

Recipe Description	Recipe Group	Portion Size	Calories	Cholest.	Sodium	Total Fat	Sat. Fat	Protein	Carbs
Juice (Ardmore) orange	BEVERAGES	4 oz.	50	0	15	0	0	1	12
Juice (Ardmore) grape	BEVERAGES	4 oz.	80	0	5	0	0	1	18
Juice (Ardmore) apple	BEVERAGES	4 oz.	60	0	15	0	0	0	14
Breakfast orange juice, Trauth	BEVERAGES	4 oz.	30	0	0	0	0	0.25	7.5
Juice, orange (commodity)	BEVERAGES	4 oz.	56	1	0	0	0	1	13
Milk 1% Chocolate	BEVERAGES	8oz.	170	20	115	5	3	8	30
Milk 1% lowfat white	BEVERAGES	8 oz.	100	10	125	2.5	1.5	8	12
Milk 1% strawberry	BEVERAGES	8 oz.	160	5	120	2.5	1.5	8	27
Milk 1% vanilla	BEVERAGES	8 oz.	180	10	125	3	2	8	30
Adam & Eve grape juice box	BEVERAGES	6.75 Oz.	110	0	20	0	0	0	29
Adam & Eve apple juice box	BEVERAGES	6.75 oz.	90	0	5	0	0	0	21
Adam & Eve fruit punch box	BEVERAGES	6.75 oz.	100	0	25	0	0	1	24
Adam & Eve Very Berry juice box	BEVERAGES	6.75 oz.	100	0	15	0	0	0	24
Adam & Eve Straw-Kiwi juice box	BEVERAGES	6.75 oz.	100	0	20	0	0	0	24
Adam & Eve Orange juice box	BEVERAGES	6.75 oz.	100	0	20	0	0	0	25
Rips Kiwi-Straw juice slush	BEVERAGES	5 oz.	130	0	35	0	0	1	32
Rips Blue Razz juice slush	BEVERAGES	5 oz.	140	0	65	0	0	1	33
Biscuit, Pillsbury Southern Style	BREAD/ROLLS	1 (2.2 Oz)	180	0	590	8	7	4	24
Biscuit,Thaw and Serve	BREAD/ROLLS	1 each (2.45 oz)	183	1	617	7	2	3	29
Bread Dressing	BREAD/ROLLS	1 serving	179	14	630	6	0	4	26
Bread Stick/Ellenbee	BREAD/ROLLS	1 breadstick	127	0	151	3	1	3	22
Bread White	BREAD/ROLLS	1 slice	70	0	130	1	0	3	14
Bread Whole Wheat	BREAD/ROLLS	1 slice	70	0	140	0.05	0	3	13
Bread Texas Toast	BREAD/ROLLS	1 slice	100	0	230	1	0	3	19
Whole grain 4" bun	BREAD/ROLLS	1 bun	170	0	300	2	0	6	33
Whole grain hot dog bun	BREAD/ROLLS	1 bun	120	0	260	1.5	0	4	23
Wheat dinner rolls	BREAD/ROLLS	1 roll	70	0	140	1	0	2	14
Bun Sub/Hoagie	BREAD/ROLLS	1 bun	170	0	400	3	0.5	5	30
Crackers	BREAD/ROLLS	1 pack (4 ct.)	50	0	160	1	0	1	9
Flour tortilla	BREAD/ROLLS	6.25"	170	0	340	5	1	4	28
Oyster crackers	BREAD/ROLLS	1 pack	60	0	140	2	0	1	10
Trix Cereal Bar	BREAKFAST	1	150	0	135	3.5	0	2	28
Breakfast bagel	BREAKFAST	1	230	15	650	11	4.5	9	26

Recipe Description	Recipe Group	Portion Size	Calories	Cholest.	Sodium	Total Fat	Sat. Fat	Protein	Carbs
Pancake on Stick	BREAKFAST	1	230	35	480	12	3.5	6	23
Cinnamon Tastries	BREAKFAST	1	260	5	400	9	4	5	39
