

2011-2012 Carbohydrates List

Menu Item	Serving Size	Carbohydrates Count
AL CARTE PRODUCTS		
Cereal Bars Cinnamon Toast Crunch	1 each	27.000
Cereal Bars Trix	1 each	27.000
Cereal Bars Coco Puffs	1 each	28.000
Quaker Granola Choc. Chip Bar	1 each	19.000
Nutri-Grain, Strawberry Cereal	1 each	24.000
Brownies	1 each	35.950
Breadsticks Cheese	1 each	29.000
Breadsticks Sweet	1 each	29.000
Cinnamon Roll Bridgford	1 each	26.000
ENTRÉE'S		
Burrito Chili Cheese Los Cabo	1 each	42.640
Burrito Bean & Cheese Jose Ole	1 each	59.920
Burrito Beef & Bean Los Cabo	1 each	43.780
Beef Jerky Original	1 each	2.000
Beef Jerky Pepper	1 each	5.000
Beef Jerky Teriyaki	1 each	5.000
Chicken Sticks	1 each	11.000
Chicken Egg Rolls	1 each	19.000
Chicken Popcorn Bites	1 serving	14.000
Hot Pocket Ham & Cheese	1 each	36.000
Hot Pocket Pepperoni Pizza	1 each	36.000
Shrimp Poppers	1 each	19.000
CHIPS		
Baked Nacho Doritos	1 bag	16.000
Baked Cool Ranch Doritos	1 bag	16.000
Baked Sweet & Spicy Doritos	1 bag	18.000
Cheetos Baked	1 bag	17.000
Sun Chip French Onion	1 bag	18.000
Sun Chips Harvest Cheddar	1 bag	19.000
Sun Chips Original	1 bag	18.000
Pretzels Tiny Twists	1 bag	23.000
Munchies	1 bag	23.000
Baked Cheetos	1 bag	17.000
Baked Flamin HotCheetos	1 bag	17.000
Baked Fanstix Cheetos	1 bag	20.000
Baked Cheetos	1 bag	17.000
Sunflower Seeds Honey Roasted	1 bag	3.000
Corn Nuts Ranch	1 bag	27.000
CRACKERS		

Animal Crackers	1 package	25.000
Goldfish Honey Graham	1 package	19.000
Goldfish Physed Vanilla	1 package	19.000
Cheese on Cheese	1 package	23.000
Goldfish Cheddar	1 package	14.000
P&B & Cheese	1 package	15.000
Saltines (4)	1 package	18.000
Teddy Graham	1 package	16.000
Goldfish Pretzel	1 package	17.000
COOKIES		
Carnival Reduced Fat	2 each	18.000
Chocolate Chip Reduced Fat	2each	19.000
Sugar Reduced Fat	1 each	19.000
DRINKS		
G-2 Orange	1 each	7.000
G-2 Grape	1 each	7.000
G-2 Blue	1 each	7.000
Capri Sun Apple Splash	1 each	23.000
Capri Sun Berry Breeze	1 each	24.000
Crystal Light Lemon	1 each	0.000
Crystal Light Raspberry Ice	1 each	0.000
Crystal Light Peach Tea	1 each	0.000
Juicy Juice Berry	1 each	24.000
Power Aide Punch	1 each	21.000
Power Aide Grape	1 each	15.000
Power Aide Mountain Blast	1 each	15.000
Power Aide Orange	1 each	15.000
Minute Maid Apple	1 each	28.000
Minute Maid Orange	1 each	27.000
Low Fat White Milk	1 each	13.000
Fat Free Chocolate Milk	1 each	22.000
Fat Free Strawberry Milk	1 each	22.000
Tea, Tetley	8 fl. Oz	0.000
Fat Free Skim Milk	1 each	13.000
JUICES		
Apple Vita Fresh	6 oz	22.000
Fruit Blend Vita Fresh	6 oz	21.000
Orange Vita Fresh	6 oz	20.000
BIC PRODUCTS		
Applesauce, Mott's	4 oz	24.000
Apple Frudal	1 each	36.000
Breakfast Pizza (Bagel)	1 each	19.000
Breakfast Burrito IW	1 each	27.000
Beef Patty Biscuit	1 each	25.800

