

Menu Item Name	Portion Size	Weight(g)	KCAL	CHO (g)	PRO (g)	FAT (g)	Fat Cal	SatFAT (g)	TransFAT (g)	CHOL (mg)	DFIB (g)	Na (mg)	K (mg)
Breakfast													
Scrambled Eggs	1/2 cup	111	147.6	2.2	10	10.6	95.6	4.5	0.1+	279.9	0.1	139.7	137.9
Blintzes with Blueberry Compote	2 each	210.2	440.1	67.4	12.5	12.5	112.3	4.1	0+	20.1	1.3	404.5	152.2
Cinnamon French Toast	2 half	106.3	150.8	24.6	7.9	1.6	14.7	0.3+	0+	0.6	1.5	292.9	155.5
Hard Boiled Egg	1 each	44	62.9	0.3	5.5	4.2	37.7	1.4	0	163.7	0	62.5	60.7
Buttermilk Pancakes	2 each	97.7	167.3	32.7	3.6	2.3	20.8	0.9	0	5.9	1.4	519.1	87.6
Sauteed Breakfast Potatoes	1/2 cup	117.9	127.2	23.8	2.2	3	26.6	0.2	0	0	2.4	7	380+
Bacon	2 slice	18.6	87	0.3	6.3	6.5	58.7	2.2	0	18.4	0	313.2	92.8
Sausage Patty	1 each	56.7	184.3	0.8	10.5	15.5	139.1	5	0.1	48.8	0	461.5	193.9
Turkey Sausage	1 each	28.3	35	0	3.5	2.5	22.5	0.7	0	15	0	140	47.5
Veggie Sausage Patty	1 each	38	70	4	9	2.5	22.5	0	0	0	0.8	249.9	100
Fresh Fruit Granola Yogurt Parfait	6 oz parfait	151.1	150.6	23.5	6.3	4.4	39.3	1	0+	4.3	3	75.7	367.1
Whole Grain Blueberry Muffin	1 each	56.7	188.4	29.5	3	5.8	52.6	1.9	0.1	32	2.5	128.7	87.2
Whole Wheat English Muffin	1 each	56.7	120	23	5	1	9	0	0	0	3	230	90
English Muffin	1 each	56.7	150	30	5	1	9	0	0	0	1	180	60
Pureed Breakfast													
Pureed Mixed Berries	1 mold	70.9	74.4	19.5	0.3	0.1	1.1	0	0	0	1.4	28.2	95.1
Pureed Scrambled Egg	1 each	85	200	9	9	14	126	3.5	0.2	70	0	290	140
Pureed Waffle	1 mold	70.9	150	19	6	5	45	1	0	5	0	200	60
Pureed Cornflakes Cereal	1 mold	85	150.2	24.8	5.5	3.3	29.8	1.8	0	0.9	0.5	141.2	177.2
Pureed Raisin Bran Cereal	1 mold	85	145.9	25.2	6.1	3.1	27.8	1.5	0	0.7	1.7	104.7	220.1
Pureed Homestyle Bread	1 mold	85	136.9	10.6	10.6	6	53.7	1.3	0	2.2	0.3	228.1	74.6
Minced Turkey Sausage with Herb Sauce	1 oz portion	19.7	37.9	0.4	3.5	2.5	22.8	0.8	0+	15	0	144.5	49.2
Comfort Foods													
Menu Item Name	Portion Size	Weight(g)	KCAL	CHO (g)	PRO (g)	FAT (g)	Fat Cal	SatFAT (g)	TransFAT (g)	CHOL (mg)	DFIB (g)	Na (mg)	K (mg)
17 Spice Grill Chicken	4 oz meat	114.8	173	2	31.6	4.4	39.9	1.4	0	109.3	0.6	192.3	345.5+
Beef Stroganoff	8 oz portion	163.5	247.4	4.9	10.4	20.7	185.9	8.3	0.9+	62.6	0.4	512.5	201.7
Chicken Pot Pie	8 oz portion	276.8	376.2	17.5	21.5	24	216.3	10.7	0.2+	71.5	2.1	310.5	258
Cod with Mediterranean Spices	4 oz meat	105.3	89.4	3.4	17.1	0.5	4.7	0.1	0	50.4	1	330.7	274.9+
Beef Pot Roast w/Demi-Glace	4 ounce	113.4	242.8	3.6	11.5	19.7	177.1	7.8	1+	65.9	0.2	536.4	120.2
Roast Turkey Breast	4 oz meat	179	172.4	7.5	27.3	2.7	24.7	0.7	0	68.9	0.3	442.2	280.5+
Crispy Baked Tofu	4 ounce	113.4	154.9	3.8	16.3	9.8	88.4	1.4	0	0	0.6	14.1	243.9
Sunday Roast Turkey Breast	4 oz meat	183.6	154.4	3.9	27	2.7	23.9	0.6	0+	68.9	0.1	276.5	265.9
Tandoori Chicken Thighs	4 oz portion	105.2	180.4	2.5	22.6	8.5	76.5	2.1	0+	114.9	1.1	122.1	304.7
Asian Beef Pepper Steak	1 ladle-8oz	263	223.9	12.3	20.5	10.1	91	2.9	0+	54.8	1.2	465.7	378.5

