

Recipe or Product	Recipe or Product Name	Portion Size	Cals	MG Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G Tot Fat	G S-Fat	
COLD ENTREES															
BC/CE-10	Asian chicken wrap	1 Each	527	63	834	5.17	4.92	170.76	464	31.34	31.32	59.83	17.8	3.72	
BC/CE-15	Bagel (2.3 oz) w/ yogurt & cheese	1 Each	381	33	604	1.5	2.38	383.43	236	0	18.72	55.6	8.56	5.01	
BC/CE-20	Bagel (2.3 oz) w/ yogurt & peanut butter	1 Each	468	15	485	1.5	2.82	174.02	100	0	20.77	62.25	14.94	4.13	
BC/CE-17	Bagel (2.3 oz.) w/ Yogurt & light cream cheese	1 Each	342	24	486	1.51	4.17	249.26	129	3.49	13.75	55.47	6.86	3.77	
BC/CE-15	Bagel (2.8 oz) w/ yogurt & cheese	1 Each	420	33	679	1.83	2.89	385.99	236	0	20.21	63.17	8.78	5.04	
BC/CE-20	Bagel (2.8 oz) w/ yogurt & peanut butter	1 Each	507	15	560	1.83	3.32	176.58	100	0	22.25	69.82	15.17	4.16	
BC/CE-17	Bagel (2.8 oz.) w/ Yogurt & light cream cheese	1 Each	379	24	549	1.83	5.03	261.88	129	3.63	15.17	62.63	7.09	3.82	
BC/CE-25	Cheerios/HN Cheerios w/ Yogurt	1 Each	251	28	624	2.22	6.53	242.53	514	4.96	11.58	39.1	5.23	2.45	
BC/HE-125	Chicken Broccoli Pasta w/ Bari	2 Cups	378	29	187	6.74	4.02	112.98	753	94.15	22.68	46.38	12.05	2.14	
BC/CE-30	Chicken Caesar salad	1 Each	193	36	308	2.87	1.81	75.14	3391	18.25	16.85	16.9	6.55	2.2	
BC/CE-40	Chicken Caesar wrap	1 Each	486	43	887	3.52	4.12	153.78	1009	4.18	23.78	54.24	18.61	4.26	
BC/CE-45	Chicken Fajita Pasta Toss w/ B	1 1/2 Cups	385	53	556	6.44	3.51	52.35	4201	49.72	23.02	46.22	12.25	2.35	
BC/CE-74	Chicken Pesto-Pasta Salad w/ B	2 Cups	445	28	235	7.09	4.39	96.12	2798	60.11	22.08	47.5	14.68	2.39	
BC/CE-50	Chicken salad	1/2 Cup	152	51	255	0.34	0.74	17.07	123	0.64	16.46	2.47	8.04	1.66	
BC/CE-55	Chicken salad on a roll	1 Each	329	51	644	2.38	2.47	75.11	123	0.64	21.95	34.5	10.78	2.27	
BC/CE-57	Chicken salad on whole wheat	1 Each	290	51	550	4.2	2.59	57.39	125	0.64	21.9	28.29	10.39	2.17	
BC/CE-60	Chicken salad wrap	1 Each	484	49	900	5.43	4.65	170.49	1157	11.07	25.7	58.97	15.86	3.52	
BC/CE-65	Cinnamon Peach Noodle Kugel w/ Barilla PLUS	1 1/2 Cups	375	7	135	6.22	4.18	108.89	730	3.73	14.99	71.04	4.52	1.29	
BC/CE-70	Cobb salad w/ yogurt cup	1 Each	269	43	758	1.28	0.83	279.6	3033	14.44	12.78	30.43	10.28	4.06	
BC/CE-75	Cold pizza bagel fun lunch (2.3 oz. bagel)	1 Each	377	36	879	3.3	15.05	455.13	287	36	22.4	48.99	10.07	5.88	
BC/CE-75	Cold pizza bagel fun lunch (2.8 oz. bagel)	1 Each	416	36	955	3.63	15.55	457.68	287	36	23.89	56.56	10.3	5.91	
BC/CE-77	Cold pizza dunks lunch	1 Each	418	36	991	1.8	16.32	443.39	287	36	23.55	56.17	11.03	5.73	
BC/CE-79	Fruity Elbow Salad w/ Barilla PLUS	1 1/2 Cups	381	9	243	6.4	3.62	48.47	3057	18.31	11.28	64.57	9.58	0.95	
BC/CE-80	Greek Pasta Salad w/ Barilla P	2 Cups	340	13	602	8.07	3.85	137.9	440	8.62	15.16	47.96	11.22	2.61	
BC/CE-82	Grilled chicken & vegetables on a Kaiser roll	1 Each	429	60	848	4.2	3.86	54.11	4787	54.69	31.33	53.6	8.28	1.85	
BC/CE-90	Honey mustard chicken pasta salad	1 Each	443	70	559	1.59	3.27	164.95	1528	18.88	29.2	41.31	17.49	4.64	
BC/CE-95	Junior ham/cheese sub w/ lettuce & tomato	1 Each	257	38	1020	1.51	1.84	144.97	330	2.29	14.07	24.64	11.05	4.77	
BC/HE-97	Lone Star Shrimp Pasta Salad w	Servings	386	77	322	7.93	4.87	98.88	3246	86.14	22.8	52.02	10.75	2.62	
BC/CE-100	Oriental chicken slaw wrap	1 Each	418	81	889	5.9	2.42	72.09	3186	20.36	29.17	39.46	18.02	3.51	
BC/CE-110	Roast beef, red onion, spicy tomato mayo on multigrain bread	1 Each	467	58	473	6.78	4.29	97.07	728	4.99	24.09	44.84	19.47	6.57	
