

HOT BUFFET	Serving Size	Gram Weight (g)	Calories	Calories From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Apple, Escalloped <i>Contains Milk, Soy, Wheat.</i>	1/2 cup	113g	130	15	1.5g	0g	0g	0mg	20mg	29g	2g	24g	0g
Asparagus <i>Contains Milk, Soy.</i>	5 piece	75g	70	50	5g	1g	0.5g	0mg	135mg	3g	1g	0g	2g
Beans, Green <i>Contains Soy, Wheat.</i>	1/2 cup	121g	35	15	1.5g	0g	0g	0mg	520mg	4g	2g	2g	1g
Bean, Green Casserole <i>Contains Milk, Soy, Wheat.</i>	1/2 cup	125g	80	40	4.5g	1g	0g	0mg	650mg	8g	2g	2g	2g
Beans, Green Fresh Steamed <i>Contains Milk, Soy.</i>	1/2 cup	50g	70	50	6g	1.5g	1.5g	0mg	250mg	3g	1g	1g	1g
Beans, Asian Green <i>Contains Soy, Tree nuts, Wheat.</i>	1/2 cup	64g	70	40	4.5g	0.5g	0g	0mg	170mg	7g	2g	4g	1g
Beans, BBQ Baked	1/2 cup	130g	160	10	1g	0g	0g	0mg	600mg	35g	4g	20g	5g
Beans, Lima Baby Steamed <i>Contains Milk, Soy.</i>	1/2 cup	85g	160	50	6g	1g	1g	0mg	370mg	19g	5g	0g	6g
Beans, Lima Kettle Cooked	1/2 cup	120g	160	25	3g	1g	0g	5mg	570mg	24g	6g	3g	9g
Beans, Lima Southern Style	1/2 cup	131g	180	35	4g	1g	0g	10mg	810mg	26g	8g	1g	11g
Beans, Machaca <i>Contains Soy.</i>	1/2 cup	120g	90	5	0g	0g	0g	0mg	370mg	15g	5g	0g	5g
Beans, Northern Seasoned <i>Contains Soy, Wheat.</i>	1/2 cup	120g	110	25	2.5g	0.5g	0g	0mg	570mg	15g	4g	2g	6g
Beans, Northern Southern Style	1/2 cup	131g	170	35	4g	1.5g	0g	10mg	780mg	24g	8g	1g	11g
Beans, Pinto Seasoned <i>Contains Soy, Wheat.</i>	1/2 cup	120g	110	25	2.5g	0.5g	0g	0mg	570mg	15g	5g	0g	6g
Beans, Pinto Southern Style	1/2 cup	131g	200	35	4g	1.5g	0g	10mg	810mg	29g	10g	1g	12g
Beans, Ranch Style <i>Contains Soy.</i>	1/2 cup	130g	130	25	2.5g	0.5g	0g	5mg	550mg	21g	7g	2g	6g
Beans, Refried	1/2 cup	115g	160	100	12g	4.5g	0g	10mg	610mg	10g	3g	0g	3g
Beef, BBQ	3 oz	85g	120	45	5g	1.5g	0g	50mg	160mg	0g	0g	0g	18g
Beef, Brisket, Smoked	3 oz	85g	200	130	14g	6g	1g	50mg	680mg	3g	0g	2g	14g
Beef, Chopped Steak Smothered <i>Contains Milk, Wheat.</i>	1 each	167g	330	190	21g	8g	1g	100mg	430mg	4g	0g	1g	29g
Beef, Creamed Chipped <i>Contains Milk, Soy, Wheat.</i>	1/2 cup	145g	160	80	9g	2.5g	1g	15mg	570mg	10g	0g	6g	9g
Beef, Creamed Chipped Trans Fat Free <i>Contains Milk, Wheat.</i>	1/2 cup	145g	170	110	12g	2.5g	0g	15mg	500mg	8g	0g	4g	7g
Beef, Italian Meatballs <i>Contains Egg, Milk, Soy, Wheat.</i>	2 each	157g	240	140	15g	5g	0.5g	65mg	580mg	9g	1g	4g	16g
Beef, London Broil <i>Contains Milk, Soy, Wheat.</i>	3 oz (About 2 slices)	85g	140	50	6g	2.5g	0g	45mg	500mg	2g	0g	0g	19g
Beef, Machaca <i>Contains Milk, Soy, Wheat.</i>	3 oz	85g	140	70	8g	3g	0g	55mg	230mg	2g	0g	1g	15g
Beef, Mongolian <i>Contains Soy, Wheat.</i>	1 cup	176g	290	90	11g	2.5g	0g	60mg	1380mg	24g	1g	17g	25g

Beef, Oriental Pepper <i>Contains Soy, Wheat.</i>	1 cup	186g	290	100	11g	2.5g	0g	60mg	1400mg	24g	1g	18g	24g
Beef, Pot Pie <i>Contains Milk, Soy, Wheat.</i>	1 piece	121g	190	90	10g	4g	0g	40mg	470mg	15g	1g	3g	11g
Beef, Pot Roast <i>Contains Milk, Soy, Wheat.</i>	1/2 cup	130g	150	60	7g	3g	0g	55mg	320mg	8g	1g	2g	15g
Beef, Roast Carved <i>Contains Soy, Wheat.</i>	3 oz	85g	110	25	3g	1g	0g	50mg	115mg	0g	0g	0g	19g
Beef, Salisbury Steak <i>Contains Egg, Milk, Soy, Wheat.</i>	1 each	86g	160	100	11g	4g	0.5g	25mg	530mg	7g	0g	2g	7g
Beef, Taco Meat Scratch <i>Contains Wheat.</i>	1/2 cup	83g	150	80	9g	3g	0.5g	0mg	330mg	3g	1g	1g	13g
Beef, Teriyaki <i>Contains Soy, Wheat.</i>	1 cup	169g	240	70	8g	2g	0g	45mg	1090mg	22g	1g	16g	19g
Beef, Tips Marinated Chuck <i>Contains Milk, Soy, Wheat.</i>	3 oz	85g	140	45	5g	1.5g	0g	65mg	250mg	0g	0g	0g	21g
Beef, Tips Marinated Sirloin <i>Contains Milk, Soy, Wheat.</i>	3 oz	85g	170	70	8g	3g	0g	70mg	250mg	0g	0g	0g	23g
Broccoli and Rice Casserole <i>Contains Milk, Soy, Wheat.</i>	1/2 cup	120g	130	50	6g	2g	0.5g	5mg	500mg	16g	1g	1g	4g
Broccoli, Steamed	1/2 cup	78g	25	5	0g	0g	0g	0mg	85mg	6g	3g	1g	2g
Brussels Sprouts in Sauce <i>Contains Milk, Soy.</i>	1/2 cup	85g	100	70	8g	2.5g	1.5g	5mg	230mg	5g	2g	2g	2g
Brussels Sprouts, Steamed <i>Contains Milk, Soy.</i>	1/2 cup	78g	90	60	7g	1g	1g	0mg	190mg	4g	3g	2g	3g
Cabbage, Kettle Cooked <i>Contains Soy, Wheat.</i>	1/2 cup	85g	45	25	2.5g	0.5g	0g	5mg	180mg	4g	1g	2g	2g
Carrot, Souffle <i>Contains Egg, Soy, Wheat.</i>	1/2 cup	124g	180	70	8g	2g	1.5g	40mg	140mg	24g	2g	19g	2g
Carrots, Baby Steamed <i>Contains Milk, Soy.</i>	1/2 cup	85g	100	70	7g	1.5g	1g	0mg	220mg	9g	2g	5g	1g
Cauliflower, Steamed	1/2 cup	78g	20	5	0g	0g	0g	0mg	65mg	3g	2g	2g	1g
Cheese Enchiladas <i>Contains Milk.</i>	1 each	130g	250	140	16g	7g	0g	40mg	630mg	15g	1g	0g	11g
Chicken Breast Grilled <i>Contains Soy.</i>	1 each	96g	100	20	2.5g	0g	0g	50mg	390mg	2g	0g	0g	17g
Chicken Piccata <i>Contains Milk, Soy, Wheat.</i>	1 each	142g	220	120	13g	3g	1.5g	50mg	750mg	8g	1g	1g	19g
Chicken Piccata, Trans Fat Free <i>Contains Milk, Soy, Wheat.</i>	1 each	142g	220	120	13g	4.5g	0g	50mg	650mg	6g	1g	1g	19g
Chicken Pot Pie, Mini <i>Contains Egg, Milk, Soy, Wheat.</i>	1 each	225g	400	200	23g	8g	0g	40mg	1250mg	37g	3g	5g	12g
Chicken, BBQ Leg Quarter	1 piece	221g	490	200	22g	9g	0g	205mg	1080mg	21g	2g	19g	50g
Chicken, Bourbon Street <i>Contains Soy, Wheat.</i>	3 oz	85g	170	80	9g	2.5g	0g	95mg	350mg	4g	1g	4g	19g
Chicken, Fajita	3 oz	85g	110	35	4g	0g	0g	65mg	500mg	2g	1g	1g	16g
Chicken, Machaca <i>Contains Soy.</i>	3 oz	85g	120	50	6g	1.5g	0g	60mg	470mg	2g	1g	1g	15g
Chicken, Orange <i>Contains Milk, Soy, Wheat.</i>	1 cup	167g	390	130	15g	2.5g	0g	60mg	860mg	40g	1g	29g	25g

Chicken, Parmesan <i>Contains Milk, Soy, Wheat.</i>	1 piece	122g	240	100	12g	3.5g	0g	40mg	570mg	16g	1g	1g	17g
Chicken, Pastry Noodles <i>Contains Milk, Soy, Wheat.</i>	1/2 cup	123g	100	45	5g	1.5g	0g	35mg	580mg	8g	1g	1g	6g
Chicken, Pot Pie <i>Contains Milk, Soy, Wheat.</i>	1 piece	94g	150	60	7g	2.5g	0g	25mg	380mg	14g	1g	2g	7g
Chicken, Rotisserie Breast and Wing	1 piece	170g	310	130	15g	4.5g	0g	175mg	1070mg	1g	1g	1g	43g
Chicken, Sesame Honey <i>Contains Soy, Wheat.</i>	1 cup	144g	350	140	16g	3g	0g	65mg	1130mg	25g	1g	15g	27g
Chicken, Spicy Pagoda <i>Contains Wheat.</i>	1 cup	158g	240	90	10g	2g	0g	45mg	730mg	21g	2g	12g	17g
Chicken, Sweet and Sour <i>Contains Wheat.</i>	1 cup	177g	240	90	10g	2g	0g	40mg	370mg	21g	2g	13g	17g
Chicken, Tenders, Buffalo <i>Contains Egg, Milk, Soy, Wheat.</i>	1 each	85g	170	80	9g	1.5g	0g	55mg	810mg	8g	1g	0g	13g
Chicken, Tenders, Fried <i>Contains Egg, Soy, Wheat.</i>	1 each	81g	170	80	8g	1.5g	0g	55mg	510mg	7g	0g	0g	13g
Chicken, Wings	3 each	99g	220	150	16g	4.5g	0g	75mg	70mg	0g	0g	0g	18g
Chicken Wings, BBQ	3 each	99g	210	130	14g	4g	0g	65mg	180mg	3g	0g	3g	16g
Chicken, Wings, Bourbon Street <i>Contains Soy, Wheat.</i>	3 each	99g	220	140	15g	4g	0g	70mg	320mg	3g	0g	2g	17g
Chicken, Wings, Breaded <i>Contains Soy, Wheat.</i>	3 each	114g	310	200	22g	6g	0g	75mg	400mg	7g	0g	0g	19g
Chicken, Wings, Buffalo <i>Contains Milk.</i>	3 each	99g	210	140	15g	4g	0g	70mg	200mg	1g	1g	0g	17g
Chicken, Wings, Fried	3 each	99g	220	150	16g	4.5g	0g	75mg	70mg	0g	0g	0g	18g
Chicken, Wings, Teriyaki <i>Contains Soy, Wheat.</i>	3 each	99g	220	130	15g	4g	0g	70mg	300mg	4g	0g	3g	17g
Chicken Livers, Fried <i>Contains Soy, Wheat.</i>	3 each	103g	230	110	12g	3g	0g	325mg	370mg	9g	1g	0g	21g
Clam Strips <i>Contains Milk, Soy, Wheat.</i>	10 each	50g	140	60	7g	1.5g	0g	5mg	440mg	16g	0g	2g	4g
Collard Greens <i>Contains Wheat.</i>	1/2 cup	98g	35	10	1g	0g	0g	0mg	330mg	4g	2g	0g	1g
Collards, Fresh Kettle Cooked	1/2 cup	98g	70	25	3g	1g	0g	5mg	370mg	9g	2g	5g	4g
Corn, Cut Kernel, Steamed <i>Contains Milk, Soy.</i>	1/2 cup	85g	140	60	7g	1g	1g	0mg	150mg	19g	1g	5g	3g
Corn, on Cob <i>Contains Soy.</i>	1 each	84g	70	5	0.5g	0g	0g	0mg	90mg	13g	2g	3g	2g
Corn, on Cob, Broiled <i>Contains Soy.</i>	1 each	71g	100	35	4g	0.5g	0.5g	0mg	270mg	14g	2g	3g	2g
Crab Cakes <i>Contains Egg, Fish, Milk, Shellfish, Soy, Wheat.</i>	1 each	55g	180	130	15g	2g	0g	15mg	470mg	8g	1g	1g	3g
Enchiladas, Beef <i>Contains Milk, Soy, Wheat.</i>	1 each	144g	210	100	11g	3.5g	0g	40mg	560mg	16g	1g	1g	12g
Enchiladas, Cheese <i>Contains Milk.</i>	1 each	130g	250	140	16g	7g	0g	40mg	630mg	15g	1g	0g	11g
Enchiladas, Chicken <i>Contains Milk, Soy.</i>	1 each	144g	200	90	10g	3g	0g	40mg	680mg	16g	1g	1g	12g
Fish, Baked <i>Contains Fish,</i>	1 each	85g	150	70	8g	2g	1g	45mg	330mg	1g	0g	0g	20g

