

Texture Modified 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
1 Breakfast Entrée									
2 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
3 WW French Toast, EC7	144	0.8	0.0	21	12	349	3	129	egg, liquid, substitute, cholesterol free, pasteurized, fresh spice, cinnamon, ground * milk, skim * flavoring, extract, vanilla, imitation * bread, whole wheat, slice, .88 oz, alpha
4 French Toast, SB6	190	5.0	2.0	22	9	169	1	130	french toast, soft & bite-sized, 4 oz, blossom foods
5 French Toast, MM5	190	5.0	2.0	22	9	169	1	130	french toast, minced & moist, 4 oz, blossom foods
6 French Toast, PU4	190	5.0	2.0	22	9	169	1	130	french toast, puree, 4 oz, blossom foods
7 French Toast, LQ3	240	6.0	2.4	29	12	218	1	213	french toast, puree, 4 oz, blossom foods milk, skim *
8 Pancakes	167	2.3	0.9	33	4	519	1	88	water mix, pancake, buttermilk, gold medal, golden valley, dry oil, cooking spray *
9 Pancakes, EC7	167	2.3	0.9	33	4	519	1	88	water mix, pancake, buttermilk, gold medal, golden valley, dry oil, cooking spray *
10 Pancakes, SB6	192	5.4	2.2	27	9	252	4	138	pancakes, soft & bite-sized, 4 oz, blossom foods
11 Pancakes, MM5	192	5.4	2.2	27	9	252	4	138	pancakes, minced & moist, 4 oz, blossom foods
12 Pancakes, PU4	192	5.4	2.2	27	9	252	4	138	pancakes, puree, 4 oz, blossom foods
13 Sliced Banana Topping	53	0.2	0.1	13	1	1	2	211	banana, medium, 100-120 ct, fresh
14 Blueberry Topping	20	0.1	0.0	5	0	0	1	27	blueberries, fresh
15 Strawberry Topping	12	0.1	0.0	3	0	0	1	58	strawberries, fresh, quartered
16 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
17 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
18 Cheese Omelet, SB6	157	9.0	2.0	3	11	151	0	293	omelet, cheese, soft & bite-sized, 4 oz, blossom foods
19 Cheese Omelet, MM5	157	9.0	2.0	3	11	151	0	293	omelet, cheese, minced & moist, 4 oz, blossom foods
20 Cheese Omelet, PU4	157	9.0	2.0	3	11	151	0	293	omelet, cheese, puree, 4 oz, blossom foods
21 Scrambled Eggs, LQ3	89	1.0	0.1	4	13	252	0	283	milk, skim * egg, liquid, substitute, cholesterol free, pasteurized, fresh oil, canola milk, skim *
22 Breakfast Sides									
23 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
24 Cottage Chz	81	1.2	0.7	3	14	459	0	97	cottage cheese, lowfat, 1%
25 Cottage Chz, PU4	91	1.2	0.7	5	14	496	0	97	cottage cheese, lowfat, 1% thickener, instant, easymix gel, simplythick, pump bottle
26 Cottage Cheese, LQ3	123	1.4	0.9	7	19	581	0	231	cottage cheese, lowfat, 1% milk, skim *
27 Hard Fried Egg	63	4.2	1.4	0	6	62	0	61	egg, fresh, cage free oil, cooking spray *
28 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
29 Scrambled Eggs, EC7	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
30 Scrambled Egg, SB6	140	9.4	3.4	3	10	282	0	144	eggs, scrambled, soft & bite-sized, 4 oz, blossom foods
31 Scrambled Egg, MM5	140	9.4	3.4	3	10	282	0	144	eggs, scrambled, minced & moist, 4 oz, blossom foods
32 Scrambled Egg, PU4	140	9.4	3.4	3	10	282	0	144	eggs, scrambled, puree, 4 oz, blossom foods
33 Egg Whites	63	0.2	0.0	1	13	202	0	198	egg, liquid, whites, includes cage free, pasteurized, fresh oil, cooking spray *
34 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
35 Low Chol Egg, EC7	69	0.9	0.1	2	11	223	0	195	egg, liquid, substitute, cholesterol free, pasteurized, fresh milk, skim * oil, canola
36 Turkey Sausage	35	2.5	0.8	0	4	140	0	48	sausage link, turkey, 1 oz, rtc, frozen *menu less
37 Turkey Sausage, SB6	256	11.0	2.8	11	27	370	1	311	sausage, turkey, breakfast, soft & bite-sized, 4 oz, blossom foods

	Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Protein (g)	Sodium (mg)	Fiber (g)	Potassium (mg)	Ingredients
38	Turkey Sausage, MM5	256	11.0	2.8	11	27	370	1	311	sausage, turkey, breakfast, minced & moist, 4 oz, blossom foods
39	Turkey Sausage, PU4	256	11.0	2.8	11	27	370	1	311	sausage, turkey, breakfast, puree, 4 oz, blossom foods
40	Beef Broth 6froz	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 *
