

**MONROE-WOODBURY CSD - FOOD SERVICES
NUTRITION INFORMATION**

Please note: due to substitutions, allergen and nutrition information may not reflect what is actually served. Please speak with your cafeteria manager to ensure that your meal is allergen free.

ALLERGEN KEY	
1=MILK	4=NUTS
2=EGG	5=UNKNOWN
3=WHEAT	

CATEGORY	FOOD ITEM	SERVING	CALORIES	FAT (g)	SAT. FAT (g)	CHOLEST (mg)	FIBER (g)	CARBS (g)	SODIUM (mg)	SUGAR (g)	PROTEIN (g)	ALLERGENS
BREAD	BAGEL, 2.3 OZ	2.3 OZ	165.6	0.69	0	0	1.38	35.88	354.2	1.84	5.98	3
BREAD	BAGEL, CINNAMON RAISIN	4 OZ	280	2.5	0	0	7	61	200	9	6	3
BREAD	BAGEL, EVERYTHING	4 OZ	310	2	0	0	2	64	880	8	11	3
BREAD	BAGEL, FULL SIZED	4 OZ	280	1	0	0	2	80	450	5	10	3
BREAD	BAGEL, HALF SIZED	2 OZ	140	0.5	0	0	1	40	225	2.5	5	3
BREAD	BAGEL, ONION	4 OZ	280	3	0	0	7	58	220	2	7	3
BREAD	BAGEL, SESAME	4 OZ	280	3	0	0	7	58	220	2	7	3
BREAD	BAGEL, WHOLE WHEAT	4 OZ	270	2.5	0	0	7	57	190	2	7	3
BREAD	BISCUIT	1 BUN	80	3	1.5	0	0.5	12.5	275			3;5
BREAD	BREADSTICK	STICK	160	1	0	0	1	31	340		6	3
BREAD	BREADSTICK, CHEESY	STICK	110	3	1	2.5	1.5	15	150	1	6	1;3
BREAD	BREADSTICK, SEASONED	STICK	190	1	0	0	1	39	515		3	3;5
BREAD	CLUB, WW	1 ROLL	220	2	0.5	0	4	46	430	4	9	3
BREAD	CORNBREAD		150	4	1	20	<1	26	370			5
BREAD	DINNER ROLL WW	EACH	100	1.5	0	0	2	17	200			3;5
BREAD	FRENCH BREAD	SLICE	84	0.6	0	0	0.6	16.71	179.05			3;5
BREAD	GARLIC BREAD	SLICE	181	13.11	2.02	0	0.5	13.97	207.93			3
BREAD	GARLIC BREAD, WW	SLICE	133	6.2	0.8	0	0.64	16.94	179.35			3
BREAD	GARLIC BREAD, WW	SLICE	43	0.28	0	0	0.41	8.61	81.75			3
BREAD	GARLIC BREADSTICK	STICK	412	26.22	4.04	0	1.01	39.09	537.43			1;3
BREAD	HAMBURGER ROLLS, WW	1 BUN	130	1.5	0	0	2	26	290	3	6	3
BREAD	HARD ROLL, KAISER	EACH	220	2	0.5	0	4	45	320	4	8	3;5
BREAD	HOT DOG ROLLS, WW	1 BUN	110	1	0	0	2	21	240	2	5	3
BREAD	ITALIAN BREAD	SLICE	38	0.27	0	0	0.27	7.6	81.39			3;5
BREAD	KAISER, WW	ROLL	220	2	0.5	0	4	45	320	4	8	3

CATEGORY	FOOD ITEM	SERVING	CALORIES	FAT (g)	SAT. FAT (g)	CHOLEST (mg)	FIBER (g)	CARBS (g)	SODIUM (mg)	SUGAR (g)	PROTEIN (g)	ALLERGENS
BREAD	MULTIGRAIN ROLL	ROLL	300	7	1.5	0	7	48	540			3;5
BREAD	PITA, POCKETLESS	LOAF	200	2	1	0	2	42	516	4	7	3
BREAD	PITA, WHOLE WHEAT	LOAF	150	0.5	0	0	3	30	225	2	6	3
BREAD	WHOLE WHEAT	SLICE	70	1	0	0	1	14	150	2	2	3
BREAKFAST	BARS, APPLE CINNAMON	2.5 OZ	290	9	2.5	20	3	48	250	23	5	1;2;3
BREAKFAST	BARS, BANANA CHOC CHUNK	2.5 OZ	280	8	3	15	3	48	220	23	5	1;2;3
BREAKFAST	BARS, OATMEAL CHOC CHIP	2.5 OZ	290	9	3	20	3	47	240	22	5	1;2;3
BREAKFAST	BARS, OATMEAL RASIN	2.5 OZ	290	10	3	15	3	48	180	23	5	1;2;3
BREAKFAST	BREAKFAST ON A STICK	2.67 OZ	180	8	2.5	20	0	18	450	6	8	2;3
BREAKFAST	BURRITO	EACH	233	8.61	2.55	192	1.92	27.3	509			1;2;3
BREAKFAST	CEREAL, CHEERIOS	EACH	70	1	0	0	2	14	110	<1	2	3
BREAKFAST	CEREAL, FROSTED MINI WHEATS	EACH	100	0	0	0	3	23	0	6	3	3
BREAKFAST	CEREAL, RICE CHEX (GLUTEN FREE)	EACH	70	0	0	0	<1	16	170	2	1	
BREAKFAST	CEREAL, TOTAL WHOLE GRAIN	EACH	70	0.05	0	0	2	17	150	4	2	1;3;4
BREAKFAST	CEREAL, WHEATIES	EACH	80	0.05	0.5	0	2	19	160	3	2	3;4
BREAKFAST	CHURROS, CINNAMON	35G	130	9	4.5	20	0	13	160	0	2	1;2;3
BREAKFAST	CINNAMON ROLLS	ROLL	145	5	1.5	0	0.5	23	340			1;2;3
BREAKFAST	EGG & CHEESE	2.1 OZ	130	10	4	180	0	2	300	1	7	1;2
BREAKFAST	EGG & CHEESE ON ENGLISH MUFFIN	EACH	326	13.52	1	259.4	1	7.54	861.2			1;2;3
BREAKFAST	EGG, HARD BOILED	EACH	155	10.61	3.27	424	0	1.12	124		12.58	2
BREAKFAST	EGGS, SCRAMBLED	1.75 OZ	80	5	1.5	195	0	1	220		6	1;2
BREAKFAST	EGGS, SCRAMBLED ON WW	EACH	230	8.16	1.96	232	4	27.12	479		13.28	1;2;3
BREAKFAST	FRENCH TOAST CASSEROLE	SLICE	350	5.04	1.05	35.52	0.17	63.27	587.87		17.24	1;2;3
BREAKFAST	FRENCH TOAST STICKS, WW	4 STICKS	300	13	3	0	2	43	400			2;3
BREAKFAST	GRANOLA	1 OZ	138	6.8	1.1	0	2.5	15.1	7	5.7	4.2	5
BREAKFAST	HAM & EGG ON HARD ROLL	EACH	365	10.41	3.46	247	2	49.12	919		19.78	1;2;3
BREAKFAST	HAM EGG & CHEESE ON BAGEL	EACH	581	17.77	8.04	274.4	3	77.57	1631.2			1;2;3

