

Whitsons Food Source List														
Recipe Name	Portion Size	Calories	Total Fat (grams)	Saturated Fat (grams)	% Cal from Fat	Protein (grams)	Iron (mg)	Ca (mg)	Vit-A (IU)	Vit-C (mg)	Chol (mg)	Sodium (mg)	Carbs (grams)	Fiber (grams)
APPLE,SMALL	1 EACH	81	0.5	0.08	5.56%	0.26	0.25	10	35	7.9	0	0	21.04	3.73
APPLESAUCE,CANNED,UNSWEETENED	3/4 CUP	79	0.09	0.01	1.03%	0.31	0.22	5	53	38.8	0	4	20.66	2.2
APRICOTS,CANNED,LIGHT	3/4 CUP	120	0.09	0	0.68%	1.01	0.73	21	1253	5.1	0	7	31.29	
BACON,TURKEY	1 SLICE	86	2.53	1.01	26.48%	2.03	0.36	0	0	0	10	182	0	0
BAGEL,W. BUTTER	1 POR	382	13	7.78	10.12	2.7	83	354	0	30	532	56.01	2	
BAGEL,W. CHEESE	1 POR	488	21.72	7.92	15.93	2.78	251	824	0.1	26	946	57.07	2.03	
BAGEL,W. CHEESE & BACON	1 POR	437	13.14	6.62	15.53	2.85	165	168	0	28	861	56.62	2.01	
BAGEL,W. CREAM CHEESE	1 POR	379	11.39	6.73	12.14	3.04	103	382	0	31	614	56.75	2	
BAGEL,WHOLE WHEAT	1 EACH	310	2	0.5	11	3.6	60	100	0	0	450	61	5	
BANANA,PETITE	1 EACH	93	0.48	0.19	4.65%	1.04	0.31	6	40	9.2	0	1	23.66	2.42
BREAD,PITA, WW	1 PITA	170	1.66	0.26	8.79%	6.27	1.96	10	0	0	0	340	35.2	4.74
BREAD,FRENCH	1 SLICE	92	1.01	0.21	9.88%	2.95	0.85	25	0	0	0	204	17.42	1.01
BREAD,HERO	1 ROLL	49	0.64	0.15	11.76%	1.6	0.54	14	0	0	0	106	9.1	0.49
BREAD,ITALIAN	1 SLICE	77	0.99	0.24	11.57%	2.49	0.83	22	0	0	0	166	14.18	0.77
BREAD,WHOLE GRAIN	1 SLICE	92	1.55	0.37	15.16%	2.77	0.99	15	20	0.1	0	145	16.92	1.2
BREAD,WHOLE WHEAT	1 SLICE	75	1	1	12.00%	3	0.54	60	0	0	0	124	15	2
BROCCOLI,FROZEN,BOILED	3/4 CUP	39	0.17	0.01	3.92%	4.28	0.84	46	1543	55.3	0	15	7.38	4.14
BRUNCH/LUNCH														
BACON,EGG,ROLL	1 POR	334	16.48	3.95	44.41%	14.18	2.49	73	451	0	143	772	31.11	1.31
BRUNCH/LUNCH EGG PATTY ON BUN	1 POR	265	11.19	2.22	38.00%	9.49	2.31	71	446	0	129	480	30.93	1.31
BRUNCH/LUNCH EGG PATTY ON WHOLE WHEAT	1 POR	258	10.74	1.87	37.47%	9.85	2.24	97	446	0	129	450	31.89	2
BRUNCH/LUNCH EGG SAUSAGE ROLL	1 POR	568	34.16	14.85	54.13%	31.9	3.61	82	507	0	239	1093	30.93	1.31
BRUNCH/LUNCH PANCAKES	1 POR	435	15.72	6.98	32.52%	15.57	2.46	65	208	0.2	70	755	58.36	2.27
BRUNCH/LUNCH WAFFLES														
SAUSAGE	1 POR	477	19.31	7.66	36.43%	16.51	5.06	247	1023	0	68	846	59.66	2.01
BURGER,PLAIN W. LETTUCE & CALZONE,MEATBALL, LOW FAT, CARROTS,FRESH,BOILED	1 POR	301	9.94	3.56	29.72%	22.18	4.36	121	2632	13	40	733	30.89	3.37
CALZONE,MEATBALL, LOW FAT, CARROTS,FRESH,BOILED	1 EACH	461	27.07	7.75	52.85%	28.28	8.81	523	1118	11	51	338	42.78	7.44
CEREAL,VARIETY W/O MILK	3/4 CUP	41	0.21	0.04	4.61%	0.4	35	20126	4.2	0	68	9.62	3.51	0.93
CHEESE,CHEDDAR LOW FAT	3/4 CUP	19	0.08	0.02	3.79%	1.49	0.33	17	20023	4.9	0	69	12.38	3.63
CHICKEN NUGGETS, TYSON, 5 PIECES	1 OZ	48	2	1.2	37.50%	6.8	0.18	120	50	0	6	171	0.5	0
CHICKEN NUGGETS, TYSON, 6 PIECES	5 PCS	338	20.5	5.63	54.59%	1.35	0	125	0	62	550	13.75	1.25	
CHICKEN PARMESEAN - LOW FAT, WW	6 PCS	405	22	6.75	48.89%	1.62	0	150	0	75	660	16.5	1.5	
CHICKEN PATTY, TYSON	1 POR	511	20.36	6.45	35.86%	28.7	4.83	378	990	17.3	63	872	55.28	3.4
CHICKEN TENDERS	1 PATTY	216	11.08	2.58	46.17%	13.21	2.08	66	139	1	44	342	15.87	0