41	Chx Broth 6froz	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
42	Veg Broth 6froz	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 *
43	Fruit									
44	Applesauce	49	0.1	0.0	13	0	2	1	87	applesauce, unsweetened, bulk *
45	Applesauce, PU4	67	0.2	0.0	18	0	3	2	117	applesauce, unsweetened, bulk *
46	Applesauce, LQ3	69	0.2	0.0	18	0	6	1	142	applesauce, unsweetened, 4 oz, pc water, cold juice base, apple, 100%, concentrate, 5:1 *
47	Banana	105	0.4	0.1	27	1	1	3	422	banana, medium, 100-120 ct, fresh
48	Banana, LQ3	161	0.6	0.2	41	2	4	4	644	water, cold juice base, orange, concentrate, 4+1, frozen * banana, medium, 100-120 ct, fresh
49	Mixed Berries, SB6	77	0.0	0.0	19	0	2	2	90	mixed berries, soft & bite-sized, 3.5 oz, blossom foods
50	Mixed Berries, MM5	77	0.0	0.0	19	0	2	2	90	mixed berries, minced & moist, 3.5 oz, blossom foods
51	Mixed Berries, PU4	77	0.0	0.0	19	0	2	2	90	mixed berries, puree, 3.5 oz, blossom foods
52	Mandarin Oranges	34	0.0	0.0	9	1	5	1	123	orange, mandarin sections, juice pack, canned, drained
53	Peaches	40	0.0	0.0	10	1	4	1	115	peaches, diced, juice pack, canned, drained
54	Peaches, SB6	94	0.0	0.0	23	1	1	1	158	peach, soft & bite-sized, 3.5 oz, blossom foods
55	Peaches, MM5	94	0.0	0.0	23	1	1	1	158	peach, minced & moist, 3.5 oz, blossom foods
56	Peaches, PU4	94	0.0	0.0	23	1	1	1	158	peach, puree, 3.5 oz, blossom foods
57	Peaches, LQ3	76	0.1	0.0	20	1	6	2	235	water, cold juice base, orange, concentrate, 4+1, frozen * peaches, diced, juice pack, canned, drained
58	Pears	52	0.1	0.0	14	0	4	2	100	pears, diced, juice pack, canned, drained
59	Pears, SB6	85	0.0	0.0	22	0	5	1	60	pears, soft & bite-sized, 3.5 oz, blossom foods
60	Pears, MM5	85	0.0	0.0	22	0	5	1	60	pears, minced & moist, 3.5 oz, blossom foods
61	Pears, PU4	85	0.0	0.0	22	0	5	1	60	pears, puree, 3.5 oz, blossom foods
62	Pears, LQ3	95	0.2	0.0	24	1	7	3	213	water, cold juice base, orange, concentrate, 4+1, frozen * pears, diced, juice pack, canned, drained
63	Pineapple, SB6	61	0.0	0.0	16	0	0	0	123	pineapple, soft & bite-sized, 3.5 oz, blossom foods
64	Pineapple, MM5	61	0.0	0.0	16	0	0	0	123	pineapple, minced & moist, 3.5 oz, blossom foods
65	Pineapple, PU4	61	0.0	0.0	16	0	0	0	123	pineapple, puree, 3.5 oz, blossom foods
66	Cereal									
67	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 *
68	Apl Cinn Cream of Wheat, LQ3	71	0.2	0.1	14	4	64	1	148	salt, kosher water cereal, cream of wheat, dry * applesauce, unsweetened, bulk * spice, cinnamon, ground * milk, skim *
69	Cream of Wheat	98	0.4	0.1	20	3	9	1	34	water, warm cereal, cream of wheat, dry *
70	Cream of Rice	84	0.0	0.0	20	1	110	0	19	water salt, kosher cereal, cream of rice, dry
71	Cream of Rice, PU4	84	0.0	0.0	20	1	110	0	19	water salt, kosher cereal, cream of rice, dry
72	Grits	105	0.5	0.1	22	2	6	1	42	water cereal, grits, quick, enriched, dry *
73	Grits, LQ3	73	0.3	0.1	14	3	87	1	117	water salt, kosher cereal, grits, quick, enriched, dry * milk, skim *
74	Oatmeal	107	1.8	0.3	19	4	8	3	105	water cereal, oatmeal, old fashioned, dry
75	Oatmeal, MM5	107	1.8	0.3	19	4	8	3	105	water cereal, oatmeal, old fashioned, dry
76	Oatmeal, PU4	118	1.9	0.3	21	5	21	3	152	water cereal, oatmeal, old fashioned, dry milk, skim *
77	Oatmeal, LQ3	81	1.4	0.2	14	3	9	2	79	water cereal, oatmeal, old fashioned, dry water, hot
78	Cheerios	72	1.3	0.3	14	2	97	2	123	cereal, cheerios, bowl, pc
79	GF Rice Chex	73	0.2	0.1	17	1	160	0	35	cereal, rice chex, gf, bowl, pc
80	Rice Krispies ea	100	0.0	0.0	22	2	125	0	20	cereal, rice krispies, .88 oz, pc
81	Cheerios w/Whole Milk	147	5.3	2.6	20	6	149	2	284	cereal, cheerios, bowl, pc milk, whole, 4 floz, pc
82	Rice Krisp w/Whole Milk	174	4.0	2.3	28	6	177	0	181	cereal, rice krispies, .88 oz, pc milk, whole, 4 floz, pc
83	Rice Chex w/Whole Milk	148	4.2	2.3	22	5	213	0	196	cereal, rice chex, gf, bowl, pc milk, whole, 4 floz, pc
