

CARBOHYDRATE LIST

2015/2016

Updated 10/01/15

	Carbohydrates	Portion Size	Reinhart #	Primero Edge #
Milk:				
1% White	12	8 oz		SR100974
Fat Free White	12	8 oz		SR100977
Fat Free Chocolate	24	8oz		SR101513
Fat Free Strawberry	22	8 oz		SR101511
Fat Free Vanilla	22	8 oz		SR102348
Vegetables (1/2 cup):				
Beans - Baked Beans (canned w/ brown sugar 2/	28	1/2 C		NGR100496
Beans - Garbanzo Beans	18	1/2 C	11080	NGR100456
Beans - Lima Beans	17	1/2 C	61174	NGR100296
Beans - Northern White Beans	17	1/2 C	10600	NGR100458
Beans - Pinto Beans	16	1/2 C	E4836	NGR100460
Beans - Vegetarian Beans	32	1/2 C		NGR101543
Broccoli, Florets raw	2	1/2 C	G6142	NGR102609
Broccoli, steamed	2	1/2 C	B3434	NGR102608
Broccoli Salad	3	1/2 C		NGR100572
Carrot & Celery Sticks	7	1/2 C		NGR102766
Carrot, Baby (6 Each)	12	1/2 C	M7900	NGR100484
Carrots, Honey Glazed	11	1/2 C		NGR102399
Carrots, steamed	4	1/2 C	G6242	NGR102319
Cauliflower	1.5	1/2 C	G6360	NGR100513
Celery Sticks (6 Sticks)	3	1/2 C	R6736	NGR101848
Corn, steamed	15	1/2 C	G6520	NGR100308
Cucumber, 1/3 each	2	1/2 C	B5154	NGR100508
French Fries (Crinkle Cut)	20	1/2 C	60104	NGR102586
French Fries (Shoestring)	14	1/2 C	66348	NGR100870
Garden Salad w/Romaine	2	1/2 C		NGR100661
Green Beans	4.5	1/2 C	D9714	NGR102466
Hash brown	15	1 Patty	93130	NGR100747
Lettuce & Tomato (on sandwich)	2			NGR100123
Marinara Sauce	4.5	1/4 cup	16540	
Mashed Potatoes (instant)	13	1/2 C	31396	NGR101345
Mixed Vegetables, Steamed	9	1/2 C	G6710	NGR100310
Peas, Steamed	10	1/2 C	B3480	NGR100309
Pizza Sauce	6	1/4 cup	16542	
Potato Wedges (8 each)	15	1/2 C	34384	NGR102589
Refried Beans	22	1/2 C	20004	NGR100459
Stewed Tomatoes	17	1/2 cup		NGR102480
Sweet Potato Cross Trax	15	1/2 C	M4450	NGR101679
Sweet Potato Fries	22	1/2 C	84048	NGR102591
Sweet Potato Wedges	17	1/2 C	E5882	NGR101678
Tater Tots (8 each)	19	1/2 C	60926	NGR100465

Winter Blend	2	1/2 C	B3506	NGR100497
Fresh Fruit & Juice:				
Apple	22	1 Each	D1484	NGR100311
Orange	21	1 Each	22494	NGR102528
Banana	27	1 Each	79720	NGR100315
Grapes, Red or Green	15	1/2 cup		NGR100502/100503
100% Pineapple Juice	16	1/2 C	N8138	NGR100390
100% Apple Juice	14	1/2 C	G8930	NGR100352
100% Grape Juice	19	1/2 C	C0006	NGR100393
100% Orange Juice	15	1/2 C	G8924	NGR100353
100% Fruit Punch Juice	14	1/2 C	N8140	NGR100392
Fruit, canned (1/2 cup):				
Apple, slices	14	1/2 C	10632	NGR100271
Candied Apples	30	1/2 C		
Applesauce, unsweetened	12	1/2 C	10676	NGR101094
Fruit, Mixed, lt. syrup	14	1/2 C	19036	NGR100277
Pears, sliced, lt. syrup	14	1/2 C	10704	NGR100869
Mandarin Oranges	17	1/2 C	10868	NGR100278
Peaches, Sliced	14	1/2 C	AJ920	NGR100869
