



0000046387

Spicy Pork Tenderloin Sandwich

Nutritional Data		
Serving Size 1 Sandwich	(232) g	
Amount Per Serving		
Calories 437	Calories From Fat 181	
% Daily Value *		
Total Fat	20.1g	31%
Saturated Fat	3.9g	20%
Trans Fat	0g	
Cholesterol	115.8mg	39%
Sodium	1586.1mg	66%
Total Carbohydrate	37.9g	13%
Dietary Fiber	1.9g	0%
Sugars	6.6g	
Protein	25.1g	
Vitamin A 41%	Vitamin C 8%	
Calcium 10%	Iron 17%	
* 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-Roast, Precooked
 Hamburger Bun-Sesame Seed (4")
 Eggs-Liquid, Pasteurized
 Bread Crumbs-Plain, Dry
 Tomatoes-Fresh, 6x6
 Sauce-Buffalo Wing (CONV)
 All-Purpose Flour
 Reduced Fat Milk, 2%, Gallon
 Lettuce-Leaf, Green
 Deep Fat Frying Oil
 Salt
 Onions-Yellow, Fresh
 Pepper-Black, Ground

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0000055620

Jerk Chicken Thigh

Caribbean Style Spicy, Tender, Juicy Chicken


Nutritional Data		
Serving Size 1 Thigh		(97) g
Amount Per Serving		
Calories 241	Calories From Fat 156	
% Daily Value *		
Total Fat	17.3g	27%
Saturated Fat	2.1g	11%
Trans Fat	0.1g	
Cholesterol	70.6mg	24%
Sodium	1209.7mg	50%
Total Carbohydrate	3.4g	1%
Dietary Fiber	0.9g	0%
Sugars	1.8g	
Protein	17g	
Vitamin A 13%	Vitamin C 3%	
Calcium 4%	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]
Chicken Thighs-Boneless,SKNLS,Raw,Random
Canola Olive Oil Blend, 80:20
Seasoning-Caribbean Jerk

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0000049192

Seasoned London Broil

Broiled London Broil Marinated with Chablis, Garlic, Cilantro, Soy Sauce, Cumin, Mustard and Tabasco

Nutritional Data		
Serving Size 4 oz		(113) g
Amount Per Serving		
Calories 191	Calories From Fat 88	
% Daily Value *		
Total Fat	9.8g	15%
Saturated Fat	3.5g	18%
Trans Fat	0g	
Cholesterol	65.6mg	22%
Sodium	303.6mg	13%
Total Carbohydrate	0.4g	0%
Dietary Fiber	0.1g	0%
Sugars	0g	
Protein	23.8g	
Vitamin A 0%	Vitamin C 1%	
Calcium 1%	Iron 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]
Beef Top Round, Raw, Seasoned
Canola Oil
Red Wine Vinegar
Wine-Chablis
Sauce-Soy
Mustard-Dijon
Garlic, Fresh
Cilantro, Fresh
Sauce-Tabasco, 2 fl oz Bottles
Coriander, Ground
Cumin, Ground
Pepper-Black, Ground
Thyme, Leaf, Dried

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0000047313

Cheese Stuffed Shells

Ricotta Cheese Stuffed Shell Macaroni Served with Marinara Sauce

Nutritional Data		
Serving Size 2 Shells+2z Ladle SC (175) g		
Amount Per Serving		
Calories	239	Calories From Fat 66
% Daily Value *		
Total Fat	7.3g	11%
Saturated Fat	4.2g	21%
Trans Fat	0g	
Cholesterol	43.2mg	14%
Sodium	591.6mg	25%
Total Carbohydrate	33.5g	11%
Dietary Fiber	2.7g	0%
Sugars	6.7g	
Protein	9.7g	
Vitamin A	20%	Vitamin C 5%
Calcium	15%	Iron 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]
 Shells-Stuffed With Cheese, Frozen
 Sauce-Marinara, Deluxe, Canned

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0000013100

Kansas City BBQ Brisket

Beef Brisket Marinated in a Brown Sugar Dry Rub Then Braised with a Smoky, Molasses BBQ Sauce

Nutritional Data		
Serving Size 4 oz+2oz Ladle Sauce		(170) g
Amount Per Serving		
Calories 363	Calories From Fat 146	
% Daily Value *		
Total Fat	16.2g	25%
Saturated Fat	6.4g	32%
Trans Fat	0g	
Cholesterol	66.8mg	22%
Sodium	1357.5mg	57%
Total Carbohydrate	40.4g	13%
Dietary Fiber	5.4g	0%
Sugars	33.4g	
Protein	13.9g	
Vitamin A 32%	Vitamin C 6%	
Calcium 6%	Iron 11%	
* 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]