Breakfast pizza, sausage/gravy	BREAKFAST	1 piece	230	15	560	10	4	9	25
Cereal , apple jacks, reduced sugar	BREAKFAST	1 bowl (20g)	80	0	120	0	0	1	18
Cereal, Cocoa Krispies	BREAKFAST	1 bowl (32g)	130	0	160	1	0	1	28
Cereal, Cocoa Puffs	BREAKFAST	1 bowl (24g)							
Cereal, Corn Pops	BREAKFAST	1 bowl (21g)	80	0	80	0	0	1	19
Cereal, Honey Nut Cheerios	BREAKFAST	1 bowl (	110	0	190	1.5	0	3	22
Cereal, Frost Mini Wheats	BREAKFAST	1 bowl (28g)	100	0	105	1	0	3	23
Cereal, Golden Graham	BREAKFAST	1 bowl (28g)	110	0	250	1	0	1	23
Cereal, Lucky Charms	BREAKFAST	1 bowl (28g)	100	0	190	1	0	2	21
Cereal, Trix	BREAKFAST	1 bowl (21g)	80	0	135	1	0	1	19
Cereal, Cin Toast Crunch	BREAKFAST	1 bowl (28g)	118	0	192	3.08	0.5	1.4	22.12
Cereal, Froot Loops Red.Sug	BREAKFAST	1 bowl	70	0	105	0.5	0	1	16
Cereal, Frost Flakes Red. Sug	BREAKFAST	1 bowl	100	0	160	0	0	1	25
Cereal, Eggo	BREAKFAST	1 bowl (23 g)	80	0	110	1	0	1	18
Cereal, Cinnamon Toast Crunch	BREAKFAST	1 bowl	120	0	200	3	0.5	1	22
Cheese Omelet/Cheddar	BREAKFAST	1	210	285	480	17	6	12	3
Cheese Omelet/Colby	BREAKFAST	1	131	181	303	10	4	7	2
Sausage Gravy/Chefmate	BREAKFAST	2 oz.	100	15	240	8	2	2	2
Super Honey Buns	BREAKFAST	1	270	0	150	15	4.5	5	31
Muffin-apple (awrey)	BREAKFAST	1 muffin(1.5oz)	150	25	140	7	1	2	20
Muffin-blueberry (nugget)	BREAKFAST	1 muffin (1.5oz.	140	25	120	7	2	2	18
Muffin Pucks/Blueberry	BREAKFAST	1	160	20	160	8	4	2	20
Muffin Pucks/Choc Choc Chip	BREAKFAST	1	170	25	150	9	4.5	0	19
Apple cinnamon breadloaf	BREAKFAST	1	180	20	170	6	1	2	29
Apple Cinnamon Muffins 3.65	BREAKFAST	1	300	40	290	11	2	4	48
French Toast	BREAKFAST	1 slice	130	37	220	2.5	0.75	4	23.5
French Toast Sticks	BREAKFAST	3 sticks	160	110	300	4	1	7	25
Pancake	BREAKFAST	1	73	8	157	1	0.17	2	13
Sausage Patty	BREAKFAST	2 oz.	210	40	390	20	7	7	1
Poptarts, strawberry (frosted)	BREAKFAST	1 each	200	0	17	5	1	2	37
Poptarts, blueberry (frosted)	BREAKFAST	1 each	200	0	170	5	1	2	37
Poptarts, Brown sugar (frosted)	BREAKFAST	1 each	210	0	170	7	2	2	34
Poptarts, Chocolate chip	BREAKFAST	1 each	215	0	240	7	2	3	35
Poptarts, Chocolate Fudge	BREAKFAST	1 each	200	0	220	5	1.75	2.5	37
Poptarts, S'mores	BREAKFAST	1 each	205	0	210	6	2	3	36
Cinnamon Apple Jammers	BREAKFAST	1 each	250	0	210	1.5	0	5	55
Mini Strawberry pancakes	BREAKFAST	1 pkg (3.17 oz.	200	10	370	6	1	4	34

