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<tr>
<th>Item</th>
<th>Serving Size</th>
<th>Calories Per Serving</th>
<th>Total Fat</th>
<th>Sodium</th>
<th>Total Carbs</th>
<th>Dietary Fiber</th>
<th>Sugar</th>
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<tbody>
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<td>Boneless Rib Patties w/o sauce</td>
<td>85g</td>
<td>190</td>
<td>12g</td>
<td>470mg</td>
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<td>2g</td>
<td>1g</td>
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<tr>
<td>Buffalo Chicken Breast</td>
<td>3 oz</td>
<td>216</td>
<td>10.8g</td>
<td>677.3mg</td>
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<tr>
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<td>10 pcs.</td>
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<td>2 shells</td>
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<td>640mg</td>
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<td>5 pcs</td>
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<td>1 pc</td>
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<td>Crispy Chicken Fillet</td>
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<td>249</td>
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<td>Drummettes</td>
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<td>74</td>
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<td>186.9mg</td>
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<td>215</td>
<td>15g</td>
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<td>Item</td>
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<td>Total Fat</td>
<td>Sodium</td>
<td>Total Carbs</td>
<td>Dietary Fiber</td>
<td>Sugar</td>
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<td>20mg</td>
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<td>0g</td>
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<td>0g</td>
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<td>Sunny D</td>
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## Drinks

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<td>Serving Size</td>
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<td>Total Fat</td>
<td>Sodium</td>
<td>Total Carbs</td>
<td>Dietary Fiber</td>
<td>Sugar</td>
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<td>Apple w/skin</td>
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<td>53</td>
<td>og</td>
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<tr>
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<td>Total Fat</td>
<td>Sodium</td>
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<td>Dietary Fiber</td>
<td>Sugar</td>
</tr>
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<td>70</td>