CHICKEN WINGS,BBQ STYLE	3 EACH	234	13.57	4	52.19%	10.72	0.65	9	64	42.5	38	416	10.25	0.94
CHICKEN,BAKED	1 POR	453	30.03	16.28	59.66%	33.34	2.07	47	806	5.4	143	634	11.38	0.84
CHICKEN,OVEN FRIED	1 POR	386	15.25	4.29	35.56%	58.41	2.1	27	182	0	165	139	0	0
CHICKEN,POPCORN BITES	1 POR	294	16.52	3.65	50.57%	25.29	1.54	71	138	0.4	73	90	9.67	0.34
CHIMICHANGA,BEEF	1 POR	246	14.76	3.92	54.00%	19.17	1.17	18	79	0	74	248	8.01	0.26
CLUB,TURKEY,KAISER	1 POR	377	16.97	7.4	40.51%	19.49	3.78	265	1322	18.1	46	710	37.14	4.45
CORN MUFFIN/BREAD	1 POR	447	19.3	3.48	38.86%	32.02	3.23	128	368	3.7	71	516	36.09	2.61
CORN ON THE	1 EACH	182	5.78	1.59	28.58%	4.2	1.1	43	130	0.1	35	451	27.84	1.36
DRESSING,BALSAMIC	1 EACH	59	0.47	0.07	7.17%	1.96	0.38	2	146	3	0	151	14.07	1.76
DRESSING,CREAMY CAESAR	1 OZ	140	13.67	1.87	87.88%	0.19	0.17	4	0	0	0	48	4.61	0.05
DRESSING,HONEY MUSTARD	2 OZ	174	16.42	2.9	84.93%	0	0	19	0	0	10	444	4.83	0
DRESSING,ITALIAN,FAT FREE	2 TBSP	40	0.3	0.16	6.75%	0.93	0.09	31	35	1.1	1	26	8.93	0.05
DRESSING,LOW FAT RANCH	1 PKT	7	0	0	0.00%	0	0	0	0	0	0	243	1.5	0
DRESSING,RANCH	1 SERVING	44	1.78	0.42	36.41%	4.02	0.32	40	176	2.4	2	318	2.81	0.29
DRESSING,RANCH,LIGHT	2 TBSP	39	2.68	0.69	61.85%	0.99	0.05	33	25	0.5	2	180	2.77	0.06
EGG,HARD-BOILED	2 OZ	140	9	1	57.86%	0	0	0	0	0	20	740	14	0
EGG,SCRAMBLED, FRESH	1 EACH	78	5.31	1.63	61.27%	6.29	0.6	25	293	0	212	62	0.56	0
EGGPLANT PARMAGIAN	1 POR	61	3.69	1.16	54.44%	5.32	0.68	44	220	0	157	60	1.26	0
EGGS,SCRAMBLED,LIQUID	1 POR	200	7.89	4.09	35.51%	17.85	1.24	459	1349	16.2	20	443	17.08	3.96
ENCHILADA,BEEF	1 POR	64	2.5	0.49	35.16%	9.07	1.59	40	272	0	1	134	0.48	0
ENCHILADA,CHICKEN	1 POR	534	23.25	8.04	39.19%	22.93	4.48	290	1430	19.8	54	2665	57.54	4.65
ENGLISH MUFFIN,PLAIN,TOASTED	1 POR	551	18.04	5.65	29.47%	42.14	4.51	415	701	6.8	76	2803	55.24	3.39
ENGLISH MUFFIN,SAUSAGE	1 EACH	140	1.05	0.28	6.75%	5.37	2.42	102	0	0.9	0	248	27.38	1.46
FAJITA,BEEF SCHOOL-LOW FAT	1 EACH	292	12.53	6.59	38.62%	16.57	3.07	108	31	0.9	55	554	27.38	1.46
FAJITA,CHICKEN SCHOOL-LOW FAT	1 POR	440	20.22	11.98	41.36%	16.97	2.35	41	1311	84.2	64	146	13.67	2.92
FAJITA,ROLL UP BEEF-LOW FAT	1 POR	124	7.26	1.21	52.69%	2.68	0.7	36	655	33.1	2	274	13.41	2.53
FAJITA,ROLL UP CHICKEN-LOW FAT	1 POR	327	9.45	3.28	26.01%	18.35	3.15	139	193	2.7	33	443	45.54	4.9
FISH STICKS, 4 OZ	1 POR	195	5.34	1.1	24.65%	10.28	1.79	142	510	10.7	9	474	30.46	5.22
FRENCH FRIES,OVEN BAKED	4 STICKS	216	10.8	0.67	45.00%	12.14	1.5	12	0	0	40	459	18.89	1.35
FRENCH FRIES,OVEN HEAT	1/2 CUP	134	5.07	0.85	34.05%	2.12	0.83	5	0	6.8	0	178	20.9	2.14
FRENCH TOAST STICKS,BAKED	1/2 CUP	134	5.07	0.85	34.05%	2.12	0.83	5	0	6.8	0	178	20.9	2.14
FRUIT COCKTAIL,JUICE	2 PCS	155	4.15	1.38	24.10%	6.53	1.64	94	183	0.1	113	251	22.42	0.76
FRUIT,ASSORT, FRESH	3/4 CUP	57	0.09	0.02	1.42%	0.75	0.45	9	225	3.7	0	7	15.12	1.77
GREEN BEANS	4 OZ	65	0.41	0.1	5.68%	0.9	0.39	12	27	37.9	0	1	16.18	2.34
HERO,CHICKEN CUTLET PARM	3/4 CUP	20	0.1	0.02	4.50%	1.22	0.91	26	353	4.4	0	254	4.56	1.92
HERO,MEATBALL PARM	1 POR	436	12.51	4.65	25.82%	26.96	5.01	387	717	8	134	895	53	3.93