Peaches, diced, lt. syrup	12	1/2 C	10702	NGR101670
Pineapple Tidbits	19	1/2 C	10858	NGR101050
Tropical Fruit Salad	24	1/2 C	11196	NGR100281
Strawberry Cup-USDA	22	1 preportioned cup	100256-USDA	
Cereal:				
Cinnamon Toast Crunch	22	1 Bowl	37868	NGR101218
Cocoa Puffs, Reduced Sugar	25	1 Bowl	BC230	NGR101346
Lucky Charms	23	1 Bowl	AV518	NGR101219
MultiGrain Cheerios	23	1 Bowl	AV516	NGR101221
Honey Nut Chex	27	1 Bowl	46564	NGR101502
Apple Cinnamon Cheerios	22	1 Bowl	BA948	NGR101503
Golden Grahams	24	1 Bowl	25132	NGR101504
Honey Nut Cheerios	22	1 Bowl	25272	NGR101502
Rice Chex	24	1 Bowl	BA946	NGR102740
Cheerios	20	1 Bowl	BA940	NGR101505
Trix, Reduced Sugar	24	1 Bowl	BA934	NGR101220
Frosted Corn Flakes	24	1 Bowl	25224	NGR101506
Fruity Cheerios	26	1 Bowl	BC196	NGR101507
Reeses Puffs	21	1 Bowl	BC460	NGR101222
French Toast Sticks WG	30	100g	C9254	NGR100583
French Toast WG	41	2 Slices	E8736	NGR101630
French Toast Sticks WG	42	4 Sticks	28404	NGR101613
Pancake Wrap WG	18	1 each	AR236	NGR101318
Pancakes WG	27	2 Pancakes	J0968	NGR101756
Waffles WG	32	2 Waffles	W2694	NGR101631
Egg & Cheese on a WG Bagel	34	1 Sandwich		NGR101845
Egg & Cheese on a WG Biscuit	32	1 Sandwich	BE750	NGR101759
Egg & Cheese on a WG English Muffin	29	1 Sandwich		NGR101758
Egg Cheese & Bacon on a WW Bagel	34	1 Sandwich		NGR101084
Egg Cheese & Bacon on a WW English Muffin	28	1 Sandwich		NGR101001
Egg Cheese & Ham on a WG Bagel	34	1 Sandwich		NGR101817

Egg Cheese & Sausage on a WG Bagel	35	1 Sandwich		NGR101083
Egg Cheese & Sausage on a WG English Muffin	32	1 Sandwich		NGR101781
Sausage on a WG English Muffin	25	1 Sandwich		NGR101784
Danish: Apple	38	1 Each	58414	NGR100336
Danish: Cheese	36	1 Each	58414	NGR100337
Danish: Cherry	39	1 Each	58414	NGR100335
UBR-Cinnamon	43	1 Each	H8164	NGR100176
UBR-Sunbury Blast	47	1 Each	W8732	NGR102667
UBR-Blueberry	44	1 Each	C9214	NGR102666
BENEFIT BARS-Apple Cinnamon	48	1 Each	L0516	NGR100881
BENEFIT BARS-Banana Chocolate Chunk	48	1 Each	L0606	NGR100879
BENEFIT BARS-Oatmeal Chocolate Chunk	47	1 Each	L0778	NGR100880
Cereal Bar Trix Whlgrn	30	1 Each		NGR100472
Mini Loaf, Apple Cinnamon	30	1 Each	B5756	NGR100343
Mini Loaf, Blueberry	29	1 Each	B5830	NGR101558
Mini Loaf, WW Banana	30	1 Each	B5758	NGR100344
Grab & Go Apple Frudel	36	1 Each	G9224	NGR100764
Grab & Go Cherry Frudel	37	1 Each	G9222	NGR100763
Mini Pancakes Maple	41	1 Package	AV330	NGR100785
Mini Pancakes Strawberry Splash	42	1 Package	AV328	NGR100786
Mini French Toast Cinnamon Rush	37	1 Package	W7668	NGR100776
Mini French Toast Triple Berry Blast	37	1 Package	W7670	NGR100777
Mini Waffle Maple Madness	38	1 Package	AV326	NGR100787
