

Baked Products					
Item	Serving Size	Calories	Carbohydrate	Sodium	Fiber
205001 Bakery Mix, Dry	1/3 cup	149	23g	530mg	2.7g
106001 Cookie, Carnival	1	120	18g	105mg	0g
106005 Cookie, Choc Chip	1	130	17g	95mg	<1g
106010 Cookie, Double Chip	1	120	18g	105mg	0g
104011 Cookie, Jumbo Choc Chip	1	380	52g	280mg	2g
106002 Cookie, Choc Chip Red.fat	1	80	12g	60mg	0g
106015 Cookie, Oatmeal Raisin	1	120	17g	110mg	<1g
106020 Cookie, Ranger Tray	1	130	16g	105mg	<1g
106025 Cookie, Sugar Tray	1	120	18g	110mg	0g
105025 Cheese Danish	1	150	19g	100mg	0g
104025 Apple Cinnamon Muffin	1	180	22g	200mg	<1g
104030 Banana Nut Muffin	1	220	28g	240mg	1g
104035 Blueberry Muffin	1	180	22g	190mg	<1g

	BREAKFAST				
Item	Serving Size	Calories	Carbohydrate	Sodium	Fiber
207001 Breakfast Bagel Pizza	1 slice	218	31g	489mg	1.28g
207090 Egg, Scrambled Precooked	1.75 oz	80	1g	220mg	0g
207091 Omelet Cheddar Fully Cooked	2.1 grams	110	1g	210mg	0g
207092 Egg, Muffin Sandwich	4.75 oz	297	29g	708mg	0g
206114 Energy Bar, Caramel Choc	1 bar	200	30g	200mg	<1g
206114 Energy Bar, Choc Almond	1 bar	200	26g	140mg	2g
206114 Energy Bar, Orange Crisp	1 bar	220	26g	85mg	<1g
206114 Energy Bar, Apple Crisp	1 bar	200	27g	170mg	1g
205040 French Toast Sticks	2 sticks	160	21g	260mg	0g
107014 Breakfast Egg&Sausage Sand	1 sandwich	370	40g	750mg	5g
202075 Eggs, Frozen	1 oz	43	<1g	71mg	0g
Tony's Breakfast Pizza Sausage/gravy	3 oz	230	24g	600mg	1g
Tony's Breakfast Pizza Sausage	3 oz	230	24g	630mg	2g
Breakfast Taquito	1 taquito	170	20g	430mg	1g
Morning Sausage Roll	1 roll	140	17g	450mg	<1g
Nutri-grain Bar Apple Cinnamon	1 bar	140	27g	110mg	1g
Nutri-grain Bar Blueberry	1 bar	140	27g	110mg	1g
Nutri-grain Bar Strawberry	1 bar	140	27g	110mg	1g
Kelloggs Cereal, Apple Jacks	18 grams	70	16g	80mg	0g
Kelloggs Cereal, Cocoa Krispies	32 grams	130	28g	150mg	1g
Kelloggs Cereal, Complete	25 grams	80	20g	180mg	4g
Kelloggs Cereal, Cornflakes	21 grams	80	18g	150mg	1g
Kelloggs Cereal, Cornpops	21 grams	80	19g	85mg	0g
Kelloggs Cereal, Fruit Loops	21 grams	80	18g	95mg	0g
Kelloggs Cereal, Frosted Flakes	28 grams	110	26g	135mg	0g
Kelloggs Cereal, Frosted Mini Wheats	28 grams	100	23g	95mg	3g
Kelloggs Cereal, Rice Krispies	18 grams	70	16g	170mg	0g
Kelloggs Cereal, Raisin Bran	35 grams	110	27g	210mg	5g
General Mills, Cheerios	19 grams	70	14g	125mg	2g
General Mills, Enriched Corn Grits	1/4 cup	160	36g	0mg	1g
Kelloggs Poptarts, Apple Cinnamon	1 pastry	210	37g	180mg	1g
Kelloggs Poptarts, Cherry-filled	1 pastry	200	37g	180mg	1g
Kelloggs Poptarts, Frosted Blueberry	1 pastry	200	37g	170mg	1g
Kelloggs Poptarts, Frosted Brown Sug	1 pastry	210	34g	180mg	1g
Kelloggs Poptarts, Frosted Strawberry	1 pastry	200	38g	170mg	1g
Bigford Buttermilk Biscuit	2.25 oz	180	26.9g	354mg	1g

