

Champ's Cafe Products' Nutrient Data Chart
2011-2012

Food Item	Manufacturer of Food	Standard Portion Size	Calories per portion	Calories from Fat	% of calories from fat	Total Fat grams	Sat. Fat grams	Trans Fat grams	Polyun sat grams	Monos at. grams	Choleste ro mg.	Sodium mg.	Potassium mg.
Applesauce	Monarch	1/2 c	50	0.00	0.00%	0	0	0	0	0	0	10	-
Bagel, Plain	Sara Lee	2.3 oz	190	5.00	2.63%	0.5	0	0	0	0	0	380.00	-
Bagel, Cinnamon Raisin	Otis	1 ea	210	5.00	2.38%	1	0	0	0	0	0	310.00	-
Bagel, White-Wheat	Bagelmania	2.5 oz	178	0.00	0.00%	0	0	0	0	0	0	314.00	-
Bagelers	Bageler	2.5 oz	190	50.00	26.32%	6	3	0	1	1	15	230	-
Bagel-fuls Cinnamon	Kraft	1 ea	200	35.00	17.50%	4	2.5	0	0	0	10	190	-
Bagel-fuls w/cream cheese	Kraft	1 ea	200	50.00	25.00%	5	3	0	0	0	15	200	-
Bagel with Egg & Cheese	Sara Lee,Sunny Fresh Land O Lakes	1 ea	300	65.00	21.67%	7	4	0	0	0	135	780	-
Bagel with Egg & Turkey Ham	Sara Lee,Sunny Fresh Commodity	1 ea	287	36.70	12.79%	4.93	1.58	0	0	0	146	908	122.00
Bagel with Turkey Ham & Cheese	Sara Lee,Commodity Land O Lakes	1 ea	247	16.70	6.76%	2.43	0.58	0	0	0	31	818	122.00
Baked Beans	Bush Brothers	1/2 c.	140	10.00	7.14%	1	0	0	0	0	0	550	-
Base, Chicken		1 tsp	10	5.00	50.00%	0.5	0	0	0	0	0	900	-
Base, Chicken Paste	Classic Tureen	6 gr	10	0.00	0.00%	0	0	0	0	0	0	870	-
Beans, Black w/Tomato	El Pasado	1/2 c.	183	17.73	9.69%	1.97	0.3	0	0	0	0	337	-
Beans, Garbanzo	Monarch-D	1/2 c.	110	20.00	18.18%	2	0.5	0	0	0	0	360	-
Beans, Green	USDA	1/4 c.	7	0.27	3.86%	0.03	0.01	0	0	0	0	85	-
Beef Patty,Country Fried	Pierre	3.85 oz	307	180.00	58.63%	20	6	2.5	0	0	41.6	351.34	224.46
Beef Patty, Flame Broiled	Pierre	1 ea	158	82.80	52.41%	9.2	3.6	0	0	0	33.5	237.5	200.50
Beef Patty, Flame Broiled (Low Fat)	De Lite Bites	1 ea	140	80.00	57.14%	9	3.5	0.5	0	0	30	290	290.00
Beef Patty, w/wheat bun	Pierre/Interstate	1 ea	273	86.10	31.54%	9.9	3.1	0	0	0	35.9	527.1	239.30
Beef Patty, w/cheese & wheat bun	Pierre/Interstate/ LandOLakes	1 ea	343	126.10	36.76%	13.9	6.1	0	0	0	55.9	837.1	239.30
Beef Patty Strips w/Teriyaki Sauce.	Pierre	.70 oz	180.8	84.60	46.79%	9.4	3.7	0.5	0	0	34.3	495.5	208
Beef Crumbles	John Saules	2 oz	0	82.80	0.00%	9.2	3.32	0	0	0	38	334	-
Beef, Meatball Flame Broiled	John Saules	.5 oz	175	94.50	54.00%	10.5	4.15	0	0	0	43.3	257.5	-
Beef, Steak Nuggets (jerky)	Jack Link's	1 oz	70	10.00	14.29%	1	0.5	0	0	0	20	490	-
Beef Patty Crumbles	Pierre	2.5 oz	130	70.00	53.85%	8	3	0.5	0	0	35	430	210
Beef, Ground	USDA	2 oz	140	72.00	51.43%	8	3	0	0	0	50	40	-
Beefaroni, Cheesy	USDA	3/4 c.	283	96.03	33.93%	10.67	4.4	0	0	0	51	193	-
Bisuits, Buttermilk	J&J Snacks	2.2 oz	220	120.00	55.00%	8	5	0	0	0	0	580	-
Biscuits, Buttermilk Zero Trans Fat	Mary B's	1 ea.	220	120.00	55.00%	8	5	0	0	0	0	580	-
Biscuit, Southern Style (Dough)	Pillsbury	1 ea	190	80.00	42.11%	9	2.5	0	0	0	0	600	-
