON X14	1/2 cup	120	4.5	1.5	135	17	2	0	0	2
7778	BID/POTATO, FF STRAIGHT CUT, REDUCED SODIUM	CAVENDISH 05307	1/2 cup	125	6.5	1	120	16	1	0	0	1
7971	BID/POTATO, FF, CRISS CUT	LAMB WESTON D23	1/2 cup	110	6	1.5	270	14	1	0	0	1
4515	BID/POTATO, FF, EVERCRISP	MCCAIN OIF01028	1/2 cup	130	6	1	300	18	1	0	0	1
10311	BID/POTATO, FF, KK	MCCAIN OIF00055A	1/2 cup	60	2	0	15	12	0	0	0	1
8805	BID/POTATO, FF, SEASON SPIRALS	MCCAIN 04108	1/2 cup	90	3.5	0	210	15	1	0	0	1
4454	BID/POTATO, FF, SPICY	LAMB WESTON B91	1/2 cup	120	5	1.5	280	16	2	0	0	2
10309	BID/POTATO, FF, SS	MCCAIN MCF03786	1/2 cup	110	3.5	0.5	320	16	1	0	0	1
10214	BID/POTATO, FF, SS, BATTERED	SIMPLOT 47512	1/2 cup	130	7	1	330	16	1	0	0	1
7793	BID/POTATO, FF, WAFFLE CUT	MCCAIN OIF01037	1/2 cup	120	5	0.5	20	17	1	0	0	1
8507	BID/POTATO, FF, TWISTER/SEASONED	LAMB WESTON D73	1/2 cup	120	6	1.5	320	15	2	0	0	2
3845	BID/POTATO, FF, TWISTER/SEASONED	MCCAIN MCL03622	1/2 cup	109	5.94	0.99	248	13.87	0.99	0	0	0
10278	BID/POTATO, HASH BROWN CUBES	LAMB WESTON A28	1/2 cup	130	6	1.5	280	17	2	0	0	2
10277	BID/POTATO, HASH BROWN STARZ	LAMB WEST S0026	1/2 cup	150	8	2.5	280	17	2	0	0	2
7647	BID/POTATO, HASH BROWN WEDGE	MCCAIN OIF00589A	2 EACH (4.5 OZ)	270	15	1	500	31	2	0	0	3
7650	BID/POTATO, MASHED	BASIC AM 76468	1/2 CUP/4.16 OZ	70	1	0	313	14	2	0	0	1
6192	BID/POTATO, MASHED	BASIC AM 10169	1/2 CUP/4.11 OZ	80	1.5	0.5	243	15	2	0	0	1
7651	BID/POTATO, MASHED	BASIC AM 81837	1/2 CUP/3.67 OZ	70	0.5	0	13	15	2	0	0	1
10715	BID/POTATO, MASHED	GORDON CHOICE 118516	1/2 CUP/3.6 OZ	69	0	0	17	14.69	1.96	0	0	0.98
6242	BID/POTATO, ROUNDABOUTS	LAMB WESTON A26	1/2 CUP	160	9	2	280	17	2	0	0	2
7989	BID/POTATO, SCALLOPED	BASIC AM 94595	1/2 CUP/5.37 OZ	135	3.72	0.87	237	24	2	4	0	1
3029	BID/POTATO, SMILES	MCCAIN OIF03456	1/2 CUP (4 PC)	130	4.5	0.5	180	20	2	0	0	2
10310	BID/POTATO, SWEET FRIES	MCCAIN MCF03725	1/2 cup	160	7	1	240	25	1	8	0	2
5454	BID/POTATO, SWEET, CRISS CUT	LAMB WEST L0090	1/2 cup	150	6	0.5	170	23	2	5	0	2
7638	BID/POTATO, SWEET, CUT, CANNED	DUNBAR 796325	1/2 cup	139	0	0	5	36.36	0	23.53	0	4.28
5053	BID/POTATO, SWEET, MINI PUFF	LAMB WEST L0094	1/2 cup	190	5	0	300	35	2	20	0	5
9244	BID/POTATO, TATER PUFFS	LAMB WESTON H30	1/2 cup	140	7	1.5	280	16	2	0	0	2
7550	BID/POTATO, TATER TOTS, REDUCED SODIUM	MCCAIN 02789	1/2 cup	90	3.5	0	160	14	1	0	0	2