84	Cornflakes, PU4	150	3.3	1.8	25	6	141	0	177	cereal, corn flakes, puree, 3 oz, frozen
85	Raisin Bran, PU4	146	3.1	1.5	25	6	105	2	220	cereal, raisin bran, puree, 3 oz, frozen
86	Yogurt									

	Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Protein (g)	Sodium (mg)	Fiber (g)	Potassium (mg)	Ingredients
87	Lt Peach Yogurt	77	0.3	0.2	15	5	74	0	261	yogurt, peach, light, yoplait, 6 oz, pc
88	LF Strawberry Yogurt	112	0.8	0.4	23	4	56	0	180	yogurt, strawberry, low fat, bulk
89	LF Van Yogurt	75	0.4	0.0	15	2	38	0	120	yogurt, vanilla, low fat, parfait, 64 oz, pouch
90	Blueberry Greek Yogurt	110	0.0	0.0	16	11	55	1	188	yogurt, blueberry, greek, chobani, 5.3 oz, pc
91	Plain FF Greek Yogurt	60	0.0	0.0	4	11	43	0	188	yogurt, plain, greek, fat free, chobani, bulk
92	Van Greek Yogurt	110	0.0	0.0	15	12	60	0	188	yogurt, vanilla, greek, chobani, 5.3 oz, pc
93	Bakery									
94	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
95	WW Bread	70	0.5	0.0	13	4	150	2	0	bread, whole wheat, slice, .88 oz, alpha
96	Rye Bread	109	1.4	0.3	20	4	253	2	70	bread, rye, deli, sliced, 1.5 oz
97	White Bread	75	0.8	0.0	15	3	131	1	25	bread, white, slice, 1.08 oz, bimbo
98	Soup									
99	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
100	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, 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
101	Blended 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, 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
102	Chx Ndle Soup, PU4 6floc	127	3.6	0.5	18	5	537	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, 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 thickener, instant, easymix gel, simplythick, pump bottle
103	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
104	Tomato Soup 12floc	120	0.0	0.0	27	3	645	3	775	soup, tomato, condensed, canned water
105	Tomato Soup 6floc	60	0.0	0.0	13	1	322	1	388	soup, tomato, condensed, canned water
106	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
107	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
108	Blended 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
109	Veg Soup, PU4 6floc	83	0.6	0.1	17	1	579	2	215	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 thickener, instant, easymix gel, simplythick, pump bottle
110	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 *
111	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 *
112	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 *
113	WW Dinner Roll	90	1.0	0.0	17	4	180	2	0	roll, dinner, whole wheat, 1.5 oz, fresh
114	Dinner Roll	75	1.3	0.4	13	2	128	1	45	dough, roll, homestyle, 1 oz, frozen
115	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
116	Salads									
117	Chicken Salad, MM5	298	15.0	3.5	1	37	262	0	310	chicken, diced, dark/white, 80/20, low sodium, fc, frozen mayonnaise, light, kraft

	Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Protein (g)	Sodium (mg)	Fiber (g)	Potassium (mg)	Ingredients
118	Egg Salad, MM5	181	13.2	3.5	3	12	313	0	138	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
119	Egg Salad, PU4	210	16.0	3.9	4	12	403	1	140	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
120	Tuna Salad	166	8.8	1.4	2	20	467	0	191	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
121	Tuna Salad, MM5	166	8.8	1.4	2	20	467	0	191	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
122	Tuna Salad, PU4	151	9.0	1.4	2	15	421	0	141	fish, tuna, chunk light, fad free, water packed, drained *menu more vinegar, white wine mayonnaise, light, kraft
123	Handhelds									
124	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
125	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
126	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
127	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
128	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
