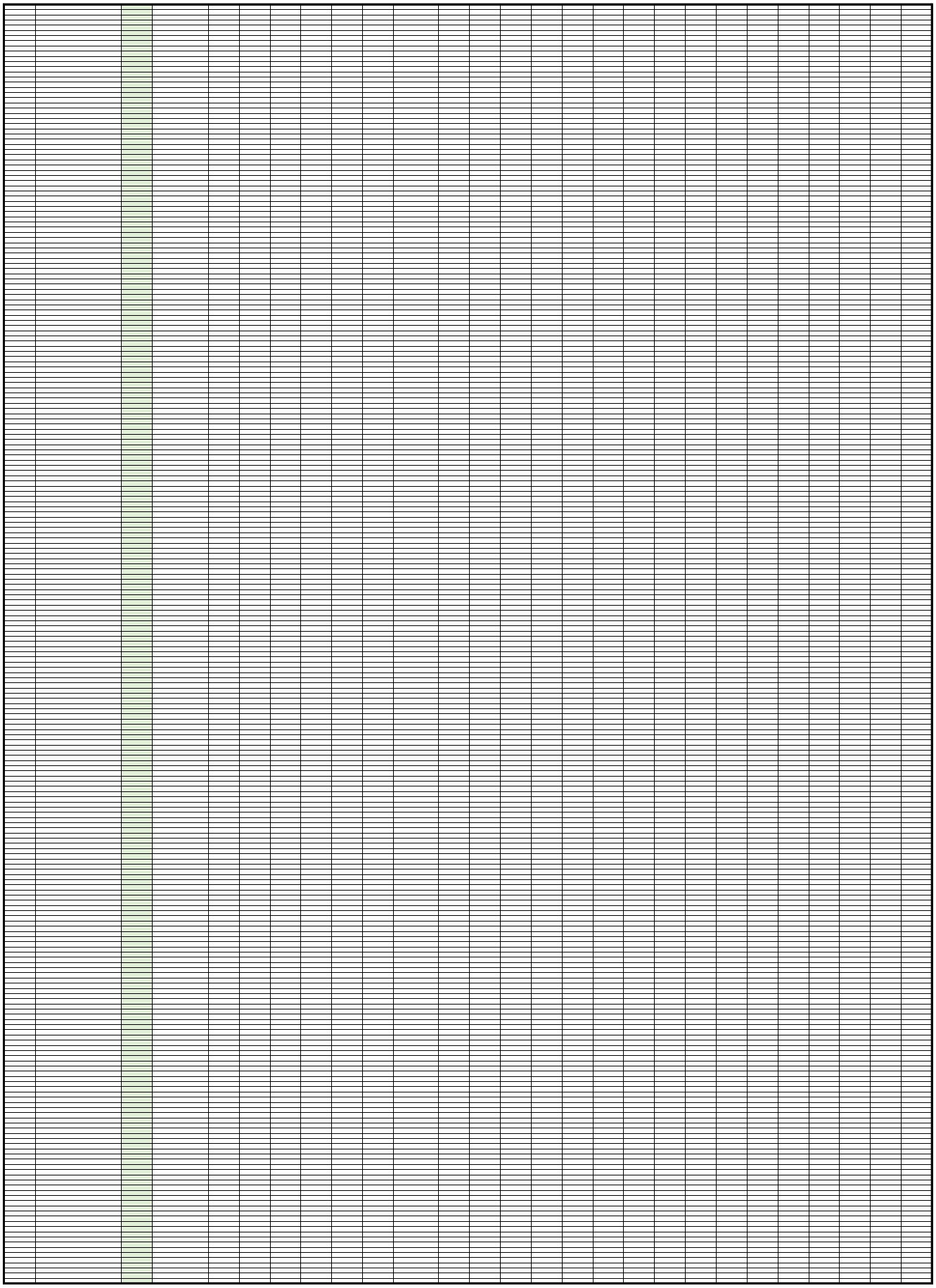
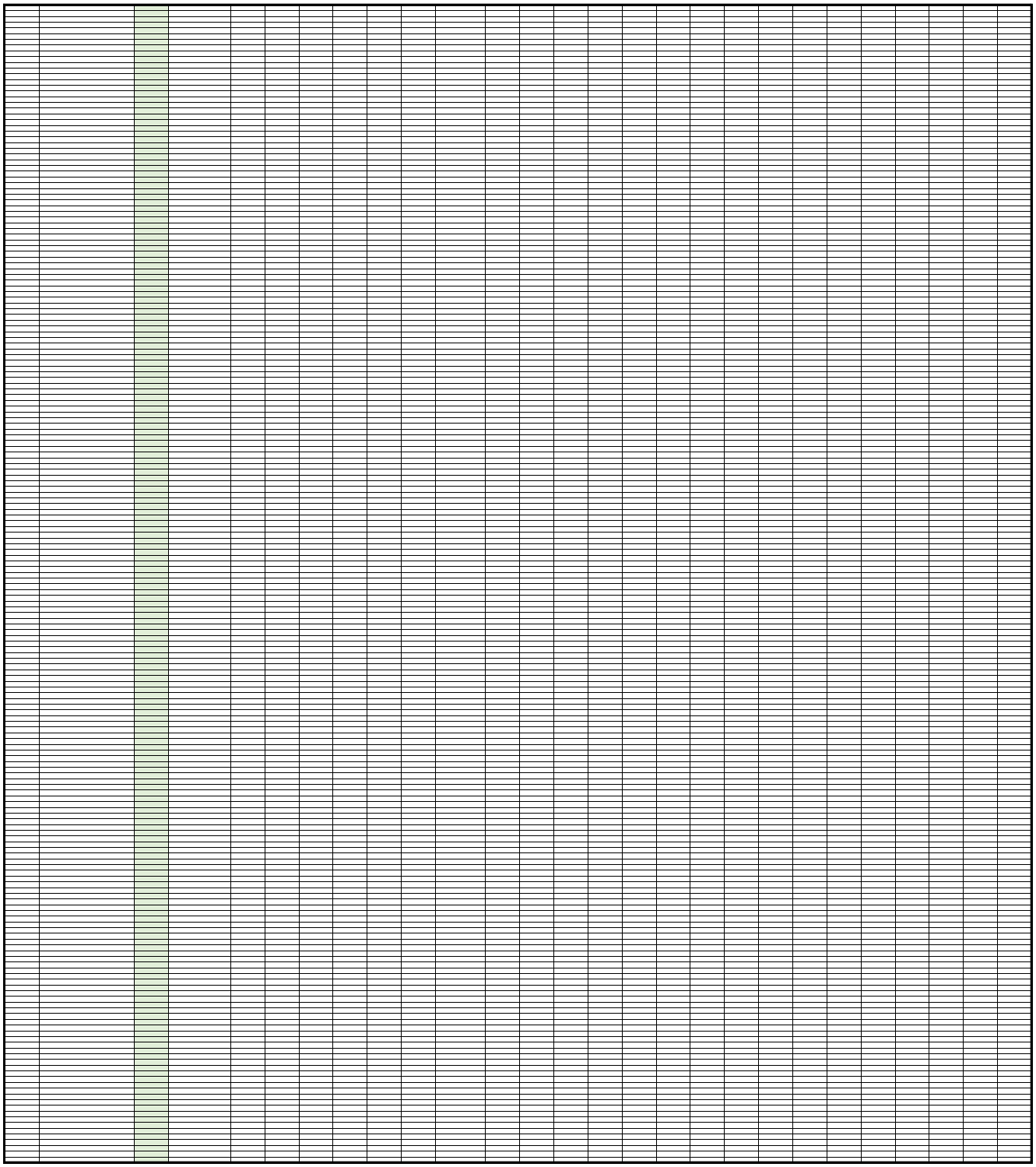
BEVERAGES	Food	Carbohydrates	Serving Size	Dairy	Gluten	Eggs	Wheat	Peanuts	Tree nuts	Sunflower Seeds	Sesame Seed	Fish	Shellfish	Soy	
1112	Beverag, Apple Juice, Tropicana	34	10 fl. oz	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
1111	Beverag, Capri Sun Apple	20	1 pouch (177 mL)	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
1111	Bevere, Capri Sun Berry	21	1 pouch (177 mL)	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
1111	Bevere, Capri Sun Fruit Punch	21	1 pouch (177 mL)	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
1114	Beverg, Fruit Medley Juice	34	10 fl oz	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
930	Beverg, Gatorade Fruit Punch, G2	7	12 fl oz (355 mL)	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
931	Beverg, Gatorade Glacier Freeze , G2	7	12 fl oz (355 mL)	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
932	Beverg, Gatorade Grape, G2	7	12 fl oz (355 mL)	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
928	Beverg, Gatorade Lemon Lime, G2	7	12 fl oz (355 mL)	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
929	Beverg, Gatorade Mixed Berry, G2	7	12 fl oz (355 mL)	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
933	Beverg, Gatorade Orange, G2	7	12 fl oz (355 mL)	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
1105	Beverg, Izze Sparkling Apple	24	8.4 fl oz (248 mL)	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
1106	Beverg, Izze Sparkling Blackberry	22	8.4 fl oz (248 mL)	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
1107	Bevere, Izze Sparkling Clementine	21	8.4 fl oz (248 mL)	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
1108	Bevere, Izze Sparkling Grapefruit	22	8.4 fl oz (248 mL)	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
1109	Beverg, Izze Sparkling Peach	22	8.4 fl oz (248 mL)	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
1110	Beverg, Izze Sparkling Pomegranate	22	8.4 fl oz (248 mL)	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
1113	Beverg, Orange Juice, Tropicana	33	10 fl oz (296 mL)	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
1117	Bevere, Ruby Red Grapefruit Juice	39	10 fl oz (296 mL)	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
	Beverg, Sparkling ICE, Variety	0	8 fl oz (240 mL)	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
1115	Bevere, Strawberry Kiwi Juice	38	10 fl oz (296 mL)	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
1116	Bevere, Strawberry Orange Juice	40	10 fl oz (296 mL)	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
	Beverg, Water	0	8 fl oz	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
BREADS	Food	Carbohydrates	Serving Size	Dairy	Gluten	Eggs	Wheat	Peanuts	Tree nuts	Sunflower Seeds	Sesame Seed	Fish	Shellfish	Soy	
	Bread, Biscuit, WG Richs	23	biscuit - baked wt (1.9 oz/23.9	YES	YES	NO*	YES	NO	NO	NO	NO*	NO	NO	YES	*May contain egg and sesame
992	Bread, Bosco Stick (Breadstick)	35	1 stick (80 g)	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	
	Bread, Sandwich bread, sliced, Bimbo	15	1 slice	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES	
877	Bread, Chips, Nacho, no salt	17.21	10 chips (28 g)	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
457	Bread, Cinnamon Toast Soft filled Bar	40	1 bar (2.36 oz)	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES	
	Bread, English Muffin, WWG 3.5", USFoods	21	2 oz	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES	
504	Bread, Garlic Knot	23	1 piece	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES	
	Bread, GF Hamburger Bun	46	1 roll (85 g)	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	
	Bread, GF Hot dog Bun	49	1 roll (113g)	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	
	Bread, Hamburger Bun, WG, Bimbo	30	1 bun (61 g)	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES	
	Bread, Hoagie Roll, Split Top, 5.5"	28	1 bun (2 oz)	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES	
	Bread, Hot dog Bun	26	1 bun (57 g)	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES	
464	Bread, Goldfish Crackers	14	1 pouch (0.75 oz)	YES	YES	NO	YES	NO	NO	YES	NO	NO	NO	YES	
