

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g
Pepperoni Ripper	SVG	270	30	570	4	0.72	200	400	3.6	3	18	27	10
Sriraha Chix Tornado	tornado	170	10	400	1	1.44	0	400	4.8	1	6	23	6
Chicken Tornado	svg	160	15	280	2	1.44	40	500	2.4	1	6	22	6
Breadstick & Sauce	svg	100	0	168	1.83	1.01	9.26	308	4.09	0.85*	2.77	19.58	1.09
Chicken Egg Roll	EggRoll	191	30	462	3.01	1.81	40.22	767	9.2	10.19	10.02	27.71	5.01
Pizza Deep Dish	pizza	300	10	420	4	2.7	350	500	0	13	17	38	9
Cheesy Breadsticks	Portion	340	25	686	2.67	3.1	418.52	816	8.18	3.70*	21.55	39.17	11.18
Spicy Chicken Slider	Slider	298	32	389	5.27	1.99	37.7	118	0.14	6.65	13.65	37.39	10.76
Chicken Slider	Slider	293	30	424	5.77	1.99	47.7	21	0.14	6.65	13.65	37.89	10.26
Corn Dog	Corndog	243	40	395	5.06	1.82	81	25	0	5.06	9.11	30.37	8.1
Pepperoni Hot Pocket	Pocket	270	30	540	3	1.44	150	400	4.8	5	15	32	9
Turkey & Cheese Hoagie	EACH	282	30	929	2	1.80*	40.00*	15*	0.00*	5.02*	22.18	30.05	7.57
Ham & Cheese Hoagie (w/Turkey-Ham)	1 EACH	303	45	908	2	2.30*	52.00*	15*	0.00*	5.02	23.27	29.82	8.96
51% WG Mini Bagel	Bagel	100	0	160	2	1.08	40	20	0	2	3	19	1
Granola Bar	pkg	190	0	180	2	0.72	0	55	0	11	3	29	7
Quaker Oatmeal to Go Bar	Bar	150	10	135	4	3.6	99.93	500	0	12.99	3	28.98	2.5
Cheerios Cereal	Bowl	100	0	115	2	7.2	80	500	4.8	6	2	23	1
Cocoa Puffs Cereal	Bowl	110	0	160	2	4.5	100	500	6	8	2	25	1.5
Cream Cheese fat free	1 oz	71	20	111	0	0	20.25	101	0	*N/A*	2.03	2.03	6.08
String Cheese	Stick	90	20	200	0	*N/A*	*N/A*	*N/A*	*N/A*	0	7	0	7
Baked Cheetos	bag	90	0	135	0	0.72	100	3	0	0.5	2	14	3.5
Baked Hot Cheetos	bag	90	0	135	0	0.72	80	3	0	0.5	2	14	3.5
Nacho Doritos Baked	bag	130	0	200	2	0.36	0	100	0	0	2	20	5
Doritos Ranch Baked	bag	130	0	160	2	0.36	40	100	0	1	2	19	5