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BREAKFAST	HAM EGG & CHEESE ON ENGLISH MUFFIN	EACH	361	17.77	8.04	274.4	1	27.57	1161.2			1;2;3
BREAKFAST	HAM EGG & CHEESE ON HARD ROLL	EACH	471	19.27	9.04	275	2	49.57	1341		26.06	1;2;3
BREAKFAST	HAM EGG & CHEESE ON WW	EACH	371	18.27	8.04	274	4	28.57	1201		24.06	1;2;3
BREAKFAST	HAM & CHEESE CROISSANT	EACH	522	34.22	18.16	94	1	26.9	1644			1;3;5
BREAKFAST	HAM, CANADIAN BACON	56G	60	3	1	30	0	2	510		8	5
BREAKFAST	HAM, SIDE		48.2	2.1	0.6	27.3	0	0.89	306.5			5
BREAKFAST	MUFFINS, BANANA NUT	EACH	200	10		45		26	135	14	3	5
BREAKFAST	MUFFINS, CHOCOLATE CHIP	EACH	90	10	2	45	0	25	135	14	3	5
BREAKFAST	MUFFINS, CHOCOLATE CHIP	EACH	45	5	1	22.5	0	12.5	67.5	7	1.5	5
BREAKFAST	MUFFINS, CHOCOLATE CHIP RF	EACH	130	1.5	1	0		29		14	3	5
BREAKFAST	MUFFINS, CINNAMON COFFEE CAKE	EACH	200	10	2	40	1	25	120	15	3	5
BREAKFAST	MUFFINS, CINNAMON COFFEE CAKE	EACH	100	5	1	20	0.5	12.5	60	7.5	1.5	5
BREAKFAST	MUFFINS, CORN	EACH	160	7	1	40	1	22	70	6	3	5
BREAKFAST	MUFFINS, CORN RF	EACH	130	2	0	0	1	27	150	13	3	5
BREAKFAST	MUFFINS, DOUBLE CHOC CHIP	EACH	210	10	3	45	2	20	135	18	3	5
BREAKFAST	OATMEAL, PLAIN	1 PACKET	100	1.5	0	0	3	18	80	1	4	3
BREAKFAST	OATMEAL, APPLES & CINN	1 PACKET	130	1.5	0	0	3	27	170	12	3	3
BREAKFAST	OATMEAL, MAPLE BROWN SUGAR	1 PACKET	160	2	0	0	3	32	240	13	4	3
BREAKFAST	OATMEAL, PEACHES & CREAM	1 PACKET	130	2	0	0	2	27	170	13	3	1;3
BREAKFAST	OATMEAL, STRAWBERRIES & CREAM	1 PACKET	130	2	0	0	2	27	170	13	3	1;3
BREAKFAST	OMELET, COLBY	EACH	118	9.52	3.36	170.8	0	1.68	280			1;2;5
BREAKFAST	PANCAKES, APPLE FILLED	2.2 OZ										1;2;3
BREAKFAST	PANCAKES, MINI	8 CAKES	200	6	1	10	2	34	370	11	4	1;2;3
BREAKFAST	PANCAKES, WHOLE GRAIN	3 CAKES	240	6	1	10	3	41	390	10	5	1;2;3

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BREAKFAST	PARFAIT, PEACH	EACH	406	13.6			2	59.2	89	36.4	12.4	5
BREAKFAST	PARFAIT, PINEAPPLE	EACH	426	13.6			1	64.2	99	40.4	11.4	5
BREAKFAST	PARFAIT, STRAWBERRY	EACH	411	13.6			4	61.2	89	35.4	12.4	5
BREAKFAST	PIZZA OMELET	2.3 OZ	200	15	5	335	0	3	520	1	13	1;2
BREAKFAST	SAUSAGE LINKS	1 LINK	60	4.5	1.5	20	0	0	135	0	6	5
BREAKFAST	SAUSAGE LINKS, PORK	2 LINKS	130	9	3	40	0	1	270	0	12	
BREAKFAST	SAUSAGE LINKS, TURKEY	1 LINK	88	4.58	1.11	42	0	0.26	336	0	10.66	5
BREAKFAST	SAUSAGE, EGG, CHEESE ENGLISH MUFFIN	MUFFIN	446	26.52	11.34	283.4	1	27.57	1168.2			5
BREAKFAST	SAUSAGE, EGG, CHEESE MINI BAGEL	BAGEL	501	25.77	11.34	283	1.5	42.57	1293		26.06	1;2;3
BREAKFAST	SAUSAGE PATTY	PER PATTY	130	9	3	10	0	1	320	0	12	
BREAKFAST	SCRAMBLED EGG ON TOAST		230	8.16	1.96	232	4	27.12	479			1;2;3
BREAKFAST	WAFFLES, BLUEBERRY	1.3 OZ	110	2.5	0.5	10	1	20	185	1	2	1;2;3
BREAKFAST	WAFFLES, WHOLE GRAIN	1.3 OZ	65	1.6	0	0	2	12	150		2	1;2;3
BREAKFAST	YOGURT, PEACH	EACH	90	0	0	0		19	75	16	3	5
BREAKFAST	YOGURT, RASPBERRY	EACH	90	0	0	0		19	75	16	3	1
BREAKFAST	YOGURT, STRAW/BANANA	EACH	90	0	0	0		19	75	16	3	1
CHEESE/TOPPING	CHEESE, AMERICAN	28G	100	8	5	25	0	2	440	1	5	1;5
CHEESE/TOPPING	CHEESE, CHEDDAR RF	1/4 CUP	90	6	4	20	0	1	200	0	8	1
CHEESE/TOPPING	CHEESE, CHEDDAR	1 OZ	115.14	9.47	6.03	60	0	0.37	177.43		7.11	1
CHEESE/TOPPING	CHEESE, ITALIAN STYLE	1TBSP	20	0.5	0	0	0	3	40	2	0	1
CHEESE/TOPPING	CHEESE,MOZZARELLA, PART	1/4 CUP	80	5	3	15	0	1	180	0	8	1
CHEESE/TOPPING	CHEESE, PROVOLONE	1 OZ	100	8	5	20	0	1	190	0	8	1
CHEESE/TOPPING	CHEESE, SWISS	1 OZ	100	8	5	20	0	1	190	0	8	1
CHEESE/TOPPING	CROUTONS	2 TBSP	30	1	0	0	0	5	105	0	1	1;3
CHEESE/TOPPING	GRAVY, CHICKEN	1/4 CUP	35	1	0.5	0	0	6	280	0	0	1;3
CHEESE/TOPPING	TACO FILLING	1 OZ	37.22	1.89	0.63	5.68	0.63	1.26	157.1		4.1	5
CONDIMENT	BBQ SAUCE	2 TBSP	50	0.5	0	0	0	11	350	6	0	5
CONDIMENT	BUTTER	PACKET	70	8	5	20	0	0	65			1
CONDIMENT	CHEESE SAUCE	1/4 CUP	80	5	2.5	0	0	7	570	2	1	1
CONDIMENT	CHEESE SAUCE- LIGHT	1/4 CUP	45	1.5	0.5	0	0	7	480	1	1	1