Mini Waffle Blueberry Bash	37	1 Package	BC512	NGR100784
Grab-N-Go Mini Cinnis	40	1 Package	T4804	NGR100772
Muffin Cinnamon Burst	28	1 Each	BL970	NGR101597
Muffin Blueberry Ultra	27	1 Each	BL972	NGR101598
Muffin Banana	26	1 Each	F9306	NGR101599
Muffin Dreamy Orange	28	1 Each	G8890	NGR101600
Muffin Very Berry	30	1 Each	G8896	NGR101601
Tastries Cinnomon	27	1 Each	BD530	NGR100774
Crunch Bars Cherry Apple	43	1 Each	D0516	NGR101683
Crunch Bars Triple Cherry	42	1 Each	AR242	NGR101684
Cocoa Vertical Bars	37	1 Each	BH090	NGR101896
Apple Cutie Pie	54	1 Each	F6416	NGR101894
Cherry Cutie Pie	54	1 Each	F6400	NGR101893
Cinnamon Roll WG - Hardley Farms	38	1 Each	W8686	NGR101216
Cinnamon Roll WG - Rich's	27	2 Cinn Rolls	F5616	NGR101685
Ultra Bread Wild Forest Berry	43	1 Each	T1888	NGR101594
Ultra Bread Banana	44	1 Each	N8266	NGR101595
Ultra Bread Zucchini	43	1 Each	N8270	NGR101596
English Muffin WG	24	1 Each	C2910	NGR100338
Hot Entrees				
BBQ Rib on a Hotdog Bun	34	1 Sandwich		NGR101383
BBQ Rib on Wheat Steak Roll (Bimbo #2649)	50	1 Sandwich		NGR102769
Beef Stew	8	8 oz		NGR100860
Beef Stew over 1 oz Biscuit	21	8 oz + 1 oz Biscuit		NGR103131
Beef Stew over 2 oz Biscuit	36	8 oz + 2 oz Biscuit		NGR103132
Bird's Nest-Hamburger Gravy over Mash. Pot.	22	1 Serving. NO Bread		NGR100568
Buffalo Chicken Dipper with 1 oz Chips	23	2 oz chicken + 1 oz chips		NGR100713
Buffalo Chicken Sandwich (Breaded)	39	1 Sandwich	BC912	NGR100654
Buffalo Chicken Sandwich (Grilled)	26	1 Sandwich	G8860	NGR100655

Cheeseburger on Bun	28	1 Sandwich	N7778	NGR100797
Cheesesteak on a Hotdog Bun	25	1 Sandwich	Bimbo 9426	NGR100802
Cheesesteak on Wheat Steak Roll	44	1 Sandwich	Bimbo 3990	NGR100804
Cheese Sticks	26	5 pieces	J9172	NGR102644
Chicken Broccoli Alfredo w/Bread	43	1 Cup		NGR100719
Chicken Broccoli Casserole	23	2/3 Cup		NGR100720
Chicken Cheesesteak on a Hotdog Bun	24	1 Sandwich	Bimbo 9426	NGR100831
Chicken Cheesesteak on 6"Roll	40	1 Sandwich	Bimbo 2649	NGR100691
Chicken Chili White Bean (3/4 C)	21	3/4 Cup		NGR100645
Chicken Cordon Bleu on Bun (breaded)	40	1 Sandwich	BC912	NGR100557
Chicken Cordon Bleu on Bun (grilled)	27	1 Sandwich	G8860	NGR100700
Chicken Crunch (ROM)	42	1/2 cup rice, 3/4 cup veg, 14 pc chicken		NGR102735
Chicken Enchilada Dip w/Bread	40	3oz + 13 Chips		NGR100664
Chicken Fajita w/ 2-8" WW Tortillas	45	2 - 8" Tortilla		NGR100833
Chicken Fajita w/ 10" Honey Wheat Tortilla	30	10" Tortilla		NGR100928
Chicken Gravy w/Noodles & Peas over 1 oz Biscuit	65	6 oz + 1 oz Biscuit		NGR100721
Chicken Gravy over 2 oz Biscuit	33	6 oz + 2 oz Biscuit		NGR101938
Chicken Nuggets	12	5 Each	BD330	
