

#	Name	Serving Size		Description	Protein	Total Fat	Carbohydrate	Calories	Sodium	Saturated Fat	Cholesterol	Dietary Fiber
30460	SUN TOMATO/BASIL/ASIAGO FLATBREAD HMS/CS	1	EACH	3 OZW	8.751	7.493	35.655	239.673	571.120	2.495	8.340	2.264
30463	RSTD GARLIC & VEGETABLE FLATBREAD-HMS	1	EACH	3 OZW	8.099	6.272	37.680	235.803	473.654	1.514	2.552	2.544
30464	SALT, PEPPER & ROSEMARY FLATBREAD HMS/CS	1	EACH	2 1/2 OZW	5.265	4.591	30.909	185.498	601.718	0.800	0.000	1.275
30487	BLUEBERRY MUFFINS	1	EACH	6 OZW	7.231	30.450	75.373	599.983	513.323	15.326	87.917	2.515
30489	LEMON POPPYSEED MUFFINS	1	EACH	6 OZW	8.507	32.873	80.986	649.227	538.965	15.582	88.044	2.387
30490	BRAN MUFFIN-CS	6	OZW	1 EACH	8.252	31.853	81.879	645.017	476.454	15.964	87.917	5.449
30503	CHOCOLATE CHOCOLATE CHIP-CS	6	OZW	1 EACH	8.634	7.103	81.242	664.026	526.973	17.623	89.065	3.280
30504	BANANA NUT MUFFINS	1	EACH	6 OZW	7.869	33.256	76.139	632.897	486.915	15.964	90.979	1.877
30509	CINNAMON ROLL-FTO	1	EACH	5 1/4 OZW	8.715	34.242	99.078	739.109	898.684	11.306	37.346	2.410
30516	BLUEBERRY SCONE	1	EACH	3 1/2 OZW	7.025	25.090	56.201	471.687	421.508	14.050	110.395	2.007
30517	CINNAMON SCONE	1	EACH	3 3/4 OZW	7.025	25.090	56.201	481.723	421.508	14.050	110.395	6.022
30554	PECAN ROLLS	1	EACH	6 OZW	9.787	36.719	94.248	733.509	832.734	11.967	51.786	3.785
60691	PARFAIT, YOGURT, & FRUIT	1	EACH	13 OZW	15.183	4.857	67.016	359.356	232.292	2.307	12.250	4.139
60913	CUPCAKES, CHOCOLATE, LARGE-CS	1	EACH	3 1/2 OZW	3.497	13.895	62.394	383.375	445.379	4.761	8.741	1.748
60914	CUPCAKES, YELLOW, LARGE-CS	1	EACH	3 1/2 OZW	2.622	12.147	65.016	383.375	384.190	3.887	13.112	0.000
61033	CRISP, PEACH, INDIVIDUAL, LARGE	1	EACH	7 1/2 OZW	3.932	8.682	81.745	399.964	21.523	5.014	20.318	4.932
61034	COBBLER, PEACH, INDIVIDUAL, LARGE	1	EACH	8 1/2 OZW	8.848	2.482	96.642	431.541	163.579	0.828	71.791	4.341
61035	COBBLER, APPLE, INDIVIDUAL, LARGE	1	EACH	8 1/2 OZW	7.465	2.928	85.471	392.771	156.768	0.913	71.791	2.898
61036	COOKIE SANDWICH, VANILLA	1	EACH	3 3/4 OZW	3.742	21.951	71.468	495.275	229.919	6.566	20.412	1.276
61037	COOKIE SANDWICH, CHOCOLATE	1	EACH	3 3/4 OZW	4.054	22.340	70.138	489.321	229.635	7.290	20.412	1.531
61038	CRISP, APPLE, INDIVIDUAL, LARGE	1	EACH	7 1/2 OZW	3.037	8.549	74.415	374.552	87.430	3.675	0.000	4.641
61039	CHEESECAKE, OREO CRUST, INDIVIDUAL	1	EACH	6 OZW	13.674	48.541	49.011	673.314	525.374	26.966	244.661	1.474
61040	CAKE, CHOCOLATE, MOLTEN	1	EACH	6 1/4 OZW	9.905	39.584	92.407	750.010	407.152	20.106	171.284	2.711
61041	CAKE, PINEAPPLE UPSIDE-DOWN, INDIVIDUAL	1	EACH	4 1/4 OZW	2.895	9.124	53.052	304.120	309.641	5.053	23.271	0.553
61042	BLONDIES, CHOCOLATE CHIP	1	EACH	3 1/4 OZW	4.365	17.723	54.009	386.942	334.707	9.773	73.403	0.611
61043	BROWNIES, TRIPLE CHOCOLATE ROCKY ROAD	1	EACH	3 1/2 OZW	4.825	14.797	59.167	377.856	192.828	4.751	39.974	1.118
61044	BROWNIES, TRIPLE CHOCOLATE	1	EACH	3 OZW	4.372	11.675	54.165	332.274	190.642	3.765	39.974	0.611