Bosco Stick, stuffed w/mozz.ch.	Bosco's Pizza	2 sticks	440	140.00	31.82%	14	8	0	0	0	30	600	-
Bread, Hamburger Bun, Whole Wheat	Interstate Brands	1 ea	130	15.00	11.54%	2	0	0	0	0	0	240	-
Bread, Hamburger Bun	Interstate Brands	1 ea	120	20.00	16.67%	2	0	0	0	0	0	240	-
Bread, Honey Wheat	Interstate Brands	1 slice	70	5.00	7.14%	0.5	0	0	0	0	0	100	-
Bread, Honey Wheat	Nature's Pride	1 slice	70	5.00	7.14%	0.5	0	0	0	0	0	100	-
Bread, Hot Dog Bun, Whole Wheat	Interstate Brands	1 ea	100	10.00	10.00%	1.5	0	0	0	0	0	180	-
Bread, Hot Dog Bun	Interstate Brands	1 ea	100	15.00	15.00%	1.5	0	0	0	0	0	200	-
Bread, Hot Dog Bun	Merita	1 bun	100	15.00	15.00%	1.5	0	0	0	0	0	200	-
Bread, English Muffin	Interstate Brands	1 ea	130	5.00	3.85%	0.5	0	0	0	0	0	200	-
Bread, English Muffin	Merita	1 muffin	130	5.00	3.85%	0.5	0	0	0	0	0	220	-
Bread, Loco	Father's Table	1 pc.	140	25.00	17.86%	2.5	0.5	0	0	0	0	260	-
Bread, Steak Bun	Interstate Brands	1 bun	180	25.00	13.89%	2.5	0	0	0	0	0	340	-
Butter, Buds	Butter Buds	1 tsp	10	0.00	0.00%	0	0	0	0	0	0	75	-
Cereal, Berry Berry Kix	General Mills	3/4 c.	90	10.00	11.11%	1	0	0	0	0	0	170	30
Cereal, Cheerios	General Mills	19 gr.	70	10.00	14.29%	1	0	0	0	0	0	110	-
Cereal, Cheerios Apple & Cinn.	General Mills	26 gr	100	15.00	15.00%	1.5	0	0	0	0	0	110	55
Cereal, Cheerios Fruity	General Mills	24 gr.	90	10.00	11.11%	1	0	0	0	0	0	120	-
Cereal, Cheerios Honey Nut	General Mills	3/4 c	110	10.00	9.09%	1.5	0	0	0	0	0	160	115
Cereal, Cinnamon Tst. Crunch	General Mills	3/4 c	110	25.00	22.73%	3	0	0	0	0	0	200	40
Cereal, Cocoa Puffs	General Mills	3/4 c	90	10.00	11.11%	1	0	0	0	0	0	130	50
Cereal, Corn Flakes	General Mills	19 gr.	70	0.00	0.00%	0	0	0	0	0	0	170	30
Cereal, Golden Grahams	General Mills	3/4 c	110	10.00	9.09%	1	0	0	0	0	0	260	55
Cereal, Lucky Charms	General Mills	26 gr	100	10.00	10.00%	1	0	0	0	0	0	190	45
Cereal, Oatmeal	Quaker	40 gr	150	25.00	16.67%	3	0	0	0	0	0	27	-
Cereal, Oatmeal		1/2 c dry	150	25.00	16.67%	3	0.5	0	1	1	0	0	-
Cereal, Rice Crunchins	General Mills	3/4 oz	70	0.00	0.00%	0	0	0	0	0	0	200	-
Cereal, Total Raisin Bran	General Mills	1 c	160	5.00	3.13%	1	0	0	0	0	0	230	280
Cereal, Trix (25% less sugar)	General Mills	3/4 c	80	10.00	12.50%	1	0	0	0	0	0	130	40
Cereal Bar, Cinn.Tst.Crunch	General Mills	1.3 oz	150	35.00	23.33%	3.5	0	0	0	0	0	150	-
Cereal Bar, Cocoa Puffs	General Mills	1.3 oz	150	30.00	20.00%	3	0	0	0	0	0	135	-
Cereal Bar, Rice Krispies Treats	General Mills	1 bar	90	20.00	22.22%	2.5	1	0	0	0	0	105	-
Cereal Bar, Team Cheerios	General Mills	1.4 oz	160	35.00	21.88%	3.5	0	0	0	0	0	130	45
Cheese, Cream Plain	Glenview Farms	1 oz	100	80.00	80.00%	9	6	0	0	0	30	105	-
Cheese, Grilled Sandwich	Interstate/LandOLake	1 ea	280	80.00	28.57%	9	5	0	0	0	30	820	-
Cheese, Grated Parmesan	Kraft	2 tsp.	20	13.50	67.50%	1.5	1	0	0	0	0	85	-
