

BEAN, BLACK FIESTA

PER SERVING (4 5/8 ounces)

138 CALORIES	0.0g SAT FAT	529mg SODIUM	25.3g CARBS
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Allergens:

Made With: BEAN, BLACK FIESTA

BEANS, BAKED BUSH

PER SERVING (1/2 c.)

113 CALORIES	0.0g SAT FAT	480mg SODIUM	25.3g CARBS
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Allergens:

Made With: Beans Vegetarian Bush's Best 39400-01637

BEANS, BLACK LOW SODIUM

PER SERVING (130 g.)

105 CALORIES	0.0g SAT FAT	240mg SODIUM	23.0g CARBS
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Allergens:

Made With: BEANS, BLACK LOW SODIUM

Beans, green, cooked from frozen, whole or cut (french or sliced lengthwise), drained, without salt [100351, A070]

PER SERVING (1/2 c.)

19 CALORIES	0.0g SAT FAT	6mg SODIUM	4.4g CARBS
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Allergens:

Made With: BEANS, GREEN, COOKED FROM FROZEN, WHOLE, DRAINED, NO SALT

BENEFIT BAR, COCOA CHIP

PER SERVING (2 1/2 oz.)

270 CALORIES	2.5g SAT FAT	230mg SODIUM	47.9g CARBS
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Allergens: Contains Egg, Milk, Soy, Wheat.

Made With: Benefit Bar, Cocoa Chip, 2.5 oz., J&J Snack Foods Corp, 40406, WGR

Broccoli, Spears, No Salt Added, Frozen, USDA 110473, Veg-DG

PER SERVING (1/2 c.)

26 CALORIES	0.0g SAT FAT	22mg SODIUM	5.0g CARBS
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Allergens:

Made With: Broccoli, No Salt Added, Frozen, USDA 110473, Veg-DG

Brussels Sprouts, Frozen, Cooked, Veg-O

PER SERVING (1/2 c.)

33 CALORIES	0.1g SAT FAT	12mg SODIUM	6.4g CARBS
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Allergens:

Made With: BRUSSELS SPROUTS,FRZ,CKD,BLD,DRND,WO/SALT

BURGER, DBL CHSBURGER

PER SERVING (1 sandwich)

617 CALORIES	16.9g SAT FAT	805mg SODIUM	37.3g CARBS
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Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: BEEF PATTY, 2.4OZ SILVER SPR (BEEF PATTY, 2.4OZ SILVER SPR); Roll hamburger wheat #85 Morabito (Bread Hamburger Bun Wheat #85); CHEESE, AMERICAN, PASTEURIZED, PROCESS, WHITE, SLICED

BURRITO W/FIXINS & SCOOPS

PER SERVING (1 burrito)

883 CALORIES	6.7g SAT FAT	713mg SODIUM	145.2g CARBS
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Allergens: Contains Milk.

Made With: Corn, golden or yellow, whole kernel, cooked from frozen, drained, without salt [100348, A130] (CORN, YELLOW, WHOLE KERNEL, COOKED FROM FROZEN, NO SALT); RICE, BROWN WG; SALAD Lettuce, cos or romaine, raw (SALAD LETTUCE,COS OR ROMAINE,RAW); Salsa, Mild Nutritionally Enhanced, Red Gold, REDSC99, Veg-RO ; CHEESE CHEDDAR RF SHREDDED COMM 100012; BEANS, BLACK LOW SODIUM (BEANS, BLACK LOW SODIUM); Pork, Leg Roast, Frozen, USDA; Chips, Tortilla Baked! Tostitos Scoops, Frito Lay, Pepsico, 42537, WGR

California Blend Vegetables

PER SERVING (3/4 Cup Cooked, Drained Vegetable)

25 CALORIES	0.0g SAT FAT	15mg SODIUM	3.0g CARBS
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Allergens:

Made With: Vegetable, California Blend, Frozen, Hanover, 28971, Veg-O

Calzone Three Cheese, Gilardi, 16272-20120, MMA, WGR, VEG-R/O

PER SERVING (1 calzone)

250 CALORIES	2.0g SAT FAT	430mg SODIUM	33.0g CARBS
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Allergens: Contains Milk, Soy, Wheat.

Made With: Calzone Three Cheese, Gilardi, 16272-20120, MMA, WGR, VEG-R/O

Carrots, raw

PER SERVING (1/2 cup chopped)

26 CALORIES	0.0g SAT FAT	44mg SODIUM	6.1g CARBS
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Allergens:

Made With: CARROTS,RAW

CEREAL, KELLOGG'S 60CT

PER SERVING (1 ea.)

199 CALORIES	0.5g SAT FAT	169mg SODIUM	45.1g CARBS
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Allergens:

Made With: Frosted Mini-Wheats Bite Size Cup; Frosted Flakes Cup; Krave Chocolate; Corn Pops Cup; Apple Jacks Reduced Sugar Cup

CHEESEBURGER W/HAMBURG ROLL

PER SERVING (1 sandwich)

394 CALORIES	8.5g SAT FAT	550mg SODIUM	34.6g CARBS
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Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: BURGER W/HAMBURG ROLL (BEEF PATTY, 2.4OZ SILVER SPR (BEEF PATTY, 2.4OZ SILVER SPR); Roll hamburger wheat #85 Morabito (Bread Hamburger Bun Wheat #85)); CHEESE, AMERICAN, PASTEURIZED, PROCESS, WHITE, SLICED

CHEESESTEAK SANDWICH

PER SERVING (1 sandwich)

389 CALORIES	6.4g SAT FAT	735mg SODIUM	39.6g CARBS
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Allergens: Contains Milk, Soy, Wheat.

Made With: BEEF STEAK, FC SILVER SPRING (BEEF STEAK, FC SILVER SPRING); ROLL, STEAK #555 WGR; STEAK SAUCE (Ketchup, Natural Low Sodium, Made With Sugar, 9 Gram Packets, Red Gold, REDYL9G; SUGARS, GRANULATED; VINEGAR, DISTILLED; Sugar, Brown Light Granulated, Monarch, 229745; Sauce, Worcestershire; Juice, Reconstituted Lemon, Bottled); Removed in CN21 CHEESE, MOZZARELLA, LITE, FROZEN, SHREDDED

CHICKEN FRIES W/ROLL HS

PER SERVING (1 serv.)

429 CALORIES	4.1g SAT FAT	671mg SODIUM	38.0g CARBS
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Allergens: Contains Gluten, Soy, Wheat.

Made With: Chicken Fries WGR Tyson 70367-928 (Chicken Fries WGR Tyson 70367-928); DINNER ROLL W/MARGARINE (Copy of WW Cluster Dinner Roll; MARGARINE PROMISE)

CHICKEN NUGGETS W/MASHED POTATOES AND ROLL

PER SERVING (1 serv.)

444 CALORIES	2.9g SAT FAT	1200mg SODIUM	50.0g CARBS
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Allergens: Contains Egg, Gluten, Milk, Soy, Wheat.