Item	Serving Size	Calories	Carbohydrate	Sodium	Fiber
Ms. Butterworths Mini Pancakes	13 pancakes	240	46g	640mg	2g
Pancake Wrap (Blueberry/maple)	1 stick	240	27g	340mg	1g
Jones Dairy Farm, Precooked sausage	1 patty	220	<1g	380mg	0g
Bagel-ers (Brown sugar w/cream cheese)	1	190	35g	220mg	3g
Bagel-ers (Plain w/cream cheese)	1	190	31g	230mg	3g
Brill Breakfast Roll Icing	100 grams	330	83g	23mg	0g

	DAIRY				
Item	Serving Size	Calories	Carbohydrate	Sodium	Fiber
203020 Cheese Blnd Amer/slice	2 oz	140	4g	820mg	0g
203010 Cheese Cheddar Red.fat	1 oz	80	0g	257mg	0g
203051 Cheese, Cheddar Snack Pack	1 oz	80	0g	206mg	0g
203005 Cheese, Cheddar Shred	1/2 cup	228	<1g	351mg	0g
203032 Cheese, Cottage Low-fat	2 oz	51	2g	229mg	0g
203030 Cheese, Mozz Shred	1 oz	90	0g	149mg	0g
203031 Cheese, Mozz	1 oz	90	0g	149mg	0g
203040 Cheese, Mozz Lite Shred	1 oz	86	1g	150mg	0g
203055 Cheese, Proc Sliced Blend	2 oz	140	4g	820mg	0g
203035 Cheese, Processed	2 oz	140	4g	820mg	0g
203070 Cheese Sliced	1 oz	106	0g	406mg	0g
207004 Cheese, Italian Mozz Stick	7 sticks	290	29g	1060mg	1g
207008 Cheese, Sliced Process	1 slice	52	<1 g	252mg	<1g
207009 Cheese, Shredded Yellow	1 oz	110	1g	180mg	0g
207015 Sandwich, Grilled Cheese	5 oz	460	54g	330mg	3g
207080 Cheese Stick, Processed	6 sticks	460	28g	860mg	N/A
204032 Milk, NFD Instant	1 cup	80	12g	125mg	0g
207039 Milk, Box Chocolate	1 carton	200	33g	170mg	1g
207044 Milk, Vanilla Processed	1 carton	190	30g	170mg	0g
207048 Milk, 1%	1 carton	140	17g	170mg	0g
207049 Milk, Strawberry Processed	1 carton	190	30g	170mg	0g
800035 Milk, Assorted Flavors	1 cup	150	12g	125mg	0g
800040 Buttermilk, Red.fat	1 cup	120	12g	310mg	0g
207199 Yogurt, Strawberry	6 oz	180	27g	290mg	0g
207199 Yogurt, Mixed Berry	6 oz	180	27g	290mg	0g
207199 Yogurt, Peach	6 oz	180	26g	280mg	0g

	FATS/OILS				
Item	Serving Size	Calories	Carbohydrate	Sodium	Fiber
207060 Dressing, Ranch Processed	1.5 oz	90	9g	270mg	0g
207070 Ranch Dressing	2 tbsp	145	2g	245mg	<1g
204120 Oil, Vegetable Shortening	1 tbsp	113	0g	0mg	0g
204037 Oil, Soybean	1 tbsp	120	0g	0mg	0g
204115 Shortening, Vegetable	1 tbsp	113	0g	0mg	0g
ADM Table Grade Margarine	1 Tbsp	100	0g	138mg	0g