Lemon Rosemary Chicken Thigh	4 ounce	113.4	158.5	0.3	21.4	7.4	66.3	2	0+	114.6	0	114.9	235
Black Magic Salmon	1 each	91.4	149.7	0.8	21.9	5.9	52.9	0.9	0	48.6	0.3	158	394.9
Teriyaki Chicken	4 oz meat	160.5	284.5	16.8	30.3	9.8	88.2	2.8	0.1+	159.7	0.1	548.6	430.3
Beef Shawarma	4 ounce	113.4	160.5	4.1	22.1	5.8	52.4	2.4	0+	56.6	0.7	105.6	314.5
Marsala Sauce	1 ladle-2oz	44.6	24.1	2.3	0.8	1.2	11	0.3	0+	0	0.2	138.9	80.5
Lemon Caper Sauce	1 ladle-1oz	32.6	13.9	2.1	0.1	0.2	2.1	0	0+	0	0	39.5	7.3
<i>Pureed or Minced and Moist</i>													
Pureed Roast Pork	1 mold	85	160.1	5	21	5	45	2	0	30	0.1	109.7	210.1
Minced Pork	1 each	85	172.8	4.7	20.5	8.3	74.9	2.4	0.1	33.8	0	276.9	126.6
Pureed Roast Beef	1 mold	85	161.6	5.6	21	6	54	2.3	0.3	38.6	0.2	252.4	245.5
Minced Roast Beef	1 each	85	150.9	4.2	22.1	5.1	46	2	0.3	32.9	0.2	291.3	232.8
Pureed Turkey	1 mold	85	173.7	5.2	21.5	7.8	70.4	1.7	0.1	43.9	0.1	226.8	226.5
Minced Roast Turkey	1 each	85	152.1	3.6	21.9	6	53.8	1.4	0.1	36.1	0.1	321.8	203.5
Minced Chicken	1 each	85	139.8	4	21.3	4.6	41.6	1.3	0	43	0	259.9	259

Grill

Menu Item Name	Portion Size	Weight(g)	KCAL	CHO (g)	PRO (g)	FAT (g)	Fat Cal	SatFAT (g)	TransFAT (g)	CHOL (mg)	DFIB (g)	Na (mg)	K (mg)
Hamburger Patty	1 serving(s)	85	229.6	0	21.9	15.1	136.1	5.8	0.7	74.8	0	63.8	258.5
Beyond Meat Burger	1 each	113.4	230	7	20	14	126	5	0	0	2	390	330
Meatless Garden Burger	1 each	96.4	150	22	7	4.5	40.5	2	0	10	3	550	160
Fresh Garlic Herb Turkey Burger	5-1/2 oz meat	88.6	153.6	3.9	14.6	9	80.6	2.3	0.1+	69.7	0.7	82.4	188+
17 Spice Grill Chicken	4 oz meat	114.8	173	2	31.6	4.4	39.9	1.4	0	109.3	0.6	192.3	345.5+
*Grilled Cheese Sandwich	1 sandwich	113.4	364.1	37.4	13.1	19.8	178.1	5.8	0.4	28.3	6	893.7	217.4
Grilled Swiss Cheese Sandwich	1 sandwich	128.1	395.2	52.4	15.6	13.2	118.8	7.2	0.3	32.4	1	593	180.4
Chicken Quesadilla	1 each	101.7	293.5	23.1	17.8	14.5	130.9	7.5	0+	55	0.9	497.4	143.9
Whole Wheat Hamburger Bun	1 each	77	190	34	7	3	27	1	0	0	0	380	170
White Hamburger Bun	1 each	77.9	217.4	39.1	7.6	3	27.4	0.7	0	0	1.4	385	95.1
Udi's Hamburger Bun	1 each	89.6	240	44	5.9	7	63	0.5	0	0	4.7	440	127.9

