

# Master Menu Nutrition Report

For additional support or questions, please contact the Patient Dining Call Center. Contact information can be found on the patient menu at your local Mayo Clinic location.

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Protein (g)	Sodium (mg)	Fiber (g)	Potassium (mg)	Ingredients
<b>Breakfast Entrées</b>									
Texas Toast French Toast	214	2.2	0.5	35	12	418	2	228	egg, liquid, substitute, cholesterol free, pasteurized, fresh   flavoring, extract, vanilla, imitation *   milk, skim *   spice, cinnamon, ground *   oil, cooking spray *   bread, texas, sliced, alpha, 1.45 oz
Pancakes	167	2.3	0.9	33	4	519	1	88	water   mix, pancake, buttermilk, gold medal, golden valley, dry   oil, cooking spray *
Sliced Banana Topping	53	0.2	0.1	13	1	1	2	211	banana, medium, 100-120 ct, fresh
Blueberry Topping	20	0.1	0.0	5	0	0	1	27	blueberries, fresh
Strawberry Topping	12	0.1	0.0	3	0	0	1	58	strawberries, fresh, quartered
Spring Harvest Avocado Toast	276	18.1	2.8	26	8	514	9	621	avocado, fresh   salt, kosher   juice, lemon, fresh pressed *   spice, pepper, black, cracked   bread, whole wheat, slice, .88 oz, alpha   tomatoes, grape, fresh, halved   asparagus, fresh   oil, olive, extra virgin   cheese, parmesan, shaved   salt, kosher   sugar, granulated   water, cold   juice, lemon, fresh pressed *   thyme, fresh, chopped   vinegar, rice, seasoned, marukan *   onions, red, fresh, julienne sliced
Egg & Chz on WW English Muff	256	11.6	5.0	25	13	394	3	171	milk, skim *   egg, liquid, whole, w/citric acid, includes cage free, fresh   base, cream, culinary, minor's   oil, canola   cheese, cheddar, mild, loaf, sliced, .5 oz   english muffin, whole wheat, 2 oz
B.E.C on WW English Muffin	356	18.8	7.6	24	22	744	3	260	english muffin, whole wheat, 2 oz   egg, fresh, large, cage free, hfac, pasteurized, deb-el   bacon, sliced, raw, 18/22, frozen *menu more   cheese, cheddar, mild, pre-sliced, .75 oz
S.E.C on WW English Muffin	539	36.4	14.5	27	25	825	3	244	english muffin, whole wheat, 2 oz   milk, skim *   egg, liquid, whole, w/citric acid, includes cage free, fresh   base, cream, culinary, minor's   oil, cooking spray *   sausage patty, pork, jimmy dean, fc, 1.5 oz, frozen   cheese, cheddar, mild, loaf
Egg Potato & Veg Skillet	221	11.6	3.6	21	9	105	2	444	oil, canola   onions, yellow, fresh, small diced, 1/4"   peppers, bell, green, fresh, diced, small, 1/4"   potatoes, diced, peeled, roasted, fc, 5/8"   spice, paprika, ground   parsley, fresh, chopped   basil, fresh, chiffonade cut *   oregano, fresh, chopped *   cilantro, fresh, chopped   lemon, fresh, zested   egg, liquid, whole, w/citric acid, includes cage free, fresh   milk, skim *   base, cream, culinary, minor's   oil, canola
Curried Tofu Scramble	215	11.8	1.3	9	19	103	6	343	tofu, extra firm, including liquids   oil, canola   spinach, fresh   onion red fresh   mushroom button fresh; 1/10 lb   peppers, bell, red, fresh, diced, small, 1/4"   sauce, soy, less sodium, gluten free, lee kum kee, bulk *   spice, curry powder
<b>Breakfast Sides</b>									
Breakfast Potatoes	127	4.7	0.4	20	2	124	2	348	oil, canola   onions, yellow, fresh, small diced, 1/4"   potatoes, diced, peeled, roasted, fc, 5/8"   salt, kosher   spice, pepper, black, ground, fine   parsley, fresh, chopped
Cottage Chz	81	1.2	0.7	3	14	459	0	97	cottage cheese, lowfat, 1%
Hard Fried Egg	63	4.2	1.4	0	6	62	0	61	egg, fresh, cage free   oil, cooking spray *
Hard Boiled Egg (cold)	68	4.7	1.4	0	6	55	0	55	egg, hard cooked, includes cage free
Scrambled Eggs	156	11.5	4.6	2	10	140	0	138	milk, skim *   egg, liquid, whole, w/citric acid, includes cage free, fresh   base, cream, culinary, minor's   oil, canola
Egg Whites	63	0.2	0.0	1	13	202	0	198	egg, liquid, whites, includes cage free, pasteurized, fresh   oil, cooking spray *
Low Chol Scrambled Egg	69	0.9	0.1	2	11	223	0	195	milk, skim *   egg, liquid, substitute, cholesterol free, pasteurized, fresh   oil, canola
Bacon	44	3.3	1.1	0	3	157	0	46	bacon, sliced, raw, 18/22, frozen *menu more
Pork Sausage Patty	178	16.8	5.9	1	5	316	0	0	sausage patty, pork, jimmy dean, fc, 1.5 oz, frozen
Turkey Bacon	18	1.4	0.5	0	1	64	0	11	bacon, turkey, sliced, raw, frozen *menu less
Turkey Sausage	35	2.5	0.8	0	4	140	0	48	sausage link, turkey, 1 oz, rtc, frozen *menu less
Beef Broth 6fioz	12	0.8	0.8	2	0	617	0	2	water, hot   broth, beef, bag in a box, concentrate x 20, savory, 4.5 l *
Chx Broth 6fioz	16	0.8	0.0	2	0	617	0	2	water, hot   broth, chicken, bag in a box, concentrate x 20, savory, 4.5 l
Veg Broth 6fioz	16	0.0	0.0	4	0	291	0	42	water, hot   broth, vegetable, bag in a box, concentrate x 20, savory, 4.5 l *
<b>Fruits</b>									
Apple	68	0.2	0.0	18	0	1	3	140	apples, red delicious, 125 count, fresh
Applesauce	49	0.1	0.0	13	0	2	1	87	applesauce, unsweetened, bulk *
Banana	105	0.4	0.1	27	1	1	3	422	banana, medium, 100-120 ct, fresh
Fruit Cup	34	0.2	0.0	9	1	8	1	167	honeydew melon, fresh, cubed, 1/2"   grapes, red seedless, fresh   cantaloupe, medium, fresh, diced, 1/2"   strawberries, fresh, capped, halved
Grapes	54	0.1	0.0	14	1	2	1	150	grapes, red seedless, fresh
