

OVEC Food & Beverage List (July 2017 - June 2018)

August 17, 2017

Nutrikds Recipe #	Product	Manufacturer	Portion Size	Calories	Fat g	Sat Fat g	Sodium mg	Carb g	Protein g	Chol mg	Fiber g	Iron mg	Calcium mg	Vit A IU	Vit C mg
6944	BID/APPLES, SLICED 6/10	GFS 117773	1/2 CUP	51	0	0	10	12.28	0	0	2.05	0	0	46	0
7497	BID/APPLES, SLICES, 2 OZ BAG	PETERSON FARMS	2 OZ	30	0	0	0	7	0	0	1	0	20	30	21
6856	BID/APPLESAUCE, BLUE RASPBERRY	NAT FOOD GROUP A88350	4.5 OZ	90	0	0	15	22	0	0	2	0	0	95	60
6857	BID/APPLESAUCE, SOUR APPLE	NAT FOOD GROUP A88360	4.5 OZ	90	0	0	15	22	0	0	2	0	0	95	60
7502	BID/APPLESAUCE, UNSWEETENED 6/10	GFS 271497	1/2 CUP	48	0	0	10	12.57	0	0	1.93	0	0	43	0
6855	BID/APPLESAUCE, WATERMELON	NAT FOOD GROUP A88330	4.5 OZ	90	0	0	15	22	0	0	2	0	0	95	60
7490	BID/BACON, ROUND SLICE	GFS/FRESH MARK	1 SLICE	35	3	1	120	0	2	8	0	0	0	0	0
7489	BID/BACON, SLICES	GFS/FRESH MARK	1 SLICE	25	2	0.75	85	0	1.5	5	0	0	0	0	0
7501	BID/BAGEL, BLUEBERRY, WG	LENDERS 80	2.25 OZ	170	1	0	190	34	7	0	4	1.8	60	35	0
6245	BID/BAGEL, CINNAMON RAISIN, WG	LENDERS 78	2.25 OZ	170	1.5	0	150	33	7	0	5	1.8	0	40	0
6847	BID/BAGEL, MINI CINNAMON CREAM CHEESE	GEN MILLS 38399	2.43 OZ	240	6	2.5	180	41	6	10	2	1.44	20	100	0
6848	BID/BAGEL, MINI STRAWBERRY CREAM CHEESE	GEN MILLS 38413	2.43 OZ	240	6	2.5	180	41	6	10	2	1.08	20	100	0
3575	BID/BAGEL, WHITE WHOLE GRAIN	LENDERS 74/75	2 OZ	140	1	0	180	29	6	0	4	1.8	40	25	0
3799	BID/BAR, CEREAL, COCOA PUFFS	GEN MILLS 45577	1.42 OZ	150	3	0	100	30	3	0	3	1.8	200	100	1.2
5776	BID/BAR, CEREAL, GOLDEN GRAHAM	GEN MILLS 31913	1.42 OZ	150	3	0	110	30	2	0	3	1.44	200	100	0
3532	BID/BAR, CEREAL, TRIX	GEN MILLS 31915	1.42 OZ	150	3.5	0	100	30	2	0	2	1.8	250	100	1.2
3800	BID/BAR, CEREAL, CINN TOAST CRUNCH	GEN MILLS 45576	1.42 OZ	150	3.5	0	115	30	3	0	3	1.8	250	100	1.2
3527	BID/BAR, CEREAL, STRAWBERRY TEAM CHEERIO	GEN MILLS 31914	1.42 OZ	150	3.5	0.5	85	30	2	0	3	1.8	200	40	0
7503	BID/BAR, CHOC CHIP OAT CRISPS	GEN MILLS 4825	1.2 OZ	150	5	1	135	25	3	0	2	0.72	0	45	0
5830	BID/BAR, COCOA CHERRY, WG	NAT FOOD GROUP GFC800WG	2.2 OZ	200	7	1.5	55	38	4	0	4	1.8	0	100	0
7553	BID/BAR, CRUNCH, CHERRY APPLE	FATHERS TABLE	2.25 OZ	260	8	2	105	43	3	0	3	1.44	20	100	1.2
7554	BID/BAR, CRUNCH, LEMON CHIP	FATHERS TABLE	2.25 OZ	250	8	2	160	41	4	10	3	1.8	20	100	1.2
7555	BID/BAR, CRUNCH, TRIPLE BERRY	FATHERS TABLE	2.25 OZ	260	8	1.5	125	42	4	0	3	1.44	20	80	1.2
8510	BID/BAR, GRANOLA, CHOC CHIP	QUAKER 31182	.84 OZ	100	3.5	1.5	70	17	1	0	1	0.36	80	35	0
6207	BID/BAR, GRANOLA, OAT N HONEY	GEN MILLS 33530	1.5 OZ	190	7	1	180	29	3	0	2	0.72	0	55	0
6251	BID/BAR, NUTRI GRAIN, APPLE CINN	KELLOGGS 59779	1.55 OZ	160	4	0.5	130	30	2	0	3	1.8	200	750	0
5777	BID/BAR, NUTRI GRAIN, BLUEBERRY	KELLOGGS 90819	1.55 OZ	160	4	0.5	130	30	2	0	3	1.8	200	750	0
5446	BID/BAR, NUTRI GRAIN, STRAWBERRY	KELLOGGS 59772	1.55 OZ	160	4	0.5	150	29	2	0	3	1.8	200	750	0
5203	BID/BAR, OATMEAL, CHOC CHIP	GEN MILLS 45977	1.24 OZ	150	5	1	105	24	2	0	2	0.72	0	40	0
5778	BID/BAR, OATMEAL, DOUBLE CHOC	GEN MILLS 45977	1.24 OZ	150	5	1	115	24	2	0	3	0.72	0	40	0
7512	BID/BAR, RICE KRISPIE, CHOC CHIP	KELLOGGS 14567	1.59 OZ	190	5	2	150	34	2	0	0	1.8	0	70	0
7511	BID/BAR, RICE KRISPIE, MINI, WG	KELLOGGS 11052	.42 OZ	50	1	0	45	9	0	0	0	0.36	0	15	0
3805	BID/BAR, RICE KRISPIE, WG	KELLOGGS 11052	1.41 OZ	160	4	1	140	30	2	0	0	1.8	0	55	0
7774	BID/BASE, BEEF, LOW SODIUM	NESTLE MINORS	1 TSP	16	0.76	0	178	0.66	1.11	1	0.04	0.02	0.78	0	0.01
7775	BID/BASE, CHICKEN, LOW SODIUM	NESTLE MINORS	1 TSP	19	0.31	0.09	173	2.37	1.11	1	0.01	0.85	0	0	5.68
7776	BID/BASE, HAM	NESTLE MINORS	1 TSP	13	0.2	0.06	1096	1.84	0.93	0	0.01	0.02	0.96	3	0.08
7777	BID/BASE, VEGETABLE	NESTLE MINORS	1 TSP	14	0.23	0.03	838	2.66	0.71	0	0.03	1.06	0.16	1	30.64
8511	BID/BEANS, BLACK, CANNED	GRAN SAZON	1/2 CUP	220	0	0	661	36.71	11.01	0	14.7	4.96	275.34	9	0
7767	BID/BEANS, BLACK, LOW SODIUM, CANNED	BUSHES 1885	1/2 CUP	203	0.85	0	237	38.97	11.86	0	10.2	3.05	101.66	8	0
7617	BID/BEANS, CHILI, CANNED	GFS 192015	1/2 CUP	117	0	0	665	22.17	8.17	0	2.33	3.15	46.67	350	1.4
7618	BID/BEANS, GARBANZO, CANNED	GFS 118753	1/2 CUP	136	2.48	0.62	371	22.29	7.43	0	6.19	0.89	74.29	19	0
7619	BID/BEANS, GREAT NORTHERN, CANNED	GFS 119075	1/2 CUP	88	0.8	0	241	16.05	4.81	0	4.81	0.58	32.1	8	0
7794	BID/BEANS, GREEN, CANNED	GFS 118737	1/2 CUP	21	0	0	309	4.26	1.06	0	2.13	0.38	21.28	213	3.83
8162	BID/BEANS, GREEN, FROZEN	KITCHEN ESSENTIALS	1/2 CUP	28	0	0	0	5.52	0.92	0	1.84	0.66	36.8	184	2.21
7519	BID/BEANS, LIMA, FROZEN	GFS 119296	1/2 CUP	110	0	0	241	20.05	6.02	0	5.01	1.44	40.11	10	9.02
7826	BID/BEANS, NAVY, CANNED	GFS 555473	1/2 CUP	85	0	0	149	14.88	4.25	0	6.38	1.53	42.52	0	0
7620	BID/BEANS, PINTO, CANNED	GFS 216475	1/2 CUP	123	0	0	412	28.81	8.23	0	8.23	1.48	109.74	0	1.65
4670	BID/BEANS, REFRIED, VEGETARIAN	BASIC AMERICAN 54914	1/2 CUP	180	1.5	0.5	644	30	10	0	10	2.42	55.78	0	0.92
7783	BID/BEANS, VEGETARIAN, CANNED	GFS 298913	1/2 CUP	137	0	0	496	27.45	7.39	0	6.33	1.9	63.34	32	0
4690	BID/BEEF DIPPER W/TERIYAKI	ADV PIERRE 3740	4 EACH/2.8 OZ	160	8	3.5	440	6	14	40	1	1.44	20	20	0
7800	BID/BEEF DIPPER W/TERIYAKI	ADV PIERRE 3827	4 EACH/2.8 OZ	150	8	3.5	420	6	12	35	1	1.8	20	100	0

Nutrikds Recipe #	Product	Manufacturer	Portion Size	Calories	Fat g	Sat Fat g	Sodium mg	Carb g	Protein g	Chol mg	Fiber g	Iron mg	Calcium mg	Vit A IU	Vit C mg
4038	BID/BEEF PATTY, APPLESAUCE	ADV PIERRE 155-425-20	2.5 OZ	140	9	3.5	270	2	13	30	1	1.8	20	100	1.2
8576	BID/BEEF PATTY, CHICKEN FRIED	ADV PIERRE 95322CN	3 OZ	250	18	6	350	11	12	30	2	1.8	40	0	0
7552	BID/BEEF PATTY, FLAMEBROIL	ADV PIERRE 80124ACN	2.4 OZ	150	11	4.5	240	1	12	30	1	1.8	20	100	0
3705	BID/BEEF PATTY, FLAMEBROIL	ADV PIERRE 80124ADFL	2.4 OZ	130	8	3.5	250	1	12	35	1	1.8	20	100	0
7958	BID/BEEF PATTY, SALISBURY	ADV PIERRE 76-730	3 OZ	200	14	3.5	390	6	12	35	1	1.44	20	100	1.2
8567	BID/BEEF PATTY, SALISBURY	ADV PIERRE 16-530-0	3 OZ	200	14	6	350	6	14	45	1	1.8	40	5	1.2
8566	BID/BEEF PATTY, SALISBURY	ADV PIERRE 16-521-0	2.14 OZ	140	10	4	250	3	10	30	1	1.08	20	5	1.2
6227	BID/BEEF PATTY, STEAK	JTM 5670	2.45 OZ	166	12	4.8	254	0	12	49	1	1	20	0	0
4686	BID/BEEF STEAK, PHILLY, RED SODIUM	JTM 5813	2.86 OZ	143	8	3.4	389	3	13	40	0	1	10	19	0
3084	BID/BEEF, CHILI W/ BEAN, REDUCED FAT	JTM 579	5.83 OZ	153	5.02	1.71	231	15.06	13.05	31	4.01	3.01	51.19	1257	19.07
3915	BID/BEEF, CHILI, CINCY STYLE	JTM 519	5.58 OZ	222	16	5.9	346	6	14	54	1	2	32.01	975	6
4680	BID/BEEF, CHILI, NO BEAN, REDUCED FAT	JTM 5333	5.15 OZ	161	6	2.3	288	11	15	44	3	2	51	1300	20
5317	BID/BEEF, MEATBALLS, RED SODIUM	JTM 5035	4 EACH/2.6 OZ	151	9	3.5	216	5	12	36	1	2	63.99	5	1
8669	BID/BEEF, MEATBALLS/MARINARA	JTM 5853	4 EACH/3.9 OZ	173	9	3.5	680	10	13	36	2	2	69	245	8
6073	BID/BEEF, SLOPPY JOE, REDUCED FAT & SODIUM	JTM 545	3.63 OZ	145	6	2.2	417	10	13	44	2	2	34	459	6
5393	BID/BEEF, SPAGHETTI SAUCE, REDUCED FAT	JTM 5578	5.6 OZ	167	7	2.8	290	9	15	55	2	2	44	647	19
683	BID/BEEF, TACO MEAT, REDUCED FAT & SODIUM	JTM 5250	3.17 OZ	111	5	1.8	292	5	13	35	2	2	41	645	5
7828	BID/BEETS, PICKLED, SLICED, CANNED	GFS 148393	1/2 CUP	32	0	0	201	6.43	0	0	0.8	0	0	24	4.82
7558	BID/BEVERAGE, BLUE - EPIC	FRUIT 66	8 OZ	120	0	0	10	30	0	0	0	0	0	110	60
6332	BID/BEVERAGE, GREEN - EPIC	FRUIT 66	8 OZ	119	0	0	10	28	0	0	1	0	100	500	60
5807	BID/BEVERAGE, PURPLE - EPIC	FRUIT 66	8 OZ	120	0	0	10	29	0	0	1	0	100	500	60
5808	BID/BEVERAGE, RED - EPIC	FRUIT 66	8 OZ	117	0	0	10	28	0	0	1	0	100	500	60
6331	BID/BEVERAGE, STRAWBERRY MELON	FRUIT 66	8 OZ	119	0	0	10	28	0	0	0	0	100	500	60
5167	BID/BEVERAGE, TROPICAL PUNCH	FRUIT 66	8 OZ	116	0	0	10	28	0	0	0	0	100	500	60
6333	BID/BEVERAGE, YELLOW - EPIC	FRUIT 66	8 OZ	120	0	0	10	29	0	0	1	0	100	500	60
6898	BID/BISCUIT, DOUGH, 2.2 OZ	PEACH VALLEY	2.2 OZ	220	11	6	300	26	4	0	3	1.44	40	5	0
5627	BID/BISCUIT, DOUGH, MINI	PILLSBURY 32269	1.25 OZ	100	4.5	2.5	170	14	2	0	1	0.36	40	5	0
5875	BID/BISCUIT, DOUGH, SPLIT	PILLSBURY 32268	2.51 OZ	210	9	4.5	330	27	5	0	2	1.08	80	15	0
7772	BID/BISCUIT, DOUGH, SPLIT NOT WG	PILLSBURY 31524	2.2 OZ	190	8	4	430	24	4	0	1	1.08	80	10	0
8661	BID/BISCUIT, SPLIT	BAKERY CHEF 21031	2.1 OZ	170	6	4	320	25	4	0	2	1.44	40	0	0
7598	BID/BLEUBERRIES, FROZEN	GFS 166720	1/2 CUP	73	0	0	14	17.26	0	0	2.73	0.33	0	55	2.18
124	BID/BOSCO STICK, APPLE, IW	BOSCO 703072	3.02 OZ	190	2.5	0.5	170	38	5	0	3	1.8	20	45	0
6826	BID/BREAD BOWL	SUPER BAKERY 8676	2 OZ	160	4	0.5	125	28	5	15	3	2.7	40	25	2.4
5828	BID/BREAD SLICE, BANANA	SUPER BAKERY 6071	3.4 OZ	280	10	2	220	44	5	0	2	1.08	80	100	0
7499	BID/BREAD SLICE, BLUEBERRY	SUPER BAKERY 6073	3.4 OZ	270	9	2	190	43	6	0	2	1.44	100	100	0
7773	BID/BREAD, APPLE CINN TEXAS TOAST	S & F 128MC	3.3 OZ	260	6	1	290	45	8	0	2	2.7	40	400	1.2
8227	BID/BREAD, CIABATTA	GEN MILLS 37738	1.8 OZ	160	3.5	0.5	170	30	5	0	3	1.44	20	10	0
7559	BID/BREAD, GARLIC TOAST, WG	COLES 847	1 OZ	80	3.5	1	150	11	2	0	1	0.72	0	0	0
5194	BID/BREAD, GOLDFISH, HONEY	PEPP FARM 19933	2 SLICE (1.5 OZ)	100	1.5	0.5	180	21	4	0	4	1.44	80	20	0
8228	BID/BREAD, PANINI	GEN MILLS 37737	.82 OZ	80	2	0	100	15	3	0	1	0.72	0	5	0
5859	BID/BREAD, PRETZEL BUN, WG	J & J 7051	2.2 OZ	160	2.5	1	40	29	5	0	3	1.8	20	10	0
7601	BID/BREAD, SANDWICH, FROZEN	GFS 231053	1 SLICE	110	1.5	0	170	20	3	0	2	1.08	40	10	0
5134	BID/BREAD, SANDWICH	KLOSTERMAN 1290	1 SLICE	80	1	0	85	14	3	0	1	1	36	0	0
6397	BID/BREAD, SANDWICH	KLOSTERMAN 1292	1 SLICE	70	1	0	75	12	3	0	1	1	34	0	0
6399	BID/BREAD, SANDWICH	KLOSTERMAN 1448	1 SLICE	70	0.75	0	105	13.5	3	0	2	1	34	0	0
8622	BID/BREAD, SANDWICH, THINS, WG	BIMBO 7227	EACH	100	1	0	170	22	5	0	5	0.01	40	0	0
6349	BID/BREAD, SANDWICH	BIMBO/SARE LEE 2773	1 SLICE	60	1	0	120	12	3	0	2	0.72	40	5	0
6350	BID/BREAD, SANDWICH	BIMBO 3239	1 SLICE	70	0.5	0	100	14	3	0	1	0.72	20	10	0
6398	BID/BREAD, TEXAS TOAST	KLOSTERMAN 1294	1 SLICE	80	1	0	95	15	3	0	1	1	41	0	0
7561	BID/BREADSTICK, 5 INCH, WG	GFS 406321	1 OZ	80	1	0	100	14	2	0	1	0.72	20	10	0
6338	BID/BREADSTICK, BOSCO, 4 INCH REDUCED FAT	BOSCO 703114	1.61 OZ	110	3	1.5	140	14	6	5	1	0.72	100	100	0
7560	BID/BREADSTICK, BOSCO, 6 INCH REDUCED FAT	BOSCO 702011	2.15 OZ	113	3.75	1.87	165	12.75	7.5	11	1.5	0.81	150	150	0