Sandwiches

Menu Item Name	Portion Size	Weight(g)	KCAL	CHO (g)	PRO (g)	FAT (g)	Fat Cal	SatFAT (g)	TransFAT (g)	CHOL (mg)	DFIB (g)	Na (mg)	K (mg)
Sliced Reduced Sodium Turkey Breast	3 ounce	85	80.8	1.2	16.5	1.4	12.9	0.2	0	42.2	0.4	333	448.5
Natural Smoked Ham	3 ounce	85	91.1	0	16.7	3	27.3	1.5	0	53.2	0	804.9	48.6
Sliced Deli Roast Beef	3 ounce	85	91.1	0	15.2	3	27.3	1.5	0	53.2	0	561.9	136.7
Tuna Salad	3 oz portion	160.8	197.2	3.4	18.9	12	107.7	1.9	0.1	48.7	0.4	704.5	230.4+
Chicken Salad	3 oz portion	136.9	212.9	2.5	28.6	8.9	80.2	1.8	0.1+	84.5	0.4	285.2	277.3+
Egg Salad	1/3 cup	93.5	165.9	2	9.1	13.1	117.5	3.2	0.1+	271.7	0	240.3	89.8+
Sliced American Cheese	1 slice	14.2	51.9	0.7	2.6	4.4	39.2	2.6	0.2	14.2	0	236.9	18.7
Sliced Swiss Cheese	1 slice	21.3	83.6	0.3	5.7	6.6	59.3	3.9	0.2	19.8	0	39.8	15.3
Sliced Cheddar Cheese	1 slice	28.3	114.2	1	6.5	9.4	85	5.3	-	28.1	0	185.1	21.5
Sliced Pepper Jack Cheese	1 ounce	28.3	105.7	0.2	6.9	8.6	77.3	5.4	-	25.2	0	170.1	23

Peanut Butter, .75 oz, Jif	1 each	21.3	127.1	4.7	4.7	10.9	98.3	2.2	0	0	1.1	90.6	118.6
Jam, Grape, Natural, .5 oz, Smucker	1 each	14.2	39.4	9.8	0.1	0	0.1	0	-	0	0.2	4.5	10.9
Jelly, Blackberry, Reduced Sugar	1 each	10.8	19.3	5	0	0	0	0	-	0	0.1	0.2	7.6
Jam, Strawberry	1 each	14.2	39.4	9.8	0.1	0	0.1	0	-	0	0.2	4.5	10.9
Traditional Hummus	2 tbsp	28	70	7	3	3.5	31.5	0.5	0	0	2	140	15
Whole Wheat Bread	2 slice	61	140	26	8	1	9	0	0	0	4	300	0
White Bread	2 slice	61.2	150.6	29.1	5	1.5	13.6	0	0	0	1	261	50.2
Whole Wheat Pita Bread	1 each	28	80	15	4	0.5	4.5	0	0	0	2	130	80
Udi's White Bread	2 slice	98	300	48	4	10	90	0.6	0	0	1.4	540	183.2

Sandwich and Grill Toppings

Lettuce Leaf	1 each	7.7	1.2	0.2	0.1	0	0.1	0	0	0	0.1	2.2	14.9
Sliced Tomatoes	1 slice	13.6	2.5	0.5	0.1	0	0.2	0	0	0	0.2	0.7	32.4
Sliced Red Onion	1 each	12.6	5	1.2	0.1	0	0.1	0	0	0	0.2	0.5	18.4
Dill Pickle Spears	1 each	30	3.6	0.7	0.1	0.1	0.8	0	0	0	0.3	242.7	35.1