Orange	97	0.2	0.0	24	2	0	5	373	orange, 88 count, fresh
Mandarin Oranges	34	0.0	0.0	9	1	5	1	123	orange, mandarin sections, juice pack, canned, drained
Peaches	40	0.0	0.0	10	1	4	1	115	peaches, diced, juice pack, canned, drained
Pears	52	0.1	0.0	14	0	4	2	100	pears, diced, juice pack, canned, drained
Stewed Prunes	66	0.1	0.0	17	1	1	2	199	prunes, juice pack, pitted, canned, including liquids
<b>Cereals</b>									
Apple Cinn Cream of Wheat	125	0.5	0.1	27	3	86	2	71	salt, kosher   water   cereal, cream of wheat, dry *   applesauce, unsweetened, bulk *   spice, cinnamon, ground *
Cream of Wheat	98	0.4	0.1	20	3	9	1	34	water, warm   cereal, cream of wheat, dry *
Cream of Rice	84	0.0	0.0	20	1	110	0	19	water   salt, kosher   cereal, cream of rice, dry
Grits	105	0.5	0.1	22	2	6	1	42	water   cereal, grits, quick, enriched, dry *
Oatmeal	107	1.8	0.3	19	4	8	3	105	water   cereal, oatmeal, old fashioned, dry

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Protein (g)	Sodium (mg)	Fiber (g)	Potassium (mg)	Ingredients
Cheerios	72	1.3	0.3	14	2	97	2	123	cereal, cheerios, bowl, pc
Frosted Mini Wheats	100	0.5	0.0	24	2	0	3	70	cereal, frosted mini wheats, 1 oz, pc
Raisin Bran	110	0.5	0.0	28	3	120	4	160	cereal, raisin bran, bowl, 1.25 oz, pc
GF Rice Chex	73	0.2	0.1	17	1	160	0	35	cereal, rice chex, gf, bowl, pc
Rice Krispies ea	100	0.0	0.0	22	2	125	0	20	cereal, rice krispies, .88 oz, pc
Sugar & Brown Sugar Topping	50	0.0	0.0	13	0	2	0	9	sugar, brown, light   sugar, granulated
Sweet N Low Sugar Substitute	17	0.0	0.0	4	0	0	0	0	sugar, pc
Cinnamon	3	0.0	0.0	1	0	0	1	6	spice, cinnamon, ground *
Raisins	27	0.0	0.0	7	0	2	0	67	raisins
<b>Yogurts</b>									
Lt Peach Yogurt	77	0.3	0.2	15	5	74	0	261	yogurt, peach, light, yoplait, 6 oz, pc
LF Strawberry Yogurt	112	0.8	0.4	23	4	56	0	180	yogurt, strawberry, low fat, bulk
LF Van Yogurt	75	0.4	0.0	15	2	38	0	120	yogurt, vanilla, low fat, parfait, 64 oz, pouch
Blueberry Greek Yogurt	110	0.0	0.0	16	11	55	1	188	yogurt, blueberry, greek, chobani, 5.3 oz, pc
Plain FF Greek Yogurt	60	0.0	0.0	4	11	43	0	188	yogurt, plain, greek, fat free, chobani, bulk
Van Greek Yogurt	110	0.0	0.0	15	12	60	0	188	yogurt, vanilla, greek, chobani, 5.3 oz, pc
Fruit & Yogurt Parfait	135	3.6	0.3	23	4	48	3	271	cereal, granola, no raisins, lowfat, bulk   seeds, flax seeds, golden, ground   honeydew melon, fresh, cubed, 1/2"   grapes, red seedless, fresh   cantaloupe, medium, fresh, diced, 1/2"   strawberries, fresh, halved   yogurt, vanilla, low fat, parfait, 64 oz, pouch
<b>Bakery</b>									
Blueberry Muffin	134	1.4	0.3	29	2	268	0	3	blueberries, unsweetened, frozen-icq   flour, all purpose   water   mix muffin low fat variety 6/4.5 lb
Bagel	180	1.0	0.0	36	6	280	1	60	bagel, plain, 2.3 oz, frozen
WW English Muffin	120	1.0	0.0	23	5	230	3	90	english muffin, whole wheat, 2 oz
Plain English Muffin	150	1.0	0.0	30	5	180	1	60	english muffin, plain, 2 oz
WW Bread	70	0.5	0.0	13	4	150	2	0	bread, whole wheat, slice, .88 oz, alpha
Rye Bread	109	1.4	0.3	20	4	253	2	70	bread, rye, deli, sliced, 1.5 oz
White Bread	75	0.8	0.0	15	3	131	1	25	bread, white, slice, 1.08 oz, bimbo
<b>Soups</b>									
Chx Ndle Soup 12floc	203	7.2	1.1	26	9	874	3	347	carrot cello pack fresh; 48/1 lb   onions, yellow, fresh, small diced, 1/4"   celery, fresh, small diced, 1/4"   oil, canola   flour, all purpose   water   base, chicken, all natural, gluten free, minors *   pasta, egg noodles, extra wide, dry   spice, bay leaf *   spice, allspice, ground   salt, kosher   spice, pepper, white, ground *   chicken, pulled, dark/white, 65/35, fc   parsley, fresh, chopped
Chx Ndle Soup 6floc	102	3.6	0.5	13	5	437	1	173	carrot cello pack fresh; 48/1 lb   onions, yellow, fresh, small diced, 1/4"   celery, fresh, small diced, 1/4"   oil, canola   flour, all purpose   water   base, chicken, all natural, dark/white, 65/35, fc   parsley, fresh, chopped
Three Bean Chili Soup 12floc	300	6.6	0.6	48	15	470	17	1006	beans, kidney, dry   beans, navy, dry   beans, black, dry   water   spice, bay leaf *   salt, kosher   peppers, bell, green, fresh, diced, small, 1/4"   peppers, bell, red, fresh, diced, small, 1/4"   onions, yellow, fresh, small diced, 1/4"   garlic cloves, peeled, fresh, chopped   oil, canola   tomatoes, roma, fresh, small diced, 1/4"   spice, chili powder *   spice, oregano, dried, crumbled   spice, pepper, red chili, crushed, flakes   salt, kosher   cilantro, fresh, chopped   onions, green, scallion, bunch, fresh, sliced, 1/4"
Three Bean Chili Soup 6floc	150	3.3	0.3	24	8	235	8	503	beans, kidney, dry   beans, navy, dry   beans, black, dry   water   spice, bay leaf *   salt, kosher   peppers, bell, green, fresh, diced, small, 1/4"   peppers, bell, red, fresh, diced, small, 1/4"   onions, yellow, fresh, small diced, 1/4"   garlic cloves, peeled, fresh, chopped   oil, canola   tomatoes, roma, fresh, small diced, 1/4"   spice, chili powder *   spice, oregano, dried, crumbled   spice, pepper, red chili, crushed, flakes   salt, kosher   cilantro, fresh, chopped   onions, green, scallion, bunch, fresh, sliced, 1/4"
