

Summer 2017 Nutritionals

#	Nutritionals							Allergens				
	Recipe Description	Pack size	Calories	Protein g	Sodium mg	Total Fat g	Carbs g	Fiber g	Wheat	Soy	Milk	Egg
1451	BREAKFAST BREAK - CHEERIOS BAR	60 EACH	302	4	225	5.62	63	3.75	yes	yes		
	Cereal Bar		150	3	85	3.5	30	3	yes	yes	0	0
	Cinnamon Grahams		100	1	140	3	18	0.75	yes	yes	0	0
	Apple Juice		60	0	10	0	15	0	0	0	0	0
913	BREAKFAST BREAK - CIN TST BAR	60 EACH	330	2	240	7.5	65	5				
	Cereal Bar		150	3	115	3	30	3	yes	yes		yes
	Animal Crackers		110	2	90	2	22	2	yes	yes		
	Fruit Juice		60	0	10	0	15	0				
1453	BREAKFAST BREAK, CINNA POPTART	72 EACH	337	2.97	337	5.45	69.37	3.96				
	Pop Tart		180	2	190	2.5	37	3	yes	yes		
	Cinnamon Grahams		100	1	140	3	18	0.75	yes	yes		
	Apple Juice		60	0	10	0	15					
1342	BREAKFAST BREAK, CINNA TST CRU	72 each	270	2	350	6	55	4				
	Cereal		110	1	200	3	22	3	yes	yes		yes
	Cinnamon Grahams		100	1	140	3	18	0.75	yes	yes		
	Apple Juice		60	0	10	0	15	0				
1343	BREAKFAST BREAK, GOLDEN GRAHAM	72 each	310	4	370	5	64	4				
	Cereal		110	1	220	1	24	1	yes	yes		
	Oat Crunch Bar		140	3	140	4	25	3	yes	yes		
	Apple Juice		60	0	10	0	15	0				
61151	BREAKFAST BREAK, APPLE MUFFIN TOP	48 EACH	320	4	270	9	59	5				
	Muffin Top		170	3	120	6	27	2	yes	yes	yes	yes
	Apple Sauce		50	0	10	0	14	2				
	Cinnamon Grahams		100	1	140	3	18	1	yes	yes		
61156	BREAKFAST BREAK, BANANA MUFFIN	48	330	4	330	8.5	60	5				
	Banana Muffin		160	3	210	4.5	27	2	yes	yes	yes	yes
	Cinnamon Goldfish Grahams		120	1	110	4	19	1	yes	yes		
	Applesauce		50	0	10	0	14	2				
968	JUMP STARTS - APPLE JACKS	44 each	225	2.34	218	3.3	48.18	2.86	Red, Yellow, blue dye			
	Cereal		110	2	160	0.5	24	3	yes	yes		
	Honey Graham		90	1	95	0.5	16	0	yes	yes		
	Apple Juice		60	0	10	0	15	0				

