

Nutrient List

2/3/2020

Entrées, Breakfast	Site specific items are denoted in the column below.	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Bagel, Blueberry		1 each	35	170	260	3	6	1
Bagel, Cinnamon Raisin		1 each	36	170	280	3	7	1
Bagel, Plain, White Whole Wheat		1 each	36	170	260	3	6	1
Burrito, Bean & Cheese		1 each	40.5	291	479	8	15.5	8
Burrito, Beef & Bean		1 each	38.5	279	403	7.5	15.5	8
Cereal, Cheerios		Bowlpack	20	100	140	3	3	2
Cereal, Cinnamon Toast Crunch		Bowlpack	22	110	160	3	1	3
Cereal, Cocoa Puffs, Reduced Sugar		Bowlpack	25	110	160	2	2	1.5
Cereal, Fruit Loops, Reduced Sugar		Bowlpack	24	110	170	3	2	1
Cereal, Marshmallow Mateys		Bowlpack	21	110	270	2	3	1.5
Cheese, String, Lite Mozzarella		1 each	1	60	200	0	7	3
Cinnamon Crumb Cake		1 each	51	335	283	4	6	12
Coffee Cake with Topping		1 each	76.6	503	424	5.8	9	18
Cinnamon Roll With Icing		1 each	54	277	200	1.3	5	4
Croissant		1 each	30	220	300	2	6	9
Egg, Patty		Patty	1	60	110	0	3	4
French Toast Sticks		4 each	35	270	280	3	6	12
Granola		1/2 cup	52.5	296	115	4	5	8
Green Eggs & Ham with T-Biscuit		1 serving	16	201	398	1	16	8.3
Green Eggs & Ham with Flour Tortilla		1 serving	14	191	383	1	15.4	8.8
Oatmeal, without Dried Raisins		#8 scoop	17	85	3	1.5	2	1
Pan Dulce (Conchas)		1 each	34	200	90	2	5	6
Pancakes, Maple, Mini		1 serving	35	210	320	4	4	7
Pizza Stick		1 each	31	250	550	1	11	9
Pizza, Breakfast, Bagel, Cheese		1 each	31	330	540	4	22	11
Sandwich, Biscuit with Egg and Cheese		1 each	27	265	725	2	10.5	0
Sandwich, Biscuit with Sausage		1 each	26	240	700	2.1	10.4	0
Sandwich, Biscuit with Sausage, Egg & Cheese		1 each	28	326	928	2.1	16.9	14.5
Sandwich, Croissant, Egg & Cheese		1 each	32	306	526	2	12.5	14
Sandwich, Croissant, Egg, Ham & Cheese		1 each	32	331	694	2	17	15
Sandwich, Croissant, Egg, Sausage & Cheese		1 each	33	376	768	2.1	19	18.5
Sandwich, Grilled Cheese		1 each	30.5	280	580	3.0	18.5	9.5
Sandwich, Grilled Cheese, Spicy		1 each	31.5	301	574	3.0	15.5	12.5
Sandwich, Peanut Butter & Jelly Sandwich, 2.6 oz.		1 each	32	300	280	4	9	17