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CONDIMENT	CREAM CHEESE	PACKET	45	4	2.5	15	0	1	95	1	2	1
CONDIMENT	CUCUMBER SAUCE- FOR GYRO	2 OZ	82	8.08	1.18	2	0.43	1.98	74		0.35	1;2;5
CONDIMENT	DRESSING, BALSAMIC	30 G	100	9	0.5	0	0	5	230	5	0	
CONDIMENT	DRESSING, CAESAR (KENS)	1.5 TBSP	112.5	12	12	0	0.75	0.75	0	0.75	0.75	5
CONDIMENT	DRESSING, CHIPOTLE RANCH	30 G	120	12	2	5	0	3	200	2	0	1;2
CONDIMENT	DRESSING, FRENCH (KENS)	2 TBSP	110	11	1.5	0	0	5	250	4	0	5
CONDIMENT	DRESSING, ITALIAN ALL NAT. CAINS	2 TBSP	80	8	1	0	0	3	470	2	0	
CONDIMENT	DRESSING, RANCH (CAINS)	1 TBSP	180	19	3	5	0	1		1	0	1;2
CONDIMENT	DRESSING, RUSSIAN	2 TSP	40	3.67	0.5	3.33	0	2	93.33	4	0	5
CONDIMENT	GARLIC, CHOPPED	1 TSP	16	1	0.5	0	0	1	0	0	0	
CONDIMENT	HUMMUS	2 TBSP	60	4.5	0	0	1	3	70	0	2	
CONDIMENT	KETCHUP	1 TBSP	15	0	0	0	0	4	160	4	0	
CONDIMENT	JELLY, GRAPE	PACKET	50	0	0	0	0	13	15	5	0	
CONDIMENT	MARGARINE	1 TBSP	100	11	4	0		0	115		0	
CONDIMENT	MARINARA, LOW SODIUM	1/2 CUP	50	1	0	0	<1	11	140	6	1	
CONDIMENT	MAYONNAISE	1 TBSP	100	11	1.5	5	0	1	50	0	0	2
CONDIMENT	OIL, VEGETABLE	1 TBSP	120	14	2			<1	0		0	
CONDIMENT	PEANUT BUTTER	2 TBSP	200	16	3	0	2	8	150	4	7	4;5
CONDIMENT	PIZZA SAUCE	1/4 CUP	30	0	0	0	1	6	180	3	1	
CONDIMENT	SALSA	1/2 CUP	35	0	0	0	1	8	65	6	1	
CONDIMENT	SALSA		36	0.2	0	0	1.4	7	430		1.5	
CONDIMENT	SPECIAL- BURGER SAUCE	2 TSP	40	3.67	0.5	3.33	0	2	93.33	1.33		
CONDIMENT	TZATZIKI SAUCE	2 TBSP	45	4.5	6.5	0	0	1	90	0	1	1
CONDIMENT	VINEGAR, RED WINE	2 TBSP	5	0	0	0	0	1	0	1	0	
DRINKS	APPLE JUICE	4 OZ	50	0	0	0		13	10	12	0	
DRINKS	ARIZONA, GREEN	EACH	100	0	0	0	0	26	5			5
DRINKS	ARIZONA, LEMON	EACH	140	0	0	0	0	37	15			5
DRINKS	ARIZONA, RASPBERRY	EACH	120	0	0	0	0	34	15			5
DRINKS	FRUIT JUICE, 100%	CARTON	50	0	0	0	0	13	10	12	0	
DRINKS	FRUIT PUNCH	4 OZ	66	TRACE	0	0		17.1	1.1			

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DRINKS	HOT CHOCOLATE	1 PACKET	120	2	2	0	<1	23	160	13	1	1
DRINKS	IZZE, POMEGRANITE	BOTTLE	90	0	0	0	0	22	10		0	
DRINKS	IZZE, SPARKLING APPLE	BOTTLE	90	0	0	0	0	23	15		0	
DRINKS	MILK, 1%	CARTON	100	2	1	10	0	11	125	11	8	1
DRINKS	MILK, CHOCOLATE	CARTON	150	1.5	0	5	0	26	210	25	8	1;5
DRINKS	MILK, LACTAID	CARTON	80	0	0	<5		13	125	12		5
DRINKS	MILK, SKIM	CARTON	80	0	0	0	0	11	125	11	8	1
DRINKS	ORANGE JUICE	4 OZ	60	0	0	0		13	0	12	0	5
DRINKS	SNAPPLE, PEACH	150	150	0	0	0	0	36	15			
ENTRÉE	BURGER, CHARBROILED	2 OZ	130	8	3	45	0	0	135	0	15	
ENTRÉE	BURGER, MINI	3 PCS	190	12	5	70	0	0	200	0	22	
ENTRÉE	BURRITO, BEEF AND BEAN	EACH	435	16.82	8.76	52	7.49	41.33	1067		29.28	1;3
ENTRÉE	CANADIAN BACON	56 G	60	3	1	30	0	2	510	1	8	
ENTRÉE	CHEESEBURGER ON WW	SANDWICH	406	21.86	10.58	72	2	28.45	952			
ENTRÉE	CHICKEN, CURRY BOMBAY	3 OZ	100	4	0.5	45	1	4	280	2	13	3
ENTRÉE	CHICKEN, DICED	2.72 OZ	85	2	0	50	0	0	270	0	16	
ENTRÉE	CHICKEN, FAJITA STRIPS	2.05 OZ	65	1	0	34	0	1	427	0	11	1
ENTRÉE	CHICKEN, FAJITA WRAP	1 WRAP	334	10.96	2.6	100	2	32.2	1152		25.8	3
ENTRÉE	CHICKEN, HOOPS	5 RINGS	232	13	3	100	0	13	572	0	16	1;2;3
ENTRÉE	CHICKEN NUGGETS	6 NUGGETS	233	12	3.6	50.4	0	16.8	499.2		19.2	1;2;3
ENTRÉE	CHICKEN NUGGETS	8 PCS	310	16	3.2	67.2	0	22.4	665.6			1;2;3
ENTRÉE	CHICKEN NUGGETS	5 PCS	194	10	3	42	0	14	416			1;2;3
ENTRÉE	CHICKEN PATTY W/ BUN-SPICY	SANDWICH	340	13	3	55	3	39	750			1;2;3
ENTRÉE	CHICKEN PATTY W/ BUN	SANDWICH	344	13	2.5	41	3	41	704			1;2;3
ENTRÉE	CHICKEN PATTY- HOT AND SPICY	PATTY	189	11	2	46	1	12	297	1	14	2;3
ENTRÉE	CHICKEN, CHEESE STICKS	6 STICKS	394	21.83	4.88	42.29	1.22	30.32	786.52		20.57	5
ENTRÉE	CHICKEN, GRILLED OVER SALAD		163	4.17	1.03	50	1.17	12.66	796.81			5
ENTRÉE	CHICKEN, LG POPCORN, SMACKERS	2 OZ	180	9		45		13	580		14	1;3
ENTRÉE	CHICKEN, MINI TACO	3 EACH	260	11	4	90	5	25	460	1	15	1;3