<i>Soy.</i>														
Fish, Baked Florentine <i>Contains Fish, Milk, Soy.</i>	1 each	86g	180	110	12g	2.5g	1.5g	30mg	290mg	2g	1g	0g	14g	
Fish, Baked New Orleans Style <i>Contains Fish, Soy.</i>	1 each	57g	100	45	5g	1.5g	1g	30mg	220mg	0g	0g	0g	13g	
Fish, Baked with Piccata Sauce <i>Contains Fish, Milk, Soy.</i>	3 oz	85g	150	90	10g	2.5g	2g	30mg	440mg	2g	1g	0g	14g	
Fish, Baked with Shrimp <i>Contains Fish, Milk, Shellfish, Soy.</i>	3 oz	85g	160	90	10g	2.5g	1.5g	75mg	410mg	2g	0g	0g	16g	
Fish, Catfish Bone-in Fried <i>Contains Fish, Wheat.</i>	3 oz	85g	210	120	14g	2.5g	0g	50mg	430mg	7g	0g	0g	14g	
Fish, Catfish Fillet, Breaded <i>Contains Fish, Wheat.</i>	2 piece	91g	200	100	11g	2g	0g	50mg	500mg	10g	1g	0g	16g	
Fish, Fried Breaded <i>Contains Fish, Soy, Wheat.</i>	1 piece	57g	90	45	5g	1g	0g	20mg	360mg	4g	1g	0g	8g	
Fish, Salmon Carved <i>Contains Fish, Soy.</i>	3 oz	85g	120	60	6g	1.5g	1g	50mg	580mg	1g	1g	0g	13g	
Fish, Salmon Lemonata <i>Contains Fish, Milk, Soy.</i>	3 oz	85g	130	90	10g	2.5g	1.5g	25mg	470mg	3g	1g	1g	7g	
Fish, Tilapia Battered <i>Contains Fish, Wheat.</i>	1 piece	120g	220	100	11g	2.5g	0g	35mg	790mg	11g	1g	0g	18g	
Fried Chicken - Piece Variety <i>Contains Soy, Wheat.</i>	3 oz	85g	240	130	15g	3.5g	0g	85mg	460mg	6g	1g	0g	19g	
Gravy, Au Jus <i>Contains Soy, Wheat.</i>	2 oz	57g	30	20	2.5g	1g	0g	5mg	380mg	2g	0g	0g	0g	
Gravy, Brown <i>Contains Milk, Wheat.</i>	2 oz	57g	20	5	0g	0g	0g	0mg	330mg	4g	0g	1g	0g	
Gravy, Mushroom <i>Contains Milk, Wheat.</i>	2 oz	57g	20	5	0g	0g	0g	0mg	310mg	4g	0g	1g	0g	
Gravy, Poultry <i>Contains Milk, Wheat.</i>	2 oz	57g	20	0	0g	0g	0g	0mg	310mg	4g	0g	1g	0g	
Gravy, White <i>Contains Milk, Wheat.</i>	2 oz	57g	45	25	2.5g	1g	1.5g	0mg	160mg	4g	0g	2g	0g	
Gravy, White Trans Fat Free <i>Contains Milk.</i>	2 oz	57g	40	15	1.5g	0.5g	0g	0mg	200mg	6g	0g	1g	0g	
Greens, Spinach with Ham <i>Contains Soy, Wheat.</i>	1/2 cup	95g	50	30	3g	0.5g	0g	0mg	320mg	5g	3g	1g	4g	
Ham, Glazed	3 oz	85g	130	35	3.5g	1.5g	0g	35mg	620mg	10g	0g	9g	13g	
Ham, Steaks Grilled	2 piece	87g	110	40	4.5g	1.5g	0g	40mg	870mg	5g	0g	4g	11g	
Hushpuppies, Scratch <i>Contains Egg, Milk, Soy, Wheat.</i>	3 each	68g	240	110	13g	2.5g	0g	0mg	430mg	30g	2g	5g	3g	
Lasagna, Scratch <i>Contains Egg, Milk, Soy, Wheat.</i>	1 piece	229g	430	240	26g	13g	0.5g	80mg	890mg	21g	2g	7g	28g	
Lo Mein <i>Contains Wheat.</i>	1 cup	170g	200	50	6g	1g	0g	0mg	350mg	32g	3g	11g	4g	
Macaroni and Beef Casserole <i>Contains Egg, Soy, Wheat.</i>	1/2 cup	120g	110	30	3.5g	1.5g	0g	10mg	590mg	15g	2g	5g	5g	
Macaroni and Cheese <i>Contains Egg, Milk, Soy, Wheat.</i>	1/2 cup	125g	190	80	9g	3.5g	1g	15mg	450mg	19g	1g	3g	9g	
Macaroni and Cheese,	1/2 cup	125g	240	130	14g	8g	1g	35mg	650mg	19g	1g	4g	10g	

Scratch <i>Contains Egg, Milk, Soy, Wheat.</i>														
Macaroni and Cheese, Scratch Trans Fat Free <i>Contains Egg, Milk, Soy, Wheat.</i>	1/2 cup	125g	240	130	14g	8g	0g	35mg	650mg	19g	1g	4g	10g	
Macaroni and Cheese, Trans Fat Free <i>Contains Egg, Milk, Wheat.</i>	1/2 cup	125g	200	90	10g	4g	0g	15mg	490mg	18g	1g	1g	9g	
Meatloaf <i>Contains Egg, Milk, Soy, Wheat.</i>	1 piece	104g	210	120	14g	5g	0.5g	40mg	670mg	10g	0g	2g	13g	
Mushrooms, Breaded Fried <i>Contains Soy, Wheat.</i>	7 each	98g	160	80	9g	1.5g	0g	0mg	680mg	17g	1g	2g	4g	
Mushrooms, Sauteed <i>Contains Egg, Milk, Soy, Wheat.</i>	1/2 cup	78g	60	50	5g	1g	0.5g	0mg	260mg	3g	0g	1g	2g	
Mushrooms, Sauteed Trans Fat Free <i>Contains Milk, Soy.</i>	1/2 cup	78g	60	40	4.5g	0.5g	0g	0mg	260mg	3g	0g	1g	2g	
Okra and Tomatoes <i>Contains Egg, Milk, Soy, Wheat.</i>	1/2 cup	118g	60	20	2.5g	1g	0g	0mg	530mg	7g	2g	2g	1g	
Okra, Breaded <i>Contains Wheat.</i>	10 each	48g	110	60	7g	1g	0g	0mg	310mg	10g	2g	1g	1g	
Onion Rings, Battered Fresh <i>Contains Wheat.</i>	2 each	40g	140	60	7g	1.5g	0g	0mg	900mg	17g	1g	1g	1g	
Onion Rings, Battered <i>Contains Milk, Soy, Wheat.</i>	2 each	47g	150	100	11g	2g	0g	0mg	180mg	10g	1g	2g	2g	
Onions and Peppers	1/4 cup	57g	30	15	1.5g	0g	0g	0mg	0mg	4g	1g	2g	1g	
Pasta, Linguini Steamed <i>Contains Wheat.</i>	1 cup	164g	260	60	7g	1g	0g	0mg	0mg	40g	2g	1g	7g	
Pasta, Linguini with Butter Sauce <i>Contains Milk, Soy, Wheat.</i>	1 cup	164g	270	150	17g	4.5g	1g	10mg	280mg	23g	2g	2g	6g	
Pasta, Linguini with Butter Sauce Trans Fat Free <i>Contains Milk, Soy, Wheat.</i>	1 cup	164g	270	150	16g	6g	0g	10mg	200mg	22g	2g	2g	6g	
Pasta, Penne <i>Contains Wheat.</i>	1 cup	139g	200	20	2g	0g	0g	0mg	0mg	40g	2g	1g	7g	
Pasta, Spaghetti Bake <i>Contains Milk, Soy, Wheat.</i>	1/2 cup	96g	160	90	10g	4g	0g	20mg	310mg	9g	1g	2g	9g	
Pasta, Spaghetti Noodles <i>Contains Wheat.</i>	1/2 cup	98g	150	40	4.5g	0.5g	0g	0mg	0mg	24g	1g	1g	4g	
Peas, Black Eyed Seasoned <i>Contains Soy, Wheat.</i>	1/2 cup	120g	100	25	2.5g	0.5g	0g	0mg	570mg	14g	3g	0g	5g	
Peas, Black Eyed Southern Style	1/2 cup	131g	170	60	7g	2.5g	0g	15mg	1560mg	20g	5g	4g	8g	
Peas, Green Steamed <i>Contains Milk, Soy.</i>	1/2 cup	80g	120	50	6g	1g	0.5g	0mg	160mg	11g	5g	3g	4g	
Peas, Sugar Snap <i>Contains Soy, Wheat.</i>	1/2 cup	120g	80	10	1.5g	0g	0g	0mg	240mg	15g	3g	9g	3g	
Peppers, Stuffed <i>Contains Egg, Milk, Soy, Wheat.</i>	1 each	238g	160	90	19g	6g	1g	75mg	590mg	13g	2g	5g	15g	
Pineapple, Broiled	1 slice	85g	60	0	0g	0g	0g	0mg	0mg	15g	1g	12g	0g	
Pork Chops, Southern Style <i>Contains Egg, Soy, Wheat.</i>	3 oz	85g	240	150	16g	4.5g	0g	65mg	400mg	8g	0g	0g	13g	
Pork Fillet <i>Contains Milk.</i>	1 each	130g	250	150	17g	6g	0g	75mg	790mg	1g	0g	0g	22g	