JUICE,ORANGE,UNSWEETENED	1 POR	541	19.48	8.47	32.41%	34.88	5.85	313	1391	18.1	83	844	62.03	6.89
KETCHUP	4 FL OZ	77	0.1	0.03	1.17%	0.71	0.3	11	1	51.6	0	4	14.48	0.12
LETTUCE & TOMATO	1 PKT	8	0.01	0	1.13%	7.11	4.86	1	60	0.1	0	103	2.38	0.08
LETTUCE,ICEBERG	3/4 CUP	27	0.29	0.04	9.67%	1.51	0.58	24	1135	13.2	0	13	5.86	2.04
LO MEIN,BEEF	3/4 CUP	6	0.09	0	13.50%	0.42	0.21	8	75	1.6	0	3	0.87	0.57
LO MEIN,CHICKEN	1 POR	447	21.26	2.2	42.81%	18.17	3.25	19	4	0.7	23	571	47.26	2.91
LOMEIN,VEGETABLE	1 POR	430	20.82	2.08	43.58%	2.65	20	10	0.6	20	571	45.97	2.47	
MEAT BALLS,2 EACH	1 POR	309	13.96	2.04	40.66%	2.74	66	4398	30	0	814	39.36	4.66	
MEAT BALLS,3 EACH	2 EACH	176	14.4	6.4	73.64%	1.2	20	44	0	28	372	4.4	0.8	0.8
	3 EACH	264	21.6	9.6	73.64%	1.8	30	66	0	42	558	6.6	1.2	1.2

MELT,CHICKEN	1 POR	384	20.08	7.81	47.06%	25.12	1.5	207	845	8.4	76	742	14.62	1.49
MELT,HAM & CHEESE,WW BUN	1 POR	222	7.35	3.11	29.80%	14.43	2.05	241	302	0	21	857	26.82	3.86
MELT,ROAST BEEF SANDWICH	1 POR	550	20.87	8.4	34.15%	45.13	5.91	237	298	2.2	94	648	47.85	4.33
MELT,TUNA	1 POR	293	8.55	3.46	26.26%	16.81	3.46	212	676	8.5	21	639	36.96	2.45
MELT,TURKEY & CHEESE	1 POR	441	10.4	3.5	21.22%	40.85	4.3	170	380	4.5	69	659	49.16	4.67
MILK,1%,CHOCOLATE	1/2 PT	158	2.5	1.54	14.24%	8.1	0.6	288	740	2.2	8	153	26.1	1.25
MILK,1%,LOW FAT	1/2 PT	102	2.59	1.61	22.85%	8.03	0.12	300	720	2.4	10	124	11.66	0
MILK,1%,STRAWBERR	1/2 PT	210	2	1.5	8.57%	7	0	250	500	1.2	10	110	40	0
MILK,2%,CHOCOLATE	1/2 PT	190	4.75	2.94	22.50%	7.48	0.6	273	568	0	20	165	30.33	1.75
MILK,2%,LOWFAT	1/2 PT	122	4.81	3.05	35.48%	8.05	0.07	285	461	0.5	20	100	11.42	0
MILK,SKIM	1/2 PT	86	0.44	0.29	4.60%	8.35	0.1	301	745	2.4	5	127	11.88	0
MILK,WHOLE	1/2 PT	146	7.93	4.54	48.88%	7.86	0.07	276	249	0	24	98	11.03	0
MOZZARELLA STICKS	4 PCS	353	18.4	7.05	46.91%	15.21	2.15	331	692	12.7	20	661	33.09	1.67
MOZZARELLA STICKS	5 PCS	400	22.5	8.75	50.63%	17.5	1.8	375	0	0	25	700	32.5	0
MOZZARELLA STICKS	6 PCS	513	27.4	10.55	48.07%	22.21	2.87	481	692	12.7	30	941	46.09	1.67
MUFFIN,BLUEBERRY	1 EACH	183	4.29	0.92	21.10%	3.63	1.06	38	59	0.7	20	295	31.68	1.72
MUFFIN,CORN	1 EACH	182	5.78	1.58	28.58%	4.2	1.1	43	119	0.1	35	451	27.84	1.36
MUSTARD,INDIVIDUAL PKT	1 PKT	5	0	0	0.00%	0	0	0	0	0	0	50	0	0
NACHOS,LOADED AND CHEESE	1 POR	306	14.4	5.53	42.35%	21.72	2.61	233	2612	38.5	67	481	23.68	3.04
NACHOS,PILE EM UP	1 POR	333	14.73	5.57	39.81%	22.82	3.31	251	3556	60.2	67	526	29.55	4.72
NACHOS,REGULAR BEEF	1 POR	208	9.63	3.82	41.67%	14.04	1.64	204	1780	24	39	413	17.32	2.08
NACHOS,REGULAR CHICKEN	1 POR	277	16.63	5.4	54.03%	21.33	1.46	174	1404	14	74	713	12.22	1.96
NECTARINES,FRESH	1 EACH	60	0.44	0.03	6.60%	1.44	0.38	8	452	7.3	0	0	14.35	2.31
OKRA,FROZEN,BOILED	3/4 CUP	39	0.41	0.1	9.46%	2.87	0.92	132	468	16.8	0	4	7.94	3.86
OMELETTE,COLBY CHEESE	1 POR	107	7.63	3.29	64.18%	8.32	0.63	35	408	2	193	215	1.36	0.04
OMELETTE,EGG	1 POR	108	8.11	3.86	67.58%	7.55	0.72	103	340	0	169	194	0.76	0.01
ONION RINGS	1/2 CUP	231	15.14	4.86	58.99%	3.03	0.96	18	128	0.8	0	213	21.64	0.74
ORANGE	1 EACH	62	0.16	0.01	2.32%	1.23	0.13	52	295	69.7	0	0	15.39	3.14
