

E-S Foods Product Nutritional Grid



Item Description	Code	Serving Size oz	Calories	Calories from Fat	Total Fat g	Sat Fat g	Trans Fat g	Chol mg	Sodium mg	Total Carb g	Dietary Fiber g	Sugars g	Prot g	Vit A IU	Vit C mg	Calcium mg	Iron mg	CN Equiv
SPECIALITY ITEMS																		
ESE CN Red. Fat Nacho Chs Sauce Pouch	05809	2.00	90	60	7.0	4.5	0	20	380	2	0.0	1	6	200	0.0	150	0.00	1m/ma (2oz)
ESE CN Red. Fat Chs Sauce Pouch	05810	2.00	90	60	7.0	4.5	0	20	380	2	0.0	1	6	200	0.0	150	0.00	1m/ma (2oz)
ESE CN Red. Fat Nacho Chs Sauce, Red Sod Pouch	05811	2.00	100	50	6.0	3.5	0	20	200	5	0.0	4	7	200	0.0	250	0.00	1m/ma (2oz)
ESE CN Red. Fat Chs Sauce, Red Sod Pouch	05812	2.00	100	50	6.0	3.5	0	20	200	5	0.0	4	7	200	0.0	250	0.00	1m/ma (2oz)
ESE CN Red. Fat Mac & Chs, Red Sod Pouch	05904	6.00	270	110	12.0	8.0	0	40	370	24	1.0	7	15	364	0.8	409	1.10	2 oz m/ma, 0.75br
ESE CN Red. Fat Mac & Chs Pouch	05906	7.20	292	122	13.6	8.3	0	28	773	25	0.8	4	16	1041	0.6	362	1.31	2 oz m/ma, 1.25br
ESE IW Cheese Pizza Sandwich Stuffer WG	25301W	4.94	360	110	12.0	7.0	0	25	610	42	4.0	5	21	245	0.0	365	2.67	2 oz m/ma, 3br
ESE Pepperoni Pizza Sandwich Stuffer WG	25304W	4.82	370	120	13.0	6.0	0	30	740	42	4.0	4	20	187	0.0	284	2.93	2 oz m/ma, 3br
ESE Philly Cheese Steak Sandwich Stuffer WG	25305W	4.96	350	100	11.0	6.0	0	30	760	41	4.0	4	20	187	0.0	286	2.93	2 oz m/ma, 3br
ESE Egg, Cheese, Potato & Salsa Stuffed Sandwich	25308	3.20	230	80	9.0	4.5	0	65	310	28	1.0	2	10	200	1.2	100	1.80	1 oz m/ma, 2 br
ESE Egg, Turkey Sausage & Cheese Breakfast Stuffer	25309	2.80	200	60	6.0	2.5	0	45	470	28	1.0	5	9	200	0.0	80	1.80	1 oz m/ma, 1br
ESE Cheese Pizza Sandwich Stuffer WG	25311W	4.94	360	110	12.0	7.0	0	25	610	42	4.0	5	21	245	0.0	365	2.67	2 oz m/ma, 3br
ESE IW Egg, Turkey Sausage & Cheese Breakfast Stuffer	25319	2.80	200	60	6.0	2.5	0	45	470	28	1.0	5	9	200	0.0	80	1.80	1 oz m/ma, 1br
ESE Spicy Beef Stuffed Sandwich	25321	5.00	350	110	12.0	5.0	0	15	460	44	2.0	5	18	400	1.2	100	4.50	2 oz m/ma, 2.5br
ESE Spicy Cheeseburger Stuffed Sandwich	25322	4.80	350	140	15.0	9.0	0	25	520	36	1.0	3	18	400	0.0	250	2.70	2 oz m/ma, 2.5br
ESE Cheesy Beans & Rice Stuffed Sandwich	25324	4.80	320	90	10.0	6.0	0	15	500	41	1.0	4	17	0	1.2	200	3.60	2 oz m/ma, 2.5br
BREAKFAST BREAKS																		
Coco Roos Breakfast	61101	5.62	270	40	4.5	1.0	0	0	290	50	1.0	25	4	400	64.8	100	7.56	2b, 1/2c.veg
Cheerios Breakfast	61102	5.59	230	35	4.3	1.3	0	0	280	47	3.0	18	3	600	67.2	80	7.20	2b, 1/2c.veg
