

Food Items	Site Specific Items	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Entrées, Breakfast								
Bagel, Blueberry		1 each	33	160	220	3	6	1
Bagel, Cinnamon Raisin		1 each	36	170	170	4	6	1
Bagel, Plain, White Whole Wheat		1 each	33	170	280	3	7	1
Burrito, Bean & Cheese		1 each	40	310	580	9	16	9
Burrito, Beef & Bean		1 each	39	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	22	110	270	2	3	1.5
Cheese, String, Lite Mozzarella		1 each	1	60	200	0	7	3
Cinnamon Crumb Cake	EL, MS	1 each	51	335	283	4	6	12
Coffee Cake with Topping	HS	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	0	50	125	0	3	3.5
French Toast Sticks		4 each	38	260	300	3	6	10
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	30	250	510	3	11	6
Pizza, Breakfast, Bagel, Cheese		1 each	31	330	540	4	22	11
Sandwich, Biscuit with Egg and Cheese		1 each	31	285	520	2	10.5	10.5
Sandwich, Biscuit with Sausage		1 each	31	270	480	2	10.4	11.5
Sandwich, Biscuit with Sausage, Egg & Cheese		1 each	32	355	762	2	17	17
Sandwich, Croissant, Egg & Cheese		1 each	31	310	565	2	12.5	15.5
Sandwich, Croissant, Egg, Ham & Cheese		1 each	31	356	914	2	21	17
Sandwich, Croissant, Egg, Sausage & Cheese		1 each	32	375	822	2.1	19	19

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Sandwich, Grilled Cheese		1 each	31.0	280	580	3.0	18.5	10.0
Sandwich, Grilled Cheese, Spicy		1 each	32.0	302	574	3.0	15.5	12.5
Sandwich, Peanut Butter & Jelly Sandwich, 2.6 oz.		1 each	32	300	280	4	9	16
Sausage Patty, Pork		1 Patty	1	70	240	0	6	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, Cinnamon		1 each	37	250	290	2	6	9
Waffle, Dutch		1 each	43	300	350	3	4	13
Yogurt and Granola		1 serving	92.5	504	221	4	12	10.5
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	39	200	125	0	7	2
Yogurt, Low Fat Strawberry, 8 oz		1 each	39	210	125	0	7	2
Yogurt, Low Fat Strawberry-Banana, 8 oz		1 each	41	210	125	0	7	2
Yogurt, Low Fat Vanilla, 8 oz		1 each	40	210	125	0	7	2
Entrées, Lunch								
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	310	580	9	16	9
Burrito, Bean & Cheese, Ultra Spicy		1 ea	42.0	323	458	8.0	15	11.5
Burrito, Beef & Bean		1 ea	39	279	403	7.5	15.5	8
Cheese, Shredded, Cheddar		2 tbsp	0	55	95	0	3	4.5
Cheeseburger on Bun		1 ea	32	348	852	3	27.5	13.5
Cheeseburger, Pepper Jack 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	16	240	470	3	13	14
Chicken Nuggets with Roll		5 ea/1 ea	33	320	595	4	16	15
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

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Chicken Patty, Spicy, No Bun		1 patty	17	270	400	3	15	15
Chicken Tender Strips with Roll		3 ea/1 ea	33	340	515	4	18	16
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	EL,CS	1 srvg	44	341	1189	1.5	28	6.3
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 & Cornbread	MS,PP	#6/#8/1 ea	64.0	518	1215	5.0	28	16.0
Chili and Cheese with Cornbread	MS	#8/#30/1 ea	42.0	451	724	5.0	23	21.0
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 with Beans, No Chips	Avalon	1/2 cup	13.7	210	334	2.4	16.3	10
Chips, Tortilla with Cheese and Salsa	Supper	1 serving	36	508	705	4	16	33
Chow Mein, Chicken		1 1/3 cup	49	416	1524	5	30	12
Corn Dog, Chicken		1 ea	28	238	690	2	11.5	9
Cornbread		1 piece	27.0	181	295	3.0	3.5	7.0
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	1	158	419	0	17	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	EL, 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	EL, CS	2/3 cup	31	287	667	2.4	11.7	12.6
Macaroni and Cheese	MS, HS, Avalon	1 1/3 cup	61.6	575	1333	4.7	23.5	25.2
Meatballs, Beef, No Sauce		5 ea	5.0	162	234	1.0	13	10.0
Meatballs, Teriyaki with 1 Cup Rice	MS, HS, Avalon	1 ea	64	441	537	3.9	19	12
Meatballs, Teriyaki With 1/2 Cup of Rice	EL, CS	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, Chili Cheese (with Nacho Cheese Sauce)		1 srvg	50.5	529	954	5.4	20	27

