

Nutrition Facts Labels

April 20 – May 5

Corn Dog

Nutrition Facts

Serving Size 1 CORN DOG (4 oz.) 112g

Servings Per Container 72

Amount Per Serving

Calories 240

Calories from Fat 70

% Daily Value*

Total Fat 8 g	12%
Saturated Fat 2.5 g	13%
Trans Fat 0 g	
Cholesterol 40 mg	13%
Sodium 390 mg	16%
Total Carbohydrate 30 g	10%
Dietary Fiber 5 g	20%
Sugars 5 g	
Protein 9 g	

Vitamin A 0 % • Vitamin C 0 %

Calcium 8 % • Iron 10 %

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Chicken Fajita

Tortilla:



Chicken:



Nutrition Facts

Serving Size: 3 oz. serving (84g)
Servings Per Container: 160

Amount Per Serving		
Calories 120		Calories from Fat 60
		% Daily Value*
Total Fat	7g	11%
Saturated Fat	2g	10%
Trans Fat	0g	
Polyunsaturated Fat	1.5g	
Monounsaturated Fat	2.5g	
Cholesterol	80mg	27%
Sodium	490mg	20%
Total Carbohydrate	0g	0%
Dietary Fiber	0g	0%
Sugars	0g	
Protein	15g	30%
Vitamin A	0%	Vitamin C 0%
Calcium	0%	Iron 2%

* Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Nutrition Facts

Serving Size (44g)
Servings Per Container

Amount Per Serving		
Calories 120		Calories from Fat 25
		% Daily Value*
Total Fat	3g	5%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	160mg	7%
Total Carbohydrate	20g	7%
Dietary Fiber	3g	12%
Sugars	1g	
Protein	4g	
Vitamin A 0%		• Vitamin C 0%
Calcium 6%		• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories:	2,000 2,500
Total Fat	Less than	65g 80g
Saturated Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300 mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g
Calories per gram:		
Fat 9 • Carbohydrate 4 • Protein 4		

Tangerine Chicken & Rice

Tangerine Chicken:

Nutrition Facts	
Serving Size 3.9oz (111g)	
Servings Per Container about 176	
Amount Per Serving	
Calories 190	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 380mg	16%
Total Carbohydrate 25g	9%
Dietary Fiber 2g	8%
Sugars 13g	
Protein 14g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 8%
* Percent Daily Values are based on a 2,000 calorie diet.	

Rice:

Nutrition Facts

Serving Size 1/4 cup dry (48g)
(About 1 cup cooked)
Servings Per Container About 10

Amount Per Serving

Calories 180 Calories from Fat 15

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Potassium 105mg **3%**

Total Carbohydrate 36g **12%**

Dietary Fiber 2g **8%**

Sugars 0g

Protein 4g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 4%

Thiamin 10% • Niacin 15%

Folate 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Potassium	3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Tator Tot Hotdish & Dinner Roll

Tator Tot Hotdish:

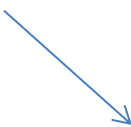
Calories	344 kcal	Cholesterol	51.45 mg	Protein	18.85 g	Calcium	55.04 mg
Total Fat	17.04 g	Sodium	605.79 mg	Vitamin A	45.31 RE	Iron	2.33 mg
Saturated Fat	5.02 g	Carbohydrates	29.47 g	Vitamin A	430.40 IU	Water ¹	*99.69* g
Trans Fat ¹	*0.61* g	Dietary Fiber	2.92 g	Vitamin C	7.55 mg	Ash ¹	*2.54* g

Dinner Roll:

Nutrition Facts		Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	*Percent(%) Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Serving Size 1 roll (40g)		Total Fat 1g	2%	Total Carbohydrate 20g	7%	Calories 2,000 2,500		
Servings Per Container 12		Saturated Fat 0g	0%	Dietary Fiber 2g	8%	Total Fat	Less than 65g	80g
Calories 110		Trans Fat 0g		Sugars 3g		Sat Fat	Less than 20g	25g
Calories from Fat 10		Polyunsaturated Fat 0.5g		Protein 4g		Cholesterol	Less than 300mg	300mg
		Monounsaturated Fat 0g				Sodium	Less than 2,400mg	2,400mg
		Cholesterol 0mg	0%			Potassium	3,500mg	3,500mg
		Sodium 130mg	5%			Total Carbohydrate	300g	375g
Vitamin A 0% • Vitamin C 0% • Calcium 10% • Iron 6%						Dietary Fiber	25g	30g
Vitamin D 10% • Thiamin 4% • Riboflavin 2% • Niacin 2%								
Folic Acid 4%								