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5819	BID/BREADSTICK, BOSCO, 7 INCH REDUCED FAT	BOSCO 702015	3 OZ	210	8	4	320	21	14	20	2	1.44	300	300	0
7564	BID/BREADSTICK, CHEESY GARLIC	COLES 832	2.1 OZ	160	4	1.5	140	28	5	0	3	1.44	0	10	0
7722	BID/BREADSTICK, LARGE	KLOSTERMAN 3221	EACH	90	1	0	170	17	4	0	2	1.08	20	0	0
8278	BID/BREADSTICK, MOZZARELLA - MAXSTIX	GILARDI 12439	1.93 OZ	150	6	2	370	17	7	5	2	1.08	150	100	0
7724	BID/BREADSTICK, SMALL	KLOSTERMAN 3699	EACH	70	0.5	0	135	13	3	0	1	0.72	20	0	0
6923	BID/BREAKFAST BUN, WG, REDUCED FAT	BAKECRAFTER 2003	3 OZ	300	10	4.5	280	48	6	0	3	1.8	100	100	36
8549	BID/BROCCOLI FLORETS, FROZEN	GFS/MARBRAN	1/2 CUP	23	0	0	15	3.05	0.76	0	1.52	0	15.24	0	22.87
7600	BID/BROTH, CHICKEN	PACIFIC 05400	1 OZ	2	0	0	52	0	0.5	0	0	0	0	0	0
2544	BID/BROWNIE, MIX, LOW FAT, NOT WG	GEN MILLS 11325	1/4 CUP MIX	140	2.5	1	140	28.02	2	0	1	1.44	0.29	100	0
6810	BID/BUFFALO CHEESE CRUNCHERS	RICHS 65224	4 EACH/5.792 OZ	530	31	9	730	40	21	25	4	2.23	498	2817	4.46
6351	BID/BUN, BURGER	BIMBO 3447	EACH	160	2	0	200	31	7	0	3	1.8	200	0	0
7746	BID/BUN, BURGER	BIMBO 4258	EACH	140	1.5	0	250	26	8	0	4	1.44	200	15	0
8623	BID/BUN, BURGER	KLOSTERMAN 3007	EACH	100	1.5	0	140	17	4	0	2	1	53	0	0
6682	BID/BUN, BURGER	KLOSTERMAN 3227	EACH	120	1.5	0	180	22	5	0	2	2	60	0	0
7723	BID/BUN, BURGER	KLOSTERMAN 3470	EACH	140	2	0	210	26	6	0	4	1	81	0	0
6400	BID/BUN, BURGER	KLOSTERMAN 3474	EACH	150	2	0	210	27	6	0	2	2	71	0	0
7563	BID/BUN, BURGER, FROZEN	GFS 517810	EACH	140	2	0.5	160	27	6	0	5	1.44	60	20	0
7745	BID/BUN, BURGER, NOT WG	BIMBO 3778	EACH	160	2.5	0	290	29	5	0	0	1.8	80	20	0
7751	BID/BUN, BURGER, NOT WG	KLOSTERMAN 3295	EACH	160	2	0	270	29	5	0	1	0	64	0	0
5493	BID/BUN, HOAGIE	KLOSTERMAN 3737	EACH	160	2	0	260	28	6	0	2	2	57	0	0
6401	BID/BUN, HOAGIE	KLOSTERMAN 3744	EACH	150	2	0.5	250	27	5	0	2	2	75	0	0
7727	BID/BUN, HOAGIE	KLOSTERMAN 3746	EACH	170	2.5	0.5	270	30	6	0	3	3	84	0	0
6355	BID/BUN, HOT DOG	BIMBO 4266	EACH	160	2	0	200	31	7	0	3	1.8	200	20	0
5494	BID/BUN, HOT DOG	KLOSTERMAN 3709	EACH	110	1.5	0	190	20	4	0	2	2	57	0	0
8624	BID/BUN, HOT DOG	KLOSTERMAN 372	EACH	110	1.5	0	200	19	4	0	3	1	57	0	0
7725	BID/BUN, HOT DOG	KLOSTERMAN 3727	EACH	110	1.5	0	200	19	5	0	2	1	56	0	0
5844	BID/BUN, HOT DOG	KLOSTERMAN 3736	EACH	150	2	0.5	240	26	5	0	2	2	60	0	0
8625	BID/BUN, HOT DOG	KLOSTERMAN 3739	EACH	100	1.5	0	170	18	4	0	2	0.36	500	0	0
7562	BID/BUN, HOT DOG, FROZEN	GFS 564053	EACH	140	2	0.5	160	27	6	0	5	1.44	60	20	0
7744	BID/BUN, HOT DOG, NOT WG	BIMBO 3777	EACH	120	2	0	210	23	4	0	0	1.44	60	20	0
7752	BID/BUN, HOT DOG, NOT WG	KLOSTERMAN 3711	EACH	110	1.5	0	210	20	3	0	1	1	52	0	0
5973	BID/BUN, SLAMMER, WG	KLOSTERMAN 3939	EACH	90	1	0	125	16	3	0	1	1	48	0	0
7728	BID/BUN, SLIM	KLOSTERMAN 7511	EACH	90	1	0	135	19	4	0	5	1	72	0	0
7934	BID/BURRITO, BEAN/CHEESE	LOS CABOS 69542	5.2 OZ	271	5.72	2.07	306	44.28	13.88	10	8.02	3.28	180.67	311	2.06
7935	BID/BURRITO, BEEF/CHEESE/BEAN	FERNANDO 05218	5 OZ	360	15	7	460	40	16	25	5	1.44	100	400	1.2
2870	BID/BUTTER BUDS (RECONSTITUTED)	SUGAR FOODS	1 OZ	18	0	0	134	3.54	0	0	0	0	0.6	0	0
339	BID/BUTTER BUDS, ZTF, ALL NATURAL	BUTTER BUDS 49835	4 OZ PACKET	567	0	0	4252	113.4	0	0	0	0	0	0	0
2262	BID/CAKE MIX, YELLOW, NOT WG	GEN MILLS 11152	2 X 3" PIECE	151	3.94	1.97	243	26.91	1.97	3	0.66	0.71	13.12	79	0
7533	BID/CALZONE, MEAT COMBO	GILARDI 20121	4.69 OZ	250	5	2	480	33	18	15	4	2.7	350	200	0
6182	BID/CALZONE, PEPPERONI	S & F 211BC	5 OZ	340	13	5	510	35	20	30	3	1.8	250	500	8.4
7532	BID/CALZONE, THREE CHEESE	GILARDI 20120	4.69 OZ	250	5	2	420	33	19	10	4	2.7	400	200	24
7789	BID/CARROTS, KRINKLE KUT, SLICED, FROZEN	GFS 175706	1/2 CUP	38	0	0	65	7.57	0	0	2.16	0	21.63	3244	1.3
7788	BID/CARROTS, SLICED, CANNED	GFS 118915	1/2 CUP	40	0	0	333	8	0	0	2.67	0	0	10002	0
7719	BID/CATSUP PACKET, LOW SODIUM	RED GOLD REDYL9G	9 GRAM	10	0	0	25	2	0	0	0	0	0	10	0
6935	BID/CATSUP PACKET, LOW SODIUM	HEINZ 78004314	9 GRAM	10	0	0	25	3	0	0	0	0	0	100	1.2
7860	BID/CATSUP, #10 - GFS CROWN COLLECTION	GFS 100129	1 OZ	25	0	0	267	6.67	0	0	0	0	0	83	0
8706	BID/CATSUP, 1 OZ CUP	RED GOLD REDY51Z	1 OZ	25	0	0	75	6	0	0	0	0	0	0	0
7853	BID/CAULIFLOWER, FROZEN	GFS 285600	1/2 CUP	29	0	0	29	4.64	1.16	0	1.16	0	0	12	24.36
6235	BID/CEREAL ON THE GO, CINN TOAST	GEN MILLS 17733	1 OZ	110	3	0.5	160	22	1	0	2	3.6	80	400	4.8
6867	BID/CEREAL POUCH, KRAVE SMORES	KELLOGGS 12586	1 OZ	110	3	0.5	95	21	2	0	3	3.6	0	750	12
3885	BID/CEREAL, APPLE JACK/REDUCED SUGAR	KELLOGGS 78787	1 OZ	110	1	0.5	160	24	2	0	3	4.5	0	500	15
3710	BID/CEREAL, CHEERIOS	GEN MILLS 32262	1 OZ	100	2	0.5	140	20	3	0	3	8.1	100	500	6

Nutrikds Recipe #	Product	Manufacturer	Portion Size	Calories	Fat g	Sat Fat g	Sodium mg	Carb g	Protein g	Chol mg	Fiber g	Iron mg	Calcium mg	Vit A IU	Vit C mg
3711	BID/CEREAL, CINN TOAST CRUNCH/REDUCED SUGAR	GEN MILLS 29444	1 OZ	110	3	0.5	160	22	1	0	3	3.6	200	400	4.8
8084	BID/CEREAL, CINNAMON MULTI GRAIN FLAKES	KELLOGGS 78786	1 OZ	100	0	0	170	24	2	0	3	4.5	0	500	15
6948	BID/CEREAL, CINNAMON RICE CHEX	GEN MILLS 38387	1 OZ	110	2	0	170	23	1	0	1	7.2	80	400	4.8
6237	BID/CEREAL, COCO ZUCARITAS	KELLOGGS 10992	1 OZ	100	1	0.5	160	24	2	0	2	4.5	0	500	15
3712	BID/CEREAL, COCO PUFFS/REDUCED SUGAR	GEN MILLS 31888	1.06 OZ	110	1.5	0	120	25	2	0	2	4.5	100	500	6
3713	BID/CEREAL, FROO LOOPS/REDUCED SUGAR	KELLOGGS 78788	1 OZ	110	1	0.5	170	24	2	0	3	4.5	0	500	15
5122	BID/CEREAL, FROSTED MULTI GRAIN FLAKES	KELLOGGS 54998	1 OZ	100	0	0	160	24	2	0	3	4.5	0	500	15
3886	BID/CEREAL, FRUITY CHEERIOS	GEN MILLS 31916	1.12 OZ	120	1.5	0	140	25	2	0	2	4.5	100	500	6
5901	BID/CEREAL, GOLDEN GRAHAMS	GEN MILLS 11943	1 OZ	100	1	0	220	24	1	0	1	3.6	80	400	4.8
7845	BID/CEREAL, GRANOLA, BULK	GEN MILLS 27111	1 OZ	129	4.64	0.52	98	19.59	2.06	0	1.55	0.56	0	39	0
8495	BID/CEREAL, GRANOLA, IW	FIELDSTONE 9788	EACH (1 OZ)	120	3.5	0	80	20	3	0	2	0.72	0	30	0
7993	BID/CEREAL, GRANOLA, LOW FAT, BULK	KELLOGGS 49834	1 OZ	109	1.36	0	46	23.44	2.18	0	2.18	0.98	0	38	0
3716	BID/CEREAL, HONEY NUT CHEERIOS	GEN MILLS 11918	1 OZ	110	1.5	0	160	22	2	0	2	4.5	100	500	6
5123	BID/CEREAL, LUCKY CHARMS	GEN MILLS 31917	1 OZ	110	1	0	180	23	2	0	2	4.5	100	500	6
193	BID/CEREAL, MINI WHEAT	KELLOGGS 04996	1 OZ	100	0	0	0	24	3	0	3	8.1	0	30	0
4623	BID/CEREAL, MINI WHEAT, CHOCOLATE	KELLOGGS 45861	1 OZ	100	1	0	105	23	3	0	3	8.1	0	30	0
4533	BID/CEREAL, OATS, QUICK	HOSPITALITY	1/2 CUP	173	3.05	0.51	0	31.55	7.12	0	4.07	1.1	0	0	0
8081	BID/CEREAL, REESES PUFFS	GEN MILLS 31919	1 OZ	120	3	0.5	160	21	2	0	1	4.5	100	500	6
5071	BID/CEREAL, RICE CHEX	GEN MILLS 31921	1 OZ	100	0.5	0	250	24	2	0	1	9	100	500	6
3717	BID/CEREAL, TRIX, REDUCED SUGAR	GEN MILLS 31922	1 OZ	110	1.5	0	140	24	1	0	1	4.5	80	400	4.8
8512	BID/CEREAL, TRIX, WG, BULK	GEN MILLS 11963	1.1OZ	145	1.68	0	179	30.17	1.12	0	1.12	5.03	111.72	559	6.7
7718	BID/CHEESE STICK, CHEDDAR	LOL 44881	1 OZ	90	7	4.5	200	0	7	20	0	0	200	300	0
7740	BID/CHEESE STICK, CO-JACK	LOL 44878	1 OZ	90	6	4	200	0	7	20	0	0	200	200	0
3887	BID/CHEESE STICK, MOZZARELLA STRING	LOL 59701	1 OZ	80	6	3.5	210	1	7	15	0	0.07	207	146	0
7513	BID/CHEESE STICKS, MOZZARELLA, WG BREADED	RICHS 65220	6 EACH/4.16 OZ	310	11	3.5	560	33	19	15	3	1.77	516	578	0.93
4170	BID/CHEESE, AMERICAN SLICE, REDUCED FAT	LOL 46253	SLICE (1/2 OZ)	35	2	1.25	210	1	3.5	7	0	0	100	150	0
8118	BID/CHEESE, AMERICAN SLICE, RED FAT & SODIUM	SCHREIBER	SLICE (1/2 OZ)	35	2	1.25	140	2	2.5	7	0	0.09	281	737	0.21
7948	BID/CHEESE, CHEDDAR, FEATHER SHREDDED	GFS 411841	1 OZ	110	9	5	180	1	7	30	0	0	200	300	0
7947	BID/CHEESE, CHEDDAR, FINE SHREDDED	GFS 191043	1 OZ	110	9	5	170	2	7	25	0	0	200	350	0
8620	BID/CHEESE, COTTAGE, 1% FAT	GFS 329487	2 OZ/1/4 CUP	40	0.5	0.25	221	2.51	7.02	5	0	0	50.18	100	0
7946	BID/CHEESE, MOZZARELLA, SHREDDED	VITORRI 26559	1 OZ	90	6	3.5	170	1	7	15	0	0	200	100	0
8132	BID/CHEESE, MOZZARELLA, SHREDDED	LOL 41698	1 OZ	90	6	3.5	210	1	7	15	0	0	200	100	0
7823	BID/CHEESE, PARMESAN, GRATED	PRIMO GUSTO	1 TBSP	20	2	1	70	0	2	5	0	0	60	100	0
7614	BID/CHEESE, PROVOLONE	FOREMOST FARMS	1 OZ	101	7.09	5.06	202	0	7.09	20	0	0	202.5	202	0
8133	BID/CHEESE, SHARP AMERICAN, SHREDDED	LOL 41725	1 OZ	110	9	6	400	1	6	25	0	0	150	1300	0
7481	BID/CHEESE, SWISS	AMPI	SLICE (1/2 OZ)	51	4.05	2.53	213	1.01	2.53	13	0	0	75.94	202	0
6876	BID/CHICKEN BITES, ASIAN	PROVIEW 40130WG	4 EACH/4.16 OZ	264	13.51	1.56	341	18.94	18.77	46	1.38	1.5	16.59	104	0.71
5302	BID/CHICKEN BITES, BREADED	GOLDKIST 7518	5 EACH/3.75 OZ	208	8	1	546	15	19	42	2	1	20	176	0
6875	BID/CHICKEN BITES, BUFFALO STYLE	PROVIEW 40030WG	4.16 OZ/ 4 EACH	250	13.5	1.55	642	14.32	18.79	46	1.51	1.53	17.26	314	0.96
5988	BID/CHICKEN BREAST, BREADED	GOLDKIST 7516	4 OZ	216	8	1	576	16	20	45	2	1	21	188	0
5351	BID/CHICKEN BREAST, GRILLED	TYSON 38350	3 OZ	120	2.5	0.5	320	1	22	60	0	0.72	20	0	0
5379	BID/CHICKEN BREAST, SPICY	GOLDKIST 7517	4 OZ	216	8	1	534	16	20	45	3	1	18	174	0
8093	BID/CHICKEN BRST, BREADED, DILL	PROVIEW 60015WG	4 OZ	235	8.51	1.61	435	15.43	22.9	69	1.18	1.99	30.93	60	0
6878	BID/CHICKEN CHUNKS, BREADED	PROVIEW 64030WG	4 EACH/3.6 OZ	195	6.87	1.28	391	14.42	18.35	53	1.41	1.77	20.19	79	0.03
6879	BID/CHICKEN CHUNKS, BUFFALO	PROVIEW 64230WG	4 EACH/4.4 OZ	213	7.51	1.1	748	16.83	17.53	41	1.82	1.54	16.72	328	1.12
7525	BID/CHICKEN CRUMBLES	TYSON 36233-928	3 OZ	105	4.5	1.5	112	0	15	60	0	0.54	0	0	0
6280	BID/CHICKEN DRUMSTICK, BREADED	TYSON 666010	2.8 OZ	190	11	2.5	450	5	16	50	1	1.08	20	100	0
7522	BID/CHICKEN DRUMSTICK, GLAZED	TYSON 26435	3.22 OZ	160	10	2.5	320	2	16	90	0	0.72	0	0	0
4668	BID/CHICKEN NUGGET, BREADED	TYSON 2155	5 EACH/3.3 OZ	240	14	2.5	470	16	13	20	3	1.8	40	100	0
6232	BID/CHICKEN NUGGET, BREADED	GOLDKIST 61210	5 EACH/3.04 OZ	203	11	2	387	12	14	49	2	2	24	35	0
6880	BID/CHICKEN NUGGET, HOMESTYLE	GOLDKIST 6153	5 EACH/3.04 OZ	188	8	2	396	14	15	50	1	2	22	127	1
7529	BID/CHICKEN NUGGET, PHD	GOLDKIST 6116	4 EACH/3.9 OZ	254	14	3	321	15	17	59	3	1	15	61	0