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Nachos, Chili Cheese (with Shredded Cheddar)		1 srvg	45.2	536	650	5.4	23	30
Nachos, Vegetarian (with Shredded Cheddar)		1 srvg	52.5	460	597	9.5	14.5	22.3
Orange Chicken With 1/2 Cup of Rice	EL, CS	1 ea	51.7	328	429	3.7	16.84	5.6
Orange Chicken with 3/4 Cup of Rice	MS, HS,Avalon	1 ea	63.4	385	429	4.4	20	6.1
Orange Chicken, No Rice		#8 scoop	28.2	214	429	2.3	15.8	4.5
Pancakes, Maple, Mini		1 serving	35	210	320	4	4	6
Pizza, Cheese, Round		1 ea	33	330	600	3.0	21	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
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, 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, Dinner		1 ea	16.0	80	150	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	11.4	333	1064	3	22	26
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	52	679	796	4.5	25	43
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	32.5	281	546	3	16.5	10
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, Pepper Jack		1 ea	21.5	469	731	6	24.1	21.5
Sandwich, Croissant, Cheese	EL, CS	1 ea	32	300	580	2	13	15

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Sandwich, Croissant, Turkey Ham and Cheese		1 ea	32	331	880	2	20	15
Sandwich, Grilled Cheese		1 ea	31.0	280	581	3.0	18.5	10.0
Sandwich, Grilled Cheese, Spicy		1 ea	32.0	302	574	3.0	15.5	12.5
Sandwich, Grilled Chicken on Bun		1 ea	29.5	309	448	3	20.5	14
Sandwich, Turkey Ham and Cheese, Cold		1 ea	31.0	253	850	3.0	21.5	7.0
Sandwich, Turkey Ham and Cheese, Hot		1 ea	30.0	264	876	3.0	22	8.0
Sandwich, Turkey Ham Deli		1 ea	29.5	238	825	3.0	21	6.0
Sandwich, Meatball Sub		1 ea	44.0	384	795	6.0	21	15.0
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	530	7	18	33
Sandwich, Peanut Butter & Jelly Sandwich, 2.6 oz		1 ea	32	300	280	4	9	16
Sandwich, Sun Jammer		1 ea	44.0	537	451	9.5	16.5	41.5
Sandwich, Tuna		1 ea	30.5	288	571	3.0	24	9.0
Sandwich, Turkey and Cheese		1 ea	32.0	280	826	3.0	24	8.0
Sandwich, Turkey Deli		1 ea	32.5	296	956	3.0	30	7.0
Sandwich, Turkey Pepper Jack		1 ea	32.3	316	882	3	27	10
Sauce, BBQ		2 tbsp	8	38	80	0	0	0
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	4.5
Sliders, BBQ Pulled Pork	MS, HS, Avalon	2 sliders	40	404	828	2	30	12.7
Spaghetti with Meatballs		1 srvg	60	435	582	8.3	20.5	13.5
Spicy Cheese Crunchers		4 ea	40	530	730	4	21	31
Taco, Beef, without Pico de Gallo		1 ea	15	267	347	1	18	15.5
Tamale, Chicken and Green Chile		1 ea	30	330	530	3	19	17
Tortilla Chips		1 package	31.0	270	220	3.0	3	15.0
Tortilla, Corn (Special Diet)		1 ea	13.0	64	19	1.0	1	1.0
Tortilla, Flour		1 ea	15	90	84	2	3	2
Turkey and Gravy w/WG Biscuit		1 srvg	39	360	1054	2.2	23	13
Waffle, Dutch (served with Chicken and Waffle)		1 ea	43	300	350	3	4	13
Wet Burrito	EL, CS, MS, HS	1 ea	48	372	886	10	19	11.3
Yogurt and Granola		1 srvg	92.5	504	221	4	12	10.5

