



0000054498

## Grilled Chicken Sandwich

Grilled Chicken Breast topped with Lettuce and Tomatoes on a Sesame Seed Bun

| <b>Nutritional Data</b> |          |                       |
|-------------------------|----------|-----------------------|
| Serving Size 1 Plate    |          | (342) g               |
| Amount Per Serving      |          |                       |
| Calories                | 520      | Calories From Fat 185 |
|                         |          | % Daily Value *       |
| Total Fat               | 20.6g    | 32%                   |
| Saturated Fat           | 2.2g     | 11%                   |
| Trans Fat               | 0g       |                       |
| Cholesterol             | 46.4mg   | 15%                   |
| Sodium                  | 1057.3mg | 44%                   |
| Total Carbohydrate      | 57.7g    | 19%                   |
| Dietary Fiber           | 5g       | 0%                    |
| Sugars                  | 5.5g     |                       |
| Protein                 | 25.3g    |                       |
| Vitamin A               | 39%      | Vitamin C 21%         |
| Calcium                 | 10%      | Iron 18%              |

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

### INGREDIENTS:

[Does not list ingredients for convenience (CONV) products]

POTATOES-FRENCH FRIES, SHOESTRING CSG

[Potato-French Fry, X-Long Shoestring 1/4"]

Deep Fat Frying Oil

Chicken Breast-MARNTD, Grill Mark,CKD,3z

Pickles-Dill, Spears

Hamburger Bun, Plain

Tomatoes-Fresh, 6x6

Lettuce-Leaf, Green

Onions-Red, Fresh

SEASONING-BURGER (CAMPUS)

[Salt

Onion Powder

Pepper-Black, Ground]

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0000039253

## Chicken Pot Pie

Chicken, Carrots, Potatoes and Peas Baked in a Creamy Chicken Gravy with a Flaky Pastry Crust

| Nutritional Data  |         |                       |
|---|---------|-----------------------|
| Serving Size 1 Cut-<br>4x6 FP   |         | (222) g               |
| Amount Per Serving  |         |                       |
| Calories  | 260     | Calories From Fat 126 |
|   |         | % Daily Value *       |
| Total Fat   | 14g     | 22%                   |
| Saturated Fat   | 5.1g    | 26%                   |
| Trans Fat   | 0g      |                       |
| Cholesterol   | 38.8mg  | 13%                   |
| Sodium  | 592.2mg | 25%                   |
| Total Carbohydrate  | 18.1g   | 6%                    |
| Dietary Fiber   | 2g      | 0%                    |
| Sugars  | 2.2g    |                       |
| Protein   | 15g     |                       |
| Vitamin A   | 106%    | Vitamin C 10%         |
| Calcium   | 3%      | Iron 7%               |
| * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. |         |                       |

**INGREDIENTS:**  
 [Does not list ingredients for convenience (CONV) products]  
 Water  
 CHICKEN-BREAST, GRILLED/ROASTED, STP GAR  
 [Chicken Breast-Boneless,SKNLS,Raw,Random]  
 Olive Oil  
 Garlic, Fresh  
 Pepper-Black, Ground  
 Carrots-Fresh  
 Potato-Chef, Peeled, Fresh (CONV)  
 Puff Pastry, Frozen, 10"x15"  
 Celery-Fresh  
 Onions-Yellow, Fresh  
 Margarine, 1# Prints  
 Peas, Frozen  
 All-Purpose Flour  
 Peppers-Red, Diced, Canned  
 Bases-Chicken, No MSG  
 Water  
 Eggs-Liquid, Pasteurized  
 Garlic, Granulated  
 Pepper-Black, Ground

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0000049887

## Spaghetti & Meat Sauce

| <b>Nutritional Data</b>   |       |                      |
|---|-------|----------------------|
| Serving Size 4z<br>Noodle+2z SC   |       | (175) g              |
| Amount Per Serving  |       |                      |
| Calories 266  |       | Calories From Fat 49 |
| % Daily Value *   |       |                      |
| Total Fat   | 5.4g  | 8%                   |
| Saturated Fat   | 1.4g  | 7%                   |
| Trans Fat   | 0.1g  |                      |
| Cholesterol   | 8.9mg | 3%                   |
| Sodium  | 445mg | 19%                  |
| Total Carbohydrate  | 43.4g | 14%                  |
| Dietary Fiber   | 2.8g  | 0%                   |
| Sugars  | 4.4g  |                      |
| Protein   | 9.7g  |                      |
| Vitamin A 16%   |       | Vitamin C 4%         |
| Calcium 6%  |       | Iron 12%             |
| * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. |       |                      |

### INGREDIENTS:

[Does not list ingredients for convenience (CONV) products]

NOODLES-SPAGHETTI (GOLD STANDARD)

[Water]

