

Chicken Corn Dog

PER SERVING (1 corn dog)

240 CALORIES	2.5g SAT FAT	390mg SODIUM	30.0g CARBS
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Allergens: Contains Egg, Gluten, Soy, Wheat.

Made With: WG Chicken Corn Dog (CHICKEN FRANK: MECHANICALLY SEPARATED CHICKEN, WATER, CORN SYRUP SOLIDS, CONTAINS LESS THAN 2% OF SPICES, SALT, POTASSIUM LACTATE, POTASSIUM ACETATE, SODIUM PHOSPHATE, POTASSIUM CHLORIDE, FLAVORINGS, SODIUM DIACETATE SODIUM ERYTHORBATE, SODIUM NITRATE. BATTER: WATER, WHOLE WHEAT FLOUR, WHOLE GRAIN CORN, SUGAR, LEAVENING (SODIUM ACID PYROPHOSPHATE SODIUM BICARBONATE), SOY FLOUR, SOYBEAN OIL, SALT, EGG YOLK WITH SODIUM SILICOALUMINATE, ASCORBIC ACID, EGG WHITE, DRIED HONEY, ARTIFICIAL FLAVOR, FRIED IN VEGETABLE OIL.)

Color Goldfish

PER SERVING (1 pkg.)

100 CALORIES	0.5g SAT FAT	170mg SODIUM	14.0g CARBS
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Allergens: Contains Gluten, Milk, Wheat.

Made With: Color Goldfish (MADE WITH SMILES AND WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CANOLA AND/OR SUNFLOWER OILS, CHEDDAR CHEESE, ([CULTURED MILK, SALT, ENZYMES], ANNATTO), SALT, CONTAINS 2% OR LESS OF: YEAST, NATURAL FLAVORS, YEAST EXTRACT, SPICES, CELERY, SUGAR, MONOCALCIUM PHOSPHATE, BAKING SODA, ONION POWDER, COLORS (BEET, HUITO, AND WATERMELON JUICE CONCENTRATES; PAPRIKA, TURMERIC, AND ANNATTO EXTRACTS).)

Apple Frudel Stick

PER SERVING (1 pkg.)

210 CALORIES	1.0g SAT FAT	260mg SODIUM	36.0g CARBS
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Allergens: Contains Gluten, Milk, Wheat.

Made With: Apple Frudel (WATER, WHOLE WHEAT FLOUR, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), APPLE STRUDEL FILLING (WATER, SUGAR, CORN SYRUP, MODIFIED CORN STARCH, APPLE PULP, MALIC ACID, PALM KERNAL OIL, MOLASSES, SODIUM CITRATE, SALT, SODIUM BENZOATE [PRESERVATIVE], GELLAN GUM, SPICE, XANTHAN GUM, LOCUST BEAN GUM, CARRAGEENAN, NATURAL FLAVOR), SUGAR, SOYBEAN OIL. CONTAINS 2% OR LESS OF: Y EAST, NONFAT MILK, SALT, NATURAL FLAVOR.)

Bean and Cheese Burrito

PER SERVING (1 ea.)

291 CALORIES	3.6g SAT FAT	479mg SODIUM	41.0g CARBS
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Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Burrito Bean and Cheese IW, Los Cabos (Ingredients: Filling: Water, Pinto Beans, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, May contain Annatto Color), Textured Vegetable Protein Product [Soy, Flour, Caramel Color, Zinc Oxide, Ferrous Sulfate, Niacinamide, Calcium Pantothenate, Pyridoxine Hydrochloride (B6), Riboflavin (B2), Thiamine Mononitrate (B1), Vitamin A, Palmitate, and Vitamin B12], Salt, Flavorings, Modified Food Starch (Refined From Corn)., Whole Wheat Flour Tortilla, Soy Flour Enriched (Wheat Flours [Whole Wheat Flour, Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate,, Riboflavin, Folic Acid)], Water, Soy Flour, Soybean Oil, Potato Starch, Pea Fiber, Distilled Monoglyceride, Wheat Gluten, Glycerine, Salt, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate).)

Beef Taco Stick

PER SERVING (1 ea.)

345 CALORIES	8.3g SAT FAT	631mg SODIUM	31.9g CARBS
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Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Beef & Cheese Taco Stick (WHOLE GRAIN FLOUR TORTILLA: WHOLE GRAIN WHEAT FLOUR, BLEACHED ENRICHED FLOUR, (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, PALM OIL, CONTAINS LESS THAN 2% OF THE FOLLOWING: LEAVENING (SODIUM BICARBOANTE, SODIUM ACID PYROPHOSPHATE, SODIUM ALUMINUM SULFATE), SALT, SUGAR, CALCIUM PROPIONATE (PRESERVATIVE), POTASSIUM SORBATE (PRESERVATIVE), MONO-DIGLYCERIDES, FUMARIC ACID, YEAST, ENZYME, L-CYSTEINE (DOUGH CONDITIONER). TACO BEEF FILLING: GROUND BEEF (COMMODITY PRODUCT, C45019: NOT MORE THAN 20% FAT), WATER, TEXTURED VEGETABLE PROTEIN (SOY FLOUR, CAMEL COLOR), ONIONS, SEASONING (SALT, CHILI PEPPER, SPICES, TOMATO POWDER, GARLIC POWDER, HYDROLYZED CORN GLUTEN, WHEAT AND SOY PROTEIN, SILICON DIOXIDE, AUTOLYZED YEAST EXTRACT, SUGAR, CITRIC ACID, SODIUM DIACETATE, MALIC ACID, PAPRIKA), OATS, MODIFIED FOOD STARCH, PAPRIKA, CAMEL COLOR. CHEESE BLEND: MOZZARELLA CHEESE: PASTEURIZED PART-SKIM MILK, CHEESE CULTURES, SALT AND ENZYMES. CHEDDAR CHEESE: MILK, CULTURE, SALT, ENZYME, ANNATTO (COLOR). kELVIS: (SODIUM ALGINATE E401), WATER.)