BC/CE-116	Toasted bagel chips & fresh fruit & veggies w/ sweet creamy	1 Each	524	16	929	12.83	3.82	198.7	5433	49.64	27.19	92.68	7.05	3.16	

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BC/CE-115	Toasted bagel chips & fresh veggies w/ hummus	1 Each	559	0	961	17.18	5.27	194.61	7666	32.25	23.66	98.89	10.05	1.67
BC/CE-120	Tomato Cajun chicken salad wrap	1 Each	532	75	984	4.85	4.11	118.99	2605	25.8	34.25	57.15	18.2	4.5
BC/CE-125	Tri Color Corn Chips& Fresh Veggies, Hummus	1 Each	422	0	513	13	3.21	143.89	7668	32.25	14.68	71.06	11.01	1.99
BC/CE-130	Tuna salad	1/2 Cup	149	17	461	0.34	0.96	13.77	155	0.61	14.91	5.54	7.03	0.96
BC/CE-140	Tuna salad on a roll	1 Each	326	17	849	2.39	2.69	71.81	155	0.61	20.4	37.56	9.77	1.57
BC/CE-145	Tuna salad on whole wheat bread	1 Each	287	17	756	4.21	2.81	54.09	157	0.61	20.35	31.35	9.38	1.47
BC/CE-150	Tuna salad wrap	1 Each	479	17	1101	5.81	5.36	178.75	6599	27.87	24.55	60.36	15.06	2.86
BC/CE-155	Turkey & cheese on small Kaiser w/ lettuce & tomato	1 Each	280	32	992	2.42	2.84	103.63	594	8.52	16.92	35.71	6.75	3.39
BC/CE-157	Turkey & cheese sandwich on whole wheat	1 each	241	38	1006	3.86	2.23	118.57	138	0	18.57	26.04	7.28	3.3
BC/CE-160	Turkey club bagel sandwich	1 Each	463	49	791	3.39	5.16	41.39	1060	8.53	31.07	62.8	8.78	2.33
BC/CE-165	Veggie Spiral Pasta Salad w/ Barilla PLUS	1 1/2 Cups	275	2	451	7.37	3.94	60.05	5111	35.92	12.78	48.19	4.28	0.19
BC/CE-170	Wild Greens antipasto salad	1 Each	381	42	795	4.42	4.73	263.66	3348	16.11	21.59	48.41	11.14	5
HOT ENTREES														
BC/HE-5	Aloha pizza with chicken and ham	1 Slice (1/6 pie)	551	59	970	3.63	4.73	190.2	225	25.62	30.64	75.46	13.92	4.45
Tyson #2378	Baked breaded chicken nuggets	5 Each	217	39	471	1.52	1.59	25.7	509	0	14.05	10.92	13	3
Pierce #111063	Baked breaded chicken nuggets w/ whole grain	5 Each	200	40	420	2	1.8	0	100	0	15	15	9	1.5
Pierce #110490	Baked breaded chicken nuggets w/ whole grain	5 Each	200	55	540	2	1.8	0	200	0	16	14	9	1.5
BC/HE-300	Baked potato w/ broccoli & cheese	1 Each	296	12	377	5.61	2.74	287.45	539	41.39	19.95	45.67	4.34	2.54
BC/HE-302	Baked ziti or rigatoni w/ cheese	1 Cup	438	27	1081	7.54	2.51	354.63	2399	19.73	18.31	56.74	15.91	5.6
BC/HE-30	Barbecued chicken pizza	1 Slice (1/8 pie)	349	53	642	1.59	2.66	354	249	7.59	25.33	38.16	10.58	5.16
BC/HE-35	BBQ beef riblet on a bun made w/ whole wheat	1 Each	339	22	1024	3.41	3.82	159.8	174	1.04	20.62	48.25	8.97	2.26
BC/HE-35	BBQ beef riblet on a white bun	1 Each	297	22	929	2.93	3.45	113.05	174	1.04	20.18	41.28	7.68	2.79
BC/HE-40	BBQ pork riblet on a bun made w/ whole wheat	1 Each	342	50	776	2.72	3.64	155.28	144	1.35	19.9	43.43	9.64	2.11
BC/HE-40	BBQ pork riblet on a white bun	1 Each	300	50	681	2.24	3.27	108.53	144	1.35	19.46	36.47	8.34	2.65
BC/HE-60	Beef & turkey lasagna	1 Piece	256	39	421	2.02	2.34	209.68	893	16.24	16.52	23.72	10.84	4.95
BC/HE-50	Beef and bean chili	1/2 Cup	188	54	270	1.77	2.08	22.77	502	12.48	17.26	7.88	9.7	3.75
BC/HE-65	Beefaroni	3/4 Cup	279	58	288	1.94	3.22	25.06	509	8.64	21.09	24	10.85	4.12
BC/HE-70 Tyson #2379	Breaded chicken patty on a white bun	1 Each	384	41	762	2.77	3.53	104.98	100	0	20	39.4	15.97	3.72
BC/HE-70A Pilgrims Pride #110202	Breaded chicken patty on a white bun	1 Each	368	45	912	1.19	3.68	78.25	100	0	20.39	44.04	11.46	2.12
BC/HE-70 Tyson #2379	Breaded chicken patty on bun made w/ whole wheat	1 Each	425	41	857	3.25	3.9	151.73	100	0	20.44	46.36	17.26	3.18