Lucky Charms Breakfast	61103	5.84	280	40	4.5	1.0	0	0	320	55	2.0	30	4	481	65.8	196	5.78	2b, 1/2c.veg
Cinnamon Toast Crunch Breakfast	61104	6.00	286	45	4.6	0.8	0	0	294	58	1.0	28	3	403	64.8	85	4.46	2b, 1/2c.veg
Honey Nut Cheerios Breakfast	61105	6.00	290	45	5.5	1.5	0	0	275	57	2.0	26	4	500	66.0	100	5.22	2b, 1/2c.veg
Frosted Flakes Breakfast	61106	6.00	290	35	4.0	1.5	0	0	275	60	1.0	29	3	750	75.0	0	5.22	2b, 1/2c.veg
Kix Breakfast	61110	5.53	240	35	4.5	1.0	0	0	225	48	3.0	21	2	300	63.6	180	5.22	2b, 1/2c.veg
Trix 25% Less Sugar Breakfast	61114	5.65	240	35	4.0	1.0	0	0	280	51	2.1	24	2	600	67.2	100	5.40	2b, 1/2c.veg
Honey Graham Squares Breakfast	61115	5.90	300	60	7.0	1.0	0	0	370	58	2.0	27	2	500	66.0	200	9.72	2b, 1/2c.veg
Fruity Cheerios Breakfast	61117	5.88	256	25	2.6	0.3	0	0	214	56	1.0	28	3	521	75.6	106	5.54	2b, 1/2c.veg
Apple Cinnamon Cheerios Breakfast	61118	5.84	260	40	4.5	1.0	0	0	260	54	3.1	28	3	700	68.4	100	5.40	2b, 1/2c.veg
Cinnamon Toast Crunch 25% Less Sugar Breakfast	61119	5.75	260	40	4.5	0.0	0	0	510	54	3.0	18	3	400	64.8	200	4.32	2b, 1/2c.veg
BREAKFAST BREAKS WITH MILK																		
Coco Roos w/ 8 oz Lowfat Milk, Snack and Juice	61701	14.01	372	61	6.9	2.6	0	12	397	62	1.0	38	12	878	64.8	390	7.63	2b, 1/2c. Veg, 8 oz Milk
Lucky Charms w/ 8 oz Lowfat Milk, Snack and Juice	61703	14.07	382	61	6.9	2.6	0	12	427	67	2.0	43	12	959	65.8	486	5.85	2b, 1/2c. Veg, 8 oz Milk
Cinnamon Toast Crunch w/ 8 oz Lowfat Milk, Snack and Juice	61704	14.13	388	66	7.0	2.3	0	12	401	70	1.0	40	11	881	64.8	375	4.53	2b, 1/2c. Veg, 8 oz Milk
Honey Nut Cheerios w/ 8 oz Lowfat Milk, Snack and Juice	61705	14.13	392	66	7.9	3.1	0	12	382	69	2.0	39	12	978	66.0	390	5.29	2b, 1/2c. Veg, 8 oz Milk
Frosted Flakes w/ 8 oz Lowfat Milk, Snack and Juice	61706	14.13	392	56	6.4	3.1	0	12	382	72	1.0	42	11	1228	75.0	290	5.29	2b, 1/2c. Veg, 8 oz Milk
Kix w/ 8 oz Lowfat Milk, Snack and Juice	61710	13.76	342	56	6.9	2.6	0	12	332	60	3.0	34	10	778	63.6	470	5.29	2b, 1/2c. Veg, 8 oz Milk
Trix Reduced Sugar w/ 8 oz Lowfat Milk, Snack and Juice	61714	13.88	342	56	6.4	2.6	0	12	387	63	2.1	37	10	1078	67.2	390	5.47	2b, 1/2c. Veg, 8 oz Milk
Honey Graham Squares w/ 8 oz Lowfat Milk, Snack and Juice	61715	13.98	402	81	9.4	2.6	0	12	477	70	2.0	40	10	978	66.0	490	9.79	2b, 1/2c. Veg, 8 oz Milk
Fruity Cheerios w/ 8 oz Lowfat Milk, Snack and Juice	61717	14.11	358	46	5.0	1.8	0	12	321	68	1.0	40	11	999	75.6	396	5.61	2b, 1/2c. Veg, 8 oz Milk
THAW & SERVE BREAKFAST BREAKS																		
Mozzarella String Cheese	61134	6.00	276	65	7.6	3.3	0	15	284	44	1.0	28	9	203	60.0	205	1.22	1 oz ma, 1br, 1/2c.veg