Ice Cubes

Spaghetti Noodles, Dry

Salt, Kosher

Canola Oil

SAUCE-BOLOGNESE (CONV)

[Sauce-Marinara, Deluxe, Canned]

Ground Pork, 80% Lean, Raw

Ground Beef, 80/20, Raw

Onions-Yellow, Diced 1/4", Fresh (CONV)

Wine-Burgundy, Cooking

Carrots-Diced 1/4", Fresh (CONV)

Olive Oil

Basil-Fresh

Garlic, Fresh

Salt, Kosher

Pepper-Black, Ground

Parmesan Cheese, Grated (CONV)

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0000050514

## Spaghetti with Marinara Sauce

| Nutritional Data  |                      |                             |
|---|----------------------|-----------------------------|
| Serving Size 4z   |                      | (234) g                     |
| Noodle+4z SC  |                      |                             |
| Amount Per Serving  |                      |                             |
| <b>Calories</b>   | <b>284</b>           | <b>Calories From Fat 37</b> |
| % Daily Value *   |                      |                             |
| <b>Total Fat</b>  | 4.1g                 | 6%                          |
| Saturated Fat   | 0.8g                 | 4%                          |
| Trans Fat   | 0g                   |                             |
| <b>Cholesterol</b>  | 2.3mg                | 1%                          |
| <b>Sodium</b>   | 793.9mg              | 33%                         |
| <b>Total Carbohydrate</b>   | 52.1g                | 17%                         |
| Dietary Fiber   | 4.7g                 | 0%                          |
| Sugars  | 9.2g                 |                             |
| <b>Protein</b>  | 9.1g                 |                             |
| <b>Vitamin A</b> 49%  | <b>Vitamin C</b> 10% |                             |
| <b>Calcium</b> 8%   | <b>Iron</b> 13%      |                             |
| * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. |                      |                             |

### INGREDIENTS:

[Does not list ingredients for convenience (CONV) products]

SAUCE-MARINARA SOFRITO CONVENIENCE

[Sauce-Marinara, Deluxe, Canned]

Onions-Yellow, Fresh

Carrots-Fresh

Olive Oil

Basil-Fresh

Garlic, Fresh

Salt, Kosher

Pepper-Black, Ground

NOODLES-SPAGHETTI (GOLD STANDARD)

[Water]

Ice Cubes

Spaghetti Noodles, Dry

Salt, Kosher

Canola Oil

Parmesan Cheese, Grated (CONV)

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0000051549

## Vegetarian Stuffed Portobello Mushrooms

Delicious Roasted Portobello Caps Stuffed with Sauteed Fresh Vegetables and Topped with Mozzarella & Feta Cheeses

### Nutritional Data

Serving Size 1  
Mushroom+1 oz LDL (377) g

#### Amount Per Serving

Calories 506 Calories From Fat 378

% Daily Value \*

Total Fat 42g 65%

Saturated Fat 9.5g 48%

Trans Fat 0g

Cholesterol 26.1mg 9%

Sodium 748.6mg 31%

Total Carbohydrate 24.5g 8%

Dietary Fiber 4.3g 0%

Sugars 16.3g

Protein 12.2g

Vitamin A 120% Vitamin C 291%

Calcium 28% Iron 14%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

### INGREDIENTS:

[Does not list ingredients for convenience (CONV) products]

Mushrooms-Portobello, Fresh

Tomatoes-Fresh, 5x6

Peppers-Red, Fresh

Peppers-Yellow, Fresh

VINAIGRETTE-TOMATO, ROASTED

[Tomatoes-Fresh, 5x6]

Honey, Bulk

Red Wine Vinegar

Shallots, Fresh

Olive Oil

Mustard-Dijon

Salt

Olive Oil

Garlic, Fresh

Salt

Pepper-Black, Ground

Peppers-Green, Fresh

Apple Cider Vinegar

Olive Oil

Mozzarella Cheese, Shredded, Part Skim

Honey, Bulk

Feta Cheese

Squash-Yellow, Fresh

Zucchini-Fresh

Olive Oil

Olive Oil

Garlic, Fresh

Salt

Garlic, Fresh

Thyme, Fresh

Pepper-Black, Ground

Basil-Fresh

Salt

Pepper-Black, Ground

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The nutrient values are for the edible portion of the recipe. The nutrient information displayed for each item is



0000054524

## Rotisserie Chicken

Crisp on the Outside, Tender Inside: Hearty & Scrumptious Rotisserie Roasted Chicken

| Nutritional Data          |         |                       |
|---------------------------|---------|-----------------------|
| Serving Size 1 Quarter    |         | (178) g               |
| Amount Per Serving        |         |                       |
| Calories                  | 380     | Calories From Fat 278 |
|                           |         | % Daily Value *       |
| <b>Total Fat</b>          | 30.9g   | 48%                   |
| Saturated Fat             | 7g      | 35%                   |
| Trans Fat                 | 0g      |                       |
| <b>Cholesterol</b>        | 100.4mg | 33%                   |
| <b>Sodium</b>             | 240.2mg | 10%                   |
| <b>Total Carbohydrate</b> | 0.3g    | 0%                    |
| Dietary Fiber             | 0.1g    | 0%                    |
| Sugars                    | 0.1g    |                       |
| <b>Protein</b>            | 23.6g   |                       |
| Vitamin A                 | 6%      | Vitamin C 0%          |
| Calcium                   | 2%      | Iron 8%               |