Salad

Menu Item Name	Portion Size	Weight(g)	KCAL	CHO (g)	PRO (g)	FAT (g)	Fat Cal	SatFAT (g)	TransFAT (g)	CHOL (mg)	DFIB (g)	Na (mg)	K (mg)
Side Salad	1 cup	74.4	14.5	2.9	1	0.2	1.8	0	0	0	1.3	19.6	220.4
Chicken Caesar	1 plate	260.6	237.8	15.3	29.2	8.1	72.6	1.9	0+	85.6	2.9	378.9	659.5+
Garden Green Salad	1 each	144	27.5	5.6	1.8	0.4	3.2	0.1	0	0	2.3	32.8	398.1
Chef Salad	1 each	241.1	230.5	5.6	22.4	13.5	121.3	5.9	0.2+	211.5	2.1	521.1	573.9
Greek Salad	1 each	118.9	53.2	4.1	2.3	3.5	31.8	1.5	0+	8.3	1.7	242.5	224
Fresh Fruit and Cheese Plate	1 serving(s)	174.9	370.6	11.4	21.8	27	242.6	16	0.3+	79.7	0.8	420.2	268.5
Cottage Cheese & Fruit Plate	1 plate	352.3	217.4	42.5	10.7	2.4	21.9	1.1	0.1	10.2	3.5	266.1	545.7
Mediterranean Platter with Hummus	1 plate	235.3	227.1	19.1	7.7	15.1	136.1	2.2	0	0	7.1	443.1	631.1
Salad Dressing, Ranch, Ken's, 1.5 oz	1 each	42.5	187.9	2	1	19.8	178	3	0	14.8	0	267	0
Salad Dressing, Ranch, Kraft, 12g	1 each	12	51.6	0.7	0.2	5.3	48.1	0.8	0	3.1	0	108.1	7.7
Salad Dressing, Italian, Golden, 1.5 oz	1 each	42.5	158.2	3	0	16.8	151.3	2.5	0	0	0	390	0
Salad Dressing, Creamy Caesar, Ken's, 1.5 oz	1 each	42.5	210	1	1	23	207	4	0	5	0	400	0
Salad Dressing, Balsamic Vinaigrette, Ken's, 1.5 oz	1 each	42.5	168.1	3	0	16.8	151.3	2.5	0	0	0	326.3	0
Salad Dressing, Honey Mustard, Ken's, 1.5 oz	1 each	42.5	230	6	0	23	207	3.5	0	15	0	150	0
Olive Oil	1 floz	27	238.7	0	0	27	243	3.7	-	0	0	0.5	0.3
Balsamic Vinegar	1 floz	29.9	26.3	5.1	0.1	0	0	0	0	-	-	6.9	33.5

Soup

Menu Item Name	Portion Size	Weight(g)	KCAL	CHO (g)	PRO (g)	FAT (g)	Fat Cal	SatFAT (g)	TransFAT (g)	CHOL (mg)	DFIB (g)	Na (mg)	K (mg)
Vegetable Soup	1 ladle-6oz	168.7	53.7	4.5	0.9	3.8	33.9	0.3	0	0	0.8	139.9	71.5+

Chicken Noodle Soup LS	1 ladle-6oz	170.1	105.5	7.2	8.1	4.8	43.5	1	0+	26.6	1	143.8	140.9+
Tomato Bisque	1 ladle-6oz	170.1	127.3	14.4	1.8	7.3	65.6	1.1	0+	2.5	1.8	314.4	249.5
Chicken Noodle Soup	1 ladle-6oz	171.6	102.3	6.6	8.2	4.8	42.9	1	0+	26.1	1	397.4	131.8+
Strained Cream of Chicken Soup	1 ladle-6oz	170.8	129.3	10.2	4.7	7.7	69.6	3	-	15.3	0	644.1	153.5
Beef Broth	1 ladle-6oz	176.8	11.9	1.6	0	0.8	7.1	0.8	0	0	0	616.5	1.7
Chicken Broth	1 ladle-6oz	176.8	15.9	1.6	0	0.8	7.1	0	0	0	0	616.5	1.7
Vegetable Broth	1 ladle-6oz	176.8	15.9	4	0	0	0	0	0	0	0	290.9	42.2

