



WASHINGTON STATE
CORRECTIONAL INDUSTRIES

Nutritional *information*

CI Foods Nutritional Information: The food product information contained within this document is intended to provide you with the nutritional information needed to make well informed dietary decisions, determine specific product ingredients, find cooking instructions, food allergens, storage and preparation times, and case sizes of Correctional Industries' manufactured food products.

SOME USEFUL TIPS FOR UTILIZING THIS GUIDE:

- To help narrow your product search, follow the table of contents to the right and click any of the headings or subheadings to quickly jump to the specific category.
- All products are listed alphabetically by name within each product category.
- Clicking on a product name will link you to more specific product information. These products will be underlined and highlighted in blue when more information is available. Example: [Pumpkin Muffin](#).
- You can return to the table of contents by clicking on the CI logo in the upper left hand corner at any time.
- If you still can't find the product your looking for, utilize Adobe Acrobat's search field in the tool bar to search for any product by it's name or model number. By pressing Ctrl+F, it will highlight the search field if you cannot locate it on your tool bar.

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	Item #	Serving	Weight (g)	Cal. (kcal)	Protein (g)	Fat (g)	SatFat (g)	TransFat (g)	Carb. (g)	Chol. (mg)	Calcium (mg)	Sodium (mg)	Vit. C (mg)	Fiber (g)	Sugar (g)	Pot. (mg)	Phos. (mg)	Iron (mg)	Vit. A (IU)	B6 (mg)	B12 (mcg)	Magn. (mg)	Zinc (mg)
BREADS (INDIVIDUALLY WRAPPED)																							
	Bread Slices (White Whole Grain)	10075	2 slice	69	176	6	2	0	34	1	19	77	3	4	2	174	122	2	47	0	0	50	1
	Crown Dinner Rolls (White Whole Grain)	10068	1 each	51	139	5	1	0	27	1	16	73	3	3	2	100	62	2	27	0	0	23	1
	Hamburger Bun (White Whole Grain)	10070	1 each	51	139	5	1	0	27	1	18	63	4	3	2	147	97	2	39	0	0	40	1
	Hoagie Roll (White Whole Grain)	10073	1 each	74	210	8	2	0	41	2	26	114	5	4	3	208	137	3	57	0	0	56	1
	Hot Dog Bun (White Whole Grain)	10069	1 each	51	139	5	1	0	27	1	18	63	4	3	2	147	97	2	39	0	0	40	1
	Kaiser Roll (White Whole Grain)	10076	1 each	74	210	8	2	0	41	2	26	114	5	4	3	208	137	3	57	0	0	56	1
	Vegan Bread Slices (Wheat)	10008	2 slice	69	175	6	3	1	31	0	34	236	2	3	4	114	81	2	33	0	0	31	1

BREADS (BULK PACKED)																								
	Biscuit	10153	1 each	60	178	3	7	3	0	26	0	85	547	0	1	3	17	203	2	42	0	0	11	0
	French Bread w/Garlic Spread	10183	2 oz	57	184	4	7	3	0	25	0	9	363	8	1	1	47	35	2	403	0	0	8	0
	Hamburger Bun (White Whole Grain)	10310	1 each	51	139	5	1	0	27	1	18	63	4	3	2	147	97	2	39	0	0	40	1	
	Hoagie Roll (White Whole Grain)	10313	1 each	74	210	8	2	0	41	2	26	114	5	4	3	208	137	3	57	0	0	56	1	
	Hot Dog Bun (White Whole Grain)	10309	1 each	51	139	5	1	0	27	1	18	63	4	3	2	147	97	2	39	0	0	40	1	
	Loaf Bread, Thick Sliced (White Whole Grain)	10316	1 slice	41	105	4	1	0	20	1	12	46	2	2	1	104	73	1	28	0	0	30	1	
	Loaf Bread (White Whole Grain)	10315	1 slice	35	88	3	1	0	17	1	10	39	2	2	1	87	61	1	24	0	0	25	1	
	Pan Dinner Roll (White)	10586	1 each	51	151	5	2	1	0	28	0	37	188	2	1	4	66	62	2	26	0	0	9	0
	Pan Dinner Rolls (White Whole Grain)	10311	1 each	51	139	5	1	0	27	1	16	72	3	3	2	98	62	2	27	0	0	23	1	

MUFFINS (INDIVIDUALLY WRAPPED)																								
	Apple Cinnamon Muffin	10457	1 each	57	216	2	11	2	0	28	40	18	226	0	0	16	33	20	1	48	0	0	3	0
	Butter Brickle Muffin	10450	1 each	57	247	3	13	3	0	30	45	22	251	0	0	18	34	22	1	55	0	0	4	0
	Carrot Cake Muffin	10451	1 each	57	209	2	11	2	0	25	41	22	217	1	1	14	55	22	1	1185	0	0	5	0
	Chocolate Chip Muffin	10458	1 each	57	247	3	14	4	0	29	42	20	207	0	1	18	56	31	1	51	0	0	13	0
	Corn Muffin	10453	1 each	62	258	3	14	3	0	29	54	22	295	0	1	15	53	114	1	102	0	1	1	0
	Honey Bran Muffin	10455	1 each	57	170	4	6	1	0	29	8	33	396	0	4	13	138	214	1	0	0	0	0	1
	Pumpkin Muffin	10452	1 each	57	221	3	12	2	0	26	44	20	225	0	1	15	26	20	1	771	0	0	4	0

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	Item #	Serving	Weight (g)	Cal. (kcal)	Protein (g)	Fat (g)	SatFat (g)	TransFat (g)	Carb. (g)	Chol. (mg)	Calcium (mg)	Sodium (mg)	Vit. C (mg)	Fiber (g)	Sugar (g)	Pot. (mg)	Phos. (mg)	Iron (mg)	Vit. A (IU)	B6 (mg)	B12 (mcg)	Magn. (mg)	Zinc (mg)
COOKIES																							
Chocolate Chip Cookie (Single)	10392	1 each	28	133	1	6	3	0	19	10	4	61	0	0	10	15	9	1	154	0	0	4	0
Chocolate Chip Cookies (2-pack)	10132	2 each	57	266	3	12	7	0	38	20	8	121	0	1	20	30	18	1	308	0	0	8	0
Ginger Snap Cookie (Single)	10399	1 each	28	126	1	5	3	0	20	6	20	129	0	0	12	64	6	1	39	0	0	1	0
Ginger Snap Cookies (2-pack)	10120	2 each	57	251	2	10	6	0	40	12	39	259	0	1	24	129	12	2	78	0	0	2	0
Krackle Sugar Cookie (Single)	10396	1 each	28	126	1	5	3	0	20	7	11	116	0	0	10	13	9	1	20	0	0	1	0
Krackle Sugar Cookies (2-pack)	10390	2 each	57	252	3	10	6	0	39	14	22	232	0	1	19	27	18	1	40	0	0	2	0
Lemon Sugar Cookie (Single)	10397	1 each	28	143	1	7	5	0	18	7	3	110	0	0	9	8	8	1	20	0	0	1	0
Lemon Sugar Cookies (2-pack)	10360	2 each	57	286	3	15	10	0	36	13	6	220	0	1	18	16	17	1	39	0	0	3	0
Oatmeal Cookie (Single)	10393	1 each	28	104	1	3	2	0	18	5	9	114	0	0	10	9	8	1	16	0	0	1	0
Oatmeal Cookies (2-pack)	10173	2 each	57	219	2	7	4	0	38	11	18	240	0	1	21	20	17	1	34	0	0	1	0
Orange Krackle Cookies (2-pack)	10391	2 each	57	249	3	9	6	0	39	13	23	230	1	1	20	28	18	1	43	0	0	2	0
Sugar Cookie (Single)	10395	1 each	28	143	1	8	5	0	18	7	3	111	0	0	9	8	8	1	20	0	0	1	0