Blueberry Muffin

PER SERVING (1 muffin)

190 CALORIES	2.0g SAT FAT	130mg SODIUM	30.0g CARBS
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Allergens: Contains Egg, Gluten, Soy, Wheat.

Made With: Muffin, blueberry, Delicious Essentials, Otis Spunkmeyer, WGR, 2 oz (WHOLE WHEAT FLOUR, SUGAR, EGGS, WATER, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BLUEBERRIES, INVERT SUGAR, SOYBEAN OIL, CONTAINS 2% OR LESS OF: PALM OIL, CANOLA OIL, PROPYLENE GLYCO MONO- AND DIESTERS OF FATS AND FATTY ACIDS, OAT FIBER, LEAVENING (SODIUM ALUMINUM PHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), MONO- AND DIGLYCERIDES, MODIFIED CORN STARCH, POTASSIUM SORBATE (PRESERVATIVE), SODIUM ALGINATE, SALT, SOY LECITHIN, SODIUM STEAROYL LACTYLATE, NATURAL BLUEBERRY FLAVOR, NATURAL AND ARTIFICIAL FLAVOR, BLUEBERRY JUICE CONCENTRATE, MALIC ACID, BLACKBERRY JUICE CONCENTRATE, ENZYMES.)

Bread Banana Slice

PER SERVING (1 slice)

280 CALORIES	2.0g SAT FAT	220mg SODIUM	44.0g CARBS
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Allergens: Contains Egg, Gluten, Soy, Wheat.

Made With: Whole Grain Banana Bread Slice (WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SUGAR, SOYBEAN OIL, BANANA PUREE, WHOLE EGG SOLIDS, MODIFIED CORN STARCH, DISTILLED MONOGLYCERIDE, LEAVENING (SODIUM BICARBONATE, CALCIUM ACID PYROPHOSPHATE), DEFATTED SOY FLOUR, VITAL WHEAT GLUTEN, SALT, NATURAL FLAVOR, DRY HONEY SOLIDS, DEXTROSE, XANTHAN GUM, SPICE (CINNAMON).)

Cheese Quesadilla

PER SERVING (2 quesadilla)

309 CALORIES	6.0g SAT FAT	559mg SODIUM	31.9g CARBS
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Allergens: Contains Egg, Gluten, Milk, Soy, Wheat.

Made With: Cheese Quesadilla (CRUST: FLOUR BLEND (WHITE WHOLE WHEAT, FLOUR, ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY, FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE,, RIBOFLAVIN, FOLIC ACID]), WATER, ISOLATED SOY PROTEIN,, VEGETABLE OIL (SOYBEAN AND/OR CANOLA OIL), CONTAINS, 2% OR LESS OF: WHEAT GLUTEN, POTATOES, DRIED WHOLE, EGG, SALT, BAKING POWDER (SODIUM ACID PYROPHOSPHATE,, SODIUM BICARBONATE), DRIED GARLIC, MODIFIED FOOD, STARCH; FILLING: LOW MOISTURE PART SKIM MOZZARELLA, CHEESE (CULTURED PASTEURIZED PART SKIM MILK, SALT,, ENZYMES), WATER, TOMATO PASTE [NOT LESS THAN 28%, SOLUBLE SOLIDS], CONTAINS 2% OR LESS OF: MODIFIED FOOD, STARCH, DRIED WHOLE EGG, MALTODEXTRIN, WHEY PROTEIN, CONCENTRATE, SPICE, SUGAR, DRIED ONION, SALT, CITRIC, ACID, FLAVORING (POTASSIUM CHLORIDE, MALTODEXTRIN,, AUTOLYZED YEAST EXTRACT, MODIFIED FOOD STARCH,, WATER, YEAST EXTRACT, DEXTROSE, NATURAL FLAVOR),, DRIED GARLIC.)

Cheeseburger

PER SERVING (1 ea.)

286 CALORIES	5.3g SAT FAT	456mg SODIUM	27.0g CARBS
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Allergens: Contains Gluten, Milk, Wheat.

