

	Menu Item	Serving Size	Calories	Carbs (g)	Sat. Fat (g)	Sodium (mg)	Allergens
<b>Breakfast</b>							
1893	Biscuit	1 biscuit	190.000	24.000	4.000	430.000	Dairy, Soy, Wheat, Gluten
1326	Blueberry Muffin (Smart Choice Muffin)	1 muffin	160.000	26.000	0.500	125.000	Dairy, Egg, Wheat, Gluten
1333	Breakfast Pizza	1 pizza bagel	240.000	30.000	3.000	530.000	Dairy, Wheat, Gluten
1091	Cereal, Apple Jacks	1 bowl	110.000	24.000	0.500	160.000	Soy, Wheat, Gluten
1888	Cereal, Cheerios	1 bowl	100.000	23.000	0.000	110.000	
1092	Cereal, Cinnamon Flakes	1 bowl	100.000	24.000	0.000	170.000	Soy, Wheat, Gluten
1520	Cereal, Cinnamon Toast Crunch	1 bowl	110.000	22.000	0.500	160.000	Soy, Wheat, Gluten
1863	Cereal, Corn Flakes	1 bowl	80.000	18.000	0.000	150.000	
1859	Cereal, Frosted Flakes	1 bowl	110.000	25.000	0.000	140.000	Soy
1861	Cereal, Fruity Cherrios	1 bowl	120.000	25.000	0.000	140.000	Wheat, Gluten
1865	Cereal, Granola Bulk	2 oz	250.000	43.000	1.000	180.000	Soy, Wheat, Gluten
1100	Cereal, Honey Nut Cheerios	1 bowl	110.000	22.000	0.000	160.000	Wheat, Gluten, Almonds
1933	Cereal, Rice Krispies	1 bowl	70.000	16.000	0.000	90.000	
1090	Cereal, Trix	1 bowl	110.000	24.000	0.000	140.000	
1756	Cheese, Cubes	1 oz	90.000	1.000	4.000	180.000	Dairy
1758	Cheese, Stick Colby Jack	1 each (1 oz)	90.000	0.000	4.000	200.000	Dairy
1761	Cheese, Stick Mozzarella	1 each (1 oz)	90.000	0.000	4.000	200.000	Dairy
1759	Cheese, American Sliced	1 slice	35.000	1.000	1.250	105.000	Dairy
1754	Cheese, Sauce Cheddar	2oz (1/4 cup)	100.000	3.000	4.500	400.000	Dairy
1898	Cheese, Shredded	1 oz	80.000	1.000	4.000	200.000	Dairy
SB1	Chicken Biscuit	1 biscuit, 1	298.520	31.330	4.730	672.610	Dairy, Soy, Wheat, Gluten
1312	Chicken Patty	1 chicken patty	108.520	7.330	0.730	242.610	Dairy, Soy, Wheat, Gluten
1893	Biscuit	1 biscuit	190.000	24.000	4.000	430.000	Dairy, Soy, Wheat, Gluten
1959	Chicken, Oven Fried	1 breast, 1 thigh, drum & wing combination	260.000	10.000	4.000	570.000	Egg, Wheat, Gluten
1928	French Toast Sticks	2 pieces	170.000	24.000	1.000	200.000	Soy, Wheat, Gluten
SB2	Grit Bowl w/Sausage		156.212	22.136	1.160	225.663	Dairy
1105	Grits, Buttered	1/2 cup	101.212	21.636	0.160	53.520	Dairy, Soy
1828	Chicken Sausage Patty	1 sausage patty	55.000	0.500	1.000	225.000	
SG300	Grits, Buttered	1/2 cup	101.212	21.636	0.160	53.520	Dairy, Soy
SG301	Grits, Cheese	1/2 cup	147.948	21.260	2.664	128.996	Dairy
SG290	Oatmeal	1/2 cup	158.470	32.870	0.313	184.246	Dairy, Wheat, Gluten
1331	Pancakes, Cinnamon Maple Mini	1 pack (85 g)	220.000	36.000	1.000	340.000	Dairy, Egg, Soy, Wheat,
1108	Poptart, Strawberry	1 pastry	180.000	38.000	1.000	180.000	Soy, Wheat, Gluten
AP115	Sausage Biscuit		245.000	24.500	5.000	655.000	Dairy, Soy, Wheat, Gluten
