## Nutritional Value for Single Items

<table>
<thead>
<tr>
<th>ITEM</th>
<th>Serving Size</th>
<th>Carbs (g)</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bacon</td>
<td>1 Slice</td>
<td>0.5</td>
<td>35</td>
</tr>
<tr>
<td>Bagel and Cream Cheese</td>
<td>1 bagel</td>
<td>35.1</td>
<td>215</td>
</tr>
<tr>
<td>Bagel-Blueberry WW White (Franz)</td>
<td>1 bagel</td>
<td>33</td>
<td>170</td>
</tr>
<tr>
<td>Bagel-Mini WW White (Franz)</td>
<td>1 bagel</td>
<td>19</td>
<td>100</td>
</tr>
<tr>
<td>Bagel-Strawberry Cream Cheese</td>
<td>1 bagel</td>
<td>42</td>
<td>230</td>
</tr>
<tr>
<td>Bagel-WW White-Lender's</td>
<td>1 bagel</td>
<td>28</td>
<td>140</td>
</tr>
<tr>
<td>Bagel-WW-White (Franz)</td>
<td>1 bagel</td>
<td>33</td>
<td>170</td>
</tr>
<tr>
<td>Bar-Benefit-Banana Chocolate Chunk</td>
<td>1 each</td>
<td>47</td>
<td>280</td>
</tr>
<tr>
<td>Bar-Benefit-Oat Chocolate</td>
<td>1 each</td>
<td>47</td>
<td>290</td>
</tr>
<tr>
<td>Bar-Buttermilk</td>
<td>1 each</td>
<td>50</td>
<td>240</td>
</tr>
<tr>
<td>Bar-French Toast-WG</td>
<td>1 each</td>
<td>47</td>
<td>290</td>
</tr>
<tr>
<td>Bar-Breakfast-Snack</td>
<td>1 each</td>
<td>38</td>
<td>300</td>
</tr>
<tr>
<td>Bar- UBR (Ultimate Breakfast Round) (Granola Snack Bar)</td>
<td>1 round</td>
<td>44</td>
<td>270</td>
</tr>
<tr>
<td>Beef-Crumbles (W125)</td>
<td>3oz</td>
<td>1.5</td>
<td>150</td>
</tr>
<tr>
<td>Beef-Ground-Cooked (100158)</td>
<td>2.68 oz</td>
<td>0</td>
<td>164</td>
</tr>
<tr>
<td>Beef-Meatballs (W101)</td>
<td>5 each</td>
<td>3</td>
<td>180</td>
</tr>
<tr>
<td>Beef-Meatloaf</td>
<td>3oz</td>
<td>20.81</td>
<td>414</td>
</tr>
<tr>
<td>Beef-Patty -100% (W143)</td>
<td>1 each</td>
<td>0</td>
<td>150</td>
</tr>
<tr>
<td>Beef-Rib Patty (W108)</td>
<td>1 each</td>
<td>6</td>
<td>130</td>
</tr>
<tr>
<td>Beef-Shaved-Philly (W120)</td>
<td>3oz</td>
<td>3</td>
<td>143</td>
</tr>
<tr>
<td>Beef-Teriyaki Dippers (W132)</td>
<td>4 each</td>
<td>6</td>
<td>160</td>
</tr>
<tr>
<td>Biscuit-WG-Easy Split (Pillsbury)</td>
<td>1 ea</td>
<td>24</td>
<td>190</td>
</tr>
<tr>
<td>Bread-Apple Cinnamon-Mini</td>
<td>1 ea</td>
<td>27</td>
<td>160</td>
</tr>
<tr>
<td>Bread- Banana- WG</td>
<td>1 ea</td>
<td>16</td>
<td>260</td>
</tr>
<tr>
<td>Bread- Blueberry Loaf- Mini- WG</td>
<td>1 ea</td>
<td>41</td>
<td>250</td>
</tr>
<tr>
<td>Bread-Bun-Pub</td>
<td>1 Bun</td>
<td>37</td>
<td>210</td>
</tr>
<tr>
<td>Bread-Buns-Hamburger-WWW</td>
<td>1 each</td>
<td>26</td>
<td>150</td>
</tr>
<tr>
<td>Bread-Buns-Hot Dog-WWW</td>
<td>1 each</td>
<td>26</td>
<td>150</td>
</tr>
<tr>
<td>Bread-Ciabatta</td>
<td>1 roll</td>
<td>47</td>
<td>260</td>
</tr>
<tr>
<td>Bread- Flatbread 6x6</td>
<td>1 each</td>
<td>45.13</td>
<td>290</td>
</tr>
<tr>
<td>Bread-Hoagie Roll</td>
<td>1 each</td>
<td>29</td>
<td>160</td>
</tr>
<tr>
<td>Bread-Pumpkin</td>
<td>1 each</td>
<td>44</td>
<td>260</td>
</tr>
<tr>
<td>Bread-Sandwich-Sliced-WWW</td>
<td>1 slice</td>
<td>14</td>
<td>80</td>
</tr>
<tr>
<td>Bread-Strudel-Cherry</td>
<td>1 ea</td>
<td>36</td>
<td>210</td>
</tr>
<tr>
<td>Breadstick-Cheesy-(Purchased-Beacon Street)</td>
<td>2 each</td>
<td>30</td>
<td>300</td>
</tr>
<tr>
<td>Breadstick-Cheesy-Bosco (W563)</td>
<td>2 each</td>
<td>30</td>
<td>280</td>
</tr>
<tr>
<td>Breadstick-Garlic &amp; Cheese-Bake Shop</td>
<td>1 each</td>
<td>5.68</td>
<td>231</td>
</tr>
<tr>
<td>Breadstick-Garlic &amp; Cheese-Bake Shop- 1/2 stick (Elementary Serving)</td>
<td>1/2 breadstick</td>
<td>2.84</td>
<td>115.5</td>
</tr>
<tr>
<td>Breadstick-Mozarella-MAXX (W533)</td>
<td>2 each</td>
<td>32</td>
<td>300</td>
</tr>
<tr>
<td>Breakfast Burrito- Egg &amp; Cheese</td>
<td>1 each</td>
<td>14</td>
<td>180</td>
</tr>
<tr>
<td>Breakfast Sandwich-Foothills Bakery</td>
<td>1 sandwich</td>
<td>27.01</td>
<td>415</td>