Made With: POTATOES, MASHED; CHICKEN NUGGETS W/ROLL HS (Chicken, Homestyle Whole Grain Nuggets, Gold Kist Farms, Pilgrim's Pride, 6153, MMA, WGR; DINNER ROLL W/MARGARINE (Copy of WW Cluster Dinner Roll; MARGARINE PROMISE))

CHICKEN, CRISPY BREAST SANDWICH

PER SERVING (1 sandwich)

290 CALORIES	2.0g SAT FAT	720mg SODIUM	34.0g CARBS
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Allergens: Contains Gluten, Wheat.

Made With: CHICKEN, CRISPY BREAST FILET (BARRY FOODS) (CHICKEN, CRISPY BREAST FILLET (BARRY FOODS)); Roll hamburger wheat #85 Morabito (Bread Hamburger Bun Wheat #85)

CHICKEN, GRILLED CLUB SANDWICH

PER SERVING (1 sandwich)

392 CALORIES	7.5g SAT FAT	1237mg SODIUM	37.0g CARBS
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Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: CHICKEN, GRILLED BREAST SAVORY FILLET; Roll hamburger wheat #85 Morabito (Bread Hamburger Bun Wheat #85); Cheese, PepperJack Shredded, Bongards' Creameries, 75535, MMA (Cheese, PepperJack Shredded, Bongards' Creameries, 75535, MMA); BACON, TURKEY PREMIUM SLCD FC

CHICKEN, HOT N SPICY CHICKEN SANDWICH

PER SERVING (1 sandwich)

429 CALORIES	2.5g SAT FAT	1047mg SODIUM	48.9g CARBS
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Allergens: Contains Gluten, Wheat.

Made With: CHICKEN, SPICY BREAST FILLET (BARRY FOODS); Roll hamburger wheat #85 Morabito (Bread Hamburger Bun Wheat #85)

CHICKEN, POPCORN SECONDARY AND DINNER ROLL

PER SERVING (4 ounces)

240 CALORIES	1.9g SAT FAT	750mg SODIUM	17.3g CARBS
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Allergens: Contains Wheat.

Made With: CHICKEN, POPCORN SECONDARY AND DINNER ROLL

CHICKEN, POPCORN SECONDARY W/ROLL

PER SERVING (1 serv.)

365 CALORIES	2.5g SAT FAT	980mg SODIUM	36.0g CARBS
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Allergens: Contains Gluten, Wheat.

Made With: CHICKEN, POPCORN HIGH SCHOOL; DINNER ROLL W/MARGARINE (Copy of WW Cluster Dinner Roll; MARGARINE PROMISE)

CHICKEN, POPCORN W/ROLL

PER SERVING (3 oz.)

366 CALORIES	2.7g SAT FAT	572mg SODIUM	33.3g CARBS
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Allergens: Contains Gluten, Soy, Wheat.

Made With: CHICKEN, POPCORN TYSON ELEM (CHICKEN, POPCORN TYSON); DINNER ROLL W/MARGARINE (Copy of WW Cluster Dinner Roll; MARGARINE PROMISE)

CHICKEN, SRIRACHA AND PIEROGIES, MINI

PER SERVING (93 g.)

402 CALORIES	4.9g SAT FAT	513mg SODIUM	40.9g CARBS
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Allergens: Contains Egg, Milk, Soy, Wheat.

Made With: CHICKEN, SRIRACHA BONELESS WING; PIEROGIES, MINI (PIEROGIES, MINI)

CHICKEN, SRIRACHA WING ON STEAK ROLL

PER SERVING (1 sandwich)

412 CALORIES	1.9g SAT FAT	703mg SODIUM	53.9g CARBS
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Allergens: Contains Milk, Wheat.

Made With: CHICKEN, SRIRACHA BONELESS WING (CHICKEN, SRIRACHA BONELESS WING); ROLL, STEAK #555 WGR

CHICKEN, TENDERS W/FF & ROLL

PER SERVING (1 serv.)

505 CALORIES	2.0g SAT FAT	775mg SODIUM	58.0g CARBS
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Allergens: Contains Gluten, Soy, Wheat.

Made With: CHICKEN TENDERS, TYSON 70332-928 (CHICKEN TENDERS, TYSON 70332-928); FRENCH FRIES, SEASONED McCain ala carte; DINNER ROLL W/MARGARINE (Copy of WW Cluster Dinner Roll; MARGARINE PROMISE)

CHICKENBURGER W/ROLL W/4OZ MAC & CHS

PER SERVING (1 serv.)

587 CALORIES	6.3g SAT FAT	1017mg SODIUM	63.3g CARBS
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Allergens: Contains Egg, Gluten, Milk, Soy, Wheat.

Made With: CHICKENBURGER W ROLL ADVANCE (CHICKENBURGER, ADVANCE (CHICKENBURGER, ADVANCE); Roll hamburger wheat #85 Morabito (Bread Hamburger Bun Wheat #85)); MAC & CHS LS RF - LOL (MAC & CHS RS, RF - LAND O LAKES)

CHILI, all bean VEGETARIAN

PER SERVING (6 oz.)

141 CALORIES	0.0g SAT FAT	445mg SODIUM	29.9g CARBS
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Allergens:

Made With: BEANS, BLACK LOW SODIUM; Beans, kidney, red, canned dry beans, low-sodium, mature seeds, solids and liquids [100370, A086] (BEANS, CANNED, KIDNEY, LOW-SODIUM); Removed in CN21 TOMATOES, DICED, LOW-SODIUM, CANNED; Sauce Spaghetti, Red Pack, Red Gold, RPKMA9C, Veg-RO; PINTO BEANS BUSH'S RED SODIUM; Salsa, Mild Nutritionally Enhanced, Red Gold, REDSC99, Veg-RO (Salsa, Mild Nutritionally Enhanced, Red Gold, REDSC99, Veg-RO); BEANS, BAKED BUSH (Beans Vegetarian Bush's Best 39400 -01637); CORN, YELLOW, WHOLE KERNEL, COOKED FROM FROZEN, NO SALT; ONIONS,RAW; CHILI POWDER

CHIPS, HERRS

PER SERVING (1/2 oz.)

CALORIES	g SAT FAT	mg SODIUM	g CARBS
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Allergens: Contains Soy.

Made With: CHIPS, HERRS

Condiment, Margarine, 5g portion cup

PER SERVING (1 ea.)

20 CALORIES	0.0g SAT FAT	30mg SODIUM	0.0g CARBS
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Allergens:

Made With: Condiment, Margarine, 5g portion cup

CONDIMENTS

PER SERVING (1 ea.)

65 CALORIES	0.5g SAT FAT	282mg SODIUM	6.8g CARBS
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Allergens: Contains Egg, Milk, Soy.