61045	CAKE, CARROT, INDIVIDUAL	1	EACH	6 3/4 OZW	7.293	45.821	79.993	746.983	314.818	8.296	74.500	2.651
111045	FRESH FRUIT CUP-BAKERY CAFE HMS/CS	1	EACH	12 OZW	2.213	0.577	35.662	140.900	32.414	0.110	0.000	3.889
111079	CHICKEN CAESAR SALAD HMS/CS	1	EACH	11 1/4 OZW	36.208	24.094	31.279	486.452	1215.927	6.043	81.875	4.666
111087	CRAZY COBB SALAD-CS	1	EACH	15 3/4 OZW	49.074	47.664	16.515	686.140	1771.075	14.053	326.052	5.772
111091	SALAD, POTATO, RED-SKIN BKRY CAFE HMS/CS	0 1/2	C	3 3/4 OZW	1.992	13.204	17.373	195.692	290.557	1.841	6.991	1.620
111176	MANDARIN CRANBERRY SALAD HMS/CS	1	EACH	12 OZW	6.607	16.086	60.915	385.492	377.540	1.582	0.465	7.725
111257	TUNA SALAD-CS	2 1/4	OZW		10.136	12.229	0.353	155.648	314.444	1.778	36.852	0.090
111258	CHICKEN SALAD-CS	2 3/4	LB		212.549	337.904	71.606	4222.101	5462.465	48.739	827.865	8.924
111262	BUFFALO BISTRO SALAD-HMS/CS	1	EACH	14 3/4 OZW	37.665	32.307	33.866	572.608	929.584	9.136	91.422	4.517
111272	FRESH FRUIT CUP-BAKERY CAFE HALF-CS	1	EACH	6 OZW	1.106	0.288	17.831	70.450	16.207	0.055	0.000	1.944
111280	CHICKEN CAESAR SALAD HALF-CS	1	EACH	5 3/4 OZW	18.092	14.121	16.310	264.077	729.160	3.349	40.937	2.267
111281	CAESAR SALAD HALF-HMS/CS	1	EACH	4 1/4 OZW	5.410	11.514	16.187	186.104	698.900	2.783	6.237	2.246
111282	CAESAR SALAD-CS	1	EACH	8 1/4 OZW	10.845	18.880	31.033	330.505	1155.406	4.912	12.474	4.624
111283	MANDARIN CRANBERRY SALAD HALF-CS	1	EACH	6 1/2 OZW	3.389	9.159	31.078	205.921	245.810	0.892	0.310	3.963
111284	BUFFALO BISTRO SALAD HALF-CS	1	EACH	7 1/2 OZW	19.904	19.858	18.060	327.546	598.350	5.738	49.236	2.409
111331	CRAZY COBB SALAD HALF-CS	1	EACH	9 1/2 OZW	27.806	28.582	9.703	404.962	1038.748	8.174	269.026	3.021
111402	GRILLED CHICKEN AND ASPARAGUS SALAD	1	EACH	15 1/4 OZW	25.103	34.825	26.580	512.486	615.851	6.250	275.108	4.626
111719	SALAD, PEAR, WLNUT&BLEU CHSE W/CIDR CHKN	1	EACH	14 OZW	38.653	46.455	41.248	727.260	859.149	11.177	92.648	7.048
111720	SALAD, SPINACH & GRILLED PORTOBELLO W/PO	1	EACH	10 3/4 OZW	7.540	22.350	32.360	340.949	1156.909	3.283	0.000	5.885
130774	TARRAGON ROAST BEEF SANDWICH HMS/CS	1	EACH	9 1/2 OZW	21.666	26.762	30.253	445.179	1050.657	5.474	56.327	3.025
130776	CALIFORNIA TURKEY SANDWICH HMS/CS	1	EACH	10 OZW	21.302	26.328	33.997	450.599	1457.319	3.861	46.137	6.073
131013	GRILLED CHICKEN AND PESTO CIABATTA-CS	1	EACH	10 OZW	39.394	36.989	37.896	646.588	868.743	9.714	109.989	1.943
131014	HUMMUS AND FETA CIABATTA-CS	1	EACH	9 3/4 OZW	18.917	31.383	63.790	601.123	1208.747	7.489	24.180	8.121
131015	TUNA SALAD CROISSANT-HMS/CS	1	EACH	7 OZW	20.486	32.795	38.330	534.268	1005.755	11.483	101.397	2.869
131035	HAM AND SWISS BAGUETTE-CS	1	EACH	9 1/4 OZW	37.084	24.660	84.949	771.912	2072.810	8.816	71.159	5.958
131036	CRUNCHY CHICKEN SALAD CROISSANT-CS	1	EACH	7 1/2 OZW	23.882	43.371	43.555	662.623	1021.095	12.990	118.123	3.459
131037	PORTOBELLO FLORENTINE BAGUETTE-CS	1	EACH	9 OZW	24.504	26.153	88.572	684.326	1698.298	8.065	21.364	6.235