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ENTRÉE	CHICKEN, ORANGE	3.92	210	8	1	50	0	18	340	7	12	2;3
ENTRÉE	CHICKEN, POPCORN	14 PCS	189	11	2	46	1	12	621		15	1;2;3
ENTRÉE	CHICKEN, POPCORN BOWLS	BOWL	750	23.07	8.63	75	9.82	107.36	1080		33.07	1;2;3
ENTRÉE	CHICKEN, ROASTED 8 PCS	2 OZ	110	6	2	51	0	1	169		11	
ENTRÉE	CHICKEN, ROASTED 8 PCS NEW	3 OZ	170	9	3	57	0	3		3	14	
ENTRÉE	CHICKEN, ROASTED PATTY	PATTY	110	4	1.5	40	0	1	310		15	5
ENTRÉE	CHICKEN, SICHUAN	2.6 OZ	90	2	0.5	40	0	6	135	2	12	3
ENTRÉE	CHICKEN, SPICY CAJUN		100	2.5	2.5	50	0	5	450		13	5
ENTRÉE	CHICKEN, SOULVAKI	SERVING	114	7.74	1.05	23	0.21	1.33	464		9.23	
ENTRÉE	CHICKEN, STICKS	5 STICKS	210	9	2	40	0	17	510		15	3;5
ENTRÉE	CHICKEN, STRIPS- SPICY	3 PCS	232	13	2	57	1	16	659			5
ENTRÉE	CHICKEN, SWEET AND SOUR	3.92 OZ	230	8	1	50	0	27	240	17	12	2;3
ENTRÉE	CHICKEN, TENDERS	3 PCS	220	12	2.5	45	1	15	650		14	1;2;3
ENTRÉE	CHICKEN, TENDERS	5 PCS	220	12	2.5	41	1	15	650			1;2;3
ENTRÉE	CHICKEN, TERIYAKI	2.6 OZ	90	2	0.5	40	0	6	320	6	12	3
ENTRÉE	CHICKEN, WINGS	6 PCS	420	28.01	8	240.05	0	4	700.14			5
ENTRÉE	CHILI, BLACK BEAN	SERVING	450	4.77	0.75	0	10.35	35.67	1089		14.56	
ENTRÉE	CHILI, W/ MEAT	6 OZ	182	3.79	2.1	18	5.28	15.62	804.61		15.77	
ENTRÉE	CHILI, TURKEY AND BEANS	SERVING	354	10.99	1.07	61	6.88	21.44	2025		45.23	
ENTRÉE	CHILI, VEGETARIAN	6 OZ	126	2.09	0.2	0	6.68	22.83	602.94		12.6	
ENTRÉE	CORN DOG, MINI	4 EACH	200	9	2.5	25	3	22	450	7	7	2;3
ENTRÉE	ENCHILADA, TURKEY	EACH	579	16.96	5.72	48	6.45	66.71	1318		41.43	1;3
ENTRÉE	FISH, FUN	5 NUGGETS	220	9	2	30	0	21	490	1	13	3
ENTRÉE	FISH ON BUN	SANDWICH	312	7.06	0.5	40.5	2	46.24	669.68			
ENTRÉE	FRANKS, FOOT LONG (SABRETT)	EACH	440	27	10.5	55.5	1	34	1040			
ENTRÉE	FRANKS, ALL-BEEF NO BUN	EACH	140	12	5	25	600	0	2	0	7	
ENTRÉE	HAM & CHEESE, GRILLED		310	15.37	6.47	40	4	26.69	1023	0	17.65	5
ENTRÉE	HAMBURGER ON WW	SANDWICH	300	13	5	45	2	28	530			5
ENTRÉE	FRANKS, WW BREAD	ONE DOG	310	16	7	30	2	28	840			5
ENTRÉE	ITALIAN DUNKER W/ MEAT SAUCE	SERVING	332	4.49	1.65	17.83	4.31	56.92	828.66			5
ENTRÉE	MEATBALLS	3 PCS	210	10.5	4.5	45	1.5	9	375			5