10280	BID/POTATO, WEDGE, SEASONED	LAMB WESTON A10	1/2 cup	100	4	1	220	14	2	0	0	2
10279	BID/POTATO, WEDGE, SEASONED	LAMB WESTON C27	1/2 cup	130	6	1.5	260	18	2	0	0	2
7551	BID/POTATO, WEDGE, SEASONED, 8 CUT	MCCAIN 00496	1/2 cup	120	4	0.5	140	20	2	0	0	2

Nutrikds Recipe #	Product	Source	Portion Size	Calories	Fat g	Sat Fat g	Sodium mg	Carb g	Protein g	Sugars g	Chol mg	Fiber g
8967	BID/POTATO, WEDGE, SEASONED, 8 CUT	MCCAIN 03626	1/2 cup	120	6	1	550	18	2	0	0	1
7955	BID/POTATO, WHITE, DICED, CANNED	GFS 118583	1/2 cup	63	0	0	253	13.56	0.9	0	0	1.81
8719	BID/POTATO, WHITE, SLICED, CANNED	GFS 118486	1/2 cup	56	0	0	333	11.1	0.79	0	0	1.59
10200	BID/PRETZEL DOG, TURKEY, WG	AUNTIE ANNES	4 OZ	300	13	5	430	34	11	6	50	3
4493	BID/PRETZEL, SOFT, MINI, WG	J & J 30113	1 oz	70	0.5	0	100	14	2	0	0	1
3823	BID/PRETZEL, SOFT, ROD, WG	J & J 31012	1 oz	70	0.5	0	40	14	2	0	0	1
4610	BID/PRETZEL, SOFT, WG	J & J 30110	2.2 OZ	140	0.5	0	150	30	5	1	0	3
6266	BID/PROPEL, BERRY	PEPSICO 00169	16.9 OZ	0	0	0	230	0	0	0	0	0
3889	BID/PROPEL, GRAPE	PEPSICO 00173	16.9 OZ	0	0	0	230	0	0	0	0	0
6264	BID/PROPEL, KIWI STRAWBERRY	PEPSICO 00171	16.9 OZ	0	0	0	230	0	0	0	0	0
6263	BID/PROPEL, LEMON	PEPSICO 00167	16.9 OZ	0	0	0	230	0	0	0	0	0
7582	BID/PUDDING, CHOC, COWRAGEOUS	LOL 03710	3.75 OZ	120	2	1	130	22	3	18	5	1
7478	BID/PUDDING, CHOCOLATE, 6/10 CANNED	GFS	1/2 cup	120	3	0.5	200	24	1	16	0	1
4522	BID/PUDDING, VANILLA, 6/10 CANNED	GFS	1/2 cup	130	3	0	200	25	0	15	0	0
7583	BID/PUDDING, VANILLA, COWRAGEOUS	LOL 03720	3.75 OZ	110	2	1	135	20	3	147	10	0
3623	BID/QUESADILLA, CHEESE	COYOTE GRILL 78372	2 PIECE (4.4 OZ)	310	12	6	560	32	19	3	45	3
3622	BID/QUESADILLA, CHICKEN	COYOTE GRILL 78373	2 PIECE (4.4 OZ)	300	11	5	570	32	19	3	45	3
5688	BID/RAISINS, 1.5 OUNCE BOX	BOGHOSIAN	1.5 OZ	138	0	0	11	32.96	1.06	30.83	0	2.13
6672	BID/RAISINS, SOUR ORANGE	RAISELS 00587	1.66 OZ	160	0	0	5	37	1	31	0	2
6674	BID/RAISINS, SOUR WATERMELON	RAISELS 00588	1.66 OZ	160	0	0	5	37	1	31	0	2
6894	BID/RAVIOLI, BEEF, CN LABELED	CHEF BOYARDEE 81080	8.31 OZ (8 PIES)	238	7.33	3.21	550	27.49	14.66	5.5	23	3.66
9583	BID/RAVIOLI, CHEESE, JUMBO	BERNARDI 73417	3 PIECES	180	3	1.5	470	23	15	1	50	1
7573	BID/RAVIOLI, MINI CHEESE, WG	TASTY BRANDS	2.17 OZ/7 PIECE	120	2.5	1	180	15	8	1	15	1