PANCAKES,PLAIN,FROZEN	2 EACH	254	4.24	0.66	15.02%	4.37	1.8	59	177	0.2	15	499	51.06	1.97
PANINI,CHICKEN CLUB	1 POR	350	13.02	3.18	33.48%	40.02	2.45	155	359	5	95	366	17.16	2.65
PANINI,ITALIAN STALLION	1 POR	315	11.78	4.68	33.66%	18.71	2.59	275	2212	5.2	33	894	32.29	1.89
PANINI,ROASTED TURKEY - PASTA, BROCCOLI, GARLIC, OIL	1 POR	257	8.26	3.07	28.93%	23.11	2.32	317	488	9.1	39	1465	21.69	3.02
PASTA,PENNE RIGATE	1 POR	1676	145.87	19.98	78.33%	15.8	4.93	197	412	87.3	0	40	85.7	5.96
COOKED,WW	1/2 CUP	177	1.33	0	6.76%	6.19	1.34	13	0	0	0	19	36.25	5.31
PASTA,RAVIOLI,COOKED	1/2 CUP	234	11.34	6.8	43.62%	13.61	2.11	240	378	0	49	352	21.17	3.78
PASTA,TORTELLINI MARINARA	1 POR	573	19.92	6.68	31.29%	28.94	7.59	582	5645	76.9	65	1186	83.19	16.14
PASTA,WHOLE WHEAT W. MEATSAUCE	1 POR	446	12.3	4.35	24.82%	30.27	532.58	192	3061	112.1	51	663	55.36	10.38
PASTA,WHOLE WHEAT W. SAUCE	1 POR	202	3.32	0.49	14.79%	7.08	1.57	33	699	6.4	0	285	39.13	5.1
MEATBALLS	1 POR	342	16.72	6.67	44.00%	11.15	4.12	103	2993	61.7	28	643	39.26	7.67
PASTA,ZITTI,BAKED	1 POR	345	12.21	4.58	31.85%	21.26	2.72	176	839	6.6	42	398	36.72	3.63
PEACHES,CANNED,LIGHT SYRUP	3/4 CUP	136	0.08	0.01	0.53%	1.13	0.9	8	889	6	0	13	36.52	3.26
PEACHES,FRESH	1 EACH	34	0.22	0.01	5.82%	0.79	0.22	5	284	5.7	0	0	8.3	1.3
PEARS	1 POR	70	0.48	0.03	6.17%	0.46	0.3	13	13	4.8	0	0	18	2.86
PEARS,CANNED,LIGHT	3/4 CUP	107	0.06	0	0.50%	0.36	0.53	9	0	1.3	0	9	28.56	3.01
PEARS,FRESH	1 EACH	82	0.56	0.03	6.15%	0.54	0.35	15	15	5.6	0	0	21	3.14
PEAS,BLACK-EYED,FROZEN,BOILED	3/4 CUP	149	0.68	0.17	4.11%	9.91	3.22	31	19	0.5	0	308	26.62	8.34
PEAS,FROZEN,BOILED	3/4 CUP	94	0.32	0.05	3.06%	6.18	1.82	29	2520	11.9	0	86	17.11	6.6
PEPPER STRIPS, FRESH	3/4 CUP	22	0.19	0.06	7.77%	0.96	0.38	11	413	89.8	0	3	5.19	1.9
PHILLY CHEESE STEAK, LF, WW	1 POR	388	14.07	7.39	32.64%	30.18	3.23	220	353	12.3	70	772	38.53	3.52
PICKLES,DILL	1 EACH	12	0.12	0.03	9.00%	0.4	0.34	6	119	1.2	0	833	2.68	0.78
PICKLES,SWEET	1 EACH	41	0.09	0.02	1.98%	0.13	0.21	1	267	0.4	0	329	11.13	0.39
PIEROGIES, POTATO	1 POR	180	2.5	1	12.50%	6	1.44	100	100	6	5	530	34	1
PINEAPPLE CHUNKS, JUICE	3/4 CUP	90	0	0	0.00%	0	0.54	0	0	22.4	0	15	22.38	1.49
PIZZA 16 IN	1 SLICE	359	13.49	4.69	33.82%	17.91	4.57	441	1686	25.7	14	851	43.67	4.34
PIZZA BAGEL	1/2 BAGEL	286	7.01	4.16	22.06%	21.35	2.09	462	428	4.1	19	870	34.08	1.88
PIZZA BAGUETTE	6 IN PIECE	253	7.43	4.16	26.43%	19.78	1.72	451	428	4.1	19	843	26.33	2.05
PIZZA CRUST (SCRATCH)	1 SERVING	138	1.83	0.25	11.93%	3.61	1.62	6	3	0	0	2	26.11	1.09
PIZZA,16 IN BARBECUE CHICKEN	1 SLICE	340	14.06	4.75	37.22%	23.94	2.16	371	406	6.3	40	901	28.45	1.62
PIZZA,16 IN CHEESE	1 SLICE	279	12.29	4.27	39.65%	14.58	1.65	351	365	3.6	14	697	27.59	1.62
PIZZA,16 IN CHICKEN, LF,WW	1 SLICE	337	14.49	4.79	38.70%	20.32	2.28	331	471	5.9	28	1075	31.18	1.76
PIZZA,16 IN DOUBLE CHEESE	1 SLICE	324	15.52	5.33	43.11%	17.6	1.89	419	550	5.9	20	796	28.18	1.64
PIZZA,16 IN DOUBLE CHEESE,WW	1 SLICE	294	16.32	4.26	49.96%	19.12	1.04	366	543	5.9	19	358	30.22	4.38
WW	1 SLICE	293	15.92	3.99	48.90%	19.85	1.19	325	675	10.5	23	350	30.1	4.38