<td>2.5g</td>
<td>980mg</td>
<td>12g</td>
<td>2g</td>
<td>1g</td>
</tr>
<tr>
<td>Chicken Rice</td>
<td>1/2 cup</td>
<td>60</td>
<td>2g</td>
<td>880mg</td>
<td>9g</td>
<td>0g</td>
<td>0g</td>
</tr>
<tr>
<td>Cream of Chicken</td>
<td>1/2 cup</td>
<td>40</td>
<td>4.5g</td>
<td>830mg</td>
<td>12g</td>
<td>0g</td>
<td>2g</td>
</tr>
<tr>
<td>Italian Style Wedding</td>
<td>1 cup</td>
<td>130</td>
<td>3.5g</td>
<td>900mg</td>
<td>17g</td>
<td>0g</td>
<td>0g</td>
</tr>
<tr>
<td>Manhattan Clam Chowder Soup</td>
<td>1/2 cup</td>
<td>70</td>
<td>1.5g</td>
<td>890mg</td>
<td>12g</td>
<td>2g</td>
<td>2g</td>
</tr>
<tr>
<td>Minestrone Soup</td>
<td>1 cup</td>
<td>80</td>
<td>1g</td>
<td>630mg</td>
<td>15g</td>
<td>3g</td>
<td>3g</td>
</tr>
<tr>
<td>Split Pea Soup</td>
<td>1 cup</td>
<td>165</td>
<td>2.92g</td>
<td>917.5mg</td>
<td>26.5g</td>
<td>2.75g</td>
<td>0g</td>
</tr>
<tr>
<td>Tomato Soup</td>
<td>1/2 cup</td>
<td>90</td>
<td>0g</td>
<td>680mg</td>
<td>19g</td>
<td>1g</td>
<td>7g</td>
</tr>
<tr>
<td>Vegetarian Vegetable</td>
<td>1/2 cup</td>
<td>60</td>
<td>1.5g</td>
<td>1000mg</td>
<td>11g</td>
<td>1g</td>
<td>3g</td>
</tr>
<tr>
<td>Item</td>
<td>Serving Size</td>
<td>Calories Per Serving</td>
<td>Total Fat</td>
<td>Sodium</td>
<td>Total Carbs</td>
<td>Dietary Fiber</td>
<td>Sugar</td>
</tr>
<tr>
<td>-------------------------------------------</td>
<td>--------------</td>
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<td>-----------</td>
<td>--------</td>
<td>-------------</td>
<td>---------------</td>
<td>-------</td>
</tr>
<tr>
<td>Broccoli (frozen)</td>
<td>100 grams</td>
<td>26</td>
<td>0g</td>
<td>24mg</td>
<td>5g</td>
<td>3g</td>
<td>1g</td>
</tr>
<tr>
<td>Canned Mushrooms</td>
<td>1/2 cup</td>
<td>25</td>
<td>0g</td>
<td>400mg</td>
<td>3g</td>
<td>1g</td>
<td>0g</td>
</tr>
<tr>
<td>Carrot</td>
<td>1</td>
<td>29</td>
<td>0g</td>
<td>50mg</td>
<td>7g</td>
<td>2g</td>
<td>3g</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>1 cup</td>
<td>25</td>
<td>0g</td>
<td>30mg</td>
<td>5g</td>
<td>3g</td>
<td>2g</td>
</tr>
<tr>
<td>Corn</td>
<td>2/3 cup</td>
<td>80</td>
<td>1g</td>
<td>10mg</td>
<td>19g</td>
<td>1g</td>
<td>5g</td>
</tr>
<tr>
<td>Olives - Pitted</td>
<td>5 olives</td>
<td>25</td>
<td>2.5g</td>
<td>130mg</td>
<td>&lt;1g</td>
<td>0g</td>
<td>0g</td>
</tr>
<tr>
<td>Onion Rings</td>
<td>6 pcs</td>
<td>220</td>
<td>11g</td>
<td>470mg</td>
<td>26g</td>
<td>2g</td>
<td>4g</td>
</tr>
<tr>
<td>Potato Puffs (frozen)</td>
<td>100 grams</td>
<td>177</td>
<td>9g</td>
<td>595mg</td>
<td>24g</td>
<td>2g</td>
<td>0g</td>
</tr>
<tr>
<td>Potato Wedges (frozen)</td>
<td>100 grams</td>
<td>123</td>
<td>2g</td>
<td>49mg</td>
<td>26g</td>