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Sausage Patty, Pork		1 Patty	1	70	240	0.1	6.4	4.5
Taco, Breakfast, Egg & Cheese		1 each	14	192	271	1	12	10
Taco, Breakfast, Rolled		1 each	17	140	420	1	7	5
Waffle, Dutch		1 each	43	300	350	3	4	13
Yogurt and Granola		1 serving	92.5	504	221	4	12	10.5
Yogurt and Granola Bowl	HS,PP	1 each	84.5	487	244	5	17	10
Yogurt Parfait w/Fruit and Granola (16oz cup)		1 each	91	512	244	6.5	17.5	10
Yogurt, Low Fat Peach, 8 oz		1 each	41	210	105	0	7	2.5
Yogurt, Low Fat Strawberry, 8 oz		1 each	39	210	125	0	7	2.5
Yogurt, Low Fat Strawberry-Banana, 8 oz		1 each	41	210	125	0	7	2.5
Yogurt, Low Fat Vanilla, 8 oz		1 each	40	210	125	0	7	2.5
Entrées, Lunch	Site specific items are denoted in the column below.	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Biscuit, Whole Grain		1 ea	30	200	240	2	4	7
Bowl, Burrito		1 serving	88.4	669	1057	12.5	31.5	21.5
Bowl, Chicken and Mashed Potato		1 serving	77.6	630	1231	4.3	31.4	23.5
Bread, Cheesy Garlic		1 ea	24	380	405	2	21	24
Bun, Hamburger		1 ea	29.9	155	278	3.1	7.2	2.1
Bun, Hot Dog		1 ea	29	150	270	3	7	2
Burrito, Bean & Cheese		1 ea	40.5	291	479	8	15.5	8
Burrito, Bean & Cheese, Ultra Spicy		1 ea	41.0	312	447	7.5	15	10.5
Burrito, Beef & Bean		1 ea	38.5	279	403	7.5	15.5	8
Cheese, Shredded, Cheddar		2 tbsp	0	55	95	0	3.5	2
Cheeseburger on Bun		1 ea	31.5	353	837	3	27.5	14.5
Cheeseburger, Pepperjack on Bun		1 ea	31	368	802	3	27	16
Chicken and Waffle		1 srvg	48	490	800	4	20	24
Chicken Nuggets		5 ea	15	230	440	3	12	13
Chicken Nuggets with Roll		5 ea/1 ea	32	320	565	4	15	14
Chicken Patty Breaded, No Bun		1 patty	15	240	460	3	14	13
Chicken Patty, Grilled, No Bun (Special Diet)		1 patty	0	150	210	0	15	10
Chicken Patty, Spicy, No Bun		1 patty	12	203	297	1	14	11
Chicken Tender Strips with Roll		3 ea/1 ea	22	167	255	2	8	6
Chicken Tender Strips, No Roll		3 ea	16	260	390	3	15	15
Chicken Teriyaki With 1 Cup Rice	MS,HS,Avalon	1 srvg	68	455	1189	3	30.6	7.4
Chicken Teriyaki With 1/2 Cup Rice	EI,CS	1 srvg	44	341	1189	1.5	28	6.3