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**INGREDIENTS:**  
 [Does not list ingredients for convenience (CONV) products]  
 Chicken Fryer, Whole, Raw  
 BASE-CHICKEN, RECONSTITUTED  
 [Water]  
 Bases-Chicken, No MSG  
 Canola Olive Oil Blend, 80:20  
 Seasoning-Rotisserie Chicken

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0000049948

## Herbed Baked Pollock

Baked Pollack Fillets Coated with Herb Seasoned Bread Crumbs

### Nutritional Data

Serving Size 1 Fillet (116) g

#### Amount Per Serving

Calories 184      Calories From Fat 54

**% Daily Value \***

Total Fat 6g 9%

Saturated Fat 0.8g 4%

Trans Fat 0g

Cholesterol 64.4mg 21%

Sodium 212.7mg 9%

Total Carbohydrate 11.6g 4%

Dietary Fiber 0.6g 0%

Sugars 0.1g

Protein 19.6g

Vitamin A 13%      Vitamin C 8%

Calcium 7%      Iron 8%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

### INGREDIENTS:

[Does not list ingredients for convenience (CONV) products]

Pollock Fillets, Raw, Frozen

Bread Crumbs-White, Fresh

Olive Oil

Parsley-Fresh

Basil-Fresh

Salt


Thyme, Leaf, Dried

Pepper-White, Ground

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0000062938

## Broccoli Alfredo Pasta

| <b>Nutritional Data</b>   |                       |     |
|---|-----------------------|-----|
| Serving Size 1<br>Casserette  | (446) g               |     |
| Amount Per Serving  |                       |     |
| Calories 485  | Calories From Fat 138 |     |
| % Daily Value *   |                       |     |
| Total Fat   | 15.3g                 | 24% |
| Saturated Fat   | 7.8g                  | 39% |
| Trans Fat   | 0g                    |     |
| Cholesterol   | 42.9mg                | 14% |
| Sodium  | 1488.4mg              | 62% |
| Total Carbohydrate  | 64.6g                 | 22% |
| Dietary Fiber   | 5.2g                  | 0%  |
| Sugars  | 9.4g                  |     |
| Protein   | 22.7g                 |     |
| Vitamin A 37%   | Vitamin C 169%        |     |
| Calcium 46%   | Iron 16%              |     |
| * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. |                       |     |

**INGREDIENTS:**  
 [Does not list ingredients for convenience (CONV) products]  
 SAUCE-ALFREDO CONVENIENCE (SOL)  
 [Water]  
 Sauce Mix-Alfredo, Instant, RC Fine  
 Broccoli Florets, Fresh  
 NOODLES-ZITI (GOLD STD) (SOL)  
 [Water]  
 Ice Cubes  
 Ziti, Dry  
 Salt, Kosher  
 Canola Oil  
 Mozzarella Cheese, Shredded, Part Skim  
 Parmesan Cheese, Grated (CONV)

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0000047447

## Deep Fried Ravioli with Sauce

Deep-Fried Spagnoli Cheese Ravioli Dusted with Parmesan and Served with Marinara Sauce

### Nutritional Data

Serving Size 6  
Each+3z LDL Sauce (255) g

#### Amount Per Serving

Calories 463      Calories From Fat 184

% Daily Value \*

**Total Fat** 20.4g 31%

Saturated Fat 5.7g 29%

Trans Fat 0g

Cholesterol 71.4mg 24%

Sodium 928.6mg 39%

**Total Carbohydrate** 55.5g 19%

Dietary Fiber 4.1g 0%

Sugars 10g

**Protein** 15.1g

Vitamin A 28%      Vitamin C 8%

Calcium 23%      Iron 8%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

### INGREDIENTS:

[Does not list ingredients for convenience (CONV) products]

Ravioli-Cheese, Breaded, Frozen

Sauce-Marinara, Deluxe, Canned

Deep Fat Frying Oil


Parmesan Cheese, Grated (CONV)