7761	BID/RICE, BROWN, MEXICAN STYLE	GFS/KENT	1/2 cup	116	2.76	0.56	166	21	4	0	0	1
7742	BID/RICE, BROWN, PARBOILED	BENS 423510	1/2 cup	89	0.83	0	2	18.85	2.22	0	0	0.55
9613	BID/RICE, MEXICAN FIESTA	BENS 424859	1/2 cup	80	0	0	162	17.08	2.13	1.07	0	0.53
9631	BID/RICE, VEGETABLE FRIED	MIHN 69074	1/2 CUP/2.95OZ	135	1.25	0	220	27	3	1.5	0	2
7607	BID/ROAST BEEF, SLICED 1/2 OZ	HORMEL 15834	4 SLICE	51	2.02	1.01	425	0	9.11	0	25	0
7712	BID/ROLL DOUGH, DINNER	RICHS 13918	2.5 OZ	170	3	0	140	29	7	4	0	3
5855	BID/ROLL DOUGH, MINI SUB, 6 INCH	RICHS 11782	2.4 OZ	160	3	0.5	180	29	6	4	0	3
4641	BID/ROLL DOUGH, RTO	RICHS 05295	2.1 OZ	140	2.5	0.5	190	24	6	3	0	5
8518	BID/ROLL, CINNAMON BUN, WG	SUPER BAKERY 6070	2.9 OZ	240	7	3	280	40	5	16	5	3
6961	BID/ROLL, CINNAMON DOUGH, WG	RICHS 13940	2.6 OZ	170	1.5	0.5	135	36	5	10	5	3
9553	BID/ROLL, CINNAMON, WG	GEN MILLS 11111	2.7 OZ	270	12	5	360	36	6	11	0	3
10152	BID/ROLL, CINNAMON, WG	HADLEY 1375IW	2.7 OZ	240	7	1.5	240	38	5	12	0	3
4818	BID/ROLL, CINNAMON - MINI CINNI	PILLSBURY 33686	2.29 OZ	240	7	1.5	270	40	4	14	0	3
6353	BID/ROLL, DELI, WG	BIMBO 4259	EACH	210	2.5	0.5	250	38	9	6	0	3
8025	BID/ROLL, DINNER, WG - MA'S	MA'S KITCHEN	2 OZ	140	2.5	1	80	32	5	10	5	7
10955	BID/ROLL, DINNER, NOT WG	BIMBO 4376	EACH	110	1.5	0	210	20	4	3	0	0
7747	BID/ROLL, DINNER, WG	BIMBO 6619	EACH	110	1.5	0	135	20	4	3	0	2
9641	BID/ROLL, GARLIC KNOT, WG	TASTY BRAND 62200	2 OZ	160	5	1	200	26	4	2	0	3

Nutrikds Recipe #	Product	Source	Portion Size	Calories	Fat g	Sat Fat g	Sodium mg	Carb g	Protein g	Sugars g	Chol mg	Fiber g
9366	BID/ROLL, PAN, WG	KLOSTERMAN 3920	EACH	90	1	0	135	17	3	3	0	2
11018	BID/ROLL, PAN, NOT WG	KLOSTERMAN 3915	EACH	90	1	0	160	18	3	3	0	1
10404	BID/ROLL, SUB, NOT WG	BIMBO/ARNOLD 7709	EACH	200	2	0	410	37	6	3	0	1
5219	BID/ROLL, WG - SISTER SCHUBERT	MARZETTI 62205	1.5 OZ	140	4	1	200	22	4	4	10	3
695	BID/ROTINI & MEAT SAUCE	JTM 5591	7.44 OZ	315	16	6.2	621	23.99	17.99	8	54	2
7575	BID/SALSA CUP - RED GOLD	RED GOLD	3 OZ	25	0	0	195	5	1	3	0	1
9983	BID/SALSA, BULK	GFS 598453	3 OZ	28	0	0	483	5.68	0	2.84	0	2.84
4030	BID/SALSA, MILD, NUT ENHANCED	RED GOLD	1/4 CUP (1.5 OZ)	15	0	0	103	2.97	0	0.99	0	0
9491	BID/SALT, SEA	TRADE EAST	1 OZ	0	0	0	9172	0	0	0	0	0
8243	BID/SANDWICH, GRILLED CHEESE, IW	INTEGRATED 134000	4.19 OZ	280	9.91	5.56	581	30.96	18.55	5.65	32	3