1828	Chicken Sausage Patty	1 sausage patty	55.000	0.500	1.000	225.000	
1893	Biscuit	1 biscuit	190.000	24.000	4.000	430.000	Dairy, Soy, Wheat, Gluten
1339	Sausage Link	1 sausage link	30.000	0.333	0.500	96.667	
1338	Sausage Patty	1 sausage patty	55.000	0.500	1.000	225.000	
SM501	Scrambled Eggs w/Cheese & Buttered Toast	cheese, 1 slice	290.000	15.000	9.500	585.000	Dairy, Egg, Soy, Wheat,
1081	Buttered Toast	1 slice	70.000	12.000	0.000	115.000	Soy, Wheat, Gluten

1821	Cheese	2 oz	160.000	2.000	8.000	400.000	Dairy
1707	Scrambled Eggs	2 oz	60.000	1.000	1.500	70.000	Dairy, Egg
SG320	Toast, Buttered	1 slice	70.000	12.000	0.000	115.000	Soy, Wheat, Gluten
1314	Super Donuts	1 donut (1.9 oz)	150.000	23.000	1.500	190.000	Dairy, Egg, Soy, Wheat,
1343	Waffles, Mini	1 package (70 g)	210.000	38.000	1.000	170.000	Dairy, Egg, Soy, Wheat,
1436	Yogurt, Cherry Individual	1 yogurt (4 oz)	90.000	15.000	0.000	65.000	Dairy
1437	Yogurt, Strawberry Individual	1 yogurt (4 oz)	90.000	19.000	0.000	50.000	Dairy
SE250	Yogurt Parfait w/Fruit & Granola	1 parfait	248.350	46.385	0.500	129.525	Dairy, Soy, Wheat, Gluten
1865	Cereal, Granola Bulk	1 oz	125.000	21.500	0.500	90.000	Soy, Wheat, Gluten
1345	Vanilla Yogurt	4 oz	100.000	19.500	0.500	52.500	Dairy
1363	Pears, diced	1/2 c	60.000	16.000	0.000	5.000	
<b>Beverages</b>							
1321	Juice, Apple	4 oz	60.000	14.000	0.000	5.000	
1323	Juice, Grape	4 oz	80.000	19.000	0.000	20.000	
1324	Juice, Orange	4 oz	60.000	13.000	0.000	0.000	
1557	Milk, Chocolate Prairie Farms Dairy	1 carton	110.000	19.000	0.000	210.000	Dairy
1556	Milk, Skim Mayfield	1 carton	90.000	13.000	0.000	130.000	Dairy
1555	Milk, 1% Prairie Farms Dairy	1 carton	100.000	11.000	1.500	120.000	Dairy
1845	Soy Milk Vanilla		100.000	12.000	0.500	90.000	Soy
<b>Lunch</b>							
SE100	Beef Enchilada	1 enchilada	555.000	36.980	15.500	749.000	Dairy, Soy, Wheat, Gluten
AC34	Beef Mixture	3oz	200.000	0.000	4.500	68.000	
1821	Cheese	2 oz	160.000	2.000	8.000	400.000	Dairy
1018	Flour Tortilla 10"	2 oz	170.000	29.980	3.000	150.000	Wheat, Gluten
1812	Enchilada Sauce	1/4 cup	20.000	4.000	0.000	130.000	
1062	Tomato	1/8 cup	4.000	1.000	0.000	1.000	
1214	Lettuce	1/8 cup	1.000	0.000	0.000	0.000	
SE104	Beef Nachos	1 entrée	315.000	42.000	3.750	180.000	Dairy, Soy
1145	Nacho Pieces	20 pc	195.000	40.000	0.750	0.000	Soy
	Beef	2.4 oz	120.000	2.000	3.000	180.000	Soy
	BBQ Sandwich		449.000	43.000	6.500	533.000	Soy, Wheat, Gluten
1771	BBQ	1 serving	299.000	17.000	6.000	233.000	
1082	Hamburger Bun	1 bun (2 oz)	150.000	26.000	0.500	300.000	Soy, Wheat, Gluten
SG322	Cheese Toast	1 slice	83.472	14.023	0.496	190.685	Dairy, Soy, Wheat, Gluten
SS402	Cheeseburger		330.000	28.000	7.000	630.000	Dairy, Soy, Wheat, Gluten
1082	Hamburger Bun	1 bun (2 oz)	150.000	26.000	0.500	300.000	Soy, Wheat, Gluten