Made With: Hamburger Bun, 3", K8 (WATER, WHITE WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR, (WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, YEAST, SALT, DOUGH SOFTENER, (WATER AND MONOGLYCERIDES WITH PROPIONIC ACID AND PHOSPHORIC ACID ADDED AS PRESERVATIVES), CALCIUM PROPIONATE AS MOLD INHIBITOR. STRENGTHENER (ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE, MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENZYMES). DOUGH CONDITIONER); Beef Patty K8 Commodity (GROUND BEEF (NOT MORE THAN 20% FAT), SALT, FLAVOR, NATURAL FLAVOR.); Cheddar Cheese Slice (CULTURED PASTERUIZED REDUCED FAT MILK, SALT, ENZYMES, ANNATTO (COLOR). VITAMIN A PALMITATE.)

Cheezits

PER SERVING (1 ea.)

100 CALORIES	1.0g SAT FAT	150mg SODIUM	14.0g CARBS
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Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Cheezits (WHOLE WHEAT FLOUR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B1 [THIAMIN MONONITRATE], VITAMIN B2 [RIBOFLAVIN], FOLIC ACID), WHITE CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), SOYBEAN OIL WITH TBHQ FOR FRESHNESS, CONTAINS TWO PERCENT OR LESS OF SALT, CALCIUM CARBONATE, PAPRIKA, YEAST, PAPRIKA OLEORESIN FOR COLOR, TURMERIC EXTRACT FOR COLOR, ANNATTO EXTRACT FOR COLOR, BHT FOR FRESHNESS, VITAMIN A PALMITATE, SOY LECITHIN.,)

Chicken Nuggets

PER SERVING (5 ea.)

262 CALORIES	2.5g SAT FAT	399mg SODIUM	16.2g CARBS
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Allergens: Contains Gluten, Soy, Wheat.

Made With: Golden Crispy Chicken Chunk Fritters (CHICKEN, WATER, WHOLE WHEAT FLOUR, TEXTURED SOY PROTEIN CONCENTRATE, ISOLATED SOY PROTEIN, CONTAINS 2% OR LESS OF THE FOLLOWING: BROWN SUGAR, CANOLA OIL, CARROT POWDER, CITRIC ACID, DRIED GARLIC, DRIED ONION, DRIED YEAST, GARLIC POWDER, MALTODEXTRIN, NATURAL FLAVOR, ONION POWDER, PAPRIKA EXTRACT (COLOR), ROSEMARY EXTRACT (TO PROTECT FLAVOR), SALT, SPICE, SUGAR, TORULA YEAST, TURMERIC EXTRACT (COLOR), VEGETABLE STOCK (CARROT, ONION, CELERY), WHEAT GLUTEN, YEAST EXTRACT. BREADING SET IN VEGETABLE OIL.)

Chicken Patty Sandwich

PER SERVING (1 burger)

410 CALORIES	3.0g SAT FAT	680mg SODIUM	43.0g CARBS
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Allergens: Contains Gluten, Soy, Wheat.

Made With: Breaded Chicken Patty (CHICKEN, WATER, TEXTURED SOY PROTEIN CONCENTRATE, ISOLATED SOY PROTEIN, SEASONING [BROWN SUGAR, SALT, ONION POWDER, CHICKEN STOCK, CANOLA OIL, YEAST EXTRACT, CARROT POWDER, VEGETABLE STOCK (CARROT, ONION, CELERY), GARLIC POWDER, MALTODEXTRIN, FLAVORS, SILICON DIOXIDE, CITRIC ACID AND SPICE), SEASONING (POTASSIUM CHLORIDE, RICE FLOUR), SODIUM PHOSPHATES. BREADED WITH: WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, WHEAT GLUTEN, SUGAR, DRIED ONION, DRIED GARLIC, TORULA YEAST, SPICE, DEXTROSE, DRIED YEAST, TURMERIC EXTRACT (COLOR), PAPRIKA EXTRACT (COLOR). BREADING SET IN VEGETABLE OIL.); Hamburger Bun, 3", K8 (WATER, WHITE WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR, (WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, YEAST, SALT, DOUGH SOFTENER, (WATER AND MONOGLYCERIDES WITH PROPIONIC ACID AND PHOSPHORIC ACID ADDED AS PRESERVATIVES), CALCIUM PROPIONATE AS MOLD INHIBITOR. STRENGTHENER (ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE, MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENZYMES). DOUGH CONDITIONER)

Chocolate Filled Crescent

PER SERVING (1 ea.)

230 CALORIES	1.5g SAT FAT	270mg SODIUM	37.0g CARBS
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Allergens: Contains Gluten, Milk, Wheat.

Made With: Filled Crescent, Chocolate, IW (WHOLE WHEAT FLOUR, WATER, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, VEGETABLE OIL (SOYBEAN, PALM, CANOLA), NONFAT MILK, YEAST. CONTAINS 2% OR LESS OF: COCOA PROCESSED WITH ALKALI, SALT, MODIFIED CORN STARCH, METHYLCELLULOSE, CELLULOSE GUM, NATURAL FLAVOR.)

Chocolate Milk

PER SERVING (1 Half Pint)

120 CALORIES	0.0g SAT FAT	190mg SODIUM	20.0g CARBS
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Allergens: Contains Milk.