8954	BID/SANDWICH, GRILLED CHEESE, BULK	INTEGRATED 703003	4.19 OZ	280	9.91	5.56	581	30.96	18.55	5.65	32	3
6964	BID/SANDWICH, PB/GRAPE 2.6 OZ	SMUCKER 6960	2.6 OZ	300	17	3	280	32	9	14	0	4
10199	BID/SANDWICH, PB/GRAPE 2.8 OZ	CLASSIC DELIGHT	2.8 OZ	310	17	3	320	33	10	12	0	4
6965	BID/SANDWICH, PB/GRAPE 5.3 OZ	SMUCKER 21027	5.3 OZ	600	34	6	540	64	18	29	0	7
6966	BID/SANDWICH, PB/STRAWBERRY 2.6 OZ	SMUCKER 6961	2.6 OZ	300	17	3	280	32	9	14	0	4
10198	BID/SANDWICH, PB/STRAWBERRY 2.8 OZ	CLASSIC DELIGHT	2.8 OZ	310	17	3	320	33	10	12	0	4
9662	BID/SANDWICH, PB/STRAWBERRY 5.3 OZ	SMUCKER 21028	5.3 OZ	600	34	6	540	64	18	29	0	7
10204	BID/SANDWICH, STUFFED, PEPPERONI PIZZA	BIG DADDY 55293	4.46 OZ	300	12	5	590	31	19	5	30	3
6963	BID/SANDWICH,SOYBUTTER & GRAPE	ALBIES 608	4.6 OZ	570	32	6	440	55	19	21	0	8
8497	BID/SANDWICH,SOYBUTTER & GRAPE	ALBIES 607	2.4 OZ	290	16	3	220	28	9	11	0	4
5395	BID/SAUCE, ALFREDO	JTM 5722	1.83 OZ	92	6	3.3	380	4	6	3	18	0
5347	BID/SAUCE, BARBEQUE CUP	RED GOLD 11580	1 oz	40	0	0	65	10	0	8	0	0
7790	BID/SAUCE, BARBEQUE PACKET	GFS 294659	12 GRAM	20	0	0	90	5	0	4	0	0
9375	BID/SAUCE, BARBEQUE, 4/1 GALLON	SWEET BABY RAY	1 oz	54	0	0	222	13.79	0	13.03	0	0
7806	BID/SAUCE, BARBEQUE, 4/1 GALLON	GFS 734136	1 oz	47	0	0	354	11.02	0	6.3	0	0
8514	BID/SAUCE, BUFFALO RANCH, LITE	GFS 700081	1 oz	50	4.5	0.5	140	3	0	1	5	0
7645	BID/SAUCE, BUFFALO, HOT WING	FRANKS	1 oz	0	0	0	840	0	0	0	0	0
3695	BID/SAUCE, CHEESE, CHEDDAR	JTM 5705	1.82 OZ	108	8.01	4.6	412	2	7.01	1	28	0
7640	BID/SAUCE, CHEESE, CHEDDAR, CANNED	BAY VALLEY	1/4 CUP	60	4	1	500	5	1	2	0	0
4538	BID/SAUCE, CHEESE, QUESO BLANCO	JTM 5718	2 OZ	122	10	5.5	437	1	7	0	29	0
7787	BID/SAUCE, HOT, PACKET	GFS 714590	3 GRAM	0	0	0	40	0	0	0	0	0
7698	BID/SAUCE, HOT DOG CHILI	CHEF MATE	1/4 CUP	2	0.09	0.04	13	0.29	0.07	0	0	0.04
10343	BID/SAUCE, HOT DOG CHILI	BIG REDS 22670	1 OZ	46	1.83	0.91	114	2.74	4.57	0.91	9	1.83
8516	BID/SAUCE, MARINARA	RED GOLD	1/2 CUP (2.8 OZ)	29	0.97	0	271	4.52	1.29	2.58	0	1.29
10466	BID/SAUCE, MARINARA CUP	GORDON CHOICE	1 oz	15	0	0	250	4	0	2	0	0
7576	BID/SAUCE, MARINARA CUP	RED GOLD	2.5 OZ	42	2	0	208	8	2	4	0	2
8058	BID/SAUCE, SLOPPY JOE/MANWICH	CONAGRA 44181	1 oz	16	0	0	137	3.54	0.44	2.66	0	0.89
10193	BID/SAUCE, SPAGHETTI	RED GOLD	1/2 CUP (2.4 OZ)	30	0	0	260	6	2	4	0	2