BC/HE-70A Pilgrims Pride #110202	Breaded chicken patty on bun made w/ whole wheat	1 Each	410	45	1007	1.67	4.05	125	100	0	20.83	51	12.75	1.58
BC/HE-80	Breaded turkey cutlet on a bun made w/ whole wheat	1 Each	351	42	916	1.67	3.05	137.9	20	0.7	24.02	40.92	9.82	1.47
BC/HE-80A	Breaded turkey cutlet on white bun	1 Each	309	42	821	1.19	2.68	91.15	20	0.7	23.58	33.96	8.53	2.01
BC/HE-83	Broccoli pizza	1 Slice(1/8 pie)	417	36	925	2.25	3.09	467.14	531	16.96	22.54	50.74	13.34	6.57
BC/HE-85	Buffalo chicken pizza	1 Slice (1/6 pie)	515	49	901	3.49	4.79	192.74	567	8.42	28.64	69.16	14	4.31
BC/HE-92	Burrito (Chicken, Bean & Chees	1 EACH	225	23	407	3.21	2.31	171.35	749	10.23	11.22	26.25	8.56	3.95
BC/HE-95	Cheese pizza	1 Slice (1/8 pie)	413	36	921	1.96	3.01	461.97	462	7.15	22.23	50.01	13.3	6.57
BC/HE-96	Cheese pizza bagels made w/ wh	2 topped bagel ha	434	36	1003	8.7	2.89	547.64	1016	6.74	24.68	56.13	13.12	6.22
BC/HE-98	Cheesy Red Rotini w/ Barilla PLUS	Servings	373	18	971	8.49	3.72	263.55	1313	15.68	18.74	50.87	11.68	3.6
BC/HE-98	Cheesy Spinach & Tomato Penne	2 Cups	378	19	715	9.21	5.52	420.75	11548	18.34	22.23	52.9	10.16	4.09
BC/HE-99	Cheesy Tomato Rotini w/ Barilla PLUS	1 1/2 Cups	318	18	383	5.88	3.74	286.66	1247	15.77	18.37	46.72	6.98	2.93
BC/HE-100	Chicken & cheese quesadilla	1 Each	457	64	855	2.45	3.48	263.93	352	0.73	24.85	40.03	21.71	7.07
BC/HE-115	Chicken & Mushroom Penne w/ Ba	Servings	291	25	507	5.52	3.57	35.35	27	0.08	19.47	38.95	6.6	0.99
BC/HE-117	Chicken & Veggie Penne w/ Bari	2 Cups	369	25	420	7.75	4.16	55.55	5060	10.41	22.53	49.98	9.51	1.15
BC/HE-200	Chicken (or turkey) & noodles	1 Cup	291	76	287	0.84	2.07	58.85	111	0.38	24.98	25	9.5	2.41

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BC/HE-110	Chicken and ham jambalaya	1 Cup	189	38	818	2.47	2.27	37.82	983	60.46	16.02	14.93	8.01	1.45
BC/HE-120	Chicken broccoli alfredo	2 Cups	467	60	709	4.47	3.79	190.62	913	42.91	30.85	55.19	13.2	4.27
BC/HE-130	Chicken bruschetta pizza	1 Slice	492	51	955	3.77	4.43	42.6	781	13.14	27.71	65.52	13.26	2.95
BC/HE-140	Chicken burrito	1 Each	435	63	1106	3.32	4.48	167.56	552	3.65	26.45	48.8	14.36	5.07
BC/HE-150	Chicken caccitore	1 Cup	178	51	138	2.01	1.57	44.35	647	45.36	17.61	7.35	8.98	1.82
Foster Farms #96124	Chicken corn dog nuggets	6 Each	330	38	765	0	2.7	150	0	0	10.5	28.5	19.5	5.25
BC/HE-160	Chicken enchiladas	1 Each	454	91	927	2.4	2.28	74.61	985	15.89	31.26	43.1	16.37	5.95
BC/HE-180	Chicken fajita salad w/ tortilla chips	1 Each	363	81	1086	3.85	3.15	77.58	3266	30.94	26.25	28.09	16.38	3.35
BC/HE-170	Chicken fajitas	1 Each	351	73	406	1.99	2.75	64.26	297	7.92	27.45	24.46	15.8	3.28
BC/HE-190	Chicken lo mein no peppers	2 Cups	386	51	744	3.88	2.84	36.9	186	8.74	26.07	53.41	6.37	1.8
BC/HE-190 optional variation	Chicken lo mein with peppers	2 Cups	388	51	745	4.05	2.87	37.72	356	21.83	26.16	53.93	6.4	1.8
Pierce #110201	Chicken nuggets, Pilgrims Prid	5 Each	230	55	680	0	1.8	20	200	0	16	16	10	2.5
BC/HE-215	Chicken or turkey in gravy	1/2 Cup	133	51	359	0	0.69	8.5	31	0	17.32	4	4.83	1.19
BC/HE-210	Chicken or turkey pot pie	1 Cup	318	74	710	2.29	2.19	33.36	1923	5.21	20.82	25.04	14.92	6.77
BC/HE-220 Pilgrims Pride #110202	Chicken parmesan	1 Each	248	50	1005	0.92	2.44	63.39	347	4.29	17.53	20.71	10.28	2.23
BC/HE-220 Tyson #2379	Chicken parmesan	1 Each	266	46	862	2.52	2.32	90.48	355	4.29	17.34	16.22	14.97	3.88