Sides

Menu Item Name	Portion Size	Weight(g)	KCAL	CHO (g)	PRO (g)	FAT (g)	Fat Cal	SatFAT (g)	TransFAT (g)	CHOL (mg)	DFIB (g)	Na (mg)	K (mg)
Mashed Potatoes	1/2 cup	102.5	130	18.4	1.8	5.8	52	3.6	0+	15.1	1.6	7.4	305.7
Brown Rice	1/2 cup	100.4	127.2	26.6	2.5	1.1	9.6	0.2	0	0	1.3	113	97.1+
White Rice	1/2 cup	87.4	109.2	23.7	2.1	0.3	2.6	0.1	0+	0	0.5	59.5	58
Fresh Green Beans	1/2 cup	72.1	38.8	5.9	1.4	1.6	14.6	0.2	0	0	2.4	24.2	104.8+
Caramelized Carrots	1/2 cup	108	67	11.6	1.1	2.3	21	0.2	0+	0	2.9	162.7	337.6
Steamed Carrots	1/2 cup	80.7	33.1	7.7	0.8	0.2	1.7	0	0	0	2.3	55.7	258.4
Fresh Steamed Broccoli	1/2 cup	63.6	32.7	4.6	1.7	1.4	12.7	0.8	0+	3.1	1.6	19	181.5+
Steamed Corn Kernels	1/2 cup	92.9	92.8	17.5	2.3	2.8	25.1	0.3	0	0	2.2	0.9	211.4
Country Cheese Grits	4 ounce	113.4	110.1	16.4	3.6	3.2	28.7	1.7	0+	8.5	0.9	172.8	55.1
Baked French Fries	3 ounce	85	140	23	1	6	54	1	0	0	1	360	230
Egg Noodles	1/2 cup	85.1	128.3	20.9	3.8	3.3	29.3	1.3	0+	28.2	1	4.4	32.1
Mashed Sweet Potatoes	1/2 cup	113.4	97.2	21.9	0.8	0.8	7.3	0	0	0	2.4	16.2	162
Pimento Macaroni and Cheese	1/2 cup	141.4	264.9	22.5	10.3	14.8	133.4	6	0.3+	28.1	1.2	519.1	126.3
Garlic and Spice Roasted Broccoli	1/2 cup	148.4	83.5	11.7	4.4	3.4	30.9	0.4	0	0	4	233.1	478.4
Indian Spiced Coconut Rice	1/2 cup	108.3	178.6	21.3	2.5	9.7	87.1	5.7	0+	0	0.9+	123	130.7
Garlic Green Beans	4 oz portion	89.2	48.4	7.4	1.7	2	18.2	0.2	0	0	2.8	175.7	133.1
Vegetable Fried Rice	1/2 cup	121.9	145.4	19.6	3.7	5.8	52	0.7	0+	37.7	1.5	178.3	169
Sesame Broccoli and Carrots	1/2 cup	116	63.8	9.7	2.1	2.5	22.8	0.4	0+	0	3.2	61.7	364.8
Herb Moroccan Couscous	1/2 cup	180.7	251.1	43.9	6.9	4.9	44.1	0.4	0+	0	2.8	278	130.8
Braised Sweet Potatoes	4 oz portion	131.9	100.9	24	1.5	0.3	2.9	0	0+	0	2.4	217.5	279.9
Wilted Red Cabbage & Spinach	1/4 cup	25.7	12.1	1.6	0.5	0.6	5.6	0.1	0+	0	0.5	68.8	84.4
Roasted Brussels Sprouts	1/2 cup	77.9	43.5	5.5	1.9	2.2	19.6	0.3	0+	0	2	140	241.6
Basmati Rice	1/2 cup	86.7	108	23.7	2.1	0.2	1.8	0.1	0+	0	0.4	77.6	34.6
Tomato, Zucchini & Yellow Squash	1/2 cup	70.6	36.1	2.4	0.7	2.9	26	0.4	0+	0	0.7	3.4	163.2
Lo Mein Noodles	1/2 cup	126.5	181.2	33.5	6.4	3	26.7	0.1	0+	11.4	0.1	269.6	69.7
Stir Fry Vegetables	4 ounce	113.4	69.5	7.2	1.7	4.3	39	0.6	0+	0	1.9	64.4	280.6
Dinner Roll	1 each	28.3	70.9	14.2	2	0	0	0	0	0	1	131.6	-
Whole Grain Dinner Roll	1 each	48	100	21	4	1	9	0	0	0	3	240	90
Baked Lay's 1.125 oz	1 each	31.9	140	24	2	4	36	0.5	0	0	2	180	250
Demi-Glace	1 ladle-1oz	32.1	31	2.3	0.2	2.3	20.3	0.7	0+	0.1	0.1	180.7	14.6