Beef Brisket, Deckle Off, Raw

SAUCE-BBQ, KANSAS CITY

[Sauce-BBQ, Original (CONV)]

Brown Sugar, Dark

Molasses

Apple Cider Vinegar

Liquid Smoke

Water

SAUCE-BBQ, KANSAS CITY

[Sauce-BBQ, Original (CONV)]

Brown Sugar, Dark

Molasses

Apple Cider Vinegar

Liquid Smoke

RUB-KANSAS CITY DRY BBQ

[Brown Sugar, Dark]

Salt

Paprika

Onion, Granulated

Pepper-Black, Ground

Apple Juice, Canned

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0000034328

Grilled Chicken Breast

Chargrilled Chicken Breast Marinated in Olive Oil and Garlic

Nutritional Data		
Serving Size 1 Breast		(89) g
Amount Per Serving		
Calories 127	Calories From Fat 51	
% Daily Value *		
Total Fat	5.7g	9%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	53mg	18%
Sodium	580.6mg	24%
Total Carbohydrate	0.5g	0%
Dietary Fiber	0.1g	0%
Sugars	0g	
Protein	17.7g	
Vitamin A 1%	Vitamin C 2%	
Calcium 1%	Iron 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]

Chicken Breast-Boneless, Skinless,Raw,4z

Olive Oil

Salt

Garlic, Fresh

Pepper-Black, Ground

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0000050246

Sante Fe Black Bean & Rice Burrito

Nutritional Data		
Serving Size 1		(243) g
Burrito-10"		
Amount Per Serving		
Calories	387	Calories From Fat 79
% Daily Value *		
Total Fat	8.8g	14%
Saturated Fat	4.4g	22%
Trans Fat	0g	
Cholesterol	10.8mg	4%
Sodium	806.4mg	34%
Total Carbohydrate	60.8g	20%
Dietary Fiber	5.3g	0%
Sugars	1.3g	
Protein	14.2g	
Vitamin A	21%	Vitamin C 7%
Calcium	30%	Iron 21%
* 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-JASMINE, STEAMED

[Water]

Rice-Jasmine, Raw

BEANS-BLACK, SANTE FE

[Black Beans, Canned]

Lime Juice, Fresh, Pasteurized (CONV)

Cilantro, Fresh

Garlic, Fresh

Chili Powder

Oregano, Fresh

Salt

Cumin, Ground

Pepper-Black, Ground

Lettuce-Iceberg, Shredded (CONV)

Cheddar Cheese, Low Fat, Low Sodium

SALSA-CRUDA

[Tomatoes-Fresh, 6x6

Onions-Red, Fresh

Lime Juice, Fresh, Pasteurized (CONV)

Cilantro, Fresh

Peppers-Jalapeno, Fresh

Pepper-Black, Ground]

Cilantro, Fresh

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0000061568

Crispy Chicken Sandwich

Crispy breaded chicken fillet in plain bun with lettuce and tomato

Nutritional Data		
Serving Size 1 Sandwich		(170) g
Amount Per Serving		
Calories	359	Calories From Fat 128
% Daily Value *		
Total Fat	14.2g	22%
Saturated Fat	1.8g	9%
Trans Fat	0g	
Cholesterol	26.6mg	9%
Sodium	783.8mg	33%
Total Carbohydrate	41.2g	14%
Dietary Fiber	1.7g	0%
Sugars	4.3g	
Protein	16.4g	
Vitamin A	43%	Vitamin C 8%
Calcium	6%	Iron 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]
 Chicken Breast Fillet, 3-D, BRD,CKD,3oz
 Hamburger Bun, Plain, 4" (HARM)
 Tomatoes-Fresh, 6x6
 Lettuce-Leaf, Green
 Deep Fat Frying Oil

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0000050154

Baked Ziti

Comfort Classic of Ziti Pasta, Sweet Red Peppers, Onions, Mushrooms, & Savory Meat Sauce, Topped with Melted Mozzarella

Nutritional Data		
Serving Size 1 Cut- 2x4 HP (238) g		
Amount Per Serving		
Calories	573	Calories From Fat 201
		% Daily Value *
Total Fat	22.3g	34%
Saturated Fat	8.5g	43%
Trans Fat	0.1g	
Cholesterol	87.1mg	29%
Sodium	841.6mg	35%
Total Carbohydrate	49.9g	17%
Dietary Fiber	3.7g	0%
Sugars	6.2g	
Protein	42.7g	
Vitamin A	50%	Vitamin C 39%
Calcium	47%	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]