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Chicken Teriyaki with Sauce, No Rice		1 srvg	21	227	1189	0	25	5.3
Chicken, Boneless Wings		1 wing	3	50	80	0	4.5	2.2
Chicken, Boneless Wings w/Cornbread		5 ea/1 ea	42	435	695	2.3	26	18
Chicken, Drumstick, Breaded		1 ea	5	190	450	1	16	11
Chile Verde with Spanish Rice	MS,PP	#6/#8	33.5	320	729	2.4	24.2	9.0
Chili and Cheese with Cornbread	MS	#8/#30/1 ea	39.0	421	629	4.5	18.5	20.0
Chili Cheese Dog A	EL, CS	1 serving	33.0	389	820	4.0	21.8	19.6
Chili Cheese Dog B	MS, HS, Avalon	1 serving	34.0	499	1190	4.2	25	30.0
Chili Cheese Nachos	EI,CS,MS,Avalon (K	1 srvg	50.5	529	954	5.4	20.4	27
Chili with Beans, No Chips	Avalon	1/2 cup	13.8	236	274	2.2	15.1	13.3
Chips, Tortilla with Cheese and Salsa	Supper	1 serving	36	508	705	4	16	33
Chow Mein, Chicken		1 1/3 cup	46	400	1347	4.8	29	11.4
Corn Dog, Chicken		1 ea	27.5	238	690	2	11.5	9
Cornbread		1 piece	27.0	185	293	2.0	3.5	6.5
Granola		1/2 cup	52.5	297	115	4	5	8
Hamburger on Bun		1 ea	30.5	313	697	3	24	11.5
Hamburger, No Bun		1 patty	0.5	158	419	0	16.5	9.4
Hot Dog no Bun, Beef	EL, CS	1 ea	1	140	400	0	7	12
Hot Dog no Bun, Beef	MS HS PP Avalon	1 ea	2	250	770	0	10	22
Hot Dog on Bun, Beef	EI, CS	1 ea	30	290	670	3	14	14
Hot Dog on Bun, Beef	MS,HS,PP,Avalon	1 ea	31	400	1040	3	17	24
Macaroni and Cheese	EI, CS, MS	2/3 cup	23	247	667	1.5	10.4	12
Macaroni and Cheese	Avalon 6-12	1 1/3 cup	46	494	1333	3	21	24.6
Meatballs, Beef, No Sauce		5 ea	5.0	162	234	1.0	13	10.0
Meatballs, Teriyaki with 1 Cup Rice	CS,MS, HS, Avalon	1 ea	64	441	537	3.9	19	12
Meatballs, Teriyaki With 1/2 Cup of Rice	EI	1 ea	40.5	327	537	2.5	16.5	11
Meatballs, with Teriyaki Sauce, No Rice		1 srvg	17	213	537	1	13.5	10
Nacho Pretzel Pocket		1 each	38	360	600	3	19	16
Nachos, Vegetarian		1 srvg	50	454	648	8.13	13.6	22.3
Orange Chicken With 1/2 Cup of Rice	E, CS	1 ea	48	304	380	3.42	16.84	5.07
Orange Chicken with 3/4 Cup of Rice	MS, HS,Avalon	1 ea	60	361	380	4	18	5.5
Pancakes, Maple, Mini		1 serving	35	210	320	4	4	7
Pizza, Cheese, Round		1 ea	32.0	300	210	3.0	16	12.0
Pizza, Cheese, Slice, Dominos	HS	1 ea	29	260	540	3	20	7
Pizza, Cheese, Slice, Papa John's	HS	1 ea	39	350	930	4	15	15
Pizza, Cheese, Slice, Pizza Depot	HS	1 ea	32	370	440	4	18	14
Pizza, Cheese, Slice, Pizza Hut	HS	1 ea	29	280	520	3	21	9

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Pizza, Pepperoni, Round		1 ea	38	330	540	4	17	13
Pizza, Pepperoni, Slice, Dominos	HS	1 ea	29	270	570	3	20	9
Pizza, Pepperoni, Slice, Papa John's	HS	1 ea	39	380	1010	4	16	18
Pizza, Pepperoni, Slice, Pizza Depot	HS	1 ea	32	395	470	4	23	15
Pizza, Pepperoni, Slice, Pizza Hut	HS	1 ea	29	290	570	3	21	11
Quesadilla, Cheese		1 ea	29	330	480	0	18	16
Rice, Brown		1/2 cup	23.5	114	0	1.0	2.5	1.0
Rice, Fried w/Turkey Ham		1 serving	57.5	409	862	3.9	23.8	9.9
Rice, Spanish		1/2 cup	29	140	192	1.9	3.4	1.3
Roll, T-Biscuit		1 ea	15.0	80	125	1.0	4	1.0
Roll, Whole Grain		1 ea	17.0	80	125	1.0	3	1.0
Salad, BBQ Chicken w/Dressing		1 ea	21.2	262	681	3.5	16.9	13
Salad, Chef w/Dressing	Avalon	1 ea	6.1	156	612	2	17	8.5
Salad, Chef w/Dressing	MS, HS	1 ea	8.4	294	888	1.8	16.6	24.5
Salad, Chinese Chicken w/Dressing		1 ea	35.2	571	660	4.3	24.8	37.7
Salad, Greek Chicken w/Dressing		1 ea	7	333	1053	2.5	14.8	28
Sandwich, BBQ Pulled Pork		1 ea	39.6	398	806	3.2	31.17	12.8
Sandwich, BBQ Rib, Beef		1 ea	32.4	280	546	0	16.4	9.7
Sandwich, Cheesesteak		1 ea	34	340	712	3	20	14
Sandwich, Chicken, Breaded on Bun		1 ea	44.5	395	738	6	21	15
Sandwich, Chicken, Hot & Spicy on Bun		1 ea	46.5	425	678	6	22	17
Sandwich, Chicken, Spicy, Pepperjack		1 ea	21.5	469	731	6	24.1	21.5
Sandwich, Croissant, Cheese		1 ea	32	300	580	2	13	15
Sandwich, Croissant, Ham and Cheese		1 ea	32	331	880	2	20	15
Sandwich, Grilled Cheese		1 ea	30.5	280	580	3.0	18.5	9.5
Sandwich, Grilled Cheese, Spicy		1 ea	31.5	301	574	3.0	15.5	12.5
Sandwich, Grilled Chicken on Bun		1 ea	29.5	309	448	3	20.5	14
Sandwich, Ham and Cheese, Cold		1 ea	30.5	258	834	3.0	21.5	8.0
Sandwich, Ham and Cheese, Hot		1 ea	30.0	274	845	3.0	22	10.0
Sandwich, Ham Deli		1 ea	29.5	238	825	3.0	21	6.0
Sandwich, Meatball Sub		1 ea	45.3	384	680	5.7	24	13.6
Sandwich, Pastrami & Cheese, Hot		1 ea	30.0	307	1179	3.0	21.5	12.0
Sandwich, Peanut Butter & Jelly Sandwich, 5.3 oz		1 ea	64	600	540	7	18	34
Sandwich, Peanut Butter & Jelly Sandwich, 2.6 oz		1 ea	32	300	280	4	9	17
Sandwich, Sun Jammer		1 ea	44.0	537	451	9.5	16.5	41.5
Sandwich, Tuna		1 ea	30.5	333	733	3.0	26	13.0