Chicken Nuggets w/WG Bread	26	5 Each+1 Sl Bread	BD330	NGR102209
Chicken Nuggets w/Dinner Roll	28	5 Each+1 Sl Bread	BD330	NGR102483
Savory Chicken Nuggets	2	5 Each	B5910	
Chicken Paella	36	1 Serving w/ 1/2 cup rice. No Bread		NGR102491
Chicken Patty Sandwich - Breaded	39	1 Sandwich	BC912	NGR100653
Chicken Patty Sandwich - Breaded, Whole Muscle	41	1 Sandwich	BC956	NGR101569
Chicken Patty Sandwich -Hot & Spicy	38	1 Sandwich	BC914	NGR101564
Chicken Patty Sandwich - Hot & Spicy Whole Muscle	41	1 Sandwich	BC958	NGR100943
Chicken Patty Sandwich - Grilled	26	1 Sandwich	G8660	NGR100627
Chicken Patty Sandwich - Unbreaded Savory	27	1 Sandwich	BD338	NGR101763
Chicken Patty Sandwich - Grilled, Whole Muscle	26	1 Sandwich	H9272	NGR100946
Chicken Parmesan (Breaded) w/Pasta	63	1 Patty + 1/2 C Pasta	BC912	NGR101766
Chicken Parmesan Sandwich (breaded)	41	1 Sandwich	BC912	NGR100633
Chicken Parmesan Sandwich (grilled)	28	1 Sandwich	G8860	NGR100704
Chicken Parmesan Pizza Pocket	33	1 Pizza Pocket		NGR103024
Chicken Quesidillas	36	1 Quesidilla cut into 4		NGR100722
Chicken Rings	11	5 Each	BE782	
Chicken Rings w/Sliced Bread	25	5 Each + 1 Slice Bread	BE782	NGR101934
Chicken Sticks	11	5 Each	F9358	
Chicken Sticks w/Sliced Bread	25	5 Each + 1 Slice Bread	F9358	NGR100981
Chicken Strips	14	3 Each	BD336	NGR101661
Chicken Strips w/Sliced Bread	28	3 Each + 1 Slice Bread	BD336	NGR101985
Chicken Stir-Fry over Rice (USDA) w/Bread	27	8oz Chic/Veg + 1/2 Rice		NGR100668
Corn Dog	27	1 Each	B4778	NGR100424
Corn Dog Nuggets	31	6 Each	24876	NGR100107
Double Dogs 8:1 WG Bun	48	2 Each		NGR101881
Fish Sticks w/Bread	22	4 Each + 1 Slice Bread	BK206	NGR102747
Fish Sandwich on a Hamburger Bun	42	1 Sandwich	25432	NGR100729
Fish Sandwich w/Cheese on a Hamburger Bun	43	1 Sandwich	25432	NGR100730
French Dip Hoagie	44	1 Sandwich		NGR100731
Grilled Cheese (2 slices BRD)-WHOLE GRAIN, HS	34	1 Sandwich		NGR100732
Ham & Cheese Sandwich Grilled	30	1 Sandwich		NGR100726
Ham & Cheese Melt (on burger bun)	27	1 Sandwich		NGR100046
Ham & Cheese Panini	43	1 Panini		NGR100492
Ham and Cheese Wedge	79	1 wedge		NGR101802

Ham and Potatoes Au gratin	13	8 ounces		NGR100686
Hamburger on Bun, white whole grain	27	1 Sandwich	N7772	NGR100630
Hot Dog on Bun, white whole grain	24	1 Sandwich	BF110	NGR100059
Hot Wing Dunkers	39	3 Strips		NGR100515
Italian Dunkers	39	3 Strips		NGR100212
Jamaican Pork over Rice	31	6 oz + 1/2 cup Rice		NGR100688
Macaroni & Cheese - USDA D26	43	2/3 Cup		NGR102748
Meatball Sub on a Hotdog Bun	33	1 Sandwich	C6828	NGR100625
Meatball Sub on Wheat Steak Roll	49	1 Sandwich	C6828	NGR100607
Nachos, beef w/Cheddar Cheese & Bread	28	13 Chips + 1 Slice Bread		NGR101330