CATEGORY	FOOD ITEM	SERVING	CALORIES	FAT (g)	SAT. FAT (g)	CHOLEST (mg)	FIBER (g)	CARBS (g)	SODIUM (mg)	SUGAR (g)	PROTEIN (g)	ALLERGENS
ENTRÉE	MOZZARELLA STICKS	6 STICKS	512	29.6	9.75	37	2.44	41.45	707		21.94	5
ENTRÉE	MOZZARELLA STICKS W/ SAUCE	6 STICKS	557	30.26	9.75	36.57	3.44	51.45	1577		22.94	5
ENTRÉE	NACHOS W/ MEAT & CHEESE		521	27.37	5.46	70	2	46.4	1318.9			5
ENTRÉE	NACHOS W/ SALSA	4 OZ	150	7	1	0	1	20.02	256.42			5
ENTRÉE	QUESADILLA, CHEESE	ONE QUESA	330	16	9	35	1	28	790		17	1;3
ENTRÉE	QUESADILLA, CHICKEN & CHEESE	ONE QUESA	310	13	7	35	1	28	670		18	1;3
ENTRÉE	SAUSAGE, ITALIAN TURKEY	2 EACH	280	16	5	100	0	2	1160	0	30	5
ENTRÉE	SPINACH ROLLS	1 ROLL	190	11	1.5	15	1	20	400	1	6	1;2;3
ENTRÉE	TACO BOAT W/ NACHOS & CHEESE	EACH	593	28.74	5.58	17.03	4.89	67.39	1489.7			1
ENTRÉE	TACOS, JUMBO SIZE	EACH	218	10.5	3	18	3.5	18	498			
ENTRÉE	TUNA	2 OZ	60	0	0	45	0	0	150	0	14	
ENTRÉE	TURKEY DOG	EACH	250	8	2	35	2	27	1090			5
ENTRÉE	TURKEY, SLICED	56 G	60	2	0.5	25	0	2	470	0	9	
ENTRÉE	TURKEY, ROASTED	3 OZ	132	4.92	1.62	45	0	2.61	578		18.13	
ENTRÉE	VEGGIE BURGER ON WW	BURGER	120	1.5	1	5	0	26.5	28.75			3
FRUIT	APPLE, SLICES	1/2 CUP	50	0	0	0	2	12	20			
FRUIT	APPLE, WHOLE	EACH	65	0	0	0	3	17	1		0	
FRUIT	APPLESAUCE	1/2 CUP	50	0	0	0	2	13	10			
FRUIT	APPLESAUCE, CINNAMON	2 OZ	259	13	0.04	0	15.07	69.19	47.56			
FRUIT	APPLESAUCE, CRANBERRY	1/2 CUP	98	0.19	0.03	0	1.24	25.51	30		0.2	
FRUIT	APRICOT, DICED	1/2 CUP	80	0	0	0	<1	19	10	14	<1	
FRUIT	BANANA, PETITE	EACH	72	27	0.09	0	2.11	18.5	0.81			
FRUIT	BLUEBERRIES, FRESH	1 CUP	84	0.49	0.04	0	3.55	21.45	1.48			
FRUIT	CRANBERRY APPLESauce		98	0.19	0.03	0	1.24	25.51	30		0.2	
FRUIT	GRAPES	1/2 CUP	31	0.16	0.05	0	0.41	7.89	0.92			
FRUIT	MELON WEDGE	WEDGE	23	0.13	0.04	0	0.62	5.63	11.04			
FRUIT	MIXED, LIGHT SYRUP	1/2 CUP	80	0	0	0	1	18	5			
FRUIT	ORANGE, MANDARIN	1/3 CUP	80	0	0	0	1	19	15	16	1	
FRUIT	ORANGE, SMILES	ORANGE	62	0.16	0.03	0	3.14	15.36	0			

CATEGORY	FOOD ITEM	SERVING	CALORIES	FAT (g)	SAT. FAT (g)	CHOLEST (mg)	FIBER (g)	CARBS (g)	SODIUM (mg)	SUGAR (g)	PROTEIN (g)	ALLERGENS
FRUIT	ORANGE, WHOLE	180 G	85	0	0	0	4	21	0		2	
FRUIT	PEACHES, DICED	1/2 CUP	70	0	0	0	0	17	10			
FRUIT	PEACHES, WHOLE	1 PEACH	40	0	0	0	2	10	0	9	1	
FRUIT	PEAR, WHOLE	148 G	86	0	0	0	5	23	1		1	
FRUIT	PEARS, DICED	1/2 CUP	80	0	0	0	2	20	5			
FRUIT	PINEAPPLE, CHUNKS	1/2 CUP	70	0	0	0	1	17	10			
FRUIT	PINEAPPLE, TIDBIT	1/2 CUP	70	0	0	0	1	17	10			
FRUIT	SALAD, TROPICAL	1/2 CUP	79	0	0	0	2	19	35			
FRUIT	STRAWBERRY CUP	CONTAINER	46	0.43	0.02	0	2.88	11.06	1.44			
FRUIT	STRAWBERRY, FRESH	8 BERRIES	45	0	0	0	4	12	0	8	1	
FRUIT	WATERMELON	WEDGE	86	0.43	0.05	0	1.14	21.59	2.86			
PASTA	BAKED ZITI	6 OZ	314	13.2	6.15	32.02	4.07	30.58	534.01		19.24	1;3
PASTA	BUTTERED NOODLES		82	4.65	3.24	12.15	0.4	8.4	34.42			1;3
PASTA	CHEESE LASAGNA ROLLUP	ROLL	201	4.52	2.51	35.2	1.01	23.13	57.17		16	1;2;3
PASTA	EGG NOODLES, PLAIN	2 OZ	220	3	1	65	2	40	15	2	8	2;3
PASTA	MACARONI AND CHEESE	4 OZ	152	9.52	4.5	19.46	0.42	9.84	330.16		15.08	1;3;5
PASTA	PASTA PRIMAVERA		88	2.04	0.38	1	2.35	15.53	43		3.04	1;3
PASTA	PASTA SALAD W/ VEGGIES		384	22.24	4.04	6	5.16	39.67	431		10.22	3
PASTA	PASTA W/ SAUCE	4 OZ	122	0.35	0.06	0	2	24.58	79.65		27.87	3
PASTA	RAVIOLI, JUMBO	3.7 OZ	180	3.5	1.5	60	1	24	480	2	14	1;2;3
PASTA	SPAGHETTI W/ MEATBALLS		563	8.72	3.32	30	4.65	91.12	256.84			3;5
PASTA	STUFFED SHELLS	2 SHELLS	190	4	2.5	35	0.9	20	460	4	15	1;2;3
PASTA	WHITE PASTA	1/2 CUP	822	22.64	7.8	25	18.16	135.16	563		35.62	1;3
PIZZA	BITES	10 BITES	310	7	2	10	4	50	850	3	12	1;3
PIZZA	DIPPERS	71G	170	7	3	10	2	18	470	3	0	1;3
PIZZA	FRENCH BREAD	SLICE	380	11.99	7	29.99	5	43.98	759.62		25.99	1;3
PIZZA	FRESH BAKED	SLICE	451	14.03	7.02	30.07	5.01	57.13	922.12		24.06	1;3
PIZZA	HAND-TOSSED (AMALFI-CURRENT)	SLICE	327.29	9.48			2.02	38.78	649.74	0.89	19.14	1;3
PIZZA	HAND-TOSSED (AMALFI-FUTURE)	SLICE	327.29	9.48			2.02	38.78	534.74	0.08	19.14	1;3
PIZZA	HOMEMADE	SLICE	321.52	11.61	6.14	37.1	5.61	34.57	410.97	7.75	21.76	1;3