Pork Ribs, Spare BBQ	1 piece	145g	290	170	18g	6g	0g	85mg	450mg	6g	0g	5g	23g
Pork Sausage, Smoked	1 piece	56g	180	140	16g	6g	0g	35mg	530mg	3g	0g	1g	6g
Pork Steaks <i>Contains Milk, Soy, Wheat.</i>	1 each	130g	250	120	13g	4.5g	0g	60mg	1060mg	13g	0g	11g	18g
Pork, BBQ	3 oz	85g	170	80	8g	2.5g	0g	75mg	100mg	5g	1g	4g	18g
Pork, Mandarin Orange <i>Contains Milk, Soy, Wheat.</i>	1 cup	167g	380	160	18g	4.5g	0g	65mg	1110mg	30g	0g	24g	24g
Pork, North Carolina BBQ	3 oz	85g	150	90	10g	3.5g	0g	50mg	115mg	1g	0g	1g	14g
Pork, Ribs	3 oz	85g	200	110	12g	4g	0g	75mg	50mg	0g	0g	0g	22g
Pork, Ribs, Baby Back	1 piece	87g	190	120	13g	4.5g	0g	55mg	350mg	3g	0g	2g	15g
Pork, Ribs, BBQ	3 oz	101g	220	110	12g	4g	0g	75mg	440mg	5g	0g	4g	23g
Pork, Ribs, Boneless BBQ	1 each	63g	120	60	7g	2.5g	0g	30mg	210mg	3g	0g	3g	10g
Pork, Sausage Cajun	3 oz	85g	310	310	36g	13g	0g	55mg	310mg	0g	2g	1g	9g
Pork, Sausage Italian Rope <i>Contains Egg, Milk, Soy, Wheat.</i>	3 oz	85g	190	140	16g	5g	1g	35mg	350mg	2g	0g	1g	9g
Pork, Sausage NC	1 piece	71g	260	220	24g	12g	0g	40mg	530mg	1g	0g	0g	9g
Pork, Sweet and Sour <i>Contains Wheat.</i>	1 cup	169g	220	90	11g	2.5g	0g	35mg	540mg	18g	1g	12g	14g
Potato Chips, Fresh	20 each	44g	120	90	10g	1.5g	0g	0mg	190mg	6g	1g	0g	1g
Potato Chips, Fresh, BBQ Seasoned	20 each	45g	120	90	10g	1.5g	0g	0mg	180mg	6g	1g	1g	1g
Potato Chips, Fresh, Seasoned <i>Contains Milk.</i>	20 each	44g	120	90	10g	1.5g	0g	0mg	180mg	6g	1g	0g	1g
Potato, Smokey Cheese Bake <i>Contains Milk, Soy, Wheat.</i>	1/2 cup	125g	160	70	8g	4g	0g	25mg	490mg	14g	1g	2g	8g
Potato, Sweet Casserole <i>Contains Egg, Milk, Soy, Wheat.</i>	1/2 cup	115g	190	35	3.5g	1g	0g	5mg	50mg	37g	2g	25g	2g
Potato, Sweet Casserole Trans Fat Free <i>Contains Egg, Milk, Soy.</i>	1/2 cup	115g	160	15	2g	0g	0g	5mg	45mg	34g	2g	24g	2g
Potato, Wedge Fries <i>Contains Wheat.</i>	6 each	106g	160	70	8g	1g	0g	0mg	540mg	22g	1g	1g	3g
Potatoes, French Fried	6 each	79g	150	70	8g	1.5g	0g	0mg	220mg	16g	2g	0g	2g
Potatoes, Fried Cubed <i>Contains Milk.</i>	1/2 cup	110g	160	80	9g	1.5g	0g	0mg	160mg	19g	2g	2g	2g
Potatoes, Fries Steakhouse	8 each	106g	200	100	11g	2g	0g	0mg	290mg	22g	2g	0g	2g
Potatoes, Mashed <i>Contains Milk, Soy.</i>	1/2 cup	113g	160	70	8g	1.5g	0g	0mg	400mg	20g	1g	2g	2g
Potatoes, Red Bliss Steamed <i>Contains Milk, Soy.</i>	1/2 cup	75g	80	20	2g	0g	0g	0mg	85mg	13g	1g	1g	2g
Potatoes, Scalloped <i>Contains Milk, Soy, Wheat.</i>	1/2 cup	125g	160	80	8g	4.5g	0g	25mg	470mg	17g	1g	1g	5g
Potatoes, Sweet Baked	1 each	130g	110	0	0g	0g	0g	0mg	70mg	26g	4g	5g	2g
Pudding, Sweet Corn <i>Contains Milk, Soy.</i>	1/2 cup	125g	290	120	13g	3g	0g	5mg	390mg	46g	2g	22g	3g
Quesadilla, Beef <i>Contains Milk, Soy, Wheat.</i>	1 piece	60g	140	80	9g	3g	0g	15mg	250mg	11g	1g	1g	6g
Quesadilla, Chicken <i>Contains</i>	1 piece	60g	140	70	8g	2.5g	0g	15mg	290mg	11g	1g	1g	6g

Milk, Soy, Wheat.

Rice, Fried Pagoda <i>Contains Soy.</i>	1/2 cup	115g	150	50	6g	1g	1g	0mg	600mg	21g	1g	2g	2g
Rice, Mexican <i>Contains Soy.</i>	1/2 cup	100g	140	60	7g	1.5g	1g	5mg	590mg	18g	1g	1g	2g
Rice, Pilaf <i>Contains Milk, Soy.</i>	1/2 cup	85g	120	40	4.5g	1g	1g	0mg	520mg	18g	0g	0g	2g
Rice, Pilaf Trans Fat Free <i>Contains Milk, Soy.</i>	1/2 cup	114g	170	50	6g	1g	0g	0mg	700mg	24g	1g	0g	3g
Rice, White <i>Contains Soy.</i>	1/2 cup	85g	120	40	4.5g	1g	1g	0mg	210mg	17g	0g	0g	2g
Rice, Yellow <i>Contains Soy.</i>	1/2 cup	85g	130	35	4g	1g	1g	0mg	660mg	19g	1g	1g	2g
Sandwich, Brisket BBQ Mini <i>Contains Egg, Milk, Soy, Wheat.</i>	1 each	50g	150	60	7g	2g	1.5g	10mg	260mg	18g	0g	6g	4g
Sandwich, Chicken Buffalo <i>Contains Egg, Milk, Soy, Wheat.</i>	1 each	84g	210	90	10g	2g	1g	30mg	630mg	20g	1g	4g	9g
Sandwich, Chicken Melt <i>Contains Egg, Milk, Soy, Wheat.</i>	1 piece	140g	320	150	17g	5g	2g	45mg	630mg	25g	1g	7g	16g
Sandwich, Chicken Mini <i>Contains Egg, Milk, Soy, Wheat.</i>	1 each	83g	200	90	10g	2g	1g	30mg	450mg	19g	1g	5g	9g
Sandwich, Ham and Cheese Melt <i>Contains Egg, Milk, Soy, Wheat.</i>	1 each	118g	320	160	18g	6g	2g	45mg	1000mg	22g	1g	7g	15g
Sandwich, Hot Dog Mini <i>Contains Egg, Milk, Wheat.</i>	1 each	59g	170	80	8g	2.5g	0.5g	20mg	360mg	17g	0g	4g	5g
Sandwich, Patty Melt <i>Contains Egg, Milk, Soy, Wheat.</i>	1 piece	134g	380	200	22g	8g	3g	55mg	1170mg	25g	1g	8g	18g
Sandwich, Philly Steak <i>Contains Egg, Milk, Soy, Wheat.</i>	1 each	151g	380	190	21g	6g	2.5g	60mg	780mg	24g	1g	7g	21g
Sandwich, Pork BBQ <i>Contains Egg, Milk, Soy, Wheat.</i>	1 each	97g	240	100	11g	3g	1g	50mg	260mg	20g	1g	8g	14g
Sandwich, Steakburger <i>Contains Egg, Milk, Soy, Wheat.</i>	1 each	102g	280	140	16g	6g	1.5g	55mg	380mg	16g	1g	5g	18g
Sandwich, Turkey Bacon Melt <i>Contains Egg, Milk, Soy, Wheat.</i>	1 piece	97g	300	160	18g	7g	2g	55mg	690mg	8g	0g	2g	21g
Sauce, Alfredo <i>Contains Milk, Soy, Wheat.</i>	1/4 cup	63g	150	130	14g	3.5g	0g	5mg	380mg	3g	0g	0g	3g
Sauce, BBQ	2 Tbsp	30g	35	0	0g	0g	0g	0mg	320mg	9g	0g	7g	0g
Sauce, Cheese <i>Contains Milk, Soy, Wheat.</i>	1/4 cup	57g	80	45	5g	2.5g	0g	10mg	490mg	4g	0g	2g	4g
Sauce, Italian Red <i>Contains Milk, Soy, Wheat.</i>	1/4 cup	58g	45	30	3g	0g	0g	0mg	170mg	3g	1g	2g	1g
Sauce, Queso Cheese <i>Contains Milk.</i>	1/4 cup	58g	70	50	5g	2.5g	0g	10mg	420mg	3g	0g	0g	2g
Sauerkraut, Shredded Steamed	2 Tbsp	30g	5	0	0g	0g	0g	0mg	180mg	1g	1g	0g	0g
Scallops, Breaded Bay <i>Contains Milk, Shellfish, Wheat.</i>	10 each	73g	140	50	6g	1g	0g	25mg	260mg	13g	0g	2g	8g
Shrimp, Buffalo <i>Contains Milk, Shellfish, Wheat.</i>	6 each	104g	220	90	9g	1.5g	0g	55mg	630mg	25g	2g	1g	10g

Shrimp, Golden Delicious <i>Contains Milk, Shellfish, Wheat.</i>	6 each	84g	210	80	9g	1.5g	0g	55mg	330mg	23g	1g	1g	9g
Shrimp, Popcorn <i>Contains Shellfish, Soy, Wheat.</i>	15 each	45g	130	60	6g	1g	0g	30mg	490mg	14g	1g	0g	5g
Shrimp, Sweet and Sour <i>Contains Shellfish, Wheat.</i>	1 cup	198g	240	100	11g	2g	0g	80mg	640mg	24g	2g	15g	11g
Spinach, Creamed <i>Contains Milk, Soy.</i>	1/2 cup	125g	170	110	12g	3g	0g	5mg	590mg	10g	2g	5g	5g
Spinach, Fresh Sautéed	1/2 cup	90g	110	80	10g	1.5g	0g	0mg	60mg	4g	2g	0g	2g
Squash Medley <i>Contains Milk, Soy.</i>	1/2 cup	90g	70	60	6g	1.5g	1.5g	0mg	250mg	4g	1g	2g	1g
Squash, Battered Fried <i>Contains Wheat.</i>	3 each	58g	150	70	8g	1.5g	0g	0mg	910mg	17g	1g	1g	1g
Squash, Sautéed <i>Contains Milk, Soy.</i>	1/2 cup	90g	60	50	5g	1g	0.5g	0mg	125mg	4g	1g	2g	1g
Steak, Bacon Wrapped Sirloin <i>Contains Milk.</i>	1 each	120g	240	100	11g	5g	0.5g	80mg	620mg	1g	0g	1g	34g
Steak, Chicken Fried <i>Contains Soy, Wheat.</i>	3 oz	85g	220	100	11g	3g	0g	35mg	340mg	14g	0g	0g	15g
Steak, Fajita	3 oz	85g	150	50	6g	3g	0g	55mg	210mg	1g	0g	1g	24g
Steak, Grilled Chopped <i>Contains Soy, Wheat.</i>	1 each	111g	290	180	20g	8g	1.5g	80mg	450mg	2g	0g	0g	25g
Steak, Sirloin <i>Contains Milk.</i>	3 oz	85g	150	50	6g	3g	0g	55mg	400mg	0g	0g	0g	24g
Stuffing, Cornbread <i>Contains Egg, Soy, Wheat.</i>	1/2 cup	93g	130	60	6g	1.5g	1g	0mg	620mg	17g	1g	2g	3g
Taco Shells	1 each	22g	70	35	4g	0.5g	0g	0mg	0mg	8g	1g	0g	1g
Tamales <i>Contains Soy, Wheat.</i>	1 each	43g	120	70	8g	3g	0g	10mg	300mg	9g	2g	0g	3g
Tomatoes, Fried Green <i>Contains Milk, Wheat.</i>	2 each	88g	180	100	11g	2g	0g	0mg	660mg	18g	2g	3g	2g
Tortilla Bowl <i>Contains Wheat.</i>	1 each	46g	210	120	13g	2.5g	0g	0mg	200mg	18g	1g	0g	4g
Tortilla Chips	10 each	28g	120	70	8g	1g	0g	0mg	260mg	12g	1g	0g	1g
Turkey Slices with Poultry Gravy <i>Contains Milk, Soy, Wheat.</i>	3 oz	85g	90	40	4.5g	1.5g	0g	35mg	510mg	3g	0g	0g	11g
Turkey, Carved Breast <i>Contains Milk, Soy.</i>	3 oz	85g	110	50	6g	1.5g	0g	45mg	640mg	2g	0g	0g	15g
Turkey, Dark Meat <i>Contains Soy.</i>	3 oz	86g	190	90	10g	3g	0g	75mg	135mg	0g	0g	0g	23g
Turkey, White Meat <i>Contains Soy.</i>	3 oz	86g	170	60	7g	2g	0g	65mg	125mg	0g	0g	0g	24g
Turnip Greens <i>Contains Soy, Wheat.</i>	1/2 cup	98g	60	20	2.5g	0.5g	0g	0mg	280mg	3g	2g	0g	2g
Turnip Greens, Fresh Kettle Cooked	1/2 cup	98g	70	25	3g	1g	0g	5mg	380mg	8g	3g	5g	3g
Vegetable, Medley Italian <i>Contains Milk, Soy.</i>	1/2 cup	85g	70	45	5g	1.5g	1g	0mg	150mg	5g	2g	1g	1g
Vegetables, Mixed Flame Broiled <i>Contains Milk.</i>	1/2 cup	54g	15	0	0g	0g	0g	0mg	75mg	3g	1g	2g	1g
Vegetables, Stir Fry <i>Contains Soy, Wheat.</i>	1/2 cup	66g	60	20	2g	0g	0g	0mg	240mg	8g	1g	6g	1g
Vegetables, Stir Fry	1 cup	150g	120	25	2.5g	0g	0g	0mg	620mg	22g	2g	15g	3g