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0000047054

## Beef Philly-Style Cheese Steak

Grilled Beef Philly Steak topped with Sweet Sautéed Onions and Provolone on a toasted Steak Roll

| Nutritional Data                |          |                       |
|---------------------------------|----------|-----------------------|
| Serving Size 1 Sandwich (233) g |          |                       |
| Amount Per Serving              |          |                       |
| Calories                        | 620      | Calories From Fat 213 |
| % Daily Value *                 |          |                       |
| Total Fat                       | 23.7g    | 36%                   |
| Saturated Fat                   | 8.9g     | 45%                   |
| Trans Fat                       | 0g       |                       |
| Cholesterol                     | 59.8mg   | 20%                   |
| Sodium                          | 1342.9mg | 56%                   |
| Total Carbohydrate              | 70g      | 23%                   |
| Dietary Fiber                   | 3.6g     | 0%                    |
| Sugars                          | 6.3g     |                       |
| Protein                         | 30.9g    |                       |
| Vitamin A                       | 12%      | Vitamin C 5%          |
| Calcium                         | 29%      | Iron 42%              |

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

| INGREDIENTS:  |
|---|
| [Does not list ingredients for convenience (CONV) products] |
| Roll-French, Sandwich Round, 4.23 oz                        |
| Steak-Sandwich, Marinated, Raw, 2.5 oz                      |
| SPREAD-MAYONNAISE, GARLIC DIJON ROASTED                     |
| [Mayonnaise, Low Calorie, No Cholesterol ]                  |
| Mustard-Dijon   |
| GARLIC-ROASTED CLOVES                                       |
| [Garlic, Fresh]   |
| Canola Olive Oil Blend, 80:20                               |
| Provolone Cheese  |
| ONIONS-YELLOW, SAUTEED (VEGETABLE OIL)                      |
| [Onions-Yellow, Fresh]                                      |
| Vegetable Salad Oil   |

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0000054002

**Teriyaki Chicken Breast**  
**Roasted Chicken Breast Glazed with Teriyaki Sauce**

| <b>Nutritional Data</b>   |                      |         |
|---|----------------------|---------|
| Serving Size 1 Breast   |                      | (120) g |
| Amount Per Serving  |                      |         |
| Calories 135  | Calories From Fat 22 |         |
| % Daily Value *   |                      |         |
| <b>Total Fat</b>  | 2.4g                 | 4%      |
| Saturated Fat   | 0.5g                 | 3%      |
| Trans Fat   | 0g                   |         |
| <b>Cholesterol</b>  | 59.8mg               | 20%     |
| <b>Sodium</b>   | 1509.3mg             | 63%     |
| <b>Total Carbohydrate</b>   | 5.1g                 | 2%      |
| Dietary Fiber   | 0.2g                 | 0%      |
| Sugars  | 5.1g                 |         |
| <b>Protein</b>  | 21.9g                |         |
| <b>Vitamin A</b> 1%   | <b>Vitamin C</b> 2%  |         |
| <b>Calcium</b> 1%   | <b>Iron</b> 4%       |         |
| * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. |                      |         |

**INGREDIENTS:**  
 [Does not list ingredients for convenience (CONV) products]  
 Chicken Breast-Boneless, Skinless,Raw,4z  
 Sauce-Teriyaki (CONV)  
 BASE-CHICKEN, RECONSTITUTED  
 [Water]  
 Bases-Chicken, No MSG

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0000044737

## Grilled Turkey & Bacon Melt

Roasted Turkey Breast, Crisp Bacon and Mild Cheddar Cheese Grilled to Perfection on Texas Toast

| <b>Nutritional Data</b>   |                              |     |
|---|------------------------------|-----|
| Serving Size 1<br>Sandwich  | (166) g                      |     |
| Amount Per Serving  |                              |     |
| <b>Calories</b> 455   | <b>Calories From Fat</b> 236 |     |
| % Daily Value *   |                              |     |
| <b>Total Fat</b>  | 26.2g                        | 40% |
| Saturated Fat   | 10g                          | 50% |
| Trans Fat   | 0g                           |     |
| <b>Cholesterol</b>  | 61.9mg                       | 21% |
| <b>Sodium</b>   | 1412.5mg                     | 59% |
| <b>Total Carbohydrate</b>   | 35.8g                        | 12% |
| Dietary Fiber   | 1.1g                         | 0%  |
| Sugars  | 3.1g                         |     |
| <b>Protein</b>  | 26.9g                        |     |
| Vitamin A 16%   | Vitamin C 1%                 |     |
| Calcium 28%   | Iron 22%                     |     |
| * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. |                              |     |

### INGREDIENTS:

[Does not list ingredients for convenience (CONV) products]

Texas Toast, White, .75" Slice  
 Turkey Breast-Oven Roast, BNLSS, SKNLS  
 Cheddar Cheese, Mild  
 Bacon Strips, Cooked, .185 oz  
 Margarine, Whipped (CONV)