CATEGORY	FOOD ITEM	SERVING	CALORIES	FAT (g)	SAT. FAT (g)	CHOLEST (mg)	FIBER (g)	CARBS (g)	SODIUM (mg)	SUGAR (g)	PROTEIN (g)	ALLERGENS
PIZZA	HOMEMADE, BROCCOLI	SLICE	325.27	11.65	6.14	37.1	5.9	35.3	410.97	7.94	22.07	1;3
PIZZA	HOMEMADE, MUSHROOMS	SLICE	323.39	11.63	6.14	37.1	5.61	34.57	410.97	7.75	21.76	1;3
PIZZA	HOMEMADE, VARIETY	SLICE	311	12.52	6.58	41.26	3.51	33.05	828.21			1;3
PIZZA	PAN, PLAIN	PIZZA	390	12.99	6.99	29.99	4.02	42.98	709.99			1;3
PIZZA	ROLLS	ROLL	210	12	1	10	1	24	260	0	6	1;2;3
PIZZA	STUFFED CRUST	SLICE	380	14	5.75	22.5	3.5	43	785		20	1;3
SALAD	CHEF SALAD	3OZ	202	10.36	6.04	52.5	2.56	8.9	823		17	1;5
SALAD	CHICKEN	SERVING	333	22.39	4.17	98	0.1	1.72	165		30.42	
SALAD	CHICKEN CAESAR	SALAD	442	20.91	9.36	43	0.38	42.4	1294		25.3	1;3;5
SALAD	EGG	SERVING	218	18.62	4.06	356	0.02	1.86	218		10.49	2
SALAD	MACARONI	1/2 CUP	144	3.1	0.49	6	1.69	25.03	261.99		5.64	2;3
SALAD	PASTA	1/2 CUP	158	7.87	1.1	0	2.28	18.91	185		10.22	1;3
SALAD	POTATO	5 OZ	180	7	1	5	3	28	670	9	2	2;5
SALAD	SALAD W/ GRILLED CHICKEN	SALAD	163	4.17	1.03	50	1.17	12.66	796.81			5
SALAD	THREE BEAN		47	2.99	0.42	0	1	4.56	110			
SALAD	TOMATO	SALAD	40	2.54	0.37	0	1.31	4.35	5			5
SALAD	TOMATO AND CUCUMBER	1/2 CUP	7	0.08	0.01	0	0.43	1.37	1.56		25.3	5
SALAD	TUNA SALAD	1/2 CUP	184	10.73	1.34	49	0.18	1.29	390		24.39	2
SALAD	TURKEY SALAD	1/2 CUP	168	12.7	2.29	29	0.11	2.64	396		10.79	2
SANDWICH	4' HERO, COMBO	SLICE	386	11.45	4.61	50	4.34	49.04	1427.6		16.56	1;3
SANDWICH	CHEESE	SANDWICH	322	18.72	11.16	54	2	22.9	1074		16.91	1;3
SANDWICH	CHICKEN	SANDWICH	310	3.5	0	52.5	4	45	955			3
SANDWICH	CHICKEN & CHEESE	SANDWICH	386	11.86	5.58	62	4	45.45	1202			1;3
SANDWICH	CHICKEN FAJITA	WRAP	334	10.96	2.6	100	2	32.2	1152			5
SANDWICH	CHICKEN FAJITA W/ RF CHEESE	WRAP	288	12.76	7.41	66	2.01	12.39	904		28.64	1;3
SANDWICH	CHICKEN GYRO	SANDWICH	327	8.06	1.05	44.38	4.88	36.32	578.75		24.67	1;2;3
SANDWICH	CHICKEN, GRILLED ON WW BUN	SANDWICH	290	6	1.5	50	2	37	1080		25	3
SANDWICH	COMBO	SANDWICH	377	11	4	50	4	47	1397.5		28.5	1;3
SANDWICH	EGG SALAD IN PITA	PITA	319	12.4	3.17	353	3.02	32.75	509		16.49	2;3
SANDWICH	GRILLED CHEESE	SANDWICH	322	18.72	11.16	54	2	22.9	1074		28.28	1;3

CATEGORY	FOOD ITEM	SERVING	CALORIES	FAT (g)	SAT. FAT (g)	CHOLEST (mg)	FIBER (g)	CARBS (g)	SODIUM (mg)	SUGAR (g)	PROTEIN (g)	ALLERGENS
SANDWICH	GRILLED CHEESE W/ TOMATO	SANDWICH	329	18.8	11.17	54	2.48	24.47	1076		24.5	1;3
SANDWICH	GRILLED CHICKEN- PATTY	SANDWICH	290	6	1.5	50	2	37	1080		22.5	3
SANDWICH	HAM	SANDWICH	310	3.5	0	37.5	4	37.5	1315		24.28	3
SANDWICH	HAM AND CHEESE	SANDWICH	386	11.86	5.58	52	4	47.45	1442		30	1;3
SANDWICH	HAM AND CHEESE HOAGIE	SANDWICH	186	4.74	2.15	26.64	1.22	20.39	887.18			1;3
SANDWICH	HUMMUS	SANDWICH	312	15.17	0	0	6.05	38.2	756.49		29.28	3
SANDWICH	MEATBALL HERO	SANDWICH	430	12.5	4.5	545	5.5	54	805			3
SANDWICH	PEANUT BUTTER & JELLY	SANDWICH	271	10.45	1.96	0	3.63	38.01	330.5		30.94	3;4
SANDWICH	PHILLY STEAK	SANDWICH	380	13	5	55	4	45	480		25.94	1;3
SANDWICH	PHILLY STEAK	SANDWICH	486	21.86	11.08	82	4	45.45	792		28.5	1;3
SANDWICH	PULLED PORK	SANDWICH	351	10	0.5	39	4	43	1225		28.28	3
SANDWICH	RIBS, BBQ	SANDWICH	366	11	3.6	27.99	3	49.34	1408.95			5
SANDWICH	ROAST BEEF	SANDWICH	340	5.75	1.5	60	4	45	775		30.28	3
SANDWICH	ROAST BEEF W/ CHEESE	SANDWICH	406	13.36	6.58	67	4	45.45	1082			1;3
SANDWICH	ROASTED VEGGIES W/ CHEESE	PITA	349	20.06	11.47	54	4.5	24.95	961		24.43	1;3
SANDWICH	SLOPPY JOE	SANDWICH	310	9.71	3.37	26.45	3.1	36.92	1015			3
SANDWICH	SUPERMELT	SANDWICH	584	38.27	11.44	70	4	28.64	1673		29.3	3;5
SANDWICH	TUNA ON CLUB ROLL	SANDWICH	407	13.99	1.52	45.12	4.11	46.46	790.85			3;5
SANDWICH	TUNA ON WW	SANDWICH	297	12.99	1.52	45.12	2.11	23.46	590.85			3;5
SANDWICH	TUNA SALAD	SANDWICH	390	21.45	2.5	61.11	3.51	23.92	712.38			3;5
SANDWICH	TURKEY	SANDWICH	310	3.5	0	30	4	45	955			3
SANDWICH	TURKEY, OPEN-FACED	SANDWICH	396	8.55	2.15	60.1	4	48.48	1201.11			5
SANDWICH	TURKEY HERO	SLICE	360	8.57	3.86	40.2	4.34	47.31	1105.8			3
SANDWICH	TURKEY W/ CHEESE	SANDWICH	386	11.86	5.58	47	4	45.45	1202		9.22	1;3
SANDWICH	TURKEY W/ CHEESE	SANDWICH	492	20.72	11.16	74	4	45.9	1624		17.57	1;3
SANDWICH	TURKEY & CHEESE CROISSANT	SANDWICH	512	32.72	17.16	84	1	24.9	1394			1;3;5
SANDWICH	UNCRUSTABLE	142 G	600	33	7	0	7	20	590		25.63	3;4
SANDWICH	UNCRUSTABLE	EACH	316.92	16.41	3.12	0	2.62	33.14	354.4		24	3;4
SANDWICH	UNCRUSTABLE W/ SOY	71 G	260.93	12.42	2.35					12.42		3;4
SANDWICH	UNCRUSTABLE W/ SOY	114 G	417.25	17.7	3.39					22.8		3;4
SANDWICH	WRAP- HAM & CHEESE	WRAP	356	14.86	6.58	52	2	33.45	1392			1;3;5