Pagoda *Contains Soy, Wheat.*

Yams and Apples Casserole <i>Contains Milk.</i>	1/2 cup	130g	180	30	3.5g	0.5g	0g	0mg	120mg	35g	1g	27g	1g
Zucchini, Battered Fried <i>Contains Wheat.</i>	3 each	58g	150	70	8g	1.5g	0g	0mg	910mg	17g	1g	1g	1g
Zucchini, Sauteed <i>Contains Milk, Soy.</i>	1/2 cup	90g	60	45	5g	1g	0.5g	0mg	125mg	3g	1g	2g	1g

SALAD BUFFET													
	Serving Size	Gram Weight (g)	Calories	Calories From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Apple	1/4 cup	31g	15	0	0g	0g	0g	0mg	0mg	4g	1g	3g	0g
Artichoke Hearts	1/4 cup	38g	10	0	0g	0g	0g	0mg	150mg	2g	1g	1g	1g
Bacon Bits, Real	2 Tbsp	12g	50	30	3.5g	1.5g	0g	15mg	240mg	0g	0g	0g	5g
Bananas	1 each	101g	90	5	0g	0g	0g	0mg	0mg	23g	3g	12g	1g
Beans, Garbanzo	1/4 cup	60g	60	10	1g	0g	0g	0mg	180mg	9g	4g	2g	3g
Beans, Kidney Cold	1/4 cup	60g	50	0	0g	0g	0g	0mg	180mg	8g	3g	1g	4g
Beans, Lima Cold	1/4 cup	42g	60	0	0g	0g	0g	0mg	120mg	10g	3g	1g	3g
Beets, Cold	1/4 cup	60g	20	0	0g	0g	0g	0mg	115mg	5g	1g	3g	1g
Beets, Pickled Cold	1/4 cup	60g	60	0	0g	0g	0g	0mg	80mg	15g	1g	13g	0g
Blueberries	1/4 cup	37g	20	0	0g	0g	0g	0mg	0mg	5g	1g	4g	0g
Broccoli, Florets Cold	1/4 cup	18g	5	0	0g	0g	0g	0mg	0mg	1g	1g	0g	1g
Cantaloupe	1/2 cup	80g	25	0	0g	0g	0g	0mg	15mg	7g	1g	6g	1g
Carrots, Baby Raw	5 each	50g	15	0	0g	0g	0g	0mg	40mg	4g	1g	2g	0g
Carrots, Julienne	1/4 cup	28g	10	0	0g	0g	0g	0mg	20mg	3g	1g	1g	0g
Carrots, Julienned, Raw	1/4 cup	32g	15	0	0g	0g	0g	0mg	20mg	3g	1g	2g	0g
Carrots, Shredded Cold	1/4 cup	28g	10	0	0g	0g	0g	0mg	20mg	3g	1g	1g	0g
Cauliflower, Raw	1/4 cup	27g	5	0	0g	0g	0g	0mg	10mg	1g	1g	1g	1g
Celery, Sticks Raw	1 each	17g	5	0	0g	0g	0g	0mg	15mg	1g	0g	0g	0g
Cheese, Blue Crumbles <i>Contains Milk.</i>	2 Tbsp	14g	50	35	4g	2.5g	0g	15mg	190mg	0g	0g	0g	3g
Cheese, Cottage <i>Contains Milk.</i>	1/2 cup	113g	90	25	2.5g	1.5g	0g	15mg	460mg	5g	0g	5g	12g
Cheese, Parmesan Shredded <i>Contains Milk.</i>	2 Tbsp	10g	45	35	4g	2g	0g	10mg	110mg	0g	0g	0g	3g
Cheese, Pepperjack <i>Contains Milk.</i>	5 each	47g	170	120	13g	8g	0g	40mg	300mg	0g	0g	0g	12g
Cheese, Shredded Cheddar <i>Contains Milk.</i>	2 Tbsp	14g	60	40	4.5g	2.5g	0g	15mg	90mg	0g	0g	0g	4g
Chicken, Breast Strips, Cold <i>Contains Soy.</i>	3 oz	85g	80	20	2g	0g	0g	40mg	350mg	2g	0g	0g	15g
Chickpeas	1/4 cup	60g	60	10	1g	0g	0g	0mg	180mg	9g	4g	2g	3g
Coleslaw, Broccoli <i>Contains Egg.</i>	1/2 cup	58g	100	60	7g	1g	0g	10mg	200mg	6g	1g	4g	1g
Corn, Baby Cold	5 each	40g	40	5	0.5g	0g	0g	0mg	100mg	8g	1g	2g	1g
Cranberries, Dried	2 Tbsp	15g	45	0	0g	0g	0g	0mg	0mg	12g	1g	10g	0g
Croutons <i>Contains Milk, Wheat.</i>	2 Tbsp	5g	20	5	0.5g	0g	0g	0mg	85mg	4g	0g	0g	1g
Croutons, Homemade <i>Contains Egg, Milk, Soy, Wheat.</i>	5 piece	31g	120	80	9g	2g	2g	0mg	150mg	10g	0g	2g	2g
Cucumbers	1/4 cup	33g	5	0	0g	0g	0g	0mg	0mg	1g	0g	1g	0g
Dressing, Bacon	2 Tbsp	30g	150	120	14g	2g	0g	0mg	300mg	5g	0g	5g	0g
Dressing, Balsamic Vinaigrette	2 Tbsp	30g	20	0	0g	0g	0g	0mg	260mg	5g	0g	2g	0g
Dressing, Balsamic Vinegar	1 Tbsp	16g	15	0	0g	0g	0g	0mg	0mg	3g	0g	2g	0g
Dressing, Blue	2 Tbsp	30g	150	140	16g	3g	0g	10mg	230mg	1g	0g	1g	1g

Cheese <i>Contains Egg, Milk.</i>														
Dressing, Caesar <i>Contains Egg, Fish, Milk.</i>	2 Tbsp	30g	150	140	15g	2.5g	0g	25mg	340mg	2g	0g	1g	1g	
Dressing, Catalina	2 Tbsp	30g	120	100	11g	1.5g	0g	0mg	370mg	7g	0g	7g	0g	
Dressing, Catalina Fat Free	2 Tbsp	30g	40	0	0g	0g	0g	0mg	300mg	10g	1g	6g	0g	
Dressing, Ginger <i>Contains Soy, Wheat.</i>	2 Tbsp	31g	120	110	12g	2g	0g	0mg	220mg	4g	0g	3g	0g	
Dressing, Honey Mustard <i>Contains Egg.</i>	2 Tbsp	30g	130	100	11g	1.5g	0g	15mg	180mg	7g	0g	6g	0g	
Dressing, Lite Olive Oil Vinaigrette	2 Tbsp	30g	70	50	6g	1g	0g	0mg	230mg	3g	0g	2g	0g	
Dressing, Ranch <i>Contains Egg, Milk.</i>	2 Tbsp	30g	110	110	12g	2g	0g	10mg	240mg	2g	0g	1g	1g	
Dressing, Ranch Fat Free <i>Contains Milk.</i>	2 Tbsp	30g	35	0	0g	0g	0g	0mg	300mg	9g	0g	5g	0g	
Dressing, Red Wine Vinegar	1 Tbsp	15g	5	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g	
Dressing, Thousand Island <i>Contains Egg.</i>	2 Tbsp	30g	140	120	13g	2g	0g	10mg	220mg	6g	0g	5g	0g	
Dressing, Thousand Island Fat Free <i>Contains Egg.</i>	2 Tbsp	30g	40	5	0g	0g	0g	0mg	250mg	10g	1g	4g	0g	
Eggs, Diced	1/4 cup	34g	50	30	3.5g	1g	0g	125mg	40mg	0g	0g	0g	4g	
Fruit Cocktail	1/2 cup	126g	70	0	0g	0g	0g	0mg	15mg	18g	1g	16g	0g	
Grapefruit Sections	1/4 cup	60g	30	0	0g	0g	0g	0mg	0mg	7g	1g	7g	1g	
Grapefruit, Fresh	1 each	154g	60	0	0g	0g	0g	0mg	0mg	16g	6g	10g	1g	
Grapes, Green	10 each	49g	35	0	0g	0g	0g	0mg	0mg	9g	0g	8g	0g	
Grapes, Red	10 each	24g	15	0	0g	0g	0g	0mg	0mg	4g	0g	4g	0g	
Guacamole <i>Contains Milk.</i>	1/4 cup	58g	70	60	7g	1g	0g	0mg	90mg	5g	3g	1g	1g	
Ham Strips, Cold	3 oz	85g	110	50	6g	2g	0g	50mg	1070mg	1g	0g	1g	14g	
Jalapenos, Sliced Canned	1/4 cup	30g	10	0	0g	0g	0g	0mg	410mg	2g	0g	1g	0g	
Kiwi Fruit	1/2 cup	89g	50	5	0g	0g	0g	0mg	0mg	13g	3g	8g	1g	
Lemon, Wedges	2 each	14g	5	0	0g	0g	0g	0mg	0mg	1g	0g	0g	0g	
Lettuce, Iceberg	1 cup	72g	10	0	0g	0g	0g	0mg	5mg	2g	1g	1g	1g	
Lettuce, Romaine	1 cup	47g	10	0	0g	0g	0g	0mg	0mg	2g	1g	1g	1g	
Lettuce, Shredded	1 cup	72g	10	0	0g	0g	0g	0mg	5mg	2g	1g	1g	1g	
Lettuce, Spring Mix	1 cup	19g	5	0	0g	0g	0g	0mg	5mg	1g	0g	0g	0g	
Mango	1/4 cup	41g	25	0	0g	0g	0g	0mg	0mg	6g	1g	6g	0g	
Melon, Honeydew	1/2 cup	85g	30	0	0g	0g	0g	0mg	15mg	8g	1g	7g	0g	
Mushrooms, Sliced Raw	1/4 cup	18g	5	0	0g	0g	0g	0mg	0mg	1g	0g	0g	0g	
Noodles, Dry Rice <i>Contains Wheat.</i>	2 Tbsp	7g	35	10	1g	0g	0g	0mg	90mg	5g	0g	0g	1g	
Nuts, Almonds <i>Contains Tree nuts.</i>	2 Tbsp	12g	70	50	6g	0g	0g	0mg	0mg	2g	1g	0g	2g	
Nuts, Peanuts Chopped <i>Contains Peanut.</i>	2 Tbsp	18g	110	80	9g	1.5g	0g	0mg	0mg	4g	1g	1g	4g	
Nuts, Pecan Pieces <i>Contains Tree nuts.</i>	2 Tbsp	14g	90	90	10g	1g	0g	0mg	0mg	2g	1g	1g	1g	
Nuts, Pecan Praline Pieces <i>Contains Tree nuts.</i>	2 Tbsp	18g	90	45	5g	0g	0g	0mg	35mg	12g	0g	11g	0g	

