

| Name | Portion Unit | KCAL | FAT | SFA | FATR | CHOL | NA | CHO | TDFB | SUGR | PRO | VTAIU | VITC | FE | CA | VTDIU | K | P | ZN | B2 | B1 |
|--|--------------|-------|--------|---------|---------------------|---------------------|-------|--------|------|-------|--------|-----------|-------|------|----------|----------------------|---------------------|----------------------|--------------------|--------------------|--------------------|
| KeyName | | KCAL | Gram | Gram | Gram | MG | MG | Gram | Gram | Gram | Gram | IU | MG | MG | MG | IU | MG | MG | MG | MG | MG |
| Alfredo Sauce 0173905 | 1 Serving | 8,478 | 782.97 | 500.914 | 0.000 | <u>2,281</u> | 8,333 | 134.03 | 0.0 | 91.83 | 134.51 | 28,206.23 | 20.03 | 0.00 | 3,730.23 | <u>834.69</u> | <u>3,172</u> | | | | |
| Apple Basil Burger 0173906 | 1 Serving | 486 | 35.00 | 14.900 | <u>0.000</u> | <u>165</u> | 139 | 4.98 | 1.0 | 3.44 | 35.44 | 131.58 | 13.34 | 3.14 | 7.30 | | <u>58</u> | <u>6.24</u> | <u>0.04</u> | <u>0.02</u> | <u>0.02</u> |
| Apple Rosemary Pork Roast 0173907 | 1 Serving | 206 | 5.96 | 1.740 | <u>0.000</u> | 81 | 393 | 6.90 | 1.2 | 5.20 | 37.40 | 27.00 | 2.30 | 2.98 | 3.14 | | <u>54</u> | <u>5.50</u> | <u>0.02</u> | <u>0.02</u> | <u>0.00</u> |
| Bacon Cheddar Meatloaf 0173845 | 1 Serving | 804 | 54.78 | 23.680 | <u>0.340</u> | 232 | 1,118 | 25.16 | 0.7 | 15.70 | 50.16 | 458.46 | 0.86 | 4.32 | 190.86 | | | | | | |
| Bacon Cheeseburger Tater Tot Casserole 0173910 | 1 Serving | 861 | 56.20 | 20.980 | <u>0.700</u> | 109 | 2,128 | 47.36 | 4.3 | 8.28 | 37.08 | 528.44 | 8.76 | 2.10 | 413.20 | | <u>413</u> | <u>12.72</u> | <u>0.08</u> | <u>0.00</u> | <u>0.00</u> |
| Bacon Mac N Cheese 0173911 | 1 Serving | 930 | 49.90 | 24.900 | 0.000 | 102 | 2,118 | 82.30 | 3.2 | 15.50 | 40.28 | 1,081.38 | 0.90 | 3.36 | 599.40 | <u>37.80</u> | <u>153</u> | | | | |
| Bacon Pineapple Bread 0173912 | 1 Serving | 593 | 35.08 | 14.700 | 0.000 | 121 | 2,050 | 48.50 | 1.7 | 9.68 | 22.88 | 460.32 | 3.76 | 3.32 | 156.50 | <u>6.42</u> | <u>26</u> | | | | |
| Balsamic Butter Glazed Baby Carrots 0173913 | 1 Serving | 281 | 13.20 | 8.400 | 0.000 | 36 | 268 | 38.80 | 2.4 | 33.30 | 0.02 | 4,148.38 | 1.46 | 1.40 | 43.34 | <u>0.00</u> | <u>30</u> | <u>0.90</u> | <u>0.00</u> | <u>0.00</u> | <u>0.00</u> |
| Balsamic Chicken - Grill 0173916 | 1 Serving | 212 | 10.10 | 2.240 | 0.000 | <u>71</u> | 1,147 | 4.30 | 0.0 | 3.50 | 26.32 | 0.00 | 0.00 | 0.02 | 0.26 | | | | | | |
| Balsamic Chicken - Whole30/P/GF 0173914 | 1 Serving | 227 | 5.06 | 1.520 | 0.000 | 71 | 803 | 17.26 | 1.6 | 11.44 | 27.74 | 907.50 | 12.94 | 0.94 | 104.80 | | | | | | |
| Balsamic Chicken Tenders - Grill 0173915 | 1 Serving | 220 | 7.42 | 0.720 | 0.000 | <u>88</u> | 1,181 | 4.30 | 0.0 | 3.50 | 35.02 | 0.00 | 0.00 | 1.16 | 0.26 | | <u>446</u> | | | | |
| Balsamic Pork Chops - Grill 0173917 | 1 Serving | 579 | 47.86 | 16.920 | <u>0.000</u> | <u>142</u> | 809 | 4.30 | 0.0 | 3.50 | 31.00 | 18.14 | 0.00 | 1.82 | 56.52 | | <u>470</u> | <u>433.64</u> | <u>4.90</u> | <u>0.50</u> | <u>1.12</u> |
| Balsamic Wings - Grill 0173918 | 1 Serving | 464 | 33.92 | 8.720 | 0.000 | <u>141</u> | 804 | 4.30 | 0.0 | 3.50 | 33.32 | 160.00 | 1.92 | 2.04 | 32.26 | | | | | | |
| BBQ Chicken 0173919 | 1 Serving | 279 | 5.10 | 1.540 | <u>0.000</u> | 71 | 972 | 33.78 | 1.1 | 30.60 | 26.86 | 282.70 | 14.70 | 0.26 | 7.32 | | <u>26</u> | <u>2.98</u> | <u>0.02</u> | <u>0.00</u> | <u>0.00</u> |
| BBQ Chicken - Grill 0173920 | 1 Serving | 270 | 5.08 | 1.520 | 0.000 | <u>71</u> | 971 | 31.48 | 0.6 | 29.54 | 26.64 | 227.56 | 1.70 | 0.18 | 1.82 | | | | | | |

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|--|--------------|-------|-------|--------|---------------------|-------------------|-------|--------|------|-------|-------|----------|-------|------|--------|---------------------|-------------------|----------------------|--------------------|--------------------|--------------------|
| KeyName | | KCAL | Gram | Gram | Gram | MG | MG | Gram | Gram | Gram | Gram | IU | MG | MG | MG | IU | MG | MG | MG | MG | MG |
| BBQ Chops - Grill 0173922 | 1 Serving | 637 | 42.84 | 16.200 | <u>0.000</u> | <u>142</u> | 633 | 31.48 | 0.6 | 29.54 | 31.32 | 245.72 | 1.70 | 1.98 | 58.06 | | <u>470</u> | <u>433.64</u> | <u>4.90</u> | <u>0.50</u> | <u>1.12</u> |
| BBQ Pulled Pork 0173923 | 1 Serving | 306 | 5.72 | 1.640 | <u>0.000</u> | <u>81</u> | 601 | 33.78 | 1.1 | 30.60 | 37.80 | 282.70 | 14.70 | 3.18 | 7.32 | | <u>26</u> | <u>2.98</u> | <u>0.02</u> | <u>0.00</u> | <u>0.00</u> |
| BBQ Pulled Pork Lasagna 0173924 | 1 Serving | 763 | 25.78 | 14.800 | 0.640 | 110 | 904 | 94.98 | 3.8 | 28.92 | 35.54 | 1,078.68 | 2.18 | 3.44 | 811.06 | | | | | | |
| BBQ Pulled Pork Mac N Cheese 0173925 | 1 Serving | 1,035 | 38.76 | 20.560 | 0.000 | 183 | 2,386 | 113.92 | 3.8 | 45.18 | 68.24 | 1,312.42 | 2.64 | 6.00 | 604.66 | <u>38.96</u> | <u>158</u> | | | | |
| BBQ Sloppy Joe Casserole 0173926 | 1 Serving | 759 | 40.88 | 19.140 | <u>0.520</u> | <u>127</u> | 1,254 | 61.06 | 3.6 | 29.72 | 37.04 | 563.14 | 10.80 | 3.70 | 238.20 | | | | | | |
| BBQ Tenders - Grill 0173850 | 1 Serving | 277 | 2.40 | 0.000 | 0.000 | <u>88</u> | 1,004 | 31.48 | 0.6 | 29.54 | 35.34 | 227.56 | 1.70 | 1.32 | 1.82 | | <u>446</u> | | | | |
| BBQ Wings - Grill 0173927 | 1 Serving | 521 | 28.90 | 8.000 | 0.000 | <u>141</u> | 628 | 31.48 | 0.6 | 29.54 | 33.64 | 387.56 | 3.62 | 2.20 | 33.82 | | | | | | |
| Beefy Lasagna Soup 0174655 | 1 Serving | 468 | 18.02 | 7.280 | <u>0.000</u> | <u>61</u> | 879 | 46.96 | 3.8 | 10.24 | 26.80 | 1,210.02 | 16.16 | 4.18 | 104.90 | | <u>60</u> | | | | |
| Beer Brat Mac N Cheese 0173929 | 1 Serving | 901 | 37.86 | 20.020 | 0.000 | 180 | 1,508 | 81.26 | 3.2 | 14.56 | 67.14 | 1,055.64 | 0.70 | 5.84 | 573.64 | <u>29.22</u> | <u>121</u> | | | | |
| Beer Bread 0173930 | 1 Serving | 364 | 5.10 | 2.920 | 0.000 | 12 | 37 | 73.00 | 1.9 | 20.90 | 8.08 | 160.00 | 0.00 | 3.24 | 14.42 | | | | | | |
| Black Bean Chicken 0173932 | 1 Serving | 409 | 19.62 | 11.000 | 0.000 | <u>110</u> | 1,359 | 19.98 | 4.2 | 2.60 | 33.04 | 555.46 | 4.50 | 1.68 | 98.26 | | <u>4</u> | | | | |
| Breakfast Burrito - Ham & Potatoes 0173933 | 1 Serving | 608 | 26.22 | 12.000 | 0.340 | 463 | 1,772 | 57.00 | 3.2 | 3.32 | 35.70 | 768.02 | 3.64 | 4.78 | 233.82 | | | | | | |
| Breakfast Burrito - Sausage & Potatoes 0173935 | 1 Serving | 841 | 49.92 | 20.500 | <u>0.340</u> | 463 | 2,082 | 66.14 | 4.6 | 4.00 | 33.98 | 7,203.14 | 4.72 | 5.50 | 247.44 | | <u>153</u> | <u>21.32</u> | <u>0.14</u> | <u>0.02</u> | <u>0.04</u> |
| Breakfast Burrito - Veggie Lover 0173937 | 1 Serving | 451 | 16.00 | 6.340 | <u>0.000</u> | 390 | 899 | 59.12 | 3.7 | 3.84 | 18.32 | 599.44 | 21.28 | 4.98 | 97.20 | | <u>26</u> | <u>2.98</u> | <u>0.02</u> | <u>0.00</u> | <u>0.00</u> |
| Breakfast Burritos - Meatlover 0173939 | 1 Serving | 774 | 44.44 | 18.480 | 0.340 | 447 | 1,905 | 56.60 | 3.2 | 2.52 | 37.32 | 768.02 | 3.64 | 5.22 | 233.82 | | | | | | |