<td>2g</td>
<td>0g</td>
</tr>
<tr>
<td>Potatoes, Hashed Brown</td>
<td>100 grams</td>
<td>218</td>
<td>12g</td>
<td>34mg</td>
<td>28g</td>
<td>2g</td>
<td>2g</td>
</tr>
<tr>
<td>Potatoes, Mashed</td>
<td>3.2 fl. oz</td>
<td>57</td>
<td>0.5g</td>
<td>96mg</td>
<td>11g</td>
<td>&lt;1g</td>
<td>0g</td>
</tr>
<tr>
<td>Potatoes, Red (Cavendish Crystal Red)</td>
<td>1/2 cup</td>
<td>111</td>
<td>4.4g</td>
<td>244mg</td>
<td>16.3g</td>
<td>1.4g</td>
<td>0g</td>
</tr>
<tr>
<td>Potatoes, Smiley's</td>
<td>3 oz</td>
<td>160</td>
<td>6g</td>
<td>230mg</td>
<td>24g</td>
<td>2g</td>
<td>&lt;1g</td>
</tr>
<tr>
<td>Romaine Heart Lettuce</td>
<td>6 leaves</td>
<td>20</td>
<td>0.5g</td>
<td>0mg</td>
<td>3g</td>
<td>1g</td>
<td>2g</td>
</tr>
<tr>
<td>Spinach</td>
<td>1/3 cup</td>
<td>20</td>
<td>0g</td>
<td>115mg</td>
<td>2g</td>
<td>2g</td>
<td>1g</td>
</tr>
<tr>
<td>Tater Tots - Nuggets</td>
<td>27 pcs</td>
<td>110</td>
<td>3.5g</td>
<td>45mg</td>
<td>19g</td>
<td>2g</td>
<td>0g</td>
</tr>
<tr>
<td>Tomato</td>
<td>1</td>
<td>25</td>
<td>0</td>
<td>11mg</td>
<td>6g</td>
<td>1g</td>
<td>0g</td>
</tr>
<tr>
<td>Tomatoes, Crushed</td>
<td>1/2 cup</td>
<td>40</td>
<td>.5g</td>
<td>210mg</td>
<td>6g</td>
<td>2g</td>
<td>6g</td>
</tr>
<tr>
<td>Tomatoes, Diced</td>
<td>1/2 cup</td>
<td>25</td>
<td>0g</td>
<td>380mg</td>
<td>4g</td>
<td>1g</td>
<td>3g</td>
</tr>
<tr>
<td>Vegetables, Oriental (frozen)</td>
<td>1 cup</td>
<td>25</td>
<td>0g</td>
<td>10mg</td>
<td>4g</td>
<td>1g</td>
<td>2g</td>
</tr>
<tr>
<td>Item</td>
<td>Serving Size</td>
<td>Calories Per Serving</td>
<td>Total Fat</td>
<td>Sodium</td>
<td>Total Carbs</td>
<td>Dietary Fiber</td>
<td>Sugar</td>
</tr>
<tr>
<td>-------------------------------</td>
<td>--------------</td>
<td>----------------------</td>
<td>-----------</td>
<td>--------</td>
<td>-------------</td>
<td>----------------</td>
<td>-------</td>
</tr>
<tr>
<td>Andy Capp’s Cheddar Fries</td>
<td>.85 oz</td>
<td>110</td>
<td>4.5g</td>
<td>310mg</td>
<td>17g</td>
<td>0g</td>
<td>&lt;1g</td>
</tr>
<tr>
<td>Andy Capp’s Hot Fries</td>
<td>.85 oz</td>
<td>110</td>
<td>3.5g</td>
<td>260mg</td>
<td>18g</td>
<td>0g</td>
<td>&lt;1g</td>
</tr>
<tr>
<td>Apple Pie Bites</td>
<td>1</td>
<td>60</td>
<td>2g</td>
<td>80mg</td>
<td>9g</td>
<td>1g</td>
<td>3g</td>
</tr>
<tr>
<td>Baked Lays Potato chips</td>
<td>1 oz</td>
<td>120</td>
<td>2g</td>
<td>160mg</td>
<td>23g</td>
<td>2g</td>
<td>2g</td>
</tr>
<tr>
<td>Cheese Doodles</td>
<td>1 oz</td>
<td>150</td>
<td>9g</td>
<td>220mg</td>
<td>17g</td>
<td>0g</td>
<td>1g</td>
</tr>
<tr>
<td>Chex Mix, Sweet and Salty</td>
<td>1 bag</td>
<td>210</td>
<td>7g</td>
<td>230mg</td>
<td>7g</td>
<td>2g</td>
<td>8g</td>
</tr>
<tr>
<td>Choczels</td>