	Bread, Tortilla, 4 inch	20	1 tortilla (28g)	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	
	Bread, Tortilla, White whole wheat, 8 inch	26	1 tortilla (56g)	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES	
698	Bread, WG Breadstick	14.2	1 breadstick (28 g)	YES	YES	YES	YES	NO	NO	NO	YES	NO	NO	YES	
927	Bread, Whole Grain Pretzels	15	0.7 oz (19.8 g)	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	
851	Bread, Whole Wheat Roll	27	1 roll (58 g baked)	NO	YES	YES	YES	NO	NO	NO	NO	NO	NO	YES	
BREAKFAST	Food	Carbohydrates	Serving Size	Dairy	Gluten	Eggs	Wheat	Peanuts	Tree nuts	Sunflower Seeds	Sesame Seed	Fish	Shellfish	Soy	
712	BIC, Apple Muffin	31	1 muffin (57 g)	NO	YES	YES	YES	NO	NO	NO	NO	NO	NO	YES	
713	BIC, Banana Muffin	31	1 muffin (57 g)	NO	YES	YES	YES	NO	NO	NO	NO	NO	NO	YES	
715	BIC, Blueberry Muffin	30	1 muffin (57 g)	NO	YES	YES	YES	NO	NO	NO	NO	NO	NO	YES	
854	BIC, Bread, Banana	44	1 slice	NO	YES	YES	YES	NO	NO	NO	NO	NO	NO	YES	
918	BIC, Bread, Pumpkin	43	1 slice	NO	YES	YES	YES	NO	NO	NO	NO	NO	NO	YES	
842	BIC, Bread, Zucchini	43	1 slice	NO	YES	YES	YES	NO	NO	NO	NO	NO	NO	YES	
953	BIC, Cinn Tst Crnch Bar	30.19	1 bar (1.42 oz)	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES	
954	Grain, Frudel Pillsbury	36	1 each	YES	YES	NO	YES	NO	NO	NO	YES	NO	NO	NO	
799	BIC, Mini French Toast	36.7	1 pouch (75 g)	YES	YES	YES	YES	NO	NO	NO	NO	NO	NO	YES	
876	BIC, Other Variety	11		YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	
714	BIC, Raisins/els/Craisins	28	1 pouch (1.16 oz)	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	
716	BIC, Yogurt (4oz. Cup)	19	4 oz cup	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
46	Breakfast, Basket, Yogurt/Muff	52.5		YES	YES	YES	YES	NO	NO	NO	NO	NO	NO	YES	
576	Breakfast, Biscuits and Gravy	30.3		YES	YES	YES	YES	NO	NO	NO	NO	NO	NO	NO	
968	Breakfast, Bunny Graham	24	1 packet (35 g)	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES	
863	Breakfast, Burrito, Chorizo	30	1 each	YES	YES	YES	YES	NO	NO	NO	YES	NO	NO	NO	
975	Breakfast, Burrito, Vegetarian	38.8	1 each	YES	YES	YES	YES	NO	NO	NO	NO	NO	NO	NO	
1034	Breakfast, Cheerios	21	1 bowl (28 g)	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
196	Breakfast, Cheez-Its	14	21 g (0.75 oz)/20 crackers	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES	
556	Breakfast, Cereal, Oatmeal	22.4	1 c	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	
535	Breakfast, Cereal, Variety	21.4	1 bowl (28 g)	NO	YES	NO	YES	NO	YES	NO	NO	NO	NO	YES	
370	Breakfast, Egg, Hard Boiled	0.56	1 egg	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	
914	Breakfast, French Toast Sticks 9-12	47.5	5 sticks	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES	
390	Breakfast, French Toast Sticks K-8	38	4 sticks	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES	
642	Breakfast, Granola, Strawberry	43	2 oz. pouch (56g)	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	
	Breakfast, Mini Bagel, Strawberry	41	1 package (69 g)	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	
1131	Breakfast, Mini Cinnis	39	1 package (65 g)	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	
1098	Breakfast, Mini Pancake Wraps	16	1 each	YES	YES	YES	YES	NO	NO	NO	NO	NO	NO	YES	
1132	Breakfast, Mini Waffles	37	1 pouch (70 g)	YES	YES	YES	YES	NO	NO	NO	NO	NO	NO	YES	
456	Breakfast, Pizza	26	1 each	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES	
	Breakfast, Round	45.83	1 each	YES	YES	YES	YES	NO	NO	NO	NO	NO	NO	YES	
394	Breakfast, Sausage Patty	0.5	2 each	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
1130	Breakfast, Trail Mix	28.2		NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	
754	Breakfast, UBR, Cinnamon Bar	4	1 round (62 g)	YES	YES	YES	YES	NO	NO	NO	NO	NO	NO	YES	
1041	Breakfast, Zee Zee's Bar	24	1.3 oz	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	YES	
1136	Breakfast, Zee Zee's Sunflower Kernels, Roasted	5	1.1 oz	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	
CONDIMENTS	Food	Carbohydrates	Serving Size	Dairy	Gluten	Eggs	Wheat	Peanuts	Tree nuts	Sunflower Seeds	Sesame Seed	Fish	Shellfish	Soy	
315	Con, BBQ Sauce	9	21.2 g	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES	