129	Turkey on WW Bread	221	2.4	0.2	27	24	633	4	449	bread, whole wheat, slice, .88 oz, alpha turkey, breast, skinless, reduced sodium, fc *menu less
130	Sliced American Chz	52	4.4	2.6	1	3	237	0	19	cheese, american, pre-sliced, .5 oz
131	Sliced Cheddar Chz	86	7.1	4.0	1	5	139	0	16	cheese, cheddar, mild, loaf
132	Sliced Mozzarella Chz	63	4.2	2.4	1	5	142	0	40	cheese, mozzarella, part skim, loaf, sliced, 1 oz
133	Sliced Pepper Jack Chz	79	6.4	4.1	0	5	128	0	17	cheese, pepper jack, loaf, sliced, .75 oz
134	LF Sliced Swiss Chz	65	4.3	2.8	1	6	85	0	15	cheese, swiss, reduced fat, loaf
135	Ketchup	10	0.0	0.0	3	0	95	0	24	ketchup, 9 g, pc
136	Mustard	3	0.2	0.0	0	0	63	0	9	mustard, pc
137	Lt Mayonnaise	37	3.7	0.6	1	0	102	0	0	mayonnaise, light, kraft
138	Entrees									
139	Chicken Pot Pie, SB6	259	7.0	1.0	20	25	203	2	180	chicken pot pie, soft & bite-sized, 4.5 oz, blossom foods
140	Chicken Pot Pie, MM5	259	7.0	1.0	20	25	203	2	180	chicken pot pie, minced & moist, 4.5 oz, blossom foods
141	Chicken Pot Pie, PU4	259	7.0	1.0	20	25	203	2	180	chicken pot pie, puree, 4.5 oz, blossom foods
142	Chicken, LQ3	228	6.3	0.9	18	21	409	2	155	chicken pot pie, puree, 4.5 oz, blossom foods water, hot broth, chicken, bag in a box, concentrate x 20, savory, 4.5 l
143	Salmon, EC7 3oz	166	7.8	1.2	0	23	344	0	556	oil, olive salt, sea fish, salmon, atlantic, wild, fillet, fresh
144	Baked Cod, EC7 4oz	85	0.5	0.1	2	17	330	1	256	seasoning, garlic herb, salt free * fish, pacific cod, fillets, 4 oz, frozen-iqf
145	Fish, SB6	201	4.4	1.6	13	27	374	1	402	seafood casserole, soft & bite-sized, 4.5 oz, blossom foods
146	Fish, MM5	201	4.4	1.6	13	27	374	1	402	seafood casserole, minced & moist, 4.5 oz, blossom foods
147	Fish, PU4	201	4.4	1.6	13	27	374	1	402	seafood casserole, puree, 4.5 oz, blossom foods
148	Fish, LQ3	206	4.7	1.6	14	27	579	1	403	seafood casserole, puree, 4.5 oz, blossom foods water, hot broth, chicken, bag in a box, concentrate x 20, savory, 4.5 l
149	Meatloaf, SB6	252	13.0	4.2	15	20	315	3	303	meatloaf, soft & bite-sized, 4.5 oz, blossom foods
150	Meatloaf, MM5	252	13.0	4.2	15	20	315	3	303	meatloaf, minced & moist, 4.5 oz, blossom foods
151	Meatloaf, PU4	252	13.0	4.2	15	20	315	3	303	meatloaf, puree, 4.5 oz, blossom foods
152	Pot Roast, SB6	315	10.0	2.0	20	32	203	2	219	beef, pot roast, soft & bite-sized, 4.5 oz, blossom foods
153	Pot Roast, MM5	315	10.0	2.0	20	32	203	2	219	beef, pot roast, minced & moist, 4.5 oz, blossom foods
154	Pot Roast, PU4	315	10.0	2.0	20	32	203	2	219	beef, pot roast, puree, 4.5 oz, blossom foods
155	Roast Beef, LQ3	275	8.9	2.0	18	27	409	2		beef, pot roast, puree, 4.5 oz, blossom foods water, hot broth, beef, bag in a box, concentrate x 20, savory, 4.5 l *
156	Turkey Breast, SB6	236	5.0	1.0	7	25	183	2	270	turkey, soft & bite-sized, 4.5 oz, blossom foods
157	Turkey Breast, MM5	236	5.0	1.0	7	25	183	2	270	turkey, minced & moist, 4.5 oz, blossom foods
158	Turkey Breast, PU4	236	5.0	1.0	7	25	183	2	270	turkey, puree, 4.5 oz, blossom foods

	Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Protein (g)	Sodium (mg)	Fiber (g)	Potassium (mg)	Ingredients
159	Turkey, LQ3	285	6.1	1.2	9	30	281	2	324	turkey, puree, 4.5 oz, blossom foods water, hot broth, chicken, bag in a box, concentrate x 20, savory, 4.5 l
160	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
161	Veg Lasagna, SB6	130	5.0	2.0	13	4	414	3	276	lasagna, vegetable, soft & bite-sized, gluten free, 4.5 oz, blossom foods
162	Veg Lasagna, MM5	130	5.0	2.0	13	4	414	3	276	lasagna, vegetable, minced & moist, 4.5 oz, gluten free, blossom foods
163	Veg Lasagna, PU4	130	5.0	2.0	13	4	414	3	276	lasagna, vegetable, puree, gluten free, 4.5 oz, blossom foods
164	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
165	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
166	Pasta Marinara, SB6	159	4.1	2.0	14	5	411	2	282	pasta marinara, soft & bite-sized, 4.5 oz, blossom foods
167	Pasta Marinara, MM5	159	4.1	2.0	14	5	411	2	282	pasta marinara, minced & moist, 4.5 oz, blossom foods