BC/HE-220 Pilgrims Pride #110491	Chicken parmesan whole grain	1 Each	238	60	925	2.92	2.44	63.39	447	4.29	18.53	19.71	11.28	2.73
BC/HE-220 Pilgrims Pride #111064	Chicken parmesan whole grain	1 Each	238	45	785	2.92	2.44	63.39	347	4.29	18.53	18.71	10.28	2.23
BC/HE-230	Chicken Parmesan Wrap	1 Each	525	69	932	4.48	4.78	380.41	862	16.21	32.55	57.79	17.75	6.1
BC/HE-235	Chicken Penne Fajita w/ Barill	2 Cups	349	52	497	5.59	3.18	129.28	454	60.36	21.41	45.33	9.18	3.71
BC/HE-240	Chicken ranchero wrap	1 Each	567	86	1012	4.01	4.57	153.33	451	11.12	33.35	56.68	21.75	4.25
BC/HE-240	Citrus Teriyaki Noodles w/ Bar	2 Cups	299	6	778	6.5	3.99	63.97	5127	32.83	17.6	48.42	4.23	0.6
BC/HE-320 variation	Cranberry glazed chicken	2 oz. ckd chick	206	72	129	0.13	1.04	12.24	107	1.9	22.87	5.06	9.86	2.75
BC/HE-250	Enchilada pie	1 Piece	281	58	938	4.21	4.23	346.36	1566	47.81	23.86	23.95	10.01	4.77
BC/CE-78	Fiesta Lime Salmon w/ Barilla	Servings	411	19	599	7.64	4.51	78.76	3218	39.4	23.19	55.74	6.43	1.38
BC/HE-253	Ginger Basil Longevity Noodles	2 Cups	332	25	663	7.05	4.05	63.3	737	24.36	21.22	49.59	5.26	0.76
BC/HE-255 Pierce #73022	Grilled chicken on a bun made w/ whole wheat	1 Each	311	39	411	1.67	9.25	125	0	0	24.72	35	7.64	0.08
BC/HE-255 Pierce #70285	Grilled chicken on a bun made w/ whole wheat	1 Each	310	40	807	1.67	4.05	125	0	0	22.83	36	6.75	0.08
BC/HE-255 Tyson #60102-571	Grilled chicken on a bun made w/ whole wheat	1 Each	360	45	747	1.67	3.33	145	100	0	18.83	37	14.75	3.08
BC/HE-260	Hamburger on a bun made w/ whole wheat	1 Each	359	57	417	1.67	3.64	131.8	0	0	21.82	35	13.75	4.01
BC/HE-260A	Hamburger on a white bun	1 Each	317	57	322	1.19	3.27	85.05	0	0	21.38	28.04	12.46	4.55
BC/HE-270	Honey mustard chicken wrap	1 Each	547	72	904	4.59	5.03	177.04	423	11.19	36.68	69.62	12.61	3.12
BC/HE-280	Italian meat sauce	1/2 Cup	222	57	340	1.99	1.77	23.16	717	6.54	17.05	9.3	12.79	4.33
BC/HE-290	Kickin' barbecued chicken	1 Drumstick	146	47	351	0.12	0.87	13.8	282	4.88	14.53	8.68	5.9	1.6
BC/HE-300	Macho nachos w/ Mexican meat & cheese sauce	1 Serving	410	73	626	1.62	2.41	87.79	288	2.57	21.85	23.55	24.66	6.82
BC/HE-301	Madras Chicken Curry Rotini w/	2 Cups	399	30	406	8.66	5.13	134.05	7330	21.11	23.96	58.22	9.16	3.88
BC/HE-302	Meat loaf	3/4" SLICE	238	85	141	1.34	2.91	38.98	192	2.81	21.57	8.03	12.8	4.37
BC/HE-305	Meatballs in spaghetti sauce	5 meatballs	295	81	714	4.31	1.96	60.29	1222	11.14	15.14	17.9	19.84	5.2
BC/HE-310A	Open face hot chicken or turkey sandwich on white	1 Each	199	51	529	0.6	1.62	46.25	31	0	19.23	16.65	5.65	1.37
BC/HE-310	Open face hot chicken or turkey sandwich on whole wheat	1 Each	202	51	507	1.93	1.61	28.66	32	0	20.03	16.91	6.01	1.45
BC/HE-320 variation	Orange glazed chicken	2 oz. ckd chick	248	72	69	0.1	1.15	18.14	121	4.04	22.8	16.08	9.88	2.75
BC/HE-330	Oven baked barbecued chicken	2 oz. ckd chick	296	73	244	0.43	1.37	17.51	481	5.11	23.32	19.82	13.9	3.41
BC/HE-335	Penne a la Poli w/ Barilla PLU	Servings	324	13	310	6.02	4.11	80.02	1237	16.88	15.05	43.88	10.68	1.37
BC/HE-337	Penne Pasta Scuele Scuele w/ Bar	1 Serving	344	27	87	5.31	3.53	58.17	1463	41	19.11	43.5	11.34	1.83
BC/HE-342	Penne w/ Cheesy Toast w/ Barilla PLUS	1 Serving	376	2	1005	9.05	4.2	86.06	1191	15.71	14.34	62.91	8.55	1.25

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BC/HE-341	Peppercorn chicken reuben panini	1 Each	599	63	1094	5.9	4.71	467.43	1738	19.45	33.37	68.9	21.19	5.7