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Sandwich, Turkey and Cheese		1 ea	32.0	280	826	3.0	24	8.0
Sandwich, Turkey Deli		1 ea	31.5	268	820	3.0	25	6.0
Sandwich, Turkey Ham and Cheese	Supper	1 ea	32.0	271	838	3.0	22	8.3
Sauce, BBQ		1 tbsp	3.5	18	40	0	0	0
Sauce, Marinara, Meatless		3/8 cup	7.2	42	174	1.7	0.3	1.2
Sauce, Marinara, Meatless		1/3 cup	6.3	37	153	1.5	0.2	1.1
Sauce, Teriyaki		2 tbsp	6.0	26.0	152.0	0.0	0.0	0.0
Sauce, Teriyaki		3.3 tbsp	10	42	250	0	0.5	0
Sausage Patty, Pork		ea	1	70	240	0.1	6.4	4.5
Sliders, BBQ Pulled Pork		2 sliders	38	364	744	2.1	26	11
Spaghetti with Meatballs		1 srvg	60	435	582	8.3	20.5	13.5
Spicy Cheese Crunchers		4 ea	40	530	830	4	20	31
Taco, Beef, without Pico de Gallo		1 ea	15	267	347	1	18	15.5
Tamale, Chicken and Green Chile		1 ea	30	320	540	3	19	17
Tortilla Chips		1 package	31.0	270	220	3.0	3	15.0
Tortilla, Corn (Special Diet)		1 ea	13.0	60	20	1.5	1.5	0.5
Tortilla, Flour		1 ea	13	70	110	1	3	1.5
Turkey and Gravy w/WG Biscuit		1 srvg	38.6	409	1681	2.2	32.6	13.6
Waffle, Dutch (served with Chicken and Waffle)		1 ea	43	300	350	3	4	13
Wet Burrito	EL,CS,MS	1 ea	49.5	363	747	10	17.5	11
Yogurt and Granola		1 srvg	92.5	504	221	4	12	10.5
Yogurt and Granola Bowl	HS,PP	1 ea	84.5	487	244	5	17	10
Yogurt Parfait w/Fruit and Granola		1 ea	91	512	244	6.5	17.5	10
Yogurt, Low Fat Peach, 8 oz		1 each	41	210	105	0	7	2.5
Yogurt, Low Fat Strawberry, 4 oz	Supper	1 ea	19	100	50	0	4	1.5
Yogurt, Low Fat Strawberry, 8 oz		1 each	39	210	125	0	7	2.5
Yogurt, Low Fat Strawberry-Banana, 4 oz	Supper	1 ea	20	110	55	0	4	1.5
Yogurt, Low Fat Strawberry-Banana, 8 oz		1 each	41	210	125	0	7	2.5
Yogurt, Low Fat Vanilla, 8 oz		1 each	40	210	125	0	7	2.5
Fruit and Vegetables	Site specific items are denoted in the column below.	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Fruit Cup, Applesauce		1 ea	14	51	2	1	0	0
Fruit Cup, Mixed Fruit		1 ea	19	80	0	1	1	0
Fruit Cup, Peach		1 ea	19	80	0	1	1	0
Fruit Cup, Strawberry		1 ea	21	80	0	2	0	0