French Toast IW	1 each	31.000
Ham & Cheese Kolache	1 each	28.500
Hot Pocket Turkey Sausage	1 each	19.000
Muffin Turkey Ham & Cheese	1 each	25.800
Pancake Mini Strawberry	1 package	34.000
Pancake on a Stick IW	1 each	24.000
Tac-Go	1 each	17.000
Waffles, Snack'n Maple Flavor	1 each	33.000
Xtreme Apple Bites	1 package	18.000
Xtreme Citrus Bites	1 package	18.000
BREAKFAST PRODUCTS		
Biscuits, Frozen	1 each	31.000
Biscuits & Gravy Entrée (E)	1 each	34.000
Biscuits & Gravy Entrée (S)	2 each	68.000
Burrito-Egg, Sausage & Cheese	1 each	28.506
Chicken Breakfast Sausage Bisc	1 serving	20.000
CEREALS		
Berry Berry Kix	1 each	20.000
Berry, Berry Kx w\ Butter Toast	1 serving	34.000
Cheerios Bowl	1 each	14.000
Cheerios w\Cinn Toast	1 serving	40.814
Cheerios w\Butter Toast	1 serving	28.000
Cheerios Fruiti	1 each	20.000
Cheerios Fruiti w/ Cinn Toast	1 serving	34.400
Cheerios Honey Nut	1 each	22.000
Cheerios Hny Nut w\Butter Toast	1 serving	36.000
Cinnamon RS Toast Crunch	1 each	21.000
Cinn RS Toast Crunch w\Butter Tst	1 serving	35.000
Frosted Flakes RS	1 each	24.000
Frost Flakes RS w\Butter Toast	1 serving	39.400
Lucky Charm	1 each	21.000
Lucky Charm w\Cinnamon Toast	1 serving	41.814
Lucky Charm w/ Butter Toast	1 serving	35.000
Total Raisin Bran	1 each	25.000
Total Raisin w/ Cinnamon Toast	1 serving	39.400
Cream of Wheat (E)	1/2 cup	15.500
Cream of Wheat (S)	1 cup	31.000
Oatmeal w/ Cinnamon & Sugar (S)	3/4 cup	34.510
Pop Tart Strawberry	1 serving	75.000
Eggs Scrambled	1 serving	1.050
Eggs Scrambled w/ Butter Toast	1 serving	15.050
Eggs Cheesy Scram w\Butter Toast	1 serving	15.050
Eggs Cheesy Scram w\Cinn Toast	1 serving	28.896

Empanada	3 oz	39.000
French Toast Sticks Cinn Glazed (E)	1 each	31.000
French Toast Sticks Cinn Glazed (S)	1 each	34.000
JUICES		
Juice, Apple Cherry, Vita Fresh	4 oz	15.000
Apple	4 oz	15.000
Fruit Blend	4 oz	15.000
Orange	4 oz	14.000
Orange/Pineapple	4 oz	15.000
ENTRÉE'S		
Morning Sausage Roll (E)	1 each	15.000
Morning Sausage Roll (S)	2 each	30.000
Muffin, Banana, Spunkmeyer	1 oz	27.000
Muffin, Blueberry, Spunkm	5.5g	27.000
Muffin WG	1 each	27.000
Pancakes Silver Dollar Mini's (E)	6 each	42.000
Pancakes (E)	2 each	26.660
Pancakes (S)	3 each	40.000
Pancake & Sausage on a Stick (E)	1 each	24.000
Pancake & Sausage on a Stick (S)	1 each	26.000
Pancake Wrap Turkey	1 each	21.000
Pancake Sausage Sandwich	1 each	14.995
Pizza, Breakfast	1 serving	25.000
Sausage Patty	1 each	1.000
Sausage Patty w/ Butter Toast	1 serving	15.000
Sausage Patty on Biscuit	1 serving	23.000
Smokies Little (E)	4 each	2.000
Smokies Little w/ Butter Toast (S)	6 each	16.215
Skillet Frittata	1 serving	2.000
Toast Ham & Cheese	1 serving	30.000
Toast Buttered	1 slice	14.000
Toast Cheese	1 slice	14.000
Toast Cinnamon	1 slice	20.000
Waffle Stix (E)	2 each	29.000
Waffle Stix (S)	3 each	43.500
Yogurt Strawberry & Banana	1 each	19.000
Yogurt w/ Butter Toast	1 serving	32.000
BEEF PRODUCTS		
BBQ Chopped Brisket	1 serving	35.000
BBQ on a Bun	1 serving	40.378
Beef Ground	1 serving	0.000
Beef Hot Dog	1 each	3.000
Beef Hot Dog on a Bun	1 serving	29.965
Beef Hot Dog w/ Chili	1 serving	23.500