Made With: Ketchup, Single Serve 9 g Packets, Red Gold Inc, 7294011581, REDY59G (Ketchup, Single Serve 9 g Packets, Red Gold Inc, 7294011581, REDY59G); DRESSING, RANCH SS 12GR (DRESSING, RANCH SS 12GR); PICKLES,CUCUMBER,SWT,LO NA (INCLUDES BREAD & BUTTER PICKLES); PIZZA SHAKE TOPPER (Cheese, Parmesan Grated, MMA (CHEESE,PARMESAN,GRATED); Spices, Oregano, Dried; GARLIC POWDER; ONION POWDER; SPICES,OREGANO,DRIED; PEPPER,BLACK; PARSLEY,DRIED); Sauce, Sweet and Sour 1 oz Packets, Kraft Foods, 00210006721200 (Sauce, Sweet and Sour 1 oz Packets, Kraft Foods, 00210006721200); Removed in CN20 HONEY MUSTARD DIPPING CUP; Mayonnaise, Light Packet 12g, Heinz, 532050 (Mayonnaise, Light Packet 12g, Heinz, 532050); ONIONS,RAW; MARGARINE PROMISE; Mustard, Packet 5.5g, Heinz, 78000839 (Mustard, Packet 5.5g, Heinz, 78000839); PICKLE RELISH,HAMBURGER

COOKIES, J&J BENEFIT 1.85OZ RF WGR

PER SERVING (1 cookie)

193 CALORIES	2.1g SAT FAT	174mg SODIUM	33.4g CARBS
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Allergens: Contains Egg, Milk, Soy, Wheat.

Made With: COOKIE, CHOC CHIP, RF WGR 1.85OZ; COOKIE, CANDY 1.85OZ RF WGR J&J ; COOKIE, DBL CHOCO 1.85OZ RF WGR J&J

Corn, golden or yellow, whole kernel, cooked from frozen, drained, without salt [100348, A130]

PER SERVING (1/2 c.)

66 CALORIES	0.1g SAT FAT	1mg SODIUM	15.8g CARBS
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Allergens:

Made With: CORN, YELLOW, WHOLE KERNEL, COOKED FROM FROZEN, NO SALT

Corn, golden or yellow, whole kernel, cooked from frozen, drained, without salt [100348, A130]

PER SERVING (1/2 c.)

66 CALORIES	0.1g SAT FAT	1mg SODIUM	15.8g CARBS
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Allergens:

Made With: CORN, YELLOW, WHOLE KERNEL, COOKED FROM FROZEN, NO SALT

CROISSANT STUFFED PEPPERONI PIZZA

PER SERVING (1 sandwich)

360 CALORIES	7.0g SAT FAT	710mg SODIUM	36.0g CARBS
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Allergens: Contains Egg, Milk, Soy, Wheat.

Made With: CROISSANT STUFFED PEPPERONI PIZZA

CROISSANT, STUFFED STK, CHS

PER SERVING (1 sandwich)

390 CALORIES	9.0g SAT FAT	810mg SODIUM	40.0g CARBS
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Allergens: Contains Egg, Milk, Soy, Wheat.

Made With: CROISSANT, STUFFED STK, CHS

croutons

PER SERVING (1/4 Ounce Bag)

30 CALORIES	0.0g SAT FAT	96mg SODIUM	5.1g CARBS
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Allergens: Contains Gluten, Milk, Wheat.

Made With: Croutons, Fresh Gourmet Cube Seasoned .25 oz, Sugar Foods Corporation, 74470, Non-WGR

DONUT, WG RAISED RING

PER SERVING (1 ea.)

280 CALORIES	7.0g SAT FAT	300mg SODIUM	30.0g CARBS
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Allergens: Contains Egg, Milk, Wheat.

Made With: DONUT, WG RAISED RING

DRESSING, SALAD

PER SERVING (1 1/2 fl. oz.)

51 CALORIES	0.5g SAT FAT	508mg SODIUM	9.5g CARBS
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Allergens: Contains Egg, Fish, Milk, Soy.

Made With: DRESSING, RANCH LIGHT; Dressing, Caesar, Lite, 1.5 oz Pouch, Cains, 02100; DRESSING, ITALIAN FF 1.5OZ; Dressing, Raspberry Vinaigrette FF SS, Ken's, KE06309; Dressing, French Fat-Free Pouch Shelf Stable, Ken's Foods Inc, KE0809B3

DUTCH WAFFLE

PER SERVING (1 ea.)

300 CALORIES	3.0g SAT FAT	350mg SODIUM	43.0g CARBS
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Allergens: Contains Egg, Milk, Soy, Wheat.

Made With: Dessert, Dutch Waffle/Funnel Cake 51% Whole Grain, 5" IW Frozen, J&J Snack Foods, 4521, WGR

Egg McWarrior Sandwich with bacon

PER SERVING (1 ea.)

288 CALORIES	4.0g SAT FAT	595mg SODIUM	33.6g CARBS
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Allergens: Contains Egg, Gluten, Milk, Soy, Wheat.

Made With: Bread Hamburger Bun Wheat #85; Egg, Patties Scrambled, Frozen, Sunny Fresh Foods, 40635, MMA; CHEESE, AMERICAN, PASTEURIZED, PROCESS, WHITE, SLICED; BACON, TURKEY PREMIUM SLCD FC

Egg McWarrior Sandwich with sausage

PER SERVING (1 ea.)

352 CALORIES	5.0g SAT FAT	750mg SODIUM	34.6g CARBS
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Allergens: Contains Egg, Gluten, Milk, Soy, Wheat.

Made With: Bread Hamburger Bun Wheat #85; Egg, Patties Scrambled, Frozen, Sunny Fresh Foods, 40635, MMA; TURKEY, SAUSAGE PATTY 1.17OZ (TURKEY, SAUSAGE PATTY 1.17OZ); CHEESE, AMERICAN, PASTEURIZED, PROCESS, WHITE, SLICED

FIXIN'S, SANDWICH

PER SERVING (2 ounces)

16 CALORIES	0.0g SAT FAT	48mg SODIUM	3.5g CARBS
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Allergens:

Made With: LETTUCE,ICEBERG (INCL CRISPHEAD TYPES),RAW; Raw tomatoes; PICKLES,CUCUMBER,SWT (INCLUDES BREAD & BUTTER PICKLES)

FRENCH FRIES OVATIONS RED. SODIUM

PER SERVING (2 1/2 oz.)

111 CALORIES	0.5g SAT FAT	132mg SODIUM	18.2g CARBS
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Allergens:

Made With: Potato, Ovations Red. Sod. straight Fries, McCain, MCF03762, Veg-S

FRENCH TOAST STIX W/SAUSAGE LINK AND HASH BROWN STIX, syrup

PER SERVING (1 serv.)

637 CALORIES	7.1g SAT FAT	895mg SODIUM	84.6g CARBS
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Allergens: Contains Milk, Soy, Wheat.

Made With: French Toast Sticks WGR 37720; SAUSAGE LINK JONES 018620; Hash Brown Stix MCX03710; Condiments, Syrup Americana, Portion Pac 1.5oz, Heinz

FRUIT FRESH CHOICES WSD

PER SERVING (1 ea.)