PIZZA,16 IN MEATLOVERS	1 SLICE	399	21.38	7.93	48.23%	22.29	2.3	385	443	6.1	47	1036	28.51	1.84
PIZZA,16 IN MEATBALLS,LF,WW	1 SLICE	300	16.21	4.16	48.63%	20.36	1.27	331	439	6.2	26	357	30.46	4.46
PIZZA,16 IN PEPPERONI, LF, WW	1 SLICE	307	18.27	4.71	53.56%	18.26	1.04	281	391	5.7	25	1125	29.92	4.47
PIZZA,16 IN SAUSAGE,WW	1 SLICE	335	15.77	4.97	42.37%	20.24	2.22	398	494	5.9	36	974	27.49	4.67
PIZZA,16 IN WHITE, WW, LF	1 SLICE	282	15.05	4.42	48.03%	21.04	0.63	427	251	0.4	20	943	28.36	3.89
PIZZA,16 IN WHOLE WHEAT	1 SLICE	259	14.13	3.09	49.10%	16.29	0.88	285	392	5.6	13	942	29.5	4.3
PIZZA,4X6 CHEESE, WHEAT	1 SLICE	310	11.62	6.78	33.74%	20.33	1.74	436	387	26.1	29	533	29.05	1.94
PIZZA,BAGEL	1 EACH	315	7.55	4.33	21.57%	23.33	4.49	496	244	0.9	20	631	37.8	1.61
PIZZA,FRENCH BREAD	1 PC	263	11.21	5.97	38.36%	17.39	1.36	471	491	5.2	36	673	22.21	1.53
POTATO,ROASTED	1/2 CUP	251	14.33	8.82	51.38%	3.46	1.52	25	800	32.6	36	11	28.76	3.82
POTATOES,HASH BROWNS	1/2 CUP	170	8.97	3.5	47.49%	2.46	1.18	12	0	4.9	0	27	21.92	1.56
POTATOES,MASHED	1/2 CUP	60	0	0	0.00%	1	0.36	0	0	30	0	25	13	1
PRETZEL	1 OZ	108	0.75	0.14	6.25%	2.93	1.47	5	0	0	0	385	22.61	0.85
PRETZEL,SOFT	1 EACH	113	0	0	0.00%	4.25	2.04	0	0	2.7	0	92	24.1	1.42
QUESADILLA,CHEDDAR	1 POR	206	5.06	2.41	22.11%	18.03	2.08	283	256	1.1	12	614	24.98	4.4
CHEESE,LF,WW	1 POR	283	7.74	1.84	24.61%	22.82	2.58	139	343	3.5	45	596	28.87	2.05
QUESADILLA,CHICKEN & CHEESE, LF	1 POR	274	8.48	3.16	27.85%	27.81	2.28	292	430	3.8	43	691	25.16	4.44
RELISH,INDIVIDUAL	1 PACKET	10	0.04	0	3.60%	0.03	0.07	0	64	0.1	0	62	2.68	0.08
RICE KRISPY TREAT	1 EACH	67	0.55	0.11	7.39%	0.62	0.4	1	134	1.6	0	72	15.1	0.04
ELEMENTARY	1 EACH	134	1.11	0.22	7.46%	1.25	0.8	1	268	3.1	0	144	30.2	0.08
RICE KRISPY TREAT	1 POR	77	1.09	0.06	12.74%	1.72	1.73	1	0	0	0	1	15.04	0.86
RICE,CAJUN STYLE & BEANS	1 POR	128	1.84	0.22	12.94%	3.54	1.06	37	523	12.7	0	170	25.08	2.75
RICE,SEASONED	1 POR	112	3.96	0.61	31.82%	1.77	0.86	10	302	0.5	0	5	17.21	0.52
ROAST BEEF,MEAT ONLY	3 OZ	157	9.46	3.57	54.23%	16.86	1.83	4	0	0	51	40	0	0
ROLL,DINNER,WW	1 EACH	74	1.32	0.23	16.05%	2.44	0.68	30	0	0	0	134	14.31	2.1
ROLL,KAISER,WW	1 EACH	90	1.5	0	15.00%	4	1.8	40	0	0	0	220	17	2
ROLLS,HONEY WHEAT	1 ROLL	90	2	0.5	20.00%	2	0	0	0	0	10	75	14	0
SALAD PLATE	1 POR	72	0.71	0.09	8.88%	3.9	2.23	102	16151	29.7	0	97	15.11	5.43
SALAD PLATE W. BREADSTICK	1 POR	92	1.19	0.16	11.64%	4.5	2.44	103	16151	29.7	0	130	18.53	5.58

SALAD,GREEK PLATE,LF	1 POR	173	10.62	4.52	55.25%	5.72	1.64	192	973	9.4	25	1015	15.39	2.63
SALAD,GRILLED CHICKEN	1 POR	344	23.01	4.19	60.20%	22.55	2.52	86	10339	33.8	61	589	13.86	4.14
SALAD,ORIENTAL CHICKEN	1 POR	342	9.7	1.26	25.53%	10.23	2.9	70	464	54.4	5	176	55.64	4.03
SALAD,PASTA - WW/LF	1 CUP	266	8.31	2.38	28.12%	17.7	2.76	236	199	2.5	23	641	30.51	6.07
SALAD,PASTA PRIMAVERA W. MOZZARELLA	4 OZ	71	3.41	1.51	43.23%	6.34	0.37	163	2730	17	8	170	4.08	1.01
SALAD,PASTA W. VEGETABLES	1/2 CUP	112	1.96	0.27	15.75%	3.99	1.21	25	800	14.5	1	134	20.31	2.29
SALAD,SPINACH	1 POR	301	25.88	7.85	77.38%	10.85	2.68	92	5490	17.6	140	586	7.15	2.1
SALAD,TACO BEEF, LF, WW	1 POR	458	21.76	10.16	42.76%	27.13	4.59	336	2510	32.5	79	720	38.76	4.58