	FRUITS				
Item	Serving Size	Calories	Carbohydrate	Sodium	Fiber
201035 Cherries Canned	1/4 cup	58	14g	0mg	1g
201040 Cherries Frzn IQF	1/4 cup	58	14g	0mg	1g
201045 Cranberry Sauce	1/4 cup	110	26g	35mg	0g
201070 Grapefruit	1/2 cup	38	9g	0mg	0g
201082 Mixed Fruit Canned	1/4 cup	36	9g	3mg	0g
201090 Peaches Diced	1/4 cup	33	9g	3mg	0g
201095 Peaches Frozen	4.4 oz	117	30g	7mg	2g
201110 Peaches Sliced	1/4 cup	33	9g	3mg	0g
201115 Pineapple Chunks	1/4 cup	32	8g	0mg	.5g
201116 Pear Halves	1/4 cup	36	9g	3mg	1g
201120 Pineapple Crushed	1/4 cup	32	8g	0mg	.5g
201125 Pineapple Tidbits	1/4 cup	32	8g	0mg	.5g
201140 Prunes Dried Pitted	1/2 cup	133	34g	1mg	3.8g
201145 Raisins	1/4 cup	120	31g	5mg	1g
201150 Raisins IND	1.33 oz (38g)	110	30g	5mg	1g
201155 Raspberries FRZ	1/4 cup	13	3g	<1mg	<1g
201160 Strawberries FRZ	1/4 cup	13	3g	0mg	0g
201165 Strawberry Slice	1/4 cup	61	17g	2mg	1g
201166 Strawberry Cup	4.5oz	108	29g	3.3mg	2g
201005 Apples Sliced Frozen	1/4 cup	25	5g	6mg	0g
201015 Applesauce A350	1/4 cup	48	12g	2mg	0g
201017 Applesauce Purple	4 oz	82	19.5g	3mg	1.2g
201018 Applesauce Plain	1/4 cup	25	5g	6mg	0g
201020 Apricots A360	2 halves	50	13g	3mg	1g

	MEAT				
Item	Serving Size	Calories	Carbohydrate	Sodium	Fiber
207045 Beef, Crumbles Process	2.44 oz	162	<1g	167mg	<1g
202027 Beef Crumbles 100% Beef	2 oz	151	2g	320mg	1.5g
202030 Beef, Ground	2 oz	140	0g	40mg	0g
202009 Beef, Patty All Beef	3 oz	210	8g	490mg	2g
202010 Beef Patty w/VPP	2 oz	185	0g	59mg	0g
202015 Beef, Patty Lean	3 oz	210	8g	490mg	2g
202020 Beef, Roast	3 oz	184	0g	56mg	0g
202024 Beef, Chili Mac	7 oz	260	23g	640mg	N/A
202025 Beef Canned	1 oz	42	0g	98mg	0g
207055 Beef, Patty Processed	3 oz	210	2g	280mg	0g
202026 Beef, Patty Flame Brl	2 oz	164	<1g	219mg	<1g
207058 Beef, Rib BBQ Patty	2.5 oz	145	3g	718mg	1g
207046 Beef Meatball	2.85 oz	165	5g	554mg	1g
207059 Beef Salisbury Steak	2.78 oz	158	5g	446mg	1g
207047 Beef, Taco Meat	2 oz	110	4g	490mg	N/A
207054 Beef, Sloppy Joe	3.75 oz	230	8g	630mg	1g
207050 Beef Teriyaki Meatballs	3.53 oz	206	23g	876mg	<1g
202045 Chicken, Breaded	1 breast	162	5g	164mg	0g
206999 Chicken Breast Patty	3 oz	155	4.3g	452mg	1.2g
202050 Chicken, Canned Boned	1 oz	52	0g	38mg	0g
202055 Chicken, Cut Up Fully Cookd	1 oz	68	0g	23mg	0g
202056 Chicken, Diced	1 oz	50	0g	20mg	0g
202065 Chicken, Drumsticks	2 oz	140	0g	48mg	0g
207012 Chicken, Fajita Strips	3 oz	170	2g	240mg	0g
207063 Chicken, Fajita	3.5 oz	163	0g	630mg	0g
207011 Chicken Legs, Processed	2 pieces	150	0g	75mg	0g
207018 Chicken Frozen Diced	1 oz	50	0g	20mg	0g
202070 Chicken, Leg Quarters	2 oz	140	0g	48mg	0g
207013 Chicken Breaded Filet	1 filet/1.65 oz	140	7g	200mg	0g
207016 Chicken Breaded Tenders	2 oz	200	34g	360mg	0g
207017 Chicken Wings Processed	3.5 oz	180	<1g	625mg	0g
202080 Ham, Cooked Water Added	1 oz	42	0g	327mg	0g