</tr>
<tr>
<td>Burrito-Bean &amp; Cheese (Purchased)</td>
<td>1 burrito</td>
<td>40</td>
<td>310</td>
</tr>
<tr>
<td>ITEM</td>
<td>Serving Size</td>
<td>Carbs(g)</td>
<td>Calories</td>
</tr>
<tr>
<td>-------------------------------------------</td>
<td>------------------</td>
<td>----------</td>
<td>----------</td>
</tr>
<tr>
<td>Burrito-Bean &amp; Cheese (W461)</td>
<td>1 burrito</td>
<td>41</td>
<td>291</td>
</tr>
<tr>
<td>Cake-Thanksgiving (Pirate) Cake- with frosting</td>
<td>2X2in square</td>
<td>36.32</td>
<td>222</td>
</tr>
<tr>
<td>Cake-Chocolate-w/ Sugar Frosting (Halloween)</td>
<td>2X2in square</td>
<td>30.34</td>
<td>206</td>
</tr>
<tr>
<td>Cake-White-w/Sugar Frosting</td>
<td>2X2in square</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cereal-Bar-Cinnamon Toast Crunch-WG</td>
<td>1.42oz</td>
<td>30</td>
<td>150</td>
</tr>
<tr>
<td>Cereal-Bar-Cocoa Puffs-WG</td>
<td>1.42oz</td>
<td>30</td>
<td>150</td>
</tr>
<tr>
<td>Cereal-Bar-Trix</td>
<td>1.42oz</td>
<td>30</td>
<td>150</td>
</tr>
<tr>
<td>Cereal-Cheerios-Fruit</td>
<td>1 bowl</td>
<td>25</td>
<td>120</td>
</tr>
<tr>
<td>Cereal-Cinnamon Chex</td>
<td>1 bowl</td>
<td>23</td>
<td>120</td>
</tr>
<tr>
<td>Cereal-Cinnamon Toast Crunch-WG</td>
<td>1oz bowl</td>
<td>22</td>
<td>120</td>
</tr>
<tr>
<td>Cereal-Cocoa Puffs-WG</td>
<td>1 bowl</td>
<td>25</td>
<td>110</td>
</tr>
<tr>
<td>Cereal-Golden Grahams-WG</td>
<td>1 bowl</td>
<td>34</td>
<td>160</td>
</tr>
<tr>
<td>Cereal-Granola-Bulk</td>
<td>2oz.</td>
<td>38</td>
<td>250</td>
</tr>
<tr>
<td>Cereal-Lucky Charms-WG</td>
<td>1oz bowl</td>
<td>23</td>
<td>110</td>
</tr>
<tr>
<td>Cereal-Trix-LessSugar</td>
<td>1oz bowl</td>
<td>24</td>
<td>110</td>
</tr>
<tr>
<td>Cheese-American Blend-Sliced</td>
<td>1 slice</td>
<td>1</td>
<td>40</td>
</tr>
<tr>
<td>Cheese-Cheddar-Shredded (100012)</td>
<td>1oz</td>
<td>1</td>
<td>90</td>
</tr>
<tr>
<td>Cheese-Cheese Sauce (Signature)</td>
<td>62g</td>
<td>5</td>
<td>80</td>
</tr>
<tr>
<td>Cheese-Cheese Sauce (W533)</td>
<td>3oz</td>
<td>4</td>
<td>130</td>
</tr>
<tr>
<td>Cheese-Cheese Sauce-Jalapeno (USDA) (W532)</td>
<td>3oz</td>
<td>5</td>
<td>130</td>
</tr>
<tr>
<td>Cheese-Cream-Bulk</td>
<td>1oz</td>
<td>2</td>
<td>90</td>
</tr>
<tr>
<td>Cheese-Cream-Individual Cups</td>
<td>.75oz</td>
<td>2</td>
<td>45</td>
</tr>
<tr>
<td>Cheese-Cream-Strawberry-Individual Cups</td>
<td>.75oz</td>
<td>4</td>
<td>70</td>
</tr>
<tr>
<td>Cheese-Mozarella-Shredded (100021)</td>
<td>1oz</td>
<td>1</td>
<td>90</td>
</tr>
<tr>
<td>Cheese-Parmesan-Fancy Shredded</td>
<td>1oz</td>
<td>1</td>
<td>110</td>
</tr>
<tr>
<td>Cheese-Parmesan-Grated</td>
<td>5g</td>
<td>1</td>
<td>20</td>
</tr>
<tr>
<td>Cheese-Pinwheel</td>
<td>4.10oz</td>
<td>36</td>
<td>310</td>
</tr>
<tr>
<td>Cheese-Square-Bake Shop-WG</td>
<td>1 each</td>
<td>34.79</td>
<td></td>
</tr>
<tr>
<td>Cheese-String (Della-Vita)</td>
<td>28g</td>
<td>1</td>
<td>80</td>
</tr>
<tr>
<td>Cheese-Swiss-American-Sliced</td>
<td>1 slice</td>
<td>1</td>
<td>100</td>
</tr>
<tr>
<td>Chicken-Diced (100101)</td>
<td>3oz</td>
<td>0</td>
<td>108</td>
</tr>
<tr>
<td>Chicken-Drumstick-Breaded (W244)</td>
<td>1 each</td>
<td>5</td>
<td>190</td>
</tr>
<tr>
<td>Chicken-Drumstick-Oven-Roasted-Glazed (W245)</td>
<td>1 each</td>
<td>2</td>
<td>160</td>
</tr>
<tr>
<td>Chicken-Fajita-Strips (100117)</td>
<td>3.4oz</td>
<td>2</td>
<td>122</td>
</tr>
<tr>
<td>Chicken-Nuggets (W209)</td>
<td>5 each</td>
<td>14</td>
<td>188</td>
</tr>
<tr>
<td>Chicken-Patty-Breaded (W211)</td>
<td>1 each</td>
<td>13</td>
<td>184</td>
</tr>
<tr>
<td>Chicken-Patty-Breaded-Spicy (W236)</td>
<td>1 each</td>
<td>10</td>
<td>179</td>
</tr>
<tr>
<td>Chicken-Popcorn (W242)</td>
<td>12 pieces</td>
<td>15</td>
<td>250</td>
</tr>
<tr>
<td>Chicken-Shredded (W205)</td>