Made With: Nonfat Chocolate Milk Berkeley (Nonfat milk, sugar, contains less than 1% of: Cocoa (processed with alkali), corn starch, salt, carrageenan, natural flour, Vitamin A Palmitate, Vitamin D3.)

Cinnamon Bun

PER SERVING (1 ea.)

259 CALORIES	2.2g SAT FAT	324mg SODIUM	41.0g CARBS
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Allergens: Contains Egg, Milk, Wheat.

Made With: Cinnamon Bun (100% WHOLE WHEAT FLOUR, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SUGAR, VEGETABLE SHORTENING (CANOLA OIL, HYDROGENATED COTTONSEED OIL, MONO- & DIGLYCERIDES, POLYSORBATE 60, CITRIC ACID ADDED AS A PRESERVATIVE), PUMPKIN, YEAST. CONTAINS 2% OR LESS OF THE FOLLOWING: DEXTROSE, WHEY, DISTILLED MONOGLYCERIDES, SALT, SOYBEAN OIL, DEFATTED SOY FLOUR, SPICE (CINNAMON), FLAVOR (NATURAL & ARTIFICIAL), GUAR GUM, CALCIUM PROPIONATE, VITAL WHEAT GLUTEN, SODIUM STEAROYL LACTYLATE, SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, AMMONIUM SULFATE, XANTHAN GUM, CORN STARCH, CALCIUM SULFATE, DRIED WHOLE EGGS, COCOA (ALKALI), CORN SYRUP, AGAR, ENZYMES, BETA CAROTENE (COLOR), ASCORBIC ACID, ENZYMES.)

Cinnamon Pretzel Stick

PER SERVING (1 ea.)

150 CALORIES	1.0g SAT FAT	115mg SODIUM	30.0g CARBS
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Allergens: Contains Egg, Milk, Soy, Wheat.

Made With: Cinnamon Pretzel Stick IW (WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR,, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER,, CINNAMON CREAM CHEESE FILLING (SUGAR, CREAM CHEESE [PASTEURIZED MILK AND, CREAM, CHEESE CULTURES, SALT, CAROB BEAN GUM AND/OR XANTHAN GUM AND/OR, GUAR GUM], CORN SYRUP, MODIFIED TAPIOCA STARCH, FRUCTOSE, WATER, OAT FIBER, [CONTAINS WHEAT], CINNAMON, SALT, EGG WHITES, POTASSIUM SORBATE, [PRESERVATIVE]), GRAHAM CRUMB TOPPING (ENRICHED WHEAT FLOUR [WHEAT FLOUR,, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], SUGAR, PALM, OIL, GRAHAM FLOUR, BROWN SUGAR, SALT, BAKING SODA, NATURAL FLAVOR, ANNATTO, [COLOR]), YEAST, DOUGH CONDITIONERS (WHEAT FLOUR, SALT, MALTED BARLEY FLOUR,, SOYBEAN OIL, MONO AND DIGLYCERIDES, L-CYSTEINE, ASCORBIC ACID, ENZYMES),, CORN SYRUP, SUGAR, CINNAMON, CANOLA OIL, SEASONETTES (DEGERMED YELLOW, CORN GRITS, CARAMEL COLOR, ELDERBERRY EXTRACT), SALT, BICARBONATES AND, CARBONATES OF SODA.)

Cinnamon Toast Crunch Cereal Bar

PER SERVING (1 Bar)

150 CALORIES	0.0g SAT FAT	115mg SODIUM	30.0g CARBS
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Allergens: Contains Gluten, Soy, Wheat.

Made With: Cinnamon Toast Crunch Cereal Bar (WHOLE GRAIN OATS, CORN SYRUP, WHOLE GRAIN WHEAT, SUGAR, FRUCTOSE, CANOLA OIL, BROWN RICE FLOUR, RICE FLOUR, MALTODEXTRIN, CHICORY ROOT EXTRACT, WHOLE CORN FLOUR, CONTAINS 2% OR LESS OF: VEGETABLE GLYCERIN, WHEAT STARCH, CALCIUM CARBONATE, SALT, DEXTROSE, COLOR (CARAMEL COLOR, ANNATTO EXTRACT), CINNAMON, BAKING SODA, TRISODIUM PHOSPHATE, ZINC AND IRON (MINERAL NUTRIENTS), A B VITAMIN (NIACINAMIDE), NATURAL FLAVOR, SOY LECITHIN, VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), A B VITAMIN (FOLIC ACID).)

Cinnamon UBR

PER SERVING (1 pkg.)

280 CALORIES	3.0g SAT FAT	190mg SODIUM	44.0g CARBS
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Allergens: Contains Egg, Gluten, Milk, Soy, Wheat.

Made With: Cinnamon UBR (WHOLE WHEAT FLOUR, SUGAR, OATS, PALM AND SOYBEAN OILS, CINNAMON DROPS (SUGAR, PALM OIL, CINNAMON, NONFAT DRY MILK, SOY LECITHIN (AN EMULSIFIER)), CHICKORY ROOT FIBER, MOLASSES, CONTAINS LESS THAN 2% OF THE FOLLOWING: GLYCERINE (VEGETABLE BASED), BROWN SUGAR, LEAVENING (BAKING SODA), CINNAMON, MODIFIED CORNSTARCH, EGGS, RAISIN PASTE, NATURAL AND ARTIFICIAL FLAVOR, EGG WHITES, SALT, CARRAGEENAN, GUAR GUM, SOY LECITHIN, CORN SYRUP SOLIDS.)