Item	Serving Size	Calories	Carbohydrate	Sodium	Fiber
202090 Ham, Roast Fresh	3 oz	175	0g	55mg	0g
202165 Ham, Turkey	3.53 oz	114	3g	908mg	0g
202095 Pork, NJ	1 oz	75	0g	21mg	0g
202100 Pork, Ground	1 oz	75	0g	21mg	0g
202101 Pork, Sloppy Joe Mix	4 oz	160	10g	715mg	1.5g
202102 Pork, Taco Filling	2 oz	110	4g	490mg	N/A
202140 Turkey, Breast Deli	1 oz	27	0g	340mg	0g
202155 Turkey, Crumbles Process	3 oz	100	2g	420mg	0g
207031 Turkey, FRYZ	2.8 oz	163.5	8.91g	752mg	<1g
202160 Turkey, Roast	2 oz	103	0g	378mg	0g
202150 Turkey, Roast White	1 oz	44	0g	193mg	0g
207032 Turkey Taco Filling	3.75 oz	190	3g	646mg	0g
202170 Turkey, Whole	1 oz	59	0g	19mg	0g
108006 Fish, Tenders Secondary	120 grams	210	21g	390mg	2g
202130 Tuna Fish	1 oz	33	0g	96mg	0g
202120 Salmon, Pink	2 oz	60	0g	330mg	0g
202136 Catfish, Strips	3 oz	200	7g	240mg	1g
108003 Fish, Pollock Krunchy	3.5 oz	213	14g	737mg	1.76g
108005 Fish, Pollock Breaded	4 oz	244	19g	422mg	<1g

	ICE CREAM/SWEETS					
Item	Serving Size	Calories	Carbohydrate	Sodium	Fiber	
400301 Ice Cream Swh	3.75 fl oz	180	27g	110mg	1g	
400302 Ice Cream Mini Vanilla	1.4 fl oz	170	14g	45mg	0g	
400303 Ice Cream Rainbow	1.25 fl oz	80	20g	5mg	0g	
400308 Ice Cream	1.4 fl oz	210	19g	70mg	0g	
400308 Ice Cream Blast	4 fl oz	190	28g	105mg	<1g	
400309 Ice Cream All Grp	3.75 fl oz	190	29g	160mg	<1g	
400311 Ice Cream Almond	2.75 oz	240	19g	65mg	<1g	
400312 Ice Cream Belle	3 fl oz	180	15g	45mg	0g	
400313 Ice Cream Cookie	4 fl oz	230	29g	85mg	<1g	
400314 Ice Cream CK/SW	3.75 fl oz	190	29g	160mg	<1g	
400315 Ice Cream Cones	4.6 fl oz	290	38g	105mg	<1g	
400318 Ice Fudge Bar	3 fl oz	140	21g	75mg	<1g	
400317 Ice Cream Grizzle	3.25 fl oz	190	18g	55mg	0g	
400320 Ice Cream Sherbet	3 oz	100	14g	45mg	0g	
400321 Ice Cream Yogurt	1/2 cup	117	17g	63mg	0g	
400322 Ice Cream Holiday	3 oz	90	11g	45mg	0g	
400323 Krunch Bar	3.25 fl oz	220	20g	70mg	0g	
400324 Ice Cream Neopolitan	3.75 fl oz	170	26g	110mg	<1g	
400326 Ice Cream Orange	3.0 fl oz	90	21g	25mg	0g	
400327 Ice Cream PopUp	2.75 fl oz	90	20g	20mg	0g	
400328 Ice Cream Rainbow	3.75 fl oz	120	30g	10mg	0g	
400329 Ice Cream Snicker	2.66 fl oz	250	25g	85mg	1g	
400330 Ice Cream Tx Dbl	4 fl oz	240	29g	90mg	1g	
400331 Ice Cream Van	3.75 fl oz	180	27g	110mg	<1g	
400332 Double Van. Sandwich	3.75 fl oz	170	25g	110mg	0g	
104001 Cookie Ch Chip	3 oz	380	52g	280mg	2g	
106001 Cookie Carnival		120	18g	105mg	0g	1
106002 Cookie Red.fat Ch Chip		80	12g	60mg	0g	1
106005 Cookie Choc Chip		130	17g	95mg	1g	1
106015 Cookie Oatmeal Raisin		120	17g	110mg	1g	1
106010 Cookie Dbl Ch Chip		120	18g	105mg	0g	1
106020 Cookie Ranger		130	16g	105mg	1g	1
106025 Cookie Sugar		120	18g	110mg	0g	1