<td>3 oz</td>
<td>1.2</td>
<td>115</td>
</tr>
<tr>
<td>Chicken-Strips-Unseasoned-Unbreaded (110462)</td>
<td>3.75 oz</td>
<td>0</td>
<td>126</td>
</tr>
<tr>
<td>Chicken-Wings-Boneless</td>
<td>5 ea</td>
<td>13</td>
<td>200</td>
</tr>
<tr>
<td>Chips-Doritos</td>
<td>1 pkg</td>
<td>20</td>
<td>130</td>
</tr>
</tbody>
</table>
## Nutritional Value for Single Items

<table>
<thead>
<tr>
<th>ITEM</th>
<th>Serving Size</th>
<th>Carbs(g)</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chips-Fritos-WG</td>
<td>2 oz</td>
<td>32</td>
<td>300</td>
</tr>
<tr>
<td>Chips-Lay's-Potato</td>
<td>.5oz</td>
<td>8</td>
<td>80</td>
</tr>
<tr>
<td>Chips-Sun Chips</td>
<td>1 oz</td>
<td>19</td>
<td>140</td>
</tr>
<tr>
<td>Chips-Tortilla-Spicy Sweet Chili</td>
<td>1 pkg</td>
<td>20</td>
<td>140</td>
</tr>
<tr>
<td>Chips-Tortilla-WG-Tostitos</td>
<td>1 oz</td>
<td>20</td>
<td>140</td>
</tr>
<tr>
<td>Chips-Tortilla-WG-Tostitos</td>
<td>2 oz</td>
<td>40</td>
<td>280</td>
</tr>
<tr>
<td>Chow Mein Noodles</td>
<td>0.5 cup</td>
<td>18</td>
<td>130</td>
</tr>
<tr>
<td>Cinnamon Roll</td>
<td>1 each</td>
<td>40</td>
<td>240</td>
</tr>
<tr>
<td>Cinnamon Roll- FMS Bake Shop</td>
<td>1 each</td>
<td>52.67</td>
<td>334</td>
</tr>
<tr>
<td>Cinni-Minis</td>
<td>1 pkg</td>
<td>40</td>
<td>240</td>
</tr>
<tr>
<td>Coleslaw</td>
<td>.25cup</td>
<td>4.69</td>
<td>48</td>
</tr>
<tr>
<td>Condiments-Ketchup</td>
<td>0.6oz</td>
<td>4</td>
<td>20</td>
</tr>
<tr>
<td>Condiments-Ketchup Packets (USDA)</td>
<td>1 pc</td>
<td>2</td>
<td>10</td>
</tr>
<tr>
<td>Condiments-Mayonnaise</td>
<td>1 tbsp</td>
<td>0</td>
<td>100</td>
</tr>
<tr>
<td>Condiments-Mayonnaise-PC Pack</td>
<td>1 each</td>
<td>1</td>
<td>50</td>
</tr>
<tr>
<td>Condiments-Mayonnaise-PCR Pack</td>
<td>1 each</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Cookies-Chocolate Chip-FMS Bakery</td>
<td>1 cookie</td>
<td>19.57</td>
<td>143</td>
</tr>
<tr>
<td>Cookies-Chocolate/Chocolate-FMS Bakery</td>
<td>1 cookie</td>
<td>19.77</td>
<td>142</td>
</tr>
<tr>
<td>Cookies-Coconut-FMS Bakery</td>
<td>1 cookie</td>
<td>17.15</td>
<td>134</td>
</tr>
<tr>
<td>Cookies-Fortune</td>
<td>1 each</td>
<td>6</td>
<td>26</td>
</tr>
<tr>
<td>Cookies-Ginger Snap</td>
<td>1 cookie</td>
<td>28.87</td>
<td>160</td>
</tr>
<tr>
<td>Cookies-Frosted-Holiday-From FSA</td>
<td>1 cookie</td>
<td>27</td>
<td>170</td>
</tr>
<tr>
<td>Cookies-Sugar-FMS Bakery</td>
<td>1 cookie</td>
<td>20.57</td>
<td>130</td>
</tr>
<tr>
<td>Corn Dogs</td>
<td>1 each</td>
<td>30</td>
<td>240</td>
</tr>
<tr>
<td>Corn Dogs-Mini</td>
<td>5 each</td>
<td>30</td>
<td>270</td>
</tr>
<tr>
<td>Crackers-Goldfish-Cheddar</td>
<td>1 pkg</td>
<td>14</td>
<td>100</td>
</tr>
<tr>
<td>Crackers-Jungle</td>
<td>1 pkg</td>
<td>20</td>
<td>130</td>
</tr>
<tr>
<td>Croutons-MG Cheese Garlic</td>
<td>2tbsp</td>
<td>5</td>
<td>30</td>
</tr>
<tr>
<td>Donut-Long John</td>
<td>2.20z</td>
<td>27</td>
<td>240</td>
</tr>
<tr>
<td>Dressings-Caesar-Light</td>
<td>2tbsp</td>
<td>5</td>
<td>90</td>
</tr>
<tr>
<td>Dressings-Caesar-Regular</td>
<td>2tbsp</td>
<td>2</td>
<td>140</td>
</tr>
<tr>
<td>Dressings-Coleslaw</td>
<td>2tbsp</td>
<td>8</td>
<td>140</td>
</tr>
<tr>
<td>Dressings-Italian-Fat Free</td>
<td>2tbsp</td>
<td>3</td>
<td>15</td>
</tr>
<tr>
<td>Dressings-Italian-Regular</td>
<td>2tbsp</td>
<td>1</td>
<td>100</td>
</tr>
<tr>
<td>Dressings-Oriental Sesame</td>
<td>2tbsp</td>
<td>11</td>
<td>140</td>
</tr>
<tr>
<td>Dressings-Ranch</td>
<td>2 tbsp.</td>
<td>1.74</td>
<td>61</td>
</tr>
<tr>
<td>Dressings-Raspberry Vinaigrette-Fat Free</td>
<td>2tbsp</td>
<td>8</td>
<td>30</td>
</tr>
<tr>
<td>Eggs-Hard-boiled-Peeled</td>
<td>1 egg</td>
<td>1</td>
<td>80</td>
</tr>
<tr>
<td>Eggs-Omelette-Colby Cheese (W273)</td>
<td>1 each</td>
<td>1</td>