Tzatiki Dip	1 ladle-2oz	53.5	24.3	3.1	1.8	0.6	5.3	0.1	0	0.8	0.1	40	106.1
Chicken Gravy	2 ounce	56.7	36.1	6.5	1	0.6	5.6	0.2	0	1.5	0.1	95.1	9.9+
Pureed and Minced													
Pureed Macaroni and Cheese	1 mold	112	209.8	20.7	12.8	8.3	74.7	1.7	0	3.6	0.4	477.3	209.4
Orzo Pasta w Cheese Sauce	1/2 cup	132.9	223.8	25.7	8.5	9.5	85.7	3.2	0.2	14	1.5	324.2	107.3
Pureed White Rice	1 mold	113.4	151.8	12.9	10	6.8	61.6	1.1	0	0.1	0.3	283.8	50.1
Minced White Rice	1/2 cup	115.8	119.4	25.3	2.2	0.4	3.3	0.1	0+	0	0.5	80.5	62.8
Pureed Green Beans	1 mold	90.7	117.8	14.2	1	5.8	52.3	0.9	0	0.6	1.8	284.7	11.6
Chopped Green Beans	1/2 cup	89.9	40.7	5.9	1.3	1.9	17	0.2	0	0	2.7	22.2	142.7+
Minced Green Beans	1 each	90	82	8.9	1.7	5.1	46.1	0.8	0	0.5	1.9	312.7	166.2
Pureed Carrots	1 mold	90.7	129.9	18.8	0.5	6.1	54.8	0.9	0	0.3	2.3	117.5	142.4
Chopped Steamed Carrots	1/2 cup	80.7	33.1	7.7	0.8	0.2	1.7	0	0	0	2.3	55.7	258.4
Minced Carrots	1 each	90	91.9	14.3	0.8	4.5	40.7	0.7	0	0.8	1.9	299.1	225.9
Minced Broccoli	1 mold	90.7	102.2	12	2.1	5.6	50.8	0.9	0	0.3	1.6	209.1	227.1

Fruit

Menu Item Name	Portion Size	Weight(g)	KCAL	CHO (g)	PRO (g)	FAT (g)	Fat Cal	SatFAT (g)	TransFAT (g)	CHOL (mg)	DFIB (g)	Na (mg)	K (mg)
Red Delicious Apple	1 each	130.6	67.9	18	0.3	0.2	2	0	0	0	3.1	1.3	139.8
Banana	1 each	118	105	27	1.3	0.4	3.5	0.1	0	0	3.1	1.2	422.4
Red Seedless Grapes	1/2 cup	78.6	54.3	14.2	0.6	0.1	1.1	0	0	0	0.7	1.6	150.2
Orange	1 each	206.2	96.9	24.2	1.9	0.2	2.2	0	0	0	4.9	0	373.2
Fresh Fruit Cup	1/2 cup	79.4	33.9	8.5	0.5	0.2	1.4	0	0	0	0.9	7.5	167.1
Applesauce	1 each	127.6	53.6	14.4	0.2	0.1	1.1	0	0	0	1.4	2.6	94.4
Diced Peaches	1 each	113.4	60	14	1	0	0	0	0	0	1	0	94
Pureed Peaches	1 each	70.9	59.2	15.3	0.5	0.1	1.3	0	0	0	0.8	19.4	126.6
Diced Pears	1 each	113.4	62	17	0	0	0	0	0	0	1	10	46
Pureed Pears	1 each	70.9	64.2	17.1	0.2	0.1	0.6	0	0	0	1.6	27.4	103.9
Stewed Prunes	1/2 cup	124	132.7	34.8	1.2	0.2	1.8	0	-	0	3.8	1.2	398

Yogurt and Cereal

Menu Item Name	Portion Size	Weight(g)	KCAL	CHO (g)	PRO (g)	FAT (g)	Fat Cal	SatFAT (g)	TransFAT (g)	CHOL (mg)	DFIB (g)	Na (mg)	K (mg)
Low Fat Cottage Cheese	1/2 cup	113	91.5	5.4	11.8	2.6	23.1	1.4	0.1	13.6	0	348	141.3
Yogurt, Greek Vanilla	1 each	150.3	100	12	14	0	0	0	0	10	0	50	150
Yogurt, Very Vanilla Light	1 each	170.1	76.4	15	4.9	0.3	3.1	0.2	0	3.1	0	75.5	253.3
Yogurt, Strawberry Lite	1 each	170.1	78.4	15.3	4.9	0.3	3.1	0.2	0	2.9	0	73.7	258.4
Yogurt, Blueberry Light	1 each	170.1	83.3	15.1	5	0.3	3.1	0.2	0	3	0.3	73.5	246.6
Yogurt, Peach Light	1 each	170	77	14.6	4.9	0.3	3.1	0.2	0	3.1	0.2	74	260.6
Cornflakes	1 each	19.6	80	19	1	0	0	0	0	0	1	170	30
Rice Krispies	1 each	17.7	70	16	1	0	0	0	0	0	0	90	10