168	Pasta Marinara, PU4	159	4.1	2.0	14	5	411	2	282	pasta marinara, puree, 4.5 oz, blossom foods
169	Cottage Chz & Canned Fruit	147	1.2	0.7	21	14	448	2	256	cottage cheese, lowfat, 1% peaches, diced, juice pack, canned, drained pears, diced, juice pack, canned, drained
170	Cottage Chz & Fruit, SB6	261	1.2	0.7	48	15	466	3	316	cottage cheese, lowfat, 1% peach, soft & bite-sized, 3.5 oz, blossom foods pears, soft & bite-sized, 3.5 oz, blossom foods
171	Cottage Chz & Fruit, MM5	262	1.1	0.7	50	14	459	3	307	cottage cheese, lowfat, 1% thickener, instant, easymix gel, simplythick, pump bottle peach, minced & moist, 3.5 oz, blossom foods pears, minced & moist, 3.5 oz, blossom foods
172	Cottage Chz & Fruit, PU4	262	1.1	0.7	50	14	459	3	307	cottage cheese, lowfat, 1% thickener, instant, easymix gel, simplythick, pump bottle peach, puree, 3.5 oz, blossom foods pears, puree, 3.5 oz, blossom foods
173	Sides									
174	Broccoli, EC7	12	0.1	0.0	2	1	12	1	112	broccoli, fresh, florets, 1"
175	Broccoli, SB6	74	1.8	0.2	14	2	173	3	254	broccoli, soft & bite-sized, 3.5 oz, blossom foods
176	Broccoli, MM5	74	1.8	0.2	14	2	173	3	254	broccoli, minced & moist, 3.5 oz, blossom foods
177	Broccoli, PU4	74	1.8	0.2	14	2	173	3	254	broccoli, puree, 3.5 oz, blossom foods
178	Carrots, EC7	32	0.1	0.0	7	1	71	3	215	carrots, whole baby, fresh
179	Carrots, SB6	66	0.7	0.1	15	1	162	3	209	carrot, soft & bite-sized, 3.5 oz, blossom foods
180	Carrots, MM5	66	0.7	0.1	15	1	162	3	209	carrot, minced & moist, 3.5 oz, blossom foods
181	Carrots, PU4	66	0.7	0.1	15	1	162	3	209	carrot, puree, 3.5 oz, blossom foods
182	Carrots, LQ3	84	0.8	0.1	19	1	282	3	263	carrot, puree, 3.5 oz, blossom foods water, hot broth, vegetable, bag in a box, concentrate x 20, savory, 4.5 l *
183	Corn, SB6	98	2.2	0.3	20	2	287	2	120	corn, soft & bite-sized, 3.5 oz, blossom foods
184	Corn, MM5	98	2.2	0.3	20	2	287	2	120	corn, minced & moist, 3.5 oz, blossom foods
185	Corn, PU4	98	2.2	0.3	20	2	287	2	120	corn, puree, 3.5 oz, blossom foods
186	Corn, LQ3	149	3.3	0.5	30	3	467	3	185	corn, puree, 3.5 oz, blossom foods water, hot broth, vegetable, bag in a box, concentrate x 20, savory, 4.5 l *
187	Green Beans, EC7	19	0.1	0.0	4	1	1	2	107	beans, green, cut, frozen
188	Green Beans, SB6	82	1.6	0.2	17	2	135	3	128	green beans, soft & bite-sized, 3.5 oz, blossom foods
189	Green Beans, MM5	82	1.6	0.2	17	2	135	3	128	green beans, minced & moist, 3.5 oz, blossom foods
190	Green Beans, PU4	82	1.6	0.2	17	2	135	3	128	green beans, puree, 3.5 oz, blossom foods
191	Green Beans, LQ3	87	1.6	0.2	18	2	232	3	142	green beans, puree, 3.5 oz, blossom foods water, hot broth, vegetable, bag in a box, concentrate x 20, savory, 4.5 l *
192	Peas, SB6	107	1.4	0.2	20	5	174	4	102	peas, soft & bite-sized, 3.5 oz, blossom foods
193	Peas, MM5	107	1.4	0.2	20	5	174	4	102	peas, minced & moist, 3.5 oz, blossom foods
194	Peas, PU4	107	1.4	0.2	20	5	174	4	102	peas, puree, 3.5 oz, blossom foods
195	Baked Potato	211	0.2	0.1	49	4	11	3	887	potatoes, baker 100 count, fresh
196	Baked Sweet Potato	136	0.2	0.1	31	3	54	5	717	sweet potatoes, 120 count, fresh
197	Sweet Potatoes, SB6	112	0.1	0.1	26	2	62	3	436	sweet potatoes, puree, 3.5 oz, blossom foods
198	Sweet Potatoes, MM5	112	0.1	0.1	26	2	62	3	436	sweet potatoes, soft & bite-sized, 3.5 oz, blossom foods
199	Sweet Potatoes, PU4	112	0.1	0.1	26	2	62	3	436	sweet potatoes, minced & moist, 3.5 oz, blossom foods

	Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Protein (g)	Sodium (mg)	Fiber (g)	Potassium (mg)	Ingredients
200	Mashed Potatoes	100		0.4	18	2	65	2	305	potatoes, pre-peeled, fresh, quartered * water, boiling milk, whole * oil, olive salt, kosher
201	Potatoes, SB6	92	0.1	0.0	21	2	102	2	387	potatoes, soft & bite-sized, 3.5 oz, blossom foods
202	Potatoes, MM5	92	0.1	0.0	21	2	102	2	387	potatoes, minced & moist, 3.5 oz, blossom foods