Snack Mix Garden Salsa	bag	110	0	170	2	0.36	0	100	0	2	2	15	4
Popcorn	bag	70	0	110	2	0.36	40	100	0	0	2	9	2.5
Chips Baked SC Onion	bag	130	0	190	1	0	20	100	1.2	3	2	24	3.5
Cinnamon Crisp	svg	150	0	140	2	0.72	0	45	0	9	3	25	5
Choc Chip Cookie	cookie	170	11	106	2.13	2.87	0	532	0	12.76	2.13	27.64	5.32
Sugar Cookie	cookie	159	11	128	2.13	2.87	0	532	0	12.76	2.13	27.64	4.78
Frosted Cookie	svg	170	6	77	0.99	0.71	9.89	49	0	14.83	1.68	26.7	6.63
Cookie Sprinkle	cookie	167	11	128	2.13	2.87	0	542	0	14.76	2.13	29.64	4.78
Cookie Sugar	cookie	159	11	128	2.13	2.87	0	532	0	12.76	2.13	27.64	4.78
Goldfish Crackers	svg	90	0	200	1	0.72	0	0	0	0	2	16	1.5
Fruit Snack Berry	PKG	130	0	20	3	0	0	1250	60	15	0.1	34	0
Apple Fruit Pocket	Pocket	310	0	290	6	0	0	110	48	22	4	54	8
Cherry Fruit Pocket	Pocket	310	0	200	6	0	0	100	0	22	4	54	8
Apple Cinnamon Muffin	1 each	160	35	120	2	0.72	150	0	0	14	3	26	5
Chocolate Chip Muffin	1 each	190	45	130	2	1.44	40	100	0	17	4	32	6
Blueberry Muffin	muffin	160	35	120	2	0.72	150	0	0	14	3	26	5
Strawberries & Granola	Serving	298	11	137	3.16	1.26	280.02	593	54.82	20.98*	9.11	60.03	4.1
Yogurt Parfait													
Blueberries & Granola	Serving	224	11	123	2.95	0.65	272.01	598	5.82	23.98*	8.75	40.23	4.06
Yogurt Parfait													
Peach & Granola	Serving	236	11	138	1.74	0.86	266.01	860	5.6	33.9	8.43	40.89	3.93
Yogurt Parfait													
Cinnamon Pop Tart	svg	180	0	190	3	0.36	100	500	0	15	2	37	2.5
Strawberry Pop Tart	svg	180	0	180	3	1.8	100	500	0	15	2	37	2.5
Chocolate Pop Tart	svg	180	0	190	3	1.8	100	500	0	16	3	38	3
French Fries	Serving	150	0	410	5	0.54	0	0	2.4	0	2	19	7
Spicy Fries	SVG	150	0	169	2.5	0.45	0	0	3	0	1.25	25.01	5
Soft Pretzel	Pretzel	141	0	151	3.02	1.81	20.12	5	1.21	1.01	5.03	30.18	0.5
Cheesy Pretzel	pretzel stick	200	10	230	3	1.44	100.06	200	0	3	7	27.02	7
Homemade Roll	Roll	188	12	239	3.77	1.09	27.7	18	0.14	6.15	5.65	31.89	4.76

FroYo Cookie	Serving	200	6	173	0.79	0.53	109.81	134	0	26.83	3.18	37.5	3.83
Frozen Yogurt Blackberry	dish	137	0	96	0	0	136.62	123	0	24.59	4.1	30.06	0
	Dish												
Frozen Yogurt Blackberry	Cone	157	0	111	0	0.36	136.62	123	0	24.59	4.1	34.06	0
	Cone												
Frozen Yogurt Blueberry	Dish	109	0	109	0	0	136.62	41	0	8.2	4.1	23.23	0
	Dish												
Frozen Yogurt Chocolate	Dish	150	7	109	0	1.48	136.62	137	0	27.32	4.1	32.79	0
	Dish												
Frozen Yogurt Chocolate	Cone	170	7	124	0	1.84	136.62	137	0	27.32	4.1	36.79	0
	Cone												
Frozen Yogurt Cherry	Dish	137	0	96	0	0	136.62	123	0	24.59	2.73	30.06	0
	Dish												
Frozen Yogurt Cherry	Cone	157	0	111	0	0.36	136.62	123	0	24.59	2.73	34.06	0
	Cone												
Frozen Yogurt Raspberry	Dish	137	0	96	0	0	136.62	123	0	24.59	4.1	30.06	0
	Dish												
Frozen Yogurt Raspberry	Cone	157	0	111	0	0.36	136.62	123	0	24.59	4.1	34.06	0
	Cone												
Frozen Yogurt Strawberry	Dish	137	0	96	0	0	136.62	123	1.64	24.59	2.73	30.06	0
	Dish												
Frozen Yogurt Strawberry	Cone	157	0	111	0	0.36	136.62	123	1.64	24.59	2.73	34.06	0
	Cone												
Frozen Yogurt Vanilla	Dish	137	0	102	0	0	136.62	123	0	24.59	2.73	30.06	0
	Dish												
Frozen Yogurt Vanilla	Cone	157	0	117	0	0.36	136.62	123	0	24.59	2.73	34.06	0
	Cone												
Raspberry Yogurt	Carton	100	5	50	0	0	150	100	1.2	15	4	19	1.5
Strawberry Yogurt	Carton	100	5	50	0	0	150	100	12	15	4	19	1.5