Nachos, beef w/Cheese Sauce & Dinner Roll	52	13 Chips + 1 Dinner Roll		NGR100736
Nachos, chicken w/sliced bread	39	13 Chips + 1 Slice Bread		NGR100666
Nachos, Chicken w/Dinner Roll	44	13 Chips + 1 Dinner Roll		NGR101986
Orange Kiss Chicken Bowl	28	1/2 cup rice, 1/4 cup broccoli, 14 pc chicken		NGR100211
Hi Protein Pierogies, Mrs. T's w/Bread	29	3 Each	L9756	NGR102750
Panini Buffalo Chicken	43	1 Panini		NGR100491
Panini Ham & Cheese	43	1 Panini		NGR100492
Panini Italian	39	1 Panini		NGR100493
Panini Mozzarella & Tomato	40	1 Panini		NGR100494
Panini Pepperoni & Cheese	38	1 Panini		NGR100495
Pizza: Tony's 4x6 slice	37	1 Slice	D2064	NGR100073
Pizza: Cheese 16" Self Rising	48	1/8 Crust	R5944	NGR100543
Pizza: Cheese 16" Par Baked	41	1/8 Crust	A8244	NGR102679
Pizza: Cheese 12X16 Par Baked	40	1/8 Crust	F5932	NGR102681
Pizza: Pepperoni 16" Self Rising	48	1/8 Crust	R5944	NGR100546
Pizza: Pepperoni 16" Par Baked	41	1/8 Crust	A8244	NGR102682
Pizza: Pepperoni 12X16 Par Baked	40	1/8 Crust	F5932	NGR102683
Pizza: Steak & Cheese 16" Self Rising	47	1/8 Crust	R5944	NGR100549
Pizza: Steak & Cheese 16" Par Baked	40	1/8 Crust	A8244	NGR102684
Pizza: Steak & Cheese 12X16 Par Baked	39	1/8 Crust	F5932	NGR102685
Pizza: Broccoli & Cheese 16" Self Rising	46	1/8 Crust	R5944	NGR100541
Pizza: Broccoli & Cheese 16" Par Baked	39	1/8 Crust	A8244	NGR102686
Pizza: Broccoli & Cheese 12X16 Par Baked	38	1/8 Crust	F5932	NGR102688
Pizza: White 16" Self Rising	45	1/8 Crust	R5944	NGR100551
Pizza: White 16" Par Baked	38	1/8 Crust	A8244	NGR102690
Pizza: White 12X16 Par Baked	38	1/8 Crust	F5932	NGR100553
Pizza: Buffalo Chicken 16" Self Rising	47	1/8 Crust	R5944	NGR100542
Pizza: Buffalo Chicken 16" Par Baked	40	1/8 Crust	A8244	NGR102701
Pizza: Buffalo Chicken 12X16 Par Baked	39	1/8 Crust	F5932	NGR102702
Pizza Pasta Bake	25	1 Serving		NGR100670
Popcorn Chicken	13	14 pieces	AV766	NGR100941
Popcorn Chicken Bowl	63	14 pc chicken, 1/2 cup m.pot., 1/2 cup corn		NGR101658
Pork BBQ on WW White Hamburger Bun	51	1 Sandwich		NGR101464
Pork Patty Breaded	19	1 Patty	37036	
Pork Patty, breaded w/noodles	40	1 Patty + 1/2 C Pasta	37036	NGR101577
Potato Puff Bake (w/o Bread)	18	1 Serving		NGR100671
Ruby Red Pasta	89	9 oz		NGR102752
Sliders, Chicken (1 each) w/ Bun	27	1 Sandwich	BD332	NGR100180
Saucy Meatballs with 1 cup of Rice	43	5 meatballs + 1 cup rice		NGR103109
Salisbury Steak Patty w/Gravy & Roll X 2	36	1 Patty + 2 Rolls	K2592	NGR100672
Sloppy Joe on a HB Bun	40	1 Sandwich		NGR100760
Sloppy Joe on a Kaiser Roll	40	1 Sandwich		NGR100106
Spaghetti & Meatsauce w/Sliced Bread	50	1 Cup		NGR100119