Tomato Basil Soup 12floc	133	9.1	1.3	13	2	424	6	569	oil, olive, extra virgin   onions, yellow, fresh, small diced, 1/4"   celery, fresh, diced, medium, 1/2"   carrots, fresh, small diced, 1/4" *   garlic cloves, peeled, fresh, chopped   sugar, granulated   seasoning, garlic herb, salt free *   spice, oregano, dried, crushed *   salt, kosher   water   base, vegetable, gluten free, no msg, minor's *menu more *   tomato puree, canned   tomatoes, diced in juice, no added salt, ang mia, canned   basil, fresh, chopped
Tomato Basil Soup 6floc	67	4.5	0.6	7	1	212	3	285	oil, olive, extra virgin   onions, yellow, fresh, small diced, 1/4"   celery, fresh, diced, medium, 1/2"   carrots, fresh, small diced, 1/4" *   garlic cloves, peeled, fresh, chopped   sugar, granulated   seasoning, garlic herb, salt free *   spice, oregano, dried, crushed *   salt, kosher   water   base, vegetable, gluten free, no msg, minor's *menu more *   tomato puree, canned   tomatoes, diced in juice, no added salt, ang mia, canned   basil, fresh, chopped
Veg Soup 12floc	83	1.1	0.1	18	2	753	4	368	carrot cello pack fresh; 48/1 lb   celery, fresh, small diced, 1/4"   oil, canola   onions, yellow, fresh, small diced, 1/4"   spice, pepper, black, ground, fine   water   potatoes, pre-peeled, fresh, diced, 1/4"   base, vegetable, gluten free, no msg, minor's *menu more *   beans, green, cut, frozen   okra, cut, frozen   tomatoes, diced in juice, no added salt, ang mia, canned   cornstarch   water
Veg Soup 6floc	41	0.5	0.1	9	1	377	2	184	carrot cello pack fresh; 48/1 lb   celery, fresh, small diced, 1/4"   oil, canola   onions, yellow, fresh, small diced, 1/4"   spice, pepper, black, ground, fine   water   potatoes, pre-peeled, fresh, diced, 1/4"   base, vegetable, gluten free, no msg, minor's *menu more *   beans, green, cut, frozen   okra, cut, frozen   tomatoes, diced in juice, no added salt, ang mia, canned   cornstarch   water
Beef Broth 6floc	12	0.8	0.8	2	0	617	0	2	water, hot   broth, beef, bag in a box, concentrate x 20, savory, 4.5 l *
Chx Broth 6floc	16	0.8	0.0	2	0	617	0	2	water, hot   broth, chicken, bag in a box, concentrate x 20, savory, 4.5 l
Veg Broth 6floc	16	0.0	0.0	4	0	291	0	42	water, hot   broth, vegetable, bag in a box, concentrate x 20, savory, 4.5 l *
WW Dinner Roll	90	1.0	0.0	17	4	180	2	0	roll, dinner, whole wheat, 1.5 oz, fresh
Dinner Roll	75	1.3	0.4	13	2	128	1	45	dough, roll, homestyle, 1 oz, frozen
Cornbread	229	8.8	2.8	36	2	223	1	5	mix, cornbread, southern style, gold medal, dry   water   honey, bulk   oil, canola   oil, cooking spray, grilling   butter, unsalted, melted *   honey, bulk
Garlic Breadstick	88	3.0	1.5	13	3	144	1	50	dough, breadsticks, french, 1 oz   spice, garlic, granulated   butter, melted   spice, oregano, dried, crushed *   parsley, fresh, chopped
<b>Side Salads</b>									
Caesar Sld	33	1.4	0.3	4	2	68	1	163	lettuce, romaine, fresh, chopped, 1/2"   tomatoes, grape, fresh, halved   cheese, parmesan, pre-shredded, fancy   croutons, seasoned, bulk
Garden Sld	16	0.2	0.0	3	1	12	1	194	lettuce, romaine, fresh, shredded   carrots, fresh, julienne sliced   lettuce, salad mix, spring (mesclun)   cucumbers, fresh, peeled, small diced, 1/4"   cabbage, red, pre-shredded, fresh   tomato grape frsh
Vegetables & Hummus	214	9.6	1.3	25	9	454	8	370	hummus, traditional, grecian delight, frozen   lettuce, leaf, individual leaf, fresh   celery, fresh, sticks, 3"   carrots, pre-cut, stick, fresh, sticks   cucumber fresh; 1/12 ct 6gm = 1 slice

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Protein (g)	Sodium (mg)	Fiber (g)	Potassium (mg)	Ingredients
<b>Entrée Salads</b>									
Mediterranean Sld	142	4.5	1.5	21	6	679	4	428	salt, kosher   sugar, granulated   water, cold   vinegar, rice, seasoned, marukan *   juice, lemon, fresh pressed *   thyme, fresh, chopped   onions, red, fresh, julienne sliced   oil, cooking spray, grilling   bread, pita, whole wheat, pocket, 6" *   lettuce, salad mix, spring (mesclun)   cucumber fresh; 1/12 ct 4gm = 1 slice   cheese, feta, crumbled   tomatoes, grape, fresh, halved   olives, kalamata, pitted, halved
Caesar Sld	100	4.7	0.9	12	5	233	2	300	lettuce, romaine, fresh, chopped, 1/2"   tomatoes, grape, fresh, halved   cheese, parmesan, pre-shredded, fancy   croutons, seasoned, bulk
Garden Sld	32	0.4	0.1	7	2	25	3	389	lettuce, romaine, fresh, shredded   carrots, fresh, julienne sliced   lettuce, salad mix, spring (mesclun)   cucumbers, fresh, peeled, small diced, 1/4"   cabbage, red, pre-shredded, fresh   tomato grape frsh
Cottage Chz & Fruit Plate	187	1.6	0.8	30	16	472	3	506	cottage cheese, lowfat, 1%   cantaloupe, medium, fresh, diced, 1/2"   strawberries, fresh, capped, sliced, 1/4"   pineapple, fresh, cubed, 1/2"   grapes, red seedless, fresh
Grilled Chx 3oz	135	4.6	1.1	0	23	143	0	267	basil, fresh, chopped   rosemary, fresh, chopped   chives, fresh, chopped   spice, pepper, black, ground   chicken, breast, boneless, skinless, nae, 4 oz, koch, raw   thyme, fresh, chopped   oil, canola