7642	BID/SAUCE, SWEET & SOUR	GFS/DIAMOND CRYSTAL	1 oz	45	0	0	120	11	0	10	0	0
8904	BID/SAUCE, SWEET & SOUR, BULK	LACHOY 12691	1 OZ	55	0	0	101	12.81	0	10.06	0	0
9857	BID/SAUCE, TACO PACKET	HEINZ 53240	9 GRAM	0	0	0	55	1	0	0	0	0

Nutrikds Recipe #	Product	Source	Portion Size	Calories	Fat g	Sat Fat g	Sodium mg	Carb g	Protein g	Sugars g	Chol mg	Fiber g
7643	BID/SAUCE, TARTAR PACKET	HEINZ 53160	12 GRAM	45	4.5	0.5	120	1	0	1	5	0
7646	BID/SAUERKRAUT, CANNED	GFS/GLK FOODS	1/2 cup	27	0	0	1077	5.38	0	5.38	0	0
6336	BID/SAUSAGE & PANCAKE NUGGET	FSTR FARM 96169	3 EACH/2.55 OZ	180	9	2.5	280	15	6	4	25	3
7815	BID/SAUSAGE & PANCAKE STICK	GFS 497202	2.85 OZ	240	15	4.5	360	18	7	4	25	2
4537	BID/SAUSAGE PATTY	JTM 5649	1.33 OZ	120	10	3.8	197	1	6	0	26	0
10211	BID/SAUSAGE PATTY, TURKEY	JENNIE O 6132	1.025 OZ	60	4	1	90	0	6	0	30	0
10596	BID/SEASONING, CINNAMON MAPLE	TRADE EAST	1 TSP	19	0	0	0	4.7	0	4.27	0	0.14
4727	BID/SEASONING, FAJITA	LAWRYS	1 TSP	15	0.11	0.02	395	3.32	0.23	0.52	0	0.22
7856	BID/SEASONING, ITALIAN	TRADE EAST	1 TSP	3	0.08	0.03	1	0.75	0.14	0.03	0	0.48
8975	BID/SEASONING, POULTRY	TRADE EAST	1 TSP	4	0.15	0.05	0	0.72	0.14	0.02	0	0.44
7804	BID/SEASONING, SALT FREE	MRS DASH	1 TSP	0	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	0.37	0	0.52
8754	BID/SEASONING, SALT FREE, GARLIC HERB	TRADE EAST	1 TSP	11	0.05	0.01	2	2.3	0.51	0.1	0	0.42
9231	BID/SEASONING, SALT FREE, ZESTY COUNTRY	TRADE EAST	1 TSP	20	0	0	0	4	0	0	0	0
4728	BID/SEASONING, TACO	LAWRYS	1 TSP	8	0.14	0.02	136	1.51	0.25	0.14	0	0.39
7488	BID/SHRIMP POPPERS, WG	TAMPA MAID	3 OZ/20 PC	210	10	1.5	280	21	9	1	40	4
7581	BID/SORBET, CHERRY BLUE RASPBERRY	J & J 48446	4.4 OZ	70	0	0	5	18	0	15	0	3
7580	BID/SORBET, KIWI STRAWBERRY	J & J 48445	4.4 OZ	70	0	0	5	18	0	15	0	3
5216	BID/SOUP, CREAM OF CHICKEN/HEALTHY REQUEST	CAMPBELL 04143	1 oz	17	0.63	0.13	97	2.25	0.5	0	1	0
2464	BID/SOUP, TOMATO/HEALTHY REQUEST	CAMPBELL 04145	8 OZ	90	1	0	393	18	2	10	0	1
9506	BID/SOUR CREAM, FAT FREE, PKT	LOL 64407	1 oz	25	0	0	30	4	2	2	0	0
10154	BID/SOUR CREAM, LOW FAT, BULK	GFS 534331	1 oz	28	1.89	0.94	33	2.83	0.94	1.89	5	0
7974	BID/SPARKLING ICE, BLACK RASPBERRY	24573	17 OZ	0	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	0