Item	Condiments				
	Serving Size	Calories	Carbohydrate	Sodium	Fiber
20090 Salsa, Canned	1/4 cup	20	4g	256mg	0g
211015 Catsup (packet)	1 packet	6	1.5g	67mg	0g
211015 Catsup	2 oz	70	18g	690mg	<1g
10090 Heinz Grape Jelly	1 package	35	9g	5mg	0g
Heinz Strawberry Jam	1 package	35	9g	0mg	0g
Sun Light Worcestershire Sauce	1 tbsp	0	<1g	125mg	0g
110120 Heinz Syrup	1 package	40	10g	15mg	0g
10079 Heinz Apple Jelly	1 package	35	9g	5mg	0g
Heinz Sweet and Sour Sauce	28 grams	30	8g	90mg	0g
Heinz Tartar Sauce	1 packet	60	1g	100mg	0g
Heinz Taco Sauce	1 packet	4	1g	55mg	0g
Heinz Honey Mustard Sauce	28 grams	45	9g	115mg	0g
110110 Sun Light Prepared Mustard	1 tsp	0	0g	68mg	0g
110100 Sun Light Mayonnaise	1 tbsp	45	0g	0g	0g
110070 Ken's Thousand Island Dressing	2 tbsp	130	4g	300mg	0g
Ken's Lite Italian Dressing	2 tbsp	25	2g	370mg	0g
110035 Ken's Deluxe French Dressing	2 tbsp	110	5g	250mg	0g
110065 Lite Ranch	2 tbsp	80	6g	N/A	0g
Hellman's Mayonnaise	1 tbsp	100	0g	80mg	0g
Pauly Cream Cheese	1 oz	90	2g	120mg	0g
Pauly Sour Cream	1 oz	60	2g	15mg	0g
Del Destino Sliced Olives	2 tbsp	30	<1g	140mg	0g
Distilled White Vinegar	15 gram	2	1g	0mg	0g
110179 Lawry's Taco Seasoning Mix	2 tsp	15	3g	340mg	<1g
00229 Cube Seasoned Croutons	22 croutons	35	4g	90mg	0g
110125 Hunts Picante Sauce	2 Tbsp	11	2g	256mg	0g
110130 Dill Pickles, Sliced	4 slices	5	1.15g	359mg	0g
110140 Sweet Relish	1 Tbsp	20	5g	122mg	0g
110165 BBQ Sauce	2 tbsp	40	9g	370mg	4g

	SNACKS					
Item	Serving Size	Calories	Carbohydrate	Sodium	Fiber	
206057 Peanut Butter Smooth	2 Tbsp	160	7g	57mg	0g	
206065 Peanuts, Roasted	1 oz	165	5g	1mg	2g	
206060 Walnuts	1 oz	182	5g	3mg	1g	
204021 Trail Mix-Fruit	1/3 cup	180	31g	0mg	4g	
Flavor Fresh Strawberry Gelatin Mix	19 gram	70	17g	30mg	0g	
Flavor Fresh Raspberry Gelatin Mix	19 gram	70	17g	30mg	0g	
Chips, Baked BBQ	1 oz	120	22g	210mg	2g	
Chips, Baked Regular	1 oz	110	23g	150mg	2g	
Chips, Crunchy Cheetos	1 oz	160	15g	290mg	<1g	
Chips, Cooler Ranch Doritos	1 oz	140	18g	170mg	1g	
Chips, Nacho Cheesier Doritos	1 oz	140	17g	190mg	1g	
Chips, Regular Fritos	1 oz	160	15g	170mg	1g	
Chips, Regular Lays	1 oz	150	15g	180mg	1g	
Chips, Salt and Vinegar Lays	1 oz	150	15g	340mg	1g	
Chips, Sour Cream and Onion	1 oz	150	15g	180mg	1g	
Rold Gold Classic Tiny Pretzels	1 oz	110	23g	580mg	1g	
Tostitos Bite Size Rounds	1 oz	140	17g	110mg	1g	
Superpretzel Soft Pretzels		1	190	40g	160mg	2g
400207 Chips, Munchies Mix(Kids)	1 oz	130	20g	250mg	1g	
400207 Chips, Munchies Mix(CoolRanch)	1 oz	140	19g	260mg	1g	
400207 Chips, Munchies Mix(Cheddar)	1 oz	130	19g	230mg	1g	
400207 Chips, Munchies Mix(Traditional)	1 oz	130	19g	230mg	1g	
400207 Chips, Munchies Mix(FlaminHot)	1 oz	140	17g	190mg	<1g	
113060 Graham crackers(cinnamon)	1 pkg	90	16g	95mg	<1g	
113060 Graham Crackers(Original Honey)	1 pkg	90	16g	95mg	<1g	
Saltine Crackers	5 crackers	70	11g	220mg	0g	