808	Con, Chili House Made	4.61		NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
	Con, Cholula Sauce	0	7 g	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
938	Con, Chow Mein Noodles	9.62	1/4 c (14 g)	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	
19	Con, Country Gravy	7.8	2 oz	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES	
272	Con, Cranberry Sauce	25	2 oz	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
105	Con, Green Chili	4.1	2 oz	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
102	Con, Hamburger toppings, no cheese	8.9		NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
448	Con, Hot Dog	4.17		NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
	Con, Hummus Dip, Zee Zee's	18	3 oz	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
960	Con, Italian Crumble Seasoning	0.18		NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
455	Con, Italian Dressing	3.8	2 Tbs	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	
451	Con, Ketchup	5	1 Tbs (17g)	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
70	Con, Mexican	2.91		YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
760	Con, Mild Cheddar Shredded Cheese	1	1/4 c (1 oz)	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
106	Con, Ranch Dressing/low fat	1.76	1 oz	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	YES	
856	Con, Salsa (Mixed)	2.07	2 Tbs (29 g)	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
39	Con, Sandwich	2		NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
683	Con, SunButter	7	1.12 oz	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	
349	Con, Syrup, Pancake	36.1	1 portion cup	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
	Con, Taco	4.5		YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	
955	Con, Tartar Sauce	7.56		YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	
76	Con, Turkey & Gravy	2		NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES	
798	Con, Variety	6.5		NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	YES	
	Food	Carbohydrates	Serving Size	Dairy	Gluten	Eggs	Wheat	Peanuts	Tree nuts	Sunflower Seeds	Sesame Seed	Fish	Shellfish	Soy	
	Dairy, Cheddar Cheese Stick	0	1 stick	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
489	Dairy, 1% Low Fat Milk	13	1 carton (236 mL)	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
758	Dairy, Milk Variety, Charter	13	1 carton (236 mL)	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
372	Dairy, Skim Chocolate Milk	20	1 carton (236 mL)	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
463	Dairy, String Cheese	1	1 stick	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
DESSERTS	Food	Carbohydrates	Serving Size	Dairy	Gluten	Eggs	Wheat	Peanuts	Tree nuts	Sunflower Seeds	Sesame Seed	Fish	Shellfish	Soy	
3	Dessert, Fortune Cookie, Baily	4	1 cookie (4.96 g)	NO	YES	YES	YES	NO	NO	NO	NO	NO	NO	YES	
652	Dessert, Fudge Brownie Mix, Krusteaz HA	22	2 in brownie (33 g)	YES*	YES	YES	YES	NO	NO*	NO	NO	NO	NO	YES	* Made on equipment with products containing
551	Dessert, Graham Cracker Bites	24		NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES	
412	Dessert, Holiday Cookie	19	1 cookie (1.25 oz/35 g)	YES	YES	YES	YES	NO	NO	NO	NO	NO	NO	YES	
304	Dessert, Pumpkin Cake	32.36		NO	YES	YES	YES	NO	NO	NO	NO	NO	NO	YES	
ENTRÉES	Food	Carbohydrates	Serving Size	Dairy	Gluten	Eggs	Wheat	Peanuts	Tree nuts	Sunflower Seeds	Sesame Seed	Fish	Shellfish	Soy	
806	Entree, Chicken Tender Basket	80.2	each	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES	
778	Entrée, Asian Bowl Variety 9-12	65.65	1 serving	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES	
916	Entrée, BBQ Meatballs 6-12	16.03	5 pieces	YES	YES	YES	YES	NO	NO	NO	NO	NO	NO	YES	
612	Entrée, BBQ Meatballs K-5	13	1 serving	YES	YES	YES	YES	NO	NO	NO	NO	NO	NO	YES	
131	Entrée, Bean & Cheese Burrito	51	each	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES	
962	Entrée, Beef, Breaded Tender	19.13	1 serving	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES	
736	Entrée, Bosco Stick	30.17	2 peices	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES	
803	Entrée, BYOB Bar	68.2	1 serving	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES	