1950	Hamburger Patty	1 patty (50 g)	90.000	1.000	2.000	130.000	Soy
1759	Cheese, American Sliced	1 slice	35.000	1.000	1.250	105.000	Dairy
SE104	Chicken, Fajita Nachos	1 entrée	408.000	42.000	8.750	180.000	Dairy
1145	Nacho Pieces	20 pc	195.000	40.000	0.750	0.000	
1821	Cheese	2 oz	160.000	2.000	8.000	400.000	Dairy
1704	Chicken, fajita	2 oz	53.856	0.816	0.000	279.072	
1979	Chicken, Tangerine	1 serving	190.000	25.000	1.000	380.000	Egg, Soy, Wheat, Gluten
SE158	Cheese Quesadilla	1 quesadilla	409.213	52.049	9.306	476.057	Dairy, Wheat, Gluten
1018	Flour Tortilla, 6"	1 tortilla (57 g)	170.000	29.000	2.500	150.000	Wheat, Gluten
1821	Cheese	2 oz	160.000	2.000	8.000	400.000	Dairy
1282	Black Beans	1/4 cup					
1763	Corn	1/4 cup	40.000	7.000	0.000	150.000	Wheat, Gluten
1143	Salsa	1/4 cup	20.000	5.000	0.000	200.000	
SE94	Chicken Tenders	3 tenders	167.840	13.970	0.800	334.390	Dairy, Soy, Wheat, Gluten
1401	Chicken Wings	4 wings	200.000	2.000	4.000	630.000	

SS413	Chicken Sandwich	1 chicken patty, 1 bun	340.000	41.000	1.500	720.000	Dairy, Soy, Wheat, Gluten
1380	Chicken Patty	1 patty	190.000	15.000	1.000	420.000	Dairy, Soy, Wheat, Gluten
1082	Hamburger Bun	1 bun (2 oz)	150.000	26.000	0.500	300.000	Soy, Wheat, Gluten
SE157	Chicken Quesadilla	1 quesadilla	334.481	38.409	6.876	550.938	Dairy, Wheat, Gluten
1018	Flour Tortilla, 6"	1 tortilla (57 g)	170.000	29.000	2.500	150.000	Wheat, Gluten
1704	Chicken, fajita	2 oz	53.856	0.816	0.000	279.072	Dairy, Soy
1821	Cheese	2 oz	160.000	2.000	8.000	400.000	Dairy
1282	Black Beans	1/4 cup	55.000	10.000	0.000	70.000	
1763	Corn	1/4 cup	40.000	7.000	0.000	150.000	Wheat, Gluten
1143	Salsa	1/4 cup	20.000	5.000	0.000	200.000	
AP137	Corn Dog	1 corn dog	280.000	31.000	3.500	660.000	Egg, Soy, Wheat, Gluten
1342	Dutch Waffle	1 waffle	300.000	43.000	3.000	350.000	Dairy, Soy, Wheat, Gluten,
SS456	Grilled Cheese Sandwich	1 sandwich	280.000	30.960	5.560	580.790	Dairy, Soy, Wheat, Gluten
SS403	Grilled BBQ Chicken Sandwich	1 sandwich	263.293	27.000	2.823	666.301	Soy, Wheat, Gluten
1082	Hamburger Bun	1 bun (2 oz)	150.000	26.000	0.500	300.000	Soy, Wheat, Gluten
1719	Grilled Chicken Patty						
1225	BBQ Sauce						
SE93	General Tso Chicken w/Fried Rice	3 oz	236.000	48.000	1.164	587.828	Dairy, Egg, Soy, Wheat,
	General Tso Chicken	3 oz	210.000	22.000	1.000	397.931	Dairy, Egg, Soy, Wheat,
	Fried Rice	1/2 cup	120.000	24.257	0.111	189.897	
SS401	Hamburger	1 patty, 1 bun	240.000	28.000	2.500	430.000	Soy, Wheat, Gluten
	Hamburger Bun	1 bun (2 oz)	150.000	26.000	0.500	300.000	Soy, Wheat, Gluten
	Hamburger Patty	1 patty	130.000	2.000	3.000	330.000	
SS451	Hot Dog	1 hot dog, 1 bun	280.000	31.000	3.500	630.000	Soy, Wheat, Gluten
	Turkey Franks	1 frank	110.000	2.000	2.500	580.000	