Nutrikds Recipe #	Product	Manufacturer	Portion Size	Calories	Fat g	Sat Fat g	Sodium mg	Carb g	Protein g	Chol mg	Fiber g	Iron mg	Calcium mg	Vit A IU	Vit C mg
5386	BID/CHICKEN PATTY, 1.6 OZ, WG	TYSON 5778	1.6 OZ	90	4.5	1	220	6	7	15	1	0.72	40	0	0
5861	BID/CHICKEN PATTY, BREADED	TYSON 70304	3.54 OZ	270	15	2.5	400	16	16	25	3	1.8	40	100	0
6234	BID/CHICKEN PATTY, BREADED	GOLDKIST 66210	3.05 OZ	203	11	2	393	12	14	47	2	2	33	37	0
6231	BID/CHICKEN PATTY, BREADED, BREAKFAST	GOLDKIST 6353	1.63 OZ	80	4	1	195	4	7	23	0	1	10	59	0
6285	BID/CHICKEN PATTY, BREADED, WHOLE MUSCLE	TYSON 70302	3.75 OZ	200	9	1.5	290	9	19	45	3	1.08	0	0	0
4657	BID/CHICKEN PATTY, BREADED	TYSON 2154	3.29 OZ	240	13	2.5	460	15	14	25	3	1.8	40	5	0
7531	BID/CHICKEN PATTY, PHD	GOLDKIST 6616	3.9 OZ	254	14	3	321	15	17	59	3	1	15	61	0
7524	BID/CHICKEN PATTY, SPICY	TYSON 70312	3.75 OZ	200	10	2	330	9	19	45	1	1.44	0	5	0
5770	BID/CHICKEN PATTY, SPICY	TYSON 70314	3.53 OZ	268	14.9	2.98	397	16.89	14.9	25	2.98	2.68	39.73	99	0
6218	BID/CHICKEN PATTY, SPICY BREADED	GOLDKIST 66660	3.05 OZ	184	8	2	236	13	15	50	1	2	21	163	1
6568	BID/CHICKEN POPCORN, BREADED	GOLDKIST 69160	14 EACH/3.08 OZ	211	9	2	400	13	15	47	2	2	16	112	1
8615	BID/CHICKEN POPCORN, BREADED	TYSON 70368	12 EACH/3.29 OZ	250	15	2.5	380	16	15	25	3	1.8	0	100	0
5364	BID/CHICKEN POPCORN, DARK	GOLDKIST 110452	10 EACH/4.3 OZ	269	13	3	590	20	18	60	3	2	17	168	1
4411	BID/CHICKEN RINGS, BREADED	TYSON 70366	5 EACH/3.7 OZ	300	18	3.5	450	15	21	50	2	1.8	0	5	0
7957	BID/CHICKEN STRIPS, FAJITA	GOLDKIST 1325	2.45 OZ	66	2	0	342	1	11	45	0	1	16	85	0
8131	BID/CHICKEN STRIPS, FAJITA, BREAST MEAT	TYSON 6119	3 OZ	101	2.53	1.01	537	3.04	17.21	46	0	0	0	5	0
7954	BID/CHICKEN STRIPS, FAJITA, DARK	TYSON 4621	3 OZ	140	7.02	2.01	401	2.01	17.04	80	0	0.72	20.05	100	0
6233	BID/CHICKEN TENDERS, BREADED	GOLDKIST 62210	3 EACH/3.06 OZ	203	11	2	393	12	14	47	2	2	24	37	1
5771	BID/CHICKEN TENDERS, BREADED	TYSON 70334	3 EACH/3.39 OZ	260	15	2.5	390	16	15	25	3	1.8	40	100	0
6283	BID/CHICKEN TENDERS, WHOLE MUSCLE, BREADED	TYSON 70332	3 EACH/4.23 OZ	230	12	2	330	12	20	45	2	1.8	0	10	0
5622	BID/CHICKEN, BONE IN - BREAST	TYSON 666000	4.24 OZ	272	15.74	3.58	673	8.59	25.76	72	1.43	1.55	28.62	143	0
6684	BID/CHICKEN, BONE IN - DRUMSTICK	TYSON 666000	3.89 OZ	249	14.44	3.28	617	7.88	23.63	66	1.31	1.42	26.26	131	0
6683	BID/CHICKEN, BONE IN - THIGH	TYSON 666000	6.66 OZ	427	24.72	5.62	1056	13.49	40.46	112	2.25	2.43	44.96	225	0
6327	BID/CHICKEN, CHEESY SAUCE	CUSTOM FOOD SOLUTIONS 3868	1/2 CUP/4.2 OZ	220	13	6	500	8	17	60	1	0.72	200.04	2000	3.6
8679	BID/CHICKEN, DICED, WHITE/DARK	TYSON 22830	2.3 OZ	100	3.83	1.15	92	0.77	13.8	42	0	0.55	0	0	0
6852	BID/CHICKEN, GENERAL TSO	YANGS 15563	3.6 OZ	170	3	0.5	361	23	11	40	0	0.72	0	65	1.2
6853	BID/CHICKEN, MANDARIN ORANGE JR	YANGS 15555	3.6 OZ	150	3	0.5	280	19	11	40	0	0.72	0	50	1.2
7526	BID/CHICKEN, PULLED, DARK/WHITE	TYSON 25560	2.2 OZ	95	3.67	1.1	84	0.73	14.67	44	0	0.53	0	0	0
7565	BID/CHICKEN, TACO MEAT	TYSON 19957	3 OZ	150	7	2	320	3	19	95	0	1.08	0	300	0
3536	BID/CHIP, CHEETO, BAKED	PEPSICO 62933	.875 OZ	120	4.5	1	200	17	2	0	1	0.36	0	5	0
6321	BID/CHIP, CHEETO, FLAMIN PUFFS	PEPSICO 21912	.7 OZ	90	3.5	0	135	14	2	0	0	0.72	80	0	0
6320	BID/CHIP, CHEETO, MELLO PUFFS	PEPSICO 21910	.7 OZ	90	3.5	0	135	14	2	0	0	0.72	100	0	0
3923	BID/CHIP, CHEETO, FLAMIN HOT, BAKED	PEPSICO 62984	.875 OZ	120	4.5	0.5	200	17	2	0	1	0.72	100	0	0
5780	BID/CHIP, CHEX MIX, HOT N SPICY	GEN MILLS 31934	.92 OZ	110	3.5	0.5	160	19	2	0	2	0.72	0	10	0
6808	BID/CHIP, CORN CHIPS, BULK	FRITOS 57766	1 OZ	140	6	1	170	20	2	0	2	0.36	20	0	0
3928	BID/CHIP, DORITO, COOL RANCH	PEPSICO 36096	1 OZ	130	5	1	160	19	2	0	2	0.36	40	5	0
7568	BID/CHIP, DORITO, FLAMAS	PEPSICO 62829	1 OZ	140	5	0.5	200	20	2	0	1	0	20	0	0
4075	BID/CHIP, DORITO, NACHO	PEPSICO 31748	1 OZ	130	5	0.5	200	20	2	0	2	0.36	0	100	0
4616	BID/CHIP, DORITO, SWEET SPICY	PEPSICO 49093	1 OZ	130	5	0.5	180	20	2	0	2	0.36	20	5	0
3927	BID/CHIP, FANTASTIX, CHILI CHEESE	CHEETOS 36098	1 OZ	130	5	1	200	19	2	0	2	0.72	0	500	0
6668	BID/CHIP, FANTASTIX, FLAMIN HOT	CHEETOS 43578	1 OZ	130	5	1	200	20	2	0	2	0.72	0	500	0
8146	BID/CHIP, FUNYUNS, BAKED	PEPSICO 66689	.75 OZ	100	3.5	0.5	125	14	2	0	0	1	4	0	0
7567	BID/CHIP, POPCORN, SALTED CARAMEL	SMARTFOOD 61654	.5 OZ	70	2.5	0	115	10	1	0	2	0.36	0	0	0
6193	BID/CHIP, POPCORN, WHITE CHEDDAR	SMARTFOOD 25566	.5 OZ	70	2.5	0	110	9	2	0	2	0.36	0	0	0
6950	BID/CHIP, POTATO, BAKED	LAYS 33625	.875 OZ	100	1.5	0	115	20	2	0	2	0	0	10	1.2
6949	BID/CHIP, POTATO, BBQ, BAKED	LAYS 32078	.875 OZ	110	2.5	0	170	19	2	0	2	0	0	100	1.2
6975	BID/CHIP, POTATO, CHEDDAR SOUR CREAM, BAKED	RUFFLES 56882	.8 OZ	100	3	0	200	17	1	0	1	0	0	10	0
8082	BID/CHIP, POTATO, SOUR CREAM & ONION, BAKED	LAYS 33627	.875 OZ	110	3	0	150	19	2	0	1	0	16	10	0
4796	BID/CHIP, PRETZEL, HEARTZELS	ROLD GOLD 15940	.7 OZ	80	1.5	0	200	15	2	0	2	0.72	0	0	0
3801	BID/CHIP, SIMPLY CHEX, CHEDDAR	GEN MILLS 31932	.92 OZ	110	2.5	0.5	135	20	2	0	2	0.36	0	20	0
4056	BID/CHIP, SIMPLY CHEX, CHOC CARAMEL	GEN MILLS 31933	1.03 OZ	120	4	1	65	21	2	0	2	1.08	0	35	0
4057	BID/CHIP, SIMPLY CHEX, STRAWBERRY	GEN MILLS 31937	1.03 OZ	120	3	1	55	23	2	0	2	0.72	0	30	0