WB-PASTA-ZITI BAKED MIXTURE

[NOODLES-ZITI (GOLD STANDARD)]

[Water]

Ice Cubes

Ziti, 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

Mushrooms-Fresh

Onions-Yellow, Fresh

Peppers-Red, Fresh

Canola Oil

Mozzarella Cheese, Shredded, Part Skim

Chicken-Diced, Mixed,NAT Proportion,CKD

Parmesan Cheese, Grated (CONV)

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0000039263

Chicken & Cheese Quesadilla with Salsa

A Grilled Flour Tortilla with Monterey Jack Cheese and Fajita-Style Chicken, Served with Salsa

Nutritional Data	
Serving Size 1 Quesadilla	(200) g
Amount Per Serving	
Calories 471	Calories From Fat 207
% Daily Value *	
Total Fat 23g	35%
Saturated Fat 10.2g	51%
Trans Fat 0g	
Cholesterol 68.6mg	23%
Sodium 1020.3mg	43%
Total Carbohydrate 40.1g	13%
Dietary Fiber 2.3g	0%
Sugars 1.8g	
Protein 25.1g	
Vitamin A 32%	Vitamin C 20%
Calcium 48%	Iron 17%
* 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")

CHICKEN-BREAST, CHIPOTLE (RANDOM) YHYW

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

Lime Juice, Fresh, Pasteurized (CONV)

Olive Oil

Garlic, Fresh

Peppers-Chipotle, Dried

Chili Powder

Coriander, Ground

Cumin, Ground

Monterey Jack Cheese, Shredded (CONV)

Salsa, Thick & Chunky, Mild (CONV)

Pan & Griddle Oil

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0000047660

Pork Carnitas Soft Taco

Crisp Taco Shells Filled with Pork Carnitas, Shredded Lettuce, Tomato and Cheddar Cheese

Nutritional Data		
Serving Size 1 Taco (102) g		
Amount Per Serving		
Calories 214	Calories From Fat 104	
% Daily Value *		
Total Fat	11.5g	18%
Saturated Fat	4.5g	23%
Trans Fat	0g	
Cholesterol	23.2mg	8%
Sodium	346.5mg	14%
Total Carbohydrate	19.4g	6%
Dietary Fiber	1.3g	0%
Sugars	1.8g	
Protein	8.2g	
Vitamin A 15%	Vitamin C 15%	
Calcium 14%	Iron 9%	
* 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-BUTT, CARNITAS FILLING

[PORK-BUTT, CAROLINA (NO SAUCE)]

[Pork Butt, Boneless, Raw]

Apple Cider Vinegar

Salt, Kosher

Garlic Powder

Paprika

Pepper-Black, Ground

Onions-Red, Fresh

Orange Juice, Fresh, Pasteurized (CONV)

Lime Juice, Fresh, Pasteurized (CONV)

Garlic, Fresh

Vegetable Salad Oil

Cilantro, Fresh

Chili Powder-Chipotle

Cumin, Ground

Tortilla-Flour (6")

Tomatoes-Fresh, 6x6

Cheddar Cheese, Mild, Shredded (CONV)

Lettuce-Iceberg, Shredded (CONV)

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0000053436

Grilled Lemongrass Chicken

Boneless Chicken Breast Marinated in a Savory Lemongrass/Soy Sauce

Nutritional Data		
Serving Size 1 Breast		(84) g
Amount Per Serving		
Calories 98	Calories From Fat 22	
% Daily Value *		
Total Fat	2.4g	4%
Saturated Fat	0.5g	3%
Trans Fat	0g	
Cholesterol	53mg	18%
Sodium	114.3mg	5%
Total Carbohydrate	0.3g	0%
Dietary Fiber	0g	0%
Sugars	0.2g	
Protein	17.6g	
Vitamin A 1%	Vitamin C 2%	
Calcium 0%	Iron 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]
 Chicken Breast-Boneless,SKNLS,Raw,Random
MARINADE-LEMONGRASS
 [Water]
 Sauce-Soy
 Granulated Sugar
 Garlic, Fresh
 Lemon Grass, Fresh
 Pepper-White, Ground
 Vegetable Salad Oil

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0000010762

Cheese Ravioli
Cheese Stuffed Pasta "Pillows"

Nutritional Data		
Serving Size 5 Raviolis (142) g		
Amount Per Serving		
Calories	225	Calories From Fat 72
% Daily Value *		
Total Fat	8g	12%
Saturated Fat	4.3g	22%
Trans Fat	0g	
Cholesterol	57.2mg	19%
Sodium	456mg	19%
Total Carbohydrate	27.1g	9%
Dietary Fiber	4.2g	0%
Sugars	0.5g	
Protein	12.4g	
Vitamin A	10%	Vitamin C 1%
Calcium	17%	Iron 11%
* 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
 Ravioli-Cheese, Jumbo, Precooked, Frozen