Nuts, Soy <i>Contains Soy.</i>	2 Tbsp	11g	50	20	2.5g	0g	0g	0mg	35mg	4g	1g	0g	5g
Oil, Olive	1 Tbsp	15g	120	120	14g	2g	0g	0mg	0mg	0g	0g	0g	0g
Oil, Vegetable	1 Tbsp	14g	120	120	14g	2.5g	0g	0mg	0mg	0g	0g	0g	0g
Olives, Black	2 Tbsp	16g	30	25	2.5g	0g	0g	0mg	140mg	1g	0g	0g	0g
Olives, Green	2 Tbsp	30g	50	35	4g	0g	0g	0mg	580mg	0g	0g	0g	1g
Onion Rings, Fresh	3 each	12g	5	0	0g	0g	0g	0mg	0mg	1g	0g	1g	0g
Onions Dried <i>Contains Soy, Wheat.</i>	2 Tbsp	7g	45	30	3.5g	1.5g	0g	0mg	60mg	3g	0g	0g	0g
Onions, Raw Diced	1/4 cup	40g	15	0	0g	0g	0g	0mg	0mg	4g	1g	2g	0g
Orange, Slices, Fresh	1/2 cup	90g	40	0	0g	0g	0g	0mg	0mg	11g	2g	8g	1g
Oranges, Mandarin	1/4 cup	47g	30	0	0g	0g	0g	0mg	5mg	7g	0g	6g	0g
Papaya	1/4 cup	36g	15	0	0g	0g	0g	0mg	0mg	4g	1g	3g	0g
Peaches, Canned	1/4 cup	63g	35	0	0g	0g	0g	0mg	0mg	8g	1g	8g	0g
Peas, Green Cold	1/2 cup	80g	70	0	0g	0g	0g	0mg	25mg	12g	5g	3g	4g
Pepperoncini, Cold	3 each	34g	10	0	0g	0g	0g	0mg	600mg	2g	1g	0g	0g
Pepperoni	5 each	10g	50	40	4.5g	1.5g	0g	10mg	190mg	0g	0g	0g	2g
Peppers, Cherry Cold	3 each	42g	10	0	0g	0g	0g	0mg	740mg	2g	0g	0g	0g
Peppers, Green	3 each	30g	5	0	0g	0g	0g	0mg	0mg	1g	1g	1g	0g
Peppers, Roasted <i>Contains Fish, Milk, Soy.</i>	1/2 cup	84g	90	70	8g	1.5g	0g	0mg	210mg	5g	1g	2g	1g
Pickles, Dill Spears	1 each	34g	5	0	0g	0g	0g	0mg	330mg	1g	0g	0g	0g
Pickles, Sweet Chips	8 each	28g	0	0	0g	0g	0g	0mg	360mg	0g	0g	0g	0g
Pico de Gallo	1/4 cup	64g	15	0	0g	0g	0g	0mg	0mg	3g	1g	2g	1g
Pineapple, Fresh	1/2 cup	83g	40	0	0g	0g	0g	0mg	0mg	11g	1g	8g	0g
Pineapple, Tidbits	1/4 cup	70g	40	0	0g	0g	0g	0mg	0mg	10g	1g	9g	0g
Radishes, Cold	1/4 cup	29g	5	0	0g	0g	0g	0mg	10mg	1g	0g	1g	0g
Raisins	2 Tbsp	21g	60	0	0g	0g	0g	0mg	0mg	16g	1g	12g	1g
Raisins, Chocolate Covered <i>Contains Milk, Soy.</i>	2 Tbsp	23g	110	50	6g	6g	0g	0mg	10mg	15g	0g	13g	1g
Raisins, Yogurt <i>Contains Milk, Soy.</i>	2 Tbsp	15g	70	35	4g	4g	0g	0mg	5mg	10g	0g	9g	0g
Salad, Apple <i>Contains Egg.</i>	1/2 cup	130g	210	90	10g	1.5g	0g	15mg	260mg	29g	2g	23g	1g
Salad, Beet and Onion	1/2 cup	152g	45	0	0g	0g	0g	0mg	240mg	12g	3g	7g	1g
Salad, BLT <i>Contains Egg, Milk, Wheat.</i>	1 cup	89g	80	60	6g	1.5g	0g	10mg	230mg	4g	1g	2g	3g
Salad, Broccoli <i>Contains Egg.</i>	1/2 cup	54g	110	70	8g	1.5g	0g	10mg	85mg	9g	1g	6g	2g
Salad, Broccoli, Southern <i>Contains Egg.</i>	1/2 cup	54g	170	130	15g	2g	0g	15mg	105mg	10g	1g	6g	1g
Salad, Caesar <i>Contains Egg, Fish, Milk, Wheat.</i>	1 cup	79g	110	70	8g	2g	0g	15mg	290mg	8g	1g	1g	3g
Salad, Carrot Raisin <i>Contains Egg.</i>	1/2 cup	64g	110	70	7g	1g	0g	5mg	75mg	11g	1g	7g	1g
Salad, Chicken <i>Contains Egg, Milk, Soy.</i>	1/2 cup	103g	240	190	21g	3g	0g	130mg	340mg	4g	0g	1g	11g
Salad, Chicken Southern Style <i>Contains Egg, Soy.</i>	1/2 cup	103g	290	220	25g	3g	0g	60mg	340mg	8g	0g	5g	11g
Salad, Coleslaw <i>Contains Egg.</i>	1/2 cup	61g	110	80	9g	1.5g	0g	10mg	240mg	6g	1g	5g	1g

Salad, Deviled Eggs <i>Contains Egg.</i>	1 each	31g	70	50	5g	1g	0g	95mg	70mg	1g	0g	0g	3g
Salad, Egg <i>Contains Egg, Milk.</i>	1/2 cup	93g	200	150	17g	3.5g	0g	260mg	280mg	3g	0g	2g	8g
Salad, Kidney Bean <i>Contains Egg.</i>	1/2 cup	117g	180	90	10g	1.5g	0g	10mg	390mg	16g	4g	5g	5g
Salad, Macaroni <i>Contains Egg, Wheat.</i>	1/2 cup	114g	280	100	11g	1g	0g	10mg	490mg	41g	1g	12g	5g
Salad, Marinated Garden	1/2 cup	97g	90	50	6g	1g	0g	0mg	230mg	7g	1g	4g	1g
Salad, Mushrooms Marinated <i>Contains Milk.</i>	1/2 cup	76g	80	60	6g	1g	0g	0mg	240mg	5g	0g	3g	1g
Salad, Pasta <i>Contains Wheat.</i>	1 cup	127g	150	50	6g	1g	0g	0mg	220mg	20g	2g	4g	4g
Salad, Pea <i>Contains Egg, Milk.</i>	1/2 cup	119g	220	130	14g	3g	0g	50mg	400mg	16g	5g	7g	7g
Salad, Pimento Cheese <i>Contains Egg, Milk.</i>	1/4 cup	32g	150	130	14g	4g	0g	25mg	180mg	1g	0g	0g	4g
Salad, Potato Steakhouse <i>Contains Egg.</i>	1/2 cup	114g	150	45	5g	0.5g	0g	5mg	460mg	26g	1g	9g	2g
Salad, Spinach Artichoke Dip <i>Contains Milk, Soy, Wheat.</i>	1/4 cup	60g	120	70	8g	2g	0g	5mg	350mg	10g	1g	2g	3g
Salad, Spinach Bacon <i>Contains Egg, Milk.</i>	1 cup	50g	120	80	9g	2.5g	0g	40mg	280mg	4g	1g	2g	5g
Salad, Strawberry Spinach	1 cup	63g	40	20	2.5g	0g	0g	0mg	35mg	5g	2g	2g	2g
Salad, Summer Marinated	1/2 cup	87g	70	45	5g	1g	0g	0mg	200mg	5g	1g	3g	1g
Salad, Three Bean	1/2 cup	120g	90	10	1g	0g	0g	0mg	210mg	17g	2g	11g	2g
Salad, Tomato and Onion	1/2 cup	82g	40	20	2g	0g	0g	0mg	85mg	5g	1g	3g	1g
Salad, Tuna <i>Contains Egg, Fish, Milk, Soy.</i>	1/2 cup	103g	190	120	13g	1.5g	0g	45mg	380mg	5g	0g	3g	12g
Salad, Vegetable, Marinated	1/2 cup	50g	35	20	2g	0g	0g	0mg	90mg	3g	1g	1g	1g
Sauce, Cocktail	2 Tbsp	30g	35	5	0.5g	0g	0g	0mg	320mg	7g	0g	6g	1g
Sauce, Cranberry	2 Tbsp	35g	60	0	0g	0g	0g	0mg	5mg	13g	1g	11g	0g
Sauce, Salsa	2 Tbsp	30g	10	0	0g	0g	0g	0mg	200mg	2g	0g	1g	0g
Sauce, Tartar <i>Contains Egg.</i>	2 Tbsp	30g	150	140	16g	2.5g	0g	10mg	240mg	1g	0g	1g	0g
Seafood Salad <i>Contains Egg, Fish, Milk, Wheat.</i>	1/2 cup	85g	140	90	10g	1.5g	0g	10mg	680mg	9g	2g	4g	5g
Sesame Sticks	2 Tbsp	22g	120	70	8g	1.5g	1.5g	0mg	180mg	10g	1g	1g	2g
Shrimp, Cold <i>Contains Shellfish.</i>	1/4 cup	42g	50	5	0.5g	0g	0g	85mg	125mg	0g	0g	0g	10g
Sour Cream <i>Contains Milk.</i>	2 Tbsp	30g	60	45	5g	3.5g	0g	20mg	45mg	2g	0g	1g	1g
Spinach, Raw	1 cup	24g	10	0	0g	0g	0g	0mg	40mg	3g	1g	0g	1g
Squash, Raw Cold	5 each	50g	10	0	0g	0g	0g	0mg	0mg	2g	1g	1g	1g
Steak, Sirloin Strips Cold <i>Contains Milk.</i>	3 oz	85g	150	50	6g	3g	0g	55mg	400mg	0g	0g	0g	24g
Strawberries, Fresh	5 each	60g	20	0	0g	0g	0g	0mg	0mg	5g	1g	3g	0g
Sunflower Seeds	2 Tbsp	16g	90	70	8g	1g	0g	0mg	65mg	4g	1g	0g	3g
Tomato, Wedges	5 piece	82g	15	0	0g	0g	0g	0mg	0mg	3g	1g	2g	1g
Tomatoes, Cherry	5 each	85g	15	0	0g	0g	0g	0mg	0mg	3g	1g	2g	1g
Tomatoes, Diced Cold	1/4 cup	45g	10	0	0g	0g	0g	0mg	0mg	2g	1g	1g	0g
Water Chestnuts	1/4 cup	62g	20	0	0g	0g	0g	0mg	10mg	5g	1g	0g	1g
Watermelon	1/4 cup	38g	10	0	0g	0g	0g	0mg	0mg	3g	0g	2g	0g

Zucchini, Raw Cold	5 each	50g	10	0	0g	0g	0g	0mg	0mg	2g	0g	1g	1g
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BAKERY & DESSERTS	Serving Size	Gram Weight (g)	Calories	Calories From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Bars, Checkerboard <i>Contains Egg, Milk, Peanut, Soy, Wheat.</i>	1 each	21g	90	45	5g	1.5g	0g	5mg	70mg	12g	0g	8g	1g
Bars, Checkerboard Trans Fat Free <i>Contains Egg, Milk, Peanut, Soy, Wheat.</i>	1 each	21g	100	45	5g	2g	0g	5mg	75mg	12g	0g	8g	1g
Bars, German Chocolate <i>Contains Milk, Soy, Tree nuts, Wheat.</i>	1 each	54g	240	110	12g	5g	2g	0mg	80mg	31g	1g	22g	2g
Bars, German Chocolate Trans Fat Free <i>Contains Milk, Soy, Tree nuts, Wheat.</i>	1 each	54g	240	110	12g	7g	0g	0mg	60mg	31g	1g	22g	2g
Bars, Lemon <i>Contains Egg, Milk, Soy, Wheat.</i>	1 each	46g	150	35	4g	1.5g	0g	25mg	95mg	28g	0g	19g	2g
Bars, Turtle Cheesecake <i>Contains Egg, Milk, Soy, Tree nuts, Wheat.</i>	1 each	55g	200	100	11g	5g	1g	30mg	190mg	25g	1g	20g	2g
Biscuits, Garlic Cheese <i>Contains Milk, Soy, Wheat.</i>	1 each	74g	170	110	12g	4.5g	2g	20mg	300mg	10g	0g	2g	5g
Biscuits, Garlic Cheese Trans Fat Free <i>Contains Milk, Soy, Wheat.</i>	1 each	74g	260	150	17g	8g	0g	20mg	570mg	21g	0g	3g	6g
Bread, Banana Nut <i>Contains Egg, Tree nuts, Wheat.</i>	1 piece	75g	190	35	4g	0.5g	0g	5mg	230mg	40g	1g	25g	2g
Bread, Bruschetta <i>Contains Egg, Milk, Soy, Wheat.</i>	1 each	54g	140	70	8g	1.5g	0.5g	0mg	250mg	14g	1g	1g	3g
Bread, Cin-a-Gold Rolls <i>Contains Egg, Milk, Soy, Wheat.</i>	1 each	65g	230	80	9g	2.5g	2g	15mg	210mg	35g	1g	19g	3g
Bread, Cin-a-Gold Rolls Trans Fat Free <i>Contains Egg, Milk, Soy, Wheat.</i>	1 each	65g	230	80	9g	4g	0g	15mg	210mg	35g	1g	19g	3g
Bread, Cornbread Skillet <i>Contains Egg, Milk, Soy, Wheat.</i>	1 piece	52g	150	45	5g	1g	0g	15mg	310mg	24g	1g	11g	3g
Bread, Cornbread Skillet Trans Fat Free <i>Contains Egg, Milk, Wheat.</i>	1 piece	56g	130	30	3.5g	1.5g	0g	15mg	300mg	22g	0g	7g	2g
Bread, Garlic Cheese Knots <i>Contains Egg, Milk, Soy, Wheat.</i>	1 each	67g	190	70	7g	2g	1g	25mg	230mg	25g	1g	7g	5g
Bread, Garlic Cheese Sticks <i>Contains Milk, Soy, Wheat.</i>	1 each	45g	120	45	5g	2g	0g	10mg	290mg	14g	1g	1g	5g
Bread, Rolls Multigrain <i>Contains Egg, Soy, Wheat.</i>	1 each	61g	160	30	3.5g	0.5g	0g	0mg	220mg	29g	1g	5g	5g
Bread, Sourdough Rolls <i>Contains Egg, Milk, Wheat.</i>	1 each	69g	120	15	1.5g	0.5g	0g	0mg	300mg	30g	1g	2g	6g
Bread, Texas Toast <i>Contains Egg, Milk, Soy, Wheat.</i>	1 each	54g	200	90	10g	2.5g	2g	5mg	220mg	22g	1g	6g	4g
Bread, Yeast Rolls <i>Contains Egg, Milk, Soy, Wheat.</i>	1 each	63g	180	30	3.5g	1g	0.5g	5mg	210mg	31g	1g	9g	5g
Bread, Yeast Rolls	1 each	30g	80	10	1g	0g	0g	5mg	95mg	16g	0g	4g	3g

