



Item Description	Code	Serving Size oz	Calories	Calories from Fat	Total Fat g	Sat Fat g	Trans Fat g	Chol mg	Sodium mg	Potass mg	Total Carb g	Dietary Fiber g	Sugars g	Prot g	Vit A IU	Vit C mg	Calcium mg	Iron mg	Thiam mg	Ribo mg	Niacin mg	CN Equiv
<b>SPECIALITY ITEMS</b>																						
ESE CN Red. Fat Nacho Chs Sauce Pouch	05809	2.00	90	50	6.0	4.0	0	20	370	1	3	0.0	1	7	200	0	200	0.00	0.02	0.11	0.00	1m/ma (2oz)
ESE CN Red. Fat Chs Sauce Pouch	05810	2.00	90	50	6.0	4.0	0	20	370	1	3	0.0	1	7	200	0	200	0.00	0.02	0.11	0.00	1m/ma (2oz)
ESE CN Red. Fat Mac & Chs Pouch	05906	7.20	310	130	14.0	8.0	0	30	780	8	30	1.0	5	17	1000	0	350	1.44	0.04	0.22	0.10	2 oz m/ma, 1.25br (7.2oz)
ESE IW Cheese Pizza Sandwich Stuffer WG	25301W	4.94	360	110	12.0	7.0	0	25	610	220	42	4.0	5	21	200	0	350	2.70	0.30	0.34	3.00	2 oz m/ma, 3br
ESE Cheese Pizza Sandwich Stuffer WG	25311W	4.94	360	110	12.0	7.0	0	25	610	220	42	4.0	5	21	200	0	350	2.70	0.30	0.34	3.00	2 oz m/ma, 3br
ESE Pepperoni Pizza Sandwich Stuffer WG	25304W	4.82	370	120	13.0	6.0	0	30	740	200	42	4.0	4	20	200	0	300	2.70	0.30	0.34	3.00	2 oz m/ma, 3br
ESE Philly Cheese Steak Sandwich Stuffer WG	25305W	4.96	350	100	11.0	6.0	0	30	760	210	41	4.0	4	20	200	0	300	2.70	0.30	0.34	3.00	2 oz m/ma, 3br
ESE IW Philly Cheese Steak Sandwich Stuffer WG	25315W	4.96	350	100	11.0	6.0	0	30	760	210	41	4.0	4	20	200	0	300	2.70	0.30	0.34	3.00	2 oz m/ma, 3br
ESE IW Philly Cheese Steak Sandwich Stuffer	25315	4.96	350	100	11.0	6.0	0	25	760	160	41	2.0	5	20	200	0	300	2.70	0.38	0.34	3.00	2 oz m/ma, 3br
<b>BREAKFAST BREAKS</b>																						
Coco Roos Breakfast - 60ct/cs	61101	6.23	260	40	4.5	1.0	0	0	285	60	49	1.0	26	4	500	66.0	200	3.96	0.30	0.34	4.00	2b, 1/2c.veg
Cheerios Breakfast - 60ct/cs	61102	6.19	230	36	4.3	0.3	0	0	271	284	47	3.0	21	4	539	67.7	188	7.10	0.46	0.45	5.45	2b, 1/2c.veg
Lucky Charms Breakfast - 60ct/cs	61103	6.44	280	40	4.5	1.0	0	0	315	121	54	2.0	31	4	481	65.8	296	5.78	0.44	0.50	6.11	2b, 1/2c.veg
Cinnamon Toast Crunch Breakfast - 60ct/cs	61104	6.60	286	45	4.6	0.8	0	0	289	201	58	1.0	30	3	470	65.6	198	5.06	0.47	0.47	5.53	2b, 1/2c.veg
Honey Nut Cheerios Breakfast - 60ct/cs	61105	6.35	260	30	3.0	0.0	0	0	495	245	54	2.0	23	5	500	66.0	200	5.22	0.36	0.42	5.02	2b, 1/2c.veg
Frosted Flakes Breakfast - 60ct/cs	61106	6.35	260	15	1.5	0.0	0	0	465	15	56	1.0	25	3	750	75.0	100	5.22	0.75	0.85	9.02	2b, 1/2c.veg
Kix Breakfast - 60ct/cs	61110	6.13	220	25	3.5	0.0	0	0	265	64	46	3.0	22	2	500	67.2	200	6.30	0.36	0.33	4.05	2b, 1/2c.veg