203	Mashed Potatoes, PU4	92	0.1	0.0	21	2	102	2	387	potatoes, puree, 3.5 oz, blossom foods
204	Mashed Potatoes, LQ3	120	0.2	0.0	25	5	136	2	514	potatoes, puree, 3.5 oz, blossom foods milk, skim *
205	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
206	Macaroni & Chz, SB6	310	10.1	1.1	27	17	253	3	176	macaroni and cheese, soft & bite-sized, 4.5 oz, blossom foods
207	Macaroni & Chz, MM5	310	10.1	1.1	27	17	253	3	176	macaroni and cheese, minced & moist, 4.5 oz, blossom foods
208	Macaroni & Chz, PU4	310	10.1	1.1	27	17	253	3	176	macaroni and cheese, puree, 4.5 oz, blossom foods
209	Mac & Chz, LQ3	290	8.7	1.0	27	17	246	3	260	macaroni and cheese, puree, 4.5 oz, blossom foods milk, skim *
210	Brown Rice	113	1.0	0.2	24	2	4	1	78	rice, brown, dry water
211	White Rice	106	0.3	0.1	23	2	72	1	50	rice, white, long grain, parboiled, dry water salt, kosher
212	Seasoned White Rice, SB6 ea	108	2.8	0.3	17	3	368	2	29	rice, spanish, soft & bite-sized, 3.5 oz, blossom foods
213	Seasoned Rice, MM5 ea	108	2.8	0.3	17	3	368	2	29	rice, spanish, minced & moist, 3.5 oz, blossom foods
214	Seasoned Rice, PU4	108	2.8	0.3	17	3	368	2	29	rice, spanish, puree, 3.5 oz, blossom foods
215	WW Dinner Roll	90	1.0	0.0	17	4	180	2	0	roll, dinner, whole wheat, 1.5 oz, fresh
216	Dinner Roll	75	1.3	0.4	13	2	128	1	45	dough, roll, homestyle, 1 oz, frozen
217	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
218	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
219	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
220	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
221	Desserts									
222	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
223	Angel Food Cake	72	0.0	0.0	17	1	138	0	21	cake, angel food, 8", sara lee
224	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
225	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 *
226	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 * 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 *
227	Apple Pie, SB6	100	3.0	1.0	18	1	47	2	75	pie, apple, soft & bite-sized, 3.5 oz, blossom foods
228	Apple Pie, MM5	100	3.0	1.0	18	1	47	2	75	pie, apple, minced & moist, 3.5 oz, blossom foods
229	Apple Pie, PU4	100	3.0	1.0	18	1	47	2	75	pie, apple, puree, 3.5 oz, blossom foods
230	Peach Pie, SB6	222	8.2	1.2	26	2	198	1	111	pie, peach, soft & bite-sized, 3.5 oz, blossom foods
231	Peach Pie, MM5	222	8.2	1.2	26	2	198	1	111	pie, peach, minced & moist, 3.5 oz, blossom foods
232	Peach Pie, PU4	222	8.2	1.2	26	2	198	1	111	pie, peach, puree, 3.5 oz, blossom foods
233	Strawberry Shortcake, PU4	148	3.2	0.0	20	10	59	2	153	shortcake, strawberry, puree, 3 oz, frozen
234	Choc Chip Cookie	166	7.7	4.1	24	2	126	1	52	dough, cookie, chocolate chip, 1.33 oz, frozen
235	Sugar Cookie	164	7.2	3.7	23	2	141	0	18	dough, cookie, sugar, 1.33 oz, frozen
236	GF Snickerdoodle Cookie	220	8.0	5.0	36	1	150	1	0	cookie snickerdoodle gluten free
237	Banana Pudding	190	7.4	4.0	30	0	176	0	19	pudding, banana, canned rtu whipped topping, on top
238	Choc Pudding	179	6.9	3.5	31	1	214	1	76	whipped topping, on top pudding, chocolate, canned rtu
239	Van Pudding	151	4.7	1.7	27	0	210	0	23	whipped topping, on top pudding, vanilla, rtu
240	SF Choc Pudding	70	3.5	2.0	14	1	115	2	140	pudding, chocolate, sugar free, snack pack, 3.25 oz, pc
241	SF Van Pudding	60	3.0	1.5	11	0	105	1	0	pudding, vanilla, sugar free, snack pack, 3.25 oz, pc
242	Choc Pudding, LQ3	163	3.4	0.0	31	4	248	1	204	milk, skim * pudding, chocolate, canned rtu
243	Van Pudding, LQ3	158	3.1	0.0	29	3	244	0	150	pudding, vanilla, rtu milk, skim *
244	SF Choc Pudding, LQ3	114	4.4	2.5	21	4	176	3	300	milk, skim * pudding, chocolate, sugar free, snack pack, 3.25 oz, pc
245	SF Van Pudding, LQ3	81	3.1	1.5	14	2	131	1	96	milk, skim * pudding, vanilla, sugar free, snack pack, 3.25 oz, pc

	Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Protein (g)	Sodium (mg)	Fiber (g)	Potassium (mg)	Ingredients