<td>110</td>
</tr>
<tr>
<td>Eggs-Patty (110931)</td>
<td>1 ea</td>
<td>1</td>
<td>45</td>
</tr>
<tr>
<td>Eggs-Scrambled (W286)</td>
<td>2.0oz</td>
<td>2</td>
<td>90</td>
</tr>
<tr>
<td>English Muffin-Breakfast Sandwich</td>
<td>1 sandwich</td>
<td>25.45</td>
<td>504</td>
</tr>
<tr>
<td>ITEM</td>
<td>Serving Size</td>
<td>Carbs(g)</td>
<td>Calories</td>
</tr>
<tr>
<td>-----------------------------------------------------</td>
<td>--------------</td>
<td>----------</td>
<td>----------</td>
</tr>
<tr>
<td>English Muffin-WG (Bake Crafters)</td>
<td>2oz</td>
<td>24</td>
<td>120</td>
</tr>
<tr>
<td>Fish-Nuggets (W010)</td>
<td>4 each</td>
<td>20</td>
<td>220</td>
</tr>
<tr>
<td>Fish- Stick-Baja</td>
<td>4 each</td>
<td>20</td>
<td>230</td>
</tr>
<tr>
<td>Fish-Trout Treasures</td>
<td>4 each</td>
<td>18</td>
<td>230</td>
</tr>
<tr>
<td>Flauta-Tornado</td>
<td>1 each</td>
<td>24</td>
<td>180</td>
</tr>
<tr>
<td>French Toast Minis- Pull Apart</td>
<td>2.64oz</td>
<td>37g</td>
<td>220</td>
</tr>
<tr>
<td>French Toast Sticks (W279)</td>
<td>3 each</td>
<td>28</td>
<td>210</td>
</tr>
<tr>
<td>Fruit-Apple-Apple</td>
<td>1 each</td>
<td>25</td>
<td>95</td>
</tr>
<tr>
<td>Fruit-Apples-Sliced-Canned (100206)</td>
<td>.5 cup</td>
<td>12</td>
<td>50</td>
</tr>
<tr>
<td>Fruit-Applesauce-Blue Raspberry (USDA)</td>
<td>1 ind. cup</td>
<td>22</td>
<td>90</td>
</tr>
<tr>
<td>Fruit-Applesauce-Canned (110541)</td>
<td>.5 cup</td>
<td>14</td>
<td>51</td>
</tr>
<tr>
<td>Fruit-Applesauce-Cinnamon-Cup</td>
<td>.5 cup</td>
<td>22</td>
<td>90</td>
</tr>
<tr>
<td>Fruit-Applesauce-Cup (110361)</td>
<td>.5 cup</td>
<td>14</td>
<td>51</td>
</tr>
<tr>
<td>Fruit-Apricots-Diced</td>
<td>4.5oz</td>
<td>25</td>
<td>110</td>
</tr>
<tr>
<td>Fruit-Banana</td>
<td>.5 cup</td>
<td>18.5</td>
<td>72</td>
</tr>
<tr>
<td>Fruit-Blueberries (100242)</td>
<td>.5 cup</td>
<td>10</td>
<td>40</td>
</tr>
<tr>
<td>Fruit-Cranberries-Dried-Craisins (110723)</td>
<td>1 pk</td>
<td>28</td>
<td>110</td>
</tr>
<tr>
<td>Fruit-Fruit Salad-Tropical-Dole</td>
<td>.5 cup</td>
<td>22</td>
<td>90</td>
</tr>
<tr>
<td>Fruit-Grapes</td>
<td>.5 cup</td>
<td>16</td>
<td>62</td>
</tr>
<tr>
<td>Fruit-Mandarin Oranges</td>
<td>.5 cup</td>
<td>23</td>
<td>90</td>
</tr>
<tr>
<td>Fruit-Mixed (100212)</td>
<td>.5 cup</td>
<td>15</td>
<td>60</td>
</tr>
<tr>
<td>Fruit-Nectarine-Fresh</td>
<td>.5 cup</td>
<td>7.5</td>
<td>31.5</td>
</tr>
<tr>
<td>Fruit-Oranges</td>
<td>.5 cup</td>
<td>11</td>
<td>43</td>
</tr>
<tr>
<td>Fruit-Peaches-Diced (100224)</td>
<td>.5 cup</td>
<td>14</td>
<td>60</td>
</tr>
<tr>
<td>Fruit-Peaches-Fresh</td>
<td>.5 cup</td>
<td>7.3</td>
<td>30</td>
</tr>
<tr>
<td>Fruit-Peaches-Frozen-Cup (100241)</td>
<td>4.4oz</td>
<td>19</td>
<td>80</td>
</tr>
<tr>
<td>Fruit-Peaches-Sliced (100219)</td>
<td>.5 cup</td>
<td>14</td>
<td>60</td>
</tr>
<tr>
<td>Fruit-Pears-Diced (100225)</td>
<td>.5 cup</td>
<td>16</td>
<td>60</td>
</tr>
<tr>
<td>Fruit-Pears-Fresh</td>
<td>.5 cup</td>
<td>11</td>
<td>44</td>
</tr>
<tr>
<td>Fruit-Pears-Sliced (100224)</td>
<td>.5 cup</td>
<td>15</td>
<td>60</td>
</tr>
<tr>
<td>Fruit-Pineapple-Tidbits</td>
<td>.5 cup</td>
<td>16</td>
<td>60</td>
</tr>
<tr>
<td>Fruit-Plum-Fresh</td>
<td>.5 cup</td>
<td>7.5</td>
<td>30</td>
</tr>
<tr>
<td>Fruit-Pluot-Fresh</td>
<td>.5 cup</td>
<td>10</td>
<td>45</td>
</tr>
<tr>
<td>Fruit-Raisins-Boxed (100293)</td>
<td>1 box</td>
<td>30</td>
<td>114</td>
</tr>
<tr>
<td>Fruit-Sliced-Apples-Fresh</td>
<td>.5 cup</td>
<td>15.66</td>
<td>58</td>
</tr>
<tr>
<td>Fruit-Strawberries-Sliced- IQF -Unsweetened- Frozen (Commodity) (110860)</td>
<td>.5 cup</td>
<td>7</td>
<td>25</td>
</tr>
<tr>
<td>Fruit-Strawberries-Sliced- IQF -Unsweetened- Frozen (Commodity) (110860)(Elementary)</td>
<td>2 oz.</td>
<td>3.5</td>
<td>12.5</td>