BC/HE-320 variation	Pineapple sweet/sour glazed chicken	2 oz. ckd chick	247	72	67	0.13	1.35	18.68	108	1.67	22.72	15.78	9.87	2.75
BC/HE-190	Pork lo mein no peppers	2 Cups	379	45	530	3.88	2.67	38.03	159	9.13	25.95	50.53	6.88	2.31
BC/HE-190 variation	Pork lo mein with peppers	2 Cups	381	45	530	4.05	2.7	38.86	328	22.22	26.04	51.05	6.9	2.32
BC/HE-343	Pork stir fry	2 #10 scoops	233	43	469	3.48	1.13	47.06	7027	10.28	17.62	11.65	12.35	2.97
BC/HE-344	Pretzel bites w/ cheese sauce	1 Each	157	0	737	1.67	1.44	60.36	2263	0	3.67	33.38	2.01	0.5
BC/HE-345	Rancher's pie	1 Piece	312	59	273	3.61	2.42	69.41	2999	21.29	21.29	26.83	13.49	4.67
BC/HE-350	Roast pork	3 oz.	166	62	92	0.03	0.75	14.79	11	0.66	22.44	0.16	7.7	2.85
BC/HE-355	Roast turkey with gravy	2 oz.	105	33	555	0.13	1.02	7.91	0	0.32	13.29	3.66	3.75	1.22
BC/HE-357	Roasted chicken	2 oz. ckd chick	194	72	67	0.85	1.76	20.49	549	1	23.01	2.07	10.04	2.79
BC/HE-358	Roasted Veggie Pasta w/ Barill	Servings	373	23	300	7.71	5.21	248	5186	58.94	21.9	47.87	11.42	3.41
BC/HE-360	Salsa chicken wrap	1 Each	522	72	918	4.86	5.56	175.79	577	12.25	36.9	63.25	12.49	3.11
Commodity	Sausage patty/link ckd	2 oz. ckd	151	55	306	0	0.65	5.27	31	0	11.2	0	11.48	6.32
BC/HE-365	Shrimp Spiral Marinara w/ Bari	Servings	403	72	889	8.71	4.87	85.69	1290	17.74	21.99	51.81	13.03	1.78
BC/HE-370A	Sloppy Joe on a bun made w/ whole wheat	1 Each	402	58	607	2.49	4.14	144.23	542	11.99	23.16	44.59	14.08	4.11
BC/HE-370	Sloppy Joe on a white bun	1 Each	360	58	512	2.02	3.78	97.47	542	11.99	22.71	37.63	12.78	4.65
BC/HE-375	Sloppy Joe Scoops	1 Serving	355	59	326	1.83	2.2	65.33	542	11.99	18.56	27.59	18.48	5.09
BC/HE-380	Sloppy Jose on a bun made w/ w	1 Each	449	64	777	3.56	6	176.63	468	16.23	26.26	48.73	15.82	4.49
BC/HE-285	South of the border chicken pizza	1 Slice (1/6 pie)	542	54	997	3.74	5.39	180.5	675	12.54	28.16	71.5	16.26	6.27
BC/HE-390	South of the border chicken wrap	1 Each	524	80	883	3.79	4.8	296.21	562	2	32.33	55.34	18.92	7.71
Con Agra #77387-12408	Stuffed crust pizza w/ pepperoni	1 Piece	390	20	1000	2	5.4	300	590	0	18	45	16	5
BC/HE-400 Pierce #110414	Sweet & sour breaded popcorn chicken	1 Cup	281	50	913	0.82	1.85	13.2	1659	18.64	17.81	26.4	11.53	2.17
BC/HE-400 Tyson #3596	Sweet & sour breaded popcorn chicken	1 Cup	335	49	622	2.23	2.86	41.48	1659	18.64	21.88	31.88	12.82	2.85
BC/HE-410	Taco pie	1 Piece	303	59	650	2.12	3.05	183.58	941	13.05	19.09	21.72	15.33	7.11
Schwan's #78454	Tony's 4x6 pizza 50/50 cheese	1 Piece	292	16	890	2	2.52	310	500	0.6	17	32	11	4
Schwan's #78455	Tony's 4x6 pizza 50/50 cheese/pepperoni	1 Piece	330	15	780	2	2.7	250	500	0	18	34	13	4.5
Schwan's #78456	Tony's 4x6 pizza 50/50 cheese/sausage	1 Piece	310	15	750	3	2.7	200	400	0	17	35	12	3.5
Schwan's #78698	Tony's 4x6 whole grain 100% cheese/pepperoni	1 Piece	320	30	580	4	2.7	250	400	0	19	36	11	4.5
Schwan's #78673	Tony's 4x6 whole grain 50/50 cheese	1 Piece	320	20	570	4	2.7	250	400	0	16	37	11	3
Schwan's #78674	Tony's 4x6 whole grain 50/50 cheese/pepperoni	1 Piece	320	20	570	4	2.7	250	400	0	16	37	11	3
Schwan's #78697	Tony's 4x6 whole grain pizza 100% cheese	1 Piece	310	30	510	4	1.8	300	400	0	19	36	10	4.5
BC/HE-412	Tortilla Chips w/ Salsa & Cheese	1 Each	357	0	1111	5.69	2.81	181.52	2620	2.59	5.76	52.27	13.48	2.41
BC/HE-415	Triple decker bean tostados w/	1 Each	507	30	983	19.61	7.38	264.93	5020	94.62	21.83	86.63	10.53	4.39