DESSERTS (INDIVIDUALLY WRAPPED)																							
Apple Crisp	10033	1 serv	142	369	3	16	9	0	54	5	27	285	1	2	23	98	24	2	431	0	0	8	0
Chocolate Brownie	10025	1 each	57	209	2	6	1	0	37	0	0	141	0	1	25	12	15	6	0	0	0	8	0
Chocolate Cupcake	10241	1 each	48	206	3	12	2	0	23	42	22	205	0	1	13	62	59	1	50	0	0	1	0
Iced Chocolate Cake	10024	1piece	71	263	3	10	3	2	40	31	30	313	0	1	29	39	44	5	73	0	1	6	0
Iced Marble Cake	10019	1piece	71	270	3	11	3	2	42	32	30	295	0	1	30	41	58	3	75	0	0	5	0
Iced Yellow Cake	10134	1piece	71	272	2	11	3	2	42	31	30	271	0	0	30	42	71	1	75	0	0	3	0
Yellow Cupcake	10240	1 each	48	202	2	11	2	0	23	43	17	202	0	0	13	24	20	1	52	0	0	3	0

PASTRIES (INDIVIDUALLY WRAPPED)																							
Apple Coffee Cake	10595	1 each	79	280	4	10	4	0	45	10	18	235	3	1	21	59	14	2	3194	0	0	2	0
Assorted Butterhorns	10010	1 each	85	303	5	13	6	0	42	18	28	296	4	1	11	55	9	2	5498	0	0	2	0
Blueberry-Apple Coffee Cake	10593	1 each	79	285	4	10	4	0	46	10	18	204	3	1	21	47	13	2	3194	0	0	2	0
Cherry Coffee Cake	10594	1 each	79	278	4	10	4	0	45	10	18	198	3	1	19	46	11	2	3244	0	0	2	0
Cinnamon Roll	10011	1 each	85	348	5	15	7	0	49	16	42	294	3	2	22	80	10	2	5085	0	0	5	0
Cinnamon Roll w/Raisins	10543	1 each	85	378	5	16	7	0	55	17	47	307	4	2	26	138	18	2	5288	0	0	7	0
Lemon Coffee Cake	10592	1 each	79	280	4	10	4	0	44	10	18	200	3	1	19	42	11	2	3194	0	0	2	0

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BREAKFAST MUFFINS																							
Breakfast Biscuit w/Sausage, Egg & Cheese	10043	1 each	207	477	24	20	10	0	48	231	297	1730	0	2	6	71	435	4	816	0	0	19	0
Breakfast Muffin w/Egg	10554	1 each	162	320	20	8	3	0	41	208	151	862	3	1	4	223	231	3	758	0	0	9	1
Egg & Cheese Muffin	10556	1 each	128	278	15	6	3	0	39	183	145	633	2	1	4	86	76	3	730	0	0	1	0
English Muffin	10553	1 each																					

FROZEN BREAKFAST KITS																							
Breakfast Butterhorn	10995	1 pack	251	565	15	14	6	0	93	23	988	617	73	5	38	661	166	13	6004	1	4	45	4
Breakfast Coffee Cake	10997	1 pack	302	546	15	10	4	0	101	15	878	533	124	7	53	697	173	20	4382	2	8	48	15
Breakfast Muffin	10996	1 pack	385	601	32	10	3	0	96	213	1112	1185	72	6	34	880	398	13	1669	1	4	57	5
Breakfast PB&J Biscuit	10998	1 pack	343	718	24	25	6	0	105	5	1056	891	63	7	49	607	317	11	1447	0	2	50	0

FROZEN TRAY BREAKFASTS																							
Breakfast Tray w/Cookie	11991	1 tray	331	1159	33	37	8	0	171	48	936	1012	66	15	71	622	153	12	703	0	3	63	4

FROZEN BREAKFAST MEALS																							
Cheesy Egg Omelet	11730	1 tray	298	313	14	12	5	0	36	358	156	475	15	3	15	387	142	2	988	0	0	17	0
Country Gravy & Biscuit (S/R)	11740	1 tray	400	548	21	21	10	0	69	45	268	750	2	3	28	511	448	4	316	0	2	44	4
Old Fashioned French Toast (S)	11737	1 tray	340	547	17	16	8	0	86	186	177	439	17	6	25	594	305	6	533	0	1	46	2
Pancakes & Eggs	11734	1 tray	347	420	18	13	1	0	71	352	155	1487	2	5	14	440	651	4	470	0	2	33	2
Pancakes & Sausage	11731	1 tray	278	342	18	7	2	0	63	56	100	1590	2	3	20	209	470	4	402	0	1	31	1
Pancakes & Turkey Ham	11741	1 tray	284	336	17	7	2	0	63	43	76	1547	3	3	20	465	762	3	341	0	2	48	3
Ranchero Breakfast Burrito (S/R)	11735	1 tray	397	348	14	8	0	0	57	227	127	516	16	5	13	494	233	4	376	0	1	27	1
Sausage Egg & Cheese	11733	1 tray	306	294	21	9	4	0	32	232	209	779	1	2	10	215	136	2	765	0	0	11	0
Scrambled Eggs w/Ham	11736	1 tray	335	462	19	13	2	0	81	262	127	1713	3	3	41	425	675	4	491	0	1	38	2

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FROZEN TRAY LUNCHES																							
Diced Chicken	10950	1 tray	224	676	25	27	5	0	80	99	307	655	63	6	19	355	298	4	99	0	2	81	1
Diced Turkey	10949	1 tray	219	640	23	18	7	0	94	46	336	889	65	6	26	579	136	5	447	0	2	48	1
Peanut Butter & Jelly Sandwich	11956	1 tray	347	1225	33	47	9	0	176	2	309	664	67	15	66	421	299	12	95	0	2	123	2
Roast Beef Sandwich	11961	1 tray	255	799	31	28	14	0	98	86	439	1351	63	6	24	389	333	5	387	0	4	63	4
Turkey Bologna Sandwich	11951	1 tray	255	796	22	33	13	0	100	91	478	1578	65	7	25	274	235	6	656	0	2	58	1
Turkey Ham Sandwich	11952	1 tray	255	778	24	35	15	0	92	70	395	1342	65	6	22	526	547	4	387	0	3	85	3
Turkey Salami Sandwich	11953	1 tray	255	768	25	32	11	0	94	82	407	1464	64	7	26	293	253	5	379	0	2	67	1