Bar Nutrigrain Blueberry	bar	129	0	105	2	1.8	200	750	0	12	2	24	3
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Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g
Gatorade G2 Fruit Punch	bottle	30	0	160	0	0	0	35	0	7	0	7	0
Gatorade G2 Glacier Frz	bottle	30	0	160	0	0	0	35	0	7	0	7	0
Gatorade G-2 Grape	bottle	30	0	160	0	0	0	35	0	7	0	7	0
Gatorade G-2 Orange	bottle	30	0	160	0	0	0	35	0	7	0	7	0
Apple Juice Cup	1 EACH	60	0	10	0	0	0	65	60	13	0	14	0
Apple Juice	bottle	140	0	30	0	0	0	165	0	32.94	0	35.94	0
Orange Juice	bottle	150	0	30	0	0	0	155	120	31	0	35	0
Snapple Fruit Punch	11.5 oz can	170	0	30	0	0	0	750	60.02	40.01	0	42.01	0
Snapple Grape Juice	11.5 oz can	170	0	30	0	0	0	750	60.02	41.01	0	42.01	0
Snapple Orange Mango	can	180	0	30	0	0.72	150.05	750	60.02	38.01	0	43.01	0
Snapple Grape 100% Juice	can	170	0	30	0	1.08	150.05	750	60.02	39.01	0	42.01	0
Naked Juice Berry Blast	10 oz bottle	160	0	10	0	0.68	25	160	0	32	2	37.5	0
Naked Juice Mango	bottle	180	0	10	0	0.36	19.98	6494	6	36.97	1	43.96	0
Naked Juice Stwb Ban	10 oz bottled	158	0	6	0	0.45	25.22	91	22.7	18.28	1.26	38.47	0
Naked Juice Grn Machine	bottle	170	0	20	0	1.08	20.05	3509	30.08	35.09	2.01	41.11	0
IZZE Apple	8.4 oz can	90	0	15	0	0	0	105	18	21	0	23	0
IZZE Blackberry	8.4 oz can	90	0	20	0	0	0	100	18	20	0	22	0
IZZE Clementine	can	90	0	15	0	0	0	95	18	19	0	21	0
IZZE Grapefruit	can	90	0	15	0	0	0	100	18	20	0	22	0
IZZE Pomegranate	8.4 oz can	90	0	10	0	0	0	90	18	18	0	22	0
Kickstart BB Pom12z 12ct	12 oz can	60	0	125	0	0	0	0	60	14	0	15	0

Kickstart Blood Orange	12 oz can	60	0	125	0	0	0	0	60	14	0	15	0
Kickstart Strw Kiwi 12z 12ct	12 oz can	60	0	130	0	0	0	0	60	14	0	15	0
Kickstart Wtr Melon 12z 12ct	12 oz can	60	0	130	0	0	0	0	60	14	0	15	0
Milk 1% Lowfat	carton	110	10	125	0	0	300	500	1.2	12	8	13	2.5
Chocolate Milk Nonfat	carton	130	5	230	0	0.36	300	500	2.4	22	8	23	0
Diet Cherry Pepsi 20 oz	bottle	0	0	60	0	0	0	0	0	0	0	0	0
Diet Mt. Dew 20 oz	bottle	0	0	85	0	0	0	0	0	0	0	0	0
Bottled Water 16.9 oz	bottle	0	0	23	0	0	0	0	0	0	0	0	0
Propel Water 16.9 oz	16.9 oz bottle	25	0	65	0	0	0	31	43.8	6.1	0	6.1	0
Sobe Lifewater Orange	20 oz bottle	0	0	60	0	0	0	0	0	0	0	7	0
Sobe Lifewater Strawberry	20 oz bottle	0	0	60	0	0	0	0	0	0	0	8	0
Sparkling Ice	Bottle	0	0	0	0	0	0	0	0	0	0	0	0
Black Raspberry													
Sparkling Ice	Bottle	0	0	0	0	0	0	0	0	0	0	0	0
Cherry Lime													
Sparkling Ice	bottle	0	0	0	0	0	0	0	0	0	0	0	0
Grapefruit													
Sparkling Ice	Bottle	0	0	0	0	0	0	0	0	0	0	0	0
Kiwi Strawberry													
Sparkling Ice	Bottle	0	0	0	0	0	0	0	0	0	0	0	0
Lemon Lime													
Sparkling Ice	Bottle	0	0	0	0	0	0	0	0	0	0	0	0
Lemonade													
Sparkling Ice	Bottle	0	0	0	0	0	0	0	0	0	0	0	0
Orange Mango													
Sparkling Ice	Bottle	0	0	0	0	0	0	0	0	0	0	0	0
Strawberry Lemonade													

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