SALAD,TACO CHICKEN, LF, WW	1 POR	336	10.06	2.73	26.95%	32.83	3.28	234	1189	9.8	70	767	33.64	5.86
SALAD,TOMATO	1/2 CUP	27	1.08	0.1	36.00%	0.86	0.34	10	751	11.4	1	9	4.18	1.08
SALAD,TOSSSED GREEK	1 POR	64	2.18	0.19	30.66%	1.92	1.02	48	7377	23.3	2	49	10.9	3.02
SALAD,TURKEY CAESAR W. PITA	1 CUP	280	22.44	2.94	72.13%	12.5	1.18	39	1067	11.8	42	229	8.26	1.97
SALAD,TURKEY PLATE	1 POR	315	5.54	1.36	15.83%	21.64	2.73	187	78811	45.1	42	364	48.11	14.51
SALAD,VEGETARIAN TACO	1 POR	300	13.13	6.86	39.39%	12.91	2.7	317	919	3.4	32	639	32.8	2.79
SALSA,COMMODITY	1 OZ	10	0.06	0.01	5.40%	0.43	0.64	3	156	1.1	0	122	1.98	0.4
SANDWICH,AMERICAN CHEESE	1 POR	334	19.59	11.35	52.79%	15.69	1.58	393	640	0.1	52	773	23.15	0.96
SANDWICH,BAGEL W. CHEESE	1 POR	389	10.38	5.94	24.02%	15.92	2.83	249	388	0.4	26	815	57.34	2.19
SANDWICH,BLT	1 POR	512	33.8	10.94	59.41%	13.82	2.65	43	680	8.2	46	862	37.73	2.42
SANDWICH,BLT,CHICKEN	1 POR	542	25.6	8.18	42.51%	39.39	3.17	126	648	8	103	826	37.36	3.02
SANDWICH,BOILED HAM	1 POR	201	4.44	0.92	19.88%	13.78	2.92	52	1648	6.8	26	985	26.75	4.46
SANDWICH,BUFFALO CHICKEN	1 POR	189	10.09	2.18	48.05%	10.84	1.35	27	706	8.4	28	879	14.65	2.35
SANDWICH,CHEESE	1 POR	208	6.85	3.01	29.64%	12.43	1.85	240	302	0	15	685	26.82	3.86
SANDWICH,CHICKEN CORDON BLEU,WW	1 POR	258	7.56	2.98	26.37%	16.51	2.36	158	111	0	33	830	31.38	2
SANDWICH,CHICKEN	1 POR	335	11.91	3.52	32.00%	17.84	3.55	106	128	0.9	41	587	40.7	17.01
SANDWICH,CHICKEN	1 POR	187	6.39	1.01	30.75%	5.68	1.96	45	137	0.8	0	428	28.62	4.19
SANDWICH,WW BUN	1 POR	277	12.47	3.92	40.52%	14.72	2.53	42	4	0.2	56	986	25.38	3.02
SANDWICH,CORNEED BEEF	1 POR	320	12.13	4.82	34.12%	14.81	2.99	175	135	6.4	42	1147	37.81	4.65
SANDWICH,CORNEED	1 POR	320	12.13	4.82	34.12%	14.81	2.99	175	135	6.4	42	1147	37.81	4.65
BEEF,REUBEN	1 POR	320	12.13	4.82	34.12%	14.81	2.99	175	135	6.4	42	1147	37.81	4.65
SANDWICH,CRISPY CHICKEN	1 POR	390	16.49	4.14	38.05%	18.72	3.68	111	207	1.4	44	724	42.93	16.32
PATTY	1 POR	387	20.9	4.45	48.60%	17.15	3.88	101	2383	11.5	370	937	33.85	4.96
SANDWICH,EGG SALAD	1 POR	387	20.9	4.45	48.60%	17.15	3.88	101	2383	11.5	370	937	33.85	4.96
SANDWICH,FISH,BREADED, WW BUN	1 POR	405	16.56	3.28	36.80%	17.62	2.61	70	122	0	36	722	47.49	16.9
SANDWICH,GRILLED CHEESE	1 POR	352	20.08	11.4	51.34%	17.03	2	374	642	0.1	52	862	27.7	3.92
SANDWICH,GRILLED CHEESE B&T	1 POR	328	13.42	6.19	36.82%	25.48	2.15	447	935	5.1	44	1440	29.7	4.34
SANDWICH,HAM & CHEESE	1 POR	276	12.24	6.15		15.35	2.38	210	390	0.4	39	924	27.16	4.05
SANDWICH,HAM,WW BUN	1 POR	227	5.37	1.11	21.29%	17.55	3.1	46	69	0.4	39	1328	26.22	4.03
SANDWICH,ITALIAN COMBO	1 POR	366	18.47	6.79	45.42%	14.78	3.01	67	402	5.5	40	1134	34.69	1.98
SANDWICH,JELLY	1 POR	287	3.02	0.72	9.47%	5.23	2.13	31	42	0.5	0	301	60.8	1.78
SANDWICH,OPEN FACE TURKEY	1 POR	259	8.67	2.39	30.13%	28.61	2.51	40	1	0	64	528	15.8	2.16
SANDWICH,PHILLY CHEESE STEAK	1 POR	384	18.78	7.76	44.02%	27.58	2.28	255	303	3.3	65	483	25.27	1.94
SANDWICH,RAINBOW GRILL CHEESE	1 POR	365	15.12	7.78	37.28%	20.18	3.88	428	461	0.1	35	760	37.94	2.73