Grilled Salmon 3oz	206	11.8	1.5	1	23	54	0	595	juice, lemon, bulk   parsley, fresh, chopped   basil, fresh, chiffonade cut *   oregano, fresh, chopped *   cilantro, fresh, chopped   lemon, fresh, zested   fish, salmon, atlantic, wild, fillet, fresh   oil, canola
Tofu 1/4c	48	3.0	0.4	1	5	4	0	76	tofu, firm, cubed, 1"
Chickpeas	231	10.6	0.9	27	8	498	7	298	beans, garbanzo, low sodium, canned, drained, rinsed   oil, canola   juice, lemon, fresh pressed *   salt, kosher   seasoning, greek freak mediterranean, salt free, spiceology, bulk
<b>Salad Dressings</b>									
Balsamic Vinaigr	57	4.7	0.5	5	0	190	0	0	salad dressing, balsamic, bulk
Caesar	152	16.2	2.5	1	1	284	0	0	salad dressing, caesar, creamy, bulk
French	120	11.0	1.5	5	0	250	0	0	salad dressing, french, creamy, bulk
Italian	21	1.9	0.3	1	0	128	0	10	salad dressing, italian, .44 oz, pc
Ranch	45	4.5	0.5	1	0	120	0	0	salad dressing, ranch, 12 gm, pc
Oil & Balsamic Vinegar	175	18.9	2.6	2	0	3	0	11	vinegar, balsamic   oil, olive
Honey Dijon Balsamic Vinaigr	139	10.9	0.8	11	0	33	0	12	vinegar, balsamic   vinegar, red wine   salt, kosher   mustard, dijon   shallots, peeled, fresh, chopped, 1/4"   honey, bulk   oil, canola   spice, pepper, black, ground   basil, fresh, chopped   oil, canola
<b>Handhelds</b>									
Mediterranean Wrap	318	11.7	3.8	46	8	768	7	359	salt, kosher   sugar, granulated   water, cold   vinegar, rice, seasoned, marukan *   juice, lemon, fresh pressed *   thyme, fresh, chopped   onions, red, fresh, julienne sliced   tortilla wrap, flour, whole wheat, 10", ole mexican   hummus, kronos   lettuce, leaf, individual leaf, fresh   tomatoes, fresh, each slice   cucumber fresh; 1/12 ct 4gm = 1 slice   peppers, red, roasted, strips, canned, drained< julienne
Turkey Club Sandwich	569	23.7	8.9	44	47	1252	8	1108	bacon, sliced, raw, 18/22, frozen *menu more   bread, multigrain, sliced, 1 oz, local   mayonnaise, light, kraft   cheese, swiss, pre-sliced, .5 oz   turkey, breast, skinless, reduced sodium, fc *menu less   tomatoes, fresh, each slice   lettuce, leaf, individual leaf, fresh   cheese, cheddar, mild, pre-sliced, .5 oz   turkey, breast, skinless, reduced sodium, fc *menu less
Chx Salad on WW Bread	392	12.6	2.8	28	40	503	4	320	chicken, diced, dark/white, 80/20, low sodium, fc, frozen   basil, fresh, chopped   parsley, italian, fresh, chopped *   vinegar, red wine   thyme, fresh, chopped   spice, paprika, ground   mayonnaise, light, kraft   yogurt, plain, fat free, yoplait, 32 oz   bread, whole wheat, slice, .88 oz, alpha
Egg Salad on White Bread	241	8.1	1.7	31	11	417	1	119	bread, white, slice, 1.08 oz, bimbo   spice, garlic powder   salt, kosher   spice, pepper, black, ground, fine   egg, hard cooked, includes cage free, diced   mayonnaise, light, kraft   mustard, yellow   spice, onion powder
Tuna on White Bread	275	8.1	1.1	30	20	611	1	193	fish, tuna, chunk light, fad free, water packed, drained *menu more   parsley, italian, fresh, chopped *   basil, fresh, chopped   oregano, fresh, chopped *   vinegar, white wine   mayonnaise, light, kraft   bread, white, slice, 1.08 oz, bimbo
Peanut Butter & Jelly	412	18.6	3.5	48	13	417	3	232	jelly, grape, bulk   peanut butter, creamy   bread, white, slice, 1.08 oz, bimbo
Caprese Melt	560	29.3	12.6	48	26	956	2	257	mayonnaise, regular, kraft, bulk   juice, lime, fresh pressed   basil, fresh, chopped   bread, sourdough, slice, 1.5 oz local   tomatoes, fresh, each slice   cheese, mozzarella, pre-sliced, .9 oz, fresh   basil, fresh, leaf   oil, cooking spray, grilling
Chz Quesadilla	429	24.9	13.7	36	19	770	1	95	tortilla wrap, flour, 10", ole mexican   cheese, cheddar, mild, pre-shredded, feathered
Chicken Quesadilla	517	27.9	14.4	36	34	864	1	271	basil, fresh, chopped   rosemary, fresh, chopped   chives, fresh, chopped   spice, pepper, black, ground   chicken, breast, boneless, skinless, nae, 4 oz, koch, raw   thyme, fresh, chopped   oil, canola   oil, cooking spray, grilling   cheese, cheddar, mild, pre-shredded *   tortilla wrap, flour, 10", ole mexican
Beef Patty	260	17.1	6.5	0	25	72	0	293	beef patty, 20% fat, raw, 5.3 oz, frozen
White Bun	210	2.5	0.0	39	7	350	1	0	bun, hamburger, white, 2.75 oz
WW Bun	190	3.0	1.0	34	7	380	3	170	bun, hamburger, whole wheat, 2.75 oz, 4", bimbo
Veg Burger on WW Bun	350	9.0	2.0	52	20	820	8	520	bun, hamburger, whole wheat, 2.75 oz, 4", bimbo   oil, cooking spray *   burger, meatless, black bean, 3.3 oz
Veg Burger on White Bun	370	8.5	1.0	57	20	790	6	350	bun, hamburger, white, 2.75 oz   oil, cooking spray *   burger, meatless, black bean, 3.3 oz
Grilled Chx on WW Bun w/L&T	330	7.6	2.1	35	31	526	3	500	basil, fresh, chopped   rosemary, fresh, chopped   chives, fresh, chopped   spice, pepper, black, ground   chicken, breast, boneless, skinless, nae, 4 oz, koch, raw   thyme, fresh, chopped   oil, canola   bun, hamburger, whole wheat, 2.75 oz, 4", bimbo   lettuce, leaf, individual leaf, fresh   tomatoes, fresh, each slice
Grilled Chz Sandwich	314	16.1	8.4	26	17	536	3	176	bread, whole wheat, sliced, 1 oz, local   cheese, cheddar, mild, pre-sliced, .75 oz   oil, cooking spray, grilling
Lettuce Leaf	1	0.0	0.0	0	0	2	0	15	lettuce, leaf, individual leaf, fresh