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0000061557

## Crispy Chicken Tenders

| <b>Nutritional Data</b>   |         |                       |
|---|---------|-----------------------|
| Serving Size 3<br>Tenders   |         | (128) g               |
| Amount Per Serving  |         |                       |
| Calories  | 329     | Calories From Fat 173 |
| % Daily Value *   |         |                       |
| Total Fat   | 19.2g   | 30%                   |
| Saturated Fat   | 2.2g    | 11%                   |
| Trans Fat   | 0g      |                       |
| Cholesterol   | 33.7mg  | 11%                   |
| Sodium  | 789.9mg | 33%                   |
| Total Carbohydrate  | 22.6g   | 8%                    |
| Dietary Fiber   | 0.8g    | 0%                    |
| Sugars  | 0.3g    |                       |
| Protein   | 16.5g   |                       |
| Vitamin A   | 1%      | Vitamin C 2%          |
| Calcium   | 2%      | Iron 8%               |
| * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. |         |                       |

### INGREDIENTS:

[Does not list Ingredients for convenience (CONV) products]

Chicken TEND Fritters, BRD,Southern Raw

Deep Fat Frying Oil

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0000034207

## Asian Marinated Roast Pork Loin

Sliced Roast Pork Loin Marinated with Honey, Black Bean Sauce, Five-Spice and Soy Sauce

| <b>Nutritional Data</b>   |                     |                       |
|---|---------------------|-----------------------|
| Serving Size 4 oz   |                     | (113) g               |
| Amount Per Serving  |                     |                       |
| Calories  | 212                 | Calories From Fat 110 |
| % Daily Value *   |                     |                       |
| <b>Total Fat</b>  | 12.2g               | 19%                   |
| Saturated Fat   | 4.3g                | 22%                   |
| Trans Fat   | 0g                  |                       |
| <b>Cholesterol</b>  | 65.8mg              | 22%                   |
| <b>Sodium</b>   | 64.1mg              | 3%                    |
| <b>Total Carbohydrate</b>   | 0.6g                | 0%                    |
| Dietary Fiber   | 0g                  | 0%                    |
| Sugars  | 0.6g                |                       |
| <b>Protein</b>  | 23.2g               |                       |
| <b>Vitamin A</b> 0%   | <b>Vitamin C</b> 1% |                       |
| <b>Calcium</b> 2%   | <b>Iron</b> 4%      |                       |
| * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. |                     |                       |

### INGREDIENTS:

[Does not list ingredients for convenience (CONV) products]

Pork Loin-Canadian Back, Raw (HC)

Honey, Bulk

Brown Sugar, Light

Sauce-Soy

Sauce-Black Bean, Garlic (CONV)

Wine-Rice (Mirin)

Sauce-Hoisin (CONV)

Chinese Five-Spice

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0000046905

## Fettuccini Alfredo

Fettuccine Tossed with a Rich Alfredo Sauce Finished with Parmesan and Romano Cheese

| <b>Nutritional Data</b>   |          |                       |
|---------------------------|----------|-----------------------|
| Serving Size              | 12 oz    | (346) g               |
| Amount Per Serving        |          |                       |
| Calories                  | 592      | Calories From Fat 167 |
| % Daily Value *           |          |                       |
| <b>Total Fat</b>          | 18.6g    | 29%                   |
| Saturated Fat             | 4.5g     | 23%                   |
| Trans Fat                 | 0g       |                       |
| <b>Cholesterol</b>        | 16.7mg   | 6%                    |
| <b>Sodium</b>             | 1006.5mg | 42%                   |
| <b>Total Carbohydrate</b> | 88.1g    | 29%                   |
| Dietary Fiber             | 3.7g     | 0%                    |
| Sugars                    | 6.8g     |                       |
| <b>Protein</b>            | 16.2g    |                       |
| <b>Vitamin A</b> 4%       |          | <b>Vitamin C</b> 1%   |
| <b>Calcium</b> 14%        |          | <b>Iron</b> 19%       |

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

### INGREDIENTS:

[Does not list ingredients for convenience (CONV) products]

#### NOODLES-FETTUCCINI (GOLD STANDARD)

[Water]  
Ice Cubes  
Fettuccine, Dry  
Salt, Kosher  
Canola Oil


#### SAUCE-ALFREDO CONVENIENCE

[Water]  
Sauce Mix-Alfredo, Instant, RC Fine  
Olive Oil  
Garlic, Fresh

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000008889

## Curly French Fries

| <b>Nutritional Data</b>   |                       |        |
|---|-----------------------|--------|
| Serving Size 3 oz   |                       | (85) g |
| Amount Per Serving  |                       |        |
| Calories 196  | Calories From Fat 116 |        |
| % Daily Value *   |                       |        |
| Total Fat   | 12.9g                 | 20%    |
| Saturated Fat   | 1.3g                  | 7%     |
| Trans Fat   | 0g                    |        |
| Cholesterol   | 0mg                   | 0%     |
| Sodium  | 35.8mg                | 1%     |
| Total Carbohydrate  | 17.8g                 | 6%     |
| Dietary Fiber   | 2.3g                  | 0%     |
| Sugars  | 0.3g                  |        |
| Protein   | 2.4g                  |        |
| Vitamin A 0%  | Vitamin C 8%          |        |
| Calcium 1%  | Iron 1%               |        |
| * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. |                       |        |