SANDWICH,ROAST BEEF, CHEESE	1 POR	541	31.81	11.09	52.92%	34.46	3.25	230	2555	5.1	97	786	29.55	4.26
SANDWICH,ROPA JOE STEAK	1 POR	389	18.1	6.13	41.88%	23.44	2.71	60	296	35	65	715	31.89	3.1
SANDWICH,SALAMI,WW	1 POR	288	14.98	6.1	46.81%	12.82	3.21	49	137	0.8	40	944	27.7	4.19
SANDWICH,SPICY CHICKEN	1 POR	341	12.41	2.94	32.75%	17.02	3.61	131	128	0.9	41	1369	39.84	1.07
SANDWICH,TUNA SALAD, WW BUN	1 POR	275	9.34	1.45	30.57%	13.69	2.8	65	153	0.8	8	674	35.38	4.45
SANDWICH,TURKEY	1 POR	243	3.54	2.76	13.11%	22.83	1.14	122	68	0.4	38	811	31.92	4.16
SANDWICH,TURKEY & CHEESE,WHITE	1 POR	499	22.18	8.45	40.00%	35.39	3.33	213	360	0.2	89	757	37.16	1.43
SANDWICH,TURKEY,CHEESE,WW	1 POR	351	17.39	7.05	44.59%	19.86	2.54	223	593	1.5	47	732	30.36	4.54
SANDWICH,TURKEY,CHEESE,WW	1 POR	351	17.39	7.05	44.59%	19.86	2.54	223	593	1.5	47	732	30.36	4.54
WHEAT	1 POR	300	8.67	2.3	26.01%	29.97	3.09	61	69	0.4	63	350	26.22	4.03
SAUCE,ALFREDO	1 OZ	115	12.03	7.55	94.15%	1.5	0.04	49	424	0.1	39	100	0.63	0.01
SAUCE,BBQ	1 PC	13	0	0	0.00%	0	0	0	0	0	0	113	2.83	0
SAUCE,CHEESE	1 TBSP	47	3.48	1.64	66.64%	2.06	0.1	63	129	0	8	92	1.92	0.04
SAUCE,CLAM	1 OZ	44	3.68	1.17	75.27%	1.39	1.35	9	77	2.3	7	70	2.02	0.21
SAUCE,CRANBERRY	1/4 CUP	105	0.1	0.01	0.86%	0.14	0.15	3	5	1.4	0	20	26.94	0.69
SAUCE,CRANBERRY, CANNED	3/4 CUP	314	0.31	0.02	0.89%	0.42	0.46	8	87	4.2	0	60	80.81	2.08
SAUCE,CUCUMBER	2 TBSP	22	1.38	0.24	56.45%	0.58	0.08	20	19	0.7	1	46	1.7	0.13
SAUCE,HONEY BARBECUE	2 TBSP	100	2.86	0.46	25.74%	0.58	0.34	8	501	5.2	0	208	19.93	0.43
SAUCE,MEAT	3 OZ	161	7.43	2.91	41.53%	13.98	2.14	32	1648	21.1	42	617	8.87	2.08
SAUCE,POMODORO, MARINARA	1 OZ	20	0.6	0.08	27.00%	0.71	0.43	19	545	7.5	0	68	3.61	0.8
SAUCE,SPAGHETTI	2 OZ	22	0.02	0	0.82%	1.05	0.55	13	808	10.4	0	284	4.35	1.02
SAUCE,SWEET & SOUR	2 TBSP	21	0.03	0	1.29%	0.26	0.16	4	51	5.5	0	140	4.85	0.14
SAUCE,TARTAR,FRES	2 TBSP	148	14.82	1.61	90.12%	0.3	0.29	6	147	0.4	11	187	4.25	0.16
SAUCE,THE BEST TERIYAKI	1 POR	22	0.06	0.01	2.45%	0.4	0.21	5	116	2.3	0	266	5.4	0.22
MARINADE	1/4 CUP	18	0.1	0.01	5.00%	0.81	0.47	9	300	8	0	371	4.4	0.86
SAUCE,TOMATO DIPPING CUP	1 OZ	106	8.68	4.84	73.70%	2.05	0.67	59	1082	11.3	25	169	5.68	1.21
SAUERKRAUT,CANNED	1 OZ	5	0.04	0.01	7.20%	0.26	0.42	9	5	4.2	0	187	1.21	0.71
SAUSAGE PATTY,PORK	1 PATTY	151	11.48	6.32	68.42%	11.2	0.65	5	31	0	55	306	0	0
SAUSAGE PATTY,TURKEY	1 PATTY	80	4.46	1.09	50.18%	9	0.8	52	0	0	41	411	0.5	0
SLOPPY JOE ON A BUN	1 POR	379	16.74	5.73	39.75%	25.2	3.65	80	542	12	72	458	30.86	1.73
SOUP,CHICKEN NOODLE	1 POR	71	2.24	0.32	28.39%	2.13	0.46	24	1533	2.9	7	843	10.97	1.08
SOUP,CHICKEN NOODLE, WW	1 POR	54	1.94	0.26	32.33%	1.62	0.27	23	1530	2.9	3	842	8.09	1.08
SOUP,CHICKEN PASTA	1 POR	69	7	0.32	91.30%	3.17	0.46	24	1533	2.9	13	944	8.44	1.08
SOUP,CHICKEN PASTA, WW, LF	1 POR	52	6.69	0.26	115.79%	2.66	0.27	23	1530	2.9	8	943	5.56	1.08
SOUP,CHICKEN RICE	1 POR	70	1.63	0.29	20.96%	3.88	0.55	21	1589	2	8	848	10.17	0.75
SOUR CREAM	1 TBSP	31	3.01	1.87	87.39%	0.45	0.01	17	93	0.1	6	8	0.61	0
SPINACH & RICE - LF,WW	1 POR	276	7.61	2.97	24.82%	10.06	3.24	190	6032	5.6	13	405	43.51	5.81