Beef Stew	1 cup	22.000
Beef Stew w Cornbread (E)	3/4 cup	32.500
Beef Stew w Cornbread (S)	1 cup	38.030
Breaded Beef Patty	3.80 oz	20.000
Breaded Beef (CKN FriedStk)w Roll	1 serving	34.884
Hamburger Pattie (E)	1.05 oz	0.000
Hamburger Pattie (S)	2.50 oz	2.000
Hamburger on a Bun(E)	1 each	23.768
Hamburger on a Bun(S)	1 each	24.574
Hamburger Bun,w/Lettuce Tomatoes	1 each	26.000
Cheeseburger (E)	1 each	23.768
Cheeseburger (S)	1 each	24.574
Cheeseburger Minis (E)	2 each	15.000
Cheeseburger Minis (S)	3 each	22.500
Steak Fingers	3.88 oz	18.000
Steak Fingers w/Roll (E)	4 each	16.379
Steak Fingers w/Roll (S)	5 each	40.590
Meatloaf	3.15 oz	6.000
Meatloaf w/Ketchup	1 serving	14.421
Meatloaf w/Ketchup & Wheat Roll	1 serving	28.421
Meatball	2.50 oz	4.000
Meatball Swedish	5 each	9.600
Salisbury Steak-Froz Patty	3 oz	4.000
Salisbury steak w/ Wheat Roll	1 serving	25.645
Sloppy Joe (manwich) on a Bun	1 serving	22.000
BREADS		
Coney Bun	1 each	18.000
Hamburger Bun Wheat	1 each	22.0000
Hoagie Roll	1 each	34.000
Sandwich Sliced, Wheat	1 each	14.000
Breadstick Cheesy	1 each	20.000
Cornbread Square	1 each	25.000
Garlic Toast Sticks	1/2 cup	18.554
Roll Dinner Wheat	each	14.000
CHICKEN PRODUCTS		
Chicken Breaded Patty	1each	13.000
Chicken Burger Minis	2 each	15.000
Chicken Cajun Breast	1 serving	1.000
Chicken Del Sol	1each	39.340
Chicken Egg Rolls w/ Fried Rice	3 each	89.620
Chicken Grilled Patty	1 each	1.410
Chicken Grilled on a Bun	1 each	22.000
Chicken Grilled on Bun w/ Lett & Tom	1 serving	23.201

Chicken Nuggets	1 serving	14.000
Chicken Nuggets w/Roll	1 serving	28.000
Chicken Rings	3 each	15.000
Chicken Rings w/ What Roll(E)	4 each	30.885
Chicken Rings w/ What Roll (S)	4 each	30.885
Chicken Spicy Patty on a Bun	1 each	36.000
Chicken Sweet & Sour w/ Rice	1 serving	40.419
Chicken, Teriyaki w Rice	1 serving	25.574
Chicken Tenders	3 each	15.300
Corndog (Chicken)	1 each	33.000
Mini Corndog (Chicken) (E)	4 each	22.000
Mini Corndog (Chicken) (S)	6 each	33.000
DEILI MEAT PRODUCTS		
Bologna	3 oz	7.500
Roast Beef	3 oz	0.000
Salami	3 oz	2.400
Turkey Ham	3 oz	0.540
Turkey	3 oz	3.350
DAIRY PRODUCTS		
CHEESE		
American slice	3.5 oz	3.000
Monterey slice	1 oz	0.000
Pepper Jack slice	1 oz	0.000
Swiss slice	3.5 oz	2.100
Shredded Cheddar	1 oz	1.000
Shredded Mozzarella	1/3 cup	1.000
Parmesan	1 oz	0.000
String Mozzarella	1 oz	3.100
Stick Cheddar	1 oz	1.000
ICE CREAM		
Fruiti Freeze Bar	1 each	24.000
Strawberry & Banana Bar	1 each	21.000
Rainbow Freeze Bar	1 each	27.000
Cherry Freeze Bar	1 each	16.000
MILK		
Cottage Cheese	1 serving	4.000
Milk Skim	1/2 pint	13.000
Milk,FF Chocolate	1/2 pint	22.000
Milk,FF Strawberry	1/2 pint	22.000
Milk, LF White 1%	1/2 cup	13.000
Sour Cream	1 each	2.000
Yogurt Dannon	1 each	19.000
Yogurt Plate (E)	1 serving	33.390
FISH PRODUCTS		