Chocolate Chip Muffin	61152	6.70	380	95	11.0	3.0	0	20	280	67	2.0	40	4	0	60.0	120	2.16	2 br, 1/2 c.veg
WG Smart Choice Blueberry Muffin	61153	6.90	350	70	8.0	2.0	0	35	320	67	4.1	41	4	1300	15.6	220	5.40	2 br, 1/2 c.veg
WG Corn Bread Mini Loaf	61154	7.00	396	85	9.6	1.8	0	30	294	72	1.0	40	5	103	60.0	25	2.30	2 br, 1/2 c.veg
MVP Breakfast Bun Plus	61155	6.80	390	70	7.0	1.5	0	0	210	68	3.0	50	6	2250	14.4	200	5.40	2 br, 1/2 c.veg

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<u>THAW & SERVE BREAKFAST SANDWICHES</u>																		
Pancake Sandwich w/glaze 2pk IW	16151	3.00	193	63	7.0	1.7	0	23	580	29	0.8	7	3	16	0.1	164	1.38	2br
French Toast Sandwich w/glaze 2pk IW	16152	3.25	210	72	8.0	1.9	1	71	280	27	1.0	6	7	89	0.1	49	1.64	2br
Whole Wheat Pancake Sandwich w/ Strawberry Flv Glaze 2pk IW	16153	3.00	140	20	2.0	0.0	0	5	250	33	4.0	13	4	0	1.2	80	1.80	2 br
<u>MEAL BREAKS</u>																		
Chicken Salad	61401	12.97	443	95	10.0	2.5	0	40	460	71	3.1	45	17	300	67.2	44	2.97	2 oz m/ma, 1.50 br, 1 c.veg
Peanut Butter	61402	13.65	610	225	24.0	4.0	0	0	395	85	8.0	49	16	240	123.6	60	3.78	2 oz m/ma, 2 br, 1 c.veg
Tuna Salad	61403	12.95	443	100	11.0	2.0	0	15	520	72	3.0	41	13	0	62.4	124	1.89	2 oz m/ma, 1.50 br, 1 c.veg
Turkey Stick 1 oz.	61404	12.40	580	205	21.5	9.0	0	65	1375	70	6.0	39	23	200	60.5	284	2.04	2 oz m/ma, 1 br, 1 c.veg
Beef and Cheese Sticks 1.50 oz.	61406	12.15	615	315	34.5	12.0	0	30	1090	60	5.1	38	20	900	63.6	290	4.32	2.25 oz m/ma, 1 br, 1 c.veg
Pepperoni Flav Beef Sticks 1.25oz	61408	11.8	630	325	36.0	12.0	0	35	1105	59	4.0	37	22	700	60.0	230	3.17	2 oz m/ma, 1 br, 1 c.veg
<u>MEAL BREAKS WITH MILK</u>																		
Chicken Salad Meal with 8 oz Lowfat Milk	61601	20.30	545	116	12.4	4.1	0	52	567	84	3.1	57	26	778	67.2	334	3.04	2 oz m/ma, 1 c.veg, 1.50 br, 8 oz Milk
Peanut Butter Meal with 8 oz Lowfat Milk	61602	17.05	765	256	27.4	6.6	0	12	542	106	8.0	63	26	478	120.5	448	3.28	2 oz m/ma, 1 c.veg, 1.50 br, 8 oz Milk
Tuna Salad Meal with 8 oz Lowfat Milk	61603	20.30	545	121	13.4	3.6	0	27	627	85	3.5	54	22	478	62.4	414	1.96	2 oz m/ma, 1 c.veg, 1.50 br, 8 oz Milk
Turkey Stick Meal with 8 oz Lowfat Milk	61604	20.75	682	226	23.9	10.6	0	77	1482	82	6.0	52	31	678	60.5	574	2.11	2 oz m/ma, 1 c.veg, 1 br, 8 oz Milk
Beef and Cheese Meal with 8 oz Lowfat Milk	61606	19.90	717	336	36.9	13.6	0	42	1197	72	5.1	51	28	1378	63.6	580	4.39	2 oz m/ma, 1 c.veg, 1 br, 8 oz Milk