Grilled Chicken Sandwich

Grilled Chicken: 

Bun: 

Nutrition Facts

Serving Size: 1 PIECE (78g)

Servings Per Container: 174

Amount Per Serving

Calories 130

Calories from Fat 60

% Daily Value*

Total Fat 7g 11%

Saturated Fat 2g 10%

Trans Fat 0g

Polyunsaturated Fat 1.5g

Monounsaturated Fat 3.5g

Cholesterol 50mg 17%

Sodium 330mg 14%

Total Carbohydrate 2g 1%

Dietary Fiber 0g 0%

Sugars 0g

Protein 15g 30%

Vitamin A 0%

Vitamin C 0%

Calcium 0%

Iron 4%

* Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Nutrition Facts

Serving Size 1 bun (61g)

Servings Per Container 12

Calories 160

Calories from Fat 20

Amount Per Serving % Daily Value*

Total Fat 2g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 0g

Cholesterol 0mg 0%

Sodium 200mg 8%

Vitamin A 0% • Vitamin C 0% • Calcium 20%

Iron 10% • Vitamin D 15% • Thiamin 8%

Riboflavin 4% • Niacin 4% • Folic Acid 6%

Amount Per Serving % Daily Value*

Total Carbohydrate 31g 10%

Dietary Fiber 3g 12%

Sugars 4g

Protein 7g

*Percent(%) Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Cheese Quesadilla

Nutrition Facts

Serving Size: 1 slice 5.00 oz

Servings per Case: 96

Amount per Serving

Calories: 320

Calories from Fat: 100

% Daily Value*

Total Fat: g 11%

Saturated Fat: 3 g 15%

Trans Fat: g

Cholesterol: 5 mg 2%

Sodium: mg %

Total Carbohydrates: 35 g 12%

Dietary Fiber: g %

Sugars: g

Protein: g

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may differ depending on your calorie needs.

Beef Nachos

Beef:



NUTRITION FACTS	
Serving size: 1.34 ounces (38g)/1 MMA 85/15 raw ground beef	
Amount Per Serving	
Calories	82
Total Fat	6g
Saturated Fat	2g
Trans Fat	1g
Cholesterol	26mg
Sodium	25mg
Total Carbohydrate	0g
Dietary Fiber	0g
Sugars	0g
Protein	7g

Chips:



Nutrition Facts	
Serving Size 1/4 cup (28gr) Servings Per Case: 80	
Amount Per Serving	
Calories 110	Calories from Fat 80
% Daily Value*	
Total Fat 5.9gm	9%
Saturated Fat 1.2gm	6%
Trans Fat 0gm	
Cholesterol 30mg	10%
Sodium 184mg	8%
Total Carbohydrates 0gm	0%
Dietary Fiber 0gm	0%
Sugars 0gm	
Protein 7gm	
Vitamin A 6%	Vitamin C 0%
Calcium 20%	Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Nutrition Facts	
Serving Size 10 CHIPS (28.35 G) (1oz) Servings Per Case: 192	
Amount Per Serving	
Calories 140	Calories from Fat 60
% Daily Value*	
Total Fat 7gm	11%
Saturated Fat 1gm	5%
Trans Fat 0gm	
Cholesterol 0mg	0%
Sodium 105mg	4%
Total Carbohydrates 19gm	6%
Dietary Fiber 1gm	4%
Sugars 0gm	
Protein 2gm	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Shrimp Poppers

Nutrition Facts

Serving Size 3 oz. (84gr)

Servings Per Case: 53

Amount Per Serving

Calories 180 Calories from Fat 60

% Daily Value*

Total Fat 7gm **11%**

Saturated Fat 1gm **5%**

Trans Fat 0gm

Cholesterol 45mg **15%**

Sodium 530mg **22%**

Total Carbohydrates 21gm **7%**

Dietary Fiber 3gm **12%**

Sugars 1gm

Protein 9gm

Vitamin A 2% • Vitamin C 0%

Calcium 4% • Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.
Your Daily Values may be higher or lower depending on
your calorie needs