Stromboli: Cheesesteak	48	1/8 of Stromboli		NGR100559
Stromboli: Cheeseburger	47	1/8 of Stromboli		NGR100558
Stromboli: Italian	51	1/8 of Stromboli		NGR100563
Stromboli: Pepperoni & Cheese	49			NGR100560
Stromboli: Vegetable	51	1/8 of Stromboli		NGR100564
Stromboli: Buffalo Chicken	46			NGR100555
Stuffed Cheese Sticks Gilardi	18	1 stick = 1 grain + 1 meat	L6716	
Stuffed Cheese Sticks "MAX"	16	1 stick = 0.75 grain + 1 meat	K2618	
Swedish Meatballs over Noodles	27	5 meatballs + 1/2 cup noodles		NGR100699
Sweet-N-Sour chicken over 1/2 C Rice	51	14 Pieces + 1/2 C Rice		NGR100957
Sweet-N-Sour meatballs over noodles	25	5 meatballs + 1/2 cup noodles		NGR100701
Taco, Beef - Soft 6" x 2	42	2 - 6" Tortilla		NGR100702
Taco, Beef - Soft 10"	38	1 - 10" Tortilla		NGR100836
Taco, Beef - Hard Shell w/Sliced Bread	47	1 Taco + 1 Slice Bread	74042	NGR100592
Taco Salad w/Tortilla Chips & Bread	33	14 Chips + 1 Slice Bread		NGR100710
Taco, Chicken - Soft 10"	41	1 - 10" Tortilla		NGR100706
Taco, Chicken - Hard Shell x 2	30	2 - Hard Taco Shells		NGR100838
Teriyaki Chicken w/Vegetables and Rice	64	1 Serving. NO Bread		NGR100712
Tex Mex Cheeseburger	29	1 Sandwich		NGR100604
Tuna Melt	24	1 sandwich		NGR100681
Turkey & Gravy on 2 slices of Bread	31	3.25 oz Turkey + 2 Slices		NGR101706
Wellness Wednesday Recipes				
Tomato Cucumber Salad	4	1/2 Cup		NGR100600
Sweet Potato Casserole	41	1/2 Cup		NGR100601
Carrot & Raisin Salad	27	1/2 Cup		NGR100644
White Bean Chicken Chili	21	3/4 Cup		NGR100645
Citrus Beet Salad	13	1/2 Cup		NGR100646
Broccoli Salad	6	1/2 Cup		NGR100572
Black White & Bean Salad	22	1/2 Cup		NGR100648
Crisp Beet Salad	11	1/2 Cup		NGR100650
Roasted Chickpeas	22	1/2 Cup		NGR100651
Black Bean & Corn Salad	12	1/2 Cup		NGR100652
Succotash	15	1/2 Cup		NGR100842
Spinach Pasta Salad	17	3/4 Cup		NGR100843
Oven Roasted Carrots	6	1/2 Cup		NGR100844
Sweet & Sour 2-Bean Salad	12	1/2 Cup		NGR100845
Lima Bean & Mushroom Salad	19	1/2 Cup		NGR100846
Very Veggie Cous-Cous Salad	6	1/2 Cup		NGR100847
Chicpea & Tomato Salad	11	1/2 Cup		NGR100848
Wraps (on 10" Tortilla)				
Cali Chicken Wrap	38	1 - 10" Wrap		NGR101341
Chicken Bacon Ranch Wrap	32	1 - 10" Wrap		NGR100602
Chicken Salad Wrap	37	1 - 10" Wrap		NGR102761
Buffalo Chicken Wrap - grilled	34	1 - 10" Wrap		NGR101717
Buffalo Chicken Wrap - breaded	45	1 - 10" Wrap		NGR101789
Chicken Caesar Wrap - (grilled)	33	1 - 10" Wrap	F6748	NGR100623
Chicken Caesar Wrap - (breaded)	45	1 - 10" Wrap		NGR101790
Italian Wrap -	31	1 - 10" Wrap		NGR101154
Ham & Cheese Wrap -	31	1 - 10" Wrap	F6748	NGR100635
Turkey & Cheese Wrap -	33	1 - 10" Wrap		NGR101714