Pepperoni Flav Beef Sticks with 8 oz Lowfat Milk	61608	16.65	682	256	28.4	12.6	0	47	1202	72	6.0	47	31	1178	120.5	634	2.76	2 oz m/ma, 1 c.veg, 1 br, 8 oz Milk
<u>THAW & SERVE MEAL BREAKS</u>																		
Combo Sandwich Meal	61920	11.26	620	185	20.0	5.5	0	40	1300	83	9.0	28	25	300	61.8	388	3.60	2 oz m/ma, 3.75br, 3/4c.veg
Crustless Peanut Butter & Grape Jelly Sandwich Meal	61921	10.03	693	215	25.2	6.5	0	15	674	107	6.5	63	18	500	64.5	299	6.47	2 oz m/ma, 2.25br, 3/4c.veg
Turkey Bologna & Cheese Sandwich Meal	61923	9.53	480	125	14.0	5.0	0	40	1260	78	4.1	36	14	600	124.8	270	3.96	2 oz m/ma, 3.5br, 7/8c.veg
Turkey & Cheese Sandwich Meal	61925	12.00	630	165	18.0	5.0	0	40	1480	84	9.0	28	29	300	61.8	388	4.50	2 oz m/ma, 3.75br, 3/4c.veg
Turkey Salami & Cheese Sandwich Meal	61937	11.13	643	135	15.2	6.0	0	45	1334	107	6.5	58	20	700	17.7	239	5.21	2 oz m/ma, 3.5br, 3/4c.veg
<u>THAW & SERVE SANDWICHES</u>																		
Turkey Bologna & Cheese Sandwich	16923	4.00	260	100	11.0	4.0	0	40	1070	30	2.0	5	13	300	1.2	250	1.80	2 oz m/ma, 2.5 br
Turkey & Cheese Sandwich	16925	5.60	290	60	7.0	3.0	0	40	1300	38	3.0	6	19	300	1.2	250	2.70	2 oz m/ma, 2.75 br
Combo Sandwich	16926	4.76	320	120	13.0	5.0	0	40	1140	36	3.0	6	16	400	1.2	250.0	2.70	2 oz m/ma, 2.75 br
Turkey Salami & Cheese Sandwich	16927	4.90	330	110	12.0	5.0	0	45	1190	35	3.0	7	18	400	1.2	200.0	2.70	2 oz m/ma, 2.5 br
<u>SNACK BREAKS 30ct/cs</u>																		
Pepperidge Farm Cheddar Goldfish / Juice	61281	7.95	190	30	3.5	1.0	0	0	185	37	1.0	18	3	0	90.0	20	0.36	1br, 3/4c.veg
MealBreaks Animal Crackers / Juice	61282	8.20	190	25	3.0	1.0	0	0	155	41	1.1	24	1	300	93.6	20	1.80	1br, 3/4c.veg
Sunflower Seeds / Juice	61283	8.20	260	110	12.0	1.5	0	0	100	31	1.5	25	6	12	60.0	116	2.00	1m/ma, 3/4c.veg
<u>SNACK BREAKS WITH MILK</u>																		
Mini Animal Grahams, Cinnamon /Milk	61285	8.90	202	46	5.4	2.6	0	12	247	30	1.1	19	9	778	3.6	310	1.87	1 br, 8 oz Milk
Mini Animal Crackers, Original / Milk	61286	8.90	202	36	3.9	1.8	0	12	187	32	0.6	19	10	478	0.0	290	0.92	1 br, 8 oz Milk
<u>INDIVIDUAL COMPONENTS</u>																		
Lactose Free, Fat Free Chocolate Milk	63007	8.00	158	23	2.5	1.5	0	8	153	26	0.0	25	8	490	0.0	288	0.60	8 oz Milk
Low Fat, Plain Milk	64025	8.00	102	21	2.4	1.6	0	12	107	12	0.0	13	8	478	0.0	290	0.07	8 oz Milk
Mini Animal Crackers, Original	16191	0.90	100	15	1.5	0.3	0	0	80	20	0.6	6	2	0	0.0	0	0.85	1br
Cinnamon Mini Animal Grahams (Whole Grain)	16192	0.90	100	25	3.0	1.0	0	0	140	18	1.1	6	1	300	3.6	20	1.80	1br

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