Corn

PER SERVING (1/2 c.)

92 CALORIES	0.0g SAT FAT	7mg SODIUM	17.0g CARBS
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Allergens:

Made With: Whole Kernel Corn, No Salt Added, Canned (CORN, WATER)

Cranberry Pear Coffee Cake

PER SERVING (1 square)

326 CALORIES	3.7g SAT FAT	476mg SODIUM	61.1g CARBS
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Allergens: Contains Egg, Gluten, Milk, Soy, Wheat.

Made With: Muffin Mix, variety, WGR, Gold Medal (WHOLE WHEAT FLOUR BLEACHED, SUGAR, PALM OIL, MODIFIED CORN STARCH, WHEY. CONTAINS LESS THAN 2% OF THE FOLLOWING: EGG YOLK WITH SODIUM SILICOALUMINATE, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), DEXTROSE, SALT, EGG WHITE, MONO AND DIGLYCERIDES, XANTHAN GUM, SOY FLOUR.); Pears, canned, diced, packed in juice, drained (1/2c=3.4 oz=1/2c fruit) , Recipe (Chilled Pears (PEARS, WATER, PEAR JUICE CONCENTRATE)); Cranberries, sauce, whole berry (CRANBERRIES, HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, WATER); Ground Cinnamon (CINNAMON); Ground Nutmeg (NUTMEG); Ground Ginger (GROUND GINGER)

Elf Graham Crackers, cinnamon, 1oz, IW, bag

PER SERVING (1 Bag)

120 CALORIES	1.0g SAT FAT	105mg SODIUM	21.0g CARBS
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Allergens: Contains Gluten, Soy, Wheat.

Made With: Cinnamon Elf Graham Crackers (WHOLE WHEAT FLOUR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), SUGAR, VEGETABLE OIL (SOYBEAN AND PALM OIL WITH TBHQ FOR FRESHNESS), HONEY, CONTAINS TWO PERCENT OR LESS OF CALCIUM CARBONATE, MOLASSES, SALT, BAKING SODA, CINNAMON, SOY LECITHIN, VITAMIN A PALMITATE, BHT FOR FRESHNESS. ,)

EM-Carrots, Petite Peel (Baby Carrots), fresh, IW Bag

PER SERVING (1 package (3 oz))

35 CALORIES	0.0g SAT FAT	50mg SODIUM	8.0g CARBS
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Allergens:

Made With: EM-Carrots, Petite Peel, fresh, IW Bag (Carrots)

Fresh Apple Slices

PER SERVING (1 pkg.)

30 CALORIES	0.0g SAT FAT	0mg SODIUM	7.0g CARBS
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Allergens:

Made With: Fresh Apple Slices, 2oz bag (Apples, Calcium Ascorbate (to maintain freshness and color))

Fresh Broccoli Florets

PER SERVING (1/2 c.)

11 CALORIES	0.0g SAT FAT	11mg SODIUM	2.1g CARBS
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Allergens:

Made With: Broccoli Florets, ready-to-use (BROCCOLI)

Fresh Oranges

PER SERVING (1 small (2-3/8" dia))

45 CALORIES	0.0g SAT FAT	0mg SODIUM	11.3g CARBS
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Allergens:

Made With: Oranges, raw, all commercial varieties (ORANGES)

Fresh Pears

PER SERVING (1 medium)

101 CALORIES	0.0g SAT FAT	2mg SODIUM	27.1g CARBS
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Allergens:

Made With: Fresh Pears (PEARS)

Fruit Punch

PER SERVING (1 Carton)

90 CALORIES	0.0g SAT FAT	25mg SODIUM	22.0g CARBS
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Allergens:

Made With: Fruit Punch (Water, apple and/or pear, grape, orange, pineapple juice from concentrate.)

Grilled Cheese

PER SERVING (1 sandwich)

280 CALORIES	5.4g SAT FAT	599mg SODIUM	31.6g CARBS
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Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Grilled Cheese Sandwich RF IW (Whole Grain Bread: Water, Ultragrain Whole Wheat Flour, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Malted Barley, Flour), Bread Base (Sugar, Soy Oil, Dextrose, Salt, Wheat Flour, Mono & Diglycerides, Calcium Stearoyl Lactylate, Wheat Gluten, Calcium Sulfate, Diacetyl Tartaric Acid, Esters of Mono & Diglycerides, Ammonium Sulfate, Ethoxylated Mono & Diglycerides, Guar Gum, Ascorbic Acid, Monocalcium Phosphate, Potassium Iodite, Enzyme,, Calcium Peroxide), Sugar, Yeast, Wheat Gluten, Calcium Propionate (Preservative). Reduced Sodium, Reduced Fat American Cheese: Cultured Pasteurized Milk and, Skim Milk, Milk Fat, Whey Protein Concentrate, Contains less than 2% of Salt, Sodium Citrate, Potassium Citrate, Guar Gum, Locust Bean Gum, Xanthan Gum, Lactic Acid,, Sorbic Acid (Preservative), APO-Carotenal and Beta Carotene (Color-If Colored), Enzymes, Vitamin A Palmitate, Soy Lecithin and Soybean Oil Blend. Soybean Oil.)