CATEGORY	FOOD ITEM	SERVING	CALORIES	FAT (g)	SAT. FAT (g)	CHOLEST (mg)	FIBER (g)	CARBS (g)	SODIUM (mg)	SUGAR (g)	PROTEIN (g)	ALLERGENS
SANDWICH	WRAP- MOZZ, RED PEPP, LET, TOM	WRAP	713	37.023	9.12	36	5.42	61.12	1444		30.04	1;3
SANDWICH	WRAP- PIZZA OMELET	WRAP	505	18	5.5	335	3	54.5	1210	1	21.5	1;2;3
SANDWICH	WRAP- TUNA	WRAP	475	22.37	2.82	61	3.43	34.88	924		27.97	2;3
SANDWICH	WRAP- TURKEY	WRAP	255	2.92	0.32	20	1.92	32.96	792		18.44	3
SIDE DISHES	BARLEY PILAF	1/2 CUP	90	2.42	0.25	0	3.33	15.09	121.78		2.74	3
SIDE DISHES	COUSCOUS	1 CUP	220	1	0	0	2	46	5			3
SIDE DISHES	PASTA		250	5.4	0.8	0	2	42	46			3
SIDE DISHES	PASTA PARMESAN		220	2	0	0	0	44	38.5		3	1;3
SIDE DISHES	PASTA, MAC AND CHEESE	3 OZ	270	10.23	6.02	29.82	1.38	31.32	463.38			1;3
SIDE DISHES	PASTA, MACARONI SALAD	1/2 CUP	144	3.1	0.49	6	1.69	25.03	261.99		2.67	2;3
SIDE DISHES	PASTA, PARMESAN		238	5.53	2	10.17	1.55	36.35	165.88			1;3
SIDE DISHES	PEPPERS AND ONIONS	1/2 CUP	144	7.72	1.15	0	4.99	17.81	12			
SIDE DISHES	RICE PILAF		240	6	1	0	1	43	840	1	4	3
SIDE DISHES	RICE, BROWN	1/2 CUP	100	0.67	0	0	0.67	21.33	0			
SIDE DISHES	RICE, SEASONED	1/2 CUP	200	2.81	0.4	0	0.05	36.92	661.23		8	
SIDE DISHES	RICE, SPANISH	1/2 CUP	222	3.22	0.41	0	0.48	42.73	703.34		2	
SIDE DISHES	RICE, SPANISH	4 OZ	70	0.01	0	0	0.27	14.93	147.42			
SIDE DISHES	STUFFING		124	4.1	0.01	0	0.14	20.76	568		4.2	3
SNACKS	CHEESE, STRING	1 OZ	80	6	3.5	15	0	<1	200	0	6	1
SNACKS	COOKIE	2 OZ	250	11	6	15	2	36	170	20		1;2;3
SNACKS	COOKIE	2.5 OZ	312.5	13.75	7.5	18.75	2.5	45	212.5			1;2;3
SNACKS	FROZEN JUICE	CONTAINER	60	0	0	0	0	15	10	14		
SNACKS	FRUITED GELATIN	SERVING	70	0	0	0	0	17	55	17	1	
SNACKS	GOLDFISH	BAG	130	4.5	1	<5	<1	19	240	<1	3	1;3
SNACKS	HUMMUS TRAYS	TRAY	78	2.57	0.03	0	2.42	11.47	144		3.29	3
SNACKS	ICE CREAM, CHOC CRUNCH	EACH	140	6	2	0	0	21	6.5	15	2	5
SNACKS	ICE CREAM, COOKIES N CREAM	EACH	90	1.5	1	5	2	18	55	10	2	5
SNACKS	ICE CREAM, COTTON CANDY	EACH	100	3	2	10	0	16	25	15	1	5
SNACKS	ICE CREAM, CREAMSICLE	EACH	100	3	2	10	0	16	25	15	1	5
SNACKS	ICE CREAM, CRY BABY	EACH	98	0	0	0	0	24.5	15	24.5	0	5