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Sloppy Joe on a Bun

Nutrients Per Serving					
Calories	345	Saturated Fat	4.96 g	Iron	3.74 mg
Protein	20.95 g	Cholesterol	52 mg	Calcium	98 mg
Carbohydrate	35.93 g	Vitamin A	560 IU	Sodium	540 mg
Total Fat	12.77 g	Vitamin C	11.9 mg	Dietary Fiber	2.4 g

Popcorn Chicken & Dinner Roll

Popcorn Chicken: 

Nutrition Facts

Serving Size: 11 PIECES (86g)

Servings Per Container: About 170

Amount Per Serving

Calories 230

Calories from Fat 120

% Daily Value*

Total Fat	13g	20%
Saturated Fat	2.5g	13%
Trans Fat	0g	
Polyunsaturated Fat	6g	
Monounsaturated Fat	4g	
Cholesterol	20mg	7%
Sodium	350mg	15%
Total Carbohydrate	14g	5%
Dietary Fiber	3g	12%
Sugars	1g	
Protein	14g	28%

Vitamin A 2%

Vitamin C 0%

Calcium 4%

Iron 10%

* Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Dinner Roll: 

Nutrition Facts

Serving Size 1 roll (40g)

Servings Per Container 12

Calories 110

Calories from Fat 10

Amount Per Serving	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	5%

Amount Per Serving	% Daily Value*
Total Carbohydrate 20g	7%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 4g	

*Percent(%) Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Vitamin A 0% • Vitamin C 0% • Calcium 10% • Iron 6%
 Vitamin D 10% • Thiamin 4% • Riboflavin 2% • Niacin 2%
 Folic Acid 4%

Hot Dog

Hot Dog:



Nutrition Facts

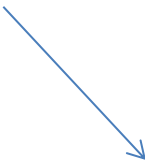
Serving Size 1 Frabnk (57gr)
Servings Per Case: 80

Amount Per Serving		Calories from Fat 150	
		% Daily Value*	
Calories	180		
Total Fat	17gm		26%
Saturated Fat	7gm		35%
Trans Fat	0.5gm		
Cholesterol	35mg		12%
Sodium	340mg		14%
Total Carbohydrates	1gm		0%
Dietary Fiber	0gm		0%
Sugars	1gm		
Protein	6gm		
Vitamin A	0%	•	Vitamin C 0%
Calcium	0%	•	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Bun:



Nutrition Facts

Serving Size 1 bun (61g)
Servings Per Container 16
Calories 160
Calories from Fat 20

Amount Per Serving	% Daily Value*	
Total Fat	2g	3%
Saturated Fat	0g	0%
Trans Fat	0g	
Polyunsaturated Fat	1g	
Monounsaturated Fat	0g	
Cholesterol	0mg	0%
Sodium	200mg	8%

Amount Per Serving	% Daily Value*	
Total Carbohydrate	31g	10%
Dietary Fiber	3g	12%
Sugars	4g	
Protein	7g	

Vitamin A 0% • Vitamin C 0% • Calcium 20%
Iron 10% • Vitamin D 15% • Thiamin 8%
Riboflavin 4% • Niacin 4% • Folic Acid 6%

*Percent(%) Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Turkey/Gravy & Dinner Roll

Turkey & Gravy:

Nutrition Facts

Serving Size 5.000 OZ (140gr)
Servings Per Case: 89

Amount Per Serving	
Calories 150	Calories from Fat 70
% Daily Value*	
Total Fat 8gm	12%
Saturated Fat 2.5gm	13%
Trans Fat 0gm	
Cholesterol 65mg	22%
Sodium 580mg	24%
Total Carbohydrates 2gm	1%
Dietary Fiber 0gm	0%
Sugars 0gm	
Protein 20gm	

Vitamin A 0%	•	Vitamin C 0%
Calcium 2%	•	Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Dinner Roll:

Nutrition Facts

Serving Size 1 roll (40g)
Servings Per Container 12
Calories 110
Calories from Fat 10

Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Total Fat 1g	2%	Total Carbohydrate 20g	7%
Saturated Fat 0g	0%	Dietary Fiber 2g	8%
Trans Fat 0g		Sugars 3g	
Polyunsaturated Fat 0.5g		Protein 4g	
Monounsaturated Fat 0g			
Cholesterol 0mg	0%		
Sodium 130mg	5%		