FROZEN DOUBLE TRAY LUNCHES																							
Roast Beef w/PB&J Sandwich	11831	1 tray	384	1174	45	42	12	0	153	85	440	1470	67	12	45	576	475	8	427	1	4	128	5
Turkey w/PB&J Sandwich	11832	1 tray	384	1085	38	40	9	0	145	43	389	1561	67	13	43	461	374	12	395	0	2	123	2
Turkey Bologna w/PB&J Sandwich	11821	1 tray	315	1076	30	54	17	0	121	91	428	1623	65	9	43	304	255	6	656	0	2	74	2
Turkey Ham w/PB&J Sandwich	11822	1 tray	384	1083	38	38	11	0	147	68	466	1636	68	12	37	693	648	8	427	0	3	117	5
Turkey Salami w/PB&J Sandwich	11823	1 tray	384	1205	39	50	12	0	154	72	439	1570	67	12	49	441	374	12	395	0	2	123	2
Vegetarian w/PB&J Sandwich	11825	1 tray	369	1195	37	45	14	0	162	52	659	1800	67	12	52	511	504	12	995	0	2	107	2

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FROZEN DINNER MEALS																								
	Asian Fried Rice (S/R)	11790	1 tray	425	391	22	9	2	0	55	100	66	425	35	5	20	500	240	4	2401	0	0	48	1
	BBQ Chicken (S)	11721	1 tray	354	528	25	22	6	0	61	63	18	783	16	6	11	896	365	2	309	0	0	54	1
	Beef & Bean Enchilada (S)	11732	1 tray	420	519	23	15	5	0	76	34	219	547	26	8	6	801	351	8	641	1	1	81	4
	Beef Hash (S/R)	11710	1 tray	425	351	20	2	1	0	61	43	18	304	29	5	16	698	225	2	574	0	1	33	2
	Beef Meat Loaf	11754	1 tray	354	437	23	21	7	0	38	75	161	564	42	5	9	806	330	4	1474	1	2	76	5
	Beef Patty w/Gravy (S)	11768	1 tray	383	390	23	12	4	0	46	75	130	583	5	3	18	681	310	3	277	1	2	58	5
	Braised Beef Strips (S)	11713	1 tray	482	460	32	11	4	0	61	54	183	349	36	5	38	1258	342	6	6363	1	2	136	7
	Cheesy Crab Bake (S/R)	11794	1 tray	339	401	19	15	6	0	48	10	339	794	17	5	8	451	367	2	1720	0	1	61	2
	Chicken Curry (S/R)	11724	1 tray	445	432	25	13	6	0	55	58	160	213	28	8	9	567	301	4	1151	0	0	49	1
	Chicken Enchilada (S)	11723	1 tray	448	521	31	13	5	0	72	54	310	806	31	7	7	713	419	7	932	0	0	75	2
	Chicken Marinara	11780	1 tray	376	330	24	11	3	0	36	63	226	660	23	5	10	787	228	3	2410	0	0	60	2
	Chicken Pasta Bake (S/R)	11775	1 tray	323	483	29	22	8	0	40	56	332	494	4	4	7	492	374	2	5794	0	0	52	2
	Chicken Patty w/Rice (S/R)	11757	1 tray	447	583	25	14	3	0	90	34	66	587	12	9	38	442	294	5	1545	0	0	45	1
	Chicken w/Seasoned Pasta (S/R)	11783	1 tray	403	347	23	11	2	0	40	60	62	574	60	6	5	375	105	3	381	0	0	44	2
	Chili Dog (S/R)	11755	1 tray	356	426	21	17	5	0	49	88	222	798	22	7	14	622	276	5	716	0	0	60	4
	Chili Macaroni (S)	11784	1 tray	473	458	19	16	4	0	60	74	128	624	18	7	17	815	241	5	1046	0	0	68	4
	Corn Dog & Chili	11717	1 tray	404	663	24	34	5	0	69	91	147	1266	19	10	15	975	370	6	2469	0	0	66	3
	Country Fried Steak	11772	1 tray	346	424	17	18	5	0	48	55	125	779	13	6	7	666	249	3	5670	1	1	37	2
	Creamy Chicken Casserole (S/R)	11776	1 tray	403	446	26	17	6	0	46	58	135	355	28	5	18	506	286	2	937	0	0	48	1
	Fettuccine Pasta w/Swedish Meatballs (S/R)	11782	1 tray	461	550	25	22	8	0	64	48	128	609	11	7	20	713	287	4	1547	0	1	50	3
	Fish & Chips	11777	1 tray	276	339	20	11	2	0	40	46	50	407	17	4	4	885	361	3	1454	1	1	82	1
	Hearty Beef Stew (S/R)	11789	1 tray	411	389	28	3	1	0	55	71	51	515	12	4	7	530	258	4	2905	0	2	42	4
	Hot Chicken Tenders	11744	1 tray	388	503	26	15	3	0	66	51	114	1148	18	5	15	610	73	5	912	0	0	46	2
	Hot Roast Beef Sandwich	11762	1 tray	408	400	29	6	1	0	48	78	61	1045	18	6	10	765	298	4	5701	1	2	66	5
	Hot Roast Turkey Sandwich	11763	1 tray	422	356	27	7	1	0	48	39	110	982	15	5	8	484	187	3	376	0	0	67	1
	Italian Lasagna (S)	11756	1 tray	425	401	17	12	6	0	61	54	337	322	30	8	40	878	311	4	5135	0	1	72	2
	Macaroni & Cheese (S/R)	11704	1 tray	417	463	18	16	7	0	65	7	354	291	11	6	8	468	317	3	435	0	0	57	3
	Mardi Gras Rice (S)	11779	1 tray	454	537	29	18	5	0	68	105	168	161	11	11	5	930	395	6	405	1	0	87	5
	Ranchero Chicken Patty	11758	1 tray	405	511	27	19	6	0	60	40	278	672	27	6	4	435	377	5	404	0	0	38	2
	Ranchero Chicken Tenders	11764	1 tray	434	567	33	21	6	0	63	56	277	1047	25	5	4	695	235	4	375	0	0	58	3
	Rice w/Sweet & Sour Beef Meatballs (S/R)	11792	1 tray	482	495	17	12	4	0	83	33	91	270	22	7	37	585	231	5	2354	0	1	49	3
	Roast Turkey	11707	1 tray	333	271	25	6	1	0	33	39	86	732	11	4	7	407	145	2	1355	0	0	40	1