BC/HE-417	Turkey Cordon Bleu w/ Barilla	Servings	412	24	423	5.95	3.93	205.32	452	13.27	21.11	47.45	13.71	4.14
State Fair #91000	Turkey corn dog nuggets	6 Each	315	45	795	3	2.16	60	0	0	9	31.5	18	3.75
Foster Farms #96096	Turkey corn dog nuggets	6 Each	330	30	795	0	2.16	90	0	0	10.5	27	19.5	6
BC/HE-420	Turkey ham w/ brown sugar glaze	3 oz.	438	54	927	0.13	2.76	87.43	45	12.38	14.33	88.4	3.86	1.04
BC/HE-425	Turkey hot dog on a bun	1 Each	251	61	1049	1.16	2.41	119.87	0	0	11.75	22.47	12.23	3.85
	Turkey taco meat & shredded cheddar in a soft flour tortilla:													
Jennie-O #2840	Turkey taco meat	3.75 oz. portio	190	66	646	0	1.9	38	1145	1	17	3	11.4	2.8
Commodity	Flour tortilla, 10"	1 Each	218	0	445	2.17	2.34	90.3	0	0	5.8	35.95	5.43	1.32
Commodity	Cheddar cheese	1 tbsp.	21	6	36	0.01	0.02	40.05	69	0	1.32	0.11	1.75	1.1
BC/HE-295	USDA spaghetti & meat sauce	1 Cup	354	58	599	3.39	4.09	52.52	468	8.02	23	39.34	11.25	4.16
BC/HE-430	Warm raspberry chicken salad wrap	1 Each	600	76	1122	8.36	4.99	80.54	2338	13.24	37.12	77.22	15.11	3.8
BC/HE-75A Pilgrims Pride #110491	Whole grain chicken patty on a bun made w/ whole wheat	1 Each	400	55	927	3.67	4.05	125	200	0	21.83	50	13.75	2.08

Recipe or Product	Recipe or Product Name	Portion Size	Cals	MG Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G Tot Fat	G S-Fat
BC/HE-75A Pilgrims Pride #111064	Whole grain chicken patty on a bun made w/ whole wheat	1 Each	400	40	787	3.67	4.05	125	100	0	21.83	49	12.75	1.58
BC/HE-75 Pilgrims Pride #110491	Whole grain chicken patty on a white bun	1 Each	358	55	832	3.19	3.68	78.25	200	0	21.39	43.04	12.46	2.62
BC/HE-75 Pilgrims Pride #111064	Whole grain chicken patty on a white bun	1 Each	358	40	692	3.19	3.68	78.25	100	0	21.39	42.04	11.46	2.12
BC/HE-435	Yummie Veggie Mac & Cheese w/ Barilla PLUS	1 1/2 Cups	367	10	308	6.26	3.69	260.06	2770	5.28	22.12	53.58	7.35	2.23
GRAINS/BREADS														
BC/GB-10	Apple muffin squares	1 Piece	143	26	99	1.16	0.95	15.37	51	0.23	2.56	26.88	3.1	0.58
Rich's #87783 or Pillsbury #22241	Breadstick, 1.5 oz.	1 Each	110	0	230	0	1.8	0	0	0	4	21	1	0
BC/GB-15	Brown rice	1/2 Cup	95	0	97	1.53	0.46	9.55	0	0	1.97	19.94	0.7	0.14
BC/GB-20	Bread stuffing made w/ whole wheat	1/2 Cup	242	0	762	3.09	2.43	86.28	393	1.82	7.41	31.27	10.09	2
BC/GB-40	Cheesy macaroni	1/2 Cup	138	1	138	1.26	0.93	19.9	0	0	4.31	23.1	2.9	0.62
BC/GB-45	Cocoa cake	1 piece	186	0	246	1.45	1.18	73.16	4	2.06	3.82	33.27	4.96	0.86
BC/GB-50	Fiesta rice	1/2 Cup	117	0	45	1.01	1.54	15.95	379	8.44	2.21	23.5	1.45	0.21
BC/GB-60	Garlic bread	1 Piece	128	0	195	1.03	0.83	24.54	0	0.12	2.93	17.1	5.33	0.83
BC/GB-70	Garlic toast sticks	2 Each	69	0	112	0.61	0.65	28.34	0	0.12	1.81	10.55	2.16	0.4
BC/GB-75	Homemade corn bread	1 Piece	108	13	151	0.98	0.91	69.78	72	0	2.69	18.05	2.82	0.45
BC/GB-80	Macaroni salad	1/2 Cup	166	0	207	1.57	1.05	13.68	812	0.61	4.31	25.61	5.24	0.13
BC/GB-90	Oriental fried rice	1 Cup	194	38	106	1.76	2.14	27.96	1161	3.62	5.21	36.36	2.81	0.59
BC/GB-100	Pumpkin crisp	1 Piece	222	41	238	1.06	2.49	55.31	1924	1.53	3.59	29.77	10.02	2.47
BC/GB-112	Rice pilaf with orzo	1/2 Cup	194	0	32	1.05	1.89	21.56	26	1.05	3.55	33.29	4.94	0.73
BC/GB-113	Seasoned pasta	1 Cup	241	0	2	2.54	1.9	10.22	2	0.05	8.15	43.34	3.46	0.54
Rich's #04300	Dinner roll, commercially prepared, 1.25 oz.	1 Roll	90	0	170	1	1.08	0	0	0	4	16	1	0
BC/GB-115	Dinner roll, homemade, 2 oz.	1 each	171	0	295	2.64	1.56	32.4	2	0.13	4.97	29.05	4.34	0.59