1010	Hot Dog Bun	1 bun (2 oz)	150.000	26.000	0.500	300.000	Soy, Wheat, Gluten
1983	Mac & Cheese	6oz	302.000	27.000	8.500	387.000	Dairy, Wheat, Gluten
SE65	Oven Baked Chicken	1 breast, thigh, or drum & wing combination	250.000	0.000	5.000	510.000	
SE251	Parfait, Yogurt	2 oz granola, 1 pretzels	500.000	68.500	2.100	687.500	Dairy, Soy, Wheat, Gluten
1761	Cheese, Stick Mozzarella	1 each (1 oz)	90.000	0.000	4.000	200.000	Dairy
1345	Vanilla Yogurt	4 oz	100.000	19.500	0.500	52.500	Dairy
1892	Peaches, diced	1/2 c	70.000	17.000	0.000	5.000	
1141	Pretzels	1 package	110.000	23.000	0.000	450.000	Wheat, Gluten
1865	Cereal, Granola Bulk	2 oz	250.000	43.000	1.000	180.000	Soy, Wheat, Gluten
SS422	PBJ Uncrustable	1 sandwich	300.000	34.000	2.500	300.000	Peanuts, Soy, Wheat, Gluten
SE213	Pizza, Cheese	1 slice (125 g)	360.000	34.000	8.000	510.000	Dairy, Soy, Wheat, Gluten
SE70	Pizza, French Bread	1 slice	350.000	29.000	7.000	450.000	Dairy, Wheat, Gluten
2009	Pizza, Individual Cheese	1 pizza	310.000	31.000	6.000	440.000	Dairy, Soy, Wheat, Gluten
2007	Pizza, Individual Meat	1 pizza	310.000	31.000	6.000	520.000	Dairy, Soy, Wheat, Gluten
SS432	Rib B Que Sandwich	1 sandwich	400.000	38.000	6.000	1000.000	Dairy, Soy, Wheat, Gluten
1890	Roll, Whole Grain	1 roll (2 oz)	110.000	20.000	0.000	135.000	Dairy, Egg, Soy, Wheat, Gluten
1891	Roll, Whole Grain	1 roll (1.25 oz)	90.000	13.000	0.000	100.000	Dairy, Egg, Soy, Wheat, Gluten
SM610	Salad, Southwestern	1 salad	422.123	66.823	4.922	572.000	Dairy, Soy
1214	Lettuce	2 cups	16.000	3.000	0.000	4.000	
1898	Cheese, Shredded	1 oz	80.000	1.000	4.000	200.000	Dairy
1062	Tomato	1/2 cup	16.000	4.000	0.000	2.000	
1145	Nacho Pieces	20 pc	195.000	40.000	0.750	0.000	Soy
1763	Corn	1/4 cup	40.000	7.000	0.000	150.000	Wheat, Gluten
1282	Black Beans	1/4 cup	55.000	10.000	0.000	70.000	
SM700	Southwest Dressing	1oz	20.123	1.823	0.172	146.593	Dairy, Egg, Soy
SM611	Salad, Southwestern Chicken	1 salad	475.979	67.639	4.922	851.665	Dairy, Egg, Soy, Wheat,
1704	Chicken, fajita	2 oz	53.856	0.816	0.000	279.072	Dairy, Soy
1214	Lettuce	2 cups	16.000	3.000	0.000	4.000	

1898	Cheese, Shredded	1 oz	80.000	1.000	4.000	200.000	Dairy
1062	Tomato	1/2 cup	16.000	4.000	0.000	2.000	
1145	Nacho Pieces	20 pc	195.000	40.000	0.750	0.000	Soy
1763	Corn	1/4 cup	40.000	7.000	0.000	150.000	Wheat, Gluten
1282	Black Beans	1/4 cup	55.000	10.000	0.000	70.000	
SM700	Southwest Dressing	1oz	20.123	1.823	0.172	146.593	Dairy, Egg, Soy
SE109	Beef Steak with Gravy	1 entrée	175.000	3.000	5.000	530.000	Egg, Soy
	Beef Patty Premium	1 patty	160.000	2.000	5.000	370.000	Egg, Soy
	Gravy	1 oz	15.000	1.000	0.000	160.000	
SS414	Sandwich, Sliced Turkey	1 sandwich	250.057	14.174	2.850	1009.500	Wheat, Gluten