Mini <i>Contains Egg, Milk, Wheat.</i>														
Brownies <i>Contains Egg, Milk, Soy, Wheat.</i>	1 each	41g	140	50	6g	1.5g	0g	45mg	910mg	20g	1g	9g	3g	
Cake, Boston Cream <i>Contains Egg, Milk, Soy, Wheat.</i>	1 slice	51g	180	70	8g	2g	1.5g	0mg	105mg	28g	0g	23g	1g	
Cake, Carrot <i>Contains Egg, Milk, Soy, Tree nuts, Wheat.</i>	1 slice	79g	290	140	15g	6g	0g	15mg	200mg	39g	1g	32g	1g	
Cake, Chocolate with Cherries <i>Contains Egg, Milk, Soy, Wheat.</i>	1 slice	64g	230	90	10g	2.5g	2g	10mg	120mg	38g	1g	32g	1g	
Cake, Chocolate with Chocolate Frosting <i>Contains Egg, Milk, Soy, Wheat.</i>	1 slice	81g	320	140	15g	6g	1g	15mg	180mg	46g	2g	37g	3g	
Cake, Chocolate with Chocolate Frosting, Trans Fat Free <i>Contains Egg, Milk, Soy, Wheat.</i>	1 slice	64g	230	90	10g	3g	0g	10mg	120mg	37g	1g	32g	1g	
Cake, German Chocolate <i>Contains Egg, Milk, Soy, Tree nuts, Wheat.</i>	1 slice	78g	280	130	14g	5g	1.5g	15mg	270mg	39g	1g	31g	2g	
Cake, German Chocolate Trans Fat Free <i>Contains Egg, Milk, Soy, Tree nuts, Wheat.</i>	1 slice	69g	270	120	14g	7g	0g	10mg	170mg	36g	1g	29g	1g	
Cake, Luscious Lemon <i>Contains Egg, Milk, Wheat.</i>	1 slice	51g	140	35	4g	1g	0g	0mg	170mg	28g	0g	22g	1g	
Cake, Luscious Lemon Trans Fat Free <i>Contains Egg, Milk, Soy, Wheat.</i>	1 slice	76g	220	50	6g	1g	0g	5mg	320mg	42g	0g	33g	2g	
Cake, Mocha No Sugar Added <i>Contains Egg, Milk, Soy, Wheat.</i>	1 slice	88g	210	100	11g	4g	0g	25mg	300mg	33g	0g	2g	3g	
Cake, Molten Volcano <i>Contains Egg, Milk, Wheat.</i>	1/2 cup	110g	270	60	7g	1g	0g	0mg	135mg	54g	1g	40g	2g	
Cake, Pineapple Supreme <i>Contains Egg, Milk, Wheat.</i>	1 slice	68g	260	110	13g	3.5g	3g	0mg	95mg	38g	0g	33g	1g	
Cake, Pistachio No Sugar Added <i>Contains Egg, Milk, Soy, Tree nuts, Wheat.</i>	1 slice	81g	200	100	11g	4g	0g	25mg	330mg	31g	0g	1g	3g	
Cake, Red Velvet <i>Contains Egg, Milk, Soy, Wheat.</i>	1 slice	59g	230	120	13g	4.5g	0.5g	15mg	180mg	29g	0g	23g	1g	
Cake, Shadow <i>Contains Egg, Milk, Soy, Wheat.</i>	1 slice	85g	340	140	16g	4g	3g	10mg	180mg	49g	1g	41g	1g	
Cake, Shadow Trans Fat Free <i>Contains Egg, Milk, Soy, Wheat.</i>	1 slice	84g	340	150	17g	6g	0g	5mg	190mg	50g	0g	42g	1g	
Cake, Strawberry Shortcake <i>Contains Egg, Milk, Wheat.</i>	1 each	54g	120	40	4.5g	1.5g	0g	5mg	135mg	22g	0g	16g	1g	
Cake, Strawberry Shortcake Trans Fat Free <i>Contains Egg, Milk, Soy, Wheat.</i>	1 each	54g	130	40	4.5g	1g	0g	5mg	170mg	22g	0g	16g	1g	
Cake, Strawberry Supreme <i>Contains Egg, Milk, Wheat.</i>	1 slice	68g	260	110	13g	3.5g	3g	0mg	90mg	38g	0g	34g	1g	
Cake, Vanilla Sugarfree <i>Contains Egg, Milk,</i>	1 slice	52g	130	70	8g	5g	0g	10mg	105mg	16g	0g	0g	1g	

<i>Soy, Wheat.</i>													
Candy Marshmallows	3 each	21g	70	0	0g	0g	0g	0mg	20mg	17g	0g	11g	0g
Candy, Corn	10 each	21g	70	0	0g	0g	0g	0mg	40mg	19g	0g	16g	0g
Candy, Gummy Bears	10 each	27g	90	0	0g	0g	0g	0mg	5mg	19g	0g	13g	2g
Candy, Jellybeans	10 each	30g	110	0	0g	0g	0g	0mg	10mg	27g	0g	18g	0g
Candy, Orange Slices	10 each	50g	170	0	0g	0g	0g	0mg	15mg	42g	0g	31g	0g
Candy, Snackums <i>Contains Peanut, Soy, Wheat.</i>	10 piece	6g	25	10	1g	1g	0g	0mg	0mg	5g	0g	4g	0g
Candy, Sprinkles <i>Contains Soy.</i>	2 Tbsp	30g	140	45	5g	4.5g	0g	0mg	20mg	24g	0g	21g	0g
Cheesecake <i>Contains Egg, Milk, Soy, Wheat.</i>	1 piece	73g	260	140	15g	8g	1.5g	45mg	310mg	28g	0g	22g	3g
Cheesecake, Caramel Chocolate <i>Contains Egg, Milk, Soy, Wheat.</i>	1 piece	72g	270	150	16g	9g	1.5g	45mg	290mg	28g	0g	22g	3g
Cheesecake, Mini <i>Contains Egg, Milk, Peanut, Soy, Wheat.</i>	1 piece	96g	340	180	20g	10g	2g	55mg	420mg	37g	1g	28g	4g
Cheesecake, Trans Fat Free <i>Contains Egg, Milk, Soy, Wheat.</i>	1 piece	73g	250	130	15g	9g	0g	45mg	310mg	27g	1g	21g	2g
Chips, Chocolate <i>Contains Milk, Soy.</i>	2 Tbsp	28g	140	70	8g	5g	0g	0mg	0mg	18g	0g	16g	0g
Chocolate, Fountain <i>Contains Milk, Soy.</i>	2 Tbsp	38g	210	130	15g	9g	0g	0mg	65mg	20g	2g	17g	1g
Cinnamon Sugar	1 Tbsp	12g	45	0	0g	0g	0g	0mg	0mg	12g	1g	11g	0g
Cobbler, Apple <i>Contains Wheat.</i>	1 piece	95g	150	45	5g	2g	0g	5mg	220mg	26g	1g	15g	1g
Cobbler, Cherry <i>Contains Wheat.</i>	1 piece	95g	180	45	5g	2g	0g	5mg	190mg	31g	1g	19g	1g
Cobbler, Peach <i>Contains Wheat.</i>	1 piece	95g	160	45	5g	2g	0g	5mg	180mg	29g	0g	19g	1g
Cookie, Chocolate Chip <i>Contains Egg, Milk, Soy, Wheat.</i>	1 each	14g	60	25	3g	1g	0g	0mg	60mg	8g	0g	5g	1g
Cookie, Chocolate Sugarfree <i>Contains Egg, Milk, Soy, Wheat.</i>	1 each	19g	70	30	3.5g	1g	0g	5mg	45mg	12g	1g	0g	1g
Cookie, Chocolate White Chip <i>Contains Egg, Milk, Soy, Wheat.</i>	1 each	14g	60	25	3g	1g	0g	5mg	70mg	8g	0g	5g	1g
Cookie, Coconut <i>Contains Egg, Soy, Tree nuts, Wheat.</i>	1 each	17g	70	30	3.5g	1.5g	0.5g	5mg	75mg	10g	0g	6g	1g
Cookie, Coconut Macaroon <i>Contains Egg, Tree nuts.</i>	1 each	26g	100	50	5g	4.5g	0g	0mg	45mg	13g	1g	10g	1g
Cookie, Oatmeal <i>Contains Egg, Soy, Wheat.</i>	1 each	17g	70	25	3g	0.5g	0g	5mg	55mg	11g	1g	6g	1g
Cookie, Oatmeal Sugarfree <i>Contains Egg, Soy, Wheat.</i>	1 each	27g	90	25	3g	0.5g	0.5g	15mg	125mg	15g	0g	0g	2g
Cookie, Peanut Butter <i>Contains Egg, Peanut, Soy, Wheat.</i>	1 each	14g	60	30	3.5g	1g	0g	0mg	65mg	7g	0g	4g	1g
Cookie, Rice Krispy Treats <i>Contains Soy.</i>	1 each	19g	70	15	1.5g	0g	0g	0mg	60mg	14g	0g	7g	1g

Cotton Candy <i>Contains Soy.</i>	1 each	42g	110	0	0g	0g	0g	0mg	10mg	25g	0g	18g	0g
Cupcakes, Chocolate <i>Contains Egg, Milk, Soy, Wheat.</i>	1 each	57g	190	80	8g	2g	1g	20mg	200mg	29g	0g	21g	1g
Cupcakes, Chocolate Trans Fat Free <i>Contains Egg, Milk, Soy, Wheat.</i>	1 each	57g	190	80	9g	2g	0g	20mg	200mg	28g	0g	21g	1g
Cupcakes, Pumpkin Mini <i>Contains Egg, Milk, Soy, Wheat.</i>	1 each	45g	160	70	8g	3g	0g	10mg	120mg	22g	0g	18g	1g
Cupcakes, Vanilla <i>Contains Egg, Milk, Soy, Wheat.</i>	1 each	59g	210	90	10g	2.5g	1.5g	5mg	170mg	32g	0g	24g	1g
Cupcakes, Vanilla Trans Fat Free <i>Contains Egg, Milk, Soy, Wheat.</i>	1 each	59g	210	80	10g	3g	0g	5mg	230mg	31g	0g	24g	1g
Donuts, Glazed <i>Contains Egg, Milk, Soy, Wheat.</i>	1 each	45g	170	60	7g	3g	0g	5mg	180mg	24g	1g	11g	2g
Fudge, Chocolate <i>Contains Milk, Soy.</i>	1 piece	30g	120	40	4.5g	1g	1g	0mg	35mg	21g	0g	18g	0g
Fudge, Chocolate Trans Fat Free <i>Contains Milk, Soy.</i>	1 piece	30g	130	40	4.5g	2g	0g	0mg	50mg	22g	0g	19g	0g
Fudge, Truffles Peanuts <i>Contains Milk, Peanut.</i>	1 each	75g	240	80	9g	7g	0g	0mg	170mg	40g	1g	35g	4g
Fudge, Truffles Sprinkles <i>Contains Milk, Soy.</i>	1 each	75g	240	70	8g	8g	0g	0mg	170mg	41g	1g	37g	3g
Gelatin, Red Sugarfree	1/2 cup	85g	5	0	0g	0g	0g	0mg	10mg	0g	0g	0g	1g
Ice Cream, Butter Pecan <i>Contains Milk, Tree nuts.</i>	1/2 cup	65g	150	80	9g	4g	0g	25mg	120mg	16g	0g	12g	2g
Ice Cream, Cookies and Cream <i>Contains Milk, Soy, Wheat.</i>	1/2 cup	72g	170	80	9g	5g	0g	30mg	75mg	20g	0g	15g	3g
Ice Cream, Mint Chocolate Chip <i>Contains Milk, Soy.</i>	1/2 cup	72g	180	90	10g	6g	0g	30mg	45mg	20g	0g	16g	3g
Ice Cream, Orange Sherbet <i>Contains Milk.</i>	1/2 cup	89g	110	10	1g	0.5g	0g	5mg	25mg	27g	0g	22g	1g
Ice Cream, Peanut Butter No Sugar Aded <i>Contains Milk, Peanut, Soy.</i>	1/2 cup	65g	120	80	9g	4.5g	0g	15mg	70mg	15g	3g	3g	3g
Ice Cream, Rainbow Sherbet <i>Contains Milk.</i>	1/2 cup	86g	110	0	0g	0g	0g	0mg	25mg	27g	0g	21g	1g
Ice Cream, Soft Serve Chocolate <i>Contains Milk.</i>	1/2 cup	87g	90	20	2g	1.5g	0g	5mg	55mg	20g	0g	15g	1g
Ice Cream, Soft Serve Vanilla <i>Contains Milk.</i>	1/2 cup	87g	110	20	2g	1.5g	0g	5mg	100mg	22g	0g	16g	1g
Ice Cream, Frozen Vanilla Yogurt No Sugar Added <i>Contains Milk.</i>	1/2 cup	80g	70	0	0g	0g	0g	0mg	70mg	14g	0g	5g	4g
Margarine, Honey Butter <i>Contains Soy.</i>	1 Tbsp	14g	80	80	8g	1.5g	0.5g	0mg	90mg	3g	0g	3g	0g
Margarine, Honey Butter, Scratch Trans Fat Free <i>Contains Soy.</i>	1 Tbsp	14g	80	60	7g	3g	0g	0mg	80mg	4g	0g	3g	0g
Muffins, Corn <i>Contains Egg, Milk, Soy, Wheat.</i>	1 each	77g	220	45	5g	1g	0g	20mg	500mg	39g	1g	17g	4g
Muffins, Jalapeno Corn <i>Contains Egg, Milk, Soy, Wheat.</i>	1 each	73g	240	110	13g	2.5g	0g	60mg	380mg	26g	1g	11g	5g