Maple Pancake Bites

PER SERVING (1 pkg.)

210 CALORIES	1.0g SAT FAT	320mg SODIUM	35.0g CARBS
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Allergens: Contains Egg, Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Tree nuts.

Made With: Pancakes, mini, maple, WGR, Eggo Bites (WHOLE WHEAT FLOUR, WATER, SUGAR, VEGETABLE OIL (SOYBEAN, PALM, AND/OR CANOLA OIL), BUTTERMILK, EGGS, CONTAINS 2% OR LESS OF LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), NATURAL FLAVORS, FRUCTOSE, SALT, CORN CEREAL, YELLOW CORN FLOUR, CORNSTARCH, CORN SYRUP SOLIDS, COCOA (PROCESSED WITH ALKALI), SOY LECITHIN, VITAMIN A PALMITATE, REDUCED IRON, NIACINAMIDE, VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B1 (THIAMIN HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), VITAMIN B12.)

Mini Cheeseburger

PER SERVING (1 pkg.)

320 CALORIES	6.0g SAT FAT	600mg SODIUM	35.0g CARBS
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Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Mini Cheeseburger, Commodity (Fully Baked Whole Grain Bun: Water, Whole Wheat Flour, Enriched Bleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine, Mononitrate, Riboflavin, Enzyme, Folic Acid.) Sugar, Instant Dry Yeast (Yeast, Sorbitan Monostearate, Ascorbic Acid). Contains 2% or Less of The Following: Soybean Oil, Salt,, Monoglycerides With Ascorbic Acid and Citric Acid (Antioxidants), Calcium Propionate (Preservative), Calcium Sulfate, Enzyme, Wheat Starch, Ascorbic Acid, Microcrystalline, Cellulose. Fully Cooked Flamebroiled Beef and Onion Patty: Ground Beef (Not More Than 20% Fat), Water, Onions, Textured Vegetable Protein Product (Soy Protein Concentrate,, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate, Pyridoxine Hydrochloride,, Riboflavin, Cyanocobalamin). Seasoning (Hydrolyzed Corn Protein, Dextrose, Salt, Flavorings), Potassium Phosphate, Caramel Color. Sharp Pasteurized Process American, Cheese: Cultured Milk, Water, Cream, Sodium Phosphate, Salt, Lactic Acid, Sorbic Acid (Preservative), Color Added, Sodium Citrate, Enzymes.)

Mini Cinnis

PER SERVING (1 pkg.)

240 CALORIES	1.5g SAT FAT	270mg SODIUM	40.0g CARBS
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Allergens: Contains Gluten, Milk, Wheat.

Made With: Mini Cinnis (Water, Whole Wheat Flour, Enriched Flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic, acid), Sugar, Vegetable Oil (soybean, palm, canola), Whey. Contain 2% or less of: Yeast, Cinnamon, Salt, Modified Corn Starch. CONTAINS WHEAT, AND MILK INGREDIENTS.)

Non Fat White Milk

PER SERVING (1 Half Pint)

90 CALORIES	0.0g SAT FAT	135mg SODIUM	13.0g CARBS
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Allergens: Contains Milk.

Made With: Nonfat White Milk Berkeley (NONFAT MILK, VITAMIN A PALMITATE, VITAMIN D3)

Oatmeal Chocolate Breakfast Bar

PER SERVING (1 Bar)

289 CALORIES	3.0g SAT FAT	240mg SODIUM	46.9g CARBS
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Allergens: Contains Egg, Gluten, Milk, Soy, Wheat.

Made With: Oatmeal Chocolate Chip Benefit Bar (WHOLE WHEAT FLOUR, SUGAR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), OATS, CHOCOLATE CHIPS (SUGAR, UNSWEETENED CHOCOLATE, COCOA BUTTER, SOY LECITHIN [AN EMULSIFIER], VANILLA), EGGS, INTERESTERIFIED SOYBEAN OIL, INVERT SYRUP, CANOLA OIL, MOLASSES, WHEY, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, CORN STARCH), NATURAL FLAVORS, INULIN, XANTHAN GUM, SALT.)

Orange Smiles

PER SERVING (6 slice or wedge)

45 CALORIES	0.0g SAT FAT	0mg SODIUM	11.3g CARBS
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Allergens:

Made With: Oranges, raw, all commercial varieties (ORANGES)

Pan Dulce Concha

PER SERVING (1 ea.)

200 CALORIES	1.5g SAT FAT	90mg SODIUM	34.0g CARBS
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Allergens: Contains Egg, Gluten, Milk, Soy, Wheat.