BC/GB-120	White rice	1/2 Cup	103	0	302	0.32	0.95	7.9	0	0	2.13	22.25	0.22	0.06
Local Bakery	Whole wheat bread, 0.9 oz. slice	1 Slice	69	0	148	1.93	0.92	20.16	1	0	2.72	12.91	1.18	0.25
Sara Lee	Whole wheat bagel, 3.3 oz	1 bagel	220	0	480	6	2.7	0	0	0	11	47	1.5	0.5
VEGETABLES/FRUITS														
BC/VF-5	Antipasto salad	1/2 Cup	109	0	131	1.46	0.97	12.9	257	18.74	3.38	19.32	1.99	0.33
Fresh Medium	Apple	1 Each	72	0	1	3.31	0.17	8.28	75	6.35	0.36	19.06	0.23	0.03
BC/VF-10	Apple cobbler	Serving 1/25 pan	271	24	162	3.11	1.23	13.62	328	0.26	2.53	45.17	9.84	5.94
BC/VF-15	Apple honey cobbler	Serving 1/25 pan	207	12	84	2.12	0.81	9.46	194	0.49	1.32	40.58	5.22	3.03
Sweetened	Applesauce	1/2 Cup	97	0	4	1.53	0.45	5.1	14	2.17	0.23	25.39	0.23	0.04
Canned Vegetarian	Baked beans	1/2 Cup	120	0	460	6.38	1.81	56.1	170	3.44	6.38	25.63	0.77	0.2
2.33" X 4.75"	Baked potato	1 each	188	0	20	4.44	2.18	30.3	20	19.39	5.05	42.72	0.26	0.06
Fresh Petite	Banana	1 Each	90	0	1	2.63	0.26	5.05	65	8.79	1.1	23.07	0.33	0.11
Fresh	Cantaloupe	1/2 Cup	69	0	33	1.83	0.43	18.31	6882	74.68	1.71	16.61	0.39	0.1
Fresh Raw	Carrots, sticks or baby cut	1/4 Cup	20	0	34	1.37	0.15	16.09	8197	2.88	0.45	4.67	0.12	0.01
Fresh Raw	Carrots, sticks or baby cut	1/2 Cup	40	0	67	2.73	0.29	32.18	16394	5.75	0.91	9.34	0.23	0.03
Cooked	Carrots, canned	1/2 Cup	18	0	177	1.09	0.47	18.25	8154	1.97	0.47	4.04	0.14	0.02
Cooked	Carrots, frozen	1/2 Cup	27	0	43	2.41	0.39	25.55	12137	1.68	0.42	5.64	0.5	0.09
BC/VF-17	Carrots and onions	1/2 Cup	110	0	52	3.05	0.36	39.96	12202	8.93	1.34	14.3	5.9	1.5
Fresh Raw	Celery sticks	1/4 Cup	5	0	30	0.59	0.07	14.86	167	1.15	0.26	1.1	0.06	0.01
Fresh Raw	Celery sticks	1/2 Cup	10	0	59	1.19	0.15	29.71	333	2.3	0.51	2.21	0.13	0.03
BC/VF-20	Cole slaw	1/4 Cup	44	0	96	0.94	0.25	19.12	1103	10.82	0.57	4.51	2.72	0.34
BC/VF-30	Confetti Coleslaw	1/2 Cup	95	0	166	1.47	0.37	30.16	105	19.75	0.93	9.39	6.2	0.92
Cooked	Corn, canned, yellow	1/2 Cup	66	0	175	1.64	0.71	4.1	66	6.97	2.15	15.24	0.82	0.12

Recipe or Product	Recipe or Product Name	Portion Size	Cals	MG Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G Tot Fat	G S-Fat
Cooked	Corn, frozen, yellow	1/2 Cup	66	0	1	1.97	0.39	2.46	163	2.87	2.09	15.83	0.55	0.08
Canned Light Syrup	Fruit cocktail	1/2 Cup	69	0	7	1.21	0.35	7.26	248	2.3	0.48	18.07	0.08	0.01
BC/VF-35	Fruit crisp	1/2 Cup	151	0	56	2.35	1	33.74	663	3.96	1.39	29.8	3.76	0.57
BC/VF-40	Glazed carrots	1/2 Cup	146	0	300	1.57	0.8	33.03	10797	13.58	0.81	15.02	9.16	1.63
Cooked	Green beans, canned	1/2 Cup	27	0	339	2.57	1.22	35.1	471	5.81	1.62	6.08	0.14	0.03
Cooked	Green beans, frozen	1/2 Cup	19	0	6	2.03	0.59	33.08	376	2.77	1.01	4.35	0.11	0.03
BC/VF-45	Jello w/ mixed fruit	1/2 Cup	64	0	38	0.66	0.21	5.9	136	1.26	0.8	16.03	0.05	0.01
Fresh	Lettuce, iceberg	1/4 Cup	2	0	1	0.17	0.06	2.48	69	0.39	0.12	0.41	0.02	0
Fresh	Lettuce, iceberg	1/2 Cup	4	0	3	0.33	0.11	4.95	138	0.77	0.25	0.82	0.04	0
Fresh	Lettuce, romaine	1/4 Cup	2	0	1	0.25	0.11	3.88	682	2.82	0.14	0.39	0.04	0
Fresh	Lettuce, romaine	1/2 Cup	4	0	2	0.49	0.23	7.76	1365	5.64	0.29	0.77	0.07	0.01
Vitamin C added, prepared from dehydrated flakes w	Mashed potatoes, commercially prepared	1/2 Cup	60	0	25	1	0.36	0	0	30	1	13	0	0
BC/VF-50	Mexican corn	1/2 Cup	78	0	172	1.84	0.81	7.03	184	12.33	2.23	15.66	1.95	0.29
Cooked	Mixed vegetables, canned	1/2 Cup	40	0	121	2.45	0.86	22.01	9492	4.08	2.11	7.55	0.2	0.04
Cooked	Mixed vegetables, frozen	1/2 Cup	59	0	32	4	0.75	22.75	3892	2.91	2.6	11.91	0.14	0.03