SPINACH,FROZEN,BOILED	3/4 CUP	46	0.71	0.13	13.89%	5.71	2.79	218	17187	3.1	0	138	7.35	5.27
SQUASH,SUMMER SAUTEED	1 POR	60	2.72	0.42	40.80%	2.97	1.32	44	498	41.7	0	79	8.43	2.84
STIR FRY,BEEF	1 POR	277	8.81	2.6	28.62%	27.2	2.83	47	5814	77.4	79	892	22.31	22.28
STIR FRY,CHICKEN	1 POR	200	4.19	0.93	19.07	1.63	51	5843	80.8	38	886	22.45	22.23	
STRAWBERRIES,FRESH	3/4 CUP	35	0.32	0.01	8.23%	0.72	0.45	17	13	63.5	0	1	8.29	2.16
STRAWBERRIES,FROZEN	3/4 CUP	184	0.25	0.01	1.22%	1.01	1.13	21	46	79.2	0	6	49.57	3.63
SUCCOTASH,MEXICAN	3/4 CUP	66	3.19	0.42	43.50%	1.71	0.52	15	564	24.1	0	5	9.52	1.98
SUGAR PACKET	1 TSP	16	0	0	0.00%	0	0	0	0	0	0	0	4.17	0
SWEET POTATO,BAKED	1 EACH	103	0.17	0.06	1.49%	2.29	0.79	43	21908	22.3	0	41	23.61	3.76
TACO,CRISP BEEF DOUBLE	2 EACH	366	21.35	9.06	52.50%	19.42	2.74	280	2199	29.3	61	375	25.93	4.4
TACO,CRISP BEEF GRANDE	1 EACH	310	16.61	6.75	48.22%	20.05	3.23	170	2918	44.7	62	349	21.84	4.41
TACO,CRISP BEEF WW, LF	1 EACH	366	15.98	7.54	39.30%	40.18	2.17	638	1207	14.6	46	954	15.28	2.2
TACO,SOFT BEEF - LF	1 EACH	181	6.3	2.28	31.33%	11.11	2.03	115	982					

VEGGIE STICKS	3/4 CUP	47	0.35	0.06	6.70%	1.38	0.43	62	14679	7.7	0	127	10.67	3.74
WAFFLES	2 EACH	200	6.79	1.07	30.56%	4.53	3.93	216	890	0	10	447	30.09	1.54
WATERMELON,CHUNK	3/4 CUP	36	0.18	0.01	4.50%	0.73	0.29	8	683	9.7	0	1	9.06	0.48
WRAP,BLT	1 POR	341	13.88	4.51	36.63%	17.41	2.38	414	3354	24.6	15	719	36.83	4.01
WRAP,BLT - LF/WW	1 POR	327	11.78	3.79	32.42%	22.44	2.33	397	3363	26.2	27	864	36.4	6.72
WRAP,BREADED CHICKEN	1 POR	765	45.13	10.42	53.09%	20.49	4.36	134	5180	20.4	48	1451	49.76	3.93
WRAP,CHICKEN CAESAR - LF	1 POR	424	18.58	5.17	39.44%	35.25	2.82	251	4957	20.4	86	806	30.46	5.79
WRAP,CHICKEN SALAD & BACON	1 POR	448	28.96	8.55	58.18%	16.32	2.41	88	809	10	47	833	30.08	2.91
WRAP,CHICKEN SALAD - LF	1 POR	216	6.75	1.14	28.13%	15.03	1.78	64	577	6.5	27	317	27.05	5.18
WRAP,HAIL CAESAR	1 POR	316	14.37	4.41	40.93%	14.23	2.76	259	3394	13.7	27	838	32.77	3.04
WRAP,HAM & CHEESE	1 POR	270	10.15	4.01	33.83%	15.55	2.7	158	764	6.6	39	1130	27.26	2.57
WRAP,HAM & SWISS	1 POR	233	8.14	3.28	31.44%	11.76	2.35	177	726	6.6	25	864	27.43	2.55
WRAP,HONEY MUSTARD CHICKEN	1 POR	372	22.68	4.46	54.87%	12.43	1.93	55	122	35.8	36	642	29.28	2.03
WRAP,TUNA SALAD	1 POR	247	6.67	1.33	24.30%	12.6	2.65	90	651	8.4	8	545	33.53	2.73
WRAP,TUNA SALAD,WW, LF	1 POR	262	10.45	1.25	35.90%	12.04	1.92	60	16	0	8	608	32.04	4.26
WRAP,TURKEY & AMERICAN,WW	1 POR	360	13.88	7.11	34.70%	26.32	2.06	223	456	0.8	68	595	25.64	4.35
WRAP,TURKEY CLUB	1 POR	367	16.3	2.98	39.97%	29.02	2.52	68	368	3.7	71	286	24.1	4.61
WRAP,VEGGIE	1 POR	298	9.96	4.8	30.08%	20.68	2.13	495	3493	13.4	19	610	31.47	3.39
YAMS,CANDIED	3/4 CUP	171	0.17	0.06	0.89%	2.29	1.14	60	21908	22.3	0	50	41.25	3.76
YOGURT & FRUIT PARFAIT	1 POR	421	10.81	3.64	23.11%	18.84	5.18	461	436	20.7	14	249	66.83	7.43
YOGURT,ASSORTED, NONFAT	1 POR	100	0	0	3	0	300	0	1.2	0	75	22	0	0
YOGURT,PLAIN	1 OZ	16	0.05	0.03	1.62	0.03	56	2	0.3	1	22	2.18	0	0.18
YOGURT,TRIX	1 CON	205	2.57	1.58	8.72	0.26	101	0	0	15	284	33.1	0.18	3.39