Trix Reduced Sugar Breakfast - 60ct/cs	61114	6.25	240	35	4.0	0.0	0	0	265	69	50	2.0	26	2	500	67.2	200	5.40	0.51	0.50	6.05	2b, 1/2c.veg
Honey Graham Squares Breakfast 60ct/cs	61115	6.50	300	60	7.0	1.0	0	0	365	209	58	2.0	29	2	500	66.0	300	9.72	0.47	0.52	6.31	2b, 1/2c.veg
Fruity Cheerios Breakfast 60ct/cs	61117	6.48	256	25	2.6	0.3	0	0	209	76	56	1.0	29	3	521	75.6	206	5.54	0.50	0.53	6.03	2b, 1/2c.veg
Apple Cinnamon Cheerios Breakfast 60ct/cs	61118	6.44	260	35	4.5	0.0	0	0	250	219	55	2.0	31	3	600	68.4	200	5.40	0.51	0.50	6.05	2b, 1/2c.veg
Reduced Sugar Cinnamon Toast Crunch 60ct/cs	61119	6.35	260	40	4.5	0.0	0	0	505	170	54	3.0	20	3	400	64.8	300	4.32	0.30	0.34	4.02	2b, 1/2c.veg
<b>BREAKFAST BREAKS WITH MILK</b>																						
Coco Roos w/ 8 oz Lowfat Milk, Snack and Juice	61701	14.88	362	61	6.9	2.6	0	12	392	426	61	1.0	39	12	978	66.0	490	4.03	0.35	0.79	4.23	2b, 1/2c. Veg, 8 oz Milk
Lucky Charms w/ 8 oz Lowfat Milk, Snack and Juice	61703	15.09	382	61	6.9	2.6	0	12	422	487	66	2.0	44	12	959	65.8	586	5.85	0.49	0.96	6.34	2b, 1/2c. Veg, 8 oz Milk
Cinnamon Toast Crunch w/ 8 oz Lowfat Milk, Snack and Juice	61704	15.15	382	66	6.9	2.3	0	12	392	568	69	1.6	42	11	945	65.6	483	5.12	0.52	0.91	5.74	2b, 1/2c. Veg, 8 oz Milk
Honey Nut Cheerios w/ 8 oz Lowfat Milk, Snack and Juice	61705	15.00	362	51	5.4	1.6	0	12	602	611	66	2.0	36	13	978	66.0	490	5.29	0.41	0.87	5.24	2b, 1/2c. Veg, 8 oz Milk
Frosted Flakes w/ 8 oz Lowfat Milk, Snack and Juice	61706	15.00	362	36	3.9	1.6	0	12	572	381	68	1.0	38	11	1228	75.0	390	5.29	0.80	1.30	9.24	2b, 1/2c. Veg, 8 oz Milk
Kix w/ 8 oz Lowfat Milk, Snack and Juice	61710	14.78	322	46	5.9	1.6	0	12	372	430	58	3.1	35	11	978	67.2	490	6.37	0.41	0.78	4.28	2b, 1/2c. Veg, 8 oz Milk
Trix Reduced Sugar w/ 8 oz Lowfat Milk, Snack and Juice	61714	14.90	342	56	6.4	1.6	0	12	372	435	62	2.1	39	11	978	67.2	490	5.47	0.56	0.95	6.28	2b, 1/2c. Veg, 8 oz Milk
Honey Graham Squares w/ 8 oz Lowfat Milk, Snack and Juice	61715	15.15	382	71	8.4	1.6	0	12	502	580	69	2.1	42	11	1178	69.6	510	10.87	0.63	1.04	7.28	2b, 1/2c. Veg, 8 oz Milk
Fruity Cheerios w/ 8 oz Lowfat Milk, Snack and Juice	61717	15.03	352	46	4.9	1.8	0	12	312	443	67	1.6	41	11	996	75.6	491	5.60	0.55	0.97	6.25	2b, 1/2c. Veg, 8 oz Milk
<b>THAW &amp; SERVE BREAKFAST BREAKS</b>																						
Mozzarella String Cheese	61134	6.00	276	65	7.6	3.3	0	15	284	101	44	1.0	28	9	203	60.0	205	1.22	0.11	0.08	0.85	1 oz ma, 1br, 1/2c.veg
Chocolate Chip Muffin	61152	6.70	380	95	11.0	3.0	0	20	280	104	67	2.0	40	4	0	60.0	120	2.16	0.10	0.10	1.31	2 br, 1/2 c.veg