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	Item #	Serving	Weight (g)	Cal. (kcal)	Protein (g)	Fat (g)	SatFat (g)	TransFat (g)	Carb. (g)	Chol. (mg)	Calcium (mg)	Sodium (mg)	Vit. C (mg)	Fiber (g)	Sugar (g)	Pot. (mg)	Phos. (mg)	Iron (mg)	Vit. A (IU)	B6 (mg)	B12 (mcg)	Magn. (mg)	Zinc (mg)
FROZEN DINNER MEALS - CONTINUED																							
Sausage & Kraut	11771	1 tray	431	475	23	25	9	0	40	98	155	1493	30	8	6	800	143	3	437	0	0	22	1
Seafood Marinara (S)	11791	1 tray	459	350	12	6	1	0	65	2	73	606	41	7	17	663	212	4	1353	0	0	66	1
Sloppy Joe	11787	1 tray	369	548	19	26	7	0	58	68	90	1294	26	8	16	810	338	3	302	0	0	54	3
Soft Chicken Taco (S)	11770	1 tray	306	604	36	22	7	0	67	81	118	694	13	6	4	633	449	5	442	0	0	60	1
Spaghetti w/Beef Meatballs (S)	11773	1 tray	470	497	21	16	5	0	70	34	100	438	21	9	20	850	267	7	729	0	1	77	3
Texas Chili (S/R)	11729	1 tray	360	393	18	10	3	0	59	41	203	202	42	7	12	505	274	5	1015	0	0	50	3
Traditional Roast Beef	11743	1 tray	403	393	35	8	2	0	35	104	107	1088	6	3	12	726	330	3	5672	1	3	58	6
Tuna Casserole (S/R)	11726	1 tray	439	407	28	8	3	0	56	33	111	451	20	7	21	413	190	4	643	0	0	50	1
Turkey ala King (S/R)	11742	1 tray	489	364	19	4	0	0	65	20	84	522	23	6	6	723	138	4	1559	0	0	33	1
Vegetable Chow Mein (R)	11793	1 tray	397	336	6	3	1	1	72	0	53	569	27	5	36	332	114	3	1419	0	0	50	2

FROZEN 7-DAY DINNER MEAL PACKS																							
7-Day Meal Pack #1	10970	1 tray	598	826	33	19	6	0	132	81	751	821	54	10	56	1174	330	7	1829	0	0	80	2
7-Day Meal Pack #2	10971	1 tray	588	815	37	20	8	0	122	67	800	772	58	9	53	1200	363	7	1816	0	1	79	3
7-Day Meal Pack #3	10972	1 tray	599	799	35	20	8	0	117	120	808	868	55	8	49	1127	347	6	1871	0	1	75	3
7-Day Meal Pack #4	10973	1 tray	540	759	34	18	7	0	113	56	797	659	40	8	44	1245	342	5	2768	0	1	83	3
7-Day Meal Pack #5 (Vegetarian)	10974	1 tray	534	734	26	17	6	0	120	109	831	711	47	9	54	1124	298	7	1513	0	0	76	3
7-Day Meal Pack #6 (Renal)	10975	1 tray	586	757	31	19	7	0	113	72	393	664	104	9	40	698	317	7	2095	0	3	72	4

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	Item #	Serving	Weight (g)	Cal. (kcal)	Protein (g)	Fat (g)	SatFat (g)	TransFat (g)	Carb. (g)	Chol. (mg)	Calcium (mg)	Sodium (mg)	Vit. C (mg)	Fiber (g)	Sugar (g)	Pot. (mg)	Phos. (mg)	Iron (mg)	Vit. A (IU)	B6 (mg)	B12 (mcg)	Magn. (mg)	Zinc (mg)
RAW FROZEN BEEF																							
Beef Stew Meat	0135-A	4 oz	113	218	23	13	5	--	0	66	23	64	0	0	0	371	226	2	0	1	2	25	4
Bottom Round Beef Strips	0170-E	4 oz	113	186	37	3	1	0	0	79	6	74	0	0	0	389	250	3	--	0	3	31	8
Ground Beef Patties w/TVP	1137-4A	4 oz	113	271	19	21	8	0	1	73	29	70	0	0	0	354	192	2	0	0	2	28	5
Lean Ground Beef	0137	4 oz	113	288	19	23	9	0	0	81	20	76	0	0	0	306	179	2	0	0	2	19	5
Lean Ground Beef Patties	1137-4	4 oz	113	288	19	23	9	0	0	81	20	76	0	0	0	306	179	2	0	0	2	19	5
Lean Ground Beef w/TVP	0137-A	4 oz	113	269	19	20	8	0	1	72	30	69	0	0	1	359	193	2	0	0	2	29	5
Top Round Beef	0168	4 oz	113	186	37	3	1	0	0	79	6	74	0	0	0	389	250	3	--	0	3	31	8

RAW FROZEN PORK																							
Boneless Country Style Pork Butt	0406-CS	4 oz	113	176	22	9	3	--	0	77	25	79	1	0	0	388	213	1	8	0	1	24	4
Boneless Fresh Ham	0402-B	4 oz	113	278	20	21	7	--	0	83	6	53	1	0	0	357	226	1	8	0	1	23	2
Boneless Pork Loin	0413	4 oz	113	164	22	8	3	--	1	56	5	406	1	--	0	352	--	1	0	--	--	24	2
Boneless Pork Loin Chops	1413-4	4 oz	113	271	28	17	6	0	0	95	20	90	1	0	0	366	222	1	7	0	1	26	4
Diced Pork	1495	4 oz	113	359	27	27	10	--	0	107	22	79	0	0	0	369	259	1	9	0	1	19	4
Unseasoned Ground Pork	1496	4 oz	113	298	19	24	9	--	0	82	16	64	1	0	0	325	198	1	8	0	1	22	2

RAW FROZEN POULTRY																							
Boneless Chicken Leg/Thigh	0901-E	4 oz	113	135	22	4	1	0	0	94	11	98	0	0	0	262	191	1	74	0	0	27	2
Boneless Whole Roast Turkey	15329	4 oz	113	126	28	1	0	0	0	51	11	56	0	0	0	332	234	1	0	1	1	32	1
Ground Turkey	15328	4 oz	113	223	17	17	5	0	0	111	101	86	0	0	0	264	177	1	0	0	0	22	3

DAIRY																							
Margarine Pats	10615	1 each	5	36	0	4	1	1	0	0	0	44	0	0	0	1	0	0	10	0	0	0	0
Scrambled Egg Blend	15276	4 oz	113	133	11	9	--	--	4	345	73	340	0	0	2	172	175	2	376	0	1	--	1
Whole Frozen Eggs	10340	1 oz	28	42	3	3	1	0	0	122	17	38	0	0	--	37	57	1	149	0	0	3	0

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	Item #	Serving	Weight (g)	Cal. (kcal)	Protein (g)	Fat (g)	SatFat (g)	TransFat (g)	Carb. (g)	Chol. (mg)	Calcium (mg)	Sodium (mg)	Vit. C (mg)	Fiber (g)	Sugar (g)	Pot. (mg)	Phos. (mg)	Iron (mg)	Vit. A (IU)	B6 (mg)	B12 (mcg)	Magn. (mg)	Zinc (mg)
FROZEN POTATOES																							
	10332	4.5 oz	128	165	3	5	1	--	27	0	16	23	14	3	2	495	111	1	0	0	0	24	0
	10330	10 ea	92	184	2	11	3	--	21	0	0	368	5	2	0	240	105	0	--	0	0	10	0
	10331	1 each	57	122	1	4	1	--	14	--	--	163	1	1	1	210	--	0	--	--	--	--	--