Chicken Wrap, Grilled w/ Ranch	35	1 - 10" Wrap	F6748	NGR100597

Salads: (plain, no dressing)				
Chef Salad w/Egg, Cheese & Bread	36	1 Salad with 2 rolls		NGR100707
Chef Salad w/Ham, Cheese, Egg & Bread	36	1 Salad with 2 slices bread		NGR100649
Chicken Caesar Salad (grilled) w/Bread	47			NGR100709
Chicken Caesar Salad (grilled) no bread/croutons	3	1 Salad. NO Croutons. NO Bread		NGR100709
Chicken Caesar Salad (breaded) w/Bread	36			NGR101791
Chicken Caesar Salad (breaded) no bread/croutons	16	1 Salad. NO Croutons. NO Bread		NGR101791
Salad w/Diced Turkey, Cheese & Bread	38			NGR101965
Taco Salad w/ Tortilla Chips & Bread	46	10 Chips	12916	NGR100710
Grilled Chicken Salad no croutons or bread	11	1 Salad. NO Croutons. NO Bread		NGR103099
Breaded Chicken Salad no croutons or bread	18.5	1 Salad. NO Croutons. NO Bread		NGR102540
Premium Pasta Salad	45	1 1/2 cup		NGR100674
Cold Deli Sandwiches & Subs (no dressing/mayo)				
Bologna & Cheese Sandwich on a Hamburger Bun	27	1 Sandwich		NGR100554
Chicken Salad Sandwich on WWW Bread	38	1 Sandwich		NGR101852
Cheese Sandwich	34	1 Sandwich		NGR100965
Ham & Cheese Sandwich on WG Bread	33	1 Sandwich	BF198	NGR100596
Ham & Cheese Sandwich on WG Hamburger Bun	29	1 Sandwich	BF198	NGR101793
Ham & Cheese Hoagie Wheat Steak Roll (L&T)	44	1 Sandwich	Bimbo #2649	NGR101794
Italian Hoagie on Hotdog Bun (L&T)	26	1 Sandwich	Bimbo #9426	NGR102733
Italian Hoagie on Wheat Steak Roll (L&T)	42	1 Sandwich	Bimbo #2649	NGR102208
Peanut Butter & Jelly on WG Bread	56	1 Sandwich		NGR100066
Tuna Salad Pita	35	1 Sandwich		NGR100643
Tuna Sandwich on WG Bread	33	1 Sandwich		NGR100599
Turkey & Cheese on Wheat Hamburger Bun	25	1 Sandwich	C7446	NGR100854
Turkey & Cheese on Wheat Steak Roll (L&T)	41	1 Sandwich	Bimbo #2649	NGR100855
Turkey & Cheese Sandwich on WG White Bread	30	1 Sandwich	C7446	NGR100857
Turkey Devonshire Sandwich on WG White Bread	30	1 Sandwich		NGR100598
Turkey Devonshire on WG Roll	31	1 Sandwich		NGR101795
Condiments:				
BBQ Sauce	6	2 Tbsp	25854	NGR100759
Cream Cheese Cup	2	1 oz		NGR102759
Dressing, Ranch Red. Calorie	2	2 Tbsp	J2688	NGR100305
Dressing, Italian Light	1	2 Tbsp	J2820	NGR100054
Gravy - Brown	4	2 oz	12712	NGR100473
Gravy - Chicken	4	2 oz	15080	NGR100283
Jelly	12	1 Tbsp	20054	NGR102661
Ketchup	5	1 Tbsp	12080	NGR100380
Mayonnaise (R/F)	2	1 Tbsp	N8224	NGR100378
Mustard	0.5	1 pc	C6036	NGR100274
Syrup	51		10212	NGR100088
Relish	2	1 Tbsp	19532	NGR100301
Salsa	2	2 Tbsp	F6922	NGR100477
Yogurt:				
Yoplait Raspberry Rainbow	20	1 Each	F4548	NGR100877
Yoplait Triple Cherry	20	1 Each	34778	NGR100864
Yoplait Strawberry Banana	20	1 Each	F4550	NGR100876
Bread:				