Fish Melt	1 each	35.000
Fish Melt on a Bun	1 each	37.008
Fish Spicy	1 each	30.000
Fish Spicy on a Bun	1 each	37.009
Fish Treasures (E)	4 each	17.497
Fish Treasures (S)	6 each	25.54
Tuna	1/2 cup	0.000
FRUIT PRODUCTS		
Apples Fresh	1/2 cup	19.058
Applesauce	1/2 cup	23.000
Applesauce w\ cinnamon	1/2 cup	22.000
Apricot Halves	1/2 cup	19.000
Bananas Fresh	1/2 cup	20.000
Cantaloupe Fresh	1/2 cup	6.528
Crisp, Apple	1/2 cup	30.840
Crisp, Cherry	1/2 cup	31.750
Crisp, Peach	1/2 cup	31.750
Fruit Mixed	1/2 cup	17.000
Grapes Fresh	1/2 cup	8.000
Grapefruit Fresh	1/2 half	15.000
Honeydew Melon Fresh	1 each	12.000
Oranges Fresh	1 each	19.000
Peach Fresh	1/2 cup	15.000
Peaches Sliced	1/2 cup	17.000
Peaches Diced	1/2 cup	17.000
Pears Diced	1/2 cup	16.574
Pears Fresh	1 each	26.000
Pineapple Tidbits Canned	1/2 cup	17.000
Plums Fresh	1 serving	19.000
Pie Filing Apple	1/2 cup	26.000
Pie Filing Cherry	1/2 cup	25.000
Pie Filing Peach	1/2 cup	25.000
Strawberries Fresh	1 each	11.000
Strawberries (frozen)	1/2 cup	13.000
Strawberries & Peaches	1/2 cup	21.185
Gelatin, Berry Blue	1 each	17.678
Watermelon Fresh	1 each	27.000
MEXICAN ENTRÉES & PRODUCTS		
Acapulco Burrito	1 each	59.880
Beans Burrito Soft	1 serving	34.000
Beef Hard Taco (E)	2 each	22.448
Beef Hard Taco (S)	2 each	41.541
Beef Soft Taco (S)	2 each	41.541
Beef Tamale Casserole	3/4 cup	33.470

Beef Taco Burger	1 serving	31.596
Beef, Bean & Cheese Nacho	1 serving	44.936
Beef Fiestada	3/4 cup	54.000
Burrito Fernando (E)	1 each	31.000
Burrito Fernando (S)	1 each	47.000
Chalupa Bean & Cheese	1 each	34.197
Chalupa Bean & Beef, Cheese	1 serving	34.677
Cheese, Enchiladas (E)	3 each	55.699
Cheese, Enchiladas (S)	2 each	24.229
Chicken, Enchilada	1 each	9.662
Chicken Fajitas (E)	1 serving	12.070
Chicken Fajitas (S)	1 serving	25.967
Chicken Flautas	2 each	46.000
Quesadilla, Chili & Cheese	1 serving	38.000
Tortilla (6") Flour	1 each	14.000
Tortilla (8") Flour	1 each	19.000
Tortilla (10") Flour	1 each	31.000
Tortilla (12") Flour	1 each	40.000
Taco Shell 5.5 (S)	1 each	8.000
Taco Shell Jumbo (E)	1 each	13.000
Chapula Shell	1 each	8.000
PASTA PRODUCTS		
Fettuccini	1 serving	30.000
Macaroni	1 serving	30.000
Penne	1 serving	30.000
Rotini	1 serving	30.000
Spaghetti	1 serving	30.000
Ziti	1 serving	30.000
Lasagna	1 serving	30.000
Alfredo Pasta Creamy	1 serving	38.574
Beef Macaroni	3/4 cup	26.140
Beef Stroganoff	3/4 cup	28.890
Bake Pasta	1 cup	47.138
Chicken, Broccoli Pasta w/Breadstick	1 each	34.150
Cheesy Rotini	1 cup	39.080
Cheese Lasagna	1 serving	47.219
Dinosaurs, Chef Boyardee	1 serving	37.000
Dinosaurs w/ Wheat Roll	1 serving	51.000
Macaroni & Cheese (side)	1/2 cup	21.944
Ravioli, Cheese	1 serving	37.560
Ravioli, Cheese w/ Wheat Roll	1 serving	56.510
Spaghetti Chicken	1 serving	39.329
Spaghetti w/Meatballs & Brdst	1 serving	54.269
Spaghetti Plain w/ Brdst	1 serving	52.119