Sliced Tomato	2	0.0	0.0	1	0	1	0	32	tomatoes, fresh, each slice, 1/4"
Red Sliced Onions	5	0.0	0.0	1	0	1	0	18	onions, red, fresh, each slice
Sliced American Chz	52	4.4	2.6	1	3	237	0	19	cheese, american, pre-sliced, .5 oz
Sliced Cheddar Chz	86	7.1	4.0	1	5	139	0	16	cheese, cheddar, mild, loaf
Sliced Mozzarella Chz	63	4.2	2.4	1	5	142	0	40	cheese, mozzarella, part skim, loaf, sliced, 1 oz
Sliced Pepper Jack Chz	79	6.4	4.1	0	5	128	0	17	cheese, pepper jack, loaf, sliced, .75 oz
LF Sliced Swiss Chz	65	4.3	2.8	1	6	85	0	15	cheese, swiss, reduced fat, loaf
Ketchup	10	0.0	0.0	3	0	95	0	24	ketchup, 9 g, pc
Mustard	3	0.2	0.0	0	0	63	0	9	mustard, pc
Lt Mayonnaise	37	3.7	0.6	1	0	102	0	0	mayonnaise, light, kraft
Sour Cream	56	5.5	2.9	1	1	9	0	35	sour cream, 1 oz, pc

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Protein (g)	Sodium (mg)	Fiber (g)	Potassium (mg)	Ingredients
Medium Salsa	9	0.1	0.0	2	0	230	1	89	sauce, salsa, thick and chunky, medium
Pico de Gallo	7	0.1	0.0	2	0	21	0	71	tomatoes, fresh, small diced, 1/4" *   onions, yellow, fresh, small diced, 1/4"   pepper jalapeno fresh   juice, lime, fresh pressed   salt, kosher   cilantro, fresh, chopped
BBQ Sauce	48	0.1	0.0	11	0	283	0	87	sauce, barbecue, kansas city classic
Cholula Sauce	3	0.1	0.0	0	0	137	0	8	sauce cholula.pc
<b>Pasta</b>									
Rotini Pasta w/Alfredo	851	43.3	12.9	84	30	1244	5	395	pasta, rotini, dry   water, boiling   salt, kosher   oil, canola   sauce, cheese, white, rtu, frozen *   parsley, italian, fresh, chopped *   cheese, parmesan, pre-shredded, fancy
Grilled Chx 3oz	135	4.6	1.1	0	23	143	0	267	basil, fresh, chopped   rosemary, fresh, chopped   chives, fresh, chopped   spice, pepper, black, ground   chicken, breast, boneless, skinless, nae, 4 oz, koch, raw   thyme, fresh, chopped   oil, canola
Meatball Marinara	347	16.9	5.9	25	23	366	2	339	pasta, rotini, dry   salt, kosher   water, boiling   butter, unsalted, melted *   garlic cloves, peeled, fresh, chopped   parsley, fresh, chopped   oregano, fresh, chopped *   vinegar, red wine   onions, vidalia, fresh, chopped, 1/4" *   oil, canola   beef, ground, 80/20, raw *menu more   turkey, ground, 85% lean, nae, raw, frozen *menu less *   bread crumbs, panko japanese, golden dipt *   cheese, parmesan, grated   sauce, hot, louisiana *   egg, fresh, large, cage free, hfac, pasteurized, deb-el   basil, fresh, chopped   sauce, marinara, canned   basil, fresh, chiffonade cut *   cheese, parmesan, pre-shredded, fancy
Rotini Pasta w/Marinara	568	11.7	1.6	96	18	924	10	765	pasta, rotini, dry   water, boiling   salt, kosher   oil, canola   sauce, marinara, canned   parsley, italian, fresh, chopped *   cheese, parmesan, pre-shredded, fancy
Pasta Primavera	454	17.6	1.5	62	14	64	7	597	water, boiling   pasta, rotini, dry   broccoli, fresh, pieces, 1/2"   peas, green, frozen   carrots, fresh, sliced, 1/2"   mushroom button fresh; 1/10 lb   squash, zucchini, fresh, half slice, 1/4"   tomatoes, fresh, small diced, 1/4" *   onions, yellow, fresh, small diced, 1/4"   oil, canola
<b>Entrees</b>									
Roasted Salmon 3oz	166	7.8	1.2	0	23	344	0	556	oil, olive   salt, sea   fish, salmon, atlantic, wild, fillet, fresh
Baked Cod 4oz	85	0.5	0.1	2	17	330	1	256	seasoning, garlic herb, salt free *   fish, pacific cod, fillets, 4 oz, frozen-iqf
Chx Marsala	242	7.8	2.4	13	26	622	1	486	water, hot   broth, chicken, bag in a box, concentrate x 20, savory, 4.5 l   wine, cooking, burgundy   rosemary, fresh, chopped   garlic cloves, peeled, fresh, chopped   thyme, fresh, chopped   spice, bay leaf *   water, cold   juice base, orange, concentrate, 4+1, frozen *   sauce, demi glace, concentrate, minor's   water, cold   spice, pepper, black, ground, fine   spice, garlic, granulated   spice, onion, granulated *   spice, paprika, smoked   cornstarch   water   flour, all purpose   spice, garlic, granulated   spice, onion, granulated *   spice, pepper, black, ground, fine   chicken, breast, boneless, skinless, nae, 4 oz, koch, raw   oil, cooking spray, grilling   oil, canola   onions, yellow, fresh, small diced, 1/4"   garlic cloves, peeled, fresh, chopped   thyme, fresh, chopped   mushroom button fresh; 1/10 lb   wine, cooking, marsala   base, cream, culinary, minor's
Southwestern Carnitas Bowl	431	14.2	4.2	48	27	640	7	820	water, hot   broth, vegetable, bag in a box, concentrate x 20, savory, 4.5 l *   oil, canola   rice, white, long grain, parboiled, dry   lime fresh; 1/48 ct   salt, kosher   water, tap   juice, lime, fresh pressed   cilantro, fresh, chopped   oil, canola   onions, yellow, fresh, small diced, 1/4"   peppers, bell, green, fresh, diced, small, 1/4"   garlic cloves, peeled, fresh, chopped   beans, pinto, low sodium, canned, drained, rinsed   water   spice, cumin, ground   spice, chili powder *   spice, paprika, smoked   salt, kosher   spice, pepper, black, ground, fine   cilantro, fresh, chopped   sauce, hot, louisiana *   juice, lime, fresh pressed   pork, shoulder, boston butt, boneless, raw   water   onions, yellow, fresh, diced, medium, 1/2"   carrots, fresh, sliced, 1/2"   spice, oregano, dried, crushed *   spice, cumin, ground   spice, coriander, ground   salt, kosher   tomatoes, fresh, small diced, 1/4" *   onions, yellow, fresh, small diced, 1/4"   pepper jalapeno fresh   juice, lime, fresh pressed   salt, kosher   cilantro, fresh, chopped   cilantro, fresh, chopped