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0000048076

Pesto Cream Sauce

A Creamy Alfredo Sauce Infused with Basil Pesto

Nutritional Data		
Serving Size 2 oz (60) g Ladle		
Amount Per Serving		
Calories 112	Calories From Fat 86	
% Daily Value *		
Total Fat	9.5g	15%
Saturated Fat	1.9g	10%
Trans Fat	0g	
Cholesterol	7.4mg	2%
Sodium	352.5mg	15%
Total Carbohydrate	4.9g	2%
Dietary Fiber	0.4g	0%
Sugars	1.6g	
Protein	1.7g	
Vitamin A 12%	Vitamin C 0%	
Calcium 6%	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]

SAUCE-ALFREDO CONVENIENCE

[Water]

Sauce Mix-Alfredo, Instant, RC Fine

Basil Pesto Sauce-Frozen

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0000038216

Fried Egg Rolls

Pork and Vegetable Egg Rolls Deep Fried and Served with Honey Mustard Sauce

Nutritional Data		
Serving Size	1 Egg Roll	(55) g
Amount Per Serving		
Calories	147	Calories From Fat 70
% Daily Value *		
Total Fat	7.8g	12%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Cholesterol	7mg	2%
Sodium	290.5mg	12%
Total Carbohydrate	15.5g	5%
Dietary Fiber	1g	0%
Sugars	4.8g	
Protein	3.8g	
Vitamin A	8%	Vitamin C 7%
Calcium	1%	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]

Egg Roll-Pork & Vegetable, 1.5 oz

Sauce-Honey Mustard (CONV)

Deep Fat Frying Oil

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0000056081

BBQ Beef Brisket Sandwich

Smoky BBQ Beef Brisket, Served on a Burger Bun with BBQ Sauce

Nutritional Data		
Serving Size 1 Sandwich		(168) g
Amount Per Serving		
Calories 358	Calories From Fat 107	
		% Daily Value *
Total Fat	11.9g	18%
Saturated Fat	3.8g	19%
Trans Fat	0g	
Cholesterol	48.6mg	16%
Sodium	1271.1mg	53%
Total Carbohydrate	45.2g	15%
Dietary Fiber	2.8g	0%
Sugars	21g	
Protein	18g	
Vitamin A 5%	Vitamin C 4%	
Calcium 5%	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]

BEEF-BRISKET, BBQ (LTO)

[Beef Brisket, BBQ, Cooked]

Sauce-BBQ, Original (CONV)

Hamburger Bun, Plain

Sauce-BBQ, Cannonball (CONV)

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0000015868

Taco Beef Soft Tacos

Taco Seasoned Beef with Cheddar, Lettuce and Tomato with Soft Flour Tortillas

Nutritional Data		
Serving Size 1 Taco (102) g		
Amount Per Serving		
Calories 199	Calories From Fat 89	
% Daily Value *		
Total Fat	9.9g	15%
Saturated Fat	4.4g	22%
Trans Fat	0.3g	
Cholesterol	26.1mg	9%
Sodium	411.2mg	17%
Total Carbohydrate	17.5g	6%
Dietary Fiber	1.1g	0%
Sugars	1.1g	
Protein	9.3g	
Vitamin A	14%	Vitamin C 4%
Calcium	14%	Iron 9%
* 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]

BEEF-GROUND, TACO FILLING

[Ground Beef, 80/20, Raw]

Water

Seasoning-Taco

Tomato Paste, Canned

Tortilla-Flour (6")

Tomatoes-Fresh, 6x6

Cheddar Cheese, Mild, Shredded (CONV)

Lettuce-Iceberg, Shredded (CONV)

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0000039856

Shrimp Creole with Rice

Spicy Bell Pepper Tomato Sauce with Blackened Ham and Tender Shrimp Served over Rice

Nutritional Data		
Serving Size	4 oz	(215) g
Ladle+3 oz Rice		
Amount Per Serving		
Calories	310	Calories From Fat 186
% Daily Value *		
Total Fat	20.7g	32%
Saturated Fat	8.8g	44%
Trans Fat	0.5g	
Cholesterol	122.2mg	41%
Sodium	1213mg	51%
Total Carbohydrate	16.3g	5%
Dietary Fiber	1.5g	0%
Sugars	3.8g	
Protein	15.4g	
Vitamin A	39%	Vitamin C 28%
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]

SAUCE-CREOLE "TASSO" (CS)