</tr>
<tr>
<td>Fruit-Strawberries-Sliced-Frozen (Commodity) (100254)</td>
<td>.5 cup</td>
<td>23</td>
<td>90</td>
</tr>
<tr>
<td>Fruit-Strawberries-Sliced-Frozen (Commodity)-Elementary (100254)</td>
<td>2oz.</td>
<td>11.5</td>
<td>45</td>
</tr>
<tr>
<td>Gravy-Beef</td>
<td>2 oz.</td>
<td>5</td>
<td>25</td>
</tr>
<tr>
<td>Gravy-Chicken</td>
<td>2oz</td>
<td>7</td>
<td>35</td>
</tr>
</tbody>
</table>
# Nutritional Value for Single Items

<table>
<thead>
<tr>
<th>ITEM</th>
<th>Serving Size</th>
<th>Carbs(g)</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gravy-Turkey</td>
<td>2oz</td>
<td>4</td>
<td>25</td>
</tr>
<tr>
<td>Ham-Sliced-(USDA) (100187)</td>
<td>2.44 oz</td>
<td>4</td>
<td>74</td>
</tr>
<tr>
<td>Ham-Turkey-Sliced (USDA) (100126)</td>
<td>3.26 oz</td>
<td>0</td>
<td>82</td>
</tr>
<tr>
<td>Hominy</td>
<td>0.5 cup</td>
<td>19</td>
<td>90</td>
</tr>
<tr>
<td>Hot Dog</td>
<td>2.0z (1ea)</td>
<td>2</td>
<td>180</td>
</tr>
<tr>
<td>Hummus Plate</td>
<td>6oz</td>
<td>29.69</td>
<td>184</td>
</tr>
<tr>
<td>Icing-Vanilla</td>
<td>1tbsp</td>
<td>3.8</td>
<td>16</td>
</tr>
<tr>
<td>Jam-Freezer-Marionberry</td>
<td>1tbsp</td>
<td>11</td>
<td>40</td>
</tr>
<tr>
<td>Jelly-Mixed</td>
<td>1tbsp</td>
<td>13</td>
<td>50</td>
</tr>
<tr>
<td>Juice-Orange-Frozen (USDA) (110651)</td>
<td>4oz</td>
<td>14</td>
<td>61</td>
</tr>
<tr>
<td>Juice-Orange-Fruit Punch (USDA)</td>
<td>4oz</td>
<td>16</td>
<td>60</td>
</tr>
<tr>
<td>Juice-Orange-Grape (USDA)</td>
<td>4oz</td>
<td>15</td>
<td>60</td>
</tr>
<tr>
<td>Juice-Orange-Mango (USDA) (W853)</td>
<td>4oz</td>
<td>14</td>
<td>60</td>
</tr>
<tr>
<td>Juice-Orange-Pineapple (USDA)</td>
<td>4oz</td>
<td>15</td>
<td>60</td>
</tr>
<tr>
<td>Legumes-Beans-Vegetarian-Low Sodium (USDA) (100364)</td>
<td>2 oz</td>
<td>10</td>
<td>55</td>
</tr>
<tr>
<td>Legumes-Black Beans-Low Sodium (USDA) (100359)</td>
<td>2 oz</td>
<td>10</td>
<td>54.5</td>
</tr>
<tr>
<td>Legumes-Black Beans-Real Biego</td>
<td>0.5 cup</td>
<td>16</td>
<td>90</td>
</tr>
<tr>
<td>Legumes-Black Beans-Truitt</td>
<td>0.5 cup</td>
<td>21</td>
<td>120</td>
</tr>
<tr>
<td>Legumes-Cannellini Beans</td>
<td>0.5 cup</td>
<td>20</td>
<td>110</td>
</tr>
<tr>
<td>Legumes-Garbanzo (100360)</td>
<td>2 oz</td>
<td>8</td>
<td>52.5</td>
</tr>
<tr>
<td>Legumes-Great Northern-Low Sodium Canned</td>
<td>0.5 cup</td>
<td>28</td>
<td>149</td>
</tr>
<tr>
<td>Legumes-Kidney Beans-Truitt</td>
<td>0.5 cup</td>
<td>21</td>
<td>110</td>
</tr>
<tr>
<td>Legumes-Pinto Beans-Low Sodium (USDA) (100365)</td>
<td>2 oz</td>
<td>9</td>
<td>49</td>
</tr>
<tr>
<td>Legumes-Pinto Beans-Signature</td>
<td>0.5 cup</td>
<td>15.5</td>
<td>77.51</td>
</tr>
<tr>
<td>Legumes-Red Kidney-Low Sodium (USDA) (100370)</td>
<td>2 oz</td>
<td>9.5</td>
<td>52</td>
</tr>
<tr>
<td>Legumes-Refried Beans-Dehydrated (Santiago)</td>
<td>0.5 cup</td>
<td>24</td>
<td>170</td>
</tr>
<tr>
<td>Macaroni &amp; Cheese (W585)</td>
<td>6oz</td>
<td>36</td>
<td>300</td>
</tr>
<tr>
<td>Marinara Sauce (Della Vita)</td>
<td>0.5 cup</td>
<td>10</td>
<td>60</td>
</tr>
<tr>
<td>Marinara Sauce #10 Can (USDA)</td>
<td>0.5 cup</td>
<td>11</td>
<td>60</td>
</tr>
<tr>
<td>Milk-Buttermilk</td>
<td>8 oz.</td>
<td>13</td>
<td>110</td>
</tr>
<tr>
<td>Milk-Strawberry-NonFat</td>
<td>8 oz.</td>
<td>28</td>
<td>150</td>
</tr>
<tr>
<td>Milk-White-1%</td>
<td>8 oz.</td>
<td>12.18</td>
<td>102</td>
</tr>
<tr>
<td>Milk-White-NonFat</td>
<td>8 oz.</td>
<td>12.15</td>
<td>83</td>
</tr>
<tr>
<td>Milk, Chocolate-Fat Free</td>
<td>8 oz.</td>
<td>24</td>
<td>130</td>
</tr>
<tr>
<td>Muffin-Apple (Bake Shop)</td>
<td>4oz</td>
<td>46.33</td>
<td>265</td>
</tr>
<tr>
<td>Muffin-Apple Cinnamon-Otis-WG-Elementary</td>
<td>2.0oz (1 ea)</td>
<td>31</td>
<td>190</td>
</tr>
<tr>
<td>Muffin-Banana (Bake Shop)</td>