Recipe Description	Recipe Group	Portion Size	Calories	Cholest.	Sodium	Total Fat	Sat. Fat	Protein	Carbs
Snack'n waffle (Maple)	BREAKFAST	1 each	231	40	263	9	4	5	33
Cheese, Am.Sliced - Comm.	DAIRY	1oz	106	27	406	9	6	6	0
Shredded Cheddar	DAIRY	1 oz.	114	30	176	9	6	7	0
Shredded mozzarella	DAIRY	1 oz.	59	9	192	3	2	8	1
Cream Cheese	DAIRY	1 oz	99	31	84	9.89	6.23	2.14	0.75
Yogurt Go-Gurt 2.25oz	DAIRY	2.5oz	5	0	30	0.5	0	2	13
String mozzarella cheese	DAIRY	1 oz.	80	15	210	6	4	7	1
Cookies Carnival Value Zone Otis	DESSERTS	1 each	120	5	110	5	2.5	1	18
Cookies Double Choc. Chip VZ Otis	DESSERTS	1 each	120	5	115	6	2.5	1	18
Cookie Choc. Chip Value Zone Otis	DESSERTS		130	5	115	6	2.5	1	18
Cookie Sugar Value Zone Otis	DESSERTS	1 each	120	5	115	5	2.5	1	18
Cookie, Grandma's Choc. Chip 2	DESSERTS	2cookies+1 pk	340	0	190	16	6	4	46
Cookie, Grandma's Fudge 2	DESSERTS	2 cookies+1 pk	300	40	270	12	4	4	50
Oreo Thin Crisps	DESSERTS	1 pack	107	0	183	2.15	0	1.07	21.48
Max Stix Breadsticks stuffed w/cheese	ENTRÉE	2 sticks	300	10	740	12	4	14	34
Hamburger/Bun	ENTRÉE	1 sandwich	381	47.5	741	15.5	7	26	35
Cheeseburger/Bun	ENTRÉE	1 sandwich	461	73	1004	27.66	11.88	26.67	28.15
Cheese Sauce Cheddar Cups	ENTRÉE	1 cup 8oz	130	30	780	9	6	8	4
Chicken Patty,Breaded No/Bun	ENTRÉE	1 patty	220	50	550	13	3	16	11
Chicken Breaded Sand, 3.5oz	ENTRÉE	1 sandwich	360	85	670	16.01	3	19.01	37.01
Chicken Popcorn,Peppered	ENTRÉE	12 pcs.	220	30	660	14	3	12	12
Chicken Tenders, Krisp & Krunchy	ENTRÉE	3 pcs.	220	45	650	12	2.5	14	15
Chicken Nuggets	ENTRÉE	5 nugget	220	50	550	13	3	16	11
Cincinnati Chili	ENTRÉE	5.58 oz.	225	55	607	16	5.9	14	6
Corn Dog, Mini, Turkey	ENTRÉE	6pcs.	310	45	790	17	5	9	31
Corn Dog, Turkey Jumbo State Fair	ENTRÉE	4oz	238	31	820	10.58	4	8.82	26.46
Footlong Hotdog	ENTRÉE	1 footlong-no b	214	42	718	19.58	2.85	8.39	1.87
French Toast, Thick Slice	ENTRÉE	1 slice	130	75	440	2.25	0.75	10	23.5
Ham & Cheese Hotpocket	ENTRÉE	1	240	15	580	7	3.5	9	35
Hamburger/Bun	ENTRÉE	1 sandwich	355	47	581	18.8	6.3	20.4	27.7
Hot Dogs, Classsic Franks	ENTRÉE	1 dog/no bun	190	40	580	16	5	6	1
Hot Dog Sandwich	ENTRÉE	1 sandwich	310	30	930	19	8	10	26
Macaroni and Cheese	ENTRÉE	1 serving	341	64	881	22	0	0	19
Nacho Cheese and Chips	ENTRÉE	1 serving	420	30	1000	25	8.5	12	40
Pnut Butter Sandwich	ENTRÉE	1 serving	337	0	240	17.73	0	13.6	32.88