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|--|--------------|------|-------|--------|--------------|------------|-------|-------|------|-------|-------|-------------|-------------|-------------|--------------|--------------|------------|---------------|-------------|-------------|-------------|
| KeyName | | KCAL | Gram | Gram | Gram | MG | MG | Gram | Gram | Gram | Gram | IU | MG | MG | MG | IU | MG | MG | MG | MG | MG |
| Breakfast Casserole - Ham 0173941 | 1 Serving | 679 | 38.42 | 17.180 | 0.700 | 893 | 1,993 | 29.30 | 2.4 | 1.84 | 51.32 | 1,536.04 | 7.28 | 3.80 | 387.76 | | | | | | |
| Breakfast Casserole - Meat Lovers 0173942 | 1 Serving | 860 | 58.54 | 24.120 | 0.700 | 880 | 1,983 | 28.86 | 2.4 | 1.38 | 50.92 | 1,536.04 | 7.28 | 4.22 | 398.12 | | | | | | |
| Breakfast Casserole - Sausage 0173943 | 1 Serving | 929 | 68.06 | 27.220 | 0.700 | 893 | 1,579 | 28.98 | 2.4 | 1.52 | 45.48 | 1,536.04 | 7.28 | 4.26 | 413.68 | | | | | | |
| Breakfast Casserole - Veggie Lover 0173944 | 1 Serving | 622 | 35.30 | 15.880 | 0.700 | 828 | 1,134 | 38.30 | 3.7 | 2.66 | 36.14 | 1,742.42 | 28.56 | 4.54 | 424.84 | | 26 | 2.98 | 0.02 | 0.00 | 0.00 |
| Breakfast Lasagna 0173948 | 1 Serving | 562 | 33.14 | 15.560 | 0.700 | 326 | 1,111 | 39.86 | 3.7 | 2.00 | 25.16 | 851.20 | 11.24 | 2.66 | 385.80 | 13.64 | 52 | | | | |
| Broccoli Cauliflower Salad 0173950 | 1 Serving | 522 | 43.70 | 9.320 | 0.480 | 27 | 694 | 22.74 | 4.2 | 15.96 | 11.14 | 35.72 | 0.02 | 1.18 | 47.30 | 0.00 | 4 | 10.46 | 0.10 | 0.02 | 0.02 |
| Brown Gravy Mix 0173951 | 1 Serving | 5 | 0.02 | 0.000 | 0.000 | 0 | 0.1 | 1.10 | 0.04 | 0.02 | 0.17 | 0.00 | 0.00 | 0.07 | 0.30 | | | | | | |
| Brown Sugar Chicken 0173954 | 1 Serving | 328 | 5.06 | 1.520 | 0.000 | 71 | 832 | 44.50 | 0.0 | 44.00 | 27.12 | 0.00 | 0.00 | 0.32 | 37.64 | 0.00 | 60 | 1.82 | 0.02 | 0.00 | 0.00 |
| Buffalo Chicken - Grill 0173955 | 1 Serving | 152 | 5.06 | 1.520 | 0.000 | 71 | 1,567 | 0.00 | 0.0 | 0.00 | 26.32 | 0.00 | 8.70 | 0.00 | 0.00 | | 0 | 0.00 | 0.00 | 0.00 | 0.00 |
| Buffalo Chicken Chili 0173956 | 1 Serving | 463 | 20.00 | 11.720 | 0.000 | 131 | 1,775 | 26.94 | 7.3 | 5.94 | 39.72 | 5,416.58 | 14.80 | 2.64 | 144.86 | | | | | | |
| Buffalo Chicken Dip 0173958 | 1 Serving | 673 | 54.36 | 20.240 | 0.780 | 163 | 2,209 | 3.56 | 0.2 | 1.22 | 39.46 | 710.64 | 11.76 | 1.56 | 213.92 | 0.00 | 4 | 3.66 | 0.02 | | |
| Buffalo Chicken Lasagna 0173959 | 1 Serving | 997 | 44.76 | 25.060 | 0.860 | 245 | 2,226 | 74.92 | 3.2 | 8.20 | 73.48 | 1,289.68 | 11.60 | 4.60 | 1,031.44 | | | | | | |
| Buffalo Chops - Grill 0173961 | 1 Serving | 519 | 42.82 | 16.200 | 0.000 | 142 | 1,229 | 0.00 | 0.0 | 0.00 | 31.00 | 18.14 | 8.70 | 1.80 | 56.24 | | 470 | 433.64 | 4.90 | 0.50 | 1.12 |
| Buffalo Mac N Cheese 0173962 | 1 Serving | 900 | 44.20 | 25.400 | 0.000 | 172 | 2,601 | 82.44 | 3.2 | 15.62 | 45.82 | 1,404.84 | 9.64 | 3.58 | 602.84 | 38.96 | 158 | | | | |
| Buffalo Ranch Meatballs 0173842 | 1 Serving | 423 | 35.54 | 13.540 | 0.000 | 84 | 1,541 | 6.76 | 0.0 | 1.68 | 20.26 | 168.74 | 7.82 | 2.44 | 101.24 | | | | | | |

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|---|--------------|------|--------------|---------------|--------------|------------|-------|-------|------------|-------|--------------|-----------------|--------------|-------------|---------------|--------------|------------|-------------|-------------|-------------|-------------|
| KeyName | | KCAL | Gram | Gram | Gram | MG | MG | Gram | Gram | Gram | Gram | IU | MG | MG | MG | IU | MG | MG | MG | MG | MG |
| Buffalo Tenders - Grill 0173964 | 1 Serving | 159 | 2.38 | 0.000 | <u>0.000</u> | <u>88</u> | 1,601 | 0.00 | 0.0 | 0.00 | 35.02 | 0.00 | 8.70 | 1.14 | 0.00 | | <u>446</u> | <u>0.00</u> | <u>0.00</u> | <u>0.00</u> | <u>0.00</u> |
| Buffalo Wings - Grill 0173965 | 1 Serving | 403 | 28.88 | 8.000 | <u>0.000</u> | <u>141</u> | 1,224 | 0.00 | 0.0 | 0.00 | 33.32 | 160.00 | 10.62 | 2.02 | 32.00 | | <u>0</u> | <u>0.00</u> | <u>0.00</u> | <u>0.00</u> | <u>0.00</u> |
| Burrito Pie 0173966 | 1 Serving | 552 | 33.14 | 16.600 | <u>0.700</u> | <u>109</u> | 1,445 | 26.64 | 6.2 | 5.08 | 35.52 | 1,345.64 | 11.04 | 4.54 | 419.54 | <u>0.00</u> | <u>95</u> | <u>8.78</u> | <u>0.06</u> | <u>0.02</u> | <u>0.00</u> |
| Cajun Chicken Dinner 0173967 | 1 Serving | 297 | 8.78 | 2.740 | <u>0.000</u> | <u>71</u> | 853 | 25.56 | 3.0 | 1.06 | 29.04 | 348.56 | 20.36 | 1.02 | 6.36 | | <u>26</u> | <u>2.98</u> | <u>0.02</u> | <u>0.00</u> | <u>0.00</u> |
| Carnitas 0174805 | 1 Serving | 235 | 5.68 | 1.620 | 0.000 | 81 | 270 | 11.88 | 0.8 | 4.12 | 38.06 | <u>453.76</u> | <u>12.46</u> | <u>3.38</u> | <u>53.40</u> | | | | | | |
| Cheddar Bacon BBQ Burger 0173847 | 1 Serving | 592 | 43.30 | 18.840 | <u>0.180</u> | 133 | 1,887 | 8.12 | 0.2 | 7.44 | 40.06 | 168.76 | 0.42 | 3.18 | 79.26 | | | | | | |
| Cheddar Buttermilk Bread 0173969 | 1 Serving | 344 | <u>15.34</u> | <u>9.180</u> | <u>0.180</u> | <u>86</u> | 625 | 40.84 | <u>1.3</u> | 5.24 | <u>10.88</u> | <u>550.76</u> | <u>0.46</u> | <u>2.44</u> | <u>169.56</u> | <u>19.48</u> | <u>75</u> | | | | |
| Cheddar Spinach Burger 0173970 | 1 Serving | 536 | <u>36.80</u> | <u>16.040</u> | <u>0.120</u> | <u>129</u> | 364 | 10.02 | <u>0.9</u> | 1.72 | <u>37.98</u> | <u>1,012.72</u> | <u>0.88</u> | <u>3.68</u> | <u>89.10</u> | | | | | | |
| Cheeseburger Mac N Cheese 0173986 | 1 Serving | 986 | 49.98 | 26.180 | <u>0.000</u> | <u>163</u> | 1,637 | 87.72 | 3.2 | 19.86 | 47.66 | 1,190.54 | 2.20 | 4.38 | 602.84 | <u>38.96</u> | <u>158</u> | | | | |
| Cheesy Chicken & Potato Casserole 0173837 | 1 Serving | 742 | 45.70 | 22.320 | 0.700 | <u>156</u> | 1,656 | 38.60 | 3.2 | 3.50 | 46.74 | 996.72 | <u>9.34</u> | 2.90 | 420.42 | <u>9.74</u> | <u>37</u> | | | | |
| Cheesy Garlic Herb Bread 0173987 | 1 Serving | 254 | <u>4.30</u> | <u>1.900</u> | <u>0.000</u> | <u>95</u> | 600 | 43.54 | <u>1.5</u> | 3.28 | <u>10.42</u> | <u>194.00</u> | <u>0.58</u> | <u>4.68</u> | <u>129.02</u> | <u>24.34</u> | <u>94</u> | | | | |
| Cheesy Ham & Hashbrown Cass 0173989 | 1 Serving | 926 | 49.28 | 23.740 | 0.700 | 197 | 3,277 | 69.10 | 7.4 | 7.72 | 49.46 | <u>1,327.72</u> | 30.86 | 4.30 | <u>611.30</u> | | | | | | |
| Cheesy Ham & Potato Soup 0174656 | 1 Serving | 524 | 22.44 | 10.940 | 0.340 | <u>135</u> | 2,745 | 42.18 | 3.6 | 6.82 | 36.52 | 340.58 | 11.86 | 1.46 | 274.44 | <u>38.96</u> | <u>148</u> | | | | |
| Cheesy Hashbrowns 0173990 | 1 Serving | 545 | 17.20 | 9.700 | 0.700 | <u>56</u> | 1,018 | 78.14 | 8.6 | 5.34 | 21.96 | <u>847.42</u> | 38.88 | 3.72 | <u>331.18</u> | | | | | | |
| Cheesy Parmesan Potatoes 0173991 | 1 Serving | 586 | 36.96 | 20.400 | 0.000 | 108 | 1,980 | 43.20 | 3.0 | 10.76 | 22.34 | 1,190.52 | 10.04 | 1.10 | 666.24 | <u>38.96</u> | <u>158</u> | | | | |