Rice Chex	1 each	19.5	73.1	16.6	1.2	0.2	1.8	0.1	0	0	0.4	160.1	35
Cheerios	1 each	19.5	72.5	14.3	2.4	1.3	11.6	0.3	0	0	2	96.8	123.3
Old-Fashioned Oatmeal	1 ladle-6oz	235.7	107.4	19.2	3.7	1.8	16.6	0.3	0+	0	2.9	7.9	104.7
Cream of Wheat	1 ladle-6oz	186.3	103.8	21.4	3	0.4	3.6	0.1	0+	0	0.9	166.6	34.2
Apple Cinnamon Cream of Wheat	1 ladle-6oz	272	123.4	26.7	3.1	0.4	4	0.1	0+	0	1.5	246.3	69.1

Dessert

Menu Item Name	Portion Size	Weight(g)	KCAL	CHO (g)	PRO (g)	FAT (g)	Fat Cal	SatFAT (g)	TransFAT (g)	CHOL (mg)	DFIB (g)	Na (mg)	K (mg)
Chocolate Chip Cookie	1 each	39	182.2	23.2	1.4	9.3	83.8	4.5	0.1	0.4	0.2	112.1	52.1
Oatmeal Raisin Cookie	1 each	39	162.3	23.6	1.8	6.8	60.9	2.6	0.1	3.1	0.9	134.3	82.5
Sugar Cookie	1 each	39	192.4	21.4	1.1	11.4	102.2	4.5	0.1	0	0.2	214.4	15.2
Chocolate Pudding	1 each	113.4	130	24	3	2	18	1.5	0	10	1	140	238
Chocolate Pudding, No Sugar Added	1 each	113.4	90	13	4	2.5	22.5	1.5	0	10	3	160	267
Vanilla Pudding	1 each	113.4	120	22	2	2	18	1.5	0	10	0	140	137
Vanilla Pudding, No Sugar Added	1 each	113.4	90	13	3	2	18	1.5	0	10	2	125	147
Orange Gelatin	1 each	99.2	80	21	0	0	0	0	0	0	0	10	100
Sugar Free Orange Gelatin	1 each	99.2	10	2	0	0	0	0	0	0	1	10	85
Strawberry Gelatin	1 each	99.2	80	21	0	0	0	0	0	0	0	10	100
Sugar Free Strawberry Gelatin	1 each	99.2	10	2	0	0	0	0	0	0	0	10	85
Chocolate Ice Cream	1 each	69	144.5	18.5	3.1	6.9	62	4.3	0.1	25.6	0.9	37.5	199
Vanilla Ice Cream	1 each	69	144.9	18.4	2.4	6.9	62.1	4.3	0.1	27.5	0.1	48.5	146
Orange Sherbet	1 each	87	110	26	0	0	0	0	0	0	0	20	40
Lemon Italian Ice	1 each	113.4	80	20	0	0	0	0	0	0	0	10	-
Cherry Italian Ice	1 each	113.4	82.8	21.2	0	0	0	0	0	0	0	9.9	4.1
Rocky Road Walnut Brownies	1 each	102.5	408.8	60.8	5.2	17.1	154.3	6+	0+	1.5	2.7	214.6	262.4
Vanilla Crème Brulee	4 oz parfait	142.1	262.1	24.1	3.3	16.5	148.9	15.6+	0+	43.2	1	122.4	160.3
Carrot Cupcake	1 each	134.7	270.2	43.5	3.8	9.3	83.3	4.8+	0.1+	12.5	0.5	317.9	49.7
Vanilla Wafers	5 each	18.7	85.3	13.6	0.9	3.1	27.7	0.8	0.1	1.7	0.3	60.9	18.6
Cheesecake Trifle with Fresh Berries	1 each	141.8	159.7	18.2	6.6	7.2	64.6	4.2	0+	24.7	1.5	67.6	192.4

(+) indicates partial nutritional value (-) indicates no nutritional value available

Nutrient values in this report are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications, and other factors may result in nutrient content variations. Due to this inherent variability, data provided in this report should be used in conjunction with other information when planning menus for or treating individuals with medical conditions.

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