FROZEN VEGETABLES																							
	10355	3 oz	91	55	3	0	0	0	12	0	23	44	9	3	3	176	50	1	1560	0	0	18	0
	10364	3 oz	91	25	3	0	0	0	5	0	30	10	36	3	1	129	44	1	917	0	0	12	0
	10356	4 oz	113	26	3	0	0	0	4	0	112	90	32	2	1	633	56	3	6804	0	0	90	1
	10350	3 oz	85	75	3	1	0	0	18	--	3	3	5	2	2	179	59	0	169	0	0	15	0
	10353	3 oz	91	33	1	0	0	0	7	0	33	62	2	2	4	213	30	0	5670	0	0	11	0
	10366	3 oz	85	26	0	0	0	--	4	--	0	5	37	0	3	--	--	0	410	0	--	--	--
	10351	3 oz	77	25	1	0	0	0	6	0	32	2	10	2	2	142	24	1	351	0	0	17	0
	10354	3 oz	99	76	5	0	0	0	14	0	22	111	18	4	5	148	79	2	298	0	0	25	1

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PRE-COOKED ENTREES																							
Beef Meatballs	10654	1 each	14	32	3	2	1	0	1	7	7	43	0	0	0	47	28	0	22	0	0	3	0
Beef Patty	10630	1 each	99	251	18	18	7	0	6	40	60	341	--	3	1	--	--	3	--	--	--	--	--
Beef Salisbury Steak	10013	1 each	91	198	14	12	4	1	8	119	56	339	2	1	2	316	168	2	84	0	2	27	4
Breaded Chicken Patty	15169	3.5 oz	99	266	17	15	4	0	15	40	24	365	2	2	0	--	165	2	34	0	--	0	--
Cheese Pizza	10208	1 each	172	409	21	13	7	0	53	7	386	749	6	3	3	347	337	4	300	0	1	38	2
Cheese Pizza (Bulk)	10206	1 each	172	409	21	13	7	0	53	7	386	749	6	3	3	347	337	4	300	0	1	38	2
Chicken Corn Dog	10614	1 each	113	272	11	15	--	0	23	53	60	741	0	2	2	170	108	3	0	0	0	11	1
Country Fried Beef & Chicken Patty	15165	1 each	113	260	14	14	4	0	19	55	80	470	1	2	1	122	144	2	0	0	1	9	1
Diced Chicken	15400	5 oz	142	270	37	12	3	0	0	127	0	127	0	0	0	287	289	1	0	--	--	30	--
Fish Haddock Patty	15177	1 each	113	182	16	7	1	0	12	46	20	354	0	0	0	404	244	1	101	0	1	51	0
French Toast Sticks	15647	1 each	28	117	3	3	0	--	19	11	6	186	0	1	3	35	34	1	--	0	0	9	0
Glazed Chicken Breast	15820	3 oz	85	100	15	4	1	0	2	60	0	300	1	0	1	--	--	1	0	0	0	--	1
Meat Pizza	10207	1 each	177	403	21	12	6	0	54	9	309	919	6	3	3	333	273	5	274	0	1	35	2
Meat Pizza (Bulk)	10205	1 each	177	403	21	12	6	0	54	9	309	919	6	3	3	333	273	5	274	0	1	35	2
Rice Cup	13150	1 each	113	133	2	1	0	0	28	0	9	5	0	1	0	10	42	2	0	0	0	6	1
Roast Beef Bottom Rounds	15325	4 oz	113	160	22	6	2	--	2	50	4	980	--	--	--	533	308	2	--	--	--	35	--
Smoked Chicken Link Sausage	15023	1 serv	91	250	17	19	6	0	3	95	20	475	1	1	1	223	--	1	200	--	--	--	--
Turkey Hot Dog	15435	1 each	45	102	6	8	3	--	1	48	67	642	0	0	0	81	60	1	0	0	0	6	1

BURRITOS & WRAPS																							
Apple Pie Burrito	13160	1 each	163	268	6	5	2	0	52	0	129	459	94	4	21	188	15	4	44	0	0	8	0
Bean & Cheese Super Burrito	13180	1 each	163	294	13	7	3	0	44	6	167	873	4	7	2	392	172	7	406	0	0	15	0
Beef & Chicken Super Burrito	13183	1 each	163	321	14	10	3	0	43	23	103	792	5	6	3	418	154	8	395	0	1	19	2
Beef Turkey & Cheese Pizza Wrap	13193	1 each	163	299	15	12	5	0	34	20	206	421	20	3	3	327	180	7	194	0	1	31	2
Cured Turkey & Pineapple Wrap	13195	1 each	163	323	16	13	6	0	35	20	282	754	5	2	4	283	248	6	186	0	1	24	2
Zesty Egg Wrap	13190	1 each	163	257	11	10	2	0	32	220	92	582	4	2	3	195	120	7	324	0	1	4	1

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SOUPS, SAUCES & GRAVY																							
Barbecue Sauce	10112	4 oz	113	101	1	0	0	0	23	0	24	332	5	1	16	386	26	1	224	0	0	15	0
Beef Stew	10124	5 oz	142	136	15	1	0	0	11	45	14	296	3	1	2	231	110	1	970	0	1	14	2
Cream Gravy	10505	4 oz	113	133	4	7	5	0	13	2	124	153	1	1	5	180	99	0	2	0	0	13	0
Gravy w/Chicken for Casserole	10108	8 oz	227	209	23	7	2	0	11	75	48	433	5	1	2	282	208	1	101	0	0	26	0
Meatless Spaghetti Sauce	10058	4 oz	113	47	2	1	0	0	10	0	28	255	11	2	2	458	41	2	333	0	0	23	0
Ranchero Sauce	10074	4 oz	113	47	1	1	0	0	10	0	23	175	8	1	1	240	23	1	176	0	0	14	0
Shredded Chicken in BBQ Sauce	10021	5 oz	142	199	20	6	2	0	14	64	15	270	3	1	10	384	161	1	139	0	0	25	0
Southwest Salsa	13350	4 oz	113	52	2	1	0	0	10	0	23	162	7	2	1	217	26	3	164	0	0	13	0
Tomato Sauce w/Ground Turkey	10057	4 oz	113	99	6	5	1	0	9	29	46	267	10	2	1	476	82	2	283	0	0	25	1
Turkey Ala King	10045	4 oz	113	87	10	2	0	0	8	13	33	317	3	0	1	306	28	1	113	0	0	5	0
Turkey Chili Mac Base	10052	5 oz	142	145	10	9	3	0	7	56	67	462	5	2	1	393	112	2	521	0	0	23	2
Turkey Chili Con Carne w/Beans	10051	5 oz	142	201	12	8	2	0	21	48	73	125	4	5	13	461	149	2	424	0	0	37	2