Vitamin A 0% • Vitamin C 0% • Calcium 10% • Iron 6%
Vitamin D 10% • Thiamin 4% • Riboflavin 2% • Niacin 2%
Folic Acid 4%

*Percent(%) Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Max Sticks

Nutrition Facts

Serving Size: 1 Pizza Stick (55g)

Servings per Case: 192

Amount per Serving

Calories: 260

Calories from Fat: 70

% Daily Value*

Total Fat: g 8%

Saturated Fat: 2.5 g 13%

Trans Fat: g

Cholesterol: 10 mg 3%

Sodium: mg %

Total Carbohydrates: 31 g 10%

Dietary Fiber: g %

Sugars: g

Protein: g

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may differ depending on your calorie needs.

Pizza Casserole & Dinner Roll

Pizza Casserole:

Nutrients Per Serving			
Calories	283	Saturated Fat	4.40 g
Protein	19.96 g	Cholesterol	51 mg
Carbohydrate	26.14 g	Vitamin A	718 IU
Total Fat	10.67 g	Vitamin C	13.9 mg
		Iron	3.32 mg
		Calcium	40 mg
		Sodium	193 mg
		Dietary Fiber	2.5 g

Dinner Roll:

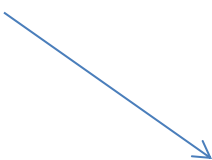
Nutrition Facts	Amount Per Serving		Amount Per Serving		*Percent (%) Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.																																
		% Daily Value*		% Daily Value*																																	
Serving Size 1 roll (40g)	Total Fat 1g	2%	Total Carbohydrate 20g	7%	<table border="1"> <thead> <tr> <th></th> <th>Calories</th> <th>2,000</th> <th>2,500</th> </tr> </thead> <tbody> <tr> <td>Total Fat</td> <td>Less than 65g</td> <td>80g</td> <td></td> </tr> <tr> <td>Sat Fat</td> <td>Less than 20g</td> <td>25g</td> <td></td> </tr> <tr> <td>Cholesterol</td> <td>Less than 300mg</td> <td>300mg</td> <td></td> </tr> <tr> <td>Sodium</td> <td>Less than 2,400mg</td> <td>2,400mg</td> <td></td> </tr> <tr> <td>Potassium</td> <td>3,500mg</td> <td>3,500mg</td> <td></td> </tr> <tr> <td>Total Carbohydrate</td> <td>300g</td> <td>375g</td> <td></td> </tr> <tr> <td>Dietary Fiber</td> <td>25g</td> <td>30g</td> <td></td> </tr> </tbody> </table>		Calories	2,000	2,500	Total Fat	Less than 65g	80g		Sat Fat	Less than 20g	25g		Cholesterol	Less than 300mg	300mg		Sodium	Less than 2,400mg	2,400mg		Potassium	3,500mg	3,500mg		Total Carbohydrate	300g	375g		Dietary Fiber	25g	30g	
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Servings Per Container 12	Saturated Fat 0g	0%	Dietary Fiber 2g	8%																																	
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Calories from Fat 10	Polyunsaturated Fat 0.5g		Protein 4g																																		
	Monounsaturated Fat 0g																																				
	Cholesterol 0mg	0%																																			
	Sodium 130mg	5%																																			
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Mr. Rib on Bun

Rib:



Bun:



Nutrition Facts

Serving Size 2.5 OZ (70gr)
Servings Per Case: 100

Amount Per Serving			
Calories	160	Calories from Fat	90
% Daily Value*			
Total Fat	10gm		15%
Saturated Fat	3.5gm		18%
Trans Fat	0gm		
Polyunsaturated Fat	1gr		
Monounsaturated Fat	4.5gr		
Cholesterol	30mg		10%
Sodium	390mg		16%
Potassium	280me		8%
Total Carbohydrates	8gm		3%
Dietary Fiber	1gm		4%
Sugars	5gm		
Protein	12gm		
Vitamin A	2%	•	Vitamin C 2%
Calcium	4%	•	Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Nutrition Facts

Serving Size 1 bun (61g)
Servings Per Container 16
Calories 160
Calories from Fat 20

Amount Per Serving		% Daily Value*
Total Fat	2g	3%
Saturated Fat	0g	0%
Trans Fat	0g	
Polyunsaturated Fat	1g	
Monounsaturated Fat	0g	
Cholesterol	0mg	0%
Sodium	200mg	8%