<td>4oz</td>
<td>67.58</td>
<td>377</td>
</tr>
<tr>
<td>Muffin-Blueberry-Otis-WG-Elementary</td>
<td>2.0z (1ea)</td>
<td>30</td>
<td>190</td>
</tr>
<tr>
<td>Muffin-Cherry-WG</td>
<td>1ea</td>
<td>39</td>
<td>230</td>
</tr>
<tr>
<td>Muffin-Orange-Mini-WG</td>
<td>1ea</td>
<td>24.7</td>
<td></td>
</tr>
<tr>
<td>Muffin-Pumpkin (Bake Shop)</td>
<td>4oz</td>
<td>53.83</td>
<td>317</td>
</tr>
<tr>
<td>Oats-Quick-Rolled</td>
<td>2oz</td>
<td>19</td>
<td>100</td>
</tr>
<tr>
<td>ITEM</td>
<td>Serving Size</td>
<td>Carbs(g)</td>
<td>Calories</td>
</tr>
<tr>
<td>-------------------------------------</td>
<td>--------------</td>
<td>----------</td>
<td>----------</td>
</tr>
<tr>
<td>Olives-Black</td>
<td>1tbsp</td>
<td>1</td>
<td>25</td>
</tr>
<tr>
<td>Pancakes-Mini</td>
<td></td>
<td>37</td>
<td>220</td>
</tr>
<tr>
<td>Pancakes-Sausage-on-a-Stick</td>
<td>2.85oz</td>
<td>17</td>
<td>200</td>
</tr>
<tr>
<td>Pancakes-Whole Grain (100393)</td>
<td>1 pancake</td>
<td>13</td>
<td>70</td>
</tr>
<tr>
<td>Panko-Bread Crumbs</td>
<td>2tbsp</td>
<td>22</td>
<td>100</td>
</tr>
<tr>
<td>Pasta-Barilla</td>
<td>2oz</td>
<td>42</td>
<td>200</td>
</tr>
<tr>
<td>Pasta-Noodles-Yakisoba-WG</td>
<td>2.8oz</td>
<td>30</td>
<td>173</td>
</tr>
<tr>
<td>Pasta-Penne-WG Rich (110520)</td>
<td>0.5 cup</td>
<td>21</td>
<td>105</td>
</tr>
<tr>
<td>Pasta-Rotini-WG Rich</td>
<td>0.5 cup</td>
<td>21</td>
<td>105</td>
</tr>
<tr>
<td>Pasta-Spaghetti-WG Rich</td>
<td>0.5 cup</td>
<td>21</td>
<td>105</td>
</tr>
<tr>
<td>Peanut Butter</td>
<td>2tbsp</td>
<td>8</td>
<td>200</td>
</tr>
<tr>
<td>Pepperoni-Sliced</td>
<td>1oz</td>
<td>0</td>
<td>140</td>
</tr>
<tr>
<td>Pickles-Dill-Slices</td>
<td>10 slices</td>
<td>1</td>
<td>4</td>
</tr>
<tr>
<td>Pizza Sauce (Angelomia)</td>
<td>0.25 cup</td>
<td>5</td>
<td>20</td>
</tr>
<tr>
<td>Pizza Sauce (USDA) (W787)</td>
<td>0.25 cup</td>
<td>6</td>
<td>30</td>
</tr>
<tr>
<td>Pizza-Cheese-16&quot; USDA-(W576)</td>
<td>1 slice</td>
<td>34</td>
<td>420</td>
</tr>
<tr>
<td>Pizza-Cheese-Big Daddy's</td>
<td>1 slice</td>
<td>36</td>
<td>370</td>
</tr>
<tr>
<td>Pizza-Cheese-Rectangle (W510)</td>
<td>1 each</td>
<td>30</td>
<td>310</td>
</tr>
<tr>
<td>Pizza-Cheese- Stuffed Crust</td>
<td>1 slice</td>
<td>38g</td>
<td>320</td>
</tr>
<tr>
<td>Pop Tart-WG-Cinnamon</td>
<td>1 pastray</td>
<td>38g</td>
<td>180</td>
</tr>
<tr>
<td>Pop Tart-WG-Frosted Strawberry</td>
<td>1 pastray</td>
<td>36g</td>
<td>170</td>
</tr>
<tr>
<td>Pork-Cuban</td>
<td>3oz</td>
<td>5.03</td>
<td>170</td>
</tr>
<tr>
<td>Pork-Pulled-Sauced (W171)</td>
<td>3.75oz</td>
<td>9</td>
<td>180</td>
</tr>
<tr>
<td>Pork-Pulled-Unsauced</td>
<td>2.35oz</td>
<td>0</td>
<td>80</td>
</tr>
<tr>
<td>Potato-Baby Baker</td>
<td>5 ea</td>
<td>17</td>
<td>100</td>
</tr>
<tr>
<td>Potato-Baked</td>
<td>1/2 Med Potato</td>
<td></td>
<td>19</td>
</tr>
<tr>
<td>Potato-Crinkle Cut-Fries (USDA)</td>
<td>0.5 cup</td>
<td>14</td>
<td>80</td>
</tr>
<tr>
<td>Potato-Diced-Fresh</td>
<td>.5 cup</td>
<td>17</td>
<td>80</td>
</tr>
<tr>
<td>Potato-Fresh-Whole</td>
<td>1 ea</td>
<td>19</td>
<td>84</td>
</tr>
<tr>
<td>Potato-Hash Brown-Triangle</td>
<td>1ea</td>
<td>14</td>
<td>100</td>
</tr>
<tr>
<td>Potato-Mashed Instant-Pearls (Elementary)</td>
<td>.5 cup</td>
<td>17</td>
<td>90</td>
</tr>
<tr>
<td>Potato-Mashed Instant-Pearls (Secondary)</td>
<td>1 cup</td>
<td>37.48</td>
<td>180</td>
</tr>
<tr>
<td>Potato-Shoestring-Oven Roasted-BAKED/CRISPY/ZESTY</td>
<td>0.5 cup</td>
<td>16</td>
<td>110</td>
</tr>
<tr>
<td>Potato-Straight Cut-Seasoned (W759)--BAKED/CRISPY/ZESTY</td>
<td>.5 cup</td>
<td>20</td>
<td>120</td>
</tr>
<tr>
<td>Potato-Straight Cut-Seasoned (W760)--BAKED/CRISPY/ZESTY</td>
<td>.5 cup</td>
<td>17</td>
<td>71</td>
</tr>
<tr>
<td>Potato-Tater-tots (Ore-Ilda)--BAKED/CRISPY/ZESTY/SPICY</td>