Pastry, Puff <i>Contains Egg, Soy, Wheat.</i>	1 each	62g	230	140	15g	9g	0g	10mg	140mg	20g	1g	0g	4g
Pie, Apple <i>Contains Egg, Soy, Wheat.</i>	1 slice	156g	330	120	13g	5g	0g	10mg	400mg	49g	2g	16g	5g
Pie, Billionaire's Mini <i>Contains Egg, Soy, Tree nuts, Wheat.</i>	1 each	66g	260	160	17g	7g	0.5g	30mg	280mg	24g	0g	12g	2g
Pie, Blueberry No Sugar Added <i>Contains Egg, Milk, Soy, Wheat.</i>	1 slice	156g	280	70	8g	3g	0g	0mg	380mg	49g	4g	6g	5g
Pie, Cherry <i>Contains Egg, Soy, Wheat.</i>	1 slice	156g	320	120	13g	6g	0g	10mg	410mg	46g	2g	16g	5g
Pie, Chocolate Chess <i>Contains Egg, Milk, Soy, Wheat.</i>	1 slice	112g	380	170	19g	7g	3.5g	50mg	180mg	49g	0g	42g	3g
Pie, Chocolate Chess, Mini <i>Contains Egg, Milk, Wheat.</i>	1 each	90g	340	160	18g	6g	2.5g	35mg	330mg	40g	0g	25g	3g
Pie, Chocolate Chess, Mini Trans Fat Free <i>Contains Egg, Milk, Wheat.</i>	1 each	90g	340	160	18g	8g	0g	35mg	330mg	40g	0g	25g	3g
Pie, Chocolate Ches, Trans Fat Free <i>Contains Egg, Milk, Soy, Wheat.</i>	1 slice	112g	380	170	19g	10g	0g	50mg	180mg	49g	0g	42g	3g
Pie, Coconut Cream Mini <i>Contains Milk, Tree nuts, Wheat.</i>	1 each	82g	240	120	13g	7g	0g	5mg	350mg	29g	1g	14g	1g
Pie, Fruit Mini <i>Contains Milk, Wheat.</i>	1 each	118g	220	90	9g	3.5g	0g	5mg	370mg	31g	1g	15g	1g
Pie, Lemon Cream, Mini <i>Contains Wheat.</i>	1 each	91g	240	100	11g	4.5g	0.5g	5mg	370mg	34g	0g	20g	1g
Pie, Peach No Sugar Added <i>Contains Egg, Milk, Soy, Wheat.</i>	1 slice	150g	330	190	21g	9g	0g	0mg	370mg	36g	2g	5g	5g
Pie, Peanut Butter, Mini <i>Contains Milk, Peanut, Wheat.</i>	1 each	99g	340	190	21g	6g	0g	5mg	420mg	32g	2g	15g	7g
Pie, Pecan <i>Contains Egg, Soy, Tree nuts, Wheat.</i>	1 slice	113g	420	180	20g	4g	0g	55mg	330mg	57g	2g	28g	5g
Pie, Pecan, Mini <i>Contains Egg, Tree nuts, Wheat.</i>	1 each	83g	300	120	13g	3.5g	0g	40mg	360mg	43g	0g	19g	3g
Pie, Pumpkin <i>Contains Egg, Milk, Soy, Wheat.</i>	1 slice	143g	310	120	13g	9g	0g	35mg	300mg	43g	1g	27g	3g
Pie, Pumpkin, Mini <i>Contains Egg, Milk, Wheat.</i>	1 each	91g	220	90	10g	4g	0g	25mg	330mg	30g	1g	15g	2g
Pie, Strawberry, Mini <i>Contains Wheat.</i>	1 each	139g	230	80	9g	4g	0g	5mg	290mg	36g	1g	19g	1g
Pizza, Cheese <i>Contains Milk, Wheat.</i>	1 slice	79g	180	60	6g	3g	0g	15mg	420mg	21g	1g	1g	8g
Pizza, Pepperoni <i>Contains Milk, Wheat.</i>	1 slice	86g	210	90	10g	4g	0g	25mg	570mg	21g	1g	1g	10g
Pizza, Sausage <i>Contains Milk, Wheat.</i>	1 slice	93g	240	110	12g	5g	0g	25mg	560mg	22g	1g	1g	10g
Pudding, Banana <i>Contains Egg, Milk, Soy, Wheat.</i>	1/2 cup	112g	240	90	10g	7g	0g	0mg	190mg	35g	0g	21g	2g
Pudding, Bread <i>Contains Egg, Milk, Soy, Wheat.</i>	1/2 cup	110g	270	120	13g	7g	0g	95mg	125mg	33g	0g	24g	5g
Pudding, Chocolate No Sugar	1/2 cup	108g	120	40	4.5g	3g	0g	10mg	230mg	16g	0g	6g	3g

Added <i>Contains Milk.</i>														
Pudding, Pistachio No Sugar Added <i>Contains Milk, Tree nuts.</i>	1/2 cup	107g	90	35	4g	2.5g	0g	10mg	260mg	10g	0g	5g	3g	
Shooters, Caramel Pecan <i>Contains Egg, Milk, Tree nuts, Wheat.</i>	1 each	77g	300	110	12g	3.5g	2g	15mg	170mg	46g	0g	36g	1g	
Shooters, Cinnamon Spice <i>Contains Egg, Tree nuts, Wheat.</i>	1 each	61g	210	90	10g	2.5g	2g	10mg	120mg	31g	1g	25g	1g	
Shooters, Peanut Butter <i>Contains Egg, Milk, Peanut, Wheat.</i>	1 each	86g	340	180	20g	5g	0g	15mg	290mg	32g	3g	19g	9g	
Shooters, Strawberry Shortcake <i>Contains Egg, Milk, Wheat.</i>	1 each	63g	160	40	4.5g	1.5g	0g	0mg	110mg	32g	0g	27g	1g	
Syrup, Chocolate	1 oz	28g	70	0	0g	0g	0g	0mg	5mg	17g	0g	14g	0g	
Tart, Peanut Butter Fudge <i>Contains Egg, Peanut, Soy, Wheat.</i>	1 piece	44g	180	70	7g	2g	0.5g	0mg	105mg	27g	0g	22g	1g	
Tart, Peanut Butter Fudge Trans Fat Free <i>Contains Egg, Peanut, Soy, Wheat.</i>	1 piece	44g	180	70	8g	2.5g	0g	0mg	105mg	27g	0g	22g	1g	
Tart, Turtle Cookie <i>Contains Egg, Milk, Soy, Tree nuts, Wheat.</i>	1 piece	46g	200	80	9g	2.5g	1.5g	5mg	110mg	29g	1g	21g	1g	
Tart, Turtle Trans Fat Free <i>Contains Egg, Milk, Soy, Tree nuts, Wheat.</i>	1 piece	46g	200	80	9g	3g	0.5g	5mg	110mg	29g	1g	21g	1g	
Toppings, Hot Caramel <i>Contains Milk.</i>	1 oz	28g	90	10	1g	0.5g	0g	5mg	50mg	20g	0g	13g	1g	
Toppings, Hot Fudge <i>Contains Milk.</i>	1 oz	28g	90	25	3g	3g	0g	0mg	65mg	15g	0g	14g	1g	

BREAKFAST BUFFET	Serving Size	Gram Weight (g)	Calories	Calories From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Bacon	3 piece	13g	60	40	4.5g	2g	0g	15mg	170mg	0g	0g	0g	4g
Bacon, Candied	2 piece	33g	150	110	13g	3.5g	0g	25mg	380mg	3g	0g	3g	8g
Bacon, Down Home Fried <i>Contains Soy, Wheat.</i>	2 piece	24g	130	90	10g	2.5g	0g	15mg	350mg	4g	1g	0g	4g
Bacon, Thick Cut	2 piece	14g	60	35	4g	1g	0g	15mg	360mg	0g	0g	0g	6g
Beef, Corned Beef Hash	1/2 cup	127g	220	130	14g	6g	1g	35mg	810mg	13g	1g	1g	10g
Biscuits <i>Contains Egg, Milk, Soy, Wheat.</i>	1 each	97g	210	130	14g	3.5g	3g	5mg	350mg	17g	0g	2g	3g
Biscuits, Frozen <i>Contains Egg, Milk, Soy, Wheat.</i>	1 each	59g	230	140	15g	6g	1g	0mg	610mg	20g	1g	1g	3g
Biscuits, Trans Fat Free <i>Contains Egg, Milk, Soy, Wheat.</i>	1 each	97g	360	200	22g	8g	0g	5mg	770mg	35g	0g	3g	5g
Breakfast Bacon	2 each	14g	70	45	5g	2g	0g	15mg	190mg	0g	0g	0g	4g
Burrito, Breakfast Chorizo and Egg <i>Contains Egg, Milk, Soy, Wheat.</i>	1 each	156g	350	190	21g	8g	0g	115mg	810mg	23g	1g	2g	17g
Burrito, Breakfast Sausage and Egg <i>Contains Egg, Milk, Soy, Wheat.</i>	1 each	156g	340	180	20g	8g	0g	115mg	830mg	22g	1g	2g	17g
Donuts, Honey Buns <i>Contains Egg, Milk, Soy, Wheat.</i>	1 each	76g	310	120	13g	3.5g	1g	20mg	190mg	45g	1g	25g	4g
Eggs, Scrambled <i>Contains Egg, Milk, Soy, Wheat.</i>	1/2 cup	110g	190	130	15g	5g	0g	335mg	240mg	2g	0g	1g	11g
Eggs, Whole <i>Contains Egg.</i>	1 each	50g	80	50	5g	1.5g	--g	185mg	60mg	1g	0g	1g	6g
French Toast, Banana Nut <i>Contains Egg, Tree nuts, Wheat.</i>	1 slice	113g	270	70	7g	1.5g	0g	120mg	270mg	48g	2g	32g	6g
French Toast, Plain <i>Contains Egg, Milk, Wheat.</i>	1 slice	92g	210	50	6g	1.5g	0g	160mg	190mg	29g	1g	13g	9g
French Toast, Strawberry Cheesecake <i>Contains Egg, Milk, Wheat.</i>	1 piece	91g	210	80	9g	5g	0g	100mg	160mg	26g	1g	17g	5g
Gravy, Sausage <i>Contains Milk, Wheat.</i>	2 oz	57g	50	35	4g	1.5g	1g	5mg	180mg	4g	0g	2g	1g
Grits <i>Contains Soy.</i>	1/2 cup	128g	110	25	2.5g	0.5g	0.5g	0mg	210mg	19g	1g	0g	2g
Grits, Cheese <i>Contains Milk, Soy.</i>	1/2 cup	128g	170	80	9g	4g	0g	20mg	310mg	16g	0g	0g	7g
Hominy, White <i>Contains Milk, Soy.</i>	1/2 cup	130g	100	40	4.5g	1g	1g	0mg	760mg	14g	4g	0g	1g
Jam, Strawberry Homemade	1 Tbsp	20g	45	0	0g	0g	0g	0mg	0mg	12g	0g	11g	0g
Margarine, Whipped <i>Contains Milk, Soy.</i>	1 Tbsp	10g	70	70	8g	1.5g	1g	0mg	75mg	0g	0g	0g	0g
Muffins, Blueberry <i>Contains Egg, Milk, Wheat.</i>	1 each	127g	450	240	28g	6g	1.5g	70mg	420mg	51g	1g	28g	4g
Muffins, Blueberry, Trans Fat Free <i>Contains Egg, Milk, Wheat.</i>	1 each	127g	420	200	23g	4.5g	0g	65mg	430mg	55g	1g	29g	5g
Pancakes <i>Contains Egg, Milk, Soy, Wheat.</i>	1 each	31g	80	35	4g	1g	0g	10mg	15mg	9g	0g	3g	2g