CATEGORY	FOOD ITEM	SERVING	CALORIES	FAT (g)	SAT. FAT (g)	CHOLEST (mg)	FIBER (g)	CARBS (g)	SODIUM (mg)	SUGAR (g)	PROTEIN (g)	ALLERGENS
SNACKS	ICE CREAM, MARSHMALLOW	EACH	200	9	6	20	1	29	70	18	3	5
SNACKS	ICE CREAM, NUTTY CONE	EACH	220	12	7	20	1	25	75	16	3	5
SNACKS	ICE CREAM, SANDWICH	SANDWICH	160	4	2	10	1	29	135	15	3	5
SNACKS	ICE CREAM, SOUR APPLE	EACH	100	3	2	10	0	16	25	15	1	5
SNACKS	ICE CREAM, STRAWBERRY CRUNCH	EACH	140	6	2	0	0	20	40	15	2	5
SNACKS	POPCORN, WHITE CHEDDAR RF	BAG	60	2.5	0	0	1	9	125	0	2	1
SNACKS	PRETZELS	BAG	120	1.5	0	0	3	23	200	1	2	3
SNACKS	SHERBET	CONTAINER	120	1.5	1	5	0	26.5	28.75			5
SOUPS	MEDITERRANEAN LENTIL	1/2 CUP	130	2	0	0	4	21	890	4	7	3
SOUPS	MINISTRONE	1 CUP	97	1.56	0.04	0	4.64	17.7	315.8		4.16	3
SOUPS	PASTA AND BEAN	1.5 CUP	413	12.57	2.49	6	12.22	59.04	1993		16.83	
SOUPS	SPLIT PEA	1/2 CUP	231	9.08	4.48	70	3.8	15.66	1367		20.79	
SOUPS	SPLIT PEA W/ HAM	1/2 CUP	150	1.5	0.5	5	3	15	1060	4	9	3
SOUPS	TOMATO AND PASTA	1 CUP	134	0.94	0.13	0.98	0.396	26.97	397.4		5.11	1;3
SOUPS	TURKEY POT PIE	1 CUP	79	1.34	0.19	3.7	1.96	13.97	224.76		3.93	3
SOUPS	VEGETABLE	1 CUP	118	2.02	0.09	0	5.19	21.24	348.28		4.9	
VEGETABLES	BEANS, BAKED- VEGETARIAN	1/2 CUP	110	0	0	0	6	21	400	2	7	
VEGETABLES	BEANS, PINTO- CANNED	1/4 CUP	52	0.49	0.1	0	1.8	9.15	70	0.13	2.92	
VEGETABLES	BROCCOLI, FRESH	1/2 CUP	35	0	0	0	2.77	5.53	27.66			
VEGETABLES	BROCCOLI, NORMANDY	89 G	25	0	0	0	2	4	25	1	3	
VEGETABLES	BROCCOLI, SPEARS	2 SPEARS	25	0	0	0	2	4	25	1	3	
VEGETABLES	CARROTS, BABY	1/2 CUP	45	0	0	0	3	11	180			
VEGETABLES	CARROTS, SLICED	1/2 CUP	45	0	0	0	3	11	180			
VEGETABLES	CORN	1/2 CUP	80	1	0	0	2	17	310			
VEGETABLES	GREEN BEANS	1/2 CUP	20	1.99	0	0	1	3	390			
VEGETABLES	ITALIAN	4 OZ	37	0	0	0	2.74	8.23	3.66			
VEGETABLES	LETTUCE	LEAF	2.1	0	0	0	0.2	1.6	1.5	0.3		
VEGETABLES	MARINATED	3 OZ	61	4.77	0.61	0	1.19	4.06	94		0.9	

CATEGORY	FOOD ITEM	SERVING	CALORIES	FAT (g)	SAT. FAT (g)	CHOLESTEROL (mg)	FIBER (g)	CARBS (g)	SODIUM (mg)	SUGAR (g)	PROTEIN (g)	ALLERGENS
VEGETABLES	MIXED	1/2 CUP	80	0	0	0	2.67	14.67	86.72			
VEGETABLES	ONION RINGS	5 RINGS	210	10	1.5	0	2	28	460	2	3	1;2;3
VEGETABLES	PEAS & CARROTS	1/2 CUP	28	0.15	0	0	1.35	5.27	138.67			
VEGETABLES	PEAS, GREEN	1/2 CUP	70	0.5	0	0	3	12	370			
VEGETABLES	POTATO, BAKED	MEDIUM	278	0	0	0	7	63	0	4	7	
VEGETABLES	POTATO, HASH BROWN	PATTY	132	8.1	2.03	0	2.03	14.17	131.62		25.99	
VEGETABLES	POTATO, MASHED	1/2 CUP	85	1.26	0.23	0	1.05	14.68	182.87			
VEGETABLES	POTATO, MASHED	2 OZ	80	0.7	0.17	0.5	1.01	14.57	38.1			
VEGETABLES	POTATO, MASHED W/ GARLIC	1/2 CUP	74	0.01	0	0	1.1	14.9	112.39			
VEGETABLES	POTATO, OVEN FRIES		142	5.36	0.89	0	2.27	22.11	188.52			
VEGETABLES	POTATO, OVEN FRIES WEDGE	3 OZ	90	0	0	0	2	20	190	<1	2	
VEGETABLES	POTATO, PUFF	1 CUP	243	11.03	2.33	0	3.2	35.52	614.4			
VEGETABLES	POTATO, ROASTED	4 POTATOES	85	2.1	0.3	0	0.99	14.45	354.39		2.87	
VEGETABLES	POTATO, SEASONED FRIES	1/2 CUP	226.68	12.17	2.03	0	2.7	28.4	662.71	0	1.35	
VEGETABLES	POTATO, SLICED	2/3 CUP	60	0	0	0	2	13	360	0	1	
VEGETABLES	POTATO, SMILES	3 OZ	160	6	0.5		2	24	390	1	2	
VEGETABLES	POTATO, SWEET MASHED	1/2 CUP	120	0.05	0	0	3	27	40			
VEGETABLES	POTATO, SWEET TATERS	3 OZ	130	3	0	0	2	23	230	8	1	5
VEGETABLES	POTATO, TATER TOTS NEW	3 OZ	140	7	1	0	2		310	0	2	5
VEGETABLES	POTATO, TATER TOTS	3 OZ	160	8	2	0	2	20	330	<1	2	5
VEGETABLES	POTATO, ULTIMATE FRIES	1/4 CUP	120	6	1	0	1.33	14.66	206.66		1.33	
VEGETABLES	POTATO, ULTIMATE FRIES	3 OZ	180	9	1.5	0	2	22	310		2	
VEGETABLES	POTATO, WAFFLE FRIES	SERVING	180	10	2	0	2	21	430			
VEGETABLES	POTATO, WEDGES		189	7	1	2	0	26	375			
VEGETABLES	ROASTED VEGETABLES	3/4 CUP	24	0.34	0.05	0	1.75	4.61	7		1.31	
VEGETABLES	SALAD, TOSSED	1/2 CUP	8	0.09	0.01	0	0.64	1.6	3.25			
VEGETABLES	SALAD, TOSSED	3/4 CUP	53	1.3	0.4	90		3.3	245		7.3	
VEGETABLES	SPINACH, STEAMED	1 CUP	65	1.65	0.3	0	7.03	9.12	184.3			
VEGETABLES	STICKS, CARROTS	4-5 STICKS	35	0	0	0	2	8	40	5	1	
VEGETABLES	STICKS, CELERY	4-5 STICKS	10	0	0	0	1	3	50	1	1	
VEGETABLES	STICKS, CUCUMBER	4-5 STICKS	1	0	0	0	0.1	0.2	0	0.1	0.1	
VEGETABLES	TOMATO	SLICE	3.6	0	0	0	0.2	0.8	1	0.5		

CATEGORY	FOOD ITEM	SERVING	CALORIES	FAT (g)	SAT. FAT (g)	CHOLES (mg)	FIBER (g)	CARBS (g)	SODIUM (mg)	SUGAR (g)	PROTEIN (g)	ALLER GENS
VEGETABLES	TOMATO, CRUSHED	1/4 CUP	30	0	0	0	1	6	180	3	1	
VEGETABLES	TOMATO, PASTE	2 TBSP	30	0	0	0	1	6	20	3	2	