<td>1/2 cup</td>
<td>16</td>
<td>130</td>
</tr>
<tr>
<td>Potato-Tater-tots (USDA)--BAKED/CRISPY/ZESTY/SPICY</td>
<td>1/2 cup</td>
<td>14</td>
<td>120</td>
</tr>
<tr>
<td>Potato-Wedges-Low Sodium (USDA)--BAKED/CRISPY/ZESTY</td>
<td>0.5 cup</td>
<td>15.59</td>
<td>99</td>
</tr>
<tr>
<td>Pretzel-WG</td>
<td>2.2oz</td>
<td>30</td>
<td>150</td>
</tr>
<tr>
<td>Ravioli-Mini-Cheese (Elementary Serving)(W583)</td>
<td>7 pieces</td>
<td>15</td>
<td>120</td>
</tr>
<tr>
<td>Ravioli-Mini-Cheese (Secondary Serving)(W583)</td>
<td>14 pieces</td>
<td>30</td>
<td>240</td>
</tr>
<tr>
<td>Rice-Brown-Long Grain-Parboiled-Elementary</td>
<td>0.5 cup</td>
<td>22</td>
<td>108</td>
</tr>
<tr>
<td>ITEM</td>
<td>Serving Size</td>
<td>Carbs(g)</td>
<td>Calories</td>
</tr>
<tr>
<td>-----------------------------------------------------</td>
<td>--------------</td>
<td>----------</td>
<td>----------</td>
</tr>
<tr>
<td>Rice-Brown-Long Grain-Parboiled-Secondary</td>
<td>1 cup</td>
<td>35</td>
<td>160</td>
</tr>
<tr>
<td>Rice-Jasmine (Secondary)</td>
<td>1 cup</td>
<td>33</td>
<td>170</td>
</tr>
<tr>
<td>Rice-Spanish (Ready Made-Elementary)(SEASONED)</td>
<td>.5 cup</td>
<td>21.5</td>
<td>100</td>
</tr>
<tr>
<td>Rolls-Bakeshop-WG</td>
<td>1 roll</td>
<td>33.29</td>
<td>190</td>
</tr>
<tr>
<td>Salsa (USDA)(W791)</td>
<td>1.5oz</td>
<td>3</td>
<td>15</td>
</tr>
<tr>
<td>Sauce-Alfredo (W549)</td>
<td>2 oz</td>
<td>5</td>
<td>90</td>
</tr>
<tr>
<td>Sauce-Au jus</td>
<td>2oz</td>
<td>1</td>
<td>5</td>
</tr>
<tr>
<td>Sauce-BBQ-5 star</td>
<td>2 tbsp</td>
<td>8</td>
<td>35</td>
</tr>
<tr>
<td>Sauce-Hoisin</td>
<td>1 tbsp</td>
<td>10</td>
<td>50</td>
</tr>
<tr>
<td>Sauce-Mae Ploy-Sweet Chili</td>
<td>2 tbsp</td>
<td>17</td>
<td>70</td>
</tr>
<tr>
<td>Sauce-Marinara</td>
<td>2oz</td>
<td>7</td>
<td>40</td>
</tr>
<tr>
<td>Sauce-Orange</td>
<td>2 tbsp</td>
<td>18</td>
<td>70</td>
</tr>
<tr>
<td>Sauce-Pesto</td>
<td>2oz</td>
<td>1.8</td>
<td>180</td>
</tr>
<tr>
<td>Sauce-Spaghetti (5-Star / FSA)</td>
<td>0.5 cup</td>
<td>10</td>
<td>80</td>
</tr>
<tr>
<td>Sauce-Spaghetti (USDA) (100336)</td>
<td>0.5 cup</td>
<td>10</td>
<td>80</td>
</tr>
<tr>
<td>Sauce-Sriracha</td>
<td>1 tsp</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Sauce-Sweet &amp; Sour-Kikkoman</td>
<td>2 tbsp</td>
<td>9</td>
<td>35</td>
</tr>
<tr>
<td>Sauce-Teriyaki-Glaze</td>
<td>2 tbsp</td>
<td>10</td>
<td>45</td>
</tr>
<tr>
<td>Sauce-Tomato (FSA)</td>
<td>0.25 cup</td>
<td>4</td>
<td>20</td>
</tr>
<tr>
<td>Sauce-Tomato-Low Sodium (USDA)</td>
<td>0.5 cup</td>
<td>7</td>
<td>29</td>
</tr>
<tr>
<td>Sausage-Link</td>
<td>1 Link 57g</td>
<td>1</td>
<td>200</td>
</tr>
<tr>
<td>Sausage-Patty</td>
<td>1 ea 56g</td>
<td>0</td>
<td>230</td>
</tr>
<tr>
<td>Soup-Tomato-Campbell's</td>
<td>4 oz</td>
<td>19</td>
<td>90</td>
</tr>
<tr>
<td>Sour Cream-Fat Free</td>
<td>1 tbsp</td>
<td>4</td>
<td>25</td>
</tr>
<tr>
<td>Sunbutter</td>
<td>2 tbsp</td>
<td>7</td>
<td>200</td>
</tr>
<tr>
<td>Taco-Mini</td>
<td>4 ea</td>
<td>15.2</td>
<td>108</td>
</tr>
<tr>
<td>Tornado-Sausage, Egg, &amp; Cheese</td>
<td>1 each</td>
<td>23</td>
<td>200</td>
</tr>
<tr>
<td>Tortilla-Flour-WW-11&quot;</td>
<td>1 each</td>
<td>45</td>
<td>260</td>
</tr>
<tr>
<td>Tortilla-Hearty Grain-8&quot;</td>
<td>1 ea</td>
<td>24</td>
<td>150</td>
</tr>
<tr>
<td>Tuna-Canned (USDA) (100195)</td>
<td>2 oz</td>
<td>0</td>
<td>60</td>
</tr>
<tr>
<td>Turkey Breast-Sliced (USDA) (110554)</td>
<td>2.86 oz</td>
<td>2</td>
<td>86</td>
</tr>
<tr>
<td>Turkey-Breast-Sliced (Bread Ready)</td>
<td>8 slices</td>
<td>2</td>
<td>100</td>
</tr>
<tr>
<td>Turkey-Gravy-Entree (Diced Turkey w/Turkey Gravy)</td>
<td>6oz.</td>
<td>9.83</td>
<td>234</td>
</tr>
<tr>
<td>Turkey-Pastrami-Sliced</td>
<td>2oz</td>
<td>0</td>