DELI MEATS																							
Sliced Cured Turkey	RTE-003	2 oz	57	61	9	3	1	0	0	35	0	395	1	0	0	256	293	0	0	0	1	16	2
Sliced Cured Turkey (Bulk)	RTE-003B	2 oz	57	61	9	3	1	0	0	35	0	395	1	0	0	256	293	0	0	0	1	16	2
Sliced Roast Beef	RTE-007	2 oz	57	101	16	2	1	--	1	52	3	314	0	0	1	129	99	1	0	0	2	11	2
Sliced Turkey Bologna	RTE-002	2 oz	57	120	7	10	3	0	1	50	40	640	1	0	0	--	--	1	0	--	--	--	--
Sliced Turkey Bologna (Bulk)	RTE-002B	2 oz	57	120	7	10	3	0	1	50	40	640	1	0	0	--	--	1	0	--	--	--	--
Sliced Turkey Breast	RTE-009	2 oz	57	41	9	1	0	0	1	20	0	486	0	0	0	--	--	0	0	--	--	--	--
Sliced Turkey Breast (Bulk)	RTE-009B	2 oz	57	41	9	1	0	0	1	20	0	486	0	0	0	--	--	0	0	--	--	--	--
Sliced Turkey Salami	RTE-001	2 oz	57	130	10	10	3	--	1	50	20	500	--	--	--	--	--	1	--	--	--	--	--
Sliced Turkey Salami (Bulk)	RTE-001B	2 oz	57	130	10	10	3	--	1	50	20	500	--	--	--	--	--	1	--	--	--	--	--

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	Item #	Serving	Weight (g)	Cal. (kcal)	Protein (g)	Fat (g)	SatFat (g)	TransFat (g)	Carb. (g)	Chol. (mg)	Calcium (mg)	Sodium (mg)	Vit. C (mg)	Fiber (g)	Sugar (g)	Pot. (mg)	Phos. (mg)	Iron (mg)	Vit. A (IU)	B6 (mg)	B12 (mcg)	Magn. (mg)	Zinc (mg)
VEGETARIAN FROZEN DINNERS																							
Bean & Cheese Burrito (S/R)	11788	1 tray	326	461	21	8	3	0	81	6	268	466	15	10	11	594	365	5	354	0	0	68	2
Macaroni & Cheese (S/R)	11704	1 tray	417	463	18	16	7	0	65	7	354	291	11	6	8	468	317	3	435	0	0	57	3
Vegetarian Chili (R)	11752	1 tray	367	319	14	2	1	0	62	1	136	297	26	9	14	532	228	5	705	0	0	62	3
Vegetarian Lasagna (S/R)	11751	1 tray	425	362	15	9	4	0	59	37	296	333	31	8	40	844	296	4	5309	0	1	75	3
Vegetarian Spaghetti Marinara (S)	11753	1 tray	467	372	14	6	1	0	68	0	112	338	27	9	21	1035	245	7	756	0	1	96	4
Vegetarian Variety	11761	1 tray	383	382	16	9	3	0	62	68	220	366	21	7	18	643	265	4	1424	0	0	63	2
VEGETARIAN PRODUCTS																							
TVP Vegetable Protein	15055	100 g	100	270	33	1	0	0	32	0	300	15	0	6	14	2200	850	12	0	1	5	300	25

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HALAL SLICED DELI MEATS																							
Halal Beef Bologna	RTE-35	4 oz	113	285	20	20	8	1	5	52	41	976	50	0	3	306	--	2	23	1	1	20	3
Halal Beef Salami	RTE-36	4 oz	113	322	23	24	10	1	2	62	31	1780	0	0	1	356	214	2	1	--	1	25	8
Halal Turkey Breast	RTE-37	4 oz	113	102	18	0	0	0	6	45	23	953	0	0	1	--	--	1	0	--	--	--	--

HALAL BEEF PRODUCTS																							
Halal Lean Beef Patties	1137-4H	4 oz	113	288	19	23	9	0	0	81	20	76	0	0	0	306	179	2	0	0	2	19	5

HALAL POULTRY PRODUCTS																							
Halal Chicken Breast Patty	15167	4 oz	113	307	19	19	5	0	16	53	27	574	2	1	0	173	--	1	0	--	0	--	--
Halal Chicken Franks	15441	2 oz	68	140	8	9	3	--	4	60	80	560	0	0	4	107	100	1	200	--	--	14	1

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KOSHER SHELF STABLE MEALS																							
Cheese Ravioli	10663	1 each	340	510	12	24	2	0	64	0	40	290	4	2	18	--	--	3	200	--	--	--	--
Chicken Primavera w/Pasta	10661	1 each	340	200	19	2	0	--	26	35	40	630	6	3	2	--	--	2	4498	--	--	--	--
Hungarian Style Beef Goulash	10667	1 each	340	300	39	9	3	0	24	40	100	660	12	10	0	--	--	5	5497	--	--	--	--
Salisbury Steak (Vegetarian)	10665	1 each	340	380	34	10	1	--	50	0	200	260	30	14	8	--	--	7	0	--	--	--	--
Salmon Filet	10656	1 each	340	430	33	16	5	0	35	70	100	290	18	6	6	--	--	3	10000	--	--	--	--
Spaghetti & Meatballs	10660	1 each	340	380	23	14	5	0	44	55	40	550	4	3	16	--	--	3	200	--	--	--	--
Stuffed Shells (Vegetarian)	10666	1 each	340	310	13	4	1	--	61	0	100	450	21	9	10	--	--	5	6496	--	--	--	--
Turkey & Mashed Potatoes	10662	1 each	340	320	22	8	2	--	40	45	40	450	42	4	5	--	--	3	--	--	--	--	--
Vegetarian Stuffed Cabbage	10664	1 each	340	280	22	5	1	--	40	0	150	320	42	5	12	--	--	4	400	--	--	--	--

KOSHER SLICED LUNCH MEATS																							
Beef Bologna	10671	4 oz	113	250	11	19	7	--	11	75	60	340	0	7	1	--	--	1	100	--	--	--	--
Beef Salami	10672	4 oz	113	250	11	19	7	--	11	75	60	340	0	7	1	--	--	1	100	--	--	--	--
Turkey Roll	10673	4 oz	113	170	14	8	2	--	11	45	20	580	0	1	1	--	--	1	0	--	--	--	--

KOSHER HOT & COLD CEREAL																							
Bran Flakes	10638	1 bowl	30	118	3	1	--	--	26	0	0	214	16	5	5	--	161	9	1339	--	--	64	--
Oatmeal Packet	10674	1 pack	28	100	4	2	0	0	19	0	100	90	0	3	0	105	100	8	1000	0	--	32	--
Toasty O's	10634	1 bowl	20	70	2	2	0	0	14	0	80	90	4	2	1	60	80	5	300	0	1	24	2

(S) Suitable for Senior meal plans. (R) Suitable for Renal meal plans. (S/R) Suitable for Senior and Renal meal plans.