76 CALORIES	0.1g SAT FAT	1mg SODIUM	19.8g CARBS
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Allergens:

Made With: Bananas, raw (BANANAS,RAW); Oranges, raw, all commercial varieties, F (ORANGES,RAW,ALL COMM VAR); GRAPES,RED OR GRN (EURO TYPE,SUCH AS THOMPSON SEEDLESS),RAW; Apples, raw, with skin, Fruit (APPLES,RAW,WITH SKIN)

FRUIT JUICE secondary

PER SERVING (1 ea.)

91 CALORIES	0.0g SAT FAT	12mg SODIUM	23.0g CARBS
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Allergens:

Made With: Juice, 100% Fruit, Capri Sun; Juice, Juice Bowl Fruit Punch 100% 6.75 fl oz, Cutting Edge Beverages, 90115, F; SLUSHY WARWICK SD (SLUSHY)

FRUIT, FRZN/CANNED CHOICES WSD

PER SERVING (1 ea.)

82 CALORIES	0.0g SAT FAT	4mg SODIUM	20.4g CARBS
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Allergens:

Made With: PINEAPPLE TIDBITS; Applesauce (APPLESAUCE STRAWBERRY; APPLESauce BLUE RASPBERRY; APPLESauce PLAIN CUP); Pears, bartlett, canned, sliced, fruit and juice; packed in unsweetened fruit juice, light syrup, lightly sweetened fruit juice(s) and water, lightly sweetened fruit juices, or unsweetened pear juice [100224, A433] (PEARS, BARTLETT, CANNED, SLICED, JUICE PACK); STRAWBERRY CUPS USDA; Mandarin oranges #10 can; TROPICAL FRUIT; Removed in CN21 Peaches, Canned, Clingstone, Diced, Extra Light Syrup; PEACH CUPS; CRAISINS I/W (CRAISINS I/W); RAISINS, UNSWEETENED

GENERAL TSO CHICKEN W/RICE/ROLL

PER SERVING (1 serv.)

463 CALORIES	2.0g SAT FAT	790mg SODIUM	66.7g CARBS
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Allergens: Contains Egg, Gluten, Milk, Soy, Wheat.

Made With: Brown Rice Pilaf WG (SOUP,STOCK,CHICK,HOME-PREPARED; RICE,BROWN,LONG-GRAIN,RAW; ONIONS,RAW; Removed in CN20 PEPPER BLACK, GROUND); Chicken, General Tso's Whole Grain, Green Dragon, Asian Food Solutions, 72003, MMA, WGR; DINNER ROLL W/MARGARINE (Copy of WW Cluster Dinner Roll; MARGARINE PROMISE)

HAM AND CHEESE ON PRETZEL ROLL W/TOMATO SOUP

PER SERVING (1 sandwich)

403 CALORIES	7.2g SAT FAT	1085mg SODIUM	49.8g CARBS
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Allergens: Contains Gluten, Milk, Wheat.

Made With: Tomato Soup, Campbell's Foodservice, 0051000041456, Veg-RO; Pretzel Roll Bavarian WG No Sodium #7054; Turkey ham 100187; CHEESE, AMERICAN, PASTEURIZED, PROCESS, WHITE, SLICED

HUMMUS SALAD, HS

PER SERVING (1 serv.)

521 CALORIES	4.0g SAT FAT	605mg SODIUM	77.3g CARBS
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Allergens: Contains Egg, Milk, Soy, Wheat.

Made With: SALAD LETTUCE,COS OR ROMAINE,RAW; Removed in CN21 CARROTS, BABY-CUT, FRESH, PEELED; Hummus, roasted red pepper 3 oz Cup; Muffin, Wild Blueberry, Delicious Essentials, 2 oz, Otis Spunkmeyer, 10143, WGR (Muffin, Wild Blueberry, Delicious Essentials, 2 oz, Otis Spunkmeyer, 10143, WGR); Cheese, Light Mozzarella String Cheese, 1.0 oz, Land O'Lakes, 59703, MMA; Chips, Baked! Tostitos Scoops Tortilla, .875 oz Bag, Pepsico Foodservice, 42537, WG

Ketchup, Single Serve 9 g Packets, Red Gold Inc, 7294011581, REDY59G

PER SERVING (1 packet)

10 CALORIES	0.0g SAT FAT	65mg SODIUM	2.0g CARBS
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Allergens:

Made With: Ketchup, Single Serve 9 g Packets, Red Gold Inc,
7294011581, REDY59G

MEATBALL SUB SEC

PER SERVING (1 sandwich)

386 CALORIES	6.1g SAT FAT	938mg SODIUM	45.2g CARBS
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Allergens: Contains Egg, Milk, Soy, Wheat.

Made With: ROLL, STEAK #555 WGR; Sauce Spaghetti, Red
Pack, Red Gold, RPKMA9C, Veg-RO; MEATBALL 1OZ
SILVER SPRING; Removed in CN21 CHEESE,
MOZZARELLA, LMPS, FROZEN, SHREDDED

MILK CHOICE

PER SERVING (8 fl. oz.)

118 CALORIES	0.3g SAT FAT	153mg SODIUM	18.8g CARBS
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Allergens: Contains Milk.

Made With: Milk, Fat Free Chocolate, TruMoo, Dean, MILK (Milk,
Fat Free Chocolate, TruMoo, Dean, MILK); Milk, 1%
Lowfat, Plain Milk, White, Dean, Milk; Milk, Fat
Free, Vanilla, TruMoo, Dean, MILK (Milk, Fat Free,
Vanilla, TruMoo, Dean, MILK); Milk, Fat Free,
Strawberry, TruMoo, Dean, MILK (Milk, Fat Free,
Strawberry, TruMoo, Dean, MILK); Milk, Fat Free
Milk, Swiss Premium, MILK

MINI CINNIS

PER SERVING (1 serv.)

240 CALORIES	2.0g SAT FAT	300mg SODIUM	40.0g CARBS
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Allergens: Contains Milk, Wheat.

Made With: Mini Cinnis

MUFFIN, 4OZ OTIS

PER SERVING (1 muffin)

383 CALORIES	3.8g SAT FAT	260mg SODIUM	62.3g CARBS
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Allergens: Contains Egg, Milk, Soy, Wheat.

Made With: Muffin, Banana, Delicious Essentials, 4 oz, Otis Spunkmeyer, 10148, WG; Muffin, Chocolate Chocolate Chip, Delicious Essentials, 4 oz, Otis Spunkmyer, 10149, WGR; Muffin, Wild Blueberry, Delicious Essentials, 4 oz, Otis Spunkmeyer, 10147, WGR

NOODLE BOWL w/ASIAN VEGGIES

PER SERVING (1 bowl)

642 CALORIES	5.4g SAT FAT	1568mg SODIUM	64.1g CARBS
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Allergens: Contains Egg, Gluten, Soy, Wheat.

