PARTIAL - LIST IN PROGRESS

Gordon FOOD SERVICE CYCLE MENU MANAGEMENT

Recipe Nutrition List

Name KeyName	Portion Unit	KCAL KCAL	FAT Gram	SFA Gram	FATRN Gram	CHOL MG	NA MG	CHO Gram	TDFB Gram	SUGR Gram	PRO Gram	VTAIU IU	VITC MG	FE MG	CA MG	VTDIU IU	K MG	P MG	ZN MG	B2 MG	B1 MG
Alfredo Sauce 0173905	1 Serving	8,478	782.97	500.914	0.000	**2,281**	8,333	134.03	0.0	91.83	134.51	28,206.23	20.03	0.00	3,730.23	**834.69**	**3,172**				
Apple Basil Burger 0173906	1 Serving	486	35.00	14.900	**0.000**	**165**	139	4.98	1.0	3.44	35.44	131.58	13.34	3.14	7.30		**58**	**6.24**	**0.04**	**0.02**	**0.02**
Apple Rosemary Pork Roast 0173907	1 Serving	206	5.96	1.740	**0.000**	81	393	6.90	1.2	5.20	37.40	27.00	2.30	2.98	3.14		**54**	**5.50**	**0.02**	**0.02**	**0.00**
Bacon Cheddar Meatloaf 0173845	1 Serving	804	54.78	23.680	**0.340**	232	1,118	25.16	0.7	15.70	50.16	458.46	0.86	4.32	190.86						
Bacon Cheeseburger Tater Tot Casserole 0173910	1 Serving	861	56.20	20.980	**0.700**	109	2,128	47.36	4.3	8.28	37.08	528.44	8.76	2.10	413.20		**413**	**12.72**	**0.08**	**0.00**	**0.00**
Bacon Mac N Cheese 0173911	1 Serving	930	49.90	24.900	0.000	102	2,118	82.30	3.2	15.50	40.28	1,081.38	0.90	3.36	599.40	**37.80**	**153**				
Bacon Pineapple Bread 0173912	1 Serving	593	35.08	14.700	0.000	121	2,050	48.50	1.7	9.68	22.88	460.32	3.76	3.32	156.50	**6.42**	**26**				
Balsamic Butter Glazed Baby Carrots 0173913	1 Serving	281	13.20	8.400	0.000	36	268	38.80	2.4	33.30	0.02	4,148.38	1.46	1.40	43.34	**0.00**	**30**	**0.90**	**0.00**	**0.00**	**0.00**
Balsamic Chicken - Grill 0173916	1 Serving	212	10.10	2.240	0.000	**71**	1,147	4.30	0.0	3.50	26.32	0.00	0.00	0.02	0.26						
Balsamic Chicken - Whole30/P/GF 0173914	1 Serving	227	5.06	1.520	0.000	71	803	17.26	1.6	11.44	27.74	907.50	12.94	0.94	104.80						
Balsamic Chicken Tenders - Grill 0173915	1 Serving	220	7.42	0.720	0.000	**88**	1,181	4.30	0.0	3.50	35.02	0.00	0.00	1.16	0.26		**446**				
Balsamic Pork Chops - Grill 0173917	1 Serving	579	47.86	16.920	**0.000**	**142**	809	4.30	0.0	3.50	31.00	18.14	0.00	1.82	56.52		**470**	**433.64**	**4.90**	**0.50**	**1.12**
Balsamic Wings - Grill 0173918	1 Serving	464	33.92	8.720	0.000	**141**	804	4.30	0.0	3.50	33.32	160.00	1.92	2.04	32.26						
BBQ Chicken 0173919	1 Serving	279	5.10	1.540	**0.000**	71	972	33.78	1.1	30.60	26.86	282.70	14.70	0.26	7.32		**26**	**2.98**	**0.02**	**0.00**	**0.00**
BBQ Chicken - Grill 0173920	1 Serving	270	5.08	1.520	0.000	**71**	971	31.48	0.6	29.54	26.64	227.56	1.70	0.18	1.82						

*** Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.**

Name KeyName	Portion Unit	KCAL KCAL	FAT Gram	SFA Gram	FATRN Gram	CHOL MG	NA MG	CHO Gram	TDFB Gram	SUGR Gram	PRO Gram	VTAIU IU	VITC MG	FE MG	CA MG	VTDIU IU	K MG	P MG	ZN MG	B2 MG	B1 MG
BBQ Chops - Grill 0173922	1 Serving	637	42.84	16.200	**0.000**	**142**	633	31.48	0.6	29.54	31.32	245.72	1.70	1.98	58.06		**470**	**433.64**	**4.90**	**0.50**	**1.12**
BBQ Pulled Pork 0173923	1 Serving	306	5.72	1.640	**0.000**	**81**	601	33.78	1.1	30.60	37.80	282.70	14.70	3.18	7.32		**26**	**2.98**	**0.02**	**0.00**	**0.00**
BBQ Pulled Pork Lasagna 0173924	1 Serving	763	25.78	14.800	0.640	110	904	94.98	3.8	28.92	35.54	1,078.68	2.18	3.44	811.06						
BBQ Pulled Pork Mac N Cheese 0173925	1 Serving	1,035	38.76	20.560	0.000	183	2,386	113.92	3.8	45.18	68.24	1,312.42	2.64	6.00	604.66	**38.96**	**158**				
BBQ Sloppy Joe Casserole 0173926	1 Serving	759	40.88	19.140	**0.520**	**127**	1,254	61.06	3.6	29.72	37.04	563.14	10.80	3.70	238.20						
BBQ Tenders - Grill 0173850	1 Serving	277	2.40	0.000	0.000	**88**	1,004	31.48	0.6	29.54	35.34	227.56	1.70	1.32	1.82		**446**				
BBQ Wings - Grill 0173927	1 Serving	521	28.90	8.000	0.000	**141**	628	31.48	0.6	29.54	33.64	387.56	3.62	2.20	33.82						
Beefy Lasagna Soup 0174655	1 Serving	468	18.02	7.280	**0.000**	**61**	879	46.96	3.8	10.24	26.80	1,210.02	16.16	4.18	104.90		**60**				
Beer Brat Mac N Cheese 0173929	1 Serving	901	37.86	20.020	0.000	180	1,508	81.26	3.2	14.56	67.14	1,055.64	0.70	5.84	573.64	**29.22**	**121**				
Beer Bread 0173930	1 Serving	364	5.10	2.920	0.000	12	37	73.00	1.9	20.90	8.08	160.00	0.00	3.24	14.42						
Black Bean Chicken 0173932	1 Serving	409	19.62	11.000	0.000	**110**	1,359	19.98	4.2	2.60	33.04	555.46	4.50	1.68	98.26		**4**				
Breakfast Burrito - Ham & Potatoes 0173933	1 Serving	608	26.22	12.000	0.340	463	1,772	57.00	3.2	3.32	35.70	768.02	3.64	4.78	233.82						
Breakfast Burrito - Sausage & Potatoes 0173935	1 Serving	841	49.92	20.500	**0.340**	463	2,082	66.14	4.6	4.00	33.98	7,203.14	4.72	5.50	247.44		**153**	**21.32**	**0.14**	**0.02**	**0.04**
Breakfast Burrito - Veggie Lover 0173937	1 Serving	451	16.00	6.340	**0.000**	390	899	59.12	3.7	3.84	18.32	599.44	21.28	4.98	97.20		**26**	**2.98**	**0.02**	**0.00**	**0.00**
Breakfast Burritos - Meatlover 0173939	1 Serving	774	44.44	18.480	0.340	447	1,905	56.60	3.2	2.52	37.32	768.02	3.64	5.22	233.82						

*** Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.**

Name KeyName	Portion Unit	KCAL KCAL	FAT Gram	SFA Gram	FATRN Gram	CHOL MG	NA MG	CHO Gram	TDFB Gram	SUGR Gram	PRO Gram	VTAIU IU	VITC MG	FE MG	CA MG	VTDIU IU	K MG	P MG	ZN MG	B2 MG	B1 MG
Breakfast Casserole - Ham 0173941	1 Serving	679	38.42	17.180	0.700	893	1,993	29.30	2.4	1.84	51.32	1,536.04	7.28	3.80	387.76						
Breakfast Casserole - Meat Lovers 0173942	1 Serving	860	58.54	24.120	0.700	880	1,983	28.86	2.4	1.38	50.92	1,536.04	7.28	4.22	398.12						
Breakfast Casserole - Sausage 0173943	1 Serving	929	68.06	27.220	0.700	893	1,579	28.98	2.4	1.52	45.48	1,536.04	7.28	4.26	413.68						
Breakfast Casserole - Veggie Lover 0173944	1 Serving	622	35.30	15.880	**0.700**	828	1,134	38.30	3.7	2.66	36.14	1,742.42	28.56	4.54	424.84		**26**	**2.98**	**0.02**	**0.00**	**0.00**
Breakfast Lasagna 0173948	1 Serving	562	33.14	15.560	0.700	326	1,111	39.86	3.7	2.00	25.16	851.20	11.24	2.66	385.80	**13.64**	**52**				
Broccoli Cauliflower Salad 0173950	1 Serving	522	43.70	9.320	0.480	27	694	22.74	4.2	15.96	11.14	35.72	0.02	1.18	47.30	**0.00**	**4**	**10.46**	**0.10**	**0.02**	**0.02**
Brown Gravy Mix 0173951	1 Serving	5	0.02	0.000	0.000	**0**	0.1	1.10	0.04	0.02	0.17	0.00	0.00	0.07	0.30						
Brown Sugar Chicken 0173954	1 Serving	328	5.06	1.520	0.000	71	832	44.50	0.0	44.00	27.12	**0.00**	**0.00**	**0.32**	**37.64**	**0.00**	**60**	**1.82**	**0.02**	**0.00**	**0.00**
Buffalo Chicken - Grill 0173955	1 Serving	152	5.06	1.520	**0.000**	**71**	1,567	0.00	0.0	0.00	26.32	0.00	8.70	0.00	0.00		**0**	**0.00**	**0.00**	**0.00**	**0.00**
Buffalo Chicken Chili 0173956	1 Serving	463	20.00	11.720	0.000	131	1,775	26.94	7.3	5.94	39.72	5,416.58	14.80	2.64	144.86						
Buffalo Chicken Dip 0173958	1 Serving	673	54.36	20.240	0.780	163	2,209	3.56	0.2	1.22	39.46	710.64	11.76	1.56	213.92	**0.00**	**4**	**3.66**	**0.02**		
Buffalo Chicken Lasagna 0173959	1 Serving	997	44.76	25.060	0.860	**245**	2,226	74.92	3.2	8.20	73.48	1,289.68	11.60	4.60	1,031.44						
Buffalo Chops - Grill 0173961	1 Serving	519	42.82	16.200	**0.000**	**142**	1,229	0.00	0.0	0.00	31.00	18.14	8.70	1.80	56.24		**470**	**433.64**	**4.90**	**0.50**	**1.12**
Buffalo Mac N Cheese 0173962	1 Serving	900	44.20	25.400	0.000	**172**	2,601	82.44	3.2	15.62	45.82	1,404.84	9.64	3.58	602.84	**38.96**	**158**				
Buffalo Ranch Meatballs 0173842	1 Serving	423	35.54	13.540	0.000	**84**	1,541	6.76	0.0	1.68	20.26	168.74	7.82	2.44	101.24						

*** Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.**

Name KeyName	Portion Unit	KCAL KCAL	FAT Gram	SFA Gram	FATRN Gram	CHOL MG	NA MG	CHO Gram	TDFB Gram	SUGR Gram	PRO Gram	VTAIU IU	VITC MG	FE MG	CA MG	VTDIU IU	K MG	P MG	ZN MG	B2 MG	B1 MG
Buffalo Tenders - Grill 0173964	1 Serving	159	2.38	0.000	**0.000**	**88**	1,601	0.00	0.0	0.00	35.02	0.00	8.70	1.14	0.00		**446**	**0.00**	**0.00**	**0.00**	**0.00**
Buffalo Wings - Grill 0173965	1 Serving	403	28.88	8.000	**0.000**	**141**	1,224	0.00	0.0	0.00	33.32	160.00	10.62	2.02	32.00		**0**	**0.00**	**0.00**	**0.00**	**0.00**
Burrito Pie 0173966	1 Serving	552	33.14	16.600	**0.700**	**109**	1,445	26.64	6.2	5.08	35.52	1,345.64	11.04	4.54	419.54	**0.00**	**95**	**8.78**	**0.06**	**0.02**	**0.00**
Cajun Chicken Dinner 0173967	1 Serving	297	8.78	2.740	**0.000**	**71**	853	25.56	3.0	1.06	29.04	348.56	20.36	1.02	6.36		**26**	**2.98**	**0.02**	**0.00**	**0.00**
Carnitas 0174805	1 Serving	235	5.68	1.620	0.000	81	270	11.88	0.8	4.12	38.06	**453.76**	**12.46**	**3.38**	**53.40**						
Cheddar Bacon BBQ Burger 0173847	1 Serving	592	43.30	18.840	**0.180**	133	1,887	8.12	0.2	7.44	40.06	168.76	0.42	3.18	79.26						
Cheddar Buttermilk Bread 0173969	1 Serving	344	**15.34**	**9.180**	**0.180**	**86**	625	40.84	**1.3**	5.24	**10.88**	**550.76**	**0.46**	**2.44**	**169.56**	**19.48**	**75**				
Cheddar Spinach Burger 0173970	1 Serving	536	**36.80**	**16.040**	**0.120**	**129**	364	10.02	**0.9**	1.72	**37.98**	**1,012.72**	**0.88**	**3.68**	**89.10**						
Cheeseburger Mac N Cheese 0173986	1 Serving	986	49.98	26.180	**0.000**	**163**	1,637	87.72	3.2	19.86	47.66	1,190.54	2.20	4.38	602.84	**38.96**	**158**				
Cheesy Chicken & Potato Casserole 0173837	1 Serving	742	45.70	22.320	0.700	**156**	1,656	38.60	3.2	3.50	46.74	996.72	**9.34**	2.90	420.42	**9.74**	**37**				
Cheesy Garlic Herb Bread 0173987	1 Serving	254	**4.30**	**1.900**	**0.000**	**95**	600	43.54	**1.5**	3.28	**10.42**	**194.00**	**0.58**	**4.68**	**129.02**	**24.34**	**94**				
Cheesy Ham & Hashbrown Cass 0173989	1 Serving	926	49.28	23.740	0.700	197	3,277	69.10	7.4	7.72	49.46	**1,327.72**	30.86	4.30	**611.30**						
Cheesy Ham & Potato Soup 0174656	1 Serving	524	22.44	10.940	0.340	**135**	2,745	42.18	3.6	6.82	36.52	340.58	11.86	1.46	274.44	**38.96**	**148**				
Cheesy Hashbrowns 0173990	1 Serving	545	17.20	9.700	0.700	**56**	1,018	78.14	8.6	5.34	21.96	**847.42**	38.88	3.72	**331.18**						
Cheesy Parmesan Potatoes 0173991	1 Serving	586	36.96	20.400	0.000	108	1,980	43.20	3.0	10.76	22.34	1,190.52	10.04	1.10	666.24	**38.96**	**158**				

*** Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.**

Name KeyName	Portion Unit	KCAL KCAL	FAT Gram	SFA Gram	FATRN Gram	CHOL MG	NA MG	CHO Gram	TDFB Gram	SUGR Gram	PRO Gram	VTAIU IU	VITC MG	FE MG	CA MG	VTDIU IU	K MG	P MG	ZN MG	B2 MG	B1 MG
Cheesy Potatoes O'Brien 0173993	1 Serving	303	15.34	8.200	**0.520**	36	680	30.14	3.2	0.44	11.28	349.36	12.34	1.36	237.76		**7**	**0.74**	**0.00**	**0.00**	**0.00**
Cherry Cola Pulled Pork 0173994	1 Serving	220	5.68	1.620	0.000	81	439	8.80	0.0	6.40	37.26	160.14	1.92	2.92	0.00						
Chicken & White Bean Enchilada 0173996	1 Serving	453	21.76	11.920	0.340	**147**	684	22.58	5.2	4.22	42.58	543.80	4.64	2.78	271.74						
Chicken Alfredo Lasagna 0173997	1 Serving	2,545	187.42	116.900	0.640	**658**	2,408	98.84	4.4	25.42	93.60	9,988.92	7.52	4.76	1,582.82	**166.94**	**634**				
Chicken Cacciatore 0174000	1 Serving	372	**6.08**	**1.520**	**0.000**	**71**	477	44.30	**2.5**	4.06	**33.56**	**55.14**	**13.00**	**1.88**	**5.50**		**26**	**2.98**	**0.02**	**0.00**	**0.00**
Chicken Enchilada Soup 0174657	1 Serving	268	5.54	1.540	**0.000**	71	990	22.54	5.5	4.94	30.92	629.86	19.24	2.02	109.52	**0.00**	**117**	**11.76**	**0.08**	**0.02**	**0.02**
Chicken Fajitas 0174001	1 Serving	205	5.14	1.540	**0.000**	**71**	520	12.38	1.9	5.06	27.28	**287.96**	**42.26**	**0.78**	**27.22**		**79**	**9.08**	**0.06**	**0.02**	**0.02**
Chicken Pot Pie 0174365	1 Serving	295	9.86	4.260	0.000	**109**	926	16.48	3.0	7.68	36.14	9,100.48	4.18	1.88	137.08	**38.96**	**148**				
Chicken Pot Pie Soup 0174002	1 Serving	94	1.74	0.460	0.000	23	444	11.08	4.4	4.40	9.08	15,595.94	4.36	0.84	21.62						
Chicken Taco Casserole 0173835	1 Serving	508	18.66	10.280	0.700	**116**	1,663	39.56	8.7	6.64	41.12	861.54	12.60	4.54	479.14		**4**				
Chicken Tamale Pie 0174366	1 Serving	450	14.94	7.280	0.340	159	1,094	46.54	7.9	9.66	30.64	1,085.76	8.40	4.72	357.26	**0.00**	**91**	**8.78**	**0.06**	**0.02**	**0.00**
Chicken, Sweet Potato & Kale Soup 0174367	1 Serving	189	5.66	1.820	0.000	**71**	837	6.40	1.3	0.70	28.02	6,937.30	42.64	1.32	57.36						
Chili 0174369	1 Serving	267	17.02	7.280	**0.000**	61	401	7.60	0.8	0.00	19.82	120.00	0.48	2.54	16.00						
Chili - Vegetarian 0174370	1 Serving	269	0.00	0.000	0.000	0	1,846	50.20	9.6	9.54	16.44	1,575.14	17.86	5.78	189.10						
Chili Mac N Cheese 0174371	1 Serving	791	36.38	20.340	**0.000**	115	1,495	83.96	3.4	15.62	34.62	1,108.84	1.04	3.42	606.04	**38.96**	**158**				

*** Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.**

Name KeyName	Portion Unit	KCAL KCAL	FAT Gram	SFA Gram	FATRN Gram	CHOL MG	NA MG	CHO Gram	TDFB Gram	SUGR Gram	PRO Gram	VTAIU IU	VITC MG	FE MG	CA MG	VTDIU IU	K MG	P MG	ZN MG	B2 MG	B1 MG
Chipotle Chicken - Grill 0174372	1 Serving	180	5.06	1.520	0.000	**71**	476	7.60	0.0	6.40	26.32	0.00	0.00	0.00	0.00						
Chipotle Chops - Grill 0174373	1 Serving	547	42.82	16.200	**0.000**	**142**	138	7.60	0.0	6.40	31.00	18.14	0.00	1.80	56.24		**470**	**433.64**	**4.90**	**0.50**	**1.12**
Chipotle Tenders - Grill 0174374	1 Serving	187	2.38	0.000	0.000	**88**	509	7.60	0.0	6.40	35.02	0.00	0.00	1.14	0.00		**446**				
Chipotle Wings - Grill 0174375	1 Serving	431	28.88	8.000	0.000	**141**	133	7.60	0.0	6.40	33.32	160.00	1.92	2.02	32.00						
Chocolate Eclaire Cake 0174377	1 Serving	1,290	50.08	26.800	0.000	27	1,120	195.40	2.6	124.28	12.08	233.72	1.88	4.10	658.66	**77.90**	**296**				
Cilantro Lime Chicken 0174378	1 Serving	240	5.36	1.520	0.000	71	634	16.22	4.1	1.04	29.84	**30.20**	**0.72**	**1.70**	**65.04**						
Cilantro Lime Chicken - Grill 0174379	1 Serving	249	10.10	2.240	0.000	71	496	11.28	0.0	1.68	26.32	**80.02**	**0.00**	**0.20**	**0.00**						
Cilantro Lime Chops - Grill 0174380	1 Serving	617	47.86	16.920	**0.000**	142	158	11.28	0.0	1.68	31.00	**98.16**	**0.00**	**2.00**	**56.24**		**470**	**433.64**	**4.90**	**0.50**	**1.12**
Cilantro Lime Tenders - Grill 0174381	1 Serving	257	7.42	0.720	0.000	88	530	11.28	0.0	1.68	35.02	**80.02**	**0.00**	**1.36**	**0.00**		**446**				
Cilantro Lime Wings - Grill 0174384	1 Serving	501	33.92	8.720	0.000	141	153	11.28	0.0	1.68	33.32	**240.02**	**1.92**	**2.22**	**32.00**						
Cinnamon Sugar Crescent Bake 0174385	1 Serving	510	22.08	14.260	0.000	58	253	64.16	**0.0**	51.80	6.16	713.34	0.72	0.86	55.54						
Citrus BBQ Chicken - Grill 0173866	1 Serving	275	**5.08**	**1.520**	**0.000**	**71**	971	32.86	**0.6**	30.72	**26.64**	**227.56**	**1.70**	**0.18**	**1.82**						
Citrus BBQ Chops - Grill 0174386	1 Serving	642	**42.84**	**16.200**	**0.000**	**142**	633	32.86	**0.6**	30.72	**31.32**	**245.72**	**1.70**	**1.98**	**58.06**		**470**	**433.64**	**4.90**	**0.50**	**1.12**
Citrus BBQ Tenders - Grill 0174387	1 Serving	282	**2.40**	**0.000**	**0.000**	**88**	1,004	32.86	**0.6**	30.72	**35.34**	**227.56**	**1.70**	**1.32**	**1.82**		**446**				
Citrus BBQ Wings - Grill 0174388	1 Serving	526	**28.90**	**8.000**	**0.000**	**141**	628	32.86	**0.6**	30.72	**33.64**	**387.56**	**3.62**	**2.20**	**33.82**						

*** Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.**

Name KeyName	Portion Unit	KCAL KCAL	FAT Gram	SFA Gram	FATRN Gram	CHOL MG	NA MG	CHO Gram	TDFB Gram	SUGR Gram	PRO Gram	VTAIU IU	VITC MG	FE MG	CA MG	VTDIU IU	K MG	P MG	ZN MG	B2 MG	B1 MG
Coconut Pork Curry 0174389	1 Serving	287	13.88	8.920	0.000	**81**	531	7.24	1.0	3.12	38.16	605.00	8.28	5.34	68.54						
Crack Green Beans 0174390	1 Serving	352	20.14	9.660	0.000	**24**	1,646	32.64	5.2	27.20	7.26	**840.00**	**9.36**	**0.46**	**70.82**	**0.00**	**30**	**0.90**	**0.00**	**0.00**	**0.00**
Cranberry Meatballs 0174391	1 Serving	482	36.06	13.900	0.000	**87**	821	17.84	0.04	10.30	20.58	188.94	2.02	2.48	109.56						
Creamed Corn & Bacon 0174392	1 Serving	246	9.30	4.060	0.000	36	331	28.04	2.6	4.50	10.10	362.48	3.58	0.46	115.30						
Creamy Italian Chicken 0174394	1 Serving	315	19.88	11.200	0.000	**100**	1,382	5.98	0.0	0.80	25.42	674.08	0.00	0.16	39.60						
Creamy Spaghetti Bake 0174395	1 Serving	959	54.42	27.460	0.700	148	1,315	73.66	3.6	7.30	37.92	1,224.00	3.64	4.62	379.04						
Crisp - Apple 0173851	1 Serving	526	18.70	11.420	0.000	48	327	85.18	3.7	56.34	3.32	640.00	0.00	2.06	57.30	**0.00**	**30**	**0.90**	**0.00**	**0.00**	**0.00**
Crisp - Peach 0173852	1 Serving	528	18.70	11.420	0.000	48	383	89.30	1.9	58.52	3.32	640.00	0.00	1.40	21.30	**0.00**	**30**	**0.90**	**0.00**	**0.00**	**0.00**
Enchilada Casserole - Vegetarian 0174396	1 Serving	479	16.76	9.320	**0.700**	48	1,045	58.82	10.6	5.98	23.12	860.12	31.22	3.90	396.38	**0.00**	**144**	**14.74**	**0.10**	**0.02**	**0.02**
Enchilada Chicken Pasta Bake 0174397	1 Serving	860	23.68	10.660	0.700	116	1,545	105.46	10.2	15.84	51.96	931.48	11.02	7.02	489.70	**0.00**	**183**	**17.54**	**0.12**	**0.02**	**0.02**
Fajitas Burgers 0173846	1 Serving	459	34.22	14.600	**0.000**	121	841	0.82	0.3	0.32	34.20	262.98	0.44	4.40	5.12		**16**				
French Toast - Apple Pie 0174399	1 Serving	659	17.42	4.660	0.000	404	627	99.54	0.6	42.12	23.22	661.16	11.96	6.02	235.86	**38.96**	**163**	**0.46**	**0.00**	**0.00**	**0.00**
French Toast - Lemon Blueberry 0174400	1 Serving	795	**32.30**	**14.260**	**0.000**	**444**	750	94.94	**2.0**	36.46	**26.42**	**1,141.16**	**13.72**	**5.80**	**255.86**	**38.96**	**163**	**0.46**	**0.00**	**0.00**	**0.00**
French Toast - Maple Bacon 0174401	1 Serving	704	23.08	6.700	0.000	404	851	95.36	0.0	37.34	26.46	661.16	11.96	5.94	223.86	**38.96**	**163**	**0.46**	**0.00**	**0.00**	**0.00**
French Toast - Pumpkin Pie 0174402	1 Serving	743	17.42	4.660	0.000	404	610	121.82	0.9	64.92	23.86	4,864.26	13.42	6.26	264.10	**38.96**	**208**	**1.82**	**0.02**	**0.00**	**0.00**

*** Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.**

Name KeyName	Portion Unit	KCAL KCAL	FAT Gram	SFA Gram	FATRN Gram	CHOL MG	NA MG	CHO Gram	TDFB Gram	SUGR Gram	PRO Gram	VTAIU IU	VITC MG	FE MG	CA MG	VTDIU IU	K MG	P MG	ZN MG	B2 MG	B1 MG
French Toast - Vanilla Cinnamon 0174403	1 Serving	601	17.42	4.660	0.000	404	597	85.24	0.0	30.82	23.22	661.16	11.96	5.80	223.86	**38.96**	**163**	**0.46**	**0.00**	**0.00**	**0.00**
Garlic Parmesan Broccoli 0173867	1 Serving	152	**11.12**	**1.440**	**0.000**	**5**	299	6.54	**2.6**	2.62	**2.62**	**105.66**	**39.22**	**0.00**	**89.68**						
Garlic Parmesan Chicken - Grill 0174404	1 Serving	353	**24.56**	**4.520**	**0.240**	**88**	628	4.46	**0.02**	4.04	**26.54**	**177.92**	**0.00**	**0.06**	**50.58**	**0.00**	**2**	**5.24**	**0.06**	**0.02**	**0.00**
Garlic Parmesan Chops - Grill 0173848	1 Serving	720	**62.32**	**19.200**	**0.240**	**159**	290	4.46	**0.02**	4.04	**31.22**	**196.06**	**0.00**	**1.86**	**106.82**	**0.00**	**472**	**438.86**	**4.96**	**0.50**	**1.14**
Garlic Parmesan Tenders - Grill 0174405	1 Serving	360	**21.88**	**3.000**	**0.240**	**105**	661	4.46	**0.02**	4.04	**35.24**	**177.92**	**0.00**	**1.20**	**50.58**	**0.00**	**448**	**5.24**	**0.06**	**0.02**	**0.00**
Garlic Parmesan Wings - Grill 0174451	1 Serving	604	**48.38**	**11.000**	**0.240**	**158**	285	4.46	**0.02**	4.04	**33.54**	**337.92**	**1.92**	**2.08**	**82.58**	**0.00**	**2**	**5.24**	**0.06**	**0.02**	**0.00**
Garlic Roasted Broccoli & Cauliflower 0174452	1 Serving	141	8.80	5.600	0.000	24	297	9.32	3.0	4.22	2.98	320.00	52.24	0.00	17.56		**147**				
Garlic Rosemary Pork Roast 0174453	1 Serving	178	5.68	1.620	0.000	81	452	0.00	0.0	0.00	37.26	0.00	0.00	2.92	0.26						
Gravy Pork Roast 0174455	1 Serving	216	7.28	2.120	0.000	**85**	523	4.90	0.04	0.44	38.60	202.16	0.00	3.12	8.26						
Green Chili Chicken 0174456	1 Serving	218	5.06	1.520	0.000	**71**	880	13.54	1.0	4.66	27.24	**605.00**	**17.56**	**2.00**	**99.48**						
Ham & Peas Mac N Cheese 0174457	1 Serving	893	37.02	20.500	0.000	167	2,577	91.28	5.6	19.66	49.86	1,325.74	4.54	3.56	602.84	**38.96**	**158**				
Ham & Potato Corn Chowder 0174658	1 Serving	394	12.48	5.020	0.000	136	2,820	31.40	2.6	7.30	37.08	118.84	6.58	0.70	62.56	**19.48**	**74**				
Hamburger Stew 0174458	1 Serving	473	20.30	8.400	**0.000**	**61**	1,394	48.44	5.2	18.10	22.20	5,394.08	21.32	3.68	81.86		**789**				
Hawaiian BBQ Chicken 0174459	1 Serving	299	5.08	1.520	0.000	71	974	38.10	1.3	36.16	26.64	227.56	6.10	0.18	1.82						
Honey BBQ Chicken - Grill 0174460	1 Serving	294	5.08	1.520	0.000	71	971	37.28	0.6	32.74	26.64	**227.56**	**1.70**	**0.18**	**1.82**						

*** Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.**

Name KeyName	Portion Unit	KCAL KCAL	FAT Gram	SFA Gram	FATRN Gram	CHOL MG	NA MG	CHO Gram	TDFB Gram	SUGR Gram	PRO Gram	VTAIU IU	VITC MG	FE MG	CA MG	VTDIU IU	K MG	P MG	ZN MG	B2 MG	B1 MG
Honey BBQ Chops - Grill 0173864	1 Serving	661	42.84	16.200	**0.000**	142	633	37.28	0.6	32.74	31.32	**245.72**	**1.70**	**1.98**	**58.06**		**470**	**433.64**	**4.90**	**0.50**	**1.12**
Honey BBQ Tenders - Grill 0174461	1 Serving	301	2.40	0.000	0.000	88	1,004	37.28	0.6	32.74	35.34	**227.56**	**1.70**	**1.32**	**1.82**		**446**				
Honey BBQ Wings - Grill 0174462	1 Serving	545	28.90	8.000	0.000	141	628	37.28	0.6	32.74	33.64	**387.56**	**3.62**	**2.20**	**33.82**						
Honey Garlic Chicken 0173836	1 Serving	263	5.06	1.520	0.000	71	2,106	26.18	0.0	23.32	29.32	**160.14**	**1.92**	**0.00**	**0.00**						
Honey Glazed Carrots 0173869	1 Serving	117	**4.40**	**2.800**	**0.000**	**12**	120	17.50	**3.1**	12.52	**0.00**	**4,745.48**	**1.84**	**0.00**	**30.58**						
Honey Lime Chicken - Grill 0174463	1 Serving	224	5.06	1.520	0.000	71	476	18.42	0.0	12.82	26.32	**120.14**	**0.00**	**0.00**	**0.00**						
Honey Lime Chops - Grill 0174464	1 Serving	591	42.82	16.200	**0.000**	142	138	18.42	0.0	12.82	31.00	**138.28**	**0.00**	**1.80**	**56.24**		**470**	**433.64**	**4.90**	**0.50**	**1.12**
Honey Lime Tenders - Grill 0174465	1 Serving	231	2.38	0.000	0.000	88	509	18.42	0.0	12.82	35.02	**120.14**	**0.00**	**1.14**	**0.00**		**446**				
Honey Lime Wings - Grill 0174466	1 Serving	475	28.88	8.000	0.000	141	133	18.42	0.0	12.82	33.32	**280.14**	**1.92**	**2.02**	**32.00**						
Honey Mustard Pork Chops 0174468	1 Serving	616	42.84	16.200	**0.000**	142	808	13.62	0.0	12.82	31.20	18.14	0.00	1.80	56.24		**470**	**433.64**	**4.90**	**0.50**	**1.12**
Honey Sesame Chicken - Grill 0174469	1 Serving	229	6.02	1.660	0.000	71	1,227	16.86	0.2	15.46	27.82	**40.04**	**0.48**	**0.08**	**4.00**						
Honey Sesame Chops - Grill 0174470	1 Serving	596	43.78	16.340	**0.000**	142	889	16.86	0.2	15.46	32.50	**58.18**	**0.48**	**1.86**	**60.26**		**470**	**433.64**	**4.90**	**0.50**	**1.12**
Honey Sesame Tenders - Grill 0174471	1 Serving	236	3.34	0.140	0.000	88	1,260	16.86	0.2	15.46	36.50	**40.04**	**0.48**	**1.22**	**4.00**		**446**				
Honey Sesame Wings - Grill 0174472	1 Serving	480	29.84	8.140	0.000	141	884	16.86	0.2	15.46	34.82	**200.04**	**2.40**	**2.08**	**36.00**						
Italian Chicken 0174473	1 Serving	189	5.06	1.520	0.000	71	803	7.66	1.4	4.34	27.64	947.50	11.92	0.90	100.80						

*** Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.**

Name KeyName	Portion Unit	KCAL KCAL	FAT Gram	SFA Gram	FATRN Gram	CHOL MG	NA MG	CHO Gram	TDFB Gram	SUGR Gram	PRO Gram	VTAIU IU	VITC MG	FE MG	CA MG	VTDIU IU	K MG	P MG	ZN MG	B2 MG	B1 MG
Italian Chicken - Grill 0174477	1 Serving	191	7.58	1.880	0.000	**71**	909	4.40	0.0	3.60	26.32	0.00	0.00	0.02	0.00						
Italian Chicken & Veggies 0174474	1 Serving	296	7.96	2.220	0.000	**55**	3,935	43.52	5.5	3.50	24.80	8,663.18	28.32	1.00	25.02						
Italian Chops - Grill 0174478	1 Serving	558	45.34	16.560	**0.000**	**142**	571	4.40	0.0	3.60	31.00	18.14	0.00	1.82	56.24		**470**	**433.64**	**4.90**	**0.50**	**1.12**
Italian Dressing Mix 0173870	1 Serving	2	0.00	0.000	0.000	**0**	541	0.50	0.0	0.50	0.00	0.00	0.00	0.03	0.00						
Italian Green Beans 0173872	1 Serving	84	5.04	0.720	0.000	**0**	796	8.20	4.0	4.20	0.00	440.00	7.20	0.02	40.00						
Italian Pasta Salad 0174654	1 Serving	410	4.32	0.240	**0.000**	**0**	1,378	77.42	4.8	11.60	12.34	1,346.64	84.52	3.90	38.18		**121**	**14.76**	**0.12**	**0.04**	**0.04**
Italian Peas 0174479	1 Serving	152	5.04	0.720	0.000	0	245	18.86	6.1	6.38	7.58	602.24	9.54	1.64	2.06						
Italian Pork Chops n Veggies 0174480	1 Serving	344	17.18	4.840	0.000	80	900	17.88	3.9	2.66	26.18	8,663.18	19.36	1.26	40.74						
Italian Pork Roast 0174481	1 Serving	196	5.68	1.620	0.000	**81**	1,952	5.50	0.0	2.02	37.26	0.00	1.94	2.94	32.40						
Italian Queso Mac N Cheese 0174482	1 Serving	1,135	68.44	34.620	0.000	201	2,511	82.60	3.2	10.16	47.20	1,792.84	0.94	4.00	638.84	**38.96**	**148**				
Italian Tenders - Grill 0174483	1 Serving	198	4.90	0.360	0.000	**88**	942	4.40	0.0	3.60	35.02	0.00	0.00	1.18	0.00		**446**				
Italian Wings - Grill 0174484	1 Serving	442	31.40	8.360	0.000	**141**	566	4.40	0.0	3.60	33.32	160.00	1.92	2.04	32.00						
Italian Ziti - Vegetarian 0174486	1 Serving	438	3.62	0.000	0.000	**8**	906	82.34	5.6	14.22	13.74	1,165.40	14.46	4.08	176.60		**312**				
Lasagna 0174487	1 Serving	999	47.12	22.980	**0.640**	171	1,968	88.38	6.3	17.78	52.86	1,658.58	14.42	5.66	839.72		**585**				
Layered Mexican Casserole 0174489	1 Serving	653	31.28	17.480	0.340	**179**	1,439	45.14	9.5	7.28	46.64	915.06	13.06	5.20	472.26		**4**				

*** Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.**

Name KeyName	Portion Unit	KCAL KCAL	FAT Gram	SFA Gram	FATRN Gram	CHOL MG	NA MG	CHO Gram	TDFB Gram	SUGR Gram	PRO Gram	VTAIU IU	VITC MG	FE MG	CA MG	VTDIU IU	K MG	P MG	ZN MG	B2 MG	B1 MG
Lemon Chicken & Broccoli 0174490	1 Serving	192	5.30	1.580	**0.000**	71	554	9.30	3.9	**1.74**	28.62	13.86	61.72	0.32	45.60		**67**	**6.92**	**0.04**	**0.02**	**0.02**
Lemon Garlic Rosemary Pork Chops 0174491	1 Serving	549	**39.54**	**11.620**	**0.000**	**71**	862	30.26	**3.6**	0.00	**18.76**	**75.44**	**9.22**	**2.20**	**37.38**		**236**	**216.82**	**2.46**	**0.24**	**0.56**
Lemon Pepper Chicken - Grill 0173865	1 Serving	207	**7.58**	**1.880**	**0.000**	**71**	1,135	2.52	**0.0**	2.52	**26.32**	**0.00**	**0.00**	**0.00**	**0.26**						
Lemon Pepper Chops - Grill 0174492	1 Serving	574	**45.34**	**16.560**	**0.000**	**142**	797	2.52	**0.0**	2.52	**31.00**	**18.14**	**0.00**	**1.80**	**56.52**		**470**	**433.64**	**4.90**	**0.50**	**1.12**
Lemon Pepper Tenders - Grill 0174493	1 Serving	214	**4.90**	**0.360**	**0.000**	**88**	1,168	2.52	**0.0**	2.52	**35.02**	**0.00**	**0.00**	**1.14**	**0.26**		**446**				
Lemon Pepper Wings - Grill 0174494	1 Serving	458	**31.40**	**8.360**	**0.000**	**141**	792	2.52	**0.0**	2.52	**33.32**	**160.00**	**1.92**	**2.02**	**32.26**						
Lemon Thyme Chicken & Veggies 0174495	1 Serving	261	7.32	2.140	**0.000**	**71**	1,052	22.82	6.1	**2.66**	28.96	8,677.04	53.72	1.50	49.10		**67**	**6.92**	**0.04**	**0.02**	**0.02**
Lime Chili Pork Roast 0174496	1 Serving	219	5.88	1.720	0.000	**81**	433	7.94	0.2	1.48	37.36	**0.00**	**5.66**	**3.64**	**19.46**						
Loaded BBQ Pork & Potato Casserole 0174497	1 Serving	707	33.76	17.780	0.340	149	1,295	52.80	4.1	15.08	52.08	811.58	**11.76**	4.54	194.10						
Loaded Potato/Buffalo Chicken Casserole 0174498	1 Serving	679	36.18	16.600	0.700	**139**	1,914	36.66	4.3	0.42	51.54	967.28	**15.50**	3.46	321.78						
Meatballs 0174499	1 Serving	637	35.44	13.500	0.000	84	1,121	61.60	0.0	45.66	20.28	168.74	5.78	2.60	120.08	**0.00**	**30**	**0.90**	**0.00**	**0.00**	**0.00**
Meatless Tacos 0174501	1 Serving	359	14.86	9.480	0.000	**40**	1,258	39.04	9.1	6.06	11.04	1,190.68	12.48	3.54	227.84		**4**				
Mexican Pasta Bake - Vegetarian 0174502	1 Serving	709	16.62	8.900	0.700	48	1,048	104.22	11.8	9.94	29.68	810.34	8.82	6.08	477.54						
Mexican Ranch Chicken - Grill 0174503	1 Serving	175	7.60	1.880	0.000	**71**	707	0.26	0.1	0.00	26.38	51.18	0.02	0.40	1.60		**4**				
Mexican Ranch Chops - Grill 0174504	1 Serving	542	45.36	16.560	**0.000**	**142**	369	0.26	0.1	0.00	31.06	69.34	0.02	2.20	57.86		**474**	**433.64**	**4.90**	**0.50**	**1.12**

*** Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.**

Name KeyName	Portion Unit	KCAL KCAL	FAT Gram	SFA Gram	FATRN Gram	CHOL MG	NA MG	CHO Gram	TDFB Gram	SUGR Gram	PRO Gram	VTAIU IU	VITC MG	FE MG	CA MG	VTDIU IU	K MG	P MG	ZN MG	B2 MG	B1 MG
Mexican Ranch Tenders - Grill 0174505	1 Serving	182	4.92	0.360	0.000	**88**	740	0.26	0.1	0.00	35.06	51.18	0.02	1.54	1.60		**450**				
Mexican Ranch Wings - Grill 0174506	1 Serving	426	31.42	8.360	0.000	**141**	364	0.26	0.1	0.00	33.38	211.18	1.94	2.42	33.60		**4**				
Mocha Pork Roast 0174508	1 Serving	181	5.90	1.720	0.000	**81**	239	0.08	0.1	0.00	37.34	0.00	0.00	4.28	0.00						
No Bake Chocolate Oat Bars 0174509	1 Serving	972	62.00	36.060	0.180	96	423	94.32	8.2	54.94	13.02	**1,280.00**	**0.00**	6.34	34.24	**0.00**	**320**	**0.90**	**0.00**	**0.00**	**0.00**
No Bake Chocolate Peanut Butter Bars 0174511	1 Serving	902	56.28	27.080	0.180	48	485	87.32	5.9	64.14	14.36	**1,040.30**	**0.00**	5.52	95.48		**450**				
Onion Soup Mix Seasoning 0174454	1 Serving	0.1	0.00	0.000	0.000	0	0	0.03	0.003	0.03	0.00	2.71	0.003	0.00	0.01						
Parmesan Honey Chicken Tenders 0174512	1 Serving	306	4.54	0.000	0.000	98	1,389	27.22	0.0	25.62	36.50	**214.54**	**0.00**	**1.14**	**128.72**		**446**				
Parmesan Honey Pork Roast 0174513	1 Serving	325	7.82	1.620	0.000	92	985	27.22	0.0	25.62	38.76	**214.54**	**0.00**	**2.92**	**128.72**						
Party Meatballs 0174514	1 Serving	602	35.46	13.500	0.000	84	1,338	52.98	0.6	41.44	20.56	396.32	3.72	2.60	103.06						
Philly Cheesesteak Sloppy Joe 0174515	1 Serving	541	38.64	**17.420**	**0.220**	**134**	568	5.16	**0.5**	2.52	41.00	**192.34**	**13.00**	**3.06**	**171.28**		**53**	**2.98**	**0.02**	**0.00**	**0.00**
Philly Sloppy Joe Casserole 0174516	1 Serving	448	25.28	**11.340**	**0.220**	**73**	891	28.22	**2.9**	2.52	26.42	**192.34**	**20.28**	**2.48**	**171.28**		**53**	**2.98**	**0.02**	**0.00**	**0.00**
Pineapple Salsa Chicken 0174517	1 Serving	223	5.06	1.520	0.000	71	819	17.52	0.8	13.56	26.32	0.00	10.94	0.28	0.00						
Pineapple Salsa Pork Roast 0174519	1 Serving	250	5.68	1.620	0.000	81	449	17.52	0.8	13.56	37.26	0.00	10.94	3.20	0.00						
Pirate Chicken 0174520	1 Serving	350	2.38	0.000	0.000	88	2,139	48.84	0.0	44.84	38.00	**160.14**	**1.92**	**1.14**	**0.00**		**446**				
Pizza Burger 0174521	1 Serving	503	36.82	16.180	**0.000**	131	201	2.80	0.4	1.20	37.22	280.04	2.40	3.20	88.06		**60**				

*** Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.**

Name KeyName	Portion Unit	KCAL KCAL	FAT Gram	SFA Gram	FATRN Gram	CHOL MG	NA MG	CHO Gram	TDFB Gram	SUGR Gram	PRO Gram	VTAIU IU	VITC MG	FE MG	CA MG	VTDIU IU	K MG	P MG	ZN MG	B2 MG	B1 MG
Pork Ragout 0174522	1 Serving	221	5.96	1.620	0.000	81	261	9.36	2.8	4.88	37.94	8,965.68	6.08	3.42	55.56						
Pulled Pork Taco 0174523	1 Serving	202	5.70	1.620	0.000	**81**	681	4.98	0.3	2.26	37.42	51.18	4.80	3.36	5.60		**4**				
Pumpkin Cheesecake Bars 0174524	1 Serving	727	41.38	28.040	0.000	82	534	76.76	2.9	46.84	6.72	9,572.36	2.72	1.78	183.86	**0.00**	**15**	**0.46**	**0.00**	**0.00**	**0.00**
Quinoa Chili - Vegetarian 0174525	1 Serving	246	1.90	0.000	0.000	**0**	801	46.18	7.3	5.82	9.12	715.20	11.74	4.84	145.58						
Ranch Chicken Tacos 0174526	1 Serving	237	5.58	1.620	0.000	**71**	979	15.28	4.2	1.04	29.88	81.40	0.74	1.68	66.66		**4**				
Ranch Dry Seasoning 0173839	1 Serving	0	0.00	0.000	0.000	**0**	0	0.00	0.0	0.00	0.00	0.00	0.00	0.00	0.00						
Ranch Pork Roast 0173841	1 Serving	369	21.40	11.560	0.000	**125**	616	5.58	0.0	0.40	41.62	674.08	0.00	3.06	39.60						
Roasted Potatoes - Buttery Garlic 0174527	1 Serving	247	13.34	7.120	0.000	24	716	28.82	3.0	0.00	3.04	320.00	9.10	1.10	0.14						
Roasted Potatoes - Italian 0174528	1 Serving	284	17.84	3.420	0.000	**0**	1,444	29.72	3.0	0.90	3.04	0.00	9.10	1.14	0.00						
Roasted Potatoes - Onion 0174529	1 Serving	297	18.02	3.420	0.000	0	686	32.04	3.0	0.00	3.40	0.00	9.10	1.10	0.00						
Roasted Potatoes - Ranch 0174530	1 Serving	281	17.84	3.420	0.000	**0**	470	28.82	3.0	0.00	3.04	0.00	9.10	1.10	0.00						
Rootbeer Pulled Pork 0173838	1 Serving	314	**5.68**	**1.620**	**0.000**	**81**	606	35.88	**0.6**	33.94	**37.58**	**227.56**	**1.70**	**3.10**	**1.82**						
Salsa Chicken 0174531	1 Serving	209	7.48	1.920	0.000	**71**	1,367	7.38	0.5	1.96	27.18	51.18	3.78	0.68	9.60		**4**				
Sausage Biscuit & Gravy Casserole 0174532	1 Serving	674	37.46	17.400	0.520	317	1,299	56.60	1.8	10.22	26.76	768.56	0.56	4.52	606.22	**23.38**	**89**				
Sausage Gravy 0173946	1 Serving	492	39.22	15.080	0.000	89	942	15.30	0.2	8.88	16.72	204.50	1.64	0.82	232.14	**68.16**	**259**				

*** Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.**

Name KeyName	Portion Unit	KCAL KCAL	FAT Gram	SFA Gram	FATRN Gram	CHOL MG	NA MG	CHO Gram	TDFB Gram	SUGR Gram	PRO Gram	VTAIU IU	VITC MG	FE MG	CA MG	VTDIU IU	K MG	P MG	ZN MG	B2 MG	B1 MG
Savory Cranberry Chicken - Grill 0174533	1 Serving	340	13.90	2.920	0.140	71	674	24.98	0.1	21.48	26.36	43.08	0.08	0.04	1.58	**0.00**	**2**	**0.76**	**0.02**		
Savory Cranberry Chops - Grill 0174534	1 Serving	707	51.66	17.600	**0.140**	142	336	24.98	0.1	21.48	31.04	61.22	0.08	1.84	57.82	**0.00**	**472**	**434.40**	**4.92**	**0.50**	**1.12**
Savory Cranberry Tenders - Grill 0174535	1 Serving	348	11.24	1.400	0.140	88	708	24.98	0.1	21.48	35.06	43.08	0.08	1.18	1.58	**0.00**	**448**	**0.76**	**0.02**		
Savory Cranberry Wings - Grill 0174536	1 Serving	592	37.72	9.400	0.140	141	331	24.98	0.1	21.48	33.36	203.08	2.00	2.06	33.58	**0.00**	**2**	**0.76**	**0.02**		
Savory Meatloaf 0174537	1 Serving	637	37.04	15.180	**0.000**	208	576	31.22	1.2	6.68	41.30	228.82	1.26	4.96	80.98						
Savory Pepper Pork Roast 0174538	1 Serving	249	5.84	1.640	**0.000**	81	988	15.22	2.7	7.48	39.82	772.84	49.52	3.86	91.76		**79**	**9.08**	**0.06**	**0.02**	**0.02**
Smokkin BBQ Chili 0174614	1 Serving	579	17.24	7.300	**0.000**	61	2,081	82.20	6.8	63.12	25.64	1,060.14	11.38	4.24	100.18						
Smothered Pork Chops 0174615	1 Serving	348	15.56	5.060	**0.000**	82	1,324	21.90	2.2	0.96	27.10	16.78	6.78	1.66	42.68	**4.88**	**19**				
Smothered Ranch Pork Chops 0174616	1 Serving	316	13.50	4.760	0.000	**83**	1,036	18.88	1.8	0.64	26.60	64.60	6.78	1.42	36.68	**4.88**	**19**				
Stuffed Pepper Casserole - Vegetarian 0174617	1 Serving	167	7.78	4.460	**0.340**	**24**	905	17.02	3.5	9.56	8.40	1,859.12	39.68	1.60	247.72		**364**	**5.96**	**0.04**	**0.00**	**0.02**
Sweet & Tangy Chicken 0174618	1 Serving	313	18.00	3.940	0.000	87	847	9.72	0.0	6.48	26.32	2.16	1.94	0.58	0.02						
Sweet n Sour Chicken 0174619	1 Serving	274	5.06	1.520	0.000	**71**	583	28.32	1.5	25.58	26.32	0.00	8.82	0.02	2.08	**0.00**	**3**	**0.10**	**0.00**	**0.00**	**0.00**
Sweet n Sour Chicken - Grill 0174620	1 Serving	222	7.58	1.880	0.000	71	533	13.62	0.0	12.82	26.44	**0.00**	**0.00**	**0.00**	**0.00**						
Sweet n Sour Chops - Grill 0174621	1 Serving	589	45.34	16.560	**0.000**	142	195	13.62	0.0	12.82	31.14	**18.14**	**0.00**	**1.80**	**56.24**		**470**	**433.64**	**4.90**	**0.50**	**1.12**
Sweet n Sour Meatballs 0174622	1 Serving	470	35.44	13.500	0.000	84	768	17.96	1.0	9.60	21.16	368.72	9.04	2.90	105.26		**60**				

*** Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.**

Name KeyName	Portion Unit	KCAL KCAL	FAT Gram	SFA Gram	FATRN Gram	CHOL MG	NA MG	CHO Gram	TDFB Gram	SUGR Gram	PRO Gram	VTAIU IU	VITC MG	FE MG	CA MG	VTDIU IU	K MG	P MG	ZN MG	B2 MG	B1 MG
Sweet n Sour Tenders - Grill 0174623	1 Serving	229	4.90	0.360	0.000	88	566	13.62	0.0	12.82	35.14	**0.00**	**0.00**	**1.14**	**0.00**		**446**				
Sweet n Sour Wings - Grill 0174624	1 Serving	473	31.40	8.360	0.000	141	190	13.62	0.0	12.82	33.44	**160.00**	**1.92**	**2.02**	**32.00**						
Sweet Potato Chili 0174625	1 Serving	304	17.26	7.300	**0.000**	**61**	659	15.46	2.6	5.38	20.36	7,095.24	21.34	2.82	83.64		**179**	**24.30**	**0.16**	**0.04**	**0.04**
Taco Burgers 0174626	1 Serving	514	38.56	17.120	**0.180**	**177**	420	0.72	0.1	0.06	38.00	223.52	0.02	3.54	84.44		**4**				
Taco Casserole 0174627	1 Serving	726	40.54	19.840	**0.700**	**139**	1,701	39.56	8.7	6.64	43.90	861.54	12.60	5.76	479.14		**4**				
Taco Seasoning 0173832	1 Serving	1	0.03	0.004	0.000	**0**	289	0.33	0.1	0.004	0.06	63.98	0.03	0.50	2.01		**5**				
Tater Tot Breakfast Casserole 0174628	1 Serving	975	71.26	26.600	0.700	637	1,730	36.56	3.8	2.60	40.40	1,202.40	7.14	2.52	418.70	**9.74**	**420**				
Tater Tot Casserole 0174629	1 Serving	749	45.46	19.180	**0.700**	116	1,458	45.64	5.9	5.90	37.12	734.00	8.62	3.00	389.62	**19.48**	**315**				
Tator Tot Casserole 0174630	1 Serving	841	49.72	19.880	**0.700**	116	1,678	56.98	7.3	5.90	38.54	734.00	11.16	3.00	389.62	**19.48**	**457**				
Teriyaki Chicken - Grill 0174631	1 Serving	253	10.10	2.240	0.000	**71**	1,853	11.12	0.0	11.00	29.32	**0.00**	**0.00**	**0.08**	**9.42**	**0.00**	**15**	**0.46**	**0.00**	**0.00**	**0.00**
Teriyaki Chicken Fajitas 0174632	1 Serving	268	5.10	1.540	**0.000**	71	1,459	26.10	1.5	20.32	28.80	83.92	30.02	0.36	35.36	**0.00**	**55**	**5.00**	**0.04**	**0.00**	**0.02**
Teriyaki Chops - Grill 0174633	1 Serving	620	47.86	16.920	**0.000**	**142**	1,515	11.12	0.0	11.00	34.00	**18.14**	**0.00**	**1.88**	**65.66**	**0.00**	**485**	**434.08**	**4.90**	**0.50**	**1.12**
Teriyaki Tenders - Grill 0174634	1 Serving	260	7.42	0.720	0.000	**88**	1,886	11.12	0.0	11.00	38.02	**0.00**	**0.00**	**1.22**	**9.42**	**0.00**	**461**	**0.46**	**0.00**	**0.00**	**0.00**
Teriyaki Wings - Grill 0174635	1 Serving	504	33.92	8.720	0.000	**141**	1,510	11.12	0.0	11.00	36.32	**160.00**	**1.92**	**2.10**	**41.42**	**0.00**	**15**	**0.46**	**0.00**	**0.00**	**0.00**
Thai Chicken Curry 0174636	1 Serving	169	5.68	1.580	**0.000**	71	589	2.30	0.5	1.06	26.76	155.14	13.00	0.16	95.50	**30.00**	**33**	**2.98**	**0.02**	**0.02**	**0.00**

*** Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.**

Name KeyName	Portion Unit	KCAL KCAL	FAT Gram	SFA Gram	FATRN Gram	CHOL MG	NA MG	CHO Gram	TDFB Gram	SUGR Gram	PRO Gram	VTAIU IU	VITC MG	FE MG	CA MG	VTDIU IU	K MG	P MG	ZN MG	B2 MG	B1 MG
Three Cheese Mac N Cheese 0174637	1 Serving	859	41.78	23.340	0.340	135	1,699	82.94	3.2	15.74	36.12	1,468.66	0.94	3.08	856.50	**38.96**	**158**				
White Bean Chili 0174639	1 Serving	389	14.54	8.900	0.700	48	951	40.60	11.3	5.70	21.32	4,779.02	3.78	3.04	400.70						
White Chicken Chili 0174645	1 Serving	456	18.64	10.560	0.700	116	1,114	28.04	7.8	3.34	41.46	447.42	3.06	3.66	377.38						
Wrap - BBQ Sloppy Joe 0174646	1 Serving	787	38.72	18.380	**0.340**	**115**	1,213	73.94	2.6	31.66	37.28	451.28	1.70	5.40	199.36						
Wrap - Buffalo Chicken 0174647	1 Serving	665	33.30	11.960	0.560	142	1,277	43.20	2.1	2.66	49.62	230.14	2.98	4.72	209.90	**0.00**	**2**	**1.82**	**0.02**		
Wrap - Cheeseburger 0174648	1 Serving	691	38.70	18.380	**0.340**	115	984	47.74	2.0	6.34	36.96	329.40	1.26	5.22	197.54						
Wrap - Chicken Taco 0174649	1 Serving	535	17.16	8.820	0.340	**92**	1,069	57.74	6.2	3.14	37.76	305.10	0.74	5.70	264.20		**4**				
Wrap - Philly Cheesesteak Sloppy Joe 0174650	1 Serving	666	36.08	**16.780**	**0.220**	**103**	950	47.12	**2.5**	4.52	38.08	**192.34**	**13.00**	**5.20**	**211.24**		**53**	**2.98**	**0.02**	**0.00**	**0.00**
Wrap - Ranch Bacon Cheddar 0174651	1 Serving	885	57.46	17.800	0.780	123	1,578	43.92	2.2	3.22	48.76	236.56	0.16	4.72	222.26	**0.00**	**4**	**3.66**	**0.02**		
Wrap - Taco 0174653	1 Serving	639	30.52	14.740	**0.340**	**85**	1,081	57.74	6.2	3.14	32.02	305.10	0.74	6.16	264.20		**4**				
Zuppa Toscano 0174659	1 Serving	468	30.86	12.200	0.000	73	1,537	29.66	3.5	1.82	16.94	7,098.10	48.90	2.74	85.68						

*** Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.**