<td>1 bag</td>
<td>210</td>
<td>9g</td>
<td>410mg</td>
<td>28g</td>
<td>0g</td>
<td>16g</td>
</tr>
<tr>
<td>Churros</td>
<td>1</td>
<td>130</td>
<td>8g</td>
<td>140mg</td>
<td>12g</td>
<td>0g</td>
<td>0g</td>
</tr>
<tr>
<td>Combos Cheddar Cheese Pretzels</td>
<td>1 oz</td>
<td>130</td>
<td>4.5g</td>
<td>440mg</td>
<td>19g</td>
<td>0g</td>
<td>5g</td>
</tr>
<tr>
<td>Doritos Cool Cheese</td>
<td>1 oz</td>
<td>150</td>
<td>8g</td>
<td>180mg</td>
<td>18g</td>
<td>2g</td>
<td>&lt;1g</td>
</tr>
<tr>
<td>Doritos Nacho Cheese</td>
<td>1 oz</td>
<td>150</td>
<td>8g</td>
<td>180mg</td>
<td>17g</td>
<td>1g</td>
<td>1g</td>
</tr>
<tr>
<td>Fritos Corn Chips</td>
<td>1 oz</td>
<td>160</td>
<td>10g</td>
<td>170mg</td>
<td>15g</td>
<td>1g</td>
<td>&lt;1g</td>
</tr>
<tr>
<td>Fritos Honey BBQ Twists</td>
<td>1 oz</td>
<td>160</td>
<td>10g</td>
<td>210mg</td>
<td>16g</td>
<td>1g</td>
<td>1g</td>
</tr>
<tr>
<td>Funnel Cake</td>
<td>1</td>
<td>280</td>
<td>9g</td>
<td>360mg</td>
<td>45g</td>
<td>1g</td>
<td>15g</td>
</tr>
<tr>
<td>Funyuns Onion Rings</td>
<td>1 oz</td>
<td>140</td>
<td>7g</td>
<td>270mg</td>
<td>18g</td>
<td>&lt;1g</td>
<td>&lt;1g</td>
</tr>
<tr>
<td>Lays BBQ Chips</td>
<td>1 oz</td>
<td>150</td>
<td>10g</td>
<td>200mg</td>
<td>15g</td>
<td>1g</td>
<td>2g</td>
</tr>
<tr>
<td>Lays Classic Potato Chips</td>
<td>1 oz</td>
<td>150</td>
<td>10g</td>
<td>180mg</td>
<td>15g</td>
<td>1g</td>
<td>0g</td>
</tr>
<tr>
<td>Mini Sandwich Cremes</td>
<td>9 cookies</td>
<td>150</td>
<td>7g</td>
<td>80mg</td>
<td>22g</td>
<td>&lt;1g</td>
<td>10g</td>
</tr>
<tr>
<td>Pretzel Rods</td>
<td>3 pretzels</td>
<td>110</td>
<td>1g</td>
<td>450mg</td>
<td>22g</td>
<td>1g</td>
<td>1g</td>
</tr>
<tr>
<td>Snacks</td>
<td>Serving</td>
<td>Calories</td>
<td>Fat (g)</td>
<td>Saturated Fat (g)</td>
<td>Carbs (g)</td>
<td>Sugar (g)</td>
<td>Fiber (g)</td>
</tr>
<tr>
<td>--------------------------------------------</td>
<td>---------</td>
<td>----------</td>
<td>---------</td>
<td>------------------</td>
<td>-----------</td>
<td>-----------</td>
<td>-----------</td>
</tr>
<tr>
<td>Rold Gold Tiny Twists Pretzels</td>
<td>1 oz</td>
<td>110</td>
<td>1</td>
<td>450</td>
<td>23</td>
<td>1</td>
<td>&lt;1</td>
</tr>
<tr>
<td>Saltine Crackers</td>
<td>6 crackers</td>
<td>80</td>
<td>1.5</td>
<td>270</td>
<td>13</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Smartfood White Cheddar Popcorn</td>
<td>1 oz</td>
<td>100</td>
<td>10</td>
<td>290</td>
<td>14</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>Sun Chips Garden Salsa</td>
<td>1 oz</td>
<td>140</td>
<td>6</td>
<td>170</td>
<td>19</td>
<td>3</td>
<td>2</td>
</tr>
<tr>
<td>Sun Chips Harvest Cheddar</td>
<td>1 oz</td>
<td>140</td>