WG Smart Choice Blueberry Muffin	61153	6.90	350	70	8.0	1.0	0	35	320	159	67	4.1	41	4	1200	15.6	220	5.40	0.59	0.50	6.05	2 br, 1/2 c.veg
WG Corn Bread Mini Loaf	61154	7.00	396	85	10.0	1.8	0	30	294	101	72	1.0	40	5	103	60.0	25	2.30	0.11	0.08	0.85	2 br, 1/2 c.veg
MVP Breakfast Bun Plus	61155	6.80	390	70	7.0	1.5	0	0	210	160	68	3.0	50	6	2250	14.4	200	5.40	0.68	1.02	7.00	2 br, 1/2 c.veg



Item Description	Code	Serving Size oz	Calories	Calories from Fat	Total Fat g	Sat Fat g	Trans Fat g	Chol mg	Sodium mg	Potass mg	Total Carb g	Dietary Fiber g	Sugars g	Prot g	Vit A IU	Vit C mg	Calcium mg	Iron mg	Thiam mg	Ribo mg	Niacin mg	CN Equiv
<b>BREAKFAST SANDWICHES</b>																						
Pancake Sandwich w/glaze 2pk IW	16151	3.00	220	60	7.0	1.5	0	10	260	0	35	1.0	11	4	0	0.0	100	1.80	0.00	0.00	0.00	2br
French Toast Sandwich w/glaze 2pk IW	16152	3.25	220	80	9.0	2.5	0	70	270	0	27	1.0	7	7	100	0.0	40	1.44	0.00	0.00	0.00	2br
ESE Egg, Turkey Sausage & Cheese Breakfast Stuffer	25309	2.80	200	60	6.0	2.5	0	45	470	48	28	1.0	5	9	200	0	80	1.80	0.25	0.18	2.00	1 oz m/ma, 2 br
ESE IW Egg, Turkey Sausage & Cheese Breakfast Stuffer	25319	2.80	200	60	6.0	2.5	0	45	470	48	28	1.0	5	9	200	0	80	1.80	0.25	0.18	2.00	1 oz m/ma, 2 br
<b>MEAL BREAKS</b>																						
Chicken Salad 30ct/cs	61401	12.90	463	95	10.0	1.5	0	40	455	247	77	2.1	52	18	300	79.2	140	2.97	0.28	0.23	7.70	2 oz m/ma, 1.50 br, 1 c.veg
Peanut Butter 30ct/cs	61402	9.65	673	235	25.0	5.0	0	0	430	405	96	8.0	54	17	0	120.5	258	3.21	0.17	0.16	2.16	2 oz m/ma, 1.50 br, 1 c.veg
Tuna Salad 30ct/cs	61403	12.90	463	100	11.0	2.0	0	15	505	256	77	2.0	49	13	0	74.4	224	1.89	0.16	0.17	6.50	2 oz m/ma, 1.50 br, 1 c.veg
Turkey Stick 30ct/cs	61404	13.35	600	205	21.5	9.0	0	65	1370	426	76	5.0	46	23	300	72.5	384	2.04	0.03	0.03	0.36	2 oz m/ma, 1 br, 1 c.veg
Beef Stick and Cheese 30ct/cs	61406	12.50	635	315	34.5	11.0	0	30	1075	109	65	4.0	46	20	800	75.6	390	4.32	0.21	0.16	2.05	2 oz m/ma, 1 br, 1 c.veg
Pepperoni Flav Beef Sticks 30ct/cs	61408	9.26	590	235	26.0	11.0	0	35	1090	390	63	6.0	38	23	700	120.5	444	2.69	0.13	0.13	1.65	2 oz m/ma, 1 br, 1 c.veg
<b>MEAL BREAKS WITH MILK</b>																						
Chicken Salad Meal with 8 oz Lowfat Milk	61601	21.55	565	116	12.4	3.1	0	52	56	613	90	2.0	64	26	778	79.2	434	3.04	0.33	0.68	7.93	2 oz m/ma, 1 c.veg, 1.50 br, 8 oz Milk
Peanut Butter Meal with 8 oz Lowfat Milk	61602	18.30	775	256	27.4	6.6	0	12	537	771	109	8.0	67	26	478	120.5	548	3.28	0.22	0.61	2.39	2 oz m/ma, 1 c.veg, 1.50 br, 8 oz Milk
Tuna Salad Meal with 8 oz Lowfat Milk	61603	21.55	565	121	13.4	3.6	0	27	612	622	90	3.0	62	22	478	74.4	514	1.96	0.21	0.62	6.73	2 oz m/ma, 1 c.veg, 1 br, 8 oz Milk