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Fruit, Apple Pear	1 ea	15.5	61	0	5	0.5	0
Fruit, Apple Slices, Fresh	1 package	8	34	0	2	0	0
Fruit, Apple, Fresh	1 ea	20	77	0	3.5	0	0.5
Fruit, Applesauce	1/2 cup	16	60	0	2	0	0
Fruit, Banana	1 ea	23	92	1	2	1	0
Fruit, Grapes	1 srvg	14.5	57	2	0.5	0.5	0
Fruit, Mixed	1/2 cup	17	60	10	0	0	0
Fruit, Nectarine	1 ea	14	60	0	2	1	0
Fruit, Orange, Fresh	1 ea	15.5	62	0	3	1	0
Fruit, Peaches, Diced	1/2 cup	14.5	63	10	1	1	0
Fruit, Pears, Diced	1/2 cup	20	80	5	2	0	1
Fruit, Pears, Fresh	1 ea	21	82	0	3	0.5	0.5
Fruit, Persimmons	1 ea	18	68	1	3.5	0.5	0
Fruit, Pineapple	1/2 cup	19	80	10	0	0	0
Fruit, Plum, Fresh	1 ea	7.5	30	0	0.5	0.5	0
Fruit, Raisins	1 ea	31	130	10	2	1	0
Fruit, Tangerine, Fresh	1 ea	12	47	2	2	0.7	0
Fruit, Watermelon	1/2 cup	5.5	23	1	0	0.5	0
Vegetables, Beans, Southwest with Cheese	1/2 cup	27	159	308	6	9	1.2
Vegetables, Beans, Spicy	1/2 cup	29.4	201	595	8.8	11.4	4.2
Vegetables, Broccoli	1/2 cup	3	15	15	1.2	1.3	0.2
Vegetables, Burger Set Up (lettuce, tomato, pickle)	1 srvg	4.8	26	90	1.7	1.4	0
Vegetables, California Mix (broc, caul, carrot)	1/2 cup	3.5	21	46	1	0.5	0
Vegetables, Carrots, Diced	1/2 cup	6	33	52	2	0.5	0
Vegetables, Carrots, Fresh	1/2 cup	9	35	45	2	1	0
Vegetables, Celery	1/2 cup	2	10	52	1	0.5	0.1
Vegetables, Corn	1/2 cup	11	67	114	2.5	2	1
Vegetables, Cucumber	1/2 cup	2.3	14	0	0	0	0
Vegetables, Green Beans	1/2 cup	4	20	140	2	1	0
Vegetables, Jicama with Tajin	1 ea/1 pkt	6.5	33	193	3.5	0.5	0
Vegetables, Jicama, Plain	1/2 cup	7	30	3	3.9	0.6	0.1
Vegetables, Lettuce & Pickle Cup	1 ea	2	12	137	0.5	0.5	0
Vegetables, Lettuce, Shredded	1 cup	2	10	7	0.5	0.5	0
Vegetables, Minestrone Soup	2/3 cup	13.6	74	141	2.6	2.6	1
Vegetables, Mixed	1/2 cup	9	48	33	1.5	1.5	0
Vegetables, Peas	1/2 cup	9	52	75	3	3.7	0
Vegetables, Potato Rounds	8 ea	16	130	310	2	2	6