SE143	Spaghetti, Meatless	4 oz pasta, 3 oz sauce, 1	614.607	123.656	0.064	987.961	
	Meatless Pasta Sauce (AC11)	3 oz	52.203	11.799	0.002	508.046	Soy
	Pasta	4 oz	420.000	33.990	0.000	0.000	Wheat, Gluten
	Meatloaf	1 patty	180.000	8.000	4.500	570.000	Soy, Wheat, Gluten
SE143	Spaghetti w/ Meatsauce	meatsauce	567.000	33.990	2.955	855.013	Dairy, Egg, Soy, Wheat,
	Meat Pasta Sauce	3 oz	122.964	7.349	2.893	375.098	Soy
	Pasta	4 oz	420.000	34.000	0.000	0.000	Wheat, Gluten
1096	Soybutter (Peanut Free Sandwich)	1 sandwich	290.000	28.000	3.000	220.000	Dairy, Soy, Wheat, Gluten
1655	Tortilla, Corn	1 tortilla	90.000	15.000	1.000	110.000	
SS453	Turkey Kielbasa Dog	1 kielbasa dog					
1796	Turkey Kielbasa	3oz	140.000	3.000	2.000	550.000	
1010	Hot Dog Bun	1 bun (2 oz)	150.000	26.000	0.500	300.000	Soy, Wheat, Gluten
AP33	Turkey/Ham/Cheese Sub	1 oz turkey, 1 slice cheese	323.360	30.668	5.667	1460.400	Dairy, Soy, Wheat, Gluten
	Hoagie Bun	1 bun (2 oz)	150.000	28.000	0.000	310.000	Soy, Wheat, Gluten
	Turkey	1 oz	40.000	0.000	0.500	220.000	
SE146	Tomato Bisque	4 oz	48.236	9.292	0.089	360.944	Dairy, Soy
SE262	Yogurt & Cheese Plate		410.000	62.000	4.000	775.000	Dairy, Soy, Wheat, Gluten
	Pretzels	1 package	110.000	23.000	0.000	450.000	Wheat, Gluten
	String Cheese	1 each (1 oz)	90.000	0.000	4.000	200.000	Dairy
	Yogurt	1 yogurt (4 oz)	90.000	19.000	0.000	50.000	Dairy
AC28	Vegetable Soup	8oz	81.000	15.760	0.000	800.000	
1096	WOW Butter & Jelly Sandwich	1 sandwich	290.000	28.000	3.000	220.000	Dairy, Soy, Wheat, Gluten
<b>Vegetables</b>	<b>Menu Item</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Carbs (g)</b>	<b>Sat. Fat (g)</b>	<b>Sodium (mg)</b>	<b>Allergens</b>
AC77	Baked Beans	1/2 cup	127.205	27.193	0.286	490.385	Dairy, Soy
1282	Black Beans	1/2 cup	110.000	20.000	0.000	140.000	
SV270	Black-eyed Peas	1/2 cup	120.842	22.520	0.000	532.472	Dairy, Soy
1682	Carrots, Baby	1 package	20.000	5.000	0.000	44.000	
SV233	Carrots, Buttered	1/2 cup	48.615	9.832	0.143	583.800	Dairy
SV236	Carrots, Glazed	1/2 cup	9.051	1.969	0.116	83.738	
SV241	Corn, Buttered	1/2 cup	110.000	15.000	2.000	300.000	Dairy
SV284	Candied Yams	1/2 cup	265.848	55.161	0.630	75.196	
SV251	Collards, seasoned	1/2 cup	61.692	7.189	0.003	190.970	Dairy, Soy
SV273	English Peas	1/2 cup	80.000	10.000	0.307	226.000	Soy, Wheat, Gluten
SV212	Green Beans	1/2 cup	23.625	4.596	0.000	333.438	
SE179	Kale Salad	1/2 cup	99.087	17.245	0.162	56.176	
SV206	Lima Beans	1/2 cup	126.375	22.742	0.000	192.861	
SV214	Mexican Bean Salad	1/2 cup	255.413	34.978	0.048	376.783	Soy, Peanut
SV283	Potato, French Fries	1/2 cup	186.620	30.659	0.667	333.250	

SV285	Potato, Hash Rounds	1/2 cup	90.000	15.000	0.000	190.000	
SV288	Potato, Tots	1/2 cup	127.575	14.459	1.276	187.110	
SV280	Potato, Mashed	1/2 cup	78.834	16.752	0.000	3.202	