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Yogurt Parfait w/Fruit and Granola		1 ea	91	512	244	6.5	17.5	10
Yogurt, Low Fat Peach, 8 oz		1 each	39	200	125	0	7	2
Yogurt, Low Fat Raspberry, 4 oz	Supper	1 ea	15	80	60	0	4	0.5
Yogurt, Low Fat Strawberry, 8 oz		1 each	39	210	125	0	7	2
Yogurt, Low Fat Strawberry-Banana, 4 oz	Supper	1 ea	15	80	60	0	4	0.5
Yogurt, Low Fat Strawberry-Banana, 8 oz		1 each	41	210	125	0	7	2
Yogurt, Low Fat Vanilla, 8 oz		1 each	40	210	125	0	7	2
Fruits and Vegetables								
Fruit Cup, Applesauce		1 ea	14	51	2	1	0	0
Fruit Cup, Mixed Fruit, Canned		1 ea	19	80	0	1	1	0
Fruit Cup, Peach, Canned		1 ea	18	70	10	1	1	0
Fruit Cup, Peach, Frozen		1 ea	17	60	5	2	1	0
Fruit Cup, Strawberry, Frozen		1 ea	21	80	0	2	0	0
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, Banana		1 ea	23	92	1	2	1	0
Fruit, Grapes		1 srvg	14.5	57	2	0.5	0.5	0
Fruit, Nectarine		1 ea	14	60	0	2	1	0
Fruit, Orange, Fresh		1 ea	15.5	62	0	3	1	0
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	0	0	0	0
Fruit, Plum, Fresh		1 ea	7.5	30	0	0.5	0.5	0
Fruit, Raisins		1 ea	29	120	5	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	28.5	172	320	6	9	2
Vegetables, Beans, Spicy with Cheese		1/2 cup	33.4	227	457	10	13.5	6
Vegetables, Broccoli		1/2 cup	2	10	10	1	1	0
Vegetables, Burger Set Up (lettuce, tomato, pickle)	MS, HS, Avalon	1 srvg	4.8	23	734	1.7	1	0
Vegetables, California Mix (broc, caul, carrot)		1/2 cup	5	25	30	2	1.5	0

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Vegetables, Carrots, Diced		1/2 cup	8	30	65	2	1	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	9	60	10	2	2	1.5
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, Jalapeno & Tomato Cup		1 ea	2.5	13	268	1	1	0
Vegetables, Jicama with Tajin		1 ea/1 pkt	6	27	130	3	0	0
Vegetables, Jicama, Plain		1/2 cup	6	25	0	3	0	0
Vegetables, Lettuce & Pickle Cup		1 ea	2	10	369	1	0.5	0
Vegetables, Lettuce, Shredded		1 cup	2	10	7	0.5	0.5	0
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
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								
Juice, Apple		4 oz carton	14	60	0	0	0	0
Juice, Orange		4 oz carton	13	60	10	0	1	0
Juice, Paradise Punch		4 oz carton	14	60	5	0	0	0
Juice, Very Berry		4 oz carton	15	60	1	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	0	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		8 oz carton	15	124	168	0.5	9	3
Crackers, Condiments and Sides								
Condiment, Catsup		1 packet	2.0	10	65	0.0	0	0.0
Condiment, Cream Cheese		1 packet	1	60	115	0	3	4.5

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Condiment, Jalapeno Cup		1 ea	1.4	9	266	1	1	0
Condiment, Mayonnaise		1 packet	1	60	60	0	0	6
Condiment, Mustard		1 packet	0.5	4	64.9	0.1	0.2	0.2
Condiment, Pickle Slices		4 ea	0	0	724	0	0	0
Condiment, Pico de Gallo	HS	#30 scoop	1	5	1	0	0	0
Condiment, Pico de Gallo	EL, 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, Syrup		1 oz cup	21	80	0	0	0	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)	EL, 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, Honey Bear		1 package	20.0	130	100	1.0	2	4.0
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 ea	8	180	130	2	6	15.0
Pudding, Chocolate		3/8 cup	31.5	166	276	1	1	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 tbsp	2.5	76	235	0	0.5	8
Slush, Cool Tropics, Blue Raspberry or Kiwi Strawberry		1 ea	15	60	15	0	0	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.