<td>70</td>
</tr>
<tr>
<td>Turkey-Roast (100125)</td>
<td>3.04 oz</td>
<td>0</td>
<td>114</td>
</tr>
<tr>
<td>Vegetable-Baby Carrots-Fresh</td>
<td>0.5cup</td>
<td>3.79</td>
<td>16</td>
</tr>
<tr>
<td>Vegetables-Baby Corn</td>
<td>2/3 cup</td>
<td>5</td>
<td>35</td>
</tr>
<tr>
<td>Vegetable-Beets-Pickled</td>
<td>2oz</td>
<td>5</td>
<td>20</td>
</tr>
<tr>
<td>Vegetable-Beets-Pickled</td>
<td>.25 cup</td>
<td>9.24</td>
<td>37</td>
</tr>
<tr>
<td>Vegetable-Broccoli-Raw</td>
<td>.5 cup</td>
<td>2.92</td>
<td>15</td>
</tr>
<tr>
<td>Vegetable-Carrots-Baby-Fresh</td>
<td>.5cup</td>
<td>3.79</td>
<td>16</td>
</tr>
<tr>
<td>Vegetables-Carrots-Diced (USDA)</td>
<td>0.5 cup</td>
<td>6</td>
<td>27</td>
</tr>
<tr>
<td>ITEM</td>
<td>Serving Size</td>
<td>Carbs(g)</td>
<td>Calories</td>
</tr>
<tr>
<td>----------------------------------------------------------------------</td>
<td>--------------</td>
<td>----------</td>
<td>----------</td>
</tr>
<tr>
<td>Vegetables-Carrots-Glazed</td>
<td>.5 cup</td>
<td>6.33</td>
<td>60</td>
</tr>
<tr>
<td>Vegetables-Carrots-Sliced-Low Sodium (USDA)-Frozen</td>
<td>0.5 cup</td>
<td>4</td>
<td>18</td>
</tr>
<tr>
<td>Vegetables-Carrots-Sliced-No Salt Added (USDA)-Canned</td>
<td>0.5 cup</td>
<td>6</td>
<td>27</td>
</tr>
<tr>
<td>Vegetable-Cauliflower-Fresh</td>
<td>.25 cup</td>
<td>0.87</td>
<td>6</td>
</tr>
<tr>
<td>Vegetable-Celery-Fresh</td>
<td>.5 cup</td>
<td>2.21</td>
<td>12</td>
</tr>
<tr>
<td>Vegetables-Corn-Canned (100313)</td>
<td>.5 cup</td>
<td>15</td>
<td>65</td>
</tr>
<tr>
<td>Vegetable-Corn-Canned (Signature / USF)</td>
<td>0.5 cup</td>
<td>17</td>
<td>80</td>
</tr>
<tr>
<td>Vegetables-Corn-Frozen (Signature / USF)</td>
<td>2/3 cup</td>
<td>21</td>
<td>100</td>
</tr>
<tr>
<td>Vegetable-Corn-Canned (USDA)</td>
<td>0.5 cup</td>
<td>15</td>
<td>65</td>
</tr>
<tr>
<td>Vegetables-Corn-Frozen (USDA) (100348)</td>
<td>0.5 cup</td>
<td>16</td>
<td>67</td>
</tr>
<tr>
<td>Vegetables-Corn-on-the-cob</td>
<td>1 ea</td>
<td>19</td>
<td>90</td>
</tr>
<tr>
<td>Vegetable-Cucumber-Sliced</td>
<td>0.5 cup</td>
<td>3.29</td>
<td>14</td>
</tr>
<tr>
<td>Vegetables-Green Beans-Canned</td>
<td>0.5 cup</td>
<td>5</td>
<td>25</td>
</tr>
<tr>
<td>Vegetables-Green Beans-Canned-Low Sodium (USDA)(100307)</td>
<td>0.5 cup</td>
<td>3</td>
<td>16</td>
</tr>
<tr>
<td>Vegetable-Jalapenos-Sliced</td>
<td>1oz</td>
<td>1</td>
<td>5</td>
</tr>
<tr>
<td>Vegetables-Peas and Carrots</td>
<td>0.5 cup</td>
<td>9</td>
<td>50</td>
</tr>
<tr>
<td>Vegetables-Peas-Frozen-No Salt (USDA)</td>
<td>0.5 cup</td>
<td>11</td>
<td>62</td>
</tr>
<tr>
<td>Vegetable-Peas-Green-Frozen</td>
<td>.25 cup</td>
<td>5.7</td>
<td>31</td>
</tr>
<tr>
<td>Vegetables-Pepper &amp; Onions</td>
<td>.5 cup</td>
<td>5</td>
<td>20</td>
</tr>
<tr>
<td>Vegetables-Pumpkin</td>
<td>0.5 cup</td>
<td>12</td>
<td>50</td>
</tr>
<tr>
<td>Vegetables-Radish Sticks</td>
<td>.25 cup</td>
<td>0.99</td>
<td>5</td>
</tr>
<tr>
<td>Vegetable-Romaine-Fresh</td>
<td>1 cup</td>
<td>1.55</td>
<td>8</td>
</tr>
<tr>
<td>Vegetable-Spinach-Fresh</td>
<td>0.5 cup</td>
<td>1.1</td>
<td>7</td>
</tr>
<tr>
<td>Vegetables-Tomatoes-Cherry</td>
<td>.5 cup</td>
<td>3</td>
<td>13.5</td>
</tr>
<tr>
<td>Vegetables-Tomatoes-Diced (100329)</td>
<td>.5 cup</td>
<td>5</td>
<td>25</td>
</tr>
<tr>
<td>Waffle-WG (Secondary)</td>
<td>1 waffle</td>
<td>14</td>
<td>90</td>
</tr>
<tr>
<td>Waffles-Dutch</td>
<td>1 each</td>
<td>43</td>
<td>300</td>
</tr>
<tr>
<td>Waffles- Mini Maple</td>
<td>1 each- 4 minis</td>
<td>37</td>
<td>200</td>
</tr>
<tr>
<td>Waffles-Whole Grain</td>
<td>1 each</td>
<td>35</td>
<td>220</td>
</tr>
<tr>
<td>Whipped Topping-Nondairy</td>
<td>1 tbsp</td>
<td>2</td>
<td>25</td>
</tr>
<tr>
<td>Yogurt-Yami</td>
<td>4oz</td>
<td>18</td>
<td>130</td>
</tr>
</tbody>
</table>