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1252	JUMP STARTS - FROOT LOOPS	44 each	260	3	270	3.5	55	4	Yellow, Blue and Red dyes			
	Cereal		110	2	170	1	24	3	yes	yes		
	Honey Graham		90	1	95	0.5	16	0	yes	yes		
	Apple Juice		60	0	10	0	15	0				
61248	BREAKFAST BREAK CHEWY GRANOLA BAR	60	290	4	210	5.5	59	4				
	Granola Bar		140	2	105	3	27	3		yes	yes	
	Honey Graham		90	1	95	0.5	16	1	yes	yes		
	Apple Juice		60	0	10	0	15	0				
61251	BREAKFAST BREAK BLUEBERRY YOGURT	48	290	6	195	3	60	2				
	Blueberry Yogurt		90	3	75	0	19	0			yes	
	Granola		140	3	110	3	26	2	yes			
	Apple Juice		60	0	10	0	15	0				
61252	BREAKFAST BREAK STRAWBERRY YOGURT	48	250	4	225	3	52	1				
	Strawberry Yogurt		90	3	75	0	19	0			yes	
	Cinnamon Grahms		100	1	140	3	18	1	yes	yes		
	Apple Juice		60	0	10	0	16	0				
<b>MILK</b>												
230	MILK, 1%, WHITE	50 CARTON	110	8	135	2.5	13	0			yes	
916	MILK, FAT FREE, CHOCOLATE	50 CARTON	130	8	210	0	23	0			yes	
<b>FRUITS</b>												
177	APPLESAUCE, IND CUP	1 SRVG	52	0.21	2	0.1	14.64	1.05				
1263	CRAISINS, STRAW OR CHERRY	200 PKG	109	0	0	0	27.81	2.98				
1372	FRUIT CUP, MIXED SHELF STABLE	72 .5 CUP	70	0	15	0	16.05	1				
1346	FRUIT SIDE KICKS	84 EACH	80	0	45	0	20	0				
1456	GOLD RUSH VEG JUICE	40 case	40	0	60	0	10	0				
1378	JUICE BOWL VEG/FRUIT BEV	44 case	55	0	15	0	14	0				
1455	RAISINS,AMAZING, SOUR	250 case	110	1	10	0	25	2				

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<b>LUNCH ITEMS</b>												
68126	ADVANCE PIERRE BOLOGNA & CHEESE	45 CASE	270	13	690	10	34	3	YES	YES	YES	
68124	ADVANCED PIERRE HAM & CHEESE	45 CASE	280	19	760	7	34	6	YES	YES	YES	
1448	BAKE CRAFTERS TURKEY & CHEESE	80 CASE	290	21	750	11	31	3				
636	HAM & CHEESE ROLL,S	Made (Mon)	261	20.59	718	8.3	31.53	4				
	W W hamburger roll	1 roll	140	6	240	2	29	3	yes	yes		
	Turkey ham	3 slices	50	7.5	265	2.25	0.5	0				
	American cheese	2 slices	71	7	212	4	2	0		yes	yes	
	BOLOGNA & CHEESE ROLL, S	Made (Wed)	294	19.16	961	12.88	32.54	4	4			
	W W hamburger roll	1 roll	140	6	240	2	29	3	yes	yes		
	Turkey Bologna	2 slices	84	7	508	7	1.5	0				
	American cheese	2 slices	71	7	212	4	2	0		yes	yes	
1454	COLD CUT SUB,S	Made (Thur)	254	19.1	882	8.44	29.36	3	3			
	Sub Roll	1 sub roll	140	6	270	2	27	3	yes	yes		
	Salami	1 slice	18	2.53	159	0.13	0	0				
	Bologna	1 slice	28	2	170	0.63	0	0				
	Turkey Ham	2 slices	33	5	177	0.5	0	0				
	American cheese	1 slice	35	3.5	106	2	1	0		yes	yes	
	TURKEY & CHEESE ROLL, S	Made (Tues/Fri)	266	21.09	628	8.05	31.52	4				
	W W hamburger roll	1 roll	140	6	240	2	29	3	yes	yes		
	Turkey	3 slices	55	7	175	2	2	0.5				
	American cheese	2 slices	71	7	212	4	2	0		yes	yes	
	TURKEY & CHEESE SAND, SUMMER	45/CASE	290	20	790	8	34	3	yes	yes	yes	
1447	BOLOGNA, SALAMI, CHEESE, SUMMER	45/ CASE	316	14	679	9.57	41	3.3	yes	yes	yes	
312	MUFFIN, CORNBREAD	72 EACH	140	3	252	5	21	2	yes	yes	yes	yes
892	STRING CHEESE	168 SRVG	80	7	210	6	0	0			yes	
1350	YOGURT PEACH 4 OZ	1 EACH	90	3	75	0	19	0			yes	
1351	YOGURT STRAW/BANA 4 OZ	1 EACH	90	3	75	0	19	0			yes	
1056	YOGURT, RASPBERRY, 4OZ	1 EACH	90	3	75	0	19	0			yes	