	Item #	Serving	Weight (g)	Cal. (kcal)	Protein (g)	Fat (g)	SatFat (g)	TransFat (g)	Carb. (g)	Chol. (mg)	Calcium (mg)	Sodium (mg)	Vit. C (mg)	Fiber (g)	Sugar (g)	Pot. (mg)	Phos. (mg)	Iron (mg)	Vit. A (IU)	B6 (mg)	B12 (mcg)	Magn. (mg)	Zinc (mg)
DRINK MIXES																							
Calcium Enriched Fruit Punch Drink Mix	15853	1 pack	3	5	0	0	0	0	0	0	250	0	60	0	0	0	--	0	0	--	2	--	--
Calcium Enriched Lemon Drink Mix	15852	1 pack	3	5	0	0	0	--	0	0	250	0	60	0	0	0	--	0	0	--	2	--	--
Calcium Enriched Orange Drink Mix	15851	1 pack	3	5	0	0	0	0	0	0	250	0	60	0	0	0	--	0	0	--	2	--	--
Cherry Drink Mix	15772	1 pack	7	25	--	0	--	--	6	--	30	10	60	0	6	30	47	0	--	0	--	0	--
Instant Nonfat Milk	15621	1 pack	21	81	7	0	0	0	11	5	606	116	1	0	11	364	0	0	0	0	0	0	0
Orange Drink Mix	15773	1 pack	7	25	--	0	--	--	6	--	30	10	60	0	6	30	47	0	--	0	--	0	--
Tropical Fruit Drink Mix	15774	1 pack	7	25	--	0	--	--	6	--	30	10	60	0	6	0	0	0	--	0	--	0	--

KOSHER DRINK MIXES																							
Calcium Enriched Fruit Punch Drink Mix	15853	1 pack	3	5	0	0	0	0	0	0	250	0	60	0	0	0	--	0	0	--	2	--	--
Calcium Enriched Lemon Drink Mix	15852	1 pack	3	5	0	0	0	--	0	0	250	0	60	0	0	0	--	0	0	--	2	--	--
Calcium Enriched Orange Drink Mix	15851	1 pack	3	5	0	0	0	0	0	0	250	0	60	0	0	0	--	0	0	--	2	--	--

FROZEN JUICES																							
Apple Juice	10616	1 each	113	68	0	0	0	0	16	--	7	11	68	0	15	170	8	0	--	0	0	6	0
Cranberry Juice	10618	1 each	113	70	0	0	0	--	16	--	7	0	36	--	16	110	8	0	--	--	--	--	--
Orange Juice	10617	1 each	118	59	0	0	0	0	15	--	12	0	71	0	14	284	19	0	--	0	0	12	0

(S) Suitable for Senior meal plans. (R) Suitable for Renal meal plans. (S/R) Suitable for Senior and Renal meal plans.

	Item #	Serving	Weight (g)	Cal. (kcal)	Protein (g)	Fat (g)	SatFat (g)	TransFat (g)	Carb. (g)	Chol. (mg)	Calcium (mg)	Sodium (mg)	Vit. C (mg)	Fiber (g)	Sugar (g)	Pot. (mg)	Phos. (mg)	Iron (mg)	Vit. A (IU)	B6 (mg)	B12 (mcg)	Magn. (mg)	Zinc (mg)
BREAKFAST CEREALS																							
Bran Flakes	10639	3/4 cup	31	96	3	1	0	0	25	0	0	224	64	5	5	182	160	19	802	2	6	43	16
Corn Flakes	10677	3/4 oz	21	81	2	0	0	0	18	0	0	213	4	1	2	20	--	6	304	0	1	--	2
Crispy Rice	10676	.69 oz	18	70	1	0	0	0	16	0	0	160	2	0	2	108	96	5	200	0	1	24	2
Frosted Flakes	10678	1 oz	28	110	1	0	0	0	25	0	0	160	15	1	11	--	--	5	750	1	2	--	--
Instant Hot Wheat Cereal	15644	1/2 cup	52	28	1	0	0	0	6	0	8	1	0	1	0	74	71	0	0	0	0	29	1
Oatmeal Packet	10674	1 oz	28	100	4	2	0	0	19	0	100	90	0	3	0	105	100	8	1000	0	--	32	--
Raisin Bran	10636	1.2 oz	35	132	3	1	0	0	28	0	20	213	0	4	13	28	--	5	304	0	1	--	2
Rolled Oats	10699	1 cup	234	159	6	4	1	0	28	0	133	10	0	5	0	143	180	11	0	--	--	--	--
Toasty O's (Bowl)	10634	.625 oz	20	70	2	2	0	0	14	0	80	90	4	2	1	60	80	5	301	0	1	24	2
Toasty O's (Bulk)	10637	1 cup	30	107	3	2	0	0	23	0	107	204	6	3	1	182	161	10	536	1	2	43	4
Tootie Fruities	10679	1 oz	21	90	1	1	0	0	19	0	60	100	4	1	10	--	--	5	301	0	1	--	2

LUNCH COMPONENTS																							
American Cheese	10259	1 slice	21	70	4	5	3	0	2	15	100	320	0	0	1	40	75	0	300	--	--	--	--
Rold Gold Pretzels	15226	1 bag	28	120	2	2	0	0	23	0	60	200	0	2	1	30	20	1	0	0	--	--	0
Sunchips	15439	1 bag	28	140	2	6	1	0	19	0	0	120	0	3	2	60	40	0	0	0	--	16	0
Tostitos	15225	1 bag	28	140	2	7	1	0	18	0	20	110	0	2	0	40	40	0	0	0	--	16	0

MEDICAL SNACKS																							
Blue Graham Cracker	10234	1 each	60	309	10	19	3	0	26	0	120	249	0	2	9	0	0	1	0	0	0	0	0
Green Hi-Fiber Cereal	10233	1 each	56	211	10	1	0	0	39	5	626	326	1	4	24	392	0	5	300	0	1	0	2
Yellow PB&J	10232	1 each	129	404	14	17	3	0	49	1	19	196	3	6	11	174	122	3	47	0	0	50	1

PASTAS																							
Elbow Macaroni	15264	1 oz	28	106	4	1	0	0	21	0	0	0	0	1	2	58	48	1	0	0	0	13	1
Noodles	15261	1 oz	28	106	4	1	0	0	20	25	0	5	0	1	1	43	51	1	0	--	--	13	1
Rotelle	15260	1 oz	28	106	4	1	0	0	21	0	0	0	0	1	2	36	35	1	0	--	--	15	0
Spaghetti	15266	1 oz	28	106	4	1	0	0	21	0	0	0	0	1	2	41	38	1	0	0	0	12	1

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	Item #	Serving	Weight (g)	Cal. (kcal)	Protein (g)	Fat (g)	SatFat (g)	TransFat (g)	Carb. (g)	Chol. (mg)	Calcium (mg)	Sodium (mg)	Vit. C (mg)	Fiber (g)	Sugar (g)	Pot. (mg)	Phos. (mg)	Iron (mg)	Vit. A (IU)	B6 (mg)	B12 (mcg)	Magn. (mg)	Zinc (mg)
SPICES																							
Basil (Ground)	10487	1 tsp	1	4	0	0	0	0	1	0	30	0	1	1	0	48	7	1	131	0	0	6	0
Black Pepper (Ground)	10480	1 tsp	5	13	1	0	0	0	3	0	22	2	1	1	0	63	9	1	15	0	0	10	0
Chili Powder (Ground)	10483	1 tsp	5	15	1	0	0	0	2	0	11	81	0	1	0	113	0	1	1000	--	--	--	0
Cinnamon (Ground)	10488	1 tsp	5	12	0	0	0	0	4	0	50	1	0	3	0	22	3	0	14	0	0	3	0
Cumin (Ground)	10485	1 tsp	5	19	1	1	0	0	2	--	47	8	0	1	--	89	25	3	23	0	0	18	0
Firecracker Seasoning	15151	1 tsp	2	6	0	0	0	0	1	0	7	1	0	0	0	20	4	0	236	0	0	2	0
Garlic (Granulated)	10491	1 tsp	5	17	1	0	0	0	4	0	4	3	0	0	0	60	21	0	0	0	0	--	0
Onions (Dehydrated Minced)	10481	1 tsp	1	4	0	0	0	0	1	0	3	0	1	0	0	19	4	0	0	0	0	1	0
Oregano (Ground)	10489	1 tsp	5	15	1	1	0	0	3	0	79	1	3	2	0	83	10	2	345	0	0	14	0
Paprika (Ground)	10486	1 tsp	5	14	1	1	0	0	3	0	9	2	4	2	--	117	17	1	2105	0	0	9	0
Parsley Flakes	15139	1 tsp	0	1	0	0	0	0	0	0	4	1	0	0	--	11	1	0	127	0	0	1	0
Thyme (Ground)	10490	1 tsp	5	14	0	0	0	0	3	0	95	3	3	2	0	41	10	6	190	0	0	11	0
White Pepper (Ground)	10484	1 tsp	5	15	1	0	0	0	3	--	13	0	1	1	--	4	9	1	2	0	0	5	0