Rst Turkey w/Chx Gravy 3oz	108	2.0	0.5	2	20	330	0	189	water, hot   broth, chicken, bag in a box, concentrate x 20, savory, 4.5 l   cornstarch   water   thyme, fresh, chopped   sage, fresh, chopped   rosemary, fresh, chopped   oil, canola   turkey, breast, skin on, petite, antibiotic free, rtc *menu less
Beef Pot Roast w/Gravy 3oz	201	12.5	5.0	2	19	145	0	150	beef, chuck, eye roast, raw   onions, yellow, fresh, diced, medium, 1/2"   celery, fresh, diced, medium, 1/2"   carrot cello pack fresh; 48/1 lb   garlic cloves, peeled, fresh *   oil, cooking spray, high yield   base, beef, low sodium, gluten free, minors   flavoring, kitchen bouquet   rosemary, fresh   thyme, fresh *   water   tomatoes, diced in juice, no added salt, ang mia, canned   oil, cooking spray, high yield   cornstarch   water, hot   broth, beef, bag in a box, concentrate x 20, savory, 4.5 l *   cornstarch   water
Meatloaf w/Demi Glace 3oz	249	13.9	4.1	10	20	405	1	247	beef, ground, 80/20, raw *menu more   turkey, ground, 85% lean, nae, raw, frozen *menu less *   wine, cooking, burgundy   rosemary, fresh, chopped   garlic cloves, peeled, fresh, chopped   thyme, fresh, chopped   spice, bay leaf *   water, cold   juice base, orange, concentrate, 4+1, frozen *   sauce, demi glace, concentrate, minor's   water, cold   spice, pepper, black, ground, fine   spice, garlic, granulated   spice, onion, granulated *   spice, paprika, smoked   cornstarch   water   bread crumbs, panko japanese, golden dipt *   spice, basil, leaves, dried, crushed   spice, onion, granulated *   spice, garlic, granulated   spice, oregano, dried, crushed *   mustard, dijon   parsley, fresh, chopped   egg, liquid, whites, includes cage free, pasteurized, fresh   spice, thyme leaves, dried, crushed   sauce, steak, a-1 *   vinegar, red wine   seasoning, salt free 17, lawry's *   oil, cooking spray, grilling   parsley, fresh, chopped
Vegetable Lasagna	277	14.3	6.8	23	15	415	2	353	cottage cheese, 4%, daisy, bulk   butter, melted   flour, all purpose   spice, pepper, white, ground *   salt, kosher   milk, skim *   cheese, parmesan, grated   cheese, swiss, loaf, shredded *   spice, garlic powder   spice, oregano, dried, crushed *   spice, basil, leaves, dried, crushed   spice, nutmeg, ground   onions, yellow, fresh, diced, medium, 1/2"   garlic cloves, peeled, fresh, chopped   spinach, fresh, chopped   oil, canola   peppers, bell, red, fresh, diced, small, 1/4"   broccoli, fresh, pieces, 1/2"   water, boiling   carrots, fresh, small diced, 1/4" *   cheese, mozzarella, whole milk, pre-shredded   oil, cooking spray *   pasta sheets, lasagna, frozen   mushroom button fresh; 1/10 lb
Veg Stir Fry	210	3.0	0.4	41	5	152	3	392	water   rice, white, long grain, parboiled, dry   broccoli, fresh, pieces, 1/2"   celery, fresh, sliced, 1/2"   onions, yellow, fresh, sliced, 1/4"   carrots, fresh, sliced, 1/2"   oil, canola   squash, zucchini, fresh, half slice, 1/4"   peppers, bell, red, fresh, julienne sliced *   garlic cloves, peeled, fresh, chopped   mushroom button fresh; 1/10 lb   water   spice, mustard, ground, dry *   sugar, granulated   sauce, soy, less sodium, gluten free, lee kum kee, bulk *   spice, pepper, white, ground *   cornstarch   water   salt, kosher
Grilled Chx 3oz	135	4.6	1.1	0	23	143	0	267	basil, fresh, chopped   rosemary, fresh, chopped   chives, fresh, chopped   spice, pepper, black, ground   chicken, breast, boneless, skinless, nae, 4 oz, koch, raw   thyme, fresh, chopped   oil, canola
Grilled Salmon 3oz	206	11.8	1.5	1	23	54	0	595	juice, lemon, bulk   parsley, fresh, chopped   basil, fresh, chiffonade cut *   oregano, fresh, chopped *   cilantro, fresh, chopped   lemon, fresh, zested   fish, salmon, atlantic, wild, fillet, fresh   oil, canola
Tofu 1/4c	48	3.0	0.4	1	5	4	0	76	tofu, firm, cubed, 1"
Chickpeas	231	10.6	0.9	27	8	498	7	298	beans, garbanzo, low sodium, canned, drained, rinsed   oil, canola   juice, lemon, fresh pressed *   salt, kosher   seasoning, greek freak mediterranean, salt free, spiceology, bulk
<b>Sides</b>									
Asparagus	33	1.3	0.1	5	3	61	2	240	asparagus, fresh   oil, canola   seasoning, really ranch, salt free, spiceology, bulk   juice, lemon, bulk   salt, kosher
Broccoli	29	0.3	0.1	6	2	29	2	273	broccoli, fresh
Carrots	30	0.1	0.0	7	1	67	2	204	carrots, whole baby, fresh
Corn	93	2.8	0.3	18	2	1	2	211	corn, whole kernel, frozen, drained   oil, canola
Green Beans	25	0.2	0.0	6	1	1	3	144	beans, green, cut, frozen
Baked Potato	211	0.2	0.1	49	4	11	3	887	potatoes, baker 100 count, fresh
Baked Sweet Potato	136	0.2	0.1	31	3	54	5	717	sweet potatoes, 120 count, fresh
Roasted Potatoes Wedges	78	0.7	0.1	17	2	110	2	462	potatoes, red bliss, fresh   spice, paprika, ground   rosemary, fresh, chopped   spice, pepper, black, ground, fine   spice, garlic, granulated   spice, onion, granulated *   salt, kosher   oil, canola   parsley, fresh, chopped