131059	HAM AND SWISS BAGUETTE HALF-CS	1	EACH	5 3/4 OZW	18.586	12.341	43.216	389.004	1035.059	4.412	35.579	3.093
131060	PORTOBELLO FLORENTINE BAGUETTE HALF-CS	1	EACH	4 1/2 OZW	12.129	20.439	42.758	399.551	842.169	4.754	9.781	4.097

131069	TARRAGON ROAST BEEF SANDWICH HALF-HMS/CS	1	EACH	5 1/4 OZW	10.942	13.403	15.662	224.928	525.825	2.742	28.163	1.633
131070	CALIFORNIA TURKEY SANDWICH HALF-HMS/CS	1	EACH	5 3/4 OZW	10.759	13.186	17.534	227.638	729.193	1.935	23.069	3.157
131071	GRILLED CHICKEN & PESTO CIABATTA HALF-CS	1	EACH	6 OZW	19.805	18.517	19.483	325.633	434.904	4.862	54.995	1.092
131072	HUMMUS AND FETA CIABATTA HALF-CS	1	EACH	5 1/2 OZW	9.245	15.944	30.814	297.511	587.706	3.992	13.613	3.761
131106	TURKEY CLUB LAVASH-CS	1	EACH	11 3/4 OZW	29.846	37.121	55.040	672.619	1494.002	10.033	81.484	3.090
131107	TURKEY CLUB LAVASH HALF-CS	1	EACH	6 OZW	14.923	18.560	27.520	336.309	747.001	5.016	40.742	1.545
131159	BAGUETTE, NORTHERN ITALIAN	1	EACH	12 1/4 OZW	40.318	48.594	82.291	934.442	2988.777	15.367	93.413	5.668
141209	MINI PEPPER JACK CHICKEN PANINI-CS	2	EACH	12 1/4 OZW	57.833	47.907	66.579	939.864	1475.928	17.124	146.269	3.464
141262	MINI CLASSIC CUBAN PANINI-CS	2	EACH	11 OZW	45.878	44.348	67.151	858.661	2146.874	16.782	119.238	3.143
141263	MINI CHEESY PANINI-CS	2	EACH	9 OZW	42.316	44.044	67.996	839.123	1637.784	22.297	101.031	2.583
141264	MINI ASIAGO BEEF PANINI-CS	2	EACH	11 1/2 OZW	47.643	32.559	68.782	753.301	2283.090	14.321	100.671	3.198
141274	MINI CLASSIC CUBAN PANINI HALF-CS	1	EACH	5 1/2 OZW	22.949	22.178	33.576	429.405	1073.459	8.392	59.649	1.571
141275	MINI PEPPER JACK CHICKEN PANINI HALF-CS	1	EACH	6 OZW	28.861	23.587	32.900	465.067	737.800	8.333	72.182	1.678
141276	MINI CHEESY PANINI HALF-CS	1	EACH	4 1/2 OZW	21.158	22.022	33.998	419.561	818.891	11.149	50.515	1.292
141277	MINI ASIAGO BEEF PANINI HALF-CS	1	EACH	5 3/4 OZW	23.965	16.324	35.167	380.235	1164.048	7.167	50.335	1.769
141349	MINI CHICKEN CORDON BLEU PANINI-CS	2	EACH	13 OZW	64.096	38.110	69.816	928.277	1602.669	14.003	151.616	3.269
141350	MINI CHICKEN CORDON BLEU PANINI HALF-CS	1	EACH	6 1/2 OZW	32.048	19.055	34.908	464.138	801.335	7.002	75.808	1.634
141502	PANINI, MINI, ITALIAN	2	EACH	13 OZW	44.582	49.034	74.140	918.477	2895.394	17.193	98.091	3.754
141503	PANINI, MINI, ITALIAN, HALF	1	EACH	6 1/2 OZW	22.291	24.517	37.070	459.238	1447.697	8.596	49.046	1.877
141504	PANINI, MINI, FRSH MOZZARELLA & PORTOBEL	2	EACH	13 OZW	26.527	59.377	70.186	926.169	1032.919	14.226	60.887	5.276
141505	PANINI, MINI, HALF, FRSH MOZ & PORTOBEL	1	EACH	6 1/2 OZW	13.264	29.688	35.093	463.085	516.460	7.113	30.444	2.638
141506	PANINI, MINI, CHICKEN, GREEK	2	EACH	13 1/2 OZW	45.043	50.418	69.535	915.193	1250.575	11.961	105.671	4.218
141507	PANINI, MINI, HALF, CHICKEN, GREEK	1	EACH	6 3/4 OZW	22.521	25.209	34.768	457.596	625.288	5.981	52.836	2.109
161548	BLEEKER CHIPS-CS	1	1/2 OZW	14 EACH	2.850	12.892	28.400	241.331	364.253	2.998	0.000	2.663
161580	CAESAR PASTA SALAD-CS	0	1/2 C	3 OZW	3.457	7.002	17.285	145.112	385.085	1.730	4.731	0.801