SV282	Potato, Wedges	1/2 cup	105.462	23.984	0.045	11.340	
SV228	Side Salad	1 cup	16.469	3.555	0.023	17.397	
SV92	Salsa and Chips		64.000	15.000	0.000	400.000	
1143	Salsa	1/2 cup	40.000	10.000	0.000	400.000	
1145	Nacho Pieces	5 chips	24.375	5.000	0.000	0.000	
SM621	Shredded Lettuce/Tomatoes	1 cup	8.971	1.925	0.012	4.032	
SV221	Steamed Broccoli	1/2 cup	46.974	8.399	0.260	200.250	
SV290	Sweet Potato Fries	1/2 cup	147.510	24.585	0.000	229.460	
SV252	Turnips	1/2 cup	38.839	4.086	0.000	90.112	
SV98	Vertical Veggies	1/2 cup	64.844	7.258	0.535	335.103	
<b>Fruit</b>	<b>Menu Item</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Carbs (g)</b>	<b>Sat. Fat (g)</b>	<b>Sodium (mg)</b>	<b>Allergens</b>
1830	Apple	medium (3" dia)	95.000	25.000	0.000	0.000	
1115	Applesauce	1/2 c	45.000	11.250	0.000	18.750	
1468	Banana	medium (7" long)	105.000	26.950	0.000	0.000	
1768	Frozen Mixed Berry Cup	1/2 c	90.000	20.000	0.000	0.000	
1718	Frozen Peach Cup	1/2 c	80.000	19.000	0.000	0.000	
1466	Frozen Strawberry Cup	1/2 c	90.000	22.000	0.000	0.000	
1120	Mixed Fruit	1/2 c	80.000	18.000	0.000	5.000	
1834	Orange	medium (128 g)	60.000	15.000	0.000	0.000	
1061	Tangerine	medium	47.000	12.000	0.000	1.500	
1892	Peaches, diced	1/2 c	70.000	17.000	0.000	5.000	
1894	Peaches, sliced	1/2 c	80.000	19.000	0.000	5.000	
1363	Pears, diced	1/2 c	60.000	16.000	0.000	5.000	
1895	Pears, sliced	1/2 c	80.000	19.000	0.000	10.000	
1982	Vegetable Juice	4.23 oz	60.000	14.000	0.000	5.000	
<b>Snacks</b>	<b>Menu Item</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Carbs (g)</b>	<b>Sat. Fat (g)</b>	<b>Sodium (mg)</b>	<b>Allergens</b>
1350	Apple Juice (6 oz)	6 oz	90.000	21.000	0.000	5.000	
1327	Banana Nut Muffin	1 muffin	150.000	24.000	1.000	75.000	Dairy, Egg, Soy, Wheat.
1501	Cheese Mini Crackers	1 package	100.000	14.000	1.000	150.000	Dairy, Soy, Wheat, Gluten
1359	Grape Juice (6 oz)	6 oz	120.000	28.000	0.000	15.000	
1141	Pretzels	1 package	110.000	23.000	0.000	450.000	Wheat, Gluten
<b>Condiments/Sauces</b>	<b>Menu Item</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Carbs (g)</b>	<b>Sat. Fat (g)</b>	<b>Sodium (mg)</b>	<b>Allergens</b>
1170	Honey Mustard	2 Tbsp (1 oz)	70.000	5.000	0.500	180.000	Dairy, Egg, Soy
1172	Italian Dressing	2 Tbsp (31 g)	15.000	3.000	0.000	260.000	
1185	Jelly	1 pack (0.5 oz)	35.000	9.000	0.000	0.000	
1187	Ketchup	1 pack (9 g)	10.000	3.000	0.000	85.000	
1255	Maple Syrup	1 tsp	0.000	1.000	0.000	125.000	
1527	Mayonnaise	1 pack (9 g)	30.000	1.000	0.500	55.000	Egg, Soy

1195	Mustard	1 pack (5.5 g)	5.000	0.000	0.000	85.000	
1174	Ranch Dressing	1 oz	40.747	1.557	0.515	290.311	Dairy, Egg, Soy
SM700	Southwest Dressing	1oz	20.123	1.823	0.172	146.593	Dairy, Egg, Soy
Last Revised 5/4/2021							