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Vegetables, Potato Smiles		4 each	20	130	180	2	2	4.5
Vegetables, Potato, Mashed w/Gravy		1/2 cup	20	97	417	1	2	2
Vegetables, Potato, Seasoned Wedges		1 svg/5 ea	19	130	460	2	2	5
Vegetables, Roasted Chickpeas, Cool Ranch		1 Package	24	160	360	6	8	4
Vegetables, Salad Mixed		1 cup	1.5	9	5	0.5	0.5	0
Beverages	Site specific items are denoted in the column below.	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Juice, Apple		4 oz carton	14	60	0	0	0	0
Juice, Orange		4 oz carton	14	60	10	0	0	0
Juice, Paradise Punch		4 oz carton	14	60	5	0	0	0
Juice, Very Berry		4 oz carton	15	60	10	0	0	0
Milk, 1% Low fat, White		8 oz carton	16	120	160	0	11	2.5
Milk, Almond, Vanilla (Special Diet)		8 oz carton	16	90	160	1	1	2.5
Milk, Nonfat, Chocolate		8 oz carton	23	120	200	0	7	0
Milk, Nonfat, White		8 oz carton	13	90	135	0	9	0
Milk, Soy		1 carton	12	144	155	1	10	5
Crackers, Condiments and Sides	Site specific items are denoted in the column below.	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Condiment, Catsup		1 packet	2.0	10	65	0.0	0	0.0
Condiment, Cream Cheese		1 packet	2	40	85	0	2	3.5
Condiment, Mayonnaise		1 packet	0	60	130	0	0	7
Condiment, Mustard		1 packet	0.5	4	64.9	0.1	0.2	0.2
Condiment, Pickle Slices		2 ea	0	2	167	0	0	0
Condiment, Pico de Gallo	HS	#30 scoop	1	5	1	0	0	0
Condiment, Pico de Gallo	EI, CS,MS	#20 scoop	2	9	2	0	0	0
Condiment, Salsa Cup	SUPPER	1.5 oz cup	3	15	100	1	1	0
Condiment, Taco Sauce		1 packet	1	5	95	0	0	0
Condiment, Tajin		1 packet	0	2	127	0	0	0
Cookie, Brownie, Whole Grain, a la carte	MS, HS, Avalon	1 ea	31	190	170	2	3	7
Cookie, Candy, Whole Grain, a la carte	MS, HS, Avalon	1 ea	32	190	150	2	3	6
Cookie, Choc Chip, Whole Grain, a la carte	MS, HS, Avalon	1 ea	33	200	160	2	3	7
Cookie, Choc Chip, Whole Grain (Menu Cookie)	EI, CS, MS	1 ea	18	100	85	1	1	3.5
Crackers, Cinnamon Bear		1 package	21.0	130	120	1.0	4	4.0
Crackers, Graham		1 package	20	110	140	2	2	3
Crackers, Honey Bear		1 package	20.0	130	100	1.0	2	4.0

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Crackers, Jungle	1 package	20.0	130	95	1.0	2	4.0
Crackers, Maple Sunrise	1 package	20.0	110	115	2.0	2	3.5
Crackers, Pretzel Goldfish	1 package	16	90	200	1	2	1.5
Cracker, Whole Grain (for salads)	1 ea	28.0	170	350	3.0	3	5.0
Peanut Butter Cup	1 each	8	180	130	2	6	15.0
Pudding, Chocolate	3/8 cup	33	178	285	1.2	0.9	5.5
Salad Dressing, Italian	1 packet	1.0	10	109.3	0.0	0	0.6
Salad Dressing, Ranch, Packet	1 packet	1.0	60	100	0.0	0	7.0
Salad Dressing, Ranch (CC)	2 tablespoor	2.5	76	235	0	0.5	8
Slush, Cool Tropics, Blue Raspberry or Kiwi Strawberry	1 ea	15	60	15	0	0	0
Trail Mix, Dried Cranberry & Sunflower Seed	1 ea	28.0	270	50	3.0	6.5	14.0
Won Ton Crispy Noodle	1 pkg	14	100	180	2	2	4

Please be advised that this is general information and not intended to be used as medical advice.

The information is accurate to the best of our knowledge based on information provided by the manufacturer. Products may change at any time.