1133	Entrée, Cheese Enchiladas	11.01	1 each	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	
885	Entrée, Cheese/Broccoli Potato	44.3	1 serving	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	
615	Entrée, Chicken & Noodles	31.72	1 serving	YES	YES	YES	YES	NO	NO	NO	NO	NO	NO	YES	
966	Entrée, Chicken Indian Taco	36.15	1 serving	YES	YES	YES	YES	NO	NO	NO	NO	NO	NO	NO	
16	Entrée, Chicken Quesadilla	29.36	1 serving	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES	
	Entrée, Chicken Ranch Pasta	23.38	1 serving	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	
618	Entrée, Chicken Roasted	0	1 serving	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
915	Entrée, Chicken Tenders 9-12	15.21	1 serving	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES	
513	Entrée, Chicken Tenders K-8	11.35	3 tenders	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES	
806	Entrée, Chicken Tenders Box	80.11	1 serving	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES	
305	Entrée, Chicken, Parmesan	17.5	1 serving	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES	
872	Entrée, Chili Cheese Nacho 6-12	55.41	1 serving	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
871	Entrée, Chili Cheese Nacho K-5	46.42	1 serving	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
816	Entrée, Chili w/Beans 6-12	19.82	1 serving	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
815	Entrée, Chili w/Beans K-5	9.91	1 serving	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
944	Entrée, Crispito 9-12	46.1	2 each	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES	
381	Entrée, Crispito K-8	24.1	97 g	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES	
990	Entrée, Egg Protein Box	31.8	1 serving	YES	YES	YES	YES	NO	NO	NO	NO	NO	NO	YES	
757	Entrée, Fruit & Cott Cheese Plate	82.4	1 serving	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES	
844	Entrée, Hot Wing Basket	33.3	1 serving	YES	YES	YES	YES	NO	NO	NO	NO	NO	NO	YES	
967	Entrée, Individual Pizza	35.3	1 serving	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES	
879	Entrée, Italian Dunkers	70.02	1 serving	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES	
748	Entrée, Italian Shells	35.43	1 serving	YES	YES	YES	YES	NO	NO	NO	NO	NO	NO	NO	
813	Entrée, M Italian Ravioli	43.96	1 serving	YES	YES	YES	YES	NO	NO	NO	NO	NO	NO	YES	
834	Entrée, Mac & Cheese	27	6 oz	YES	YES	YES	YES	NO	NO	NO	NO	NO	NO	NO	
190	Entrée, Mandarin Orange Chicken	19.13	1 serving	NO	YES	YES	YES	NO	NO	NO	NO	NO	NO	YES	
1015	Entrée, Mini Tacos	42.87	1 serving	YES	YES	YES	YES	NO	NO	NO	NO	NO	NO	YES	
171	Entrée, Nacho Supreme	40.7	1 each	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	
642	Entrée, Parfait Fruit & Yogurt	95.3	1 serving	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES	
807	Entrée, Pasta w/ Pepper	19	1 serving	YES	YES	NO	Yes	NO	NO	NO	NO	NO	NO	NO	
865	Entrée, PBJ Basket	47	1 each	YES	YES	NO	YES	YES	NO	NO	NO	NO	NO	YES	
279	Entrée, Penne Pasta Bake	34.72	1 each	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	
656	Entrée, Pizza Cheese K-8	28	1 slice	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES	
656	Entrée, Pizza Cheese 9-12	35.2	1 slice	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES	
957	Entrée, Pizza Cheeseburger 9-12	31.69	1 slice	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES	
766	Entrée, Pizza Crunchers K-12	40.55	4 pieces (156 g)	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES	
659	Entrée, Pizza, Four Cheese 9-12	32.19	1 slice	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES	
659	Entrée, Pizza, Four Cheese K-8	28.1	1 slice	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES	
879	Entrée, French Bread Pizza	34.9	1 slice	YES	YES	TES	YES	NO	NO	NO	NO	NO	NO	YES	
801	Entrée, Pizza Meatball K-8	32.99	1 slice	YES	YES	YES	YES	NO	NO	NO	NO	NO	NO	YES	
674	Entrée, Pizza Mexican 9-12	38.83	1 slice	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES	
670	Entrée, Pizza Mexican K-8	39.58	1 slice	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES	
657	Entrée, Pizza Pepperoni 9-12	35.2	1 slice	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES	
658	Entrée, Pizza Pepperoni K-8	28	1 slice	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES	