Made With: Concha 51% Whole Grain, Pan Dulce (BREAD INGREDIENTS: WHOLE GRAIN WHEAT FLOUR, HIGH GLUTEN FLOUR (BLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID, ASCORBIC ACID), WATER, SOYBEAN OIL, SUGAR, DRY EGGS, DRY YEAST, CINNAMON POWDER, SALT. TOPPING INGREDIENTS: BREAD FLOUR (WHEAT FLOUR, ASCORBIC ACID ADDED AS A DOUGH CONDITIONER, NIACIN, IRON, THIAMINE, MONONITRATE, RIBOFLAVIN ENZYME, FOLIC ACID), SOYBEAN OIL, POWDER SUGAR, GRANULATED SUGAR.)

PB & Grape Jelly Uncrustable

PER SERVING (1 ea.)

300 CALORIES	3.0g SAT FAT	280mg SODIUM	32.0g CARBS
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Allergens: Contains Gluten, Peanuts, Wheat.

Made With: PB&Grape Jelly Uncrustable IW (PEANUT BUTTER: PEANUTS, SUGAR, CONTAINS 2% OR LESS OF: MOLASSES, FULLY HYDROGENATED VEGETABLE OILS (RAPESEED AND SOYBEAN), MONO AND DIGLYCERIDES, SALT. BREAD: UNBLEACHED WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SUGAR, YEAST, CONTAINS 2% OR LESS OF: WHEAT GLUTEN, SOYBEAN OIL, SALT, DOUGH CONDITIONERS (DISTILLED MONO AND DIGLYCERIDES, SODIUM STEAROYL LACTYLATE, DATEM, ENZYMES [WITH WHEAT STARCH, ASCORBIC ACID, CALCIUM PEROXIDE],). GRAPE JELLY: SUGAR, GRAPE JUICE, CONTAINS 2% OR LESS OF: PECTIN, CITRIC ACID, POTASSIUM SORBATE (PRESERVATIVE).)

Pepperoni Pizza

PER SERVING (1 pizza whole)

290 CALORIES	6.0g SAT FAT	490mg SODIUM	26.0g CARBS
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Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Individual Round Pepperoni Pizza (CRUST: FLOUR BLEND (WHITE WHOLE WHEAT, FLOUR, ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY, FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE,, RIBOFLAVIN, FOLIC ACID]), WATER, VEGETABLE OIL (SOYBEAN, AND/OR CANOLA OIL), DEFATTED SOY FLOUR, YEAST,, ISOLATED SOY PROTEIN, CONTAINS 2% OR LESS OF: SUGAR,, SOY LECITHIN, SALT, DISTILLED MONO-GLYCERIDES,, ASCORBIC ACID (DOUGH CONDITIONER). TOPPINGS: LOW, MOISTURE PART SKIM MOZZARELLA CHEESE (CULTURED, PASTEURIZED PART SKIM MILK, SALT, ENZYMES). SAUCE:, TOMATOES (WATER, TOMATO PASTE [NOT LESS THAN 28%, SOLUBLE SOLIDS]), MODIFIED FOOD STARCH, SUGAR,, CONTAINS 2% OR LESS OF: DEXTROSE, SEA SALT, DRIED, ONION, SPICE, DEHYDRATED ROMANO CHEESE (CULTURED, PASTEURIZED SHEEP'S AND COW'S MILK, SALT, ENZYMES),, PAPRIKA, DRIED GARLIC, CITRIC ACID.)

Pinto Beans

PER SERVING (1/2 c.)

113 CALORIES	0.0g SAT FAT	158mg SODIUM	20.3g CARBS
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Allergens:

Made With: Pinto Beans (PREPARED PINTO BEANS, WATER, SALT, CALCIUM CHLORIDE (FIRMING AGENT), AND CALCIUM DISODIUM EDTA (PROMOTES COLOR RETENTION).)

Pork Honey Rib on a Hoagie

PER SERVING (1 burger)

360 CALORIES	4.5g SAT FAT	890mg SODIUM	40.0g CARBS
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Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Pork Rib Pattie w/Honey BBQ Sauce, Commodity (GROUND PORK (NOT MORE THAN 30% FAT), HONEY BARBECUE SAUCE: (HIGH FRUCTOSE CORN SYRUP, DISTILLED VINEGAR, TOMATO PASTE, CORN SYRUP, HONEY, MOLASSES, WATER, SALT, NATURAL FLAVOR, MODIFIED CORN STARCH, NATURAL HICKORY SMOKE FLAVOR, SPICES, ONION POWDER, GARLIC POWDER, SODIUM BENZOATE (PRESERVATIVE), CARAMEL COLOR, SUGAR), WATER, TEXTURED VEGETABLE PROTEIN PRODUCT: (SOY PROTEIN CONCENTRATE, CARAMEL COLOR, ZINC OXIDE, NIACINAMIDE, FERROUS SULFATE, COPPER GLUCONATE, VITAMIN A PALMITATE, CALCIUM PANTOTHENATE, THIAMINE MONONITRATE (B1), PYRIDOXINE HYDROCHLORIDE (B6), RIBOFLAVIN (B2), AND CYANOCOBALAMIN (B12)), SEASONING: (TOMATO POWDER, DEXTROSE, BROWN SUGAR, ARTIFICIAL VINEGAR (MALIC ACID, SODIUM ACETATE, LACTOSE, FUMARIC ACID, ARTIFICIAL FLAVORINGS), POWDERED WORCESTERSHIRE SAUCE (CORN SYRUP SOLIDS, SALT, GARLIC POWDER, SUGAR, SPICES, SOY SAUCE SOLIDS (WHEAT, SOYBEANS, SALT, MALTODEXTRIN, CARAMEL COLOR), TAMARINDS, FLAVOR), SPICES, SPICE EXTRACTIVE, ONION POWDER, SMOKE FLAVOR, GARLIC POWDER), HONEY, SALT, AND SODIUM PHOSPHATE); Hoagie Roll, 5" (Whole wheat flour, enriched wheat flour (flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water sugar. Contains less than 2% of: yeast, soybean oil, salt, wheat gluten, emulsifier, enzymes, calcium propionate, calcium carbonate, microcrystalline cellulose, sodium stearoyl lactylate, ascorbic acid.)