Pancakes, Blueberry <i>Contains Egg, Milk, Soy, Wheat.</i>	1 each	40g	80	40	4g	1g	0g	10mg	15mg	10g	1g	3g	2g
Pancakes, Chocolate Chip <i>Contains Egg, Milk, Soy, Wheat.</i>	1 each	45g	150	70	8g	3.5g	0g	10mg	15mg	18g	0g	11g	2g
Pizza, Breakfast <i>Contains Egg, Milk, Soy, Wheat.</i>	1 slice	131g	370	210	24g	11g	0g	135mg	720mg	21g	1g	1g	19g
Pork Sausage Links, Breakfast <i>Contains Soy.</i>	1 each	33g	120	90	11g	4g	0g	15mg	250mg	1g	0g	0g	5g
Pork Sausage, Split	1 each	78g	240	190	21g	7g	0g	50mg	730mg	1g	0g	1g	11g
Pork, Sausage Patty	1 each	32g	80	60	7g	2.5g	0g	20mg	170mg	0g	0g	0g	5g
Potato, Hashbrown Casserole <i>Contains Milk, Soy, Wheat.</i>	1/2 cup	110g	130	45	5g	2.5g	0g	10mg	530mg	14g	1g	2g	5g
Potatoes, Hashbrown Skillet <i>Contains Egg, Milk, Soy, Wheat.</i>	1/2 cup	78g	220	170	19g	3.5g	2.5g	0mg	380mg	11g	2g	0g	1g
Potatoes, Hashbrown Skillet <i>Contains Egg, Milk, Soy, Wheat.</i>	1/2 cup	78g	220	170	19g	3.5g	2.5g	0mg	380mg	11g	2g	0g	1g
Quiche, Bacon and Cheese <i>Contains Egg, Milk, Soy, Wheat.</i>	1 slice	113g	290	190	21g	8g	0g	90mg	730mg	15g	1g	1g	10g
Quiche, Bacon and Cheese Mini <i>Contains Egg, Milk, Soy, Wheat.</i>	1 each	86g	250	160	18g	6g	0g	60mg	600mg	15g	0g	2g	7g
Quiche, Spinach <i>Contains Egg, Milk, Soy, Wheat.</i>	1 slice	102g	240	160	18g	6g	0g	80mg	480mg	14g	1g	1g	6g
Quiche, Spinach Mini <i>Contains Egg, Milk, Soy, Wheat.</i>	1 each	86g	230	150	17g	6g	0g	60mg	480mg	15g	0g	1g	5g
Sugar, Brown	1 Tbsp	14g	50	0	0g	0g	0g	0mg	0mg	14g	0g	13g	0g
Syrup, Blueberry	2 Tbsp	34g	120	0	0g	0g	0g	0mg	30mg	28g	0g	26g	0g
Syrup, Maple	2 Tbsp	34g	120	0	0g	0g	0g	0mg	0mg	30g	0g	30g	0g
Syrup, Pecan <i>Contains Milk.</i>	2 Tbsp	28g	80	0	0g	0g	0g	0mg	15mg	20g	0g	13g	0g
Syrup, Strawberry	2 Tbsp	34g	90	0	0g	0g	0g	0mg	0mg	26g	0g	25g	0g
Syrup, Sugarfree	2 Tbsp	30g	15	0	0g	0g	0g	0mg	55mg	6g	0g	0g	0g
Topping, Apple	2 Tbsp	35g	30	0	0g	0g	0g	0mg	25mg	8g	0g	6g	0g
Topping, Fruit Cherry	2 Tbsp	33g	40	0	0g	0g	0g	0mg	15mg	10g	0g	7g	0g
Topping, Fruit Peach	2 Tbsp	34g	35	0	0g	0g	0g	0mg	10mg	9g	0g	8g	0g
Topping, Fruit Strawberry	2 Tbsp	34g	40	0	0g	0g	0g	0mg	0mg	10g	0g	10g	0g
Topping, Pineapple Fruit	2 Tbsp	32g	35	0	0g	0g	0g	0mg	20mg	8g	0g	7g	0g
Topping, Whipped	2 Tbsp	8g	25	15	2g	2g	0g	0mg	0mg	2g	0g	2g	0g
Turkey Bacon, Canadian	2 piece	42g	50	25	2.5g	1g	0g	30mg	310mg	0g	0g	0g	6g
Turkey Sausage	1 each	28g	90	25	2.5g	0.5g	0g	20mg	135mg	0g	0g	0g	8g
Turnover, Apple <i>Contains Egg, Soy, Wheat.</i>	1 each	80g	210	70	8g	4.5g	0g	0mg	100mg	33g	1g	21g	2g
Turnover, Cherry <i>Contains Egg, Soy, Wheat.</i>	1 each	80g	210	70	8g	4.5g	0g	0mg	95mg	33g	1g	20g	3g
Waffles <i>Contains Milk, Wheat.</i>	1 each	47g	60	5	0g	0g	0g	0mg	250mg	14g	0g	3g	2g

HOT SOUPS & POTATO													
	Serving Size	Gram Weight (g)	Calories	Calories From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Crackers, Captain's Wafers <i>Contains Wheat.</i>	10 each	28g	140	45	5g	0g	0g	0mg	210mg	18g	0g	2g	2g
Crackers, Oyster <i>Contains Wheat.</i>	1 package	14g	60	15	1.5g	0g	0g	0mg	135mg	10g	0g	0g	2g
Crackers, Saltines <i>Contains Wheat.</i>	1 package	6g	25	5	0.5g	0g	0g	0mg	55mg	4g	0g	0g	1g
Margarine <i>Contains Soy.</i>	1 Tbsp	14g	100	100	11g	2.5g	2.5g	0mg	105mg	0g	0g	0g	0g
Margarine, Trans Fat Free <i>Contains Soy.</i>	1 Tbsp	14g	100	100	11g	4.5g	0g	0mg	105mg	0g	0g	0g	0g
Pork Posole <i>Contains Soy.</i>	1 cup	245g	130	45	5g	1.5g	0g	20mg	1150mg	13g	4g	1g	6g
Potatoes, Baked	1 each	173g	160	0	0g	0g	0g	0mg	15mg	37g	4g	2g	4g
Soup, Broccoli Cheese <i>Contains Milk, Soy.</i>	1 cup	235g	190	110	12g	7g	0g	35mg	1030mg	13g	0g	8g	8g
Soup, Cajun Chicken	1 cup	246g	70	10	1g	0g	0g	10mg	750mg	10g	1g	2g	5g
Soup, Chicken Noodle <i>Contains Egg, Soy, Wheat.</i>	1 cup	232g	80	10	1.5g	0g	0g	20mg	900mg	12g	0g	1g	6g
Soup, Chili <i>Contains Soy, Wheat.</i>	1 cup	248g	230	80	9g	3g	1g	40mg	890mg	26g	8g	5g	15g
Soup, Clam Chowder <i>Contains Milk, Soy, Wheat.</i>	1 cup	235g	160	50	5g	2.5g	0g	15mg	730mg	18g	1g	9g	8g
Soup, Green Chili Stew	1 cup	240g	230	100	11g	4g	0g	50mg	470mg	13g	1g	3g	18g
Soup, Potato with Bacon <i>Contains Milk, Soy, Wheat.</i>	1 cup	240g	190	80	9g	3.5g	0.5g	15mg	1030mg	23g	1g	8g	6g
Soup, Potato with Bacon Trans Fat Free <i>Contains Milk, Soy, Wheat.</i>	1 cup	240g	200	80	9g	4g	0g	20mg	870mg	22g	1g	8g	7g
Soup, Tomato <i>Contains Milk, Wheat.</i>	1 cup	250g	170	30	3.5g	2g	0g	10mg	620mg	29g	1g	19g	6g
Soup, Vegetable Beef <i>Contains Soy, Wheat.</i>	1 cup	227g	80	10	1g	0g	0g	5mg	1080mg	14g	2g	3g	4g
Soup, White Bean and Ham <i>Contains Soy, Wheat.</i>	1 cup	245g	180	35	4g	1g	0g	10mg	1000mg	24g	7g	4g	12g

BEVERAGES	Serving Size	Gram Weight (g)	Calories	Calories From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Beverage, Green Tea with Peach	12 fl oz	340g	120	0	0g	0g	0g	0mg	35mg	31g	0g	31g	0g
Beverage, Green Tea with Peach Diet	12 fl oz	340g	0	0	0g	0g	0g	0mg	105mg	0g	0g	0g	0g
Beverage, Horchata <i>Contains Milk.</i>	12 fl oz	340g	230	40	4.5g	3g	0g	20mg	140mg	43g	0g	36g	5g
Beverage, Jamaica	12 fl oz	340g	150	0	0g	0g	0g	0mg	25mg	38g	0g	36g	0g
Beverage, Manzanita Sol	12 fl oz	340g	160	0	0g	0g	0g	0mg	35mg	43g	0g	42g	0g
Beverage, Mirinda Strawberry	12 fl oz	340g	160	0	0g	0g	0g	0mg	75mg	43g	0g	43g	0g
Beverage, Mountain Dew	12 fl oz	340g	160	0	0g	0g	0g	0mg	50mg	43g	0g	43g	0g
Beverage, Mountain Dew Diet	12 fl oz	340g	0	0	0g	0g	0g	0mg	60mg	0g	0g	0g	0g
Beverage, Pepsi	12 fl oz	340g	150	0	0g	0g	0g	0mg	30mg	42g	0g	42g	0g
Beverage, Pepsi Diet	12 fl oz	340g	0	0	0g	0g	0g	0mg	35mg	0g	0g	0g	0g
Beverage, Pepsi Diet, Caffeine Free	12 fl oz	340g	0	0	0g	0g	0g	0mg	35mg	0g	0g	0g	0g
Beverage, Pepsi MAX	12 fl oz	340g	0	0	0g	0g	0g	0mg	35mg	0g	0g	0g	0g
Beverage, Pepsi Wild Cherry	12 fl oz	340g	150	0	0g	0g	0g	0mg	30mg	42g	0g	42g	0g
Beverage, Raspberry Tea	12 fl oz	340g	170	0	0g	0g	0g	0mg	25mg	40g	0g	38g	0g
Beverage, Raspberry Tea Lipton	12 fl oz	340g	120	0	0g	0g	0g	0mg	35mg	31g	0g	31g	0g
Beverage, Root Beer	12 fl oz	340g	150	0	0g	0g	0g	0mg	20mg	39g	0g	39g	0g
Beverage, Sierra Mist	12 fl oz	340g	150	0	0g	0g	0g	0mg	30mg	40g	0g	40g	0g
Beverage, SoBe Energize Citrus <i>Contains Milk.</i>	12 fl oz	340g	160	0	0g	0g	0g	0mg	35mg	40g	0g	40g	0g
Beverage, SoBe Lean Cranberry Grapefruit	12 fl oz	340g	0	0	0g	0g	0g	0mg	35mg	0g	0g	0g	0g
Beverage, Tea Sweetened	12 fl oz	340g	130	0	0g	0g	0g	0mg	10mg	33g	0g	32g	0g
Beverage, Tea Unsweetened	12 fl oz	340g	5	0	0g	0g	0g	0mg	10mg	1g	0g	0g	0g
Beverage, Tropicana Fruit Punch	12 fl oz	340g	160	0	0g	0g	0g	0mg	35mg	45g	0g	45g	0g
Beverage, Tropicana Lemonade	12 fl oz	340g	150	0	0g	0g	0g	0mg	160mg	40g	0g	40g	0g
Beverage, Tropicana Light Lemonade	12 fl oz	340g	5	0	0g	0g	0g	0mg	140mg	0g	0g	0g	0g
Beverage, Tropicana Orange	12 fl oz	340g	160	0	0g	0g	0g	0mg	35mg	46g	0g	45g	0g
Beverage, Tropicana Pink Lemonade	12 fl oz	340g	150	0	0g	0g	0g	0mg	160mg	40g	0g	40g	0g