Spaghetti w/Meat Sauce & Breadstick	1 serving	49.929
PIZZA PRODUCTS		
Pizza Wedge Slice, Cheese (E)	1 slice	37.000
Pizza Wedge Slice, Pepperoni (E)	1 slice	42.000
Pizza Cheese, Mr Gattis 16" Wh	1 slice	11.000
Pizza Pepperoni Mr.Gatti 16"	1 slice	11.000
Pizza, Big Daddys,Harv Grn,Pep (S)	1 slice	47.000
Pizza,Big Daddy's Harv Grn, Ch (S)	1 slice	47.000
Pizza Chees WG (S)	1 slice	26.000
Pizza Pepperoni WG (S)	1 slice	26.000
Multigrained Pizza Dough	3.25 oz	42.000
Pizza Italian Sausage WG (S)	1 slice	20.900
PORK PRODUCTS		
Bacon	1 each	0.000
Rib b Que	1 each	7.000
Rib b Que on a bun	1 each	46.910
RICE PRODUCTS		
Rice, Brown	1/2 cup	35.000
Rice, Instant White Uncle Ben's	1/2 cup	36.000
Rice, Fiesta	1/2 cup	30.370
Rice, Fried	1/2 cup	41.000
Rice, Vegetable	1/2 cup	6.7880
SALAD PRODUCTS		
Salad Chef Vegetarian (E)	1 each	23.110
Salad Chef Vegetarian (S)	1 each	20.650
Salad Chef Chicken (E)	1 each	30.930
Salad Chef Chicken (S)	1 each	30.930
Salad Chef Spicy Chicken (S)	1 each	32.222
Salad Chef Taco	1 each	21.658
Salad Chef Ham (E)	1 each	22.500
Salad Chef Ham (S)	1 each	24.120
Salad Chef Turkey (E)	1 each	15.784
Salad Chef Turkey (S)	1 each	13.585
Salad, Chef BLT	1 each	17.532
Salad, Corn	1/2 cup	17.183
Salad, Black Bean & Corn	1/2 cup	43.400
Salad, Macaroni	1 serving	19.809
Salad, Tossed w/ Tomatoes (side)	1/2 cup	19.020
SANDWICHES		
Bologna	1 each	18.000
Bologna & Cheese	1 each	18.000
Chicken, Parmesan	1 each	41.570
Grilled Chez w/Ckn Noodle Soup (S)	1 serving	39.409
Grilled Chez w/ Tomatoes Soup (E)	1 serving	47.732

Ham & Cheese	1 each	28.000
Ham & Cheese Grilled	1 each	28.000
Ham & Swiss	1 each	28.000
Ham & Swiss Hot	1 each	28.000
Ham & Cheese Panini	1 each	26.000
Peanut Butter/Jelly	1 each	58.500
Roast Beef	1 each	21.940
Turkey	1 each	31.978
Turkey & Cheese	1 each	30.984
Tuna w/Orange	1 serving	49.790
SUBS		
Chicken Grilled	1 each	34.000
Club	1 each	39.552
Combo Hot or Cold	1 each	38.734
Ham & Cheese	1 each	28.000
Italian Hot	1 each	35.478
Meatball Hot	1 each	44.928
Turkey	1 each	37.978
Turkey & Cheese	1 each	41.920
Turkey & Ham	1 each	41.920
SACK LUNCHES		
Sack Lunch Combo	1 each	60.390
Sack Lunch, Bologna	1 each	52.390
Sack Lunch,PBJ	1 each	63.800
WRAPS		
BLT	1 each	62.260
Chicken Fajita	1 each	72.660
Chicken Ranchero	1 each	69.493
Chicken Salas	1 each	44.964
Chicken South of the Border	1 each	44.349
Ham & Swiss	1 each	34.368
Roast Beef	1 each	52.590
Three Cheese	1 each	62.240
Turkey & Cheese	1 each	69.24
SOUP PRODUCTS		
Chicken Noodle	1 serving	12.000
Cream of Chicken	1 serving	12.000
Cream of Mushroom	1 serving	10.000
Chicken Tortilla	1 serving	15.000
Cream of Potato	1 serving	14.000
Homestyle Chicken Noodle	1 serving	16.000
Tomato	1 serving	19.000
SAUCES PRODUCTS		
Alfredo Sauce	1 oz	5.000