Made With: Pork, Pulled, Cooked, Frozen, USDA 110730, MMA (Pork, Pulled, Cooked, Frozen, USDA 110730, MMA); LO MEIN NOODLE (LO MEIN NOODLE); Vegetables, Oriental Blend, Monarch, 673427, Veg-O; SOUP, VEG W/ BF BROTH, CND, PREP W/ EQ VOLUME H2O; DINNER ROLL W/MARGARINE (Copy of WW Cluster Dinner Roll; MARGARINE PROMISE); SAUCE, ASIAN BROWN BASE (SAUCE, ASIAN BROWN BASE); SAUCE, GENERAL TSO (SAUCE, GENERAL TSO)

PASTA BAR W/ROLL

PER SERVING (1 serv.)

436 CALORIES	4.6g SAT FAT	854mg SODIUM	53.4g CARBS
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Allergens: Contains Egg, Gluten, Milk, Soy, Wheat.

Made With: ROTINI, WHOLE GRAIN, COOKED, NO SALT ADDED; Sauce, Multi-Purpose Spaghetti, Red Pack, Red Gold, RPKMA9C, Veg-RO; BEEF CRUMBLES (Beef, Crumbles with TVP, Fully Cooked, Frozen, Maid Rite, 75156-93500, MMA); DINNER ROLL W/MARGARINE (Copy of WW Cluster Dinner Roll; MARGARINE PROMISE); Sauce, Alfredo Sauce, Presentations, 4/4# Pouches, non creditable; Chicken, Fajita, Commodity, D-40, MMA, Non-WG, Veg-RO; MDC Meatballs, Italian Style Meatbals .5 oz Soy added, Tyson, 7356-328, MMA; SPAGHETTI, WHOLE GRAIN, COOKED, NO SALT ADDED; Pasta, Lasagna Rollup, Whole Grain Cheese, Tasty Brands, 00801WG, MMA, WGR; Pasta, Stuffed Shells, Whole Grain Cheese, Tasty Brands, 00803WG, MMA, WG; Pasta, Ravioli, Whole Grain Jumbo Cheese, Tasty Brands, 00804WG, MMA, WGR

Peas & Carrots

PER SERVING (1/2 c.)

38 CALORIES	0.1g SAT FAT	54mg SODIUM	8.1g CARBS
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Allergens:

Made With: PEAS&CARROTS,FRZ,CKD,BLD,DRND,WO/SALT

PEPPERONI PIZZA BREADSTICKS

PER SERVING (4 Ounce serving)

290 CALORIES	5.0g SAT FAT	550mg SODIUM	27.0g CARBS
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Allergens: Contains Milk, Soy, Wheat.

Made With: PEPPERONI PIZZA BREADSTICKS

Pizza Cheese Crunchers WGR MMA 65225

PER SERVING (2 piece)

210 CALORIES	4.5g SAT FAT	400mg SODIUM	21.0g CARBS
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Allergens: Contains Milk, Wheat.

Made With: Pizza Cheese Crunchers Whole Grain, Rich's Foodservice, 65225, WGR, MMA

PIZZA STIX - SCHWANS

PER SERVING (3 PIZZA STICKS)

450 CALORIES	9.0g SAT FAT	735mg SODIUM	45.0g CARBS
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Allergens: Contains Egg, Gluten, Milk, Soy, Wheat.

Made With: PIZZA STIX - SCHWANS

PIZZA, 4 MEAT

PER SERVING (1/8 slice)

370 CALORIES	7.0g SAT FAT	650mg SODIUM	36.0g CARBS
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Allergens: Contains Milk, Soy, Wheat.

Made With: PIZZA, 4 MEAT

PIZZA, BIG DADDY

PER SERVING (1 slice)

400 CALORIES	9.0g SAT FAT	580mg SODIUM	43.0g CARBS
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Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: Pizza, Big Daddy's Original, 16" Rolled Edge Cheese, Schwan's Food Service Inc., 73142, MMA, Non-WG

PIZZA, BUFFALO CHICKEN

PER SERVING (1/8 slice)

390 CALORIES	7.0g SAT FAT	750mg SODIUM	35.0g CARBS
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Allergens: Contains Milk, Soy, Wheat.

Made With: PIZZA, BUFFALO CHICKEN

PIZZA, EGG & CHEESE

PER SERVING (1 slice)

350 CALORIES	11.0g SAT FAT	450mg SODIUM	25.0g CARBS
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Allergens: Contains Egg, Milk, Wheat.

Made With: PIZZA, EGG & CHEESE

PIZZA, MICKEY'S NON-WG

PER SERVING (1 slice)

330 CALORIES	10.0g SAT FAT	460mg SODIUM	28.0g CARBS
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Allergens: Contains Milk, Wheat.

Made With: PIZZA, MICKEY'S NON-WG

PORK BBQ SANDWICH - BROOKWOOD

PER SERVING (1 sandwich)

469 CALORIES	6.0g SAT FAT	523mg SODIUM	49.0g CARBS
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Allergens: Contains Gluten, Wheat.

Made With: Pork, BBQ Chopped, Brookwood Farms, 12307, MMA; Roll hamburger wheat #85 Morabito (Bread Hamburger Bun Wheat #85)

QUESADILLA M&C

PER SERVING (4 7/8 oz.)

375 CALORIES	6.0g SAT FAT	390mg SODIUM	47.0g CARBS
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Allergens: Contains Egg, Milk, Soy, Wheat.

Made With: QUESADILLA M&C

Relish Tray

PER SERVING (5 oz.)

34 CALORIES	0.1g SAT FAT	68mg SODIUM	7.9g CARBS
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Allergens:

Made With: CARROTS,BABY,RAW; CELERY,RAW;
CUCUMBER,WITH PEEL,RAW;
PEPPERS,SWT,GRN,RAW

RICE, SOUTHWEST

PER SERVING (4 oz.)

92 CALORIES	0.1g SAT FAT	3mg SODIUM	21.4g CARBS
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Allergens:

Made With: CORN, YELLOW, WHOLE KERNEL, COOKED FROM FROZEN, NO SALT; Vegetables, Onions and Green Peppers, Cooked, Veg-O (ONIONS,RAW; PEPPERS,SWT,GRN,RAW); RICE, COOKED - WGR LONG GRN (Water, Tap, Municipal; RICE, BROWN WG (RICE, BROWN WG)); PEPPER,RED OR CAYENNE

Roasted Cauliflower with Turmeric, Veg-O

PER SERVING (1/2 c.)

55 CALORIES	0.7g SAT FAT	150mg SODIUM	3.1g CARBS
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Allergens:

Made With: CAULIFLOWER,CKD,BLD,DRND,WO/SALT;
OIL,SESAME,SALAD OR COOKING;
OIL,OLIVE,SALAD OR COOKING;
TURMERIC,GROUND; SALT,TABLE

SALAD Lettuce, cos or romaine, raw

PER SERVING (1 c.)

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

Made With: SALAD LETTUCE,COS OR ROMAINE,RAW

SALAD, DELI - SECONDARY

PER SERVING (4 oz.)