<td>6</td>
<td>140</td>
<td>19</td>
<td>3</td>
<td>2</td>
</tr>
<tr>
<td>Sun Chips Original</td>
<td>1 oz</td>
<td>140</td>
<td>6</td>
<td>120</td>
<td>19</td>
<td>3</td>
<td>2</td>
</tr>
<tr>
<td>Sunshine Cheez-It</td>
<td>1 pkg/35g</td>
<td>180</td>
<td>9</td>
<td>290</td>
<td>20</td>
<td>&lt;1</td>
<td>0</td>
</tr>
<tr>
<td>Wise Buttered Popcorn</td>
<td>1 oz</td>
<td>150</td>
<td>10</td>
<td>280</td>
<td>14</td>
<td>3</td>
<td>0</td>
</tr>
<tr>
<td>Wise Honey BBQ Chips</td>
<td>1 oz</td>
<td>150</td>
<td>10</td>
<td>190</td>
<td>15</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Wise Onion Rings</td>
<td>1 oz</td>
<td>140</td>
<td>6</td>
<td>360</td>
<td>20</td>
<td>0</td>
<td>0</td>
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<tr>
<td>Wise Puff Cheese Doodles</td>
<td>1 oz</td>
<td>150</td>
<td>8</td>
<td>320</td>
<td>17</td>
<td>0</td>
<td>2</td>
</tr>
<tr>
<td>Wise Sour Cream &amp; Onion Chips</td>
<td>1 oz</td>
<td>150</td>
<td>10</td>
<td>220</td>
<td>14</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Yellow Corn Tortillas</td>
<td>1 oz</td>
<td>140</td>
<td>4.5</td>
<td>135</td>
<td>23</td>
<td>2</td>
<td>0</td>
</tr>
<tr>
<td>Otis Spunkmeyer Oatmeal Raisin Cookies</td>
<td>1 cookie</td>
<td>160</td>
<td>7</td>
<td>130</td>
<td>23</td>
<td>1</td>
<td>13</td>
</tr>
<tr>
<td>Otis Spunkmeyer Butter Sugar Cookies</td>
<td>1 cookie</td>
<td>160</td>
<td>7</td>
<td>140</td>
<td>23</td>
<td>0</td>
<td>13</td>
</tr>
<tr>
<td>Otis Spunkmeyer Chocolate Chip Cookies</td>
<td>1 cookie</td>
<td>170</td>
<td>7</td>
<td>120</td>
<td>24</td>
<td>1</td>
<td>15</td>
</tr>
<tr>
<td>Famous Amos Cookies</td>
<td>4 cookies</td>
<td>150</td>
<td>7</td>
<td>105</td>
<td>20</td>
<td>1</td>
<td>9</td>
</tr>
<tr>
<td>Keebler Fudge Shoppe Fudge Stripes</td>
<td>3 cookies</td>
<td>150</td>
<td>7</td>
<td>110</td>
<td>21</td>
<td>1</td>
<td>10</td>
</tr>
<tr>
<td>Donut - Boston Crème w/New Chocolate</td>
<td>1 1/2 oz</td>
<td>100</td>
<td>5</td>
<td>150</td>
<td>18</td>
<td>0</td>
<td>7</td>
</tr>
<tr>
<td>Donut - Chocolate Frosted w/New Chocolate</td>
<td>2 1/2 oz</td>
<td>180</td>
<td>11</td>
<td>270</td>
<td>35</td>
<td>0</td>
<td>11</td>
</tr>
<tr>
<td>Donut - Jelly w/Granulated Sugar</td>
<td>2 1/2 oz</td>
<td>230</td>
<td>7</td>
<td>240</td>
<td>40</td>
<td>0</td>
<td>17</td>
</tr>
<tr>
<td>Snacks</td>
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<td></td>
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<td>-----</td>
<td>-----</td>
<td>-----</td>
<td>-----</td>
<td></td>
</tr>
<tr>
<td>Donut - White Iced</td>
<td>2 1/2 oz</td>
<td>240</td>
<td>12g</td>
<td>270mg</td>
<td>38g</td>
<td>0g</td>
<td>12g</td>
</tr>
<tr>
<td>Pound Cake - Marble</td>