Pretzels

PER SERVING (1 pkg.)

80 CALORIES	0.0g SAT FAT	200mg SODIUM	15.0g CARBS
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Allergens: Contains Wheat.

Made With: Heartzels Pretzels (WHOLE WHEAT FLOUR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN,, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID),, CORN SYRUP, CORN OIL, SALT, YEAST, AND AMMONIUM, BICARBONATE.,)

Raisins

PER SERVING (1 Box)

132 CALORIES	0.0g SAT FAT	10mg SODIUM	31.4g CARBS
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Allergens:

Made With: Raisins, box (Raisins. California grown.)

Ready-to-Serve Apples

PER SERVING (1 kiddie (<2-1/2" dia))

48 CALORIES	0.0g SAT FAT	1mg SODIUM	12.6g CARBS
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Allergens:

Made With: Kiddie Sized Fresh Apples (APPLE)



Strawberry Fruit Cup

PER SERVING (1 ea.)

90 CALORIES	0.0g SAT FAT	0mg SODIUM	22.0g CARBS
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Allergens:

Made With: Fruit Cup, Strawberry (STRAWBERRIES, SUGAR)

String Cheese Mozzarella

PER SERVING (1 ea.)

80 CALORIES	4.0g SAT FAT	200mg SODIUM	1.0g CARBS
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Allergens: Contains Milk.

Made With: String Cheese (PASTEURIZED PART SKIM MILK, CHEESE CULTURES, SALT, ENZYMES)

Tangerine

PER SERVING (1 ea.)

50 CALORIES	0.0g SAT FAT	0mg SODIUM	10.9g CARBS
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Allergens:

Made With: Tangerine (Tangerine)

Turkey Hot Dog

PER SERVING (1 serving (1 hot dog))

261 CALORIES	3.0g SAT FAT	553mg SODIUM	28.0g CARBS
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Allergens: Contains Gluten, Wheat.

Made With: Frankfurter, turkey (hot dog) , (1 frank = 2 oz M/MA) , Recipe (Turkey Frank (MECHANICALLY SEPARATED TURKEY, WATER, CONTAINS 2% OR LESS: SEASONING (CORN SYRUP SOLIDS, DEXTROSE, SUGAR, PAPRIKA, NATURAL FLAVORING), SALT, POTASSIUM CHLORIDE, NATURAL FLAVOR (CELERY JUICE POWDER), NATURAL FLAVORING, NATURAL SMOKED FLAVORING.)); Hot Dog Bun (WATER, WHITE WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR, (WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, YEAST, SALT, DOUGH SOFTENER, (WATER AND MONOGLYCERIDES WITH PROPIONIC ACID AND PHOSPHORIC ACID ADDED AS PRESERVATIVES), CALCIUM PROPIONATE AS MOLD INHIBITOR. STRENGTHENER (ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE, MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENZYMES). DOUGH CONDITIONER, (ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONITRATE, RIBOFLAVIN, FOLIC ACID), ASCORBIC ACID, WHEAT GLUTEN, ENZYMES.))

Turkey Taco Nada

PER SERVING (1 ea.)

310 CALORIES	2.5g SAT FAT	410mg SODIUM	40.0g CARBS
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Allergens: Contains Milk, Soy, Wheat.

Made With: Turkey Taco Nada (DOUGH FLOUR [STONE GROUND WHITE WHOLE WHEAT FLOUR, PASTRY FLOUR (ENRICHED WHEAT FLOUR, NIACIN, IRON, THIAMINE, MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE SOYBEAN OIL (FULLY REFINED SOYBEAN OIL) SUGAR, SALT (YELLOW PRUSSATE OF SODA), WHEY (WHEY, CORN FLOUR, SODIUM CASENATE), GARLIC POWDER, SODIUM BICARBONATE(WATER, GROUND TURKEY, CHEDDAR CHEESE, (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, ANNATTO (COLOR)), MODIFIED FOOD STARCH (FOOD STARCH MODIFIED REFINED FROM WAXY CORN), TOMATO PASTE, CHILI POWDER (CHILI PEPPER, CUMIN, GARLIC, OREGANO & SALT), SALT, ONION POWDER, GARLIC POWDER, CUMIN, OREGANO, BLACK PEPPER, CAYENNE)