	SAUCES				
Item	Serving Size	Calories	Carbohydrate	Sodium	Fiber
207005 Cheese, Jalapeno Sauce	2 oz	120	2.5g	579mg	0g
207002 Cheese, Cheddar Sauce	2 oz	120	2.5g	543mg	0g
207057 Beef, Spaghetti Sauce	6 oz	168	10g	497mg	2g
Turkey Spaghetti Sauce	6 oz	206	9g	768mg	2.5g
207014 Sausage, Turkey and Gravy	2 oz	150	7g	700mg	N/A
207030 Spaghetti Sauce Processed	100 grams	48	8g	590mg	N/A
207007 Cheese, Sauce Nacho	1/4 cup	128	4g	580mg	<1g

	Pasta/Dough/Tortillas				
Item	Serving Size	Calories	Carbohydrate	Sodium	Fiber
Los Amigos Yellow Tortilla Chips	8 chips	160	20g	25mg	2g
Los Amigos Yellow Taco Shells	2 shells	160	16g	85mg	1g
Los Amigos 6" Flour Tortilla	1	105	17.3g	150mg	<1g
Los Amigos 8" Flour Tortilla	1	130	24g	270mg	1g
Rice, White Long Grain Enriched	1 cup	675	147g	9mg	2.4g
Frosty Acres Parboiled Rice	1/4 uncooked	170	37g	0mg	N/A
Southern Style Biscuit Dough	2.25 oz	350		1184mg	
Italpasta Egg Noodles	85 grams dry	317	61g	15mg	2.9g
10" Enriched Long Spaghetti	3/4 cup	210	42g	0mg	2g
General Mills, Frozen White Sub Sand dough	7 oz	470	86g	960mg	3g
Hearthside Fully Baked Breadsticks	1.35 oz	111	19g	130mg	<1g
30034 Wheat Buns	1 bun	150	27g	290mg	1g
Earthgrains Ironkids Special Recipe Bread	2 slices	110	23g	230mg	3g
Earthgrains Giant Enriched White Bread	2 slices	130	24g	270mg	1g
Earthgrains Seeded Hamburger Buns	1 Roll	150	28g	310mg	1g
Earthgrains Enriched Coney Buns	1 bun	110	21g	230mg	1g
Earthgrains French Split Top Rolls	1 roll	220	43g	410mg	2g
Earthgrains Wheat Steak Roll	1 roll	190	34g	370mg	2g
Earthgrains Honey Wheatberry Bread	1 slice	100	19g	220mg	2g
SaraLee Honey Wheat Bagel	1 bagel	250	50g	397mg	4g
SaraLee Cinnamon Raisin Bagel	1 bagel	260	55g	460mg	4g
IronKids Crustless Bread	2 slices	80	18g	180mg	2g
300320 Earthgrains Texas Toast	1 slice	100	20g	220mg	1g
300326 Earthgrains Enriched Hamburger Buns	1 bun	120	22g	240mg	1g
300345 Earthgrains Crystal Roll	1 Roll	90	16g	180mg	1g
300390 Earthgrains Premium Soft Bread	1 slice	70	13g	160mg	1g