Nutrikds Recipe #	Product	Manufacturer	Portion Size	Calories	Fat g	Sat Fat g	Sodium mg	Carb g	Protein g	Chol mg	Fiber g	Iron mg	Calcium mg	Vit A IU	Vit C mg
3819	BID/CHIP, SNACK MIX/KIDS MIX	QUAKER 36308	.875 OZ	110	3.5	0	180	17	2	0	2	2.7	20	100	0
6954	BID/CHIP, SUNCHIP SNACK MIX, HARVEST CHEDDAR	PEPSICO 30820	.875 OZ	110	4	0	200	15	2	0	2	0.36	0	5	0
2840	BID/CHIP, SUNCHIP, CHEDDAR	PEPSICO 11152	1 OZ	140	6	1	210	18	2	0	2	0.36	0	10	0
150	BID/CHIP, TORTILLA SCOOPS, BAKED	FRITO LAY 42537	.875 OZ	110	2.5	0	125	19	2	0	2	0.36	20	0	0
8123	BID/CHIP, TORTILLA, BULK	KITCHEN ESSENTIALS	1.09 OZ/11 CHIP	150	5.99	1	75	20.95	2	0	2	0.36	39.91	0	0
7566	BID/CHIP, TORTILLA, BULK	TOSTITOS 62399	1 OZ/13 CHIPS	142	5.06	0.51	116	20.25	2.03	0	2.03	0	20.25	101	0
5800	BID/CHIP, TORTILLA, RF, 1.25 OEG	TOSTITOS 18792	.875 OZ	120	4.5	0.5	100	18	2	0	2	0.36	23	0	0
7569	BID/CHIP, TORTILLA, RF, 2 OEG	TOSTITOS 30103	1.45 OZ	200	7	1	160	29	3	0	3	1	38	0	0
8085	BID/CHOCOLATE FLAVORED CHIPS	GFS 583103	1 OZ	140	7	7	10	20	1	0	1	1.08	0	90	0
179	BID/COOKIE, CHOC CHIP	OTIS 58100	1 OZ	130	6	3	95	17	1	5	0	0.72	0	100	0
6886	BID/COOKIE, CHOC CHIP, REDUCED FAT	J & J 14921	1.85 OZ	192	5.83	2.08	173	34.23	3.13	19	3.55	1.08	10	50	0
6887	BID/COOKIE, DOUBLE CHOC, REDUCED FAT	J & J 14924	1.85 OZ	190	6.18	2.11	188	33.15	3.26	24	3	1.44	10	50	0
183	BID/COOKIE, SUGAR	OTIS 58104	1 OZ	120	5	2.5	105	18	1	5	0	0.36	0	200	0
6888	BID/COOKIE, SUGAR, REDUCED FAT	J & J 14925	1.85 OZ	194	5.96	2.09	200	34.55	2.8	18	3.72	0.9	10	100	0
6309	BID/COOKIES, EDUCATIONAL	DICK & JANE	.88 OZ	100	3	0	75	18	2	0	2	8.1	100	400	4.8
3793	BID/CORN DOG, CHICKEN	FOSTER FARM 95150	72 4 OZ	240	8	2.5	390	30	9	40	5	1.8	80	25	0
7486	BID/CORN DOG, TURKEY	STATE FAIR 09988	72 4 OZ	240	7	1.5	670	33	11	15	4	1.8	60	55	15
3868	BID/CORN DOGS, MINI CHICKEN	FOSTER FARM 96086	6 EACH/4.02 OZ	270	12	3.5	410	30	10	40	5	1.8	150	25	0
6276	BID/CORN DOGS, MINI TURKEY	STATE FAIR 09180	6 EACH/4.32 OZ	255	12	2.25	660	27	9	23	1.5	1.08	0	30	0
8069	BID/CORN DOGS, MINI TURKEY	JTM 5090	6 EACH/4.02 OZ	267	11	1.9	365	33	9	34	3	1	66	114	51
7615	BID/CORN, CANNED	GFS 118966	1/2 CUP	80	1	0	301	17.03	2	0	2	0	0	20	3.61
7798	BID/CORN, COB, 5.5 INCH, FROZEN	GFS 303593	EACH	170	2	0	0	36	5	0	2	0	0	45	6
7808	BID/CORN, FROZEN	GFS 851329	1/2 CUP	91	0.91	0	0	19.07	2.72	0	0.91	0	0	32	3.27
5360	BID/CRACKERS, ANIMAL	KEEBLER 20150	1 OZ	130	4	1	110	21	2	0	2	1.08	100	40	0
7666	BID/CRACKERS, BUNNY GRAHAM, HONEY	ANNIES 236	1.25 OZ	160	6	0.5	140	24	3	0	3	0.36	200	40	0
7667	BID/CRACKERS, BUNNY GRAHAM, CHOC CHIP	ANNIES 237	1.25 OZ	160	6	0.5	105	24	3	0	3	0.36	200	45	0
6238	BID/CRACKERS, CHEEZ IT, ATOMIC	KELLOGGS 10238	.75 OZ	100	3.5	1	200	14	2	0	1	0.72	100	500	0
4609	BID/CRACKERS, CHEEZ IT, WG	KELLOGGS 79263	.75 OZ	100	3.5	1	150	14	2	0	1	0.72	100	500	0
5196	BID/CRACKERS, GOLDFISH, CHEDDAR	PEPP FARM 18105	.75 OZ	100	4	0.5	170	14	2	0	1	0.72	20	0	0
3531	BID/CRACKERS, GOLDFISH, CINN, GIANT	PEPP FARM 15094	.9 OZ	120	4	1	135	19	2	0	1	1.44	100	200	1.2
8513	BID/CRACKERS, GOLDFISH, VANILLA, GIANT	PEPP FARM 19246	.9 OZ	120	4	1	95	19	2	0	1	1.44	100	200	2.4
6229	BID/CRACKERS, GRAHAM, CHOC, ELF	KELLOGGS 40239	1 OZ	120	4	1	125	20	2	0	2	1.08	100	500	0
3817	BID/CRACKERS, GRAHAM, CINN BUN	KELLOGGS 24518	1.76 OZ	220	7	2	230	37	4	0	2	1.44	150	750	0
7730	BID/CRACKERS, GRAHAM, FROZEN	KELLOGGS 11237	1.06 OZ	140	4.5	1.5	110	22	2	0	2	0.72	0	40	0
8689	BID/CRACKERS, GRAHAM, HONEY	KELLOGGS 91822	3 CT/.78 OZ	90	2.5	0	95	17	2	0	1	0.72	100	500	0
5896	BID/CRACKERS, GRAHAM, PLAIN	KELLOGGS 91829	3 CT/.78 OZ	90	2.5	0	100	16	2	0	1	0.72	100	500	0
3820	BID/CRACKERS, GRAHAM, SCOOPY	KELLOGGS 50689	1 OZ	120	3.5	1	115	21	2	0	1	0.72	100	500	0
4101	BID/CRACKERS, GRAHAM, BUG BITES	KEEBLER 55644	1 OZ	120	3.5	1	115	21	2	0	1	0.72	100	500	0
7704	BID/CRACKERS, GRAHAM, CHOC CHIP GRIPZ	KELLOGGS 80741	.95 OZ	120	3.5	1.5	80	20	2	0	3	0.72	100	500	0
5305	BID/CRACKERS, OYSTER, NOT WG	HERITAGE OVENS	.5 OZ	60	1.5	0	150	11	1	0	0	0.36	0	0	0
7938	BID/CRACKERS, SALTINE, SNACK	KELLOGGS 10088	.39 OZ	50	1.5	0	60	7	1	0	0	0.36	20	500	0
6292	BID/CRACKERS, SALTINE, WG, 2 CT	WESTMINSTER 30017	PKT (2 CT/7.5G)	32	1	0	59	5	0.5	0	0.5	1.08	0	0	0
2312	BID/CRACKERS, SALTINE, NOT WG	KEEBLER 01446	PKT (4 CT)	50	1	0	160	9	1	0	0	0.36	0	0	0
7557	BID/CRAISINS, CHERRY, IW	OCEAN SPRAY	1.16 OZ	110	0	0	0	28	0	0	3	0	0	120	0
7556	BID/CRAISINS, STRAWBERRY, IW	OCEAN SPRAY	1.16 OZ	110	0	0	0	28	0	0	3	0	0	120	0
7805	BID/CREAM CHEESE, LIGHT, 1 OZ	GFS 549762	1 OZ	60	5	3.5	100	1	2	15	0	0	20	300	0
7507	BID/CRESCENTS, MINI, CHEESE	GIORGIO 9074	3 PIECE/5 OZ	350	13	7	390	34	24	30	5	1.8	350	400	9
7508	BID/CRESCENTS, MINI, PEPPERONI	GIORGIO 9073	3 PIECE/5 OZ	340	13	6	470	34	24	35	5	2.7	350	400	9
7689	BID/CROISSANT, SLICED, WG	CHEF PIERRE	2.35 OZ	220	9	3.5	300	30	6	0	2	1.8	20	25	0
7138	BID/CROUTONS, CHEESE GARLIC, WG, PKT	SUGAR FOODS 74627	.5 OZ	50	2	0	135	7	2	0	1	0.36	0	5	0
7621	BID/CROUTONS, NOT WG	GFS/SUGAR FOODS	1 OZ	121	4.05	0	364	20.25	4.05	0	0	1.46	0	0	0
7665	BID/DONUT, DUNKIN STIX, WG	SUPER BAKERY 7010	1.9 OZ	180	6	1.5	170	28	3	0	2	0.72	20	70	0

Nutrikds Recipe #	Product	Manufacturer	Portion Size	Calories	Fat g	Sat Fat g	Sodium mg	Carb g	Protein g	Chol mg	Fiber g	Iron mg	Calcium mg	Vit A IU	Vit C mg
6284	BID/DONUT, GOODY RING, WG	SUPER BAKERY18400	2.5 OZ	230	11	4	260	29	5	0	2	1.44	100	30	6
6788	BID/DONUT, YEAST RAISED, WG	RICHS 14839	2.45 OZ	280	16	7	300	30	5	0	2.64	0.8	13.7	11	0
7753	BID/DONUTS, MINI, CHOCOLATE,WG	SUPER BAKERY 7786	3.3 OZ (6 CT)	320	15	7	270	41	5	0	2	1.8	40	95	0
7754	BID/DONUTS, MINI, POWDERED SUGAR	SUPER BAKERY 7787	3 OZ (6 CT)	270	11	3	230	41	4	0	2	0.72	60	105	0
7664	BID/DRESSING, CAESAR	KENS 827B3	1.5 OZ	210	23	3.5	390	2	1	0	0	0	20	200	0
7610	BID/DRESSING, CAESAR, BULK	GFS/CARGILL	1 OZ	115	11.8	1.95	271	1.95	0.29	9	0.12	0.09	0	15	0.11
8471	BID/DRESSING, CHIPOLTE RANCH	GFS 166741	1 OZ	149	16.2	2.53	202	1.01	0	5	0	0	20.25	101	0
7613	BID/DRESSING, COLE SLAW	GFS 106992	1 OZ	143	9.86	1.61	257	13.29	0.15	10	0.21	0.06	3.26	14	0.03
7707	BID/DRESSING, HONEY MUSTARD	LITEHOUSE	1.5 OZ	190	16	2.5	220	12	0	10	0	0	0	55	0
7611	BID/DRESSING, HONEY MUSTARD	HEINZ	1 OZ	70	6	1	220	5	0	10	0	0.36	0	1500	0
3912	BID/DRESSING, ITALIAN LITE	KENS 801B3	1.5 OZ	60	5	1	380	3	0	0	0	0	0	10	0
7491	BID/DRESSING, ITALIAN, REDUCED CALORIE	LITEHOUSE	1 OZ	59	3.97	0.58	322	6	0.05	0	0.21	0.08	3.19	24	0.57
8083	BID/DRESSING, RANCH BUTTERMILK	HEINZ TASTE PLEASER 22945	1 OZ	120	12	1.5	250	2	0	10	0	0	0	10	0
8617	BID/DRESSING, RANCH DRY MIX	HIDDEN VALLEY 21004	3.2 OZ	164	0.66	0.13	17440	22.62	1.85	1	3.24	2.78	136.23	1151	20.74
7612	BID/DRESSING, RANCH FAT FREE	HEINZ	12 GRAM	10	0	0	125	2	0	0	0	0	0	0	0
7739	BID/DRESSING, RANCH LITE	HIDDEN VALLEY 14374	1 OZ	60	3.5	0.5	370	7	0	5	0	0	0	15	0
7708	BID/DRESSING, RANCH LITE	KENS 041B3	1.5 OZ	150	13	2	360	6	0	10	0	0	20	10	0
7492	BID/DRESSING, RANCH LITE, BULK	GFS/CARGILL	1 OZ	72	5.83	0.96	245	4.37	0.31	5	0.14	0.08	14.86	8	0.12
8155	BID/DRESSING, RANCH, LOW SODIUM	GFS/DIAMOND CRYSTAL	1 OZ	70	6	1	125	5	0	5	0	0	20	15	0
7969	BID/DRESSING, RANCH, LOW SODIUM	GFS/DIAMOND CRYSTAL	12 GRAM	30	2.5	0	55	2	0	5	0	0	0	5	0
3533	BID/DRESSING, SALAD, MIRACLE WHIP	KRAFT 66371	12.4 GRAM	32	2.77	0.42	81	1.81	0.06	2	0	0.02	0.43	4	0
8692	BID/DRESSING, SALAD, MIRACLE WHIP, BULK	KRAFT 63316	1 TBSP	54	5.09	0.78	106	1.9	0.09	5	0	0.03	0.76	9	0
7622	BID/DRINK, LEMONADE MIX	GFS 111961	8 OZ	72	0	0	31	19.49	0	0	0	0	0	92	6.15
6310	BID/EGG & CHEESE ON BUN	ADV PIERRE 68079	2.35 OZ	160	7	2.5	280	19	6	70	2	1.08	80	300	9
4710	BID/EGG COLBY CHEESE OMELET	MICHAEL 85137	2.1 OZ	130	10	3.5	300	1	7	165	0	0.72	80	300	0
6931	BID/EGG PATTY, 3.5 INCH ROUND	MICHAELS 85017	1.25 OZ	70	6	1.5	110	1	3	95	0	0.36	20	100	0
6789	BID/EGG ROLL, VEGETABLE	MINH 66048	130 3.1 OZ	140	3.5	1	150	22	4	0	4	1.08	40	200	1.2
7733	BID/EGG, BOIL IN BAG	GFS 465798	2.17 OZ (NO CKD)	67	3.59	1.02	215	1.54	6.15	108	0	0.55	30.73	102	0
7822	BID/EGG, DICED	GFS 192198	1 OZ	45	2.83	0.85	40	0.57	3.4	105	0	0.41	11.34	170	0
7844	BID/EGG, HARD COOKED, PEELED	GFS 229431	EACH	75	5.17	1.65	59	0.47	6.11	176	0	0.56	23.5	244	0
7821	BID/EGG, SCRAMBLE, PRE COOKED	GFS 584584	1.64 OZ	58	3.32	0.83	183	0.83	4.98	104	0	0.6	33.23	166	0
7716	BID/ENGLISH MUFFIN, WG	EUROPEAN BAKERS	2 OZ	120	1.5	0	180	24	6	0	3	1.44	100	500	0
8621	BID/ENGLISH MUFFIN, WG	BIMBO 7057	EACH	120	1	0	220	23	5	0	3	1.8	80	0	0
7729	BID/ENGLISH MUFFIN, WG	KLOSTERMAN 502552	EACH	110	1	0	190	22	5	0	3	1.44	40	0	1.2
7691	BID/FAST FUEL STICK, BEEF	OLD WISC 12948	.5 OZ	30	1	0	190	0	4	10	0	0.36	0	0	0
7692	BID/FAST FUEL STICK, TURKEY	OLD WISC 12949	.5 OZ	40	1.5	0	200	3	4	10	0	0.36	0	15	0
5403	BID/FISH NUGGET, POLLOCK	HIGH LINER 1089301	4 EACH/ 4 OZ	230	8	1.5	290	23	15	50	2	1.44	20	5	0
7743	BID/FISH PATTY, POLLOCK, SWEET POTATO BREADED	HIGH LINER 1089870	3.6 OZ	200	7	1	150	18	14	50	1	0.72	0	1000	1.2
6339	BID/FISH PATTY, POLLOCK	HIGH LINER 1089300	3.6 OZ	190	7	1	230	16	15	50	1	1.08	20	5	0
7936	BID/FISH STICKS, POLLOCK	TRIDENT 418304	4 EACH/ 4 OZ	220	10	1.5	460	18	15	40	2	1.08	20	500	2.4
7937	BID/FISH WEDGE, POLLOCK	TRIDENT 418320	3.6 OZ	180	8	1.5	280	14	14	40	2	1.08	20	0	0
6958	BID/FLATBREAD, 6 X 6 INCH, WG	RICHS 14010	2.2 OZ	180	5	1	330	29	6	0	3	1.76	34.22	0	0.06
7713	BID/FRENCH TOAST STICKS	RICHS 37722	4 EACH/3.24 OZ	255	9.81	1.96	294	37.3	5.89	0	2.94	1.79	33.37	22	0
7715	BID/FRENCH TOAST, CINN GLAZED	MICHAEL 75014	2.9 OZ	200	8	1.5	290	25	8	110	2	1.44	60	200	0
5784	BID/FRENCH TOAST, MINI	KELLOGGS 80693	3.03 OZ	210	5	1.5	240	37	4	0	3	2.7	100	500	0
7663	BID/FRENCH TOAST, MINI, CHOC CHIP	KELLOGGS 80801	3.03 OZ	210	6	1.5	260	35	5	0	4	2.7	100	500	0
8519	BID/FRENCH TOAST, MINI, CINN	GEN MILLS 37309	2.64 OZ	220	7	1	200	37	4	0	2	1.44	60	55	0
7956	BID/FRUIT COCKTAIL, EXTRA LIGHT SYRUP	GFS 225304	1/2 CUP	61	0	0	10	14.14	0	0	1.01	0	0	202	1.21
8655	BID/FRUIT ROLL UP, CRAZY COLOR	GEN MILLS 11561	.5 OZ	50	1	0.5	55	11	0	0	2	0	0	0	15
8654	BID/FRUIT ROLL UP, HOT COLORS	GEN MILLS 11566	.5 OZ	50	1	0.5	55	11	0	0	2	0	0	0	15
4059	BID/FRUIT ROLL UP, STRAWBERRY, REDUCED SUGAR	GEN MILLS 29162	.5 OZ	50	1	0.5	55	11	0	0	2	0	0	0	15
8657	BID/FRUIT SNACKS, ASST FRUIT	GEN MILLS MOTTS 47954	1.6 OZ	130	0	0	55	37	0	0	8	0	0	0	60

Nutrikds Recipe #	Product	Manufacturer	Portion Size	Calories	Fat g	Sat Fat g	Sodium mg	Carb g	Protein g	Chol mg	Fiber g	Iron mg	Calcium mg	Vit A IU	Vit C mg
8658	BID/FRUIT SNACKS, MIXED BERRY	GEN MILLS MOTTS 47953	1.6 OZ	130	0	0	55	37	0	0	8	0	0	0	60
8656	BID/FRUIT SNACKS, SCOOPY DOO	GEN MILLS 11510	.9 OZ	70	0	0	30	21	0	0	5	0	0	0	60
7964	BID/GATORADE G2, FRUIT PUNCH	GATORADE 12202	12 OZ	30	0	0	160	7	0	0	0	0	0	35	0
5831	BID/GATORADE G2, GLACIER FREEZE	GATORADE 12007	12 OZ	30	0	0	160	7	0	0	0	0	0	35	0
6265	BID/GATORADE G2, GRAPE	GATORADE 12203	12 OZ	30	0	0	160	7	0	0	0	0	0	35	0
7960	BID/GATORADE G2, LEMON LIME	GATORADE 12463	12 OZ	30	0	0	160	7	0	0	0	0	0	35	0
5832	BID/GATORADE G2, MIXED BERRY, CLEAR	GATORADE 13297	12 OZ	30	0	0	160	7	0	0	0	0	0	35	0
7959	BID/GATORADE G2, ORANGE	GATORADE 12204	12 OZ	30	0	0	160	7	0	0	0	0	0	35	0
7623	BID/GELATIN, LIME	GFS/DIAMOND CRYSTAL	1/2 CUP	70	0	0	105	17	1	0	0	0	0	85	15
7624	BID/GELATIN, ORANGE	GFS/DIAMOND CRYSTAL	1/2 CUP	70	0	0	85	17	1	0	0	0	0	85	15
7625	BID/GELATIN, STRAWBERRY	GFS/DIAMOND CRYSTAL	1/2 CUP	70	0	0	85	17	1	0	0	0	0	85	15
7238	BID/GLUTEN FREE BAGEL	UDI	EACH	320	10	1	590	48	8	0	3	0.36	40	25	0
7237	BID/GLUTEN FREE HAMBURGER BUN	UDI	EACH	250	7	0.5	480	43	6	0	5	0	40	30	0
7236	BID/GLUTEN FREE PASTA, ROTINI	BARILLA	1 OZ	101	0.51	0	0	22.27	2.03	0	0.51	0.18	0	0	0
7235	BID/GLUTEN FREE WAFFLE	VANS	EACH	115	3.5	0.5	200	19.5	1	0	0.5	0.36	20	50	1.2
6892	BID/GORDITA, CHIPOTLE CHICKEN	GEN MILLS 43883	4.37 OZ	270	8	3	430	35	20	30	6	1.8	200	100	0
7693	BID/GRAVY, BEEF MIX	GFS/DIAMOND CRYSTAL	1/4 CUP	25	0.5	0	292	5	0	0	0	0	1.78	0	0
7487	BID/GRAVY, TURKEY MIX	GFS/DIAMOND CRYSTAL	1/4 CUP	25	0.5	0	380	4	1	0	0	0	0	5	0
7694	BID/GRAVY, WHITE MIX	GUENTHER	1/4 CUP	45	2	1	242	6	0	0	0	0	1.56	5	0
7500	BID/GRAVY, WHITE PEPPERED MIX	NESTLE TRIO	1/4 CUP	46	1.54	0	248	6.17	1.03	0	0	0.01	1.07	5	0
7482	BID/HAM, DICED	GFS/FARMLAND	2 OZ	71	2.53	1.01	658	0	11.14	30	0	0.36	0	0	1.22
5899	BID/HAM, SMOKED, BONELESS	GFS 605301	2.67 OZ	89	3.12	0.89	899	2.67	12.46	40	0	0.32	0	13	0
7818	BID/HAM, SMOKED, SLICED .5 OZ	GFS 294187	.5 OZ SLICE	15	0.38	0.13	105	0.25	2.5	7	0	0.18	0	1	0
7737	BID/HOT DOG, BEEF & PORK	GFS/KENT 154792	2 OZ	180	17	6	580	2	6	35	0	0.59	8.47	0	0
7738	BID/HOT DOG, TURKEY	JENNIE O 612620	2 OZ	110	9	2.5	240	0	8	50	0	1.08	60	0	6
7928	BID/HOT DOG, TURKEY & BEEF	KIT ESSENTIALS 570662	2 OZ	150	11	4	320	6	7	50	0	0.72	60	15	0
7653	BID/HUMMUS, ROASTED RED PEPPER	GRECIAN DELIGHT	2 OZ	120	6	0	340	14	4	0	4	2.16	40	10	4.8
7879	BID/ICE CREAM, BANANA TROPI-KOOL BAR	HERSHEY 31230	4 OZ	160	2.5	1.5	30	32	2	10	0	1.08	60	135	2.4
7904	BID/ICE CREAM, BIRTHDAY TWISTER CUP	HERSHEY 50230	3.75 OZ	80	0	0	85	16	4	0	0	0	150	75	0
7894	BID/ICE CREAM, BIRTHDAY YOGURT CUP	HERSHEY 31630	3 OZ	60	0	0	65	12	3	0	0	0	100	60	0
8606	BID/ICE CREAM, BROWNIE BATTER SANDWICH	HERSHEY 31356	4 OZ	180	3.5	1.5	140	33	5	10	0	0.36	100	300	0
7900	BID/ICE CREAM, CANDY CANE CUP	HERSHEY 31641	3 OZ	60	1	0.5	45	12	2	0	0	0	100	200	0
7901	BID/ICE CREAM, CHERRY VANILLA CUP	HERSHEY 31642	3 OZ	60	1	0.5	55	12	2	0	0	0	100	200	0
7902	BID/ICE CREAM, CHOC MINT CUP	HERSHEY 31643	3 OZ	70	1	0.5	50	12	2	0	0	0	100	200	0
7877	BID/ICE CREAM, CHOC SCOOTER BAR	HERSHEY 31165	2.75 OZ	140	5	1.5	100	22	2	0	0	1.08	100	750	0
7895	BID/ICE CREAM, CHOCOLATE CUP	HERSHEY 31631	3 OZ	70	1	0.5	50	12	2	0	0	0	100	200	0
7888	BID/ICE CREAM, COOKIE CREAM SANDWICH	HERSHEY 31355	4 OZ	150	2.5	1.5	150	29	4	5	0	0.36	60	300	0
7883	BID/ICE CREAM, COOKIE CREAM CONE	HERSHEY 31306	4 OZ	120	1.5	1	100	25	2	5	0	0.72	100	100	0
7896	BID/ICE CREAM, COTTON CANDY CUP	HERSHEY 31632	3 OZ	60	1	0.5	45	12	2	0	0	0	100	200	0
7905	BID/ICE CREAM, COTTON CANDY TWISTER CUP	HERSHEY 50245	3.75 OZ	80	0	0	95	15	4	0	0	0	150	75	0
7882	BID/ICE CREAM, CRAZY CONE	HERSHEY 31303	4 OZ	120	2	1	80	24	2	5	0	0	60	300	0
7876	BID/ICE CREAM, FUDGE-O BAR	HERSHEY 31152	2 OZ	80	0	0	80	16	3	0	0	0	100	75	0
8610	BID/ICE CREAM, JUICE RUSH, CHERRY BLUE RASPBERRY	HERSHEY 31700	4.4 OZ	110	0	0	20	27	0	0	0	0	20	120	0
8609	BID/ICE CREAM, JUICE RUSH, LEMON ORANGE	HERSHEY 31701	4.4 OZ	110	0	0	20	27	0	0	0	0	20	120	0
8608	BID/ICE CREAM, JUICE RUSH, STRAWBERRY MANGO	HERSHEY 31702	4.4 OZ	110	0	0	20	27	0	0	0	0	20	120	0
7889	BID/ICE CREAM, LEMON SHERBET CUP	HERSHEY 31480	4 OZ	100	1	0.5	40	23	0	0	0	0	40	110	0
7880	BID/ICE CREAM, MANGO TROPI-KOOL BAR	HERSHEY 31232	4 OZ	110	0	0	5	28	0	0	0	0	20	120	6
7874	BID/ICE CREAM, MINI SANDWICH	HERSHEY 31352	2.5 OZ	120	2.5	1	70	12	2	5	0	0.72	80	300	0
7887	BID/ICE CREAM, MINTY SANDWICH	HERSHEY 31354	4 OZ	180	3.5	1.5	150	33	4	10	0	0	100	400	0
7873	BID/ICE CREAM, ORANGE BAR	HERSHEY 31174	2.5 OZ	70	1	0.5	50	14	1	0	0	0	80	500	0
7890	BID/ICE CREAM, ORANGE SHERBET CUP	HERSHEY 31490	4 OZ	100	1	0.5	40	23	0	0	0	0	40	110	0
7875	BID/ICE CREAM, POLAR BLAST BAR	HERSHEY 31000	2.25 OZ	70	0	0	5	16	0	0	0	0	0	60	96

Nutrikds Recipe #	Product	Manufacturer	Portion Size	Calories	Fat g	Sat Fat g	Sodium mg	Carb g	Protein g	Chol mg	Fiber g	Iron mg	Calcium mg	Vit A IU	Vit C mg
8605	BID/ICE CREAM, PUMPKIN CUP	HERSHEY 31668	3 OZ	70	1	0.5	65	15	2	0	0	0	100	200	0
7891	BID/ICE CREAM, RASPBERRY SHERBET CUP	HERSHEY 31500	4 OZ	120	1	0.5	40	27	0	0	0	0	40	125	0
7893	BID/ICE CREAM, RASPBERRY YOGURT CUP	HERSHEY 31580	4 OZ	110	0	0	85	23	4	0	0	0	150	100	1.2
8607	BID/ICE CREAM, SALT CARAMEL BROWNIE CRUNCH BAR	HERSHEY 31167	2.75 OZ	150	4.5	1.5	135	23	3	0	0	0.36	100	60	0
7886	BID/ICE CREAM, SANDWICH	HERSHEY 31319	4 OZ	180	3.5	1.5	150	33	4	10	0	0	100	400	0
7906	BID/ICE CREAM, SOUR APPLE TWISTER BAR	HERSHEY 50255	3.75 OZ	80	0	0	10	19	0	0	0	0	0	70	114
7907	BID/ICE CREAM, SOUR BLUE RASPBERRY TWISTER ABR	HERSHEY 50260	3.75 OZ	80	0	0	10	19	0	0	0	0	0	70	114
7899	BID/ICE CREAM, SPOOKY CUP	HERSHEY 31640	3 OZ	80	1	0.5	60	16	2	0	0	0.36	100	200	0
7903	BID/ICE CREAM, SPRING PARTY CUP	HERSHEY 31644	3 OZ	70	1	0.5	50	12	2	0	0	0	100	200	0
7897	BID/ICE CREAM, STRAWBERRY CUP	HERSHEY 31633	3 OZ	80	1	0.5	60	17	2	0	0	0	100	200	0
7878	BID/ICE CREAM, STRAWBERRY SCOOTER BAR	HERSHEY 31166	2.75 OZ	140	5	1.5	50	22	1	0	0	1.08	80	500	0
7881	BID/ICE CREAM, STRWBRY TROPI-KOOL BAR	HERSHEY 31234	4 OZ	110	0	0	0	27	0	0	0	0	0	120	6
7884	BID/ICE CREAM, TWIST CONE	HERSHEY 31307	4 OZ	150	2	1.5	95	30	3	0	0	0	100	300	0
7898	BID/ICE CREAM, VANILLA CUP	HERSHEY 31634	3 OZ	60	1	0.5	45	12	2	0	0	0	100	200	0
7892	BID/ICE CREAM, VANILLA YOGURT CUP	HERSHEY 31570	4 OZ	80	0	0	80	16	4	0	0	0	150	75	0
3870	BID/ICING, CHOCOLATE, HEAT N'ICE	RICHS 09977	1 OZ	130	2.5	1	15	27	0	0	0	0	0	0	0
3733	BID/ICING, DONUT GLAZE	RICHS 21506	1 OZ	100	0	0	0	24	0	0	0	0	0	0	0
3871	BID/ICING, VANILLA, HEAT N' ICE	RICHS 09976	1 OZ	181	2.2	0.5	2	40.21	0	0	0.01	0.01	0.16	0	0
376	BID/JELLY, ASSORTED	SMUCKER	.5 OZ	35	0	0	5	9	0	0	0	0	0	40	0
7544	BID/JELLY, GRAPE	HEINZ	.5 OZ	35	0	0	0	9	0	0	0	0	0	30	0
6247	BID/JUICE CUP, BLUE RASPBERRY LEMON, FRZN	RIDGEFIELD 2009	4.4 OZ	90	0	0	30	22	0	0	0	0	80	1000	60
6248	BID/JUICE CUP, KIWI STRAWBERRY, FRZN	RIDGEFIELD 2014	4.4 OZ	90	0	0	35	22	0	0	0	0	80	1000	60
6334	BID/JUICE CUP, ORANGE PINEAPPLE CHERRY, FRZN	J & J 23060020	4.4 OZ	70	0	0	10	19	0	0	3	0.36	80	500	60
6249	BID/JUICE CUP, SOUR CHERRY LEMON, FRZN	RIDGEFIELD 2016	4.4 OZ	90	0	0	25	22	0	0	0	0	80	1000	60
6250	BID/JUICE CUP, STRAWBERRY MANGO, FRZN	RIDGEFIELD 2015	4.4 OZ	90	0	0	35	22	0	0	0	0	80	1750	60
7571	BID/JUICE, APPLE (4 OZ)	SUNCUP 90301	4 OZ	60	0	0	5	14	0	0	0	0	0	60	60
4702	BID/JUICE, APPLE (6 OZ)	SUNCUP 40301	6 OZ	90	0	0	6	21	0	0	0	0.3	0	90	60
4467	BID/JUICE, APPLE - CAPRI SUN	KRAFT 00142	6 OZ	77	0.01	0	23	18.76	0.4	0	0	0.18	8.36	90	0.48
4468	BID/JUICE, BERRY - CAPRI SUN	KRAFT 00144	6 OZ	80	0.16	0.03	22	19.56	0.32	0	0.02	0.45	9.08	1	0.81
8584	BID/JUICE, DRAGON PUNCH (4 OZ)	COUNTRY PURE 45710	4 OZ	50	0	0	35	13	0	0	0	0	0	500	30
7962	BID/JUICE, FRUIT MEDLEY	TROPICANA 02145	10 OZ	140	0	0	25	34	2	0	0	0	20	160	72
4469	BID/JUICE, FRUIT PUNCH - CAPRI	KRAFT 00146	6 OZ	78	0.17	0.03	23	19.13	0.25	0	0.01	0.18	8.55	0	0.47
5887	BID/JUICE, GRAPE (4 OZ)	SUNCUP 90501	4 OZ	80	0	0	10	19	0	0	0	0	0	90	60
4703	BID/JUICE, GRAPE (6 OZ)	SUNCUP 40501	6 OZ	120	0	0	15	28	0	0	0	0.36	0	135	60
5889	BID/JUICE, ORANGE (4 OZ)	SUNCUP 90100	4 OZ	60	0	0	5	14	0	0	0	0	0	60	60
7572	BID/JUICE, ORANGE/PINEAPPLE (4 OZ)	SUNCUP 91200	4 OZ	60	0	0	0	15	0	0	0	0	0	65	36
7963	BID/JUICE, STRAWBERRY KIWI	TROPICANA 02144	10 OZ	150	0	0	25	38	0	0	0	0	0	160	72
7961	BID/JUICE, STRAWBERRY ORANGE	TROPICANA 02146	10 OZ	160	0	0	25	40	0	0	0	0	20	165	60
6329	BID/JUICE, V8 FUSION, POMEGRANATE	CAMPBELLS	8 OZ	100	0	0	65	25	0	0	0	0.36	20	500	60
6330	BID/JUICE, V8 FUSION, STRAWBERRY BANANA	CAMPBELLS	8 OZ	110	0	0	70	28	0	0	0	0.36	20	2500	60
8586	BID/JUICE, WANGO MANGO (4 OZ)	COUNTRY PURE 45711	4 OZ	50	0	0	30	13	0	0	0	0	0	500	30
7626	BID/KALE, CHOPPED	ALLEN	1/2 CUP	56	0.94	0	122	7.49	3.75	0	5.62	1.35	187.27	15918	6.74
5238	BID/LASAGANA ROLLUP, WG	TASTY BRAND 00801	4.3 OZ	230	7	4	400	27	14	35	2	1.08	300	500	6
6319	BID/MACARONI & CHEESE, REDUCED FAT	JTM 5769	6 OZ	295	15	8.1	759	26.01	16	47	2	1	363.09	654	0
7627	BID/MARSHMALLOWS, MINI	GFS 191736	1/2 CUP	81	0	0	20	20.16	0	0	0	0	0	66	0
8122	BID/MAYONNAISE PACKET, LIGHT	GFS 188741	12 GRAM	50	4.5	0.5	70	2	0	10	0	0	0	0	0
3534	BID/MAYONNAISE PACKET	KRAFT 66485	12.4 GRAM	88	9.63	1.45	65	0.09	0.08	3	0	0.02	0.54	4	0
7609	BID/MAYONNAISE, LIGHT, BULK	GFS 429406	1 TBSP	55	5.09	0.84	127	2.06	0.11	8	0	0.04	1.27	10	0.01
6241	BID/MILK, SOY, VANILLA	KIKKOMAN 06184	8 OZ	140	3	0	170	20	8	0	0	1.44	300	500	0
3825	BID/MUFFIN, APPLE CINN, 2 OZ	OTIS 10146	2 OZ	190	6	2	130	31	3	40	2	1.08	40	100	2.4
6273	BID/MUFFIN, BANANA, 2 OZ	CHEF PIERRE 08861	2 OZ	200	8	1.5	110	31	2	10	1	0.72	0	80	0
6274	BID/MUFFIN, BLUEBERRY, 2 OZ	CHEF PIERRE 08860	2 OZ	190	7	1	135	30	2	10	1	0.72	0	75	0

Nutrikds Recipe #	Product	Manufacturer	Portion Size	Calories	Fat g	Sat Fat g	Sodium mg	Carb g	Protein g	Chol mg	Fiber g	Iron mg	Calcium mg	Vit A IU	Vit C mg
6275	BID/MUFFIN, CHOC CHOC CHIP, 2 OZ	CHEF PIERRE 08862	2 OZ	180	6	1.5	105	27	3	10	2	1.44	0	70	0
7697	BID/MUFFIN, CHOC CHOC CHIP, 4 OZ	OTIS 10149	4 OZ	390	12	4	260	64	7	90	5	2.7	60	100	0
7872	BID/MUSTARD PACKET	GFS/DIAMOND CRYSTAL	5.5 GRAM	5	0	0	85	0	0	0	0	0	0	0	0
8479	BID/MUSTARD PACKET	HEINZ 78000701	5.5 GRAM	0	0	0	65	0	0	0	0	0	0	0	0
7628	BID/MUSTARD, 4/1 GAL	GFS 860221	1 TBSP	12	0.64	0.03	234	0.83	0.55	0	0.33	0.27	11.88	1	0.1
6267	BID/NAKED JUICE, BERRY BLAST	PEPSICO 63317	10 OZ	160	0	0	10	37	2	0	0	0.36	20	160	0
6811	BID/NAKED JUICE, BLUE MACHINE	PEPSICO 01017	10 OZ	210	0	0	15	50	1	0	4	0.36	0	180	72
6270	BID/NAKED JUICE, STRAWBERRY BANANA	PEPSICO 63071	10 OZ	160	0	0	5	38	2	0	0	0.72	20	145	21
7764	BID/OIL, SOY, ZERO TRANS FAT	PANTRY VALUE	1 OZ	263	44.55	20.25	0	0	0	0	0	0	0	0	0
8198	BID/OIL, VEGETABLE, ZERO TRANS	GFS 292702	1 OZ	263	28.35	4.05	0	0	0	0	0	0	0	0	0
7827	BID/OLIVES, RIPE, SLICED	GFS 324531	1/8 CUP	31	2.54	0.51	153	1.02	0	0	0	0	0	0	0
6851	BID/ONION RINGS	TASTY BRAND 33504	2.69 OZ/5 RINGS	196	7.6	1.4	199	28.4	3.4	0	3	1.11	110	26	2.4
6785	BID/ONIONS, DRIED	PACKER/OLAM	1 CUP (RECONST)	156	0.21	0.04	40	42.61	4.94	0	9	1.56	170.56	26	12.48
7782	BID/ORANGES, MANDARIN, LIGHT	GFS 117897	1/2 CUP	87	0	0	10	19.33	0.97	0	0	0.35	19.33	387	17.4
7670	BID/PANCAKE SANDWICH W/ CHICKEN	PEACH VALLEY	3.15 OZ	160	3	0	420	23	10	5	3	1.08	0	25	0
6337	BID/PANCAKES, BULK, WG	AUNT JEMIMA 43582	1.14 OZ	77	2	0.33	110	13.67	1.67	3	1	0.6	0	8	0
5897	BID/PANCAKES, MINI, BLUEBERRY	KELLOGGS 92560	3.03 OZ	210	6	1	310	35	4	10	4	2.7	60	500	0
5920	BID/PANCAKES, MINI, MAPLE	KELLOGGS 92562	3.03 OZ	210	6	1	320	35	4	10	4	2.7	60	500	0
6206	BID/PANCAKES, MINI, MAPLE	GEN MILLS 37732	3.17 OZ	220	6	0.5	130	39	4	0	3	0.72	20	60	0
6205	BID/PANCAKES, MINI, STRAWBERRY	GEN MILLS 37731	3.17 OZ	220	6	0.5	130	40	4	0	3	0.72	20	70	0
5448	BID/PASTA, ELBOW, WG	BARILLA	1/2 CUP	91	0.76	0	0	19.74	4.05	0	3.04	1.82	0	5	0
7629	BID/PASTA, ELBOW, NOT WG	DAKOTA	1/2 CUP	83	0.42	0	0	17.03	2.91	0	0.83	0.75	0	4	0
7630	BID/PASTA, PENNE, WG	DAKOTA	1/2 CUP	99	0.71	0	0	19.31	3.3	0	1.88	0.85	9.42	5	0
8068	BID/PASTA, ROTINI, WG	DAKOTA	1/2 CUP	109	0.78	0	0	21.29	3.63	0	2.08	0.93	10.38	5	0
4987	BID/PASTA, SPAGHETTI, WG	BARILLA	1/2 CUP	91	0.76	0	5	19.74	4.05	0	3.04	1.82	0	5	0
7965	BID/PASTA, SPAGHETTI, NOT WG	DAKOTA	1/2 CUP	153	0.76	0	0	31.33	5.35	0	1.53	1.38	0	8	0
4654	BID/PASTRY, FRUDEL, APPLE	PILLSBURY 27852	2.29 OZ	210	6	1.5	280	36	5	0	2	1.08	0	55	0
4655	BID/PASTRY, FRUDEL, CHERRY	PILLSBURY 27851	2.29 OZ	210	6	1.5	290	37	5	0	2	1.08	0	55	0
6814	BID/PB & GRAPE JELLY WAFERS	ADV PIERRE A1290	2.3 OZ	300	17	3.5	220	32	9	0	4	1.44	20	70	0
7791	BID/PEACHES, DICED, CANNED, LIGHT	IPM 116350	1/2 CUP	46	0	0	5	12.84	0	0	0.92	0.33	0	275	3.3
7631	BID/PEACHES, HALF, LIGHT SYRUP	PACIFIC COAST	1/2 CUP	70	0	0	10	17	0	0	0	0	0	300	1.2
7786	BID/PEACHES, SLICED, EXTRA LIGHT SYRUP	IPM 116360	1/2 CUP	46	0	0	5	12.84	0	0	0.92	0.33	0	275	3.3
7548	BID/PEANUT BUTTER, 1.1 OZ CUP	SMUCKERS JIF	1.1 OZ	180	15	2.5	130	8	6	0	2	0.72	20	15	0
7668	BID/PEANUT FREE SPREAD	WOWBUTTER 40100	1.12 OZ	198	14.88	2.98	99	7.94	6.95	0	1.98	1.07	19.84	20	0
8506	BID/PEARS, DICED, CANNED, IN JUICE	GFS 610364	1/2 CUP	60	0	0	10	14.01	0	0	2	0	0	60	0
7785	BID/PEARS, DICED, CANNED, LIGHT SYRUP	IPM 116100	1/2 CUP	85	0	0	4	21.26	0	0	1.01	0.36	0	106	2.43
1939	BID/PEARS, HALF, LIGHT SYRUP	GFS 224421	1/2 CUP	74	0	0	11	17.91	0	0	1.05	0	0	79	0
7795	BID/PEAS & CARROTS, FROZEN	GFS 285730	1/2 CUP	55	0	0	28	8.32	1.85	0	2.77	0.67	0	1387	4.44
7479	BID/PEAS, CANNED	GFS 118443	1/2 CUP	92	0.66	0	393	15.72	5.24	0	3.93	1.89	26.2	393	15.72
7763	BID/PEAS, FROZEN	GFS/LAKESIDE	1/2 CUP	74	0	0	106	12.75	5.31	0	4.25	1.15	0	425	6.38
7632	BID/PEPPER, BANANA, SLICED RINGS	GFS/GIELOW	1 OZ	5	0	0	283	1.01	0	0	1.01	0	20.25	0	9.11
7633	BID/PEPPER, JALAPENO, CANNED	GFS/GIELOW	1 OZ	5	0	0	279	1	0	0	1	0	0	0	8.97
7797	BID/PEPPERONI	GFS 729981	1 OZ	132	12.28	3.78	435	0	5.67	28	0	0.34	0	0	0
7480	BID/PICKLE, SLICE, DILL	GFS 149195	1 OZ	0	0	0	360	0	0	0	0	0	0	0	0
7809	BID/PICKLE, SPEAR, DILL	BRICKMAN	1 OZ	0	0	0	263	1.01	0	0	0	0	0	0	0
7784	BID/PINEAPPLE, TIDBIT, IN JUICE, CANNED	GFS 189979	1/2 CUP	76	0	0	0	19.64	0	0	1.09	0.39	0	82	9.82
4558	BID/PIZZA BOAT,3 CHEESE GARLIC	BEST EXPRESS 8010	4.45 OZ	300	13	6	570	29	18	35	3	0.36	450	500	0
4908	BID/PIZZA CHEESE CRUNCHERS	RICHS 65225	4 EACH/5.48 OZ	420	20	9	670	41	20	30	6	2.21	427	482	1.86
3977	BID/PIZZA STRIPS	TONYS 78378	3.1 OZ	220	6	3	390	27	12	20	3	1.8	100	15	0
8044	BID/PIZZA, BBQ, WEDGE - MAXSNAX	CONAGRA 12723	4.09 OZ (3 PC)	280	8	2	470	36	16	15	4	2.3	90	35	0
8660	BID/PIZZA, BREAKFAST, BACON	TONYS 78353	2.95 OZ	210	8	3.5	320	25	10	55	2	0.18	1550	0	0
3485	BID/PIZZA, BREAKFAST, GRAVY	TONYS 78352	3 OZ	200	7	2	440	24	10	15	2	1.8	150	45	0

Nutrikds Recipe #	Product	Manufacturer	Portion Size	Calories	Fat g	Sat Fat g	Sodium mg	Carb g	Protein g	Chol mg	Fiber g	Iron mg	Calcium mg	Vit A IU	Vit C mg
3393	BID/PIZZA, BREAKFAST, SAUSAGE	TONYS 63912	3.31 OZ	210	7	2	480	26	9	15	2	1.8	100	200	0
8053	BID/PIZZA, BUFFALO CHIX, 16 INCH, 8 CUT	BIG DADDY 78639	5.21 OZ	390	19	7	750	35	20	45	3	0	0	40	0
8116	BID/PIZZA, CHEESE DOUBLE STUFFED	CONAGRA 12683	3.74 OZ	250	7	4	520	31	15	20	4	2.3	270	15	0
6191	BID/PIZZA, CHEESE, 16 INCH	S & F 37BC	5.4 OZ	320	11	4	500	35	20	25	3	2.7	300	500	6
7656	BID/PIZZA, CHEESE, 4 INCH ROUND	TONYS 78364	4.46 OZ	280	12	6	440	29	15	30	3	1.8	250	300	0
7577	BID/PIZZA, CHEESE, 4 X 6 INCH	TONYS 78697	4.5 OZ	300	11	5	440	33	16	25	4	2.7	250	300	0
6186	BID/PIZZA, CHEESE, 5 INCH	GIORGIO 8391	5 OZ	330	11	6	390	36	25	25	6	2.7	350	400	9
7988	BID/PIZZA, CHEESE, 5 INCH ROUND	GILARDI 12514	5.05 OZ	320	11	3.5	610	40	15	10	5	2.7	250	300	0
6212	BID/PIZZA, CHEESE, STUFFED CRUST	GILARDI 20113	4.5 OZ	300	11	6	600	35	16	30	4	2.7	350	400	0
5852	BID/PIZZA, CHEESE, STUFFED CRUST WEDGE	TONYS 78647	5.34 OZ	360	16	6	600	39	16	25	3	2.7	350	500	0
7657	BID/PIZZA, CHEESE, 16 INCH, 8 CUT	BIG DADDY 78653	5.18 OZ	360	16	7	470	36	21	35	3	2.7	450	400	0
2120	BID/PIZZA, FIESTADA BEEF	TONYS 68523	5.44 OZ	340	14	6	850	39	17	25	4	3.6	250	500	0
6183	BID/PIZZA, PEPPERONI, 16 INCH	S & F 36BC	5.3 OZ	360	13	4	600	39	20	30	4	3.6	300	500	6
7676	BID/PIZZA, PEPPERONI, 4 INCH	TONYS 78365	4.51 OZ	290	12	6	520	29	16	30	3	2.7	250	300	0
7578	BID/PIZZA, PEPPERONI, 4 X 6 INCH	TONYS 78698	4.48 OZ	300	12	5	530	33	16	25	4	2.7	200	300	0
7658	BID/PIZZA, PEPPERONI, 8 CUT	BIG DADDY 78654	5.18 OZ	370	17	7	550	35	21	45	3	2.7	350	400	0
5854	BID/PIZZA, PEPPERONI, STUFFED WEDGE	TONYS 78648	5.32 OZ	360	16	6	650	38	16	30	3	2.7	350	500	0
6214	BID/PIZZA, PEPPERONI, STUFFED CRUST	GILARDI 20114	4.5 OZ	300	11	5	650	35	17	30	5	2.7	300	400	0
7579	BID/PIZZA, SAUSAGE, 4 X 6 INCH	TONYS 78771	4.69 OZ	290	10	4.5	470	33	16	25	5	15	20	4	0
6204	BID/PIZZA, STUFFED CRUST	BOSCO 701462	5.495 OZ	330	11	5	560	39	20	25	4	2.7	400	750	3.6
8043	BID/PIZZA, TACO, WEDGE - MAXSNAX	CONAGRA 12714	4.09 OZ (3 PC)	260	9	2.5	580	30	14	10	4	2.4	120	5	0
7709	BID/PIZZA, TURKEY PEPPERONI, 5 INCH	GIORGIO 8671	5 OZ	330	10	6	410	36	25	25	6	2.7	300	400	9
4942	BID/POP TARTS, FROSTED STRAWBERRY, 1 CT	KELLOGGS 55130	1.75 OZ	180	2.5	1	180	37	2	0	3	1.8	100	500	0
5368	BID/POP TARTS, FROSTED STRAWBERRY, 2 CT	KELLOGGS 55133	3.5 OZ	360	5	1.5	360	74	4	0	6	3.6	200	1000	0
6865	BID/POP TARTS, FROSTED FUDGE, 1 CT	KELLOGGS 12070	1.76 OZ	180	3	1	190	38	3	0	3	1.8	100	500	0
6864	BID/POP TARTS, FROSTED FUDGE, 2 CT	KELLOGGS 12073	3.53 OZ	360	6	2	390	76	5	0	6	3.6	200	1000	0
4941	BID/POP TARTS, FROSTED CINN, 1 CT	KELLOGGS 55122	1.75 OZ	180	3	1	190	37	2	0	3	1.8	100	500	0
5367	BID/POP TARTS, FROSTED CINN, 2 CT	KELLOGGS 55125	3.5 OZ	370	6	2	380	74	5	0	6	3.6	200	1000	0
3560	BID/PORK BBQ	JTM 5416	4 OZ	170	6	2.1	566	13	17	44	2	1	38	371	5
3687	BID/PORK BBQ, TEXAS STYLE, LOW SODIUM	BROOKWOOD 12307	4 OZ	300	17.06	6.02	234	17.06	18.06	71	0	3.07	80.28	1656	25.29
8639	BID/PORK CHOP, COUNTRY FRIED	ADV PIERRE 3801	3.1 OZ	270	17	4.5	380	15	13	90	2	1.8	40	100	0
4136	BID/PORK MEATBALLS, RED SODIUM	JTM 5036	4 EACH/2.72 OZ	158	9.98	3.39	228	4.99	12.97	34	1	1	66.85	25	1
8121	BID/PORK RIB PATTY, BBQ	GFS 100640	2.5 OZ	160	10	3.5	390	8	12	30	1	1.08	40	100	1.2
3702	BID/PORK RIB PATTY, BBQ	ADV PIERRE 3717	3.25 OZ	210	12	4.5	660	12	13	45	1	1.08	20	300	1.2
7929	BID/PORK RIB PATTY, BBQ	ADV PIERRE 80825	3.1 OZ	210	13	4.5	730	11	11	35	1	1.44	40	200	2.4
5394	BID/PORK RIB PATTY, BBQ	JTM 5690	2.8 OZ	170	10	3.5	400	6	14	40	1	1	2	100	1
3704	BID/PORK TACO MEAT, REDUCED FAT	JTM 5205	3.17 OZ	111	5	1.7	275	5	13	32	2	1	40	662	5
7714	BID/POTATO CHUNKS, REDSKIN	SIMPLOT	1/2 CUP	90	0	0	30	18	2	0	2	0.68	14.64	21	0
7648	BID/POTATO SKINS	MCCAIN MCX03602	2.89 OZ	90	0	0	5	19	2	0	3	1.08	0	0	0
6246	BID/POTATO STIX, SEASONED, RED SODIUM	MCCAIN MCX04717	1/2 CUP	120	4	0.5	135	20	1	0	2	0.36	0	0	2.4
7637	BID/POTATO, AU GRATIN	BASIC AMERICAN 20922	1/2 CUP/5.56 OZ	120	1	0	270	25	2	0	1	0.3	38.32	9	21
3736	BID/POTATO, FF KK - CONCERTINA	LAMB WESTON X14	1/2 CUP	120	4.5	0	135	17	2	0	2	0.36	0	0	3.6
7778	BID/POTATO, FF STRAIGHT CUT, RED SODIUM	CAVENDISH 05307	1/2 CUP	99	3.79	0.63	96	14.87	1.35	0	1.26	0.16	0	0	1.62
7971	BID/POTATO, FF, CRISS CUT	LAMB WESTON D23	1/2 CUP	120	6	1.5	260	14	1	0	1	0.36	0	0	3.6
4515	BID/POTATO, FF, EVERCRISP	MCCAIN OIF01028	1/2 CUP	130	6	1	300	18	1	0	1	0.72	0	0	3.6
8080	BID/POTATO, FF, SKIN ON	LAMB WESTON X23	1/2 CUP	120	4	1	150	19	2	0	2	0.36	0	0	3.6
4454	BID/POTATO, FF, SPICY	LAMB WESTON B91	1/2 CUP	120	5	1.5	280	16	2	0	2	0.72	0	0	3.6
7793	BID/POTATO, FF, WAFFLE CUT	MCCAIN OIF01037	1/2 CUP	140	5	1	80	22	2	0	3	0.72	0	0	3.6
3845	BID/POTATO, FF, TWISTER/SEASONED	MCCAIN MCL03622	1/2 CUP	110	5	0.5	300	15	1	0	1	0.36	0	0	3.6
8507	BID/POTATO, FF, TWISTER/SEASONED	LAMB WESTON D73	1/2 CUP	1920	96	24	5120	240	32	0	32	11.52	0	0	57.6
7647	BID/POTATO, HASH BROWN WEDGE	MCCAIN OIF00589A	2 EACH (4.5 OZ)	270	15	1	500	31	2	0	3	0.72	20	0	6
7650	BID/POTATO, MASHED	BASIC AMERICAN 76468	89.94 1/2 CUP/4.16 OZ	70	1	0	323	15	1	0	1	0.19	10.12	2	6.38

Nutrikds Recipe #	Product	Manufacturer	Portion Size	Calories	Fat g	Sat Fat g	Sodium mg	Carb g	Protein g	Chol mg	Fiber g	Iron mg	Calcium mg	Vit A IU	Vit C mg
7652	BID/POTATO, MASHED	BASIC AMERICAN 81056	1/2 CUP/3.71 OZ	70	1	0	273	15	1	0	1	0.21	9.41	2	6.39
7651	BID/POTATO, MASHED	BASIC AMERICAN 81837	1/2 CUP/3.79 OZ	70	0.5	0	18	15	1	0	1	0.2	9.21	2	6.38
6192	BID/POTATO, MASHED	BASIC AMERICAN 10169	1/2 CUP/3.92 OZ	80	1.5	0	253	15	2	0	1	0.19	9.91	2	6.38
6661	BID/POTATO, MASHED	BASIC AMERICAN 10630	1/2 CUP/3.02 OZ	70	0	0	117	15	1	0	1	0.2	8.55	2	6.36
6242	BID/POTATO, ROUNDOABOUTS	LAMB WESTON A26	1/2 CUP	150	8	2	280	17	2	0	2	0.72	0	0	3.6
7989	BID/POTATO, SCALLOPED	BASIC AMERICAN 94595	1/2 CUP/5.39 OZ	120	1	0	220	24	2	0	1	0.33	35.85	39	7.74
3029	BID/POTATO, SMILES	MCCAIN OIF03456	1/2 CUP (4 PC)	130	4.5	0.5	180	20	2	0	2	0.36	0	0	2.4
5454	BID/POTATO, SWEET, CRISS CUT	LAMB WESTON L0090	1/2 CUP	110	4	0	135	17	2	0	2	0.36	20	2500	1.2
7638	BID/POTATO, SWEET, CUT, CANNED	DUNBAR 796325	1/2 CUP	159	0	0	23	38.5	0	0	1.13	1.63	22.65	10191	0
7649	BID/POTATO, SWEET, FF	LAMB WESTON L8100	1/2 CUP	120	3.5	0	110	20	1	0	3	0	20	3000	4.8
5053	BID/POTATO, SWEET, MINI PUFF	LAMB WESTON L0094	1/2 CUP	120	3.5	0	190	22	1	0	2	0.36	20	3000	2.4
7550	BID/POTATO, TATER TOTS	MCCAIN 02789	1/2 CUP	90	3.5	0	160	14	1	0	1	0.36	0	0	0
3858	BID/POTATO, WEDGE, OVEN ROASTED	LAMB WESTON S0007	1/2 CUP	110	1	0	180	23	2	0	2	1.8	0	0	4.8
6244	BID/POTATO, WEDGE, RANCH	LAMB WESTON R12	1/2 CUP	120	5	1.5	280	17	2	0	2	0.36	0	0	4.8
7551	BID/POTATO, WEDGE, SEASONED, 8 CUT	MCCAIN 00496	1/2 CUP	120	4	0.5	140	20	2	0	2	0.36	0	100	3.6
7955	BID/POTATO, WHITE, DICED, CANNED	GFS 118583	1/2 CUP	63	0	0	253	13.56	0.9	0	1.81	0.33	36.17	0	10.85
6659	BID/PRETZEL, CHEESE STUFFED	BOSCO 705672	2.4 OZ	200	7	2	230	27	7	10	3	1.44	100	200	0
4610	BID/PRETZEL, SOFT	J & J 30110	2.2 OZ	140	0.5	0	150	30	5	0	3	1.8	20	5	1.2
4493	BID/PRETZEL, SOFT, MINI	J & J 30113	1 OZ	70	0.5	0	100	14	2	0	1	0.72	0	0	0
7549	BID/PRETZEL, SOFT, NUGGET	J & J 30185	.5 OZ	30	0	0	21	7	1	0	1	0.36	0	0	0
3823	BID/PRETZEL, SOFT, ROD	J & J 31012	1 OZ	70	0.5	0	40	14	2	0	1	0.72	0	0	0
6266	BID/PROPEL, BERRY	PEPSICO 00169	16.9 OZ	0	0	0	160	0	0	0	0	0	0	0	24
3889	BID/PROPEL, GRAPE	PEPSICO 00173	16.9 OZ	0	0	0	160	0	0	0	0	0	0	0	24
6264	BID/PROPEL, KIWI STRAWBERRY	PEPSICO 00171	16.9 OZ	0	0	0	160	0	0	0	0	0	0	0	24
6263	BID/PROPEL, LEMON	PEPSICO 00167	16.9 OZ	0	0	0	115	0	0	0	0	0	0	0	24
6670	BID/PUDDING, BROWNIE BATTER	RICHS 11620	3 OZ	120	4	0	125	20	2	0	0.19	0.19	52.66	710	0.03
7582	BID/PUDDING, CHOC, COWRAGEOUS	LOL 03710	3.75 OZ	110	1	0.5	105	21	3	5	3	0.36	100	750	0
7478	BID/PUDDING, CHOCOLATE	GFS 163554	1/2 CUP	120	3	0.5	200	24	1	0	1	0.72	20	80	0
4522	BID/PUDDING, VANILLA	GFS 106771	1/2 CUP	130	3	0	200	25	0	0	0	0	20	75	0
7583	BID/PUDDING, VANILLA, COWRAGEOUS	LOL 03720	3.75 OZ	100	1	0	125	21	3	10	3	0	100	750	0
3623	BID/QUESADILLA, CHEESE	COYOTE GRILL 78372	2 PIECE (4.4 OZ)	320	12	6	560	32	20	40	3	2.7	350	300	0
3622	BID/QUESADILLA, CHICKEN	COYOTE GRILL 78373	2 PIECE (4.4 OZ)	300	11	4.5	560	31	19	40	3	2.7	250	200	0
5688	BID/RAISINS, 1.5 OUNCE BOX	BOGHOSIAN	1.5 OZ	138	0	0	11	32.96	1.06	0	2.13	1.15	21.26	154	0
6672	BID/RAISINS, SOUR ORANGE	RAISELS 00529	1.5 OZ	140	0	0	5	36	1	0	1	0.72	20	140	60
6674	BID/RAISINS, SOUR WATERMELON	RAISELS 00527	1.5 OZ	140	0	0	5	36	1	0	1	0.72	20	140	102
6894	BID/RAVIOLI, BEEF, CN	CHEF BOYARDEE 81080	8.31 OZ/8 PIECE	238	7.33	3.21	550	27.49	14.66	23	3.66	2.48	36.66	275	0
7573	BID/RAVIOLI, MINI CHEESE, WG	TASTY BRANDS	2.17 OZ/7 PIECE	120	2.5	1	180	15	8	15	1	0.72	100	100	3.6
7639	BID/RELISH, SWEET	GFS/GIELOW	1 OZ	25	0	0	273	6.08	0	0	1.01	0	40.5	20	0
6253	BID/RICE, BROWN, ASIAN	UNCLE BEN 45533	1/2 CUP	105	1	0.25	227	21	2.5	0	1	0.36	11.64	8	0
7761	BID/RICE, BROWN, MEXICAN STYLE	GFS/KENT	1/2 CUP	116	2.76	0.56	166	21	2	0	1	0.36	21.99	380	0
6252	BID/RICE, BROWN, ROASTED CHICKEN	UNCLE BEN 45532	1/2 CUP	105	1.5	0.5	217	20	3	3	1	0.36	11.78	3	0.6
7493	BID/RICE, BROWN, PARBOILED	GFS/PROD RICE MILL	1/2 CUP	85	0.5	0	0	18.5	2	0	1	0.36	0	0	0
7742	BID/RICE, BROWN, PARBOILED	UNCLE BEN 12111	1/2 CUP	90	0.8	0	2	18.58	2.12	0	1.06	0.38	1.71	0	0
1943	BID/RICE, WHITE, INSTANT, NOT WG	UNCLE BEN 04016	1/2 CUP	70	0	0	2	15	1.5	0	0	0.9	1.58	0	0
7607	BID/ROAST BEEF, SLICED 1/2 OZ	HORMEL 15834	4 SLICE	50	2	1	420	0	9	25	0	1.08	0	0	0
7712	BID/ROLL DOUGH, DINNER	RICHS 13918	2.5 OZ	170	3	0.5	135	28	7	0	3.4	0.85	12.7	0	0.01
5855	BID/ROLL DOUGH, MINI SUB, 6 INCH	RICHS 11782	2.4 OZ	170	3	0.5	180	28	6	0	3	1.45	13.52	0	0.01
4641	BID/ROLL DOUGH, RTO	RICHS 05295	2.1 OZ	140	2.5	0.5	190	24	6	0	5	0.49	12.44	0	4.99
8518	BID/ROLL, CINNAMON BUN	SUPER BAKERY 6070	2.9 OZ	240	8	2	300	38	5	20	3	1.08	60	400	1.2
6961	BID/ROLL, CINNAMON DOUGH, WG	RICHS 13940	2.6 OZ	170	1.5	0.5	135	36	5	5	3	1.67	23.87	260	0.42
6907	BID/ROLL, CINNAMON SWIRL, 2 CT	SKY BLUE WCSW272	2 OZ	190	7	1	220	29	4	0	3	1.44	0	35	0
4818	BID/ROLL, CINNAMON - MINI CINNI	PILLSBURY 33686	2.29 OZ	240	8	2	300	40	5	0	2	1.44	20	75	0

Nutrikds Recipe #	Product	Manufacturer	Portion Size	Calories	Fat g	Sat Fat g	Sodium mg	Carb g	Protein g	Chol mg	Fiber g	Iron mg	Calcium mg	Vit A IU	Vit C mg
6353	BID/ROLL, DELI	BIMBO 4259	EACH	200	2.5	0.5	250	39	8	0	4	1.8	200	30	0
7747	BID/ROLL, DINNER	BIMBO 4916	EACH	100	1	0	170	18	6	0	3	1.08	150	10	0
8153	BID/ROLL, DINNER, FROZEN	GFS 523002	1 OZ	80	1	0	90	14	3	0	1	0.72	20	10	0
8025	BID/ROLL, DINNER, WG	MA'S KITCHEN	2 OZ	140	2.5	1	80	32	5	5	7	1.44	20	50	0
6195	BID/ROLL, DINNER, WHITE WHEAT	READIBAKE 01509	2.2 OZ	150	2	0	270	30	5	0	3	1.8	40	25	6
7721	BID/ROLL, PAN	KLOSTERMAN 3920	EACH	90	1	0	125	16	3	0	1	1	48	0	0
5219	BID/ROLL, PARBAKED, WG	MARZETTI 62205	1.5 OZ	140	4	1	220	22	4	10	3	0.72	0	20	0
7575	BID/SALSA CUP	RED GOLD	3 OZ	25	0	0	195	5	1	0	1	0.36	20	300	7.2
4030	BID/SALSA, MILD, NUTRITIONALLY ENHANCED	RED GOLD 11005	1/4 CUP (1.5 OZ)	15	0	0	103	2.93	0	0	0	0.53	29.33	733	8.8
8243	BID/SANDWICH, GRILL CHEESE	INTEGRATED 703003	4.19 OZ	280	9.91	5.56	581	30.96	18.55	32	3	1.64	465.89	524	0
6964	BID/SANDWICH, PB/GRAPE	SMUCKER	2.6 OZ	320	17	3.5	320	32	10	0	3	1.08	20	65	0
6965	BID/SANDWICH, PB/GRAPE	SMUCKER	5.3 OZ	630	33	7	630	64	19	0	6	1.8	60	140	0
6966	BID/SANDWICH, PB/STRAWBERRY	SMUCKER	2.6 OZ	320	17	3.5	320	32	10	0	3	1.08	20	65	0
8497	BID/SANDWICH,SOYBUTTER & GRAPE	ALBIES 607	2.4 OZ	290	16	3	220	28	9	0	4	2.7	80	55	0
6963	BID/SANDWICH, SOYBUTTER & GRAPE	ALBIES 608	4.6 OZ	570	32	6	440	55	19	0	8	5.4	150	105	0
5395	BID/SAUCE, ALFREDO, REDUCED FAT	JTM 5722	1.83 OZ	90	5	3	374	5	6	19	0	0	189.99	225	0
5347	BID/SAUCE, BARBEQUE CUP	RED GOLD 11580	1 OZ	40	0	0	75	9	0	0	0	0	0	40	0
7790	BID/SAUCE, BARBEQUE PACKET	GFS 294659	12 GRAM	20	0	0	90	5	0	0	0	0	0	20	0
7806	BID/SAUCE, BARBEQUE, 4/1 GAL	GFS 734136	1 OZ	47	0	0	346	11.02	0	0	0	0.28	0	118	0
8515	BID/SAUCE, BARBEQUE, 6/.5 GAL	GFS 734152	1 OZ	47	0	0	346	11.02	0	0	0	0.28	0	118	0
8514	BID/SAUCE, BUFFALO RANCH, LITE	GFS 700081	1 OZ	50	4.5	0.5	140	3	0	5	0	0	0	50	0
7645	BID/SAUCE, BUFFALO, HOT WING	FRENCHS	1 OZ	0	0	0	907	0	0	0	0	0	0	394	0
6925	BID/SAUCE, CHEDDAR BUDS	BUTTER BUDS 49002	1/4 CUP	40	1	0	331	8	0	5	0	0	40.94	10	0
3695	BID/SAUCE, CHEESE, CHEDDAR	JTM 5705	1.82 OZ	108	8.01	4.6	395	2	7.01	28	0	0	203.15	389	0
7640	BID/SAUCE, CHEESE, CHEDDAR, CANNED	BAY VALLEY	1/4 CUP	60	4	1	510	5	1	0	0	0	40	10	0
5013	BID/SAUCE, CHEESE, JALAPENO	JTM 5708	1.82 OZ	108	7.97	4.58	394	1.99	6.97	28	0	0	202.23	388	0
7641	BID/SAUCE, CHEESE, JALAPENO, CANNED	BAY VALLEY	1/4 CUP	60	4	1	580	5	1	0	0	0	40	10	0
4538	BID/SAUCE, CHEESE, QUESO BLANCO	JTM 5718	2 OZ	118	9	5.3	433	2	7	30	0	0	202	400	0
7769	BID/SAUCE, GENERAL TSO	ASIAN MENU	1 OZ	66	0	0	321	15.12	0	0	0	0	0	66	0
7787	BID/SAUCE, HOT	GFS 714590	3 GRAM	0	0	0	40	0	0	0	0	0	0	0	0
7698	BID/SAUCE, HOT DOG CHILI	CHEF MATE	1/4 CUP	70	2	0.5	320	11	3	0	1	0.36	0	200	0
8516	BID/SAUCE, MARINARA	RED GOLD 82200	1/2 CUP (2.8 OZ)	32	0.97	0	271	5.81	1.29	0	1.29	0.46	12.91	323	5.81
7576	BID/SAUCE, MARINARA CUP	RED GOLD	2.5 OZ	40	1	0	200	7	1	0	1	0.72	20	300	6
7768	BID/SAUCE, ORANGE GINGER	ASIAN MENU	1 OZ	57	0	0	123	15.12	0	0	0	0	0	66	2.27
7717	BID/SAUCE, SEAFOOD COCKTAIL	DIAMOND CRYSTAL	1 OZ	35	0	0	250	7	1	0	1	0.36	0	300	1.2
8058	BID/SAUCE, SLOPPY JOE/MANWICH	CONAGRA 44181	1 OZ	16	0	0	137	3.54	0.44	0	0.89	0.16	0	133	0
5195	BID/SAUCE, SPAGHETTI, NUTRITION ENHANCED	RED GOLD 82107	1/2 CUP (2.4 OZ)	33	0.54	0	76	6.53	1.09	0	1.09	0.59	10.89	272	3.27
7765	BID/SAUCE, STIR FRY	ASIAN MENU	1 OZ	60	0	0	1060	12	2	0	0	0	0	50	0
7642	BID/SAUCE, SWEET & SOUR	GFS/DIAMOND CRYSTAL	1 OZ	45	0	0	120	11	0	0	0	0	0	50	0
550	BID/SAUCE, TACO PACKET	GFS/DIAMOND CRYSTAL	9 GRAM	5	0	0	70	1	0	0	0	0	0	0	0
7643	BID/SAUCE, TARTAR	HEINZ	12 GRAM	45	4	0.5	85	2	0	0	0	0	0	10	0
7644	BID/SAUCE, WORCESTERSHIRE	FRENCHS	1 OZ	0	0	0	376	0	0	0	0	0	0	0	0
7646	BID/SAUERKRAUT, CANNED	GFS/GLK FOODS	1/2 CUP	26	0	0	824	5.15	0	0	5.15	0	0	0	30.9
6336	BID/SAUSAGE & PANCAKE NUGGET	FOSTER FARM 96169	3 EACH/2.55 OZ	180	9	2.5	280	15	6	25	3	1.8	20	20	0
7815	BID/SAUSAGE & PANCAKE STICK	GFS 497202	2.85 OZ	240	15	4.5	360	18	7	25	2	1.44	20	20	0
4835	BID/SAUSAGE LINKS, .5 OZ	JONES 018520	EACH (.5 OZ)	60	6	2	90	0	2	10	0	0	0	0	0
7755	BID/SAUSAGE LINKS, 1 OZ	JONES 018514	EACH (1 OZ)	120	12	4	90	0	4	20	0	0.36	0	0	0
7816	BID/SAUSAGE PANCAKE STICK, BLUEBERRY	FOSTER FARM 94112	2.85 OZ	240	15	4.5	360	18	7	25	2	1.44	20	20	0
8637	BID/SAUSAGE PATTY	GFS 112630	2 OZ	230	22	7	590	1	8	55	0	0	0	0	0
4537	BID/SAUSAGE PATTY	JTM 5649	1.33 OZ	121	10	3.7	172	1	6	26	0	0	16	56	0
7750	BID/SAUSAGE PATTY	JONES 018717	2 OZ	230	22	7	170	1	7	40	0	0.72	0	0	0
4727	BID/SEASONING, FAJITA	LAWRYS	1 TSP	7	0.04	0.01	852	1.38	0.26	0	0.16	0.07	4.51	2	0.09

Nutrikds Recipe #	Product	Manufacturer	Portion Size	Calories	Fat g	Sat Fat g	Sodium mg	Carb g	Protein g	Chol mg	Fiber g	Iron mg	Calcium mg	Vit A IU	Vit C mg
7856	BID/SEASONING, ITALIAN	TRADE EAST	1 TSP	0	0	0	0	0	0	0	0	0	0	0	0
7804	BID/SEASONING, SALT FREE	MRS DASH	1 TSP	0	0	0	0	0	0	0	0	0	0	0	0
4728	BID/SEASONING, TACO	LAWRY	1 TSP	8	0.14	0.02	136	1.51	0.25	0	0.39	0.29	7.56	243	0.29
7700	BID/SHELL, SALAD, TORTILLA	AZTECA 91619	EACH	280	17	3.5	210	28	4	0	2	1.44	20	0	0
3744	BID/SHELL, TACO, LARGE	MISSION 10112	EACH	100	4.5	1.5	0	14	1.5	0	1.5	0.54	10	0	0
7488	BID/SHRIMP POPPERS, WG	TAMPA MAID	3 OZ/20 PC	210	10	1.5	280	21	9	40	4	1.8	20	5	0
7505	BID/SMART BALANCE SPREAD BULK	VENTURA	1 TBSP	100	11	3.5	90	0	0	0	0	0	0	500	0
7504	BID/SMART BALANCE SPREAD CUP	VENTURA	5 GRAM	30	3	1	30	0	0	0	0	0	0	500	0
7581	BID/SORBET, CHERRY BLUE RASPBERRY	J & J 48446	4.4 OZ	70	0	0	5	18	0	0	3	0.36	80	75	60
7580	BID/SORBET, KIWI STRAWBERRY	J & J 48445	4.4 OZ	70	0	0	5	18	0	0	3	0.36	60	75	60
2540	BID/SOUP, CHICKEN NOODLE/HEALTHY REQUEST	CAMPBELL 04142	5 8 OZ	50	2	0.5	413	7	2	10	1	0.36	203.4	500	0
5216	BID/SOUP, CREAM CHICKEN/HEALTHY REQUEST	CAMPBELL 04143	1 OZ	17	0.5	0.25	102	2.75	0.5	1	0.25	0	0	125	0
2464	BID/SOUP, TOMATO/HEALTHY REQUEST	CAMPBELL 04145	8 OZ	80	1	0.5	413	16	2	0	1	0.36	3.4	400	6
7602	BID/SOUR CREAM, BULK	GFS 285218	1 OZ	57	4.73	3.31	47	1.89	0	19	0	0	37.8	189	0
7966	BID/SOUR CREAM, PACKET	GFS 860490	1 OZ	60	5	3.5	50	2	0	20	0	0	40	200	0
7974	BID/SPARKLING ICE, BLACK RASPBERRY	24573	17 OZ	0	0	0	0	0	0	0	0	0	0	0	*N/A*
7975	BID/SPARKLING ICE, CHERRY LIME	95086	17 OZ	0	0	0	0	0	0	0	0	0	0	0	*N/A*
7976	BID/SPARKLING ICE, KIWI STRAWBERRY	24575	17 OZ	0	0	0	0	0	0	0	0	0	0	0	*N/A*
7977	BID/SPARKLING ICE, ORANGE MANGO	24574	17 OZ	0	0	0	0	0	0	0	0	0	0	0	*N/A*
7857	BID/SPINACH, FROZEN	GFS 119474	1/2 CUP	59	0	0	244	5.85	3.9	0	1.95	1.4	156.14	4879	2.34
7608	BID/SPRAY, BUTTER	VEGALENE 13120	1 SPRAY	2	0.25	0.02	1	0	0	0	0	0	0	0	0
5633	BID/SPRAY, GARLIC	VEGALENE 13100	1 SPRAY	2	0.25	0.02	0	0	0	0	0	0	0	0	0
8517	BID/STRAWBERRIES, WHOLE, FRZN	GFS 244630	1/2 CUP	27	0	0	0	7.08	0	0	1.63	0.39	10.89	25	29.4
7688	BID/STRAWBERRIES, SLICED, 4+1 SUGAR, FRZN	GFS 293393	1/2 CUP	134	0	0	0	33.82	0	0	1.78	0.64	712.08	147	0
6812	BID/STROMBOLI, PEPPERONI	GIORGIO 5193	4.2 OZ	330	12	4	650	29	19	40	3	3.6	250	100	1.2
7603	BID/STUFFING, CORNBREAD, NOT WG	GFS/KENT	1/2 CUP	120	1	0	530	25	3	0	1	1.08	20	100	1.2
8686	BID/STUFFING, HERB, NOT WG	PEPP FARM	1/2 CUP	105	0.99	0	396	21.76	1.98	0	0.66	0.95	26.37	0	0
7604	BID/SYRUP, PANCAKE, MAPLE, CUP	HEINZ	1.5 OZ	120	0	0	30	30	0	0	0	0	0	110	0
7636	BID/TACO SNACK, WG	FOSTER FARM	5 OZ	350	15	7	560	38	16	25	5	1.44	100	400	1.2
7606	BID/TOMATO PASTE, CANNED	HUNTS	.5 OZ	9	0	0	39	2.15	0.86	0	0.86	0.15	0	86	1.55
7605	BID/TOMATO SAUCE, CANNED	WEST CREEK	1/2 CUP	40	0	0	820	8	2	0	2	0	0	400	7.2
7807	BID/TOMATOES, DICED, CANNED	GFS 246131	1/2 CUP	25	0	0	219	4.98	1	0	1	0.36	19.92	498	8.96
3747	BID/TOPIPING, WHIPPED - ON TOP	RICHS 2559	1 OZ	91	6.79	6.49	5	7.18	0.33	0	0.04	0.01	1.03	1	0
5230	BID/TORTILLA, FLOUR, 10 INCH	MISSION 33825	EACH	180	4.5	1.5	250	29	5	0	3	1.44	150	10	0
7701	BID/TORTILLA, FLOUR, 6 INCH	AZTECA 06109	EACH	90	2.5	1.5	75	15	2	0	2	0.72	20	5	0
7702	BID/TORTILLA, FLOUR, 8 INCH	AZTECA 06209	EACH	132	3.61	1.81	114	22.87	3.61	0	2.41	1.3	24.07	6	0
7710	BID/TORTILLA, JALAPENO CHEESE	TYSON 24000-621	EACH	160	4.5	1	220	26	5	0	4	1.8	150	15	0
7829	BID/TUNA, CHUNK, LIGHT IN WATER	KITCHEN ESSENTIALS	1 OZ	30	0	0	57	0	6.58	20	0	0.36	0	0	0
7952	BID/TURKEY & GRAVY	JENNIE O 286228	4.16 OZ	120	5	1.5	500	2	18	40	0	0.36	0	0	0
4042	BID/TURKEY BREAST	JENNIE O 835402	1.93 OZ	45	0.5	0.25	435	1.5	9	17	0	0.18	0	2	0
6970	BID/TURKEY BREAST, SLICED	JENNIE O 231812	2.92 OZ/4 SLICE	90	0.5	0	420	0	18	35	0	0.36	0	0	0
8030	BID/TURKEY BREAST, SMOKED	BRICKMAN 848808	2 OZ	50	0.5	0	410	1	11	30	0	0.36	0	5	0
4990	BID/TURKEY HAM, SLICED .51 OZ	JENNIE O 2565	6 SLICE/3.06 OZ	100	4.5	1.5	530	1	15	60	0	0.72	20	0	1.2
5409	BID/TURKEY TACO MEAT	JENNIE O 285628	3.03 OZ	110	4.5	1.5	390	3	16	50	0	1.44	40	0	0
7498	BID/VEGETABLE BLEND, ASIAN	NORPAC	1/2 CUP	19	0	0	8	3	0.75	0	0.75	0	15	8	13.5
5631	BID/VEGETABLE BLEND, NANTUCKET	NORPAC	1/2 CUP	25	0	0	17	4.5	0.5	0	1	0.36	10	375	9
7909	BID/VEGETABLE BLEND, STIR FRY	GFS 440884	1/2 CUP	23	0	0	13	3.34	1.33	0	1.33	0.24	13.34	133	12.01
5632	BID/VEGETABLE BLEND, SUNSHINE	NORPAC	1/2 CUP	26	0	0	45	5.26	0	0	2.26	0.54	15.04	1316	1.8
7855	BID/VEGETABLE BLEND,CALIFORNIA	GFS 610891	1/2 CUP	24	0	0	33	4.76	1.9	0	1.9	0.68	38.04	713	19.4
7849	BID/VEGETABLE, MIXED, FROZEN	GFS 119393	1/2 CUP	87	0	0	75	14.93	2.49	0	3.73	0.9	24.89	933	7.47
6786	BID/WAFFLE STICK, BELGIAN	VANS 7002514	1.1 OZ	70	1	0	125	13.5	2	0	1	0.54	10	13	0
6304	BID/WAFFLE, BULK	AUNT JEMIMA 43577	1.39 OZ	100	3	0.5	245	16	2.5	0	1.5	1.8	50	10	0

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6968	BID/WAFFLE, DUTCH	J & J 4521	2.9 OZ	300	13	3	350	43	4	20	3	1.8	40	60	0
5201	BID/WAFFLES, MINI, BLUEBERRY	PILLSBURY 32264	2.47 OZ	210	6	1	170	37	4	0	3	0.72	20	60	0
6969	BID/WAFFLES, MINI, CINNAMON	KELLOGGS 92313	2.64 OZ	200	5	1.5	270	35	5	5	4	2.7	100	500	0
6211	BID/WAFFLES, MINI, MAPLE	PILLSBURY 32265	2.47 OZ	210	6	1	170	38	4	0	3	0.72	20	65	0
8618	BID/YOGURT, GREEK, NONFAT, PLAIN	DANNON OKIOS	1 OZ	0	0	0	0	0.02	0.04	0	0	0	0.49	0	0
4965	BID/YOGURT, LIGHT & FIT (4 OZ)	DANNON L & F 468	4 OZ	50	0	0	55	10	4	5	0	0	100	400	0
8619	BID/YOGURT, LIGHT (6 OZ)	YOPLAIT	6 OZ	90	0	0	80	16	5	5	0	0	150	750	0
5114	BID/YOGURT, RASPBERRY RAINBOW	TRIX 17725	4 OZ	100	0.5	0.5	50	20	3	5	0	0	100	500	0
5457	BID/YOGURT, STRAWBERRY BANANA	TRIX 17726	4 OZ	100	0.5	0.5	50	20	3	5	0	0	100	500	0
7545	BID/YOGURT, STRAWBERRY/VANILLA	DANNON 1957	4 OZ	70	0	0	60	14	4	0	0	0	150	50	0
7711	BID/YOGURT, STRAWBERRY LOW FAT/ PARFAIT PRO	YOPLAIT 16631	1 OZ	25	0.19	0.13	13	4.88	0.88	1	0	0	25	125	0
5129	BID/YOGURT, TRIPLE CHERRY	TRIX 31077	4 OZ	100	0.5	0.5	50	20	3	5	0	0	100	500	0
123	BID/YOGURT, VANILLA LOW FAT/PARFAIT PRO	YOPLAIT 16632	1 OZ	25	0.19	0.13	13	4.87	0.87	1	0	0	24.98	125	0

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.