246	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
247	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
248	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
249	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
250	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
251	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
252	Choc Ice Cream	130	6.0	4.0	17	2	35	1	200	ice cream, chocolate, 1/2 cup, pc
253	Strawberry Ice Cream	130	7.0	4.0	15	2	35	0	110	ice cream, strawberry, 1/2 cup, pc
254	Vanilla Ice Cream	134	7.2	4.1	15	2	36	0	113	ice cream, vanilla, 1/2 cup, pc
255	Cherry Italian Ice	86	0.0	0.0	22	0	1	0	2	ice, italian, cherry, arrezzo, 4 oz, pc
256	Lemon Italian Ice	77	0.0	0.0	20	0	1	0	2	ice, italian, lemon, arrezzo, 4 oz, pc
257	Orange Sherbet	110	0.0	0.0	26	0	20	0	40	sherbet, orange, 1/2 cup, pc
258	Grape Popsicle	70	0.0	0.0	17	0	10	0	0	popsicle, grape, single, pc
259	Orange Popsicle	70	0.0	0.0	17	0	10	0	0	popsicle, orange, single, pc
260	Cherry Popsicle	70	0.0	0.0	17	0	10	0	0	popsicle, cherry, single, pc
261	SF Cherry Popsicle	12	0.0	0.0	3	0	6	0	6	popsicle, cherry, sugar free, single, pc
262	SF Grape Popsicle	12	0.0	0.0	3	0	6	0	6	popsicle, grape, sugar free, single, pc
263	SF Orange Popsicle	12	0.0	0.0	3	0	6	0	6	popsicle, orange, sugar free, single, pc
264	Beverages									
265	Decaf Coffee 6floc	0	0.0	0.0	0	0	5	0	4	water coffee, decaf, 100% colombian java liq conc 35x1
266	Coffee 6floc	0	0.0	0.0	0	0	5	0	2	water coffee, signature blend liq conc 32x1
267	Decaf Hot Tea 6floc	2	0.0	0.0	0	0	6	0	44	tea bag, hot, decaf, pc water, boiling
268	Hot Tea 6floc	2	0.0	0.0	0	0	6	0	44	tea bag, hot, pc water, boiling
269	Hot Cocoa 6floc	79	1.8	1.7	15	1	193	1	148	mix, hot cocoa, ind packet, pc water, boiling
270	SF Hot Cocoa 6floc	24	0.2	0.1	5	1	139	1	172	mix, hot cocoa, no sugar, ind packet, pc water, boiling
271	Iced Tea 8floc	0	0.0	0.0	0	0	7	0	2	water, boiling tea bag, iced, 3 oz
272	Water 8floc	0	0.0	0.0	0	0	7	0	2	water, ice cold ice, cubes
273	Bottled Water	0	0.0	0.0	0	0	5	0	0	water, bottled, 8 oz, pc
274	Cherry Bubly	0	0.0	0.0	0	0	0	0	0	bubly, cherry, 12 oz, pc
275	Mango Bubly	0	0.0	0.0	0	0	0	0	0	bubly, mango, 12 oz, pc
276	Cool Blue Gatorade 8floc	63	0.0	0.0	16	0	95	0	37	gatorade, cool blue, 8 fl oz, pc
277	Lemon Lime Gatorade 8floc	63	0.0	0.0	16	0	95	0	37	gatorade, lemon-lime, 8 fl oz, pc
278	Fruit Punch Gatorade 8floc	63	0.0	0.0	16	0	95	0	37	gatorade fruit punch
279	Orange Gatorade 8floc	63	0.0	0.0	16	0	95	0	37	gatorade orange
280	Glac Cherry Gatorade 8floc	53	0.0	0.0	14	0	107	0	33	gatorade frost glacier cherry
281	Orange Gatorlyte 8floc	20	0.0	0.0	6	0	196	0	140	gatorlyte orange
282	Watermelon Gatorlyte 8floc	24	0.0	0.0	6	0	196	0	140	gatorlyte watermelon
283	Glac Frz Gatorade Zero 8floc	2	0.0	0.0	1	0	108	0	32	gatorade c zero glacier freeze
284	Cherry Gatorade Zero 8floc	0	0.0	0.0	0	0	160	0	50	gatorade zero cherry
285	Skim Milk 8floc	83	0.2	0.1	12	8	103	0	382	milk, skim/nonfat, 8 floc, pc
286	2% Milk 8floc	122	4.8	3.1	12	8	115	0	342	milk, lowfat, 2%, 8 floc, pc
287	Whole Milk 8floc	149	7.9	4.6	12	8	105	0	322	milk, whole, 8 floc (250 ml), pc
288	Choc Skim Milk 8floc	120	0.2	0.1	22	8	179	0	396	milk, chocolate, fat free, 22 g sugar, 8 oz, pc
289	Lact Free Milk 8floc	77	0.2	0.1	11	8	95	0	354	milk, lactose-free, skim, 8 oz, pc
290	Van Almond Milk	30	2.5	0.0	1	1	130	0	35	milk, almond, vanilla, unsweetened, silk, bulk
291	Van Soy Milk 8floc	150	4.5	0.5	18	8	70	2	370	milk, soy, vanilla, 8 fl oz, pc
292	Choc Soy Milk 8floc	170	4.5	1.0	25	8	90	3	450	milk, soy, chocolate, 8 fl oz, pc
293	Apple Juice	58	0.1	0.0	14	0	9	0	156	water, cold juice base, apple, 100%, concentrate, 5:1 *
294	Cran Juice	57	0.0	0.0	14	0	5	0	15	water, cold juice base, cranberry, concentrate, 4:1 *
295	Grape Juice	68	0.1	0.0	17	0	6	0	118	juice, grape, 4 oz, pc