Turkey Stick Meal with 8 oz Lowfat Milk	61604	22.00	702	226	23.9	10.6	0	77	1477	792	88	5.0	59	31	778	72.5	674	2.11	0.08	0.48	0.58	2 oz m/ma, 1 c.veg, 1 br, 8 oz Milk
Beef and Cheese Meal with 8 oz Lowfat Milk	61606	21.15	737	336	36.9	12.6	0	42	1182	475	77	4.0	59	28	1278	75.6	680	4.39	0.26	0.61	2.28	2 oz m/ma, 1 c.veg, 1 br, 8 oz Milk
Pepperoni Flav Beef Sticks with 8 oz Lowfat Milk	61608	17.91	692	256	28.4	12.6	0	47	1197	756	75	6.0	51	31	1178	120.5	734	2.76	0.18	0.58	1.88	2 oz m/ma, 1 c.veg, 1 br, 8 oz Milk
<b>THAW &amp; SERVE MEAL BREAKS</b>																						
Combo Sandwich	61920	13.16	645	185	20.0	5.5	0	40	1312	434	90	9.0	38	25	300	61.8	388	3.60	0.13	0.13	1.69	2 oz m/ma, 3.75br, 3/4c.veg
Crustless Peanut Butter & Grape Jelly Sandwich 2.8oz	61921	10.03	693	215	25.2	5.5	0	15	674	393	107	6.5	63	19	400	64.5	299	6.47	0.21	0.16	2.05	2 oz m/ma, 2.25br, 3/4c.veg
Turkey Bologna & Cheese Sandwich	61923	6.53	560	184	20.0	5.0	0	40	1305	602	74	8.1	26	22	500	65.3	304	4.92	0.48	0.35	4.25	2 oz m/ma, 3.5br, 3/4c.veg
Turkey Ham & Cheese Sandwich	61924	10.93	573	105	12.2	3.0	0	45	1204	604	101	5.6	56	20	500	17.7	289	4.31	0.45	0.32	3.91	2 oz m/ma, 3.5br, 3/4c.veg
Turkey & Cheese Sandwich	61925	14.60	655	165	18.0	5.0	0	40	1492	578	91	9.0	38	29	300	61.8	388	4.50	0.34	0.30	3.87	2 oz m/ma, 3.75br, 3/4c.veg
Café Favorites Toasted Cheese Sandwich	61926	10.33	619	161	17.2	8.5	0	41	1112	393	105	7.5	54	23	1200	64.5	419	4.31	0.45	0.30	3.65	2 oz m/ma, 3.5br, 3/4c.veg
Café Favorites 5" Super Sub	61927	10.90	558	160	19.0	7.3	0	52	1275	400	67	9.0	25	31	415	31.5	413	3.35	0.26	0.20	2.38	2.5 oz m/ma, 3br, 3/4c.veg
Café Favorites Cold Cut Combo	61928	11.10	656	220	23.0	6.9	0	40	1357	439	85	10.1	31	28	625	34.8	426	4.97	0.47	0.36	4.43	2 oz m/ma, 4br, 3/4c.veg
Café Favorites 5" Oven Roasted Turkey Breast Sub	61929	10.40	519	90	10.2	5.1	0	35	1111	354	88	4.4	46	14	400	13.3	232	2.82	0.23	0.17	2.00	2 oz m/ma, 3br, 3/4c.veg
<b>INDIVIDUAL COMPONENTS</b>																						
Lactose Free, Fat Free Chocolate Milk	63007	8.00	130	5	0.0	0.0	0	5	100	425	26	0.0	22	8	500	0.0	300	0.72	0.10	0.42	0.32	8 oz Milk
Low Fat, Plain Milk	64025	8.00	100	20	2.5	1.5	0	10	107	366	12	0.0	12	8	500	0.0	300	0.00	0.05	0.45	0.23	8 oz Milk
Mini Animal Crackers, Original	16191	0.9	100	15	1.5	0.0	0	0	80	32	20	1.0	6	2	0	0.0	0	0.72	0.11	0.07	0.84	1br
Cinnamon Mini Animal Grahams (Whole Grain)	16192	0.9	100	25	3.0	0.0	0	0	140	39	18	1.0	6	1	200	3.6	20	1.80	0.21	0.16	2.05	1br