Mashed Potatoes	100		0.4	18	2	65	2	305	potatoes, pre-peeled, fresh, quartered *   water, boiling   milk, whole *   oil, olive   salt, kosher

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Protein (g)	Sodium (mg)	Fiber (g)	Potassium (mg)	Ingredients
Macaroni & Chz	233	12.2	4.5	22	9	410	1	143	sauce, cheese, white, rtu, frozen *   water   pasta, macaroni, elbow, dry *   cheese, cheddar, mild, pre-shredded, feathered
Brown Rice	113	1.0	0.2	24	2	4	1	78	rice, brown, dry   water
White Rice	106	0.3	0.1	23	2	72	1	50	rice, white, long grain, parboiled, dry   water   salt, kosher
Cilantro Lime Rice	142	2.3	0.2	27	2	124	1	75	water, hot   broth, vegetable, bag in a box, concentrate x 20, savory, 4.5 l *   oil, canola   rice, white, long grain, parboiled, dry   lime fresh; 1/48 ct   salt, kosher   water, tap   juice, lime, fresh pressed   cilantro, fresh, chopped
Pinto Beans	96	1.9	0.2	16	5	332	5	328	oil, canola   onions, yellow, fresh, small diced, 1/4"   peppers, bell, green, fresh, diced, small, 1/4"   garlic cloves, peeled, fresh, chopped   beans, pinto, low sodium, canned, drained, rinsed   water   spice, cumin, ground   spice, chili powder *   spice, paprika, smoked   salt, kosher   spice, pepper, black, ground, fine   cilantro, fresh, chopped   sauce, hot, louisiana *   juice, lime, fresh pressed
WW Dinner Roll	90	1.0	0.0	17	4	180	2	0	roll, dinner, whole wheat, 1.5 oz, fresh
Dinner Roll	75	1.3	0.4	13	2	128	1	45	dough, roll, homestyle, 1 oz, frozen
Cornbread	229	8.8	2.8	36	2	223	1	5	mix, cornbread, southern style, gold medal, dry   water   honey, bulk   oil, canola   oil, cooking spray, grilling   butter, unsalted, melted *   honey, bulk
Garlic Breadstick	88	3.0	1.5	13	3	144	1	50	dough, breadsticks, french, 1 oz   spice, garlic, granulated   butter, melted   spice, oregano, dried, crushed *   parsley, fresh, chopped
Beef Gravy	6	0.1	0.1	1	0	95	0	0	water, hot   broth, beef, bag in a box, concentrate x 20, savory, 4.5 l *   cornstarch   water
Chicken Gravy	7	0.1	0.0	1	0	95	0	0	water, hot   broth, chicken, bag in a box, concentrate x 20, savory, 4.5 l   cornstarch   water
Veg Demi Glace	7	0.0	0.0	2	0	45	0	7	water, hot   broth, vegetable, bag in a box, concentrate x 20, savory, 4.5 l *   cornstarch   water
<b>Desserts</b>									
Angel Food Cake w/Strawber	156	5.2	5.0	26	2	142	1	91	cake, angel food, 8", sara lee   strawberries, fresh, quartered   whipped topping, on top
Brownie	176	5.1	2.3	31	2	136	1	125	water   mix brownie chocolate ztf 6/6 lb (11314)   oil, cooking spray, grilling   sugar, powdered
Carrot Cupcake	398	18.7	11.1	54	5	389	0	72	water   mix, cake, white, gold medal   carrots, pre-shredded, fresh   flavoring, extract, vanilla pure   spice, cinnamon, ground *   spice, nutmeg, ground   spice, ginger, ground   butter, unsalted   milk, skim *   cream cheese, bulk   sugar, powdered   flavoring, extract, vanilla, imitation *   spice, cinnamon, ground *
Mini Apple Pie	405	14.1	7.6	68	5	340	3	157	flour, all purpose   salt, kosher   baking powder *   baking soda   sugar, brown, light   butter, unsalted   cereal, oatmeal, quick, dry   water, cold   juice base, apple, 100%, concentrate, 5.1 l   apples, sliced, water pack, canned, drained   cornstarch   sugar, brown, light   spice, cinnamon, ground *   spice, cinnamon, ground *   pie shell, tart, pastry, 3"   sugar, powdered   spice, cinnamon, ground *
Choc Chip Cookie	166	7.7	4.1	24	2	126	1	52	dough, cookie, chocolate chip, 1.33 oz, frozen
Oatmeal Raisin Cookie	159	6.7	3.9	23	2	135	1	67	dough, cookie, oatmeal raisin, 1.33 oz, frozen
Sugar Cookie	164	7.2	3.7	23	2	141	0	18	dough, cookie, sugar, 1.33 oz, frozen
Banana Pudding Parfait	153	6.4	3.7	23	0	131	0	17	pudding, banana, canned rtu   whipped topping, on top   cookies, vanilla wafer, crumbled
Choc Pudding	179	6.9	3.5	31	1	214	1	76	whipped topping, on top   pudding, chocolate, canned rtu
Van Pudding	151	4.7	1.7	27	0	210	0	23	whipped topping, on top   pudding, vanilla, rtu
SF Choc Pudding	70	3.5	2.0	14	1	115	2	140	pudding, chocolate, sugar free, snack pack, 3.25 oz, pc
SF Van Pudding	60	3.0	1.5	11	0	105	1	0	pudding, vanilla, sugar free, snack pack, 3.25 oz, pc
Cherry Gelatin, No Whip	77	0.0	0.0	18	2	95	0	3	gelatin mix, cherry   gelatin mix, plain, unflavored   water, boiling   water, ice cold
Citrus Gelatin, No Whip	77	0.0	0.0	18	2	95	0	3	gelatin mix, plain, unflavored   gelatin mix, assorted citrus   water, boiling   water, ice cold
Lemon Gelatin, No Whip	77	0.0	0.0	18	2	95	0	3	gelatin mix, lemon   gelatin mix, plain, unflavored   water, boiling   water, ice cold
Lime Gelatin, No Whip	77	0.0	0.0	18	2	95	0	3	gelatin mix, lime   gelatin mix, plain, unflavored   water, boiling   water, ice cold
Orange Gelatin, No Whip	77	0.0	0.0	18	2	95	0	3	gelatin mix, orange   gelatin mix, plain, unflavored   water, boiling   water, ice cold
SF Citrus Gelatin, No Whip	10	0.0	0.0	1	2	8	0	2	gelatin mix, plain, unflavored   gelatin mix, diet, assorted citrus   water, boiling   water, ice cold
Choc Ice Cream	130	6.0	4.0	17	2	35	1	200	ice cream, chocolate, 1/2 cup, pc