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Choc. Covered Ice Cream Bar	ICE CREAM	1 bar	180	20	55	12	9	3	15
Chocolate Éclair Crunch Stick	ICE CREAM	1 bar	140	5	45	7	5	2	15
Chocolate Ice Cream Cup, Toft	ICE CREAM	4oz	150	30	64	7	5	2	18
Fudge Bar, 2 1/2oz, Ice Cream	ICE CREAM	2.5oz	110	0	70	0	0	3	24
Ice Cream Sandwich 3oz	ICE CREAM	1 sandwich	168	20	105	7	3	4	27
Klondike Krunch Bar	ICE CREAM	4oz bar	260	15	75	17	12	3	24
Milky Way Ice Cream Bar	ICE CREAM	3oz bar	220	20	70	13	9	3	24
Min Maid Blue Juice Bar	ICE CREAM	2.25oz	60	0	10	0	0	0	15
Min Maid Cherry Juice Bar	ICE CREAM	2.25oz	60	0	10	0	0	0	15
Orange Cream Bar	ICE CREAM	1 bar	110	15	40	4	2.5	1	17
Orange Push-Up	ICE CREAM	1 pack	80	5	10	1	0.5	1	18
Push Up Rainbow	ICE CREAM	1 pack	90	5	15	1	0	1	19
Strawberry Crunch Cream Bar	ICE CREAM	1 bar	140	5	45	7	5	2	15
Strawberry Ice Cream Cup, Toft	ICE CREAM	4oz	140	25	55	6	4	2	19
Sundae Cone, Good Humor 4.3oz	ICE CREAM	1 cone 4.3oz	270	15	95	15	6	4	29
Toffee Ice Cream Bar	ICE CREAM	1 bar	190	20	45	14	10	1	16
Vanilla Ice cream Cup, Toft	ICE CREAM	4oz	140	30	60	7	5	2	17
Chocolate Chip Snack Cake	LITTLE DEBBIES	1 pkg. 2 cakes	310	0	210	15	4	2	41
Chocolate Easter Basket	LITTLE DEBBIES	1 pkg. 2 cakes	300	0	160	14	4	3	40
Cosmic Brownies	LITTLE DEBBIES	1 pkg.	280	10	160	11	3.5	2	42
Devil Squares	LITTLE DEBBIES	1 pkg. 2 cakes	280	0	170	13	3	2	39
Fudge Brownies	LITTLE DEBBIES	1 pack	270	10	140	13	3	2	39
Fudge Rounds	LITTLE DEBBIES	1 cookie	150	0	85	6	1.5	1	23
Nutty Bars	LITTLE DEBBIES	1 pkg.	310	0	110	18	4	4	33
Oatmeal Cream Pies	LITTLE DEBBIES	1 pkg.	170	0	109	7	1.5	1	26
Star Crunch	LITTLE DEBBIES	1 pkg.	150	0	70	5	1.5	2	22
Swiss Rolls	LITTLE DEBBIES	1 pkg.	270	15	140	12	3	2	38
Zebra Cakes	LITTLE DEBBIES	1 pkg.	320	0	160	14	4	1	48
Coney Sauce	SAUCE/DRESSINGS	1oz	35	1	175	2.25	0.42	0.99	2.57
Dressing, Hot Bacon	SAUCE/DRESSINGS	2oz	104	9	336	7	1	0	9
Dressing, Buttermilk 12g	SAUCE/DRESSINGS	1 pkt. 12g	67	6	100	7	1	0	1
Dressing, Cesar 1.5oz	SAUCE/DRESSINGS	1 pkt. 1.5g	216	11	521	23	4	1	2
Dressing, French 1.5oz	SAUCE/DRESSINGS	1 pkt. 1.5g	47	0	264	0	0	0	11
Dressing, French 12 g	SAUCE/DRESSINGS	1 pkt. 12g	48	0	72	4	1	0	2

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Dressing Greek, 1.5oz	SAUCE/DRESSINGS	1 pkt. 1.5g	221	4	527	23.73	3.96	0.99	0.99