DRY INGREDIENTS																							
Beef Gravy Mix	15760	1 oz	28	101	0	0	0	0	20	0	0	1134	--	0	4	--	--	--	--	--	--	--	--
Beef Soup Base	15761	1 oz	28	12	--	--	--	--	4	--	--	6727	--	--	--	154	--	1	--	--	--	--	--
Biscuit Mix	10338	1 oz	28	119	2	5	2	0	17	0	57	366	0	1	2	11	135	1	28	0	0	7	0
Buttermilk Pancake Mix	10328	1 oz	28	85	3	2	1	0	19	3	28	456	0	1	3	51	184	1	28	0	0	10	0
Chicken Gravy Mix	15763	1 oz	28	101	0	2	0	0	16	0	0	1215	0	0	0	--	--	0	0	--	--	--	--
Chicken Soup Base	15762	1 oz	28	12	--	--	--	--	4	--	--	6727	--	--	--	29	--	0	--	--	--	--	--
Granulated Sugar	15603	1 oz	28	110	0	0	0	0	28	0	0	0	0	0	28	1	--	0	0	--	--	--	--
H&R Flour	15337	1 oz	28	104	3	--	--	--	21	0	--	--	0	1	--	--	--	1	0	--	0	--	--
Maple Syrup	10605	1 oz	28	425	0	0	0	0	105	0	0	91	0	0	63	81	4	0	0	0	0	28	8
Potato Granules	10329	1 oz	28	105	2	1	0	0	23	0	9	12	5	2	1	199	67	0	0	0	0	21	0
Powdered Sugar	15602	1 oz	28	110	0	0	0	0	28	0	0	0	0	0	28	1	0	0	0	0	0	0	0
Saltine Crackers	10323	2 each	28	118	4	2	0	0	24	0	0	378	0	0	0	118	95	0	0	0	0	24	1

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CONDIMENT PACKETS																							
Catsup	10689	1 pack	9	9	0	0	0	--	2	0	12	69	1	0	2	0	0	0	60	0	0	0	0
Condiment Packets (Assorted)	10514	1 pack	33	74	0	6	0	0	6	10	12	559	1	0	4	0	0	0	60	0	0	0	0
French Dressing	10291	1 pack	12	55	0	5	1	--	3	0	0	180	0	0	3	--	--	0	100	--	--	--	--
Grape Jelly	10685	1 pack	28	71	0	0	0	0	19	0	10	5	0	0	14	0	--	0	0	--	--	--	--
Italian Dressing	10290	1 pack	12	35	0	3	1	--	3	0	0	140	0	0	3	--	--	0	100	--	--	--	--
Maple Syrup	10603	1 pack	35	99	0	0	0	0	25	0	0	25	0	0	23	0	0	0	0	0	0	0	0
Mixed Fruit Jelly	10683	1 pack	28	40	0	0	0	0	9	0	0	0	0	0	6	--	--	0	0	--	--	--	--
Mustard	10688	1 pack	6	5	0	0	0	--	0	0	0	70	0	0	0	0	0	0	0	0	0	0	0
Peanut Butter	10684	1 pack	32	189	8	16	3	--	6	0	0	119	0	2	3	0	0	1	0	0	0	0	0
Pepper	10687	1 pack	0	0	0	0	0	0	0	--	0	0	0	0	--	0	0	0	0	0	0	0	0
Pickle Relish	10695	1 pack	9	15	0	0	0	0	3	0	0	135	0	0	2	2	1	0	0	0	0	0	0
Salad Dressing	10690	1 pack	9	30	0	3	0	--	2	5	0	80	0	0	1	0	0	0	0	--	--	--	--
Salt	10686	1 pack	0	0	0	0	0	0	0	0	0	130	--	0	0	0	--	0	--	--	0	--	0
Sugar	10692	1 pack	3	11	0	0	0	0	3	0	0	0	0	0	3	0	0	0	0	0	0	0	0
Taco Sauce	10691	1 pack	12	0	0	0	0	--	1	0	0	47	0	0	0	--	--	0	0	--	--	--	--
Tarter Sauce	10696	1 pack	9	55	0	6	1	--	1	5	0	19	0	0	1	--	--	0	0	--	--	--	--
Thousand Island Dressing	10292	1 pack	12	60	0	5	1	--	3	0	0	140	0	0	3	--	--	0	0	--	--	--	--

KOSHER CONDIMENT PACKETS																							
Catsup	10689	1 pack	9	9	0	0	0	--	2	0	12	69	1	0	2	0	0	0	60	0	0	0	0
French Dressing	10291	1 pack	12	55	0	5	1	--	3	0	0	180	0	0	3	--	--	0	100	--	--	--	--
Grape Jelly	10685	1 pack	28	71	0	0	0	0	19	0	10	5	0	0	14	0	--	0	0	--	--	--	--
Italian Dressing	10290	1 pack	12	35	0	3	1	--	3	0	0	140	0	0	3	--	--	0	100	--	--	--	--
Mixed Fruit Jelly	10683	1 pack	28	40	0	0	0	0	9	0	0	0	0	0	6	--	--	0	0	--	--	--	--
Mustard	10688	1 pack	6	5	0	0	0	--	0	0	0	70	0	0	0	0	0	0	0	0	0	0	0
Peanut Butter	10684	1 pack	32	189	8	16	3	--	6	0	0	119	0	2	3	0	0	1	0	0	0	0	0
Pickle Relish	10695	1 pack	9	15	0	0	0	0	3	0	0	135	0	0	2	2	1	0	0	0	0	0	0
Salad Dressing	10690	1 pack	9	30	0	3	0	--	2	5	0	80	0	0	1	0	0	0	0	--	--	--	--
Tarter Sauce	10696	1 pack	9	55	0	6	1	--	1	5	0	19	0	0	1	--	--	0	0	--	--	--	--
Thousand Island Dressing	10292	1 pack	12	60	0	5	1	--	3	0	0	140	0	0	3	--	--	0	0	--	--	--	--

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