### INGREDIENTS:

[Does not list ingredients for convenience (CONV) products]


Potato-French Fry, Curly, Twister

Deep Fat Frying Oil

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0000058141

## Chicken Nuggets

The New, All-American Comfort Food: Crunchy, Crispy, Quick-Fried Chicken Nuggets

| <b>Nutritional Data</b>   |                       |         |
|---|-----------------------|---------|
| Serving Size 6 oz   |                       | (170) g |
| Amount Per Serving  |                       |         |
| Calories 449  | Calories From Fat 257 |         |
| % Daily Value *   |                       |         |
| <b>Total Fat</b>  | 28.6g                 | 44%     |
| Saturated Fat   | 4.3g                  | 22%     |
| Trans Fat   | 0g                    |         |
| <b>Cholesterol</b>  | 61.5mg                | 21%     |
| <b>Sodium</b>   | 861.4mg               | 36%     |
| <b>Total Carbohydrate</b>   | 24.1g                 | 8%      |
| Dietary Fiber   | 1.1g                  | 0%      |
| Sugars  | 0.7g                  |         |
| <b>Protein</b>  | 23.2g                 |         |
| Vitamin A 4%  | Vitamin C 2%          |         |
| Calcium 3%  | Iron 6%               |         |
| * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. |                       |         |

### INGREDIENTS:

[Does not list ingredients for convenience (CONV) products]

Chicken Nuggets, BRD, CKD, Applause, .62z

Deep Fat Frying Oil

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0000050065

## Baked Penne Rustica

Baked Whole Wheat Penne Pasta with Garden Vegetable Marinara, Fresh Spinach, & Pulled Chicken, with Mozzarella on Top

| <b>Nutritional Data</b>   |         |                      |
|---|---------|----------------------|
| Serving Size  | 10.5 oz | (298) g              |
| Amount Per Serving  |         |                      |
| Calories  | 395     | Calories From Fat 62 |
| % Daily Value *   |         |                      |
| <b>Total Fat</b>  | 6.9g    | 11%                  |
| Saturated Fat   | 2.4g    | 12%                  |
| Trans Fat   | 0g      |                      |
| <b>Cholesterol</b>  | 44.3mg  | 15%                  |
| <b>Sodium</b>   | 533.5mg | 22%                  |
| <b>Total Carbohydrate</b>   | 55.9g   | 19%                  |
| Dietary Fiber   | 7.5g    | 0%                   |
| Sugars  | 3.4g    |                      |
| <b>Protein</b>  | 32.1g   |                      |
| Vitamin A   | 148%    | Vitamin C 17%        |
| Calcium   | 17%     | Iron 22%             |
| * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. |         |                      |

### INGREDIENTS:

[Does not list ingredients for convenience (CONV) products]

NOODLES-PENNE WW (GOLD STANDARD)

[Water]

Ice Cubes

Penne Rigate, Whole Wheat, Dry

Salt, Kosher

Canola Oil

Chicken-Pulled, White, Cooked

SAUCE-MARINARA SOFRITO CONVENIENCE

[Sauce-Marinara, Deluxe, Canned]

Onions-Yellow, Fresh

Carrots-Fresh

Olive Oil

Basil-Fresh

Garlic, Fresh

Salt, Kosher

Pepper-Black, Ground

Spinach, Fresh

Mushrooms-Fresh

Mozzarella Cheese, Shredded, Part Skim

Carrots-Matchstick, Fresh (CONV)

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0000048229

## Grilled Teriyaki Salmon

Salmon Coated in Teriyaki Glaze and Grilled

| <b>Nutritional Data</b>   |        |                      |
|---|--------|----------------------|
| Serving Size 1 Fillet   |        | (162) g              |
| Amount Per Serving  |        |                      |
| Calories  | 228    | Calories From Fat 76 |
| % Daily Value *   |        |                      |
| Total Fat   | 8.4g   | 13%                  |
| Saturated Fat   | 1.3g   | 7%                   |
| Trans Fat   | 0g     |                      |
| Cholesterol   | 73.2mg | 24%                  |
| Sodium  | 763mg  | 32%                  |
| Total Carbohydrate  | 8.8g   | 3%                   |
| Dietary Fiber   | 0.2g   | 0%                   |
| Sugars  | 6.1g   |                      |
| Protein   | 27.5g  |                      |
| Vitamin A   | 2%     | Vitamin C 0%         |
| Calcium   | 3%     | Iron 8%              |
| * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. |        |                      |

**INGREDIENTS:**  
 [Does not list ingredients for convenience (CONV) products]  
 Glaze-Teriyaki (CONV)  
 Salmon Fillets, Raw, 6 oz.