296	Orange Juice	59	0.1	0.0	14	1	2	0	216	water, cold juice base, orange, concentrate, 4+1, frozen *

	Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Protein (g)	Sodium (mg)	Fiber (g)	Potassium (mg)	Ingredients
297	Prune Juice	81	0.0	0.0	20	1	5	1	313	juice, prune, 4 floz, pc
298	V8 Juice	30	0.0	0.0	6	1	95	1	600	juice, v-8, low sodium, 5.5 oz, pc
299	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
300	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
301	Rasp Crystal Lt (pkt only)	5	0.0	0.0	2	0	10	0	0	drink mix, raspberry, crystal light, ind packet, .08 oz, pc
302	Lemon Crystal Lt (pkt only)	10	0.0	0.0	4	0	90	0	160	drink mix, lemonade, crystal light, ind packet, pc
303	Coke	90	0.0	0.0	25	0	30	0	0	soda, coca-cola, can, 7.5 oz, pc
304	Pepsi	100	0.0	0.0	26	0	20	0	5	soda, pepsi, 7.5 oz, pc
305	Diet Coke	0	0.0	0.0	0	0	25	0	0	soda, coke, diet, can, 7.5 oz, pc
306	Diet Pepsi	0	0.0	0.0	0	0	25	0	20	soda, pepsi, diet, 7.5 oz, pc
307	Caffeine Free Diet Coke	2	0.0	0.0	0	0	9	0	17	soda, cola, caffeine-free, diet, 8 oz, pc
308	Ginger Ale	80	0.0	0.0	21	0	25	0	0	soda, ginger ale, can, 7.5 oz, pc
309	Shasta Ginger Ale	70	0.0	0.0	17	0	24	0	0	soda shasta ginger ale 8 oz
310	Canada Dry Ginger Ale	80	0.0	0.0	21	0	30	0	0	soda canada dry ginger ale 7.5 oz
311	Schweppes Ginger Ale	80	0.0	0.0	21	0	40	0	0	soda schweppes ginger ale 7.5 oz
312	Diet Ginger Ale	0	0.0	0.0	0	0	15	0	0	soda, ginger ale, diet, can, 7.5 oz, pc
313	Shasta Diet Ginger Ale	0	0.0	0.0	0	0	30	0	0	soda shasta diet ginger ale 8 oz
314	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
315	Schweppes Zero Ginger Ale	0	0.0	0.0	0	0	70	0	0	soda schweppes zero sugar ginger ale 7.5 oz
316	Sprite	90	0.0	0.0	24	0	40	0	0	soda, sprite, can, 7.5 oz, pc
317	Starry	90	0.0	0.0	23	0	20	0	20	soda, lemon lime, starry, 7.5 oz, pc
318	Diet Sprite	0	0.0	0.0	0	0	25	0	0	soda, sprite, zero, can, 7.5 oz, pc
319	Starry Zero	0	0.0	0.0	0	0	25	0	45	soda, lemon lime, starry, zero, 7.5 oz, pc
320	Potatoes, MM5	92	0.1	0.0	21	2	102	2	387	potatoes, minced & moist, 3.5 oz, blossom foods
321	Peaches, PU4	94	0.0	0.0	23	1	1	1	158	peach, puree, 3.5 oz, blossom foods
322	Peaches, SB6	94	0.0	0.0	23	1	1	1	158	peach, soft & bite-sized, 3.5 oz, blossom foods
323	Green Beans, SB6	82	1.6	0.2	17	2	135	3	128	green beans, soft & bite-sized, 3.5 oz, blossom foods
324	Applesauce	49	0.1	0.0	13	0	2	1	87	applesauce, unsweetened, bulk *
325	Fish, SB6	201	4.4	1.6	13	27	374	1	402	seafood casserole, soft & bite-sized, 4.5 oz, blossom foods
326	Mashed Potatoes, LQ3	120	0.2	0.0	25	5	136	2	514	potatoes, puree, 3.5 oz, blossom foods milk, skim *
327	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
328	Applesauce, LQ3	69	0.2	0.0	18	0	6	1	142	applesauce, unsweetened, 4 oz, pc water, cold juice base, apple, 100%, concentrate, 5:1 *
329	Mashed Potatoes	100		0.4	18	2	65	2	305	potatoes, pre-peeled, fresh, quartered * water, boiling milk, whole * oil, olive salt, kosher
330	WW Dinner Roll	90	1.0	0.0	17	4	180	2	0	roll, dinner, whole wheat, 1.5 oz, fresh
331	Apple Pie, MM5	100	3.0	1.0	18	1	47	2	75	pie, apple, minced & moist, 3.5 oz, blossom foods
332	Pineapple, MM5	61	0.0	0.0	16	0	0	0	123	pineapple, minced & moist, 3.5 oz, blossom foods
333	Pineapple, PU4	61	0.0	0.0	16	0	0	0	123	pineapple, puree, 3.5 oz, blossom foods
334	Fish, LQ3	206	4.7	1.6	14	27	579	1	403	seafood casserole, puree, 4.5 oz, blossom foods water, hot broth, chicken, bag in a box, concentrate x 20, savory, 4.5 l
335	Green Beans, MM5	82	1.6	0.2	17	2	135	3	128	green beans, minced & moist, 3.5 oz, blossom foods
336	Broccoli, EC7	12	0.1	0.0	2	1	12	1	112	broccoli, fresh, florets, 1"
337	Applesauce, PU4	67	0.2	0.0	18	0	3	2	117	applesauce, unsweetened, bulk *
338	Broccoli, SB6	74	1.8	0.2	14	2	173	3	254	broccoli, soft & bite-sized, 3.5 oz, blossom foods
339	Veg Lasagna, SB6	130	5.0	2.0	13	4	414	3	276	lasagna, vegetable, soft & bite-sized, gluten free, 4.5 oz, blossom foods