Dressing, Hny Mus FF 1.5oz	SAUCE/DRESSINGS	1 pkt. 1.5g	63	0	347	0	0	0	14.83
Dressing, Italian FF 1.5oz	SAUCE/DRESSINGS	1 pkt. 1.5g	24	0	392	0	0	0	5
Dressing, Italian 1.5oz	SAUCE/DRESSINGS	1 pkt. 1.5g	10	0	109	1	0	0	1
Dressing, Italian 200/12g PP	SAUCE/DRESSINGS	1 pkt. 12g	21	0	764	0.99	0	0	3.96
Dressing, Lite Ital. 1.5oz	SAUCE/DRESSINGS	1 pkt. 1.5g	55	0	504	0	0	0	14
Dressing, Vinaigrette Rasp	SAUCE/DRESSINGS	1 pkt. 2oz	50	0	350	0	0	0	12
Dressing, Sesame	SAUCE/DRESSINGS	2 tbsp	170	0	270	18	3	0	3
Dressing, Southwestern	SAUCE/DRESSINGS	2 tbsp	23	10	197	1.49	0.91	0.37	1.95
Gravy, Chicken Trio	SAUCE/DRESSINGS	1 Tbsp	25	1	367	1	0	0	4
Gravy, Chicken, Scratch	SAUCE/DRESSINGS	2 tbsp	45	4	381	1.64	0.2	0.86	6.56
Nacho Cheese Sauce, Tufts	SAUCE/DRESSINGS	2oz	28	1	0	0	0	0	8
PC Marinara Sauce	SAUCE/DRESSINGS	2 oz.	25	0	330	0	0	1	6
PC Honey Pack	SAUCE/DRESSINGS	1 pkt.	39	0	250	0.08	0.01	0.36	10.11
PC BBQ Sauce Cups	SAUCE/DRESSINGS	1 pkt.	27	0	3	0	0	0.02	7
PC Jelly, Assorted	SAUCE/DRESSINGS	1 pkt.	13	0	123	0	0	0	3
PC Ketchup	SAUCE/DRESSINGS	1 pkt.	90	0	60	10	1.5	0	0
PC Mayonnaise	SAUCE/DRESSINGS	1pkt. 12g	123	0	1	0	0	0	31
PC Pancake Syrup	SAUCE/DRESSINGS	1 pkt.	30	0	140	1	0	1	4
PC Sweet n' Sour Sauce	SAUCE/DRESSINGS	1 pkt.	51	0	76	0	0	0	12.15
Spaghetti Sauce	SAUCE/DRESSINGS	1/2 cup	37	0	738	0	0	2	9
Sweet and Sour Sauce	SAUCE/DRESSINGS	2 tbsp	37	0	147	0.05	0.02	0.48	9.17
Tarter Sauce Pack	SAUCE/DRESSINGS	1 pkt. 12g	30	0	150	3.3	0.05	0	1.68
Baked Lay's 1.125oz	SNACKS	1 bag 1.125oz	130	0	170	1.5	0	2	26.07
Chips Baked Cheetos	SNACKS	1 bag	110	0	210	4.5	0.5	2	17
Chips Baked Cheetos Flamin Hot	SNACKS	1 bag	120	0	210	4.5	0	2	17
Chips Baked Doritos	SNACKS	1 bag	170	0	301	4.01	1	3.01	30.06
Chips Baked Lay's KC Masterpiece	SNACKS	1 bag	140	0	231	3.01	0.5	2.01	25.07
Chips Baked Lay's Original	SNACKS	1 bag	130	0	170	1.5	0	2.01	26.08
Chips Baked Lay's Sour Cream	SNACKS	1 bag	140	0	241	3.01	0.5	2.01	24.07
Chips Cheetos Crunchy	SNACKS	1 bag	200	0	370	13.01	2	2	19.02
Chips Cheetos Crunchy	SNACKS	1 bag	80	0	141	5.03	1.01	1.01	8.04
Chips Cheetos Flamin Hot	SNACKS	1 bag	191	0	281	12.04	2.01	2.01	15.04
Chips Doritos Nacho Cheesier	SNACKS	1 bag	142	0	202	7.09	1.01	2.03	17.21
Chips Doritos Cooler Ranch	SNACKS	1 bag	142	0	172	7.09	1.01	2.03	18.22
Chips Fritos BBQ Corn	SNACKS	1 bag	190	0	350	12.01	1.5	2	20.02
Chips Fritos Corn	SNACKS	1 bag	120	0	125	8	1	1	11

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Chips Funyuns .75 bag	SNACKS	1 bag	110	0	201	5.01	1	1	14.04
Chips Lay's Classic Chips	SNACKS	1 bag	152	0	185	10.12	3.04	2.03	18.22
Chip's Lay's KC Masterpiece	SNACKS	1 bag	5	0	7	0.36	0.011	0.07	0.54
Chips Lay's Sour Cream & Onion	SNACKS	1 bag	162	5	213	11.14	3.04	2.03	12.15
Chips Munchies	SNACKS	1 bag	132	0	243	4.56	1.01	2.03	20.25
Chips, Ruffles Cheddar & Sour Cream	SNACKS	1 bag	160	0	230	11	1.5	2	14
Chips Ruffles Regular	SNACKS	1 bag	162	0	162	10.12	3.04	2.03	14.17
Tostitos 2 oz	SNACKS	1 bag	290	0	220	16	2.5	4	36
Choc. Chip Cookie/Darlington	SNACKS	1 cookie	100	0	60	4	1	1	14
Crackers, Austin Red Fat	SNACKS	1 pkg.	169	4	327	6.95	1.49	2.98	24.81
Crackers, Austin Dolphin & Fri	SNACKS	1 pkg.	120	0	260	5	2	3	16
Crackers, Animal	SNACKS	1 pk.	130	0	150	4	1	2	22
Fig Newton Cookies FF	SNACKS	1 pkg. 2.1oz	90	0	130	0	0	1	22
Fruit by the Foot	SNACKS	1 pkg. 21g	80	0	0	2	0	0	17
Fruit Rollups	SNACKS	1 pkg. 14g	50	0	0	1	0	0	11
Fun Size Cheetos	SNACKS	1 bag	100	0	180	6	2	0	10
Fun Size Fritos	SNACKS	1 bag	120	0	120	8	1	1	12
Funyuns	SNACKS	1 bag	110	0	180	5	1	2	14
Giant Cinnamon Goldfish	SNACKS	1 pk.	120	0	110	4	1	1	19
Goldfish Whole grain Crackers	SNACKS	1 bag	100	5	170	3.5	1	3	14
Granola Bars Choc. Chip	SNACKS	1 bar	100	0	75	3	1.5	1	18
Kellogg's Elf Gramhams	SNACKS	1 pouch	130	0	105	4.5	1	0	21
Kellogg's French Toast Snacks	SNACKS	1 pouch	230	0	200	8	2.5	3	36
Kids Snack Mix	SNACKS	1 Bag	110	0	200	4	1	2	18
Orchard Fruit Snacks	SNACKS	1 pouch	80	0	30	0	0	1	18
Popcorn Smartfood White Cheddar	SNACKS	1 bag	100	5	180	6	1.5	2	9
Pretzel, Rold Gold Tiny Twist	SNACKS	1 bag	60	0	230	0	0	1	12
Pretzel, Soft 2.5oz	SNACKS	1 ea. 2.5oz	190	0	940	1	0	6	40
Pretzel, Soft Jumbo	SNACKS	1 ea. 6oz	480	0	130	0	0	19	98
Mini Riice Krispie Treat	SNACKS	1 mini treat	45	0	52.5	1.25	0.5	0.25	8.5
Sugar Cookies/Darlington	SNACKS	1	90	0	85	3.5	1	1	15
Sunchips/Garden Salsa	SNACKS	1 oz.	140	0	160	6	1	2	19
Sunchips/Multigrain	SNACKS	1 oz.	140	0	115	6	1	2	18
Scooby Doo Crackers	SNACKS	1 bag	120	0	115	4	1	2	21
Tortilla Chips	SNACKS	1 bag	140	0	110	8	1	2	17
Twix Bars	SNACKS	1 bar	140	0	55	7	5	1	18
1/2 Crinkle Cut Oven Baked Fr	VEGETALBES	3 oz	130	0	25	4	1	2	22