Fresh Medium	Orange	1 Each	62	0	0	3.14	0.13	52.4	295	69.69	1.23	15.39	0.16	0.01
BC/VF-55	Orange glazed sweet potatoes	1/2 Cup	189	0	74	3.15	1.14	26.48	9266	24.6	1.53	35.18	4.83	0.86
Oven heated, unseasoned; no salt added	Oven fries (baked French fries)	1/2 Cup	134	0	178	2.14	0.83	5.36	0	6.77	2.12	20.9	5.07	0.84
BC/VF-57	Peach cobbler	1 Piece (1/25 pan)	131	0	104	1.09	0.71	5.8	416	1.49	1.38	21.91	4.69	0.87
Canned Light Syrup	Peaches	1/2 Cup	68	0	6	1.63	0.45	3.77	444	3.01	0.56	18.26	0.04	0
Canned Light Syrup	Pears	1/2 Cup	71	0	6	1.99	0.35	6.22	0	0.87	0.24	18.89	0.04	0
Fresh Medium	PEARS,FRESH	1 EACH	96	0	2	5.15	0.28	14.94	38	6.97	0.63	25.66	0.2	0.01
Cooked	Peas, canned	1/2 Cup	59	0	186	3.49	0.81	17	653	7.74	3.74	10.71	0.34	0.05
Cooked	Peas, frozen	1/2 Cup	62	0	58	4.4	1.22	19.2	1680	7.92	4.12	11.41	0.22	0.03
Cooked	Peas & carrots, canned	1/2 Cup	48	0	332	2.55	0.96	29.33	7357	8.42	2.77	10.81	0.34	0.05
Cooked	Peas & carrots, frozen	1/2 Cup	48	0	72	3.08	0.99	24.49	8616	10.16	3.08	10.12	0.43	0.07
Juice Paced	Pineapples	1/2 Cup	75	0	1	1	0.35	17.43	47	11.83	0.52	19.55	0.1	0.01
With skin, oven heated, unseasoned; no salt added	Potato wedges	1/2 Cup	104	0	40	0	0.4	12	0	8	2	20	1.8	0.4
BC/VF-60	Rainbow apples	2 Halves	81	0	33	2.54	0.14	6.56	57	4.88	0.81	20.8	0.18	0.02
Seedless	Raisins	1/2 Cup	217	0	8	2.68	1.36	36.25	0	1.67	2.23	57.41	0.33	0.04
BC/VF-70	Rosy applesauce	1/2 Cup	111	0	39	1.93	0.21	0.19	0	0	0.5	26.97	0	0
Commodity or commercially prepared	Salsa	1/4 Cup	23	0	280	0.91	1.46	7.82	359	2.61	0.98	4.56	0.13	0.01
Commodity or commercially prepared	Salsa	1/2 Cup	47	0	561	1.83	2.92	15.65	717	5.22	1.96	9.13	0.26	0.03
BC/VF-80	Seasoned broccoli, frozen	1/2 Cup	41	0	20	2.51	0.69	46.86	858	47.02	2.35	4.01	2.42	0.4
BC/VF-85	Seasoned carrots, frozen	1/2 Cup	52	0	62	3.04	0.42	33.25	10326	2.31	0.72	7.28	2.6	0.41
BC/VF-90	Seasoned collards frozen	1/2 Cup	59	0	55	3.11	1.25	232.37	12707	29.2	3.29	7.89	2.63	0.35
BC/VF-100	Seasoned corn, frozen	1/2 Cup	73	0	2	1.99	0.36	3.48	179	5.29	2.5	17.19	0.64	0.09
BC/VF-110	Seasoned green beans, frozen	1/2 Cup	45	0	2	2.2	0.69	33.05	381	10.1	1.41	5.96	2.35	0.4
BC/VF-115	Seasoned mixed vegetables, frozen	1/2 Cup	90	0	52	4.42	1.06	27.75	5600	11.48	3.68	14.87	2.75	0.39
BC/VF-118	Seasoned peas, frozen	1/2 Cup	92	0	106	3.99	1.46	21.01	1949	17.05	4.94	13.01	2.53	0.34
BC/VF-120	Seasoned peas & carrots, frozen	1/2 Cup	64	0	66	2.84	0.92	22.69	7916	9.34	2.84	9.32	2.57	0.35
BC/VF-125	Southwest black or pinto beans	1/2 Cup	156	0	247	3.49	1.67	28.66	403	23.02	5.07	16.61	1.64	0.25
BC/VF-130	Sweet potatoes	1/2 Cup	173	0	74	3.07	1.1	23.3	9228	10.9	1.29	31.39	4.8	0.86
Fresh	Tomatoes	1/4 Cup	8	0	2	0.54	0.12	4.5	375	5.71	0.4	1.76	0.09	0.02
Fresh	Tomatoes	1/2 Cup	16	0	4	1.08	0.24	9	750	11.43	0.79	3.53	0.18	0.04

Recipe or Product	Recipe or Product Name	Portion Size	Cals	MG Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G Tot Fat	G S-Fat
BC/VF-133	Tossed green salad	1/2 Cup	18	0	12	1.75	0.71	23.06	1358	8.69	1.19	3.43	0.24	0.03
BC/VF-135	Tossed salad w/ light dressing	1/2 Cup	13	0	11	0.95	0.25	12.36	1637	6.99	0.62	2.89	0.12	0.02
BC/VF-140	Tossed salad w/ vinegar and oil dressing	1/2 Cup	68	0	9	0.85	0.21	11.19	1367	5.35	0.55	2.84	6.33	1.07
BC/VF-145	Vegetable pasta salad	1/2 Cup	119	0	107	2.55	1.15	24.49	1374	14.52	4.53	21.93	1.65	0.29
BC/VF-150	Warm baked apple slices	1/2 Cup	178	0	28	2.58	0.45	14.78	45	0.28	0.32	37.84	3.77	0.66