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0000047872

## Vegetarian Fried Rice

Rice Stir Fried with Fresh Vegetables, Ginger & Garlic

| <b>Nutritional Data</b>   |                      |         |
|---|----------------------|---------|
| Serving Size 4 oz   |                      | (113) g |
| Amount Per Serving  |                      |         |
| Calories 125  | Calories From Fat 42 |         |
| % Daily Value *   |                      |         |
| <b>Total Fat</b>  | 4.7g                 | 7%      |
| Saturated Fat   | 0.8g                 | 4%      |
| Trans Fat   | 0g                   |         |
| <b>Cholesterol</b>  | 0mg                  | 0%      |
| <b>Sodium</b>   | 623.9mg              | 26%     |
| <b>Total Carbohydrate</b>   | 17.9g                | 6%      |
| Dietary Fiber   | 2.1g                 | 0%      |
| Sugars  | 2.2g                 |         |
| <b>Protein</b>  | 3.1g                 |         |
| Vitamin A 106%  | Vitamin C 8%         |         |
| Calcium 3%  | Iron 7%              |         |
| * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. |                      |         |

### INGREDIENTS:

[Does not list ingredients for convenience (CONV) products]

RICE-WHITE, GOLD STANDARD

[Water]

Rice-White, Converted, Raw

Margarine, 1# Prints

Salt, Kosher

Pepper-White, Ground

Carrots-Fresh

Peas, Frozen

Sauce-Soy

Onions-Yellow, Fresh

Celery-Fresh

Onions-Green, Fresh (Scallions)

Vegetable Salad Oil

Onions-Green, Fresh (Scallions)

Ginger Root, Fresh

Garlic, Fresh

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0000038217

## Vegetable Spring Rolls

Vegetarian Spring Roll Flash Fried and Served with Chinese Sweet & Sour Sauce

| <b>Nutritional Data</b>   |                      |        |
|---|----------------------|--------|
| Serving Size 1 Spring Roll  |                      | (41) g |
| Amount Per Serving  |                      |        |
| Calories 89   | Calories From Fat 42 |        |
| % Daily Value *   |                      |        |
| <b>Total Fat</b>  | 4.7g                 | 7%     |
| Saturated Fat   | 0.5g                 | 3%     |
| Trans Fat   | 0g                   |        |
| <b>Cholesterol</b>  | 0mg                  | 0%     |
| <b>Sodium</b>   | 184.4mg              | 8%     |
| <b>Total Carbohydrate</b>   | 10.8g                | 4%     |
| Dietary Fiber   | 0.6g                 | 0%     |
| Sugars  | 3.1g                 |        |
| <b>Protein</b>  | 1.2g                 |        |
| <b>Vitamin A</b> 11%  | <b>Vitamin C</b> 6%  |        |
| <b>Calcium</b> 1%   | <b>Iron</b> 2%       |        |
| * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. |                      |        |

### INGREDIENTS:

[Does not list ingredients for convenience (CONV) products]

Spring Roll, Vegetable, 1 oz

Sauce-Sweet & Sour, Minor's (CONV)

Deep Fat Frying Oil

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0000046894

## Grilled Chicken Fajitas

Seasoned Grilled Chicken and Vegetables with Lettuce, Salsa and Cheese in a Warm Flour Tortilla

| <b>Nutritional Data</b>   |                       |         |
|---|-----------------------|---------|
| Serving Size 1 Fajita   |                       | (261) g |
| Amount Per Serving  |                       |         |
| Calories 472  | Calories From Fat 154 |         |
| % Daily Value *   |                       |         |
| Total Fat   | 17.1g                 | 26%     |
| Saturated Fat   | 4.8g                  | 24%     |
| Trans Fat   | 0g                    |         |
| Cholesterol   | 42.3mg                | 14%     |
| Sodium  | 760.3mg               | 32%     |
| Total Carbohydrate  | 56.8g                 | 19%     |
| Dietary Fiber   | 3.2g                  | 0%      |
| Sugars  | 4g                    |         |
| Protein   | 21.6g                 |         |
| Vitamin A 34%   | Vitamin C 82%         |         |
| Calcium 24%   | Iron 19%              |         |
| * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. |                       |         |

### INGREDIENTS:

[Does not list ingredients for convenience (CONV) products]

Tortilla-Flour (10")

RICE-WHITE, MEXICAN

[Water]

Rice-White, Converted, Raw

Tomatoes-Crushed, Canned

Onions-Yellow, Fresh

Peppers-Red, Fresh

Vegetable Salad Oil

Bases-Vegetable, Low Sodium, No MSG

Cilantro, Fresh

Garlic, Fresh

CHICKEN-BREAST, FIESTA LIME (RANDOM)

[Chicken Breast-Boneless,SKNLS,Raw,Random]