<td>2 oz</td>
<td>220</td>
<td>12g</td>
<td>210mg</td>
<td>25g</td>
<td>0g</td>
<td>14g</td>
</tr>
<tr>
<td>Item</td>
<td>Serving Size</td>
<td>Calories Per Serving</td>
<td>Total Fat</td>
<td>Sodium</td>
<td>Total Carbs</td>
<td>Dietary Fiber</td>
<td>Sugar</td>
</tr>
<tr>
<td>-------------------------------</td>
<td>--------------</td>
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<td>-----------</td>
<td>--------</td>
<td>-------------</td>
<td>---------------</td>
<td>-------</td>
</tr>
<tr>
<td>Hot dog roll</td>
<td>1</td>
<td>120</td>
<td>1.5g</td>
<td>240 mg</td>
<td>23g</td>
<td>&lt;1 g</td>
<td>4g</td>
</tr>
<tr>
<td>Hamburger roll</td>
<td>1</td>
<td>160</td>
<td>2.5g</td>
<td>280 mg</td>
<td>33g</td>
<td>2g</td>
<td>4g</td>
</tr>
<tr>
<td>Kaiser roll</td>
<td>2</td>
<td>220</td>
<td>2g</td>
<td>470mg</td>
<td>42g</td>
<td>2g</td>
<td>2g</td>
</tr>
<tr>
<td>Bagel (plain)</td>
<td>1-4oz</td>
<td>290</td>
<td>1g</td>
<td>520mg</td>
<td>58g</td>
<td>2g</td>
<td>4g</td>
</tr>
<tr>
<td>Slider Bun</td>
<td>2</td>
<td>140</td>
<td>2</td>
<td>270mg</td>
<td>25g</td>
<td>1g</td>
<td>2g</td>
</tr>
<tr>
<td>Rye bread</td>
<td>1 slice</td>
<td>80</td>
<td>1g</td>
<td>260mg</td>
<td>16g</td>
<td>1g</td>
<td>0g</td>
</tr>
<tr>
<td>Wheat bread</td>
<td>1 slice</td>
<td>70</td>
<td>.5g</td>
<td>140 mg</td>
<td>13g</td>
<td>1g</td>
<td>&lt;1g</td>
</tr>
<tr>
<td>White bread</td>
<td>2 slices</td>
<td>110</td>
<td>1</td>
<td>210 mg</td>
<td>22g</td>
<td>1g</td>
<td>1g</td>
</tr>
<tr>
<td>Pita</td>
<td>1</td>
<td>220</td>
<td>4g</td>
<td>510mg</td>
<td>40g</td>
<td>2g</td>
<td>1g</td>
</tr>
<tr>
<td>Wrap - Plain 10&quot;</td>
<td>1</td>
<td>190</td>
<td>5g</td>
<td>380mg</td>
<td>31g</td>
<td>2g</td>
<td>1g</td>
</tr>
<tr>
<td>Wrap - Garlic Pesto 12&quot;</td>
<td>1</td>
<td>310</td>
<td>3g</td>
<td>680mg</td>
<td>52g</td>
<td>&lt;2g</td>
<td>2g</td>
</tr>
<tr>
<td>Wrap - Plain 12&quot;</td>
<td>1</td>
<td>310</td>
<td>3g</td>
<td>700mg</td>
<td>52g</td>
<td>&lt;2g</td>
<td>2g</td>
</tr>
<tr>
<td>Wrap - Spinach 12&quot;</td>
<td>1</td>
<td>310</td>
<td>3g</td>
<td>700mg</td>
<td>52g</td>
<td>&lt;2g</td>
<td>2g</td>
</tr>
<tr>
<td>Wrap - Sun Dried Tomato &amp; Basil 12&quot;</td>
<td>1</td>
<td>310</td>
<td>3g</td>
<td>680mg</td>
<td>52g</td>
<td>&lt;2g</td>
<td>2g</td>
</tr>
<tr>
<td>Wrap - Wheat 12&quot;</td>
<td>1</td>
<td>290</td>
<td>3g</td>
<td>700mg</td>
<td>50g</td>
<td>&lt;6g</td>
<td>2g</td>
</tr>
<tr>
<td>Muffin, Corn</td>
<td>1/2 muffin</td>
<td>220</td>
<td>12g</td>
<td>220mg</td>
<td>26g</td>
<td>&lt;1g</td>
<td>14g</td>
</tr>
<tr>
<td>Muffin, Chocolate Chip</td>
<td>1/2 muffin</td>
<td>230</td>
<td>13g</td>
<td>200mg</td>
<td>28g</td>