Amount Per Serving		% Daily Value*
Total Carbohydrate	31g	10%
Dietary Fiber	3g	12%
Sugars	4g	
Protein	7g	

Vitamin A 0% • Vitamin C 0% • Calcium 20%
Iron 10% • Vitamin D 15% • Thiamin 8%
Riboflavin 4% • Niacin 4% • Folic Acid 6%

*Percent(%) Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Pepperoni French Bread Pizza

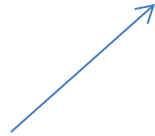
NUTRITION INFORMATION:

Serving Size:	1 portion (140g)	-
Serving Size (grams):	140	-
Serving Size (weight oz):	4.93	-
Eaches/Case:	60	-
Inner Packs/Case:	1	-
Servings/Case:	60	-
Calories:	310	-
Calories From Fat:	110	-
Calories From Saturated Fat:	45	-
Total Fat:	12	18%
Saturated Fat:	5	25%
Trans Fat:	0	-
Cholesterol:	25	8%
Sodium:	690	29%
Potassium:	270	8%
Total Carbohydrate:	33	11%
Total Dietary Fiber:	3	12%
Sugars:	4	-
Protein:	17	-
Vitamin A:	-	10%
Vitamin C:	-	6%
Calcium:	-	25%
Iron:	-	15%
Whole Grain:	16	51%

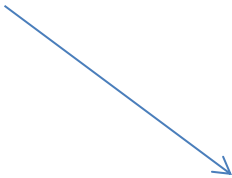
* Percent Daily Values are based on a 2,000 calorie diet.

Lasagna & Garlic Toast

Garlic Toast:



Lasagna:



Nutrition Facts	
Serving Size 1 Medallion (1oz/29g) (29gr)	
Servings Per Case: 196	
Amount Per Serving	
Calories 70	Calories from Fat 20
% Daily Value*	
Total Fat 2.5gm	4%
Saturated Fat 0.5gm	3%
Trans Fat 0gm	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrates 12gm	4%
Dietary Fiber 1gm	5%
Sugars 0gm	
Protein 2gm	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Nutrients Per Serving			
Calories	269	Saturated Fat	4.69 g
Protein	19.88 g	Cholesterol	34 mg
Carbohydrate	28.35 g	Vitamin A	910 IU
Total Fat	8.70 g	Vitamin C	16.3 mg
		Iron	2.65 mg
		Calcium	304 mg
		Sodium	406 mg
		Dietary Fiber	2.3 g

French Toast Sticks & Eggs

French Toast:

Nutrition Facts

Serving Size 2 sticks (66g) (66gr)
Servings Per Case: 165

Amount Per Serving

Calories 170 Calories from Fat 50

% Daily Value*

Total Fat 6gm **9%**

Saturated Fat 1gm **5%**

Trans Fat 0gm

Cholesterol 0mg **0%**

Sodium 200mg **8%**

Total Carbohydrates 24gm **8%**

Dietary Fiber 2gm **9%**

Sugars 5gm

Protein 4gm

Vitamin A 0% • Vitamin C 8%

Calcium 15% • Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet.
Your Daily Values may be higher or lower depending on your calorie needs

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Egg:

Nutrition Facts

Serving Size: 1 pattie (43g)
Servings Per Case: 200

Amount Per Serving

Calories 60

Calories from Fat 35

% Daily Value*

Total Fat 3 g **6%**

Saturated Fat 1.5 g 6%

Trans Fat 0 g 0%

Cholesterol 175 mg 58%

Sodium 135 mg 6%

Total Carbohydrate 1 g 0%

Dietary Fiber 0 g 0%

Sugars 0 g 0%

Protein 5 g

Vitamin A 6% Calcium 2%

Vitamin C 0% Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs. This is a representation of the nutrition label. The actual nutrition label on the product may vary slightly.