7976	BID/SPARKLING ICE, KIWI STRAWBERRY	24575	17 OZ	0	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	0
7857	BID/SPINACH, FROZEN	GFS 119474	1/2 cup	59	0	0	244	5.85	3.9	0	0	1.95
9161	BID/SPRAY, BAKERY	BAK-KLENE 14345	1 SPRAY	5	0.52	0.07	0	0.05	0	0	0	0
5633	BID/SPRAY, GARLIC	VEGALENE 17100	1 SPRAY	2	0.25	0.02	0	0	0	0	0	0
9507	BID/SPREAD, MARG/BUTTER BLEND, CUP	LOL 19002	10 GRAM	45	5	1.5	75	0	0	0	0	0
7504	BID/SPREAD, SMART BALANCE, CUP	VENTURA	5 GRAM	30	3	1	30	0	0	0	0	0
8517	BID/STRAWBERRIES, WHOLE, FROZEN	GFS/LIMSON	1/2 cup	27	0	0	0	7.08	0	4.9	0	1.63
7688	BID/STRAWBERRIES,SLICE, 4+1, FROZEN	GFS/DOLE	1/2 cup	142	0	0	0	33.82	0	29.37	0	1.78
9749	BID/STROMBOLI, MEAT LOVERS, WG	S&F 5192BC	4.2 OZ	290	12	4.5	580	30	16	5	35	0
7603	BID/STUFFING, CORNBREAD, NOT WG	GFS/KENT	1/2 CUP	122	1.02	0	541	24.49	3.06	3.06	0	1.02
9672	BID/SYRUP, CARAMEL, SUGAR FREE	MONIN	1 OZ	0	0	0	0	4	0	0	0	0
7604	BID/SYRUP, PANCAKE, MAPLE, CUP	HEINZ/MADEIRA	1.5 OZ	120	0	0	20	30	0	22	0	0
7636	BID/TACO SNACK, WG - FERNANDO	FOSTER FARM 5211	5 OZ	350	15	7	560	38	16	3	25	5
9561	BID/TACO STICK, BEEF, WG	INTEGRATED 270019	4.6 OZ	345	12.82	8.35	631	31.87	20.07	0.81	52	3.85
7606	BID/TOMATO PASTE, CANNED	GFS 100196	1 TBSP	12	0	0	10	2.98	0.5	1.99	0	0.5
11130	BID/TOMATO SAUCE, CANNED	GFS 306347	1/2 cup	39	0	0	544	7.77	1.94	3.89	0	1.94

Nutrikids Recipe #	Product	Source	Portion Size	Calories	Fat g	Sat Fat g	Sodium mg	Carb g	Protein g	Sugars g	Chol mg	Fiber g
7807	BID/TOMATOES, DICED, CANNED	GFS 246131	1/2 cup	24	0	0	175	4.86	0.97	2.91	0	0.97
3747	BID/TOPPING, WHIPPED - ON TOP	RICHS 2559	1 oz	89	7.09	7.09	0	7.09	0	7.09	0	0
7701	BID/TORTILLA, FLOUR, 6 INCH	AZTECA 06109	EACH	90	3	2	75	15	2	1	0	2
11425	BID/TORTILLA, FLOUR, 8 INCH	AZTECA 06209	EACH	110	3	1.5	95	19	3	1	0	2
7710	BID/TORTILLA, JALAPENO CHEESE	TYSON 24000-621	EACH	160	4	1.5	250	27	4	1	0	2
7700	BID/TORTILLA, SALAD SHELL	AZTECA 91619	EACH	230	14	2.5	170	23	3	0	0	2
6970	BID/TURKEY BREAST, .74 OZ SLICE	JENNIE O 231812	2.9 OZ/4 SLICE	82	1.02	0.51	459	0	18.37	0	41	0
11279	BID/TURKEY BREAST, 1 OZ SLICES	GFS 680613	1 OZ SLICES	30	0.51	0.25	202	1.01	4.56	0.51	8	0
5804	BID/TURKEY BREAST, REDUCED SODIUM, .7 OZ SLICE	JENNIE O 831212	1.585 OZ	40	0.5	0.25	225	0	9	*N/A*	20	0
8728	BID/TURKEY COMBO, BOLOGNA	JENNIE O 2095	6 SLICE/3 OZ	172	13.98	3.76	1022	1.08	10.75	1.08	70	0