143 CALORIES	0.8g SAT FAT	285mg SODIUM	21.4g CARBS
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Allergens: Contains Egg, Milk, Soy, Wheat.

Made With: Pasta Salad (mediterranean blend; ROTINI - NON-WG; Tomatoes, red, ripe, raw, year round average (TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE); DRESSING, ITALIAN FF 1.5OZ (DRESSING, ITALIAN FF 1.5OZ)); Potato Salad (POTATOES,BKD,FLESH & SKN,WO/SALT; Condiment, Light Mayonnaise, Gallon, Cains, 261G; Milk, Fat Free Milk, Swiss Premium, MILK; VINEGAR,DISTILLED; SUGARS,GRANULATED; SALT,TABLE; Onions, raw (ONIONS,RAW); Mustard, Classic Yellow 7g pkt, French's Foodservice, 56200-96536; Removed in CN20 PEPPER BLACK, GROUND; PARSLEY,DRIED); Cole Slaw crunchy (CABBAGE,RAW; Condiment, Light Mayonnaise, Gallon, Cains, 261G; Tangerines, (mandarin oranges), canned, light syrup pack (TANGERINES, (MANDARIN ORANGES),CND,LT SYRUP PK); WALNUTS,ENGLISH; Milk, Fat Free Milk, Swiss Premium, MILK; Celery, raw (CELERY,RAW); VINEGAR,DISTILLED; SUGARS,GRANULATED); Black Bean & Corn Fiesta Salad (BEANS, BLACK LOW SODIUM; Corn, golden or yellow, whole kernel, cooked from frozen, drained, without salt [100348, A130] (CORN, YELLOW, WHOLE KERNEL, COOKED FROM FROZEN, NO SALT); ONIONS,RAW; Tomatoes, red, ripe, raw, year round average (TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE); PEPPERS,SWT,RED,RAW; PEPPERS,SWT,GRN,RAW; DRESSING, ITALIAN FF 1.5OZ; SAUCE,SWT & SOUR,RTS; SALT,TABLE; Spice, Ground Cumin, Monarch, 203859; PEPPER,BLACK); THREE BEAN SALAD (PINTO BEANS BUSHES RED SODIUM; Kidney Beans, Dark Red Kidney Beans in Brine, Canned, Nifda, 8036650608, Veg-BP; Beans Garbanzo; DRESSING, ITALIAN FF 1.5OZ (DRESSING, ITALIAN FF 1.5OZ); Onions, raw (ONIONS,RAW); Celery, raw (CELERY,RAW))

Salads Secondary

PER SERVING (1 ea.)

462 CALORIES	6.5g SAT FAT	864mg SODIUM	45.8g CARBS
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Allergens: Contains Egg, Fish, Gluten, Milk, Soy, Wheat.

Made With: Salad Southwest (SALAD LETTUCE,COS OR ROMAINE,RAW; CHICKEN, HOT N SPICY WGR

3.490Z; Tomatoes, red, ripe, raw, year round average (TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE); Salsa, Mild Nutritionally Enhanced, Red Gold, REDSC99, Veg-RO ; CHEESE CHEDDAR RF SHREDDED COMM 100012; TORTILLA STRIPS - FRITO LAY (TORTILLA STRIPS - FRITO LAY)); Salad Ribbon (SALAD LETTUCE,COS OR ROMAINE,RAW; DINNER ROLL W/MARGARINE (Copy of WW Cluster Dinner Roll; MARGARINE PROMISE); Raw tomatoes; Turkey ham 100187; Eggs, Diced Eggs, Premium, Frozen, Sunny Fresh Foods, 40005, MMA; CHEESE CHEDDAR RF SHREDDED COMM 100012; Graham Crackers 3 ct Nabisco (Graham Crackers 3 ct Nabisco)); Salad Orange (SALAD LETTUCE,COS OR ROMAINE,RAW; Oranges, raw, all commercial varieties, F (ORANGES,RAW,ALL COMM VAR); GRAPES,AMERICAN TYPE (SLIP SKN),RAW; Muffin, Wild Blueberry, Delicious Essentials, 2 oz, Otis Spunkmeyer, 10143, WGR (Muffin, Wild Blueberry, Delicious Essentials, 2 oz, Otis Spunkmeyer, 10143, WGR); DINNER ROLL W/MARGARINE (Copy of WW Cluster Dinner Roll; MARGARINE PROMISE); SUNFLOWER SEEDS 88090 (SUNFLOWER SEEDS 88090); Cheese, Mozzarella, low moisture part skim milk (LMPS), frozen, shredded (contains 30-45% milkfat by weight of the solids) [100021, B037] (Cheese, Mozzarella, low moisture part skim milk (LMPS), frozen, shredded (contains 30-45% milkfat by weight of the solids) [100021]); Onions, raw (ONIONS,RAW)); Salad Grilled Caesar (SALAD LETTUCE,COS OR ROMAINE,RAW; CHICKEN STRIPS, GRILLED; Dressing, Caesar, Lite, 1.5 oz Pouch, Cains, 02100; DINNER ROLL W/MARGARINE (Copy of WW Cluster Dinner Roll; MARGARINE PROMISE); Croutons, Fresh Gourmet Country Cut Whole Grain Cheese Garlic Bulk, Sugar Foods Corporation, 74581, WGR; CHEESE, PARMESAN); Salad Grilled Chicken (SALAD LETTUCE,COS OR ROMAINE,RAW; CHICKEN STRIPS, GRILLED; Tomatoes, red, ripe, raw, year round average (TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE); DINNER ROLL W/MARGARINE (Copy of WW Cluster Dinner Roll; MARGARINE PROMISE); TORTELLINI, CHEESE (TORTELLINI, CHEESE); CHEESE CHEDDAR RF SHREDDED COMM 100012; GRAHAMS, SCOOBY DOO (Graham Cracker, Keebler Scooby-Doo Graham Cracker Sticks, Cinnamon, 1 oz, Kellogg's, 50689, WGR); Cucumber, with peel, raw (CUCUMBER,WITH PEEL,RAW)); SALAD, VEGAN (SALAD LETTUCE,COS OR ROMAINE,RAW; Hummus, roasted red pepper 3 oz Cup; PEPPERS,SWT,GRN,RAW; Removed in CN21 CARROTS, BABY-CUT, FRESH, PEELED; Tomatoes, red, ripe, raw, year round average (TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE); DINNER ROLL W/MARGARINE (Copy of WW Cluster Dinner Roll; MARGARINE PROMISE); SUNFLOWER SEEDS 88090 (SUNFLOWER SEEDS 88090); Cucumber, with peel, raw (CUCUMBER,WITH PEEL,RAW); Graham Crackers 3 ct Nabisco (Graham Crackers 3 ct Nabisco)); HUMMUS SALAD, HS (SALAD LETTUCE,COS OR ROMAINE,RAW; Removed in CN21 CARROTS, BABY-CUT, FRESH, PEELED; Hummus, roasted red pepper 3 oz Cup; Muffin, Wild Blueberry, Delicious Essentials, 2 oz, Otis Spunkmeyer, 10143, WGR (Muffin, Wild Blueberry, Delicious Essentials, 2 oz, Otis Spunkmeyer, 10143, WGR); Cheese, Light Mozzarella String Cheese, 1.0 oz, Land O'Lakes, 59703, MMA; Chips, Baked! Tostitos Scoops Tortilla, .875 oz Bag, Pepsico Foodservice, 42537, WG)

Sandwich Fish HS

PER SERVING (1 ea.)