Cheeseburger on Bun

Burger:

Nutrition Facts	
Serving Size 2.01 OZ (56.3gr)	
Servings Per Case: 114	
Amount Per Serving	
Calories 170	Calories from Fat 120
% Daily Value*	
Total Fat 14gm	22%
Saturated Fat 6gm	30%
Trans Fat 0gm	
Polyunsaturated Fat 0.5gr	
Monounsaturated Fat 6gr	
Cholesterol 40mg	13%
Sodium 85mg	4%
Potassium 160me	5%
Total Carbohydrates 0gm	0%
Dietary Fiber 0gm	0%
Sugars 0gm	
Protein 10gm	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 6%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Cheese:

Nutrition Facts	
Serving Size 1 slice (19gr)	
Servings Per Case: 0	
Amount Per Serving	
Calories 70	Calories from Fat 50
% Daily Value*	
Total Fat 6gm	9%
Saturated Fat 4gm	20%
Trans Fat 0gm	
Cholesterol 15mg	5%
Sodium 340mg	14%
Total Carbohydrates 1gm	0%
Dietary Fiber 0gm	0%
Sugars 0gm	
Protein 4gm	
Vitamin A 6%	• Vitamin C 0%
Calcium 10%	• Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Bun:



Nutrition Facts

Serving Size 1 bun (61g)
 Servings Per Container 12
Calories 160
 Calories from Fat 20

Amount Per Serving	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	8%

Amount Per Serving	% Daily Value*
Total Carbohydrate 31g	10%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 7g	

Vitamin A 0% • Vitamin C 0% • Calcium 20%
 Iron 10% • Vitamin D 15% • Thiamin 8%
 Riboflavin 4% • Niacin 4% • Folic Acid 6%

*Percent(%) Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Totally Taco Bites

Nutrition Facts

Serving Size: 3 Triangles (116g)

Servings per Case: 96

Amount per Serving

Calories: 260

Calories from Fat: 70

% Daily Value*

Total Fat: g 8%

Saturated Fat: 2.5 g 13%

Trans Fat: g

Cholesterol: 5 mg 2%

Sodium: mg %

Total Carbohydrates: 32 g 11%

Dietary Fiber: g %

Sugars: g

Protein: g

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may differ depending on your calorie needs.

Chicken Tenders & Dinner Roll

Chicken Tenders: 

Dinner Roll: 

Nutrition Facts

Serving Size: 3 PIECES (95g)

Servings Per Container: About 150

Amount Per Serving

Calories 260

Calories from Fat 130

% Daily Value*

Total Fat 15g 23%

Saturated Fat 2.5g 13%

Trans Fat 0g

Polyunsaturated Fat 7g

Monounsaturated Fat 4.5g

Cholesterol 25mg 8%

Sodium 390mg 16%

Total Carbohydrate 16g 5%

Dietary Fiber 3g 12%

Sugars 1g

Protein 15g 30%

Vitamin A 2%

Vitamin C 0%

Calcium 4%

Iron 10%

* Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Nutrition Facts

Serving Size 1 roll (40g)

Servings Per Container 12

Calories 110

Calories from Fat 10

Amount Per Serving % Daily Value*

Total Fat 1g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Polyunsaturated Fat 0.5g

Monounsaturated Fat 0g

Cholesterol 0mg 0%

Sodium 130mg 5%

Amount Per Serving % Daily Value*

Total Carbohydrate 20g 7%

Dietary Fiber 2g 8%

Sugars 3g

Protein 4g

Vitamin A 0% • Vitamin C 0% • Calcium 10% • Iron 6%
 Vitamin D 10% • Thiamin 4% • Riboflavin 2% • Niacin 2%
 Folic Acid 4%

*Percent(%) Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Soft Shell Taco

Tortilla: 

Beef: 

NUTRITION FACTS	
Serving size: 1.34 ounces (38g)/1 MMA 85/15 raw ground beef	
Amount Per Serving	
Calories	82
Total Fat	6g
Saturated Fat	2g
Trans Fat	1g
Cholesterol	26mg
Sodium	25mg
Total Carbohydrate	0g
Dietary Fiber	0g
Sugars	0g
Protein	7g

Cheese: 

Nutrition Facts	
Serving Size 1/4 cup (28gr)	
Servings Per Case: 80	
Amount Per Serving	
Calories 110	Calories from Fat 80
% Daily Value*	
Total Fat 5.9gm	9%
Saturated Fat 1.2gm	6%
Trans Fat 0gm	
Cholesterol 30mg	10%
Sodium 184mg	8%
Total Carbohydrates 0gm	0%
Dietary Fiber 0gm	0%
Sugars 0gm	
Protein 7gm	
Vitamin A 6%	Vitamin C 0%
Calcium 20%	Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Nutrition Facts

Serving Size (44g)	
Servings Per Container	
Amount Per Serving	
Calories 120	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 6%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4