Strawberry Ice Cream	130	7.0	4.0	15	2	35	0	110	ice cream, strawberry, 1/2 cup, pc
Vanilla Ice Cream	134	7.2	4.1	15	2	36	0	113	ice cream, vanilla, 1/2 cup, pc
Cherry Italian Ice	86	0.0	0.0	22	0	1	0	2	ice, italian, cherry, arrezzo, 4 oz, pc
Lemon Italian Ice	77	0.0	0.0	20	0	1	0	2	ice, italian, lemon, arrezzo, 4 oz, pc
Orange Sherbet	110	0.0	0.0	26	0	20	0	40	sherbet, orange, 1/2 cup, pc
Grape Popsicle	70	0.0	0.0	17	0	10	0	0	popsicle, grape, single, pc
Orange Popsicle	70	0.0	0.0	17	0	10	0	0	popsicle, orange, single, pc
Cherry Popsicle	70	0.0	0.0	17	0	10	0	0	popsicle, cherry, single, pc
SF Cherry Popsicle	12	0.0	0.0	3	0	6	0	6	popsicle, cherry, sugar free, single, pc
SF Grape Popsicle	12	0.0	0.0	3	0	6	0	6	popsicle, grape, sugar free, single, pc
SF Orange Popsicle	12	0.0	0.0	3	0	6	0	6	popsicle, orange, sugar free, single, pc
<b>Beverages</b>									
Decaf Coffee 6fioz	0	0.0	0.0	0	0	5	0	4	water   coffee, decaf, 100% colombian java liq conc 35x1
Coffee 6fioz	0	0.0	0.0	0	0	5	0	2	water   coffee, signature blend liq conc 32x1
Decaf Hot Tea 6fioz	2	0.0	0.0	0	0	6	0	44	tea bag, hot, decaf, pc   water, boiling
Hot Tea 6fioz	2	0.0	0.0	0	0	6	0	44	tea bag, hot, pc   water, boiling
Hot Cocoa 6fioz	79	1.8	1.7	15	1	193	1	148	mix, hot cocoa, ind packet, pc   water, boiling
SF Hot Cocoa 6fioz	24	0.2	0.1	5	1	139	1	172	mix, hot cocoa, no sugar, ind packet, pc   water, boiling
Water 8fioz	0	0.0	0.0	0	0	7	0	2	water, ice cold   ice, cubes
Bottled Water	0	0.0	0.0	0	0	5	0	0	water, bottled, 8 oz, pc
Cool Blue Gatorade 8fioz	63	0.0	0.0	16	0	95	0	37	gatorade, cool blue, 8 fl oz, pc
Lemon Lime Gatorade 8fioz	63	0.0	0.0	16	0	95	0	37	gatorade, lemon-lime, 8 fl oz, pc

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Protein (g)	Sodium (mg)	Fiber (g)	Potassium (mg)	Ingredients
Fruit Punch Gatorade 8floz	63	0.0	0.0	16	0	95	0	37	gatorade fruit punch
Orange Gatorade 8floz	63	0.0	0.0	16	0	95	0	37	gatorade orange
Glac Cherry Gatorade 8floz	53	0.0	0.0	14	0	107	0	33	gatorade frost glacier cherry
Orange Gatorlyte 8floz	20	0.0	0.0	6	0	196	0	140	gatorlyte orange
Watermelon Gatorlyte 8floz	24	0.0	0.0	6	0	196	0	140	gatorlyte watermelon
Glac Frz Gatorade Zero 8floz	2	0.0	0.0	1	0	108	0	32	gatorade c zero glacier freeze
Cherry Gatorade Zero 8floz	0	0.0	0.0	0	0	160	0	50	gatorade zero cherry
Skim Milk 8floz	83	0.2	0.1	12	8	103	0	382	milk, skim/nonfat, 8 floz, pc
2% Milk 8floz	122	4.8	3.1	12	8	115	0	342	milk, lowfat, 2%, 8 floz, pc
Whole Milk 8floz	149	7.9	4.6	12	8	105	0	322	milk, whole, 8 floz (250 ml), pc
Choc Skim Milk 8floz	120	0.2	0.1	22	8	179	0	396	milk, chocolate, fat free, 22 g sugar, 8 oz, pc
Lact Free Milk 8floz	77	0.2	0.1	11	8	95	0	354	milk, lactose-free, skim, 8 oz, pc
Van Almond Milk	30	2.5	0.0	1	1	130	0	35	milk, almond, vanilla, unsweetened, silk, bulk
Choc Soy Milk 8floz	170	4.5	1.0	25	8	90	3	450	milk, soy, chocolate, 8 fl oz, pc
Van Soy Milk 8floz	150	4.5	0.5	18	8	70	2	370	milk, soy, vanilla, 8 fl oz, pc
Apple Juice	58	0.1	0.0	14	0	9	0	156	water, cold   juice base, apple, 100%, concentrate, 5:1 *
Cran Juice	57	0.0	0.0	14	0	5	0	15	water, cold   juice base, cranberry, concentrate, 4:1 *
Grape Juice	68	0.1	0.0	17	0	6	0	118	juice, grape, 4 oz, pc
Orange Juice	59	0.1	0.0	14	1	2	0	216	water, cold   juice base, orange, concentrate, 4+1, frozen *
Prune Juice	81	0.0	0.0	20	1	5	1	313	juice, prune, 4 floz, pc
V8 Juice	30	0.0	0.0	6	1	95	1	600	juice, v-8, low sodium, 5.5 oz, pc
Cherry Bubly	0	0.0	0.0	0	0	0	0	0	bubly, cherry, 12 oz, pc
Mango Bubly	0	0.0	0.0	0	0	0	0	0	bubly, mango, 12 oz, pc
Iced Tea 8floz	0	0.0	0.0	0	0	7	0	2	water, boiling   tea bag, iced, 3 oz
Lemon Crystal Lt 8floz	3	0.0	0.0	1	0	37	0	56	water, cold   ice, cubes   drink mix, lemonade, crystal light, ind packet, pc
Rasp Crystal Lt 8floz	2	0.0	0.0	1	0	11	0	2	water, cold   drink mix, raspberry, crystal light, ind packet, .08 oz, pc   ice, cubes
Coke	90	0.0	0.0	25	0	30	0	0	soda, coca-cola, can, 7.5 oz, pc
Pepsi	100	0.0	0.0	26	0	20	0	5	soda, pepsi, 7.5 oz, pc
Diet Coke	0	0.0	0.0	0	0	25	0	0	soda, coke, diet, can, 7.5 oz, pc
Diet Pepsi	0	0.0	0.0	0	0	25	0	20	soda, pepsi, diet, 7.5 oz, pc
Caffeine Free Diet Coke	2	0.0	0.0	0	0	9	0	17	soda, cola, caffeine-free, diet, 8 oz, pc
Ginger Ale	80	0.0	0.0	21	0	25	0	0	soda, ginger ale, can, 7.5 oz, pc
Shasta Ginger Ale	70	0.0	0.0	17	0	24	0	0	soda shasta ginger ale 8 oz
Canada Dry Ginger Ale	80	0.0	0.0	21	0	30	0	0	soda canada dry ginger ale 7.5 oz
Schweppes Ginger Ale	80	0.0	0.0	21	0	40	0	0	soda schweppes ginger ale 7.5 oz
Diet Ginger Ale	0	0.0	0.0	0	0	15	0	0	soda, ginger ale, diet, can, 7.5 oz, pc
Shasta Diet Ginger Ale	0	0.0	0.0	0	0	30	0	0	soda shasta diet ginger ale 8 oz
Canada Dry Zero Ginger Ale	0	0.0	0.0	0	0	75	0	0	soda canada dry zero sugar ginger ale 7.5 oz
Schweppes Zero Ginger Ale	0	0.0	0.0	0	0	70	0	0	soda schweppes zero sugar ginger ale 7.5 oz
Sprite	90	0.0	0.0	24	0	40	0	0	soda, sprite, can, 7.5 oz, pc
Starry	90	0.0	0.0	23	0	20	0	20	soda, lemon lime, starry, 7.5 oz, pc
Diet Sprite	0	0.0	0.0	0	0	25	0	0	soda, sprite, zero, can, 7.5 oz, pc
Starry Zero	0	0.0	0.0	0	0	25	0	45	soda, lemon lime, starry, zero, 7.5 oz, pc