340 CALORIES	2.0g SAT FAT	540mg SODIUM	48.0g CARBS
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Allergens: Contains Fish, Gluten, Milk, Soy, Wheat.

Made With: Fish RF Pollock and cheese portions 3.6 pz; Bread Hamburger Bun Wheat #85

Sandwich Hot Turkey bacon cheese on kaiser roll

PER SERVING (1 ea.)

308 CALORIES	2.5g SAT FAT	985mg SODIUM	37.6g CARBS
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Allergens: Contains Milk, Wheat.

Made With: Turkey Breast Sliced 846902 Nat'l Choice; Kaiser Roll Morabito #163; BACON, TURKEY PREMIUM SLCD FC; CHEESE, AMERICAN, PASTEURIZED, PROCESS, WHITE, SLICED

Sandwich Line High School

PER SERVING (1 ea.)

342 CALORIES	5.4g SAT FAT	983mg SODIUM	39.8g CARBS
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Allergens: Contains Milk, Wheat.

Made With: Sub Turkey and cheese Secondary (ROLL, STEAK #555 WGR; Turkey Breast Sliced 846902 Nat'l Choice; CHEESE, AMERICAN, PASTEURIZED, PROCESS, WHITE, SLICED; SALAD LETTUCE, COS OR ROMAINE, RAW; Raw tomatoes); Sub Italian Secondary (ROLL, STEAK #555 WGR; Sandwich Meat Italian Combo Meat Jennie-O (Turkey Italian ham pack 209612; Turkey Italian salami pack 209612; Turkey Italian Pepperoni pack 209612); CHEESE, AMERICAN, PASTEURIZED, PROCESS, WHITE, SLICED; SALAD LETTUCE, COS OR ROMAINE, RAW; Raw tomatoes); Subs Ham & Cheese Secondary (ROLL, STEAK #555 WGR; HAM, FC, SLICED USDA; SALAD LETTUCE, COS OR ROMAINE, RAW; CHEESE, AMERICAN, PASTEURIZED, PROCESS, WHITE, SLICED; Raw tomatoes)

SLUSHY WARWICK SD

PER SERVING (6 fl. oz.)

100 CALORIES	0.0g SAT FAT	0mg SODIUM	24.0g CARBS
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Allergens:

Made With: SLUSHY

Stromboli WG homemade

PER SERVING (1 piece)

538 CALORIES	6.4g SAT FAT	988mg SODIUM	69.5g CARBS
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Allergens: Contains Milk, Soy, Wheat.

Made With: PIZZA DOUGH WGR (STROMBOLI); BEEF SANDWICH STEAK SLICES CN; Sandwich Meat Italian Combo Meat Jennie-O (Turkey Italian ham pack 209612; Turkey Italian salami pack 209612; Turkey Italian Pepperoni pack 209612); STEAK SAUCE (Ketchup, Natural Low Sodium, Made With Sugar, 9 Gram Packets, Red Gold, REDYL9G; SUGARS, GRANULATED; VINEGAR, DISTILLED; Sugar, Brown Light Granulated, Monarch, 229745; Sauce, Worcestershire; Juice, Reconstituted Lemon, Bottled); CHEESE, AMERICAN, PASTEURIZED, PROCESS, WHITE, SLICED

SUBWAY SANDWICH

PER SERVING (1 sandwich)

142 CALORIES	2.2g SAT FAT	482mg SODIUM	17.1g CARBS
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Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: SUBWAY CLUB; SUBWAY ROAST BEEF; SUBWAY, TURKEY BREAST; SUBWAY, HAM; SUBWAY, VEGGIE DELITE

TACO FIXIN'S

PER SERVING (3 oz.)

CALORIES	g SAT FAT	mg SODIUM	g CARBS
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Allergens:

Made With: Vegetable, Lettuce, Iceberg, Shredded, Markon, Veg-O (Vegetable, Lettuce, Iceberg, Shredded, Markon, Veg-O); Salsa, Mild Nutritionally Enhanced, Red Gold, REDSC99, Veg-RO (Salsa, Mild Nutritionally Enhanced, Red Gold, REDSC99, Veg-RO); Removed in CN20 SOUR CREAM; Tomatoes, Raw, Cherry, Commodity, Veg- RO (Tomatoes, Raw, Cherry, Commodity, Veg- RO); GUACAMOLE (GUACAMOLE)

TANGERINE CHICKEN W/RICE AND WGR ROLL

PER SERVING (1 serv.)

570 CALORIES	2.4g SAT FAT	835mg SODIUM	91.1g CARBS
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Allergens: Contains Egg, Gluten, Soy, Wheat.

Made With: Brown Rice Pilaf WG (SOUP,STOCK,CHICK,HOME-PREPARED; RICE,BROWN,LONG-GRAIN,RAW; ONIONS,RAW; Removed in CN20 PEPPER BLACK, GROUND); Chicken, Tangerine, Whole Grain, Green Dragon, Asian Food Solutions, 72001, MMA, WGR; DINNER ROLL W/MARGARINE (Copy of WW Cluster Dinner Roll; MARGARINE PROMISE)

TURKEY MASHED POTATO BOWL W/BISCUIT

PER SERVING (1 serv.)

516 CALORIES	7.1g SAT FAT	1331mg SODIUM	62.8g CARBS
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Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: TURKEY W/GRAVY D/W (TURKEY W/GRAVY D/W); POTATOES, MASHED (POTATOES, MASHED); CORN, YELLOW, WHOLE KERNEL, COOKED FROM FROZEN, NO SALT; BISCUIT (BISCUIT - 2B)

Vegetable, Broccoli Seasoned, Veg-DG

PER SERVING (1/2 c.)

58 CALORIES	1.6g SAT FAT	44mg SODIUM	4.9g CARBS
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Allergens: Contains Soy.

Made With: BROCCOLI,FRZ,CHOPD,CKD,BLD,DRND,WO/SALT; Margarine, Glenview Farms, 3719

Vegetable, Broccoli, No Salt Added, Frozen, USDA Foods, 110473, VEG-DG

PER SERVING (1/2 c.)

26 CALORIES	0.0g SAT FAT	22mg SODIUM	5.0g CARBS
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Allergens:

Made With: Vegetable, Broccoli, No Salt Added, Frozen, USDA Foods, 110473, VEG-DG

Vegetable, Peas w/ Margarine, Veg-S

PER SERVING (1/2 c.)

104 CALORIES	0.9g SAT FAT	99mg SODIUM	16.2g CARBS
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Allergens:

Made With: PEAS, GREEN, COOKED FROM FROZEN, WITHOUT SALT; Margarine, Solid, Glenview Farms, 230405

Vegetables, Oriental Blend, Monarch, 673427, Veg-O

PER SERVING (1/2 c.)

30 CALORIES	0.0g SAT FAT	20mg SODIUM	5.0g CARBS
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Allergens:

Made With: Vegetables, Oriental Blend, Monarch, 673427, Veg-O

WALKING TACO W/ROLL

PER SERVING (1 serv.)

555 CALORIES	7.1g SAT FAT	1107mg SODIUM	42.2g CARBS
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Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: TACO MEAT, CHICKEN (TACO MEAT - CHICKEN TYSON); DINNER ROLL W/MARGARINE (Copy of WW Cluster Dinner Roll; MARGARINE PROMISE); CHEESE CHEDDAR RF SHREDDED COMM 100012; REDUCED FAT NACHO CHEESE DORITOS(R)

WALKING TACO w/ROLL SECONDARY

PER SERVING (1 serv.)

595 CALORIES	6.0g SAT FAT	1086mg SODIUM	48.9g CARBS
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Allergens: Contains Gluten, Milk, Soy, Wheat.

Made With: TACO MEAT, CHICKEN (TACO MEAT - CHICKEN TYSON); NACHOS BARREL OF FUN (NACHOS BARREL OF FUN); DINNER ROLL W/MARGARINE (Copy of WW Cluster Dinner Roll; MARGARINE PROMISE); CHEESE CHEDDAR RF SHREDDED COMM 100012

WRAPS - HIGH SCHOOL

PER SERVING (1 wrap)

489 CALORIES	7.1g SAT FAT	905mg SODIUM	49.9g CARBS
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Allergens: Contains Milk, Soy, Wheat.

Made With:

Wrap Hot and Spicy Chicken Secondary (Chicken, Hot 'N Spicy, Whole Grain Patty, Tyson Foodservice, 70314-928, MMA, WG; Tortilla Flour Whole Wheat 12"; Raw tomatoes; Removed in CN21 CHEESE, MOZZARELLA, LMPS, FROZEN, SHREDDED; Vegetable, Lettuce, Iceberg, Shredded, Markon, Veg-O (Vegetable, Lettuce, Iceberg, Shredded, Markon, Veg-O)); Wraps Grilled Chicken Secondary (Tortilla Flour Whole Wheat 12"; CHICKEN STRIPS, GRILLED; Removed in CN21 CHEESE, MOZZARELLA, LMPS, FROZEN, SHREDDED; Raw tomatoes; Vegetable, Lettuce, Iceberg, Shredded, Markon, Veg-O (Vegetable, Lettuce, Iceberg, Shredded, Markon, Veg-O)); Wraps Turkey Secondary (Tortilla Flour Whole Wheat 12"; Turkey Breast Sliced 846902 Nat'l Choice; Vegetable, Lettuce, Iceberg, Shredded, Markon, Veg-O (Vegetable, Lettuce, Iceberg, Shredded, Markon, Veg-O); Removed in CN21 CHEESE, MOZZARELLA, LMPS, FROZEN, SHREDDED; Raw tomatoes); Wraps Asian Secondary (CHICKEN, POPCORN TYSON ; Tortilla Flour Whole Wheat 12"; Raw tomatoes; Vegetable, Lettuce, Iceberg, Shredded, Markon, Veg-O (Vegetable, Lettuce, Iceberg, Shredded, Markon, Veg-O); SAUCE, ORANGE MINOR'S ZESTY (SAUCE, ORANGE MIONORS); Removed in CN21 CHEESE, MOZZARELLA, LITE, FROZEN, SHREDDED); Wrap BBQ Secondary (Tortilla Flour Whole Wheat 12"; Removed in CN21 CHICKEN, DICED, COOKED, IQF, MEAT ONLY; Condiment, Barbecue Sauce, Sweet Baby Ray's; Removed in CN21 CHEESE, MOZZARELLA, LMPS, FROZEN, SHREDDED; Raw tomatoes; Vegetable, Lettuce, Iceberg, Shredded, Markon, Veg-O (Vegetable, Lettuce, Iceberg, Shredded, Markon, Veg-O)); Wrap Buffalo Secondary (Tortilla Flour Whole Wheat 12"; Removed in CN21 CHICKEN, DICED, COOKED, IQF, MEAT ONLY; Removed in CN21 CHEESE, MOZZARELLA, LMPS, FROZEN, SHREDDED; Raw tomatoes; Vegetable, Lettuce, Iceberg, Shredded, Markon, Veg-O (Vegetable, Lettuce, Iceberg, Shredded, Markon, Veg-O); Sauce, Hot, 1 Gallon, Texas Pete, 75500-00012); Wraps Ham & Cheese Secondary (Tortilla Flour Whole Wheat 12"; HAM, FC, SLICED USDA; Removed in CN21 CHEESE, MOZZARELLA, LMPS, FROZEN, SHREDDED; Vegetable, Lettuce, Iceberg, Shredded, Markon, Veg-O (Vegetable, Lettuce, Iceberg, Shredded, Markon, Veg-O); Raw tomatoes); Wrap Veggie Secondary (Tortilla Flour Whole Wheat 12"; Removed in CN21 CHEESE, MOZZARELLA, LMPS, FROZEN, SHREDDED; BROCCOLI,RAW; CAULIFLOWER,RAW; Raw tomatoes; Vegetable, Lettuce, Iceberg, Shredded, Markon, Veg-O (Vegetable, Lettuce, Iceberg, Shredded, Markon, Veg-O); PEPPERS,SWT,GRN,RAW)

Yogurt parfait, sunflower seeds or string cheese, 1B snack bag

PER SERVING (1 ea.)

268 CALORIES	2.1g SAT FAT	217mg SODIUM	40.7g CARBS
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Allergens: Contains Milk, Soy, Wheat.

Made With: Yogurt Parfait (Yogurt, Lowfat Vanilla 32 oz, Yoplait, General Mills, 439000, MMA (Yogurt, Lowfat Vanilla 32 oz, Yoplait, General Mills, 439000, MMA); STRAWBERRY CUPS USDA; GRANOLA, NV OATS AND HONEY (GRANOLA, NV OATS AND HONEY)); Snack Bag elementary 1B (GRAHAMS, SCOOPY DOO (Graham Cracker, Keebler Scooby-Doo Graham Cracker Sticks, Cinnamon, 1 oz, Kellogg's, 50689, WGR); Removed in CN20 COOKIES, GRAHAM CRACKERS, CINNAMON, BUG BITES; Removed in CN20 SNACK MIX, ULTIMATE CHEDDAR; Granola, strawberry (Granola, strawberry)); SUNFLOWER SEEDS (SUNFLOWER SEEDS 88090); Cheese, Mozzarella String Cheese Stick, LMPS, Bongards, 40240, MMA