987	Pepperoni Pinwheel	28	1 each	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES	
667	Entrée, Pizza Sausage 9-12	35.3	1 slice	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES	
665	Entrée, Pizza, BBQ HS	42.07	1 slice	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES	
843	Entrée, Pizza, BBQ 9-12	40.1	1 slice	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES	
843	Entrée, Pizza, BBQ K-8	39.9	1 slices	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES	
664	Entrée, Pizza, Buffalo 9-12	35.6	1 slices	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES	
679	Entrée, Pizza, Ham/Pine 9-12	37.31	1 slice	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES	
680	Entrée, Pizza, Ham/Pine K-8	38.8	1 slice	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES	
669	Entrée, Pizza, Jalapeno 9-12	35.9	1 slice	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES	
800	Entrée, Pizza, Meatball 9-12	32.96	1 slice	YES	YES	YES	YES	NO	NO	NO	NO	NO	NO	YES	
666	Entrée, Pizza, Sausage 9-12	32.37	1 slice	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES	
673	Entrée, Pizza, Vegetable 9-12	37.7	1 slice	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES	
668	Entrée, Pizza, Vegetable K-8	34.78	1 slice	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES	
959	Entrée, Popcorn Chicken Bowl	46.33	1 bowl	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES	
277	Entrée, Protein Bento Box	16.33	1 each	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	
1002	Entrée, Southwest Chicken 9-12	0.5	1 serving	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	
1002	Entrée, Southwest Chicken K-8	0.3	1 serving	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	
985	Entrée, Spaghetti Bake	38.2	1/2 c	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	
958	Entrée, Spag. w/Meat Sauce	56.62	1 serving	YES	YES	YES	YES	NO	NO	NO	NO	NO	NO	NO	
884	Entrée, Spaghetti/Meatballs	71.73	1 serving	YES	YES	YES	YES	NO	NO	NO	NO	NO	NO	NO	
965	Entrée, Spicy Asian Bowl	71.28	1 serving	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	YES	
811	Entrée, Taco, Turkey	29.22	1 serving	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES	
847	Entrée, Teriyaki Chicken	1.99	1 serving	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES	
983	Entrée, Turkey Corn Dog, Mini	20	6 mini corn dogs (85g)	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES	
881	Entrée, Twisted Dog 9-12	28.35	1 serving	NO	YES	YES	YES	NO	NO	NO	NO	NO	NO	YES	
878	Entrée, Twisted Dog K-8	14.17	1 serving	NO	YES	YES	YES	NO	NO	NO	NO	NO	NO	YES	
728	Entrée, Yogurt Basket Lunch	67	1 each	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES	
FRUITS	Food	Carbohydrates	Serving Size	Dairy	Gluten	Eggs	Wheat	Peanuts	Tree nuts	Sunflower Seeds	Sesame Seed	Fish	Shellfish	Soy	
64	Fruit, Apples, Fresh	20.17	1 each	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
756	Fruit, Applesauce, Cup	14	4.5 oz (unsweet)	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
68	Fruit, Banana, Fresh	29	1 banana (126 g)	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
244	Fruit, Blueberries in a Cloud	16.39	1/2 c	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
532	Fruit, Cantaloupe Fresh	13.1	1 c (diced)	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
310	Fruit, Cinnamon Apples	18.94	1/2 c	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
875	Fruit, Clementine/Tangerine, Fresh	11.3	each	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
118	Fruit, Frozen Fruit Treat Cup	20.87	4 oz	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
820	Fruit, Frozen Peach Cup	19	4 oz	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
869	Fruit, Frozen Strawberry Cup	22	4 oz	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
422	Fruit, Grapes, Fresh	16	1 cup	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
393	Fruit, Honeydew, Fresh	11 g	1 wedge (125 g, 1/8 of 5-1/4")	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
629	Fruit, Juice, 100%	15.25	1 box (4.23 fl oz)	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
629	Fruit, Juice, 100% Box	16	1 box (4.23 fl oz)	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