Canola Oil

Lime Juice, Fresh, Pasteurized (CONV)

Peppers-Chipotle, in Adobo, Canned

Onions-Yellow, Fresh

Cilantro, Fresh

Garlic, Fresh

VEGETABLE BLEND-FAJITA

[Peppers-Green, Julienne, Fresh (CONV)]

Onions-Yellow, Julienne, Fresh (CONV)

Peppers-Red, Julienne, Fresh (CONV)

Vegetable Salad Oil

Seasoning-Fajita

SALSA-CRUDA

[Tomatoes-Fresh, 6x6]

Onions-Red, Fresh

Lime Juice, Fresh, Pasteurized (CONV)

Cilantro, Fresh

Peppers-Jalapeno, Fresh

Pepper-Black, Ground

Cheddar Cheese, Mild, Shredded (CONV)

Lettuce-Iceberg, Shredded (CONV)

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0000047526

## Linguine with Light Clam Sauce

Garlicky Clam Sauce with Chopped Clams and Parmesan Romano Cheese, Served with Linguine

| Nutritional Data  |                      |     |
|---|----------------------|-----|
| Serving Size 4z<br>Noodles+4z LDL SC (255) g  |                      |     |
| Amount Per Serving  |                      |     |
| Calories 312  | Calories From Fat 72 |     |
| % Daily Value *   |                      |     |
| <b>Total Fat</b>  | 8g                   | 12% |
| Saturated Fat   | 1.8g                 | 9%  |
| Trans Fat   | 0g                   |     |
| <b>Cholesterol</b>  | 17.1mg               | 6%  |
| <b>Sodium</b>   | 289.2mg              | 12% |
| <b>Total Carbohydrate</b>   | 44g                  | 15% |
| Dietary Fiber   | 2.1g                 | 0%  |
| Sugars  | 2.5g                 |     |
| <b>Protein</b>  | 15.1g                |     |
| Vitamin A 11%   | Vitamin C 7%         |     |
| Calcium 11%   | Iron 16%             |     |
| * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. |                      |     |

### INGREDIENTS:

[Does not list ingredients for convenience (CONV) products]

NOODLES-LINGUINE (GOLD STANDARD)

[Water]  
Ice Cubes  
Linguine, Dry  
Salt, Kosher  
Canola Oil  
Water  
Onions-Yellow, Fresh  
Clams, Chopped, Canned  
Clam Juice, Canned  
Water  
Parmesan Romano Cheese Blend (CONV)  
Olive Oil  
All-Purpose Flour  
Parsley-Fresh  
Garlic, Fresh  
Bases-Chicken, Low Sodium, No MSG  
Basil-Sweet, Dried

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0000047447

## Deep Fried Ravioli with Sauce

Deep-Fried Spagnoli Cheese Ravioli Dusted with Parmesan and Served with Marinara Sauce

| <b>Nutritional Data</b>   |                       |     |
|---|-----------------------|-----|
| Serving Size 6 (255) g  |                       |     |
| Each+3z LDL Sauce   |                       |     |
| Amount Per Serving  |                       |     |
| Calories 463  | Calories From Fat 184 |     |
| % Daily Value *   |                       |     |
| Total Fat   | 20.4g                 | 31% |
| Saturated Fat   | 5.7g                  | 29% |
| Trans Fat   | 0g                    |     |
| Cholesterol   | 71.4mg                | 24% |
| Sodium  | 928.6mg               | 39% |
| Total Carbohydrate  | 55.5g                 | 19% |
| Dietary Fiber   | 4.1g                  | 0%  |
| Sugars  | 10g                   |     |
| Protein   | 15.1g                 |     |
| Vitamin A 28%   | Vitamin C 8%          |     |
| Calcium 23%   | Iron 8%               |     |
| * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. |                       |     |

### INGREDIENTS:

[Does not list ingredients for convenience (CONV) products]

Ravioli-Cheese, Breaded, Frozen  
 Sauce-Marinara, Deluxe, Canned  
 Deep Fat Frying Oil  
 Parmesan Cheese, Grated (CONV)

The nutrient information displayed for Sodexo recipes represents the known amount of a particular nutrient in a recipe. The recipes were analyzed using the CBORD database and additional information from food manufacturers. The data are averages only, and should be used as a guide.

The nutrient values are for the edible portion of the recipe. The nutrient information displayed for each item is the result of its exact preparation as stated in the recipe. Any deviation from the recipe such as product substitutions or changes to portion yield will render the information inaccurate. (Recipes are modified on occasion to better meet local preference in taste, or to accommodate a variety of preparation methods.) Although we strive to make the information as accurate as possible, nutrition analysis is not an exact science. Various factors including diet of animal, and food processing methods influence the amounts of nutrients in food. However, we hope this information will be useful to you, and assist you in your desire to achieve good health through healthful eating.

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