[Water]
 Tomatoes-Plum, Fresh
 Ham-Water Added,95%FF LS,Smoked,Boneless
 Butter Solids, 1# Prints
 Onions-Yellow, Fresh
 Peppers-Green, Fresh
 Celery-Fresh
 Olive Oil
 Onions-Green, Fresh (Scallions)
 Bases-Chicken, No MSG
 Garlic, Fresh
 Basil-Fresh
 Sauce-Worcestershire
 Oregano, Fresh
 Seasoning-Cajun
 Thyme, Fresh

Shrimp-Peeled, Deveined, Raw, 71-90ct

Seasoning-Cajun
 Pepper-Cayenne
 Pepper-Black, Ground

RICE-WHITE, GOLD STANDARD

[Water]
 Rice-White, Converted, Raw
 Margarine, 1# Prints
 Salt, Kosher
 Pepper-White, Ground

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0254005952

Cheese Tortellini

Nutritional Data		
Serving Size 8 oz		(227) g
Amount Per Serving		
Calories	462	Calories From Fat 110
% Daily Value *		
Total Fat	12.2g	19%
Saturated Fat	5.5g	28%
Trans Fat	0g	
Cholesterol	76.8mg	26%
Sodium	1104.1mg	46%
Total Carbohydrate	69g	23%
Dietary Fiber	2.9g	0%
Sugars	3.6g	
Protein	17.6g	
Vitamin A 10%	Vitamin C 0%	
Calcium 14%	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]
 Water
 Tortellini-Cheese, Frozen

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0000051959

Chicken Cordon Bleu, Fusion Style

An Updated Classic, Chicken Breast Stuffed with Ham & Melted Cheese, Breaded, Roasted & Served with Yummy Cheese Sauce

Nutritional Data		
Serving Size 1 Breast+Sauce	(340) g	
Amount Per Serving		
Calories 970	Calories From Fat 675	
% Daily Value *		
Total Fat	75g	115%
Saturated Fat	43.7g	219%
Trans Fat	1.5g	
Cholesterol	302.3mg	101%
Sodium	1703.6mg	71%
Total Carbohydrate	19.7g	7%
Dietary Fiber	1g	0%
Sugars	2.4g	
Protein	54.6g	
Vitamin A 80%	Vitamin C 4%	
Calcium 59%	Iron 9%	
* 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,6z
 Half & Half, Quarts
 Butter Solids, 1# Prints
 Prosciutto, Cooked
 Monterey Jack Cheese, Shredded (CONV)
 Monterey Jack Cheese, Shredded (CONV)
 Cream Cheese
 Bread Crumbs-Japanese (Panko)
 Butter Solids, 1# Prints
 Parmesan Cheese, Grated (CONV)
 Garlic, Fresh
 Seasoning-Old Bay
 Basil-Sweet, Dried
 Oregano, Leaf, Dried
 Pepper-Cayenne

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0096001231

Cream Sauce

Creamy Blend of Chicken Broth, Milk, Flour and Seasonings

Nutritional Data		
Serving Size	2 oz	(71) g
Ladle		
Amount Per Serving		
Calories	74	Calories From Fat 44
% Daily Value *		
Total Fat	4.9g	8%
Saturated Fat	2.5g	13%
Trans Fat	0g	
Cholesterol	2.5mg	1%
Sodium	283.9mg	12%
Total Carbohydrate	5.8g	2%
Dietary Fiber	0.2g	0%
Sugars	1.7g	
Protein	1.6g	
Vitamin A	10%	Vitamin C 0%
Calcium	4%	Iron 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]

Reduced Fat Milk, 2%, Gallon

Water

Margarine, 1# Prints

All-Purpose Flour

Bases-Vegetable, No MSG

Salt

Pepper-White, Ground

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0000039859

Roasted Tilapia

A New Comfort Food, Good for You and Eco-Friendly -- Tilapia Fillets Delicately Seasoned & Roasted Till Light and Flaky

Nutritional Data		
Serving Size 1 Fillet		(104) g
Amount Per Serving		
Calories	112	Calories From Fat 27
		% Daily Value *
Total Fat	3g	5%
Saturated Fat	0.8g	4%
Trans Fat	0g	
Cholesterol	49.4mg	16%
Sodium	231.4mg	10%
Total Carbohydrate	1.2g	0%
Dietary Fiber	0.2g	0%
Sugars	0g	
Protein	20.1g	
Vitamin A	0%	Vitamin C 2%
Calcium	2%	Iron 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]

Tilapia Fillets, Raw, Frozen

Garlic, Fresh

Olive Oil

Salt, Kosher

Rosemary, Dried

Pepper-Black, Ground

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