411	Fruit, Kiwi, Fresh	16.6	1/2 c	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
446	Fruit, Mandarin Oranges, Canned	23	1/2 c	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
532	Fruit, Melon, Fresh	10.69	1 c	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
86	Fruit, Oranges, Fresh	11.8	1 each (100 g)	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
603	Fruit, Peach, Fresh	15	1 medium (147 g)	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
538	Fruit, Peaches Diced, Canned, Del Monte	17	4 oz	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
438	Fruit, Pears Diced, Canned	13.59	4 oz	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
90	Fruit, Pears, Fresh	27	1 medium (178 g)	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
92	Fruit, Pineapple Chunk/Tidbit	16	1/2 c	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
956	Fruit, Pineapple/Strawberries	13.32	1/2 c	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
576	Fruit, Plums, Fresh	7.54	1 each	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
179	Fruit, Salad, Fiesta	17.31	1/2 c	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
99	Fruit, Strawberries, Fresh	11	1 c (whole) (144 g)	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
946	Fruit, Strawberries, Frozen	6	1/2 c (70 g)	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
100	Fruit, Tangerines, Fresh	12	1 medium (2-12" dia/ 88 g)	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
695	Fruit, Topical Fruit Mix, Dole	24	1/2 c	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
744	Fruit, Variety, Canned	30.83	4 oz	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
632	Fruit, Variety, Fresh	16.19	4 oz	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
101	Fruit, Watermelon Chunks, Fresh	6.04	1/2 c	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
714	Fruit, Zee Zee's Dried Fruit	32	1 each	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
GLUTEN FREE	Food	Carbohydrates	Serving Size	Dairy	Gluten	Eggs	Wheat	Peanuts	Tree nuts	Sunflower Seeds	Sesame Seed	Fish	Shellfish	Soy	
847	GF Entrée, BBQ Teriyaki Chicken	6	2.4 oz (68 g)	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	
977	GF Entrée, Cheese Pizza	59	7 oz (198 g)	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	
978	GF Entrée, Chicken Chunks	18	5.5 oz (156 g)	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	
979	GF Entrée, Hamburger Bun	46	1 bun (85 g)	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	
980	GF Entrée, Hot Dog Bun	59	1 roll (113 g)	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	
RICE	Food	Carbohydrates	Serving Size	Dairy	Gluten	Eggs	Wheat	Peanuts	Tree nuts	Sunflower Seeds	Sesame Seed	Fish	Shellfish	Soy	
1017	Rice, Broccoli Cheese	50.1	1/2 c (cooked)	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	
692	Rice, Brown	17	1/2 c (cooked)	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
193	Rice, Brown, Asian Style	21	1/2 c (cooked)	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
646	Rice, Brown, Santa Fe w/Beans	23.87	1/2 c (cooked)	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	
857	Rice, Cilantro Lime	47.6	1/2 c (cooked)	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	
216	Rice, Spanish	16.96	1/2 c (cooked)	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
SALADS	Food	Carbohydrates	Serving Size	Dairy	Gluten	Eggs	Wheat	Peanuts	Tree nuts	Sunflower Seeds	Sesame Seed	Fish	Shellfish	Soy	

71	Salad. Buffalo Chicken	49.3	1 each	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES
352	Salad. Chef 9-12	39.6	1 each	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES
721	Salad. Chef K-8	46.81	1 each	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO
155	Salad. Chicken Caesar	54.7	1 each	YES	YES	YES	YES	NO	NO	NO	NO	YES	NO	YES
404	Salad. Chicken Mandarin	90.1	1 each	YES	YES	YES	YES	NO	NO	NO	YES	NO	NO	YES
434	Salad. Coleslaw	8.6	1 each	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO
745	Salad. Italian Deli. 9-12	38.9	1 each	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES
141	Salad. Pasta	16.05	1 each	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES
354	Salad. Taco	53.5	1 each	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
SANDWICHES	Food	Carbohydrates	Serving Size	Dairy	Gluten	Eggs	Wheat	Peanuts	Tree nuts	Sunflower Seeds	Sesame Seed	Fish	Shellfish	Soy
24	Sandwich. All Amer Sub. Flem	23.98	each	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO
61	Sandwich. American Sub	28.4	each	YES	YES	NO	YES	NO	NO	YES	NO	NO	NO	YES
613	Sandwich. BBQ Chicken	35.66	each	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES
783	Sandwich. BBQ Chicken Filet	36	each	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO
974	Sandwich. BBQ Pork	35.7	each	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO
239	Sandwich. BBQ Rib	44	each	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES
949	Sandwich. Cheeseburger 9-12	28	each	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES
949	Sandwich. Cheeseburger K-8	28	each	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES
204	Sandwich. Chicken Cordon Bleu	44.05	each	YES	YES	YES	YES	NO	NO	NO	NO	NO	NO	YES
570	Sandwich. Chicken Filet/Bun	42	each	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES
	Sandwich. Crispy Chicken	43	each	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES
649	Sandwich. Egg Salad	29.77	each	NO	YES	YES	YES	NO	NO	NO	NO	NO	NO	YES
599	Sandwich. Flatbread. BBQ Chick	47.11	each	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES
763	Sandwich. Flatbread. Cheesy	2.58	each	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES
597	Sandwich. Flatbread. ChickRanch	32.8	each	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES
829	Sandwich. Flatbread. Italian	27.77	each	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES
598	Sandwich. Flatbread. Meatball	36.04	each	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES
600	Sandwich. Flatbread. Mexican	37.25	each	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES
727	Sandwich. Grab-n-Go Deli	35.38	each	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES
389	Sandwich. Grape PBJ Smkr K-8	32	1 sandwich	NO	YES	NO	YES	YES	NO	NO	NO	NO	NO	YES
482	Sandwich. Grilled Cheese	31	1 sandwich	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES
117	Sandwich. Ham/Cheese	37.5	1 sandwich	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES
306	Sandwich. Hamburger	26	1 sandwich	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES
206	Sandwich. Hamburger. Mexican	87.6	1 sandwich	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO
143	Sandwich. Hamburger. Ranch	60.5	1 each	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO
333	Sandwich. Hot Dog on a Bun	28	1 hotdog	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES
886	Sandwich. Hot Ham 'n Cheese	29.5	each	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES
208	Sandwich. Italian Sub	39.65	each	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES
208	Sandwich. Italian Sub w/Chips	46.85	each	YES	YES	NO	YES	NO	NO	YES	NO	NO	NO	NO
	Sandwich. Juicy Hamburger 9-12	48.11	each	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO
	Sandwich. Juicy Hamburger K-8	27	each	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO
838	Sandwich. Meatball Sub 9-12	38.6	each	YES	YES	YES	YES	NO	NO	NO	NO	NO	NO	YES
838	Sandwich. Meatball Sub K-8	36.3	each	YES	YES	YES	YES	NO	NO	NO	NO	NO	NO	YES
312	Sandwich. Sloppy Joes	36.39	each	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO
	Sandwich. Spicy Black Bean Burger	18	each	YES	YES	YES	YES	NO	NO	NO	NO	NO	NO	YES
493	Sandwich. Spicy Chick on Bun	44	each	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES
964	Sandwich. Strawberry PBJ 9-12	64.2	1 sandwich	NO	YES	NO	YES	YES	NO	NO	NO	NO	NI	YES
941	Sandwich. Tuna Salad	33.19	1 serving	YES	YES	NO	YES	NO	NO	NO	NO	YES	NO	YES
183	Sandwich. Turkey K-8	27.5	1 serving	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES
943	Sandwich. Turkey Pita Pocket	29.5	each	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES
768	Sandwich. Turkey/Chs Sub 9-12	27.5	1 serving	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES
	Sandwich. Veggie Burger	14	1 serving	YES	YES	YES	YES	NO	NO	YES	NO	NO	NO	YES
582	Sandwich. Wrap. Turkey	28.08	1 serving	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES
SIDES	Food	Carbohydrates	Serving Size	Dairy	Gluten	Eggs	Wheat	Peanuts	Tree nuts	Sunflower Seeds	Sesame Seed	Fish	Shellfish	Soy
776	Side. Egg Roll	11	1 each	NO	YES	YES	YES	NO	NO	NO	NO	NO	NO	YES
	Side. Sun Chips	18.5	1 bag	YES	YES	NO	YES	NO	NO	YES	NO	NO	NO	NO
SOUPS	Food	Carbohydrates	Serving Size	Dairy	Gluten	Eggs	Wheat	Peanuts	Tree nuts	Sunflower Seeds	Sesame Seed	Fish	Shellfish	Soy
937	Condensed	10	1/2 c (120 mL) condensed	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	YES
481	Soup. Tomato. Campbell's Condensed	20	1/2 c (120 mL) condensed)	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO
VEGETABLES	Food	Carbohydrates	Serving Size	Dairy	Gluten	Eggs	Wheat	Peanuts	Tree nuts	Sunflower Seeds	Sesame Seed	Fish	Shellfish	Soy
22	Veg. Baby Carrots	8.65	3/4 c (9 carrots)	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
44	Veg. Baked Potato	36.6	1 medium (173 g)	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
	Veg. Baked Potato	18.3	1/2 medium (86.5 g)	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
790	Veg. Beans Black, Refried	25.1	1/2 c	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
112	Veg. Beans. Baked	35	4 oz	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
934	Veg. Beans, Black, Santiago Seasoned	2326	1/2 c dry (130 g prepared)	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
935	Veg. Beans, Garbanzo	20	1/2 c (130 g)	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
424	Veg. Beans, Green Canned	4.6	6 oz	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
328	Veg. Beans, Refried, Rosarita	18	1/2 c (128 g)	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
973	Veg. Beans, Veg. Baked, Bush's Best RS	30	1/2 c (130 g)	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
	Veg. Black Bean Salsa	26.8	4 oz	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
780	Veg. Broccoli Blanched	3.58	4 oz	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
	Veg. Broccoli Steamed	9.21	4 oz	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
739	Veg. Carrots. Steamed	7.5	6 oz	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
824	Veg. Chickpea Pico	15.4	1/2 c	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
270	Veg. Corn. Canned	27	1/2 c (125 g)	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES
864	Veg. Garden Greens R&S	3.1	1 c	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
	Veg. Guacamole	5	2 oz	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
529	Veg. Jalapeños, Sliced, Rosarita	1	1/4 c (30 g)	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
917	Veg. Lattice Potatoes, Simplot	23	3 oz (85g)	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES
388	Veg. Marinara Sauce, Red Gold	7	2.5 oz dipping cup	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
429	Veg. Mashed Potatoes	13.5	4 oz	YES	NO	NO	NO	NO	NO	YES	NO	NO	NO	YES
786	Veg. Mexican Pintos, LS Bush's Best	18	1/2 c (130 g)	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
433	Veg. Mixed. Frozen	17.87	1/2 c	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
	Veg. Olives	1	5 olives (15 g)	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
376	Veg. Potato Wedges, Infinity	20	3 oz (9 pieces)	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	YES
336	Veg. Potatoes. Oven Fry	28.5	6 oz	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	YES
825	Veg. Potatoes. Triangles	29	4.50 oz (2-1/4 piece)	YES	NO	NO	NO	NO	NO	YES	NO	NO	NO	YES
936	Veg. Pumpkin, Canned	11.23	1/2 c (120 g)	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
810	Veg. Salad Bar. No Beans	9.56	1/2 c	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
796	Veg. Salad Bar. w Beans	12.37	1/2 c	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
240	Veg. Scalloped Potatoes, Simplot	25	1/2 c (34g dry)	YES	YES	NO	YES	NO	NO	YES	NO	NO	NO	YES
	Veg. Steamed Veggie Blend	9.9	1/2 c	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
199	Veg. Sweet Potato Lattice	34.8	6 oz	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	YES
11	Veg. Veggie Patch	3.57	4 oz	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
845	Veg. Veggie Variety	0.88	4 oz	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO