

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 |

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|-------------------|--|-----------------------|------------------|----------|-------|-----------|-----------|--------|-----------|---------|---------|---------|------------|----------|----------|
| 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/BLUEBERRIES, 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, SCOOBY | 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, ROUNDABOUTS | 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 O1F03456 | 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 |

| Nutrikids 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 |
|--------------------|---|------------------|--------------|----------|-------|-----------|-----------|--------|-----------|---------|---------|---------|------------|----------|----------|
| 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.