BBQ Sauce Gal.	1 oz	6.000
Cheese Sauce,	1 oz	6.000
Gravy, Brown- instant	1 oz	3.000
Gravy, Country - instant	2 oz	6.000
Gravy, Country - instant	1 oz	3.000
Dressing, Honey Must (Bulk)	1 oz	6.000
Food Color Green	1 oz	0.000
Food Color Blue	1 oz	0.000
Food Color Yellow	1 oz	0.000
Honey Mustard	1 oz	10.000
Mustard, Gallon	1 oz	0.000
Manwich	1 oz	7.000
Miniature Marshmallow	1 oz	3.550
Orange Zesty Sauce	1 oz	20.000
Pickle Relish	1 oz	5.000
Salsa, Red Gold	1 oz	2.000
Salad Dressing/bulk	1 oz	1.000
Spaghetti Sauce	1 oz	10.000
Tomatoes Sauce	1 oz	4.000
Tomatoes Paste	1 oz	6.000
Tomatoes Crushed	1 oz	4.000
INDIVUAL PACKAGES		
BBQ Sauce Indv.	1 each	7.700
Dressing, Ranch	1 each	2.000
Ketchup, Indv.	1 each	2.000
Jelly, Grape Indv.	1 each	9.000
Jelly, Strawberry Indv.	1 each	10.000
Butter Reddies Indv.	1 each	0.000
Mayonnaise Individual	1 each	3.000
Mustard, Indv.	1 each	0.000
Peppers, Red Crushed	1 each	0.000
Syrup, Pancake Indv.	1 each	26.000
Salsa Indv.	1 each	1.000
Tarter Sauce	1 each	2.000
VEGETABLE PRODUCTS		
Beans Vegetarian	1/2 cup	26.000
Beans Vegetarian Baked	1/2 cup	40.880
Beans Green (frozen)	1/2 cup	4.350
Beans Pinto	1/2 cup	19.000
Beans Refried	1/2 cup	18.000
Broccoli & Carrots Fresh	3 oz	2.000
Broccoli w/ Cheese	1/2 cup	6.500
Broccoli (frozen)	1/2 cup	2.000
Broccoli Normandy	1 each	5.000

Carrot & Celery Sticks	1/2 cup	5.334
Carrot Sticks Fresh	1/2 cup	5.844
Carrots (frozen)	1/2 cup	5.465
Carrots Glazed	1/2 cup	13.354
Celery Stcks	1/2 cup	2.000
Cucumbers Fresh	1/2 cup	1.837
Cucumbers & Tomatoes	1/2 cup	2.460
Coleslaw	1/2 cup	1.297
Corn Mexican	1/2 cup	17.982
Corn (Frozen)	1/2 cup	15.830
Fixins Lettuce & Tomato	1 serving	1.259
Lettuce Shredded	1 oz	2.970
Lettuce Salad Mix	1/2 cup	3.000
Mixed Vegetables	1/2 cup	7.680
Jalapeno Slices	1 oz	1.308
Olives Black	1 oz	1.000
Onion Sliced	1 oz	2.649
Peas (frozen)	1/2 cup	8.955
Pepper Green Fresh	1 oz	1.152
Pepper Red Fresh	1/2 cup	0.000
Potato Baked (entrée)	1 serving	26.000
Potato Baked w/ Cheese	serving	31.400
Potato Bake w/Broccoli & Cheese	1 serving	71.864
Potato BBQ Beef	1 serving	75.240
Potato Baked (side)	1 serving	38.429
Potatoes Ranch Wedges	3 oz	20.000
Potato Au Gratin	1/2 cup	18.000
Potatoes Scalloped	1/2 cup	17.000
Potato Sweet Puffs	3 oz	23.000
Potatoe Seasoned Loops	3 oz	20.000
Potato Seasoned Fries	3 oz	18.000
Potato Starz	3 oz	19.238
Potatoes Mashed	1/2 cup	14.000
Potatoes Mashed w/Gravy	1/2 cup	17.000
Potatoes Sweet	1/2 cup	61.524
Spinach (frozen)	1/2 cup	4.000
Spinach Fresh	1/2 cup	4.000
Squash (frozen)	1/2 cup	2.000
Squash Casserole	4 each	7.996
Tomatoes Fresh	1 each	3.900
Tomatoes Cherry	1 serving	0.300
Tomatoes Diced Fresh	1 oz	1.112
Tomatoes Sliced Fresh	1 slice	0.588
Tomatoes Stew	1/2 cup	7.580

Vegetable Cup (E)	3 oz	9.966
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