<td>&lt;lg</td>
<td>17g</td>
</tr>
<tr>
<td>Muffin, Chocolate, Chocolate Chip</td>
<td>2 oz</td>
<td>220</td>
<td>11g</td>
<td>190mg</td>
<td>28g</td>
<td>1g</td>
<td>17g</td>
</tr>
<tr>
<td>Item</td>
<td>Quantity</td>
<td>Calories</td>
<td>Carbs</td>
<td>Fat</td>
<td>Sodium</td>
<td>Protein</td>
<td>Sugar</td>
</tr>
<tr>
<td>Soft Pretzel</td>
<td>1</td>
<td>480</td>
<td>2g</td>
<td>130mg</td>
<td>98g</td>
<td>0g</td>
<td>2g</td>
</tr>
<tr>
<td>Item</td>
<td>Serving Size</td>
<td>Calories Per</td>
<td>Total Fat</td>
<td>Sodium</td>
<td>Total Carbs</td>
<td>Dietary Fiber</td>
<td>Sugar</td>
</tr>
<tr>
<td>--------------------------</td>
<td>--------------</td>
<td>--------------</td>
<td>-----------</td>
<td>------------</td>
<td>-------------</td>
<td>----------------</td>
<td>-------</td>
</tr>
<tr>
<td>Butter</td>
<td>1 T</td>
<td>100</td>
<td>11g</td>
<td>90g</td>
<td>0g</td>
<td>0g</td>
<td>0g</td>
</tr>
<tr>
<td>Butter - Whipped Cup</td>
<td>1T</td>
<td>100</td>
<td>11g</td>
<td>90mg</td>
<td>0g</td>
<td>0g</td>
<td>0g</td>
</tr>
<tr>
<td>Butter Blend</td>
<td>1T</td>
<td>100</td>
<td>11g</td>
<td>105mg</td>
<td>0g</td>
<td>0g</td>
<td>0g</td>
</tr>
<tr>
<td>Cream Cheese Pack</td>
<td>1 T</td>
<td>100</td>
<td>10g</td>
<td>120mg</td>
<td>1g</td>
<td>0g</td>
<td>1g</td>
</tr>
<tr>
<td>Cheese, Mozzarella (whole milk)</td>
<td>1/4 cup</td>
<td>90</td>
<td>7g</td>
<td>150mg</td>
<td>0g</td>
<td>0g</td>
<td>0g</td>
</tr>
<tr>
<td>Cheese, Mozzarella Sticks</td>
<td>2 sticks</td>
<td>150</td>
<td>8</td>
<td>340mg</td>
<td>12g</td>
<td>1g</td>
<td>0g</td>
</tr>
<tr>
<td>Cheese, Muenster</td>
<td>1 oz</td>
<td>100</td>
<td>9g</td>
<td>180mg</td>
<td>0g</td>
<td>0g</td>
<td>0g</td>
</tr>
<tr>
<td>Cheese, Provolone</td>
<td>1 oz</td>
<td>100</td>
<td>8g</td>
<td>115mg</td>
<td>&lt;1g</td>
<td>0g</td>
<td>0g</td>
</tr>
<tr>
<td>Cheese, Yellow American</td>
<td>2 slices</td>
<td>100</td>
<td>7g</td>
<td>400mg</td>
<td>3g</td>
<td>0g</td>
<td>1g</td>
</tr>
<tr>
<td>Item</td>
<td>Serving Size</td>
<td>Calories Per</td>
<td>Total Fat</td>
<td>Sodium</td>
<td>Total Carbs</td>
<td>Dietary Fiber</td>
<td>Sugar</td>
</tr>
<tr>
<td>-------------------------------------</td>
<td>--------------</td>
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<td>-----------</td>
<td>--------</td>
<td>-------------</td>
<td>----------------</td>
<td>-------</td>
</tr>
<tr>
<td>Boar's Head Bologna</td>
<td>2 oz</td>
<td>150</td>
<td>13g</td>
<td>530mg</td>
<td>1g</td>
<td>0g</td>
<td>1g</td>
</tr>
<tr>
<td>Boar's Head Roast Beef</td>
<td>2 oz</td>
<td>90</td>
<td>3.5g</td>
<td>40mg</td>
<td>0g</td>
<td>0g</td>
<td>0g</td>
</tr>
<tr>
<td>Boar's Head Turkey Breast-Oven Roasted</td>