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|---|--------------|-------|--------------------|---------------------|---------------------|-------------------|-------|-------|-------------------|-------|---------------------|----------------------|---------------------|--------------------|---------------------|----------------------|-------------------|---------------------|--------------------|--------------------|--------------------|
| KeyName | | KCAL | Gram | Gram | Gram | MG | MG | Gram | Gram | Gram | Gram | IU | MG | MG | MG | IU | MG | MG | MG | MG | MG |
| Cheesy Potatoes O'Brien 0173993 | 1 Serving | 303 | 15.34 | 8.200 | <u>0.520</u> | 36 | 680 | 30.14 | 3.2 | 0.44 | 11.28 | 349.36 | 12.34 | 1.36 | 237.76 | | <u>7</u> | <u>0.74</u> | <u>0.00</u> | <u>0.00</u> | <u>0.00</u> |
| Cherry Cola Pulled Pork 0173994 | 1 Serving | 220 | 5.68 | 1.620 | 0.000 | 81 | 439 | 8.80 | 0.0 | 6.40 | 37.26 | 160.14 | 1.92 | 2.92 | 0.00 | | | | | | |
| Chicken & White Bean Enchilada 0173996 | 1 Serving | 453 | 21.76 | 11.920 | 0.340 | <u>147</u> | 684 | 22.58 | 5.2 | 4.22 | 42.58 | 543.80 | 4.64 | 2.78 | 271.74 | | | | | | |
| Chicken Alfredo Lasagna 0173997 | 1 Serving | 2,545 | 187.42 | 116.900 | 0.640 | <u>658</u> | 2,408 | 98.84 | 4.4 | 25.42 | 93.60 | 9,988.92 | 7.52 | 4.76 | 1,582.82 | <u>166.94</u> | <u>634</u> | | | | |
| Chicken Cacciatore 0174000 | 1 Serving | 372 | <u>6.08</u> | <u>1.520</u> | <u>0.000</u> | <u>71</u> | 477 | 44.30 | <u>2.5</u> | 4.06 | <u>33.56</u> | <u>55.14</u> | <u>13.00</u> | <u>1.88</u> | <u>5.50</u> | | <u>26</u> | <u>2.98</u> | <u>0.02</u> | <u>0.00</u> | <u>0.00</u> |
| Chicken Enchilada Soup 0174657 | 1 Serving | 268 | 5.54 | 1.540 | <u>0.000</u> | 71 | 990 | 22.54 | 5.5 | 4.94 | 30.92 | 629.86 | 19.24 | 2.02 | 109.52 | <u>0.00</u> | <u>117</u> | <u>11.76</u> | <u>0.08</u> | <u>0.02</u> | <u>0.02</u> |
| Chicken Fajitas 0174001 | 1 Serving | 205 | 5.14 | 1.540 | <u>0.000</u> | <u>71</u> | 520 | 12.38 | 1.9 | 5.06 | 27.28 | <u>287.96</u> | <u>42.26</u> | <u>0.78</u> | <u>27.22</u> | | <u>79</u> | <u>9.08</u> | <u>0.06</u> | <u>0.02</u> | <u>0.02</u> |
| Chicken Pot Pie 0174365 | 1 Serving | 295 | 9.86 | 4.260 | 0.000 | <u>109</u> | 926 | 16.48 | 3.0 | 7.68 | 36.14 | 9,100.48 | 4.18 | 1.88 | 137.08 | <u>38.96</u> | <u>148</u> | | | | |
| Chicken Pot Pie Soup 0174002 | 1 Serving | 94 | 1.74 | 0.460 | 0.000 | 23 | 444 | 11.08 | 4.4 | 4.40 | 9.08 | 15,595.94 | 4.36 | 0.84 | 21.62 | | | | | | |
| Chicken Taco Casserole 0173835 | 1 Serving | 508 | 18.66 | 10.280 | 0.700 | <u>116</u> | 1,663 | 39.56 | 8.7 | 6.64 | 41.12 | 861.54 | 12.60 | 4.54 | 479.14 | | <u>4</u> | | | | |
| Chicken Tamale Pie 0174366 | 1 Serving | 450 | 14.94 | 7.280 | 0.340 | 159 | 1,094 | 46.54 | 7.9 | 9.66 | 30.64 | 1,085.76 | 8.40 | 4.72 | 357.26 | <u>0.00</u> | <u>91</u> | <u>8.78</u> | <u>0.06</u> | <u>0.02</u> | <u>0.00</u> |
| Chicken, Sweet Potato & Kale Soup 0174367 | 1 Serving | 189 | 5.66 | 1.820 | 0.000 | <u>71</u> | 837 | 6.40 | 1.3 | 0.70 | 28.02 | 6,937.30 | 42.64 | 1.32 | 57.36 | | | | | | |
| Chili 0174369 | 1 Serving | 267 | 17.02 | 7.280 | <u>0.000</u> | 61 | 401 | 7.60 | 0.8 | 0.00 | 19.82 | 120.00 | 0.48 | 2.54 | 16.00 | | | | | | |
| Chili - Vegetarian 0174370 | 1 Serving | 269 | 0.00 | 0.000 | 0.000 | 0 | 1,846 | 50.20 | 9.6 | 9.54 | 16.44 | 1,575.14 | 17.86 | 5.78 | 189.10 | | | | | | |
| Chili Mac N Cheese 0174371 | 1 Serving | 791 | 36.38 | 20.340 | <u>0.000</u> | 115 | 1,495 | 83.96 | 3.4 | 15.62 | 34.62 | 1,108.84 | 1.04 | 3.42 | 606.04 | <u>38.96</u> | <u>158</u> | | | | |

* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

| Name | Portion Unit | KCAL | FAT | SFA | FATR | CHOL | NA | CHO | TDFB | SUGR | PRO | VTAIU | VITC | FE | CA | VTDIU | K | P | ZN | B2 | B1 |
|--|--------------|-------|--------------|---------------|--------------|------------|-------|--------|------------|--------|--------------|---------------|-------------|-------------|--------------|--------------|------------|---------------|-------------|-------------|-------------|
| KeyName | | KCAL | Gram | Gram | Gram | MG | MG | Gram | Gram | Gram | Gram | IU | MG | MG | MG | IU | MG | MG | MG | MG | MG |
| Chipotle Chicken - Grill 0174372 | 1 Serving | 180 | 5.06 | 1.520 | 0.000 | <u>71</u> | 476 | 7.60 | 0.0 | 6.40 | 26.32 | 0.00 | 0.00 | 0.00 | 0.00 | | | | | | |
| Chipotle Chops - Grill 0174373 | 1 Serving | 547 | 42.82 | 16.200 | <u>0.000</u> | <u>142</u> | 138 | 7.60 | 0.0 | 6.40 | 31.00 | 18.14 | 0.00 | 1.80 | 56.24 | | <u>470</u> | <u>433.64</u> | <u>4.90</u> | <u>0.50</u> | <u>1.12</u> |
| Chipotle Tenders - Grill 0174374 | 1 Serving | 187 | 2.38 | 0.000 | 0.000 | <u>88</u> | 509 | 7.60 | 0.0 | 6.40 | 35.02 | 0.00 | 0.00 | 1.14 | 0.00 | | <u>446</u> | | | | |
| Chipotle Wings - Grill 0174375 | 1 Serving | 431 | 28.88 | 8.000 | 0.000 | <u>141</u> | 133 | 7.60 | 0.0 | 6.40 | 33.32 | 160.00 | 1.92 | 2.02 | 32.00 | | | | | | |
| Chocolate Eclair Cake 0174377 | 1 Serving | 1,290 | 50.08 | 26.800 | 0.000 | 27 | 1,120 | 195.40 | 2.6 | 124.28 | 12.08 | 233.72 | 1.88 | 4.10 | 658.66 | <u>77.90</u> | <u>296</u> | | | | |
| Cilantro Lime Chicken 0174378 | 1 Serving | 240 | 5.36 | 1.520 | 0.000 | 71 | 634 | 16.22 | 4.1 | 1.04 | 29.84 | <u>30.20</u> | <u>0.72</u> | <u>1.70</u> | <u>65.04</u> | | | | | | |
| Cilantro Lime Chicken - Grill 0174379 | 1 Serving | 249 | 10.10 | 2.240 | 0.000 | 71 | 496 | 11.28 | 0.0 | 1.68 | 26.32 | <u>80.02</u> | <u>0.00</u> | <u>0.20</u> | <u>0.00</u> | | | | | | |
| Cilantro Lime Chops - Grill 0174380 | 1 Serving | 617 | 47.86 | 16.920 | <u>0.000</u> | 142 | 158 | 11.28 | 0.0 | 1.68 | 31.00 | <u>98.16</u> | <u>0.00</u> | <u>2.00</u> | <u>56.24</u> | | <u>470</u> | <u>433.64</u> | <u>4.90</u> | <u>0.50</u> | <u>1.12</u> |
| Cilantro Lime Tenders - Grill 0174381 | 1 Serving | 257 | 7.42 | 0.720 | 0.000 | 88 | 530 | 11.28 | 0.0 | 1.68 | 35.02 | <u>80.02</u> | <u>0.00</u> | <u>1.36</u> | <u>0.00</u> | | <u>446</u> | | | | |
| Cilantro Lime Wings - Grill 0174384 | 1 Serving | 501 | 33.92 | 8.720 | 0.000 | 141 | 153 | 11.28 | 0.0 | 1.68 | 33.32 | <u>240.02</u> | <u>1.92</u> | <u>2.22</u> | <u>32.00</u> | | | | | | |
| Cinnamon Sugar Crescent Bake 0174385 | 1 Serving | 510 | 22.08 | 14.260 | 0.000 | 58 | 253 | 64.16 | <u>0.0</u> | 51.80 | 6.16 | 713.34 | 0.72 | 0.86 | 55.54 | | | | | | |
| Citrus BBQ Chicken - Grill 0173866 | 1 Serving | 275 | <u>5.08</u> | <u>1.520</u> | <u>0.000</u> | <u>71</u> | 971 | 32.86 | <u>0.6</u> | 30.72 | <u>26.64</u> | <u>227.56</u> | <u>1.70</u> | <u>0.18</u> | <u>1.82</u> | | | | | | |
| Citrus BBQ Chops - Grill 0174386 | 1 Serving | 642 | <u>42.84</u> | <u>16.200</u> | <u>0.000</u> | <u>142</u> | 633 | 32.86 | <u>0.6</u> | 30.72 | <u>31.32</u> | <u>245.72</u> | <u>1.70</u> | <u>1.98</u> | <u>58.06</u> | | <u>470</u> | <u>433.64</u> | <u>4.90</u> | <u>0.50</u> | <u>1.12</u> |
| Citrus BBQ Tenders - Grill 0174387 | 1 Serving | 282 | <u>2.40</u> | <u>0.000</u> | <u>0.000</u> | <u>88</u> | 1,004 | 32.86 | <u>0.6</u> | 30.72 | <u>35.34</u> | <u>227.56</u> | <u>1.70</u> | <u>1.32</u> | <u>1.82</u> | | <u>446</u> | | | | |
| Citrus BBQ Wings - Grill 0174388 | 1 Serving | 526 | <u>28.90</u> | <u>8.000</u> | <u>0.000</u> | <u>141</u> | 628 | 32.86 | <u>0.6</u> | 30.72 | <u>33.64</u> | <u>387.56</u> | <u>3.62</u> | <u>2.20</u> | <u>33.82</u> | | | | | | |

* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

| Name | Portion Unit | KCAL | FAT | SFA | FATR | CHOL | NA | CHO | TDFB | SUGR | PRO | VTAIU | VITC | FE | CA | VTDIU | K | P | ZN | B2 | B1 |
|--|--------------|------|--------------|---------------|--------------|------------|-------|--------|------------|-------|--------------|-----------------|--------------|-------------|---------------|--------------|------------|--------------|-------------|-------------|-------------|
| KeyName | | KCAL | Gram | Gram | Gram | MG | MG | Gram | Gram | Gram | Gram | IU | MG | MG | MG | IU | MG | MG | MG | MG | MG |
| Coconut Pork Curry 0174389 | 1 Serving | 287 | 13.88 | 8.920 | 0.000 | 81 | 531 | 7.24 | 1.0 | 3.12 | 38.16 | 605.00 | 8.28 | 5.34 | 68.54 | | | | | | |
| Crack Green Beans 0174390 | 1 Serving | 352 | 20.14 | 9.660 | 0.000 | 24 | 1,646 | 32.64 | 5.2 | 27.20 | 7.26 | 840.00 | 9.36 | 0.46 | 70.82 | 0.00 | 30 | 0.90 | 0.00 | 0.00 | 0.00 |
| Cranberry Meatballs 0174391 | 1 Serving | 482 | 36.06 | 13.900 | 0.000 | 87 | 821 | 17.84 | 0.04 | 10.30 | 20.58 | 188.94 | 2.02 | 2.48 | 109.56 | | | | | | |
| Creamed Corn & Bacon 0174392 | 1 Serving | 246 | 9.30 | 4.060 | 0.000 | 36 | 331 | 28.04 | 2.6 | 4.50 | 10.10 | 362.48 | 3.58 | 0.46 | 115.30 | | | | | | |
| Creamy Italian Chicken 0174394 | 1 Serving | 315 | 19.88 | 11.200 | 0.000 | 100 | 1,382 | 5.98 | 0.0 | 0.80 | 25.42 | 674.08 | 0.00 | 0.16 | 39.60 | | | | | | |
| Creamy Spaghetti Bake 0174395 | 1 Serving | 959 | 54.42 | 27.460 | 0.700 | 148 | 1,315 | 73.66 | 3.6 | 7.30 | 37.92 | 1,224.00 | 3.64 | 4.62 | 379.04 | | | | | | |
| Crisp - Apple 0173851 | 1 Serving | 526 | 18.70 | 11.420 | 0.000 | 48 | 327 | 85.18 | 3.7 | 56.34 | 3.32 | 640.00 | 0.00 | 2.06 | 57.30 | 0.00 | 30 | 0.90 | 0.00 | 0.00 | 0.00 |
| Crisp - Peach 0173852 | 1 Serving | 528 | 18.70 | 11.420 | 0.000 | 48 | 383 | 89.30 | 1.9 | 58.52 | 3.32 | 640.00 | 0.00 | 1.40 | 21.30 | 0.00 | 30 | 0.90 | 0.00 | 0.00 | 0.00 |
| Enchilada Casserole - Vegetarian 0174396 | 1 Serving | 479 | 16.76 | 9.320 | 0.700 | 48 | 1,045 | 58.82 | 10.6 | 5.98 | 23.12 | 860.12 | 31.22 | 3.90 | 396.38 | 0.00 | 144 | 14.74 | 0.10 | 0.02 | 0.02 |
| Enchilada Chicken Pasta Bake 0174397 | 1 Serving | 860 | 23.68 | 10.660 | 0.700 | 116 | 1,545 | 105.46 | 10.2 | 15.84 | 51.96 | 931.48 | 11.02 | 7.02 | 489.70 | 0.00 | 183 | 17.54 | 0.12 | 0.02 | 0.02 |
| Fajitas Burgers 0173846 | 1 Serving | 459 | 34.22 | 14.600 | 0.000 | 121 | 841 | 0.82 | 0.3 | 0.32 | 34.20 | 262.98 | 0.44 | 4.40 | 5.12 | | 16 | | | | |
| French Toast - Apple Pie 0174399 | 1 Serving | 659 | 17.42 | 4.660 | 0.000 | 404 | 627 | 99.54 | 0.6 | 42.12 | 23.22 | 661.16 | 11.96 | 6.02 | 235.86 | 38.96 | 163 | 0.46 | 0.00 | 0.00 | 0.00 |
| French Toast - Lemon Blueberry 0174400 | 1 Serving | 795 | 32.30 | 14.260 | 0.000 | 444 | 750 | 94.94 | 2.0 | 36.46 | 26.42 | 1,141.16 | 13.72 | 5.80 | 255.86 | 38.96 | 163 | 0.46 | 0.00 | 0.00 | 0.00 |
| French Toast - Maple Bacon 0174401 | 1 Serving | 704 | 23.08 | 6.700 | 0.000 | 404 | 851 | 95.36 | 0.0 | 37.34 | 26.46 | 661.16 | 11.96 | 5.94 | 223.86 | 38.96 | 163 | 0.46 | 0.00 | 0.00 | 0.00 |
| French Toast - Pumpkin Pie 0174402 | 1 Serving | 743 | 17.42 | 4.660 | 0.000 | 404 | 610 | 121.82 | 0.9 | 64.92 | 23.86 | 4,864.26 | 13.42 | 6.26 | 264.10 | 38.96 | 208 | 1.82 | 0.02 | 0.00 | 0.00 |

* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

| Name | Portion Unit | KCAL | FAT | SFA | FATR | CHOL | NA | CHO | TDFB | SUGR | PRO | VTAIU | VITC | FE | CA | VTDIU | K | P | ZN | B2 | B1 |
|---|--------------|------|---------------------|----------------------|---------------------|-------------------|-------|-------|--------------------|-------|---------------------|----------------------|---------------------|--------------------|----------------------|---------------------|-------------------|----------------------|--------------------|--------------------|--------------------|
| KeyName | | KCAL | Gram | Gram | Gram | MG | MG | Gram | Gram | Gram | Gram | IU | MG | MG | MG | IU | MG | MG | MG | MG | MG |
| French Toast - Vanilla Cinnamon 0174403 | 1 Serving | 601 | 17.42 | 4.660 | 0.000 | 404 | 597 | 85.24 | 0.0 | 30.82 | 23.22 | 661.16 | 11.96 | 5.80 | 223.86 | <u>38.96</u> | <u>163</u> | <u>0.46</u> | <u>0.00</u> | <u>0.00</u> | <u>0.00</u> |
| Garlic Parmesan Broccoli 0173867 | 1 Serving | 152 | <u>11.12</u> | <u>1.440</u> | <u>0.000</u> | <u>5</u> | 299 | 6.54 | <u>2.6</u> | 2.62 | <u>2.62</u> | <u>105.66</u> | <u>39.22</u> | <u>0.00</u> | <u>89.68</u> | | | | | | |
| Garlic Parmesan Chicken - Grill 0174404 | 1 Serving | 353 | <u>24.56</u> | <u>4.520</u> | <u>0.240</u> | <u>88</u> | 628 | 4.46 | <u>0.02</u> | 4.04 | <u>26.54</u> | <u>177.92</u> | <u>0.00</u> | <u>0.06</u> | <u>50.58</u> | <u>0.00</u> | <u>2</u> | <u>5.24</u> | <u>0.06</u> | <u>0.02</u> | <u>0.00</u> |
| Garlic Parmesan Chops - Grill 0173848 | 1 Serving | 720 | <u>62.32</u> | <u>19.200</u> | <u>0.240</u> | <u>159</u> | 290 | 4.46 | <u>0.02</u> | 4.04 | <u>31.22</u> | <u>196.06</u> | <u>0.00</u> | <u>1.86</u> | <u>106.82</u> | <u>0.00</u> | <u>472</u> | <u>438.86</u> | <u>4.96</u> | <u>0.50</u> | <u>1.14</u> |
| Garlic Parmesan Tenders - Grill 0174405 | 1 Serving | 360 | <u>21.88</u> | <u>3.000</u> | <u>0.240</u> | <u>105</u> | 661 | 4.46 | <u>0.02</u> | 4.04 | <u>35.24</u> | <u>177.92</u> | <u>0.00</u> | <u>1.20</u> | <u>50.58</u> | <u>0.00</u> | <u>448</u> | <u>5.24</u> | <u>0.06</u> | <u>0.02</u> | <u>0.00</u> |
| Garlic Parmesan Wings - Grill 0174451 | 1 Serving | 604 | <u>48.38</u> | <u>11.000</u> | <u>0.240</u> | <u>158</u> | 285 | 4.46 | <u>0.02</u> | 4.04 | <u>33.54</u> | <u>337.92</u> | <u>1.92</u> | <u>2.08</u> | <u>82.58</u> | <u>0.00</u> | <u>2</u> | <u>5.24</u> | <u>0.06</u> | <u>0.02</u> | <u>0.00</u> |
| Garlic Roasted Broccoli & Cauliflower 0174452 | 1 Serving | 141 | 8.80 | 5.600 | 0.000 | 24 | 297 | 9.32 | 3.0 | 4.22 | 2.98 | 320.00 | 52.24 | 0.00 | 17.56 | | <u>147</u> | | | | |
| Garlic Rosemary Pork Roast 0174453 | 1 Serving | 178 | 5.68 | 1.620 | 0.000 | 81 | 452 | 0.00 | 0.0 | 0.00 | 37.26 | 0.00 | 0.00 | 2.92 | 0.26 | | | | | | |
| Gravy Pork Roast 0174455 | 1 Serving | 216 | 7.28 | 2.120 | 0.000 | <u>85</u> | 523 | 4.90 | 0.04 | 0.44 | 38.60 | 202.16 | 0.00 | 3.12 | 8.26 | | | | | | |
| Green Chili Chicken 0174456 | 1 Serving | 218 | 5.06 | 1.520 | 0.000 | <u>71</u> | 880 | 13.54 | 1.0 | 4.66 | 27.24 | <u>605.00</u> | <u>17.56</u> | <u>2.00</u> | <u>99.48</u> | | | | | | |
| Ham & Peas Mac N Cheese 0174457 | 1 Serving | 893 | 37.02 | 20.500 | 0.000 | 167 | 2,577 | 91.28 | 5.6 | 19.66 | 49.86 | 1,325.74 | 4.54 | 3.56 | 602.84 | <u>38.96</u> | <u>158</u> | | | | |
| Ham & Potato Corn Chowder 0174658 | 1 Serving | 394 | 12.48 | 5.020 | 0.000 | 136 | 2,820 | 31.40 | 2.6 | 7.30 | 37.08 | 118.84 | 6.58 | 0.70 | 62.56 | <u>19.48</u> | <u>74</u> | | | | |
| Hamburger Stew 0174458 | 1 Serving | 473 | 20.30 | 8.400 | <u>0.000</u> | <u>61</u> | 1,394 | 48.44 | 5.2 | 18.10 | 22.20 | 5,394.08 | 21.32 | 3.68 | 81.86 | | <u>789</u> | | | | |
| Hawaiian BBQ Chicken 0174459 | 1 Serving | 299 | 5.08 | 1.520 | 0.000 | 71 | 974 | 38.10 | 1.3 | 36.16 | 26.64 | 227.56 | 6.10 | 0.18 | 1.82 | | | | | | |
| Honey BBQ Chicken - Grill 0174460 | 1 Serving | 294 | 5.08 | 1.520 | 0.000 | 71 | 971 | 37.28 | 0.6 | 32.74 | 26.64 | <u>227.56</u> | <u>1.70</u> | <u>0.18</u> | <u>1.82</u> | | | | | | |

* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

| Name | Portion Unit | KCAL | FAT | SFA | FATR | CHOL | NA | CHO | TDFB | SUGR | PRO | VTAIU | VITC | FE | CA | VTDIU | K | P | ZN | B2 | B1 |
|---|--------------|------|-------------|--------------|--------------|-----------|-------|-------|------------|-------|-------------|-----------------|-------------|-------------|--------------|-------|------------|---------------|-------------|-------------|-------------|
| KeyName | | KCAL | Gram | Gram | Gram | MG | MG | Gram | Gram | Gram | Gram | IU | MG | MG | MG | IU | MG | MG | MG | MG | MG |
| Honey BBQ Chops - Grill 0173864 | 1 Serving | 661 | 42.84 | 16.200 | 0.000 | 142 | 633 | 37.28 | 0.6 | 32.74 | 31.32 | 245.72 | 1.70 | 1.98 | 58.06 | | 470 | 433.64 | 4.90 | 0.50 | 1.12 |
| Honey BBQ Tenders - Grill 0174461 | 1 Serving | 301 | 2.40 | 0.000 | 0.000 | 88 | 1,004 | 37.28 | 0.6 | 32.74 | 35.34 | 227.56 | 1.70 | 1.32 | 1.82 | | 446 | | | | |
| Honey BBQ Wings - Grill 0174462 | 1 Serving | 545 | 28.90 | 8.000 | 0.000 | 141 | 628 | 37.28 | 0.6 | 32.74 | 33.64 | 387.56 | 3.62 | 2.20 | 33.82 | | | | | | |
| Honey Garlic Chicken 0173836 | 1 Serving | 263 | 5.06 | 1.520 | 0.000 | 71 | 2,106 | 26.18 | 0.0 | 23.32 | 29.32 | 160.14 | 1.92 | 0.00 | 0.00 | | | | | | |
| Honey Glazed Carrots 0173869 | 1 Serving | 117 | 4.40 | 2.800 | 0.000 | 12 | 120 | 17.50 | 3.1 | 12.52 | 0.00 | 4,745.48 | 1.84 | 0.00 | 30.58 | | | | | | |
| Honey Lime Chicken - Grill 0174463 | 1 Serving | 224 | 5.06 | 1.520 | 0.000 | 71 | 476 | 18.42 | 0.0 | 12.82 | 26.32 | 120.14 | 0.00 | 0.00 | 0.00 | | | | | | |
| Honey Lime Chops - Grill 0174464 | 1 Serving | 591 | 42.82 | 16.200 | 0.000 | 142 | 138 | 18.42 | 0.0 | 12.82 | 31.00 | 138.28 | 0.00 | 1.80 | 56.24 | | 470 | 433.64 | 4.90 | 0.50 | 1.12 |
| Honey Lime Tenders - Grill 0174465 | 1 Serving | 231 | 2.38 | 0.000 | 0.000 | 88 | 509 | 18.42 | 0.0 | 12.82 | 35.02 | 120.14 | 0.00 | 1.14 | 0.00 | | 446 | | | | |
| Honey Lime Wings - Grill 0174466 | 1 Serving | 475 | 28.88 | 8.000 | 0.000 | 141 | 133 | 18.42 | 0.0 | 12.82 | 33.32 | 280.14 | 1.92 | 2.02 | 32.00 | | | | | | |
| Honey Mustard Pork Chops 0174468 | 1 Serving | 616 | 42.84 | 16.200 | 0.000 | 142 | 808 | 13.62 | 0.0 | 12.82 | 31.20 | 18.14 | 0.00 | 1.80 | 56.24 | | 470 | 433.64 | 4.90 | 0.50 | 1.12 |
| Honey Sesame Chicken - Grill 0174469 | 1 Serving | 229 | 6.02 | 1.660 | 0.000 | 71 | 1,227 | 16.86 | 0.2 | 15.46 | 27.82 | 40.04 | 0.48 | 0.08 | 4.00 | | | | | | |
| Honey Sesame Chops - Grill 0174470 | 1 Serving | 596 | 43.78 | 16.340 | 0.000 | 142 | 889 | 16.86 | 0.2 | 15.46 | 32.50 | 58.18 | 0.48 | 1.86 | 60.26 | | 470 | 433.64 | 4.90 | 0.50 | 1.12 |
| Honey Sesame Tenders - Grill 0174471 | 1 Serving | 236 | 3.34 | 0.140 | 0.000 | 88 | 1,260 | 16.86 | 0.2 | 15.46 | 36.50 | 40.04 | 0.48 | 1.22 | 4.00 | | 446 | | | | |
| Honey Sesame Wings - Grill 0174472 | 1 Serving | 480 | 29.84 | 8.140 | 0.000 | 141 | 884 | 16.86 | 0.2 | 15.46 | 34.82 | 200.04 | 2.40 | 2.08 | 36.00 | | | | | | |
| Italian Chicken 0174473 | 1 Serving | 189 | 5.06 | 1.520 | 0.000 | 71 | 803 | 7.66 | 1.4 | 4.34 | 27.64 | 947.50 | 11.92 | 0.90 | 100.80 | | | | | | |

* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

| Name | Portion Unit | KCAL | FAT | SFA | FATR | CHOL | NA | CHO | TDFB | SUGR | PRO | VTAIU | VITC | FE | CA | VTDIU | K | P | ZN | B2 | B1 |
|---|--------------|-------|-------|--------|--------------|------------|-------|-------|------|-------|-------|----------|-------|------|--------|--------------|------------|---------------|-------------|-------------|-------------|
| KeyName | | KCAL | Gram | Gram | Gram | MG | MG | Gram | Gram | Gram | Gram | IU | MG | MG | MG | IU | MG | MG | MG | MG | MG |
| Italian Chicken - Grill 0174477 | 1 Serving | 191 | 7.58 | 1.880 | 0.000 | <u>71</u> | 909 | 4.40 | 0.0 | 3.60 | 26.32 | 0.00 | 0.00 | 0.02 | 0.00 | | | | | | |
| Italian Chicken & Veggies 0174474 | 1 Serving | 296 | 7.96 | 2.220 | 0.000 | <u>55</u> | 3,935 | 43.52 | 5.5 | 3.50 | 24.80 | 8,663.18 | 28.32 | 1.00 | 25.02 | | | | | | |
| Italian Chops - Grill 0174478 | 1 Serving | 558 | 45.34 | 16.560 | <u>0.000</u> | <u>142</u> | 571 | 4.40 | 0.0 | 3.60 | 31.00 | 18.14 | 0.00 | 1.82 | 56.24 | | <u>470</u> | <u>433.64</u> | <u>4.90</u> | <u>0.50</u> | <u>1.12</u> |
| Italian Dressing Mix 0173870 | 1 Serving | 2 | 0.00 | 0.000 | 0.000 | <u>0</u> | 541 | 0.50 | 0.0 | 0.50 | 0.00 | 0.00 | 0.00 | 0.03 | 0.00 | | | | | | |
| Italian Green Beans 0173872 | 1 Serving | 84 | 5.04 | 0.720 | 0.000 | <u>0</u> | 796 | 8.20 | 4.0 | 4.20 | 0.00 | 440.00 | 7.20 | 0.02 | 40.00 | | | | | | |
| Italian Pasta Salad 0174654 | 1 Serving | 410 | 4.32 | 0.240 | <u>0.000</u> | <u>0</u> | 1,378 | 77.42 | 4.8 | 11.60 | 12.34 | 1,346.64 | 84.52 | 3.90 | 38.18 | | <u>121</u> | <u>14.76</u> | <u>0.12</u> | <u>0.04</u> | <u>0.04</u> |
| Italian Peas 0174479 | 1 Serving | 152 | 5.04 | 0.720 | 0.000 | 0 | 245 | 18.86 | 6.1 | 6.38 | 7.58 | 602.24 | 9.54 | 1.64 | 2.06 | | | | | | |
| Italian Pork Chops n Veggies 0174480 | 1 Serving | 344 | 17.18 | 4.840 | 0.000 | 80 | 900 | 17.88 | 3.9 | 2.66 | 26.18 | 8,663.18 | 19.36 | 1.26 | 40.74 | | | | | | |
| Italian Pork Roast 0174481 | 1 Serving | 196 | 5.68 | 1.620 | 0.000 | <u>81</u> | 1,952 | 5.50 | 0.0 | 2.02 | 37.26 | 0.00 | 1.94 | 2.94 | 32.40 | | | | | | |
| Italian Queso Mac N Cheese 0174482 | 1 Serving | 1,135 | 68.44 | 34.620 | 0.000 | 201 | 2,511 | 82.60 | 3.2 | 10.16 | 47.20 | 1,792.84 | 0.94 | 4.00 | 638.84 | <u>38.96</u> | <u>148</u> | | | | |
| Italian Tenders - Grill 0174483 | 1 Serving | 198 | 4.90 | 0.360 | 0.000 | <u>88</u> | 942 | 4.40 | 0.0 | 3.60 | 35.02 | 0.00 | 0.00 | 1.18 | 0.00 | | <u>446</u> | | | | |
| Italian Wings - Grill 0174484 | 1 Serving | 442 | 31.40 | 8.360 | 0.000 | <u>141</u> | 566 | 4.40 | 0.0 | 3.60 | 33.32 | 160.00 | 1.92 | 2.04 | 32.00 | | | | | | |
| Italian Ziti - Vegetarian 0174486 | 1 Serving | 438 | 3.62 | 0.000 | 0.000 | <u>8</u> | 906 | 82.34 | 5.6 | 14.22 | 13.74 | 1,165.40 | 14.46 | 4.08 | 176.60 | | <u>312</u> | | | | |
| Lasagna 0174487 | 1 Serving | 999 | 47.12 | 22.980 | <u>0.640</u> | 171 | 1,968 | 88.38 | 6.3 | 17.78 | 52.86 | 1,658.58 | 14.42 | 5.66 | 839.72 | | <u>585</u> | | | | |
| Layered Mexican Casserole 0174489 | 1 Serving | 653 | 31.28 | 17.480 | 0.340 | <u>179</u> | 1,439 | 45.14 | 9.5 | 7.28 | 46.64 | 915.06 | 13.06 | 5.20 | 472.26 | | <u>4</u> | | | | |

* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

| Name | Portion Unit | KCAL | FAT | SFA | FATR | CHOL | NA | CHO | TDFB | SUGR | PRO | VTAIU | VITC | FE | CA | VTDIU | K | P | ZN | B2 | B1 |
|---|--------------|------|--------------|---------------|--------------|------------|-------|--------|------------|-------------|--------------|---------------|--------------|-------------|--------------|-------------|------------|---------------|-------------|-------------|-------------|
| KeyName | | KCAL | Gram | Gram | Gram | MG | MG | Gram | Gram | Gram | Gram | IU | MG | MG | MG | IU | MG | MG | MG | MG | MG |
| Lemon Chicken & Broccoli 0174490 | 1 Serving | 192 | 5.30 | 1.580 | <u>0.000</u> | 71 | 554 | 9.30 | 3.9 | <u>1.74</u> | 28.62 | 13.86 | 61.72 | 0.32 | 45.60 | | <u>67</u> | <u>6.92</u> | <u>0.04</u> | <u>0.02</u> | <u>0.02</u> |
| Lemon Garlic Rosemary Pork Chops 0174491 | 1 Serving | 549 | <u>39.54</u> | <u>11.620</u> | <u>0.000</u> | <u>71</u> | 862 | 30.26 | <u>3.6</u> | 0.00 | <u>18.76</u> | <u>75.44</u> | <u>9.22</u> | <u>2.20</u> | <u>37.38</u> | | <u>236</u> | <u>216.82</u> | <u>2.46</u> | <u>0.24</u> | <u>0.56</u> |
| Lemon Pepper Chicken - Grill 0173865 | 1 Serving | 207 | <u>7.58</u> | <u>1.880</u> | <u>0.000</u> | <u>71</u> | 1,135 | 2.52 | <u>0.0</u> | 2.52 | <u>26.32</u> | <u>0.00</u> | <u>0.00</u> | <u>0.00</u> | <u>0.26</u> | | | | | | |
| Lemon Pepper Chops - Grill 0174492 | 1 Serving | 574 | <u>45.34</u> | <u>16.560</u> | <u>0.000</u> | <u>142</u> | 797 | 2.52 | <u>0.0</u> | 2.52 | <u>31.00</u> | <u>18.14</u> | <u>0.00</u> | <u>1.80</u> | <u>56.52</u> | | <u>470</u> | <u>433.64</u> | <u>4.90</u> | <u>0.50</u> | <u>1.12</u> |
| Lemon Pepper Tenders - Grill 0174493 | 1 Serving | 214 | <u>4.90</u> | <u>0.360</u> | <u>0.000</u> | <u>88</u> | 1,168 | 2.52 | <u>0.0</u> | 2.52 | <u>35.02</u> | <u>0.00</u> | <u>0.00</u> | <u>1.14</u> | <u>0.26</u> | | <u>446</u> | | | | |
| Lemon Pepper Wings - Grill 0174494 | 1 Serving | 458 | <u>31.40</u> | <u>8.360</u> | <u>0.000</u> | <u>141</u> | 792 | 2.52 | <u>0.0</u> | 2.52 | <u>33.32</u> | <u>160.00</u> | <u>1.92</u> | <u>2.02</u> | <u>32.26</u> | | | | | | |
| Lemon Thyme Chicken & Veggies 0174495 | 1 Serving | 261 | 7.32 | 2.140 | <u>0.000</u> | <u>71</u> | 1,052 | 22.82 | 6.1 | <u>2.66</u> | 28.96 | 8,677.04 | 53.72 | 1.50 | 49.10 | | <u>67</u> | <u>6.92</u> | <u>0.04</u> | <u>0.02</u> | <u>0.02</u> |
| Lime Chili Pork Roast 0174496 | 1 Serving | 219 | 5.88 | 1.720 | 0.000 | <u>81</u> | 433 | 7.94 | 0.2 | 1.48 | 37.36 | <u>0.00</u> | <u>5.66</u> | <u>3.64</u> | <u>19.46</u> | | | | | | |
| Loaded BBQ Pork & Potato Casserole 0174497 | 1 Serving | 707 | 33.76 | 17.780 | 0.340 | 149 | 1,295 | 52.80 | 4.1 | 15.08 | 52.08 | 811.58 | <u>11.76</u> | 4.54 | 194.10 | | | | | | |
| Loaded Potato/Bufalo Chicken Casserole 0174498 | 1 Serving | 679 | 36.18 | 16.600 | 0.700 | <u>139</u> | 1,914 | 36.66 | 4.3 | 0.42 | 51.54 | 967.28 | <u>15.50</u> | 3.46 | 321.78 | | | | | | |
| Meatballs 0174499 | 1 Serving | 637 | 35.44 | 13.500 | 0.000 | 84 | 1,121 | 61.60 | 0.0 | 45.66 | 20.28 | 168.74 | 5.78 | 2.60 | 120.08 | <u>0.00</u> | <u>30</u> | <u>0.90</u> | <u>0.00</u> | <u>0.00</u> | <u>0.00</u> |
| Meatless Tacos 0174501 | 1 Serving | 359 | 14.86 | 9.480 | 0.000 | <u>40</u> | 1,258 | 39.04 | 9.1 | 6.06 | 11.04 | 1,190.68 | 12.48 | 3.54 | 227.84 | | <u>4</u> | | | | |
| Mexican Pasta Bake - Vegetarian 0174502 | 1 Serving | 709 | 16.62 | 8.900 | 0.700 | 48 | 1,048 | 104.22 | 11.8 | 9.94 | 29.68 | 810.34 | 8.82 | 6.08 | 477.54 | | | | | | |
| Mexican Ranch Chicken - Grill 0174503 | 1 Serving | 175 | 7.60 | 1.880 | 0.000 | <u>71</u> | 707 | 0.26 | 0.1 | 0.00 | 26.38 | 51.18 | 0.02 | 0.40 | 1.60 | | <u>4</u> | | | | |
| Mexican Ranch Chops - Grill 0174504 | 1 Serving | 542 | 45.36 | 16.560 | <u>0.000</u> | <u>142</u> | 369 | 0.26 | 0.1 | 0.00 | 31.06 | 69.34 | 0.02 | 2.20 | 57.86 | | <u>474</u> | <u>433.64</u> | <u>4.90</u> | <u>0.50</u> | <u>1.12</u> |

* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

| Name | Portion Unit | KCAL | FAT | SFA | FATR | CHOL | NA | CHO | TDFB | SUGR | PRO | VTAIU | VITC | FE | CA | VTDIU | K | P | ZN | B2 | B1 |
|---|--------------|------|-------|---------------|--------------|------------|-------|-------|------------|-------|-------|-----------------|--------------|-------------|---------------|-------------|------------|-------------|-------------|-------------|-------------|
| KeyName | | KCAL | Gram | Gram | Gram | MG | MG | Gram | Gram | Gram | Gram | IU | MG | MG | MG | IU | MG | MG | MG | MG | MG |
| Mexican Ranch Tenders - Grill 0174505 | 1 Serving | 182 | 4.92 | 0.360 | 0.000 | 88 | 740 | 0.26 | 0.1 | 0.00 | 35.06 | 51.18 | 0.02 | 1.54 | 1.60 | | 450 | | | | |
| Mexican Ranch Wings - Grill 0174506 | 1 Serving | 426 | 31.42 | 8.360 | 0.000 | 141 | 364 | 0.26 | 0.1 | 0.00 | 33.38 | 211.18 | 1.94 | 2.42 | 33.60 | | 4 | | | | |
| Mocha Pork Roast 0174508 | 1 Serving | 181 | 5.90 | 1.720 | 0.000 | 81 | 239 | 0.08 | 0.1 | 0.00 | 37.34 | 0.00 | 0.00 | 4.28 | 0.00 | | | | | | |
| No Bake Chocolate Oat Bars 0174509 | 1 Serving | 972 | 62.00 | 36.060 | 0.180 | 96 | 423 | 94.32 | 8.2 | 54.94 | 13.02 | 1,280.00 | 0.00 | 6.34 | 34.24 | 0.00 | 320 | 0.90 | 0.00 | 0.00 | 0.00 |
| No Bake Chocolate Peanut Butter Bars 0174511 | 1 Serving | 902 | 56.28 | 27.080 | 0.180 | 48 | 485 | 87.32 | 5.9 | 64.14 | 14.36 | 1,040.30 | 0.00 | 5.52 | 95.48 | | 450 | | | | |
| Onion Soup Mix Seasoning 0174454 | 1 Serving | 0.1 | 0.00 | 0.000 | 0.000 | 0 | 0 | 0.03 | 0.003 | 0.03 | 0.00 | 2.71 | 0.003 | 0.00 | 0.01 | | | | | | |
| Parmesan Honey Chicken Tenders 0174512 | 1 Serving | 306 | 4.54 | 0.000 | 0.000 | 98 | 1,389 | 27.22 | 0.0 | 25.62 | 36.50 | 214.54 | 0.00 | 1.14 | 128.72 | | 446 | | | | |
| Parmesan Honey Pork Roast 0174513 | 1 Serving | 325 | 7.82 | 1.620 | 0.000 | 92 | 985 | 27.22 | 0.0 | 25.62 | 38.76 | 214.54 | 0.00 | 2.92 | 128.72 | | | | | | |
| Party Meatballs 0174514 | 1 Serving | 602 | 35.46 | 13.500 | 0.000 | 84 | 1,338 | 52.98 | 0.6 | 41.44 | 20.56 | 396.32 | 3.72 | 2.60 | 103.06 | | | | | | |
| Philly Cheesesteak Sloppy Joe 0174515 | 1 Serving | 541 | 38.64 | 17.420 | 0.220 | 134 | 568 | 5.16 | 0.5 | 2.52 | 41.00 | 192.34 | 13.00 | 3.06 | 171.28 | | 53 | 2.98 | 0.02 | 0.00 | 0.00 |
| Philly Sloppy Joe Casserole 0174516 | 1 Serving | 448 | 25.28 | 11.340 | 0.220 | 73 | 891 | 28.22 | 2.9 | 2.52 | 26.42 | 192.34 | 20.28 | 2.48 | 171.28 | | 53 | 2.98 | 0.02 | 0.00 | 0.00 |
| Pineapple Salsa Chicken 0174517 | 1 Serving | 223 | 5.06 | 1.520 | 0.000 | 71 | 819 | 17.52 | 0.8 | 13.56 | 26.32 | 0.00 | 10.94 | 0.28 | 0.00 | | | | | | |
| Pineapple Salsa Pork Roast 0174519 | 1 Serving | 250 | 5.68 | 1.620 | 0.000 | 81 | 449 | 17.52 | 0.8 | 13.56 | 37.26 | 0.00 | 10.94 | 3.20 | 0.00 | | | | | | |
| Pirate Chicken 0174520 | 1 Serving | 350 | 2.38 | 0.000 | 0.000 | 88 | 2,139 | 48.84 | 0.0 | 44.84 | 38.00 | 160.14 | 1.92 | 1.14 | 0.00 | | 446 | | | | |
| Pizza Burger 0174521 | 1 Serving | 503 | 36.82 | 16.180 | 0.000 | 131 | 201 | 2.80 | 0.4 | 1.20 | 37.22 | 280.04 | 2.40 | 3.20 | 88.06 | | 60 | | | | |

* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

| Name | Portion Unit | KCAL | FAT | SFA | FATR | CHOL | NA | CHO | TDFB | SUGR | PRO | VTAIU | VITC | FE | CA | VTDIU | K | P | ZN | B2 | B1 |
|---|--------------|------|--------------------|---------------------|---------------------|-------------------|-------|-------|-------------------|-------|---------------------|----------------------|--------------------|--------------------|--------------------|---------------------|-------------------|--------------------|--------------------|--------------------|--------------------|
| KeyName | | KCAL | Gram | Gram | Gram | MG | MG | Gram | Gram | Gram | Gram | IU | MG | MG | MG | IU | MG | MG | MG | MG | MG |
| Pork Ragout 0174522 | 1 Serving | 221 | 5.96 | 1.620 | 0.000 | 81 | 261 | 9.36 | 2.8 | 4.88 | 37.94 | 8,965.68 | 6.08 | 3.42 | 55.56 | | | | | | |
| Pulled Pork Taco 0174523 | 1 Serving | 202 | 5.70 | 1.620 | 0.000 | <u>81</u> | 681 | 4.98 | 0.3 | 2.26 | 37.42 | 51.18 | 4.80 | 3.36 | 5.60 | | <u>4</u> | | | | |
| Pumpkin Cheesecake Bars 0174524 | 1 Serving | 727 | 41.38 | 28.040 | 0.000 | 82 | 534 | 76.76 | 2.9 | 46.84 | 6.72 | 9,572.36 | 2.72 | 1.78 | 183.86 | <u>0.00</u> | <u>15</u> | <u>0.46</u> | <u>0.00</u> | <u>0.00</u> | <u>0.00</u> |
| Quinoa Chili - Vegetarian 0174525 | 1 Serving | 246 | 1.90 | 0.000 | 0.000 | <u>0</u> | 801 | 46.18 | 7.3 | 5.82 | 9.12 | 715.20 | 11.74 | 4.84 | 145.58 | | | | | | |
| Ranch Chicken Tacos 0174526 | 1 Serving | 237 | 5.58 | 1.620 | 0.000 | <u>71</u> | 979 | 15.28 | 4.2 | 1.04 | 29.88 | 81.40 | 0.74 | 1.68 | 66.66 | | <u>4</u> | | | | |
| Ranch Dry Seasoning 0173839 | 1 Serving | 0 | 0.00 | 0.000 | 0.000 | <u>0</u> | 0 | 0.00 | 0.0 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | | | | | | |
| Ranch Pork Roast 0173841 | 1 Serving | 369 | 21.40 | 11.560 | 0.000 | <u>125</u> | 616 | 5.58 | 0.0 | 0.40 | 41.62 | 674.08 | 0.00 | 3.06 | 39.60 | | | | | | |
| Roasted Potatoes - Buttery Garlic 0174527 | 1 Serving | 247 | 13.34 | 7.120 | 0.000 | 24 | 716 | 28.82 | 3.0 | 0.00 | 3.04 | 320.00 | 9.10 | 1.10 | 0.14 | | | | | | |
| Roasted Potatoes - Italian 0174528 | 1 Serving | 284 | 17.84 | 3.420 | 0.000 | <u>0</u> | 1,444 | 29.72 | 3.0 | 0.90 | 3.04 | 0.00 | 9.10 | 1.14 | 0.00 | | | | | | |
| Roasted Potatoes - Onion 0174529 | 1 Serving | 297 | 18.02 | 3.420 | 0.000 | 0 | 686 | 32.04 | 3.0 | 0.00 | 3.40 | 0.00 | 9.10 | 1.10 | 0.00 | | | | | | |
| Roasted Potatoes - Ranch 0174530 | 1 Serving | 281 | 17.84 | 3.420 | 0.000 | <u>0</u> | 470 | 28.82 | 3.0 | 0.00 | 3.04 | 0.00 | 9.10 | 1.10 | 0.00 | | | | | | |
| Rootbeer Pulled Pork 0173838 | 1 Serving | 314 | <u>5.68</u> | <u>1.620</u> | <u>0.000</u> | <u>81</u> | 606 | 35.88 | <u>0.6</u> | 33.94 | <u>37.58</u> | <u>227.56</u> | <u>1.70</u> | <u>3.10</u> | <u>1.82</u> | | | | | | |
| Salsa Chicken 0174531 | 1 Serving | 209 | 7.48 | 1.920 | 0.000 | <u>71</u> | 1,367 | 7.38 | 0.5 | 1.96 | 27.18 | 51.18 | 3.78 | 0.68 | 9.60 | | <u>4</u> | | | | |
| Sausage Biscuit & Gravy Casserole 0174532 | 1 Serving | 674 | 37.46 | 17.400 | 0.520 | 317 | 1,299 | 56.60 | 1.8 | 10.22 | 26.76 | 768.56 | 0.56 | 4.52 | 606.22 | <u>23.38</u> | <u>89</u> | | | | |
| Sausage Gravy 0173946 | 1 Serving | 492 | 39.22 | 15.080 | 0.000 | 89 | 942 | 15.30 | 0.2 | 8.88 | 16.72 | 204.50 | 1.64 | 0.82 | 232.14 | <u>68.16</u> | <u>259</u> | | | | |

* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

| Name | Portion Unit | KCAL | FAT | SFA | FATR | CHOL | NA | CHO | TDFB | SUGR | PRO | VTAIU | VITC | FE | CA | VTDIU | K | P | ZN | B2 | B1 |
|---|--------------|------|-------|--------|--------------|-----------|-------|-------|------|-------|-------|--------------|-------------|-------------|--------------|-------------|------------|---------------|-------------|-------------|-------------|
| KeyName | | KCAL | Gram | Gram | Gram | MG | MG | Gram | Gram | Gram | Gram | IU | MG | MG | MG | IU | MG | MG | MG | MG | MG |
| Savory Cranberry Chicken - Grill 0174533 | 1 Serving | 340 | 13.90 | 2.920 | 0.140 | 71 | 674 | 24.98 | 0.1 | 21.48 | 26.36 | 43.08 | 0.08 | 0.04 | 1.58 | <u>0.00</u> | <u>2</u> | <u>0.76</u> | <u>0.02</u> | | |
| Savory Cranberry Chops - Grill 0174534 | 1 Serving | 707 | 51.66 | 17.600 | <u>0.140</u> | 142 | 336 | 24.98 | 0.1 | 21.48 | 31.04 | 61.22 | 0.08 | 1.84 | 57.82 | <u>0.00</u> | <u>472</u> | <u>434.40</u> | <u>4.92</u> | <u>0.50</u> | <u>1.12</u> |
| Savory Cranberry Tenders - Grill 0174535 | 1 Serving | 348 | 11.24 | 1.400 | 0.140 | 88 | 708 | 24.98 | 0.1 | 21.48 | 35.06 | 43.08 | 0.08 | 1.18 | 1.58 | <u>0.00</u> | <u>448</u> | <u>0.76</u> | <u>0.02</u> | | |
| Savory Cranberry Wings - Grill 0174536 | 1 Serving | 592 | 37.72 | 9.400 | 0.140 | 141 | 331 | 24.98 | 0.1 | 21.48 | 33.36 | 203.08 | 2.00 | 2.06 | 33.58 | <u>0.00</u> | <u>2</u> | <u>0.76</u> | <u>0.02</u> | | |
| Savory Meatloaf 0174537 | 1 Serving | 637 | 37.04 | 15.180 | <u>0.000</u> | 208 | 576 | 31.22 | 1.2 | 6.68 | 41.30 | 228.82 | 1.26 | 4.96 | 80.98 | | | | | | |
| Savory Pepper Pork Roast 0174538 | 1 Serving | 249 | 5.84 | 1.640 | <u>0.000</u> | 81 | 988 | 15.22 | 2.7 | 7.48 | 39.82 | 772.84 | 49.52 | 3.86 | 91.76 | | <u>79</u> | <u>9.08</u> | <u>0.06</u> | <u>0.02</u> | <u>0.02</u> |
| Smokkin BBQ Chili 0174614 | 1 Serving | 579 | 17.24 | 7.300 | <u>0.000</u> | 61 | 2,081 | 82.20 | 6.8 | 63.12 | 25.64 | 1,060.14 | 11.38 | 4.24 | 100.18 | | | | | | |
| Smothered Pork Chops 0174615 | 1 Serving | 348 | 15.56 | 5.060 | <u>0.000</u> | 82 | 1,324 | 21.90 | 2.2 | 0.96 | 27.10 | 16.78 | 6.78 | 1.66 | 42.68 | <u>4.88</u> | <u>19</u> | | | | |
| Smothered Ranch Pork Chops 0174616 | 1 Serving | 316 | 13.50 | 4.760 | 0.000 | <u>83</u> | 1,036 | 18.88 | 1.8 | 0.64 | 26.60 | 64.60 | 6.78 | 1.42 | 36.68 | <u>4.88</u> | <u>19</u> | | | | |
| Stuffed Pepper Casserole - Vegetarian 0174617 | 1 Serving | 167 | 7.78 | 4.460 | <u>0.340</u> | <u>24</u> | 905 | 17.02 | 3.5 | 9.56 | 8.40 | 1,859.12 | 39.68 | 1.60 | 247.72 | | <u>364</u> | <u>5.96</u> | <u>0.04</u> | <u>0.00</u> | <u>0.02</u> |
| Sweet & Tangy Chicken 0174618 | 1 Serving | 313 | 18.00 | 3.940 | 0.000 | 87 | 847 | 9.72 | 0.0 | 6.48 | 26.32 | 2.16 | 1.94 | 0.58 | 0.02 | | | | | | |
| Sweet n Sour Chicken 0174619 | 1 Serving | 274 | 5.06 | 1.520 | 0.000 | <u>71</u> | 583 | 28.32 | 1.5 | 25.58 | 26.32 | 0.00 | 8.82 | 0.02 | 2.08 | <u>0.00</u> | <u>3</u> | <u>0.10</u> | <u>0.00</u> | <u>0.00</u> | <u>0.00</u> |
| Sweet n Sour Chicken - Grill 0174620 | 1 Serving | 222 | 7.58 | 1.880 | 0.000 | 71 | 533 | 13.62 | 0.0 | 12.82 | 26.44 | <u>0.00</u> | <u>0.00</u> | <u>0.00</u> | <u>0.00</u> | | | | | | |
| Sweet n Sour Chops - Grill 0174621 | 1 Serving | 589 | 45.34 | 16.560 | <u>0.000</u> | 142 | 195 | 13.62 | 0.0 | 12.82 | 31.14 | <u>18.14</u> | <u>0.00</u> | <u>1.80</u> | <u>56.24</u> | | <u>470</u> | <u>433.64</u> | <u>4.90</u> | <u>0.50</u> | <u>1.12</u> |
| Sweet n Sour Meatballs 0174622 | 1 Serving | 470 | 35.44 | 13.500 | 0.000 | 84 | 768 | 17.96 | 1.0 | 9.60 | 21.16 | 368.72 | 9.04 | 2.90 | 105.26 | | <u>60</u> | | | | |

* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

| Name | Portion Unit | KCAL | FAT | SFA | FATR | CHOL | NA | CHO | TDFB | SUGR | PRO | VTAIU | VITC | FE | CA | VTDIU | K | P | ZN | B2 | B1 | |
|--|--------------|------|-------|--------|--------------|------------|-------|-------|------|-------|-------|---------------|-------------|-------------|--------------|--------------|------------|---------------|-------------|-------------|-------------|--|
| KeyName | | KCAL | Gram | Gram | Gram | MG | MG | Gram | Gram | Gram | Gram | IU | MG | MG | MG | IU | MG | MG | MG | MG | MG | |
| Sweet n Sour Tenders - Grill 0174623 | 1 Serving | 229 | 4.90 | 0.360 | 0.000 | 88 | 566 | 13.62 | 0.0 | 12.82 | 35.14 | <u>0.00</u> | <u>0.00</u> | <u>1.14</u> | <u>0.00</u> | | <u>446</u> | | | | | |
| Sweet n Sour Wings - Grill 0174624 | 1 Serving | 473 | 31.40 | 8.360 | 0.000 | 141 | 190 | 13.62 | 0.0 | 12.82 | 33.44 | <u>160.00</u> | <u>1.92</u> | <u>2.02</u> | <u>32.00</u> | | | | | | | |
| Sweet Potato Chili 0174625 | 1 Serving | 304 | 17.26 | 7.300 | <u>0.000</u> | <u>61</u> | 659 | 15.46 | 2.6 | 5.38 | 20.36 | 7,095.24 | 21.34 | 2.82 | 83.64 | | <u>179</u> | <u>24.30</u> | <u>0.16</u> | <u>0.04</u> | <u>0.04</u> | |
| Taco Burgers 0174626 | 1 Serving | 514 | 38.56 | 17.120 | <u>0.180</u> | <u>177</u> | 420 | 0.72 | 0.1 | 0.06 | 38.00 | 223.52 | 0.02 | 3.54 | 84.44 | | <u>4</u> | | | | | |
| Taco Casserole 0174627 | 1 Serving | 726 | 40.54 | 19.840 | <u>0.700</u> | <u>139</u> | 1,701 | 39.56 | 8.7 | 6.64 | 43.90 | 861.54 | 12.60 | 5.76 | 479.14 | | <u>4</u> | | | | | |
| Taco Seasoning 0173832 | 1 Serving | 1 | 0.03 | 0.004 | 0.000 | <u>0</u> | 289 | 0.33 | 0.1 | 0.004 | 0.06 | 63.98 | 0.03 | 0.50 | 2.01 | | <u>5</u> | | | | | |
| Tater Tot Breakfast Casserole 0174628 | 1 Serving | 975 | 71.26 | 26.600 | 0.700 | 637 | 1,730 | 36.56 | 3.8 | 2.60 | 40.40 | 1,202.40 | 7.14 | 2.52 | 418.70 | <u>9.74</u> | <u>420</u> | | | | | |
| Tater Tot Casserole 0174629 | 1 Serving | 749 | 45.46 | 19.180 | <u>0.700</u> | 116 | 1,458 | 45.64 | 5.9 | 5.90 | 37.12 | 734.00 | 8.62 | 3.00 | 389.62 | <u>19.48</u> | <u>315</u> | | | | | |
| Tator Tot Casserole 0174630 | 1 Serving | 841 | 49.72 | 19.880 | <u>0.700</u> | 116 | 1,678 | 56.98 | 7.3 | 5.90 | 38.54 | 734.00 | 11.16 | 3.00 | 389.62 | <u>19.48</u> | <u>457</u> | | | | | |
| Teriyaki Chicken - Grill 0174631 | 1 Serving | 253 | 10.10 | 2.240 | 0.000 | <u>71</u> | 1,853 | 11.12 | 0.0 | 11.00 | 29.32 | <u>0.00</u> | <u>0.00</u> | <u>0.08</u> | <u>9.42</u> | <u>0.00</u> | <u>15</u> | <u>0.46</u> | <u>0.00</u> | <u>0.00</u> | <u>0.00</u> | |
| Teriyaki Chicken Fajitas 0174632 | 1 Serving | 268 | 5.10 | 1.540 | <u>0.000</u> | 71 | 1,459 | 26.10 | 1.5 | 20.32 | 28.80 | 83.92 | 30.02 | 0.36 | 35.36 | <u>0.00</u> | <u>55</u> | <u>5.00</u> | <u>0.04</u> | <u>0.00</u> | <u>0.02</u> | |
| Teriyaki Chops - Grill 0174633 | 1 Serving | 620 | 47.86 | 16.920 | <u>0.000</u> | <u>142</u> | 1,515 | 11.12 | 0.0 | 11.00 | 34.00 | <u>18.14</u> | <u>0.00</u> | <u>1.88</u> | <u>65.66</u> | <u>0.00</u> | <u>485</u> | <u>434.08</u> | <u>4.90</u> | <u>0.50</u> | <u>1.12</u> | |
| Teriyaki Tenders - Grill 0174634 | 1 Serving | 260 | 7.42 | 0.720 | 0.000 | <u>88</u> | 1,886 | 11.12 | 0.0 | 11.00 | 38.02 | <u>0.00</u> | <u>0.00</u> | <u>1.22</u> | <u>9.42</u> | <u>0.00</u> | <u>461</u> | <u>0.46</u> | <u>0.00</u> | <u>0.00</u> | <u>0.00</u> | |
| Teriyaki Wings - Grill 0174635 | 1 Serving | 504 | 33.92 | 8.720 | 0.000 | <u>141</u> | 1,510 | 11.12 | 0.0 | 11.00 | 36.32 | <u>160.00</u> | <u>1.92</u> | <u>2.10</u> | <u>41.42</u> | <u>0.00</u> | <u>15</u> | <u>0.46</u> | <u>0.00</u> | <u>0.00</u> | <u>0.00</u> | |
| Thai Chicken Curry 0174636 | 1 Serving | 169 | 5.68 | 1.580 | <u>0.000</u> | 71 | 589 | 2.30 | 0.5 | 1.06 | 26.76 | 155.14 | 13.00 | 0.16 | 95.50 | <u>30.00</u> | <u>33</u> | <u>2.98</u> | <u>0.02</u> | <u>0.02</u> | <u>0.00</u> | |

* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

| Name KeyName | Portion Unit | KCAL KCAL | FAT Gram | SFA Gram | FATR Gram | CHOL MG | NA MG | CHO Gram | TDFB Gram | SUGR Gram | PRO Gram | VTAIU IU | VITC MG | FE MG | CA MG | VTDIU IU | K MG | P MG | ZN MG | B2 MG | B1 MG |
|--|--------------|--------------|-------------|----------------------|---------------------|-------------------|----------|-------------|-------------------|--------------|-------------|----------------------|---------------------|--------------------|----------------------|---------------------|-------------------|--------------------|--------------------|--------------------|--------------------|
| Three Cheese Mac N Cheese 0174637 | 1 Serving | 859 | 41.78 | 23.340 | 0.340 | 135 | 1,699 | 82.94 | 3.2 | 15.74 | 36.12 | 1,468.66 | 0.94 | 3.08 | 856.50 | <u>38.96</u> | <u>158</u> | | | | |
| White Bean Chili 0174639 | 1 Serving | 389 | 14.54 | 8.900 | 0.700 | 48 | 951 | 40.60 | 11.3 | 5.70 | 21.32 | 4,779.02 | 3.78 | 3.04 | 400.70 | | | | | | |
| White Chicken Chili 0174645 | 1 Serving | 456 | 18.64 | 10.560 | 0.700 | 116 | 1,114 | 28.04 | 7.8 | 3.34 | 41.46 | 447.42 | 3.06 | 3.66 | 377.38 | | | | | | |
| Wrap - BBQ Sloppy Joe 0174646 | 1 Serving | 787 | 38.72 | 18.380 | <u>0.340</u> | <u>115</u> | 1,213 | 73.94 | 2.6 | 31.66 | 37.28 | 451.28 | 1.70 | 5.40 | 199.36 | | | | | | |
| Wrap - Buffalo Chicken 0174647 | 1 Serving | 665 | 33.30 | 11.960 | 0.560 | 142 | 1,277 | 43.20 | 2.1 | 2.66 | 49.62 | 230.14 | 2.98 | 4.72 | 209.90 | <u>0.00</u> | <u>2</u> | <u>1.82</u> | <u>0.02</u> | | |
| Wrap - Cheeseburger 0174648 | 1 Serving | 691 | 38.70 | 18.380 | <u>0.340</u> | 115 | 984 | 47.74 | 2.0 | 6.34 | 36.96 | 329.40 | 1.26 | 5.22 | 197.54 | | | | | | |
| Wrap - Chicken Taco 0174649 | 1 Serving | 535 | 17.16 | 8.820 | 0.340 | <u>92</u> | 1,069 | 57.74 | 6.2 | 3.14 | 37.76 | 305.10 | 0.74 | 5.70 | 264.20 | | <u>4</u> | | | | |
| Wrap - Philly Cheesesteak Sloppy Joe 0174650 | 1 Serving | 666 | 36.08 | <u>16.780</u> | <u>0.220</u> | <u>103</u> | 950 | 47.12 | <u>2.5</u> | 4.52 | 38.08 | <u>192.34</u> | <u>13.00</u> | <u>5.20</u> | <u>211.24</u> | | <u>53</u> | <u>2.98</u> | <u>0.02</u> | <u>0.00</u> | <u>0.00</u> |
| Wrap - Ranch Bacon Cheddar 0174651 | 1 Serving | 885 | 57.46 | 17.800 | 0.780 | 123 | 1,578 | 43.92 | 2.2 | 3.22 | 48.76 | 236.56 | 0.16 | 4.72 | 222.26 | <u>0.00</u> | <u>4</u> | <u>3.66</u> | <u>0.02</u> | | |
| Wrap - Taco 0174653 | 1 Serving | 639 | 30.52 | 14.740 | <u>0.340</u> | <u>85</u> | 1,081 | 57.74 | 6.2 | 3.14 | 32.02 | 305.10 | 0.74 | 6.16 | 264.20 | | <u>4</u> | | | | |
| Zuppa Toscano 0174659 | 1 Serving | 468 | 30.86 | 12.200 | 0.000 | 73 | 1,537 | 29.66 | 3.5 | 1.82 | 16.94 | 7,098.10 | 48.90 | 2.74 | 85.68 | | | | | | |

* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.