8727	BID/TURKEY COMBO, HAM	JENNIE O 2095/209612	6 SLICE/3.06 OZ	110	5	1.5	480	1	14	0	55	0
10212	BID/TURKEY COMBO, PEPPERONI	JENNIE O 2095/209612	6 SLICE/3 OZ	132	7.12	2.54	610	3.05	13.22	2.03	56	0
6305	BID/TURKEY COMBO, SALAMI	JENNIE O 2095/209612	6 SLICE/3 OZ	140	9	2.5	550	2	12	2	65	0
4990	BID/TURKEY HAM, SLICED .51 OZ	JENNIE O 2565	6 SLICE/3.06 OZ	110	5	1.5	480	0	14	0	60	0
9742	BID/TURKEY POT ROAST W/GRAVY	GORDON CHOICE	3.5 OZ	119	4.21	1.4	386	3.51	16.14	0.7	49	0
7855	BID/VEGETABLE BLEND, CALIFORNIA	GFS 610891	1/2 cup	24	0	0	29	4.76	1.9	1.9	0	1.9
9404	BID/VEGETABLE BLEND, FIESTA	SIMPLOT 77776	1/2 CUP/3.63 OZ	110	3	0.5	150	17	4	5	0	4
9405	BID/VEGETABLE BLEND, PEPPER/ONION	SIMPLOT 67779	1/2 CUP/5.03 OZ	80	1.5	0	220	14	2	7	0	3
7909	BID/VEGETABLE BLEND, STIR FRY	GFS 440884	1/2 cup	20	0	0	7	4	0.67	1.33	0	1.33
10344	BID/VEGETABLE BLEND, STIR FRY	LACHOY	1/2 cup	30	0	0	25	5.98	1.99	1	0	1.99
10516	BID/VEGETABLE, MIXED, CANNED	GORDON CHOICE 119059	1/2 cup	39	0	0	183	9.15	1.31	3.92	0	1.31
7849	BID/VEGETABLE, MIXED, FROZEN	GFS 119393	1/2 cup	75	0	0	25	14.93	2.49	4.98	0	3.73
6968	BID/WAFFLE, DUTCH, WG	J & J 4521	2.9 OZ	300	13	3	350	43	4	12	20	3
5201	BID/WAFFLES, MINI, BLUEBERRY	PILLSBURY 32264	2.47 OZ	210	6	1	170	37	4	12	0	2
6969	BID/WAFFLES, MINI, CINNAMON	KELLOGGS 92313	2.64 OZ	200	5	1.5	260	35	4	10	0	4
6211	BID/WAFFLES, MINI, MAPLE	PILLSBURY 32265	2.47 OZ	200	5	1	170	37	4	13	0	3
4965	BID/YOGURT, LIGHT & FIT	DANNON 468	4 OZ	50	0	0	55	10	4	6.5	5	0
5114	BID/YOGURT, RASPBERR RAINBOW	TRIX 17725	4 OZ	80	0.5	0	65	15	4	9	0	0
9761	BID/YOGURT, STRAWBERRY	DANNON 73463	4 OZ	70	0	0	60	14	4	10	5	0
5457	BID/YOGURT, STRAWBERRY BANANA	TRIX 17726	4 OZ	80	0.5	0	65	15	4	9	0	0
7545	BID/YOGURT, STRAWBERRY/VANILLA	DANNON 104658	4 OZ	70	0	0	65	14	4	10	5	0
8262	BID/YOGURT, STRAWBERRY- GO-GURT	GEN MILLS 49295	2 OZ	50	0.5	0	30	10	2	8	5	0
7711	BID/YOGURT, STRAWBERRY LOW FAT - PARFAIT PRO	YOPLAIT 16631	1 oz	25	0.17	0.08	13	5.17	0.83	3.67	0	0
5129	BID/YOGURT, TRIPLE CHERRY	TRIX 31077	4 OZ	80	0.5	0	65	15	4	9	5	0
10307	BID/YOGURT, VANILLA	DANNON 73559	4 OZ	70	0	0	60	14	4	10	5	0
123	BID/YOGURT, VANILLA LOW FAT - PARFAIT PRO	YOPLAIT 16632	1 OZ	25	0.17	0.08	13	5.17	0.83	3.67	0	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.