<td>2 oz</td>
<td>60</td>
<td>1g</td>
<td>340mg</td>
<td>0g</td>
<td>0g</td>
<td>0g</td>
</tr>
<tr>
<td>Boar's Head Turkey Breast-Peppermill</td>
<td>2 oz</td>
<td>60</td>
<td>&lt;1g</td>
<td>460mg</td>
<td>0g</td>
<td>0g</td>
<td>1g</td>
</tr>
<tr>
<td>Boar's Head Turkey Chef's Delight</td>
<td>2 oz</td>
<td>45</td>
<td>&lt;1g</td>
<td>410mg</td>
<td>1g</td>
<td>0g</td>
<td>1g</td>
</tr>
<tr>
<td>Boar's Head Salsalito</td>
<td>2 oz</td>
<td>60</td>
<td>&lt;1g</td>
<td>480mg</td>
<td>1g</td>
<td>0g</td>
<td>0g</td>
</tr>
<tr>
<td>Salami</td>
<td>2 oz</td>
<td>230</td>
<td>20g</td>
<td>870mg</td>
<td>0g</td>
<td>0g</td>
<td>0g</td>
</tr>
<tr>
<td>Perdue Turkey</td>
<td>2 oz</td>
<td>80</td>
<td>1g</td>
<td>270mg</td>
<td>3g</td>
<td>0g</td>
<td>1g</td>
</tr>
<tr>
<td>Item</td>
<td>Serving Size</td>
<td>Calories Per</td>
<td>Total Fat</td>
<td>Sodium</td>
<td>Total Carbs</td>
<td>Dietary Fiber</td>
<td>Sugar</td>
</tr>
<tr>
<td>-------------------------</td>
<td>--------------</td>
<td>--------------</td>
<td>-----------</td>
<td>--------</td>
<td>-------------</td>
<td>----------------</td>
<td>-------</td>
</tr>
<tr>
<td>Bacon Bits</td>
<td>1 T</td>
<td>30</td>
<td>1g</td>
<td>125mg</td>
<td>2g</td>
<td>0g</td>
<td>0g</td>
</tr>
<tr>
<td>Chicken Base</td>
<td>3/4 tsp</td>
<td>15</td>
<td>1g</td>
<td>760mg</td>
<td>2g</td>
<td>0g</td>
<td>1g</td>
</tr>
<tr>
<td>Chicken Gravy</td>
<td>1/4 cup</td>
<td>45</td>
<td>3g</td>
<td>270mg</td>
<td>3g</td>
<td>&lt;1g</td>
<td>1g</td>
</tr>
<tr>
<td>Chow Mein Noodles</td>
<td>1/2 cup</td>
<td>130</td>
<td>5g</td>
<td>230m</td>
<td>19g</td>
<td>&lt;1 g</td>
<td>0g</td>
</tr>
<tr>
<td>Garlic and Butter</td>
<td>2 T</td>
<td>35</td>
<td>1.5g</td>
<td>55mg</td>
<td>4g</td>
<td>0g</td>
<td>0g</td>
</tr>
<tr>
<td>Croutons</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ketchup</td>
<td>IT</td>
<td>9</td>
<td>0g</td>
<td>69mg</td>
<td>2.4g</td>
<td>0g</td>
<td>1.8g</td>
</tr>
<tr>
<td>Lemon Juice</td>
<td>1 tsp</td>
<td>0</td>
<td>0g</td>
<td>0mg</td>
<td>0g</td>
<td>0g</td>
<td>0g</td>
</tr>
<tr>
<td>Mayonnaise</td>
<td>1 tsp</td>
<td>110</td>
<td>11g</td>
<td>75mg</td>
<td>1g</td>
<td>0g</td>
<td>1g</td>
</tr>
<tr>
<td>Rice</td>
<td>1/4 cup</td>
<td>170</td>
<td>0g</td>
<td>0mg</td>
<td>38g</td>
<td>0g</td>
<td>0g</td>
</tr>
<tr>
<td>Tri-Color Rotini</td>
<td>2/3 cup</td>
<td>210</td>
<td>&lt;1g</td>
<td>0mg</td>
<td>42g</td>
<td>2g</td>
<td>1g</td>
</tr>
<tr>
<td>Wide Egg Noodles</td>
<td>1 1/4 cup</td>
<td>220</td>
<td>1.5g</td>
<td>5mg</td>
<td>45g</td>
<td>2g</td>
<td>7g</td>
</tr>
<tr>
<td>Ziti</td>
<td>2 oz</td>
<td>190</td>
<td>1g</td>
<td>0mg</td>
<td>39g</td>
<td>2g</td>
<td>2g</td>
</tr>
</tbody>
</table>