Cheese, Reduced Fat American	Land O Lakes	1 oz	70	40.00	57.14%	4	3	0	0	0	20	310	-
Cheese Sauce, Cheddar	Land O Lakes	1/4 c.	100	60.00	60.00%	7	4.5	0	0	0	20	570	-
Cheese Sauce, Nacho	Trenton Farms	1/4 c	80	50.00	63.00%	6	1	0	0	0	0	560	-
Cheese, Snack Size, Mild Cheddar	Land O Lakes	1 oz	90	60.00	66.67%	7	4.5	0	0	0	20	180	-
Chicken, Baked	USDA	2 oz	136	70.20	51.62%	7.8	2.2	0	0	0	50	46	-
Chicken, Breaded Patty (breakfast)	Tyson	1.45 oz	85	35.00	41.18%	4	0.75	0	1.75	1.5	12.5	195	-
Chicken, Breaded Patty	GoldKist	1 ea	240	117.00	48.75%	13	3	0	0	0	85	500	135.00
Chicken, Breaded Patty w/Wh. Bun	GoldKist/Butterkrust	1 ea	389	15.00	3.86%	17.3	3.3	0	1	0	35	743	-
Chicken, Breaded Patty-Buffero	Pierre	3 oz	224.61	102.60	45.68%	11.4	2.57	0	0	0	42.6	645.25	131.87

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Food Item	Manufacturer	Standard	Calories	Calories	% of	Total	Sat	Trans	Polyun	Monos	Choleste	Sodium	Potassium
	of Food	Portion	per	from Fat	from fat	grams	grams	grams	grams	grams	mg.	mg.	mg.
		Size	portion										
Chicken,Bread.Patty Buffalo, Bun	Pierre,Butterkrust	1 ea	356	15.00	4.21%	12.3	2.2	0	1	0	42.6	937.1	206.40
Chicken, Breaded	Pierre	1 ea	162	0.00	0.00%	10	3	0	0	1	49	164	-
Chicken, Breaded Chunk	Pierce	5 ea	260	130.00	50.00%	14	4	0	0	0	95	600	-
Chicken Breast Nuggets	Gold kist Farms	4 ea	160	144.00	90.00%	16	5	0	0	0	30	290	0.00
Chicken, Breast Patty w/Rib Meat	Proview	1 ea	170	70.00	41.00%	7	1.5	0	0	0	25	480	-
Chicken, Breast Spicy Filet	Proview	85 g	170	50.00	29.00%	6	1.5	0	0	0	45	240	-
Chicken, Dark Meat w/Teriyaki	Green Dragon	2.8 oz	140	20.00	14.00%	2	0.5	0	0	0	45	470	-
Chicken, Fajita Strips Boneless/Skinless	Gold Kist Farms	2.05 oz	65	9.00	13.85%	1	0	0	0	0	34	427	-
Chicken, Fajita w/tortilla	Pilgrim's Pride	1 ea	423	35.00	8.27%	17.2	5.7	0	0	0	96	1046	-
Chicken, Nuggets	GoldKist	5 ea	170	0.00	0.00%	8	0	0	0	0	35	180	-
Chicken, Nuggets w/Rib Meat	Proview	3 oz	160	60.00	38.00%	6	1.5	0	0	0	25	480	-
Chicken, Patty CN	Tyson	1 patty	150	90.00	60.00%	10	3	0	0	0	45	370	-
Chicken, Popcorn	GoldKist	14 ea	198	0.00	0.00%	10.6	2.4	0	0	0	42	560	-
Chip, Tortilla (FuNacho)	FuNacho	2 oz	260	120.00	46.15%	14	1.5	0	0	0	0	20	-
Chip, Tortilla (FuNacho)	FuNacho	1 oz	130	60.00	46.15%	7	1	0	0	0	0	10	-
Cookie, Carnival,Red.Fat	Otis	1 oz	110	30.00	27.27%	3.5	1	0	0	0	10	70	30
Cookie, Chocolate Chip	Otis	1 oz	130	50.00	38.46%	6	3	0	0	0	5	95	35
Cookie, Chocolate Chip	Otis	1.33 oz	160	70.00	43.75%	8	4	0	0	0	10	120	55
Cookie,Choc.Chip, Red. Fat	Otis	1 oz	110	30.00	27.27%	3.5	1	0	0	0	10	65	30
Cookie, Holiday Joy	Otis	1.33 oz	170	70.00	41.18%	8	4.5	0	0	0	10	135	20
Cookie, Oatmeal Raisin,Red.Fat	Otis	1 oz	110	30.00	27.27%	3.5	1	0	0	0	10	100	50
Cookie, Pink Chip	Otis	1.33 oz	160	70.00	43.75%	8	4	0	0.5	2	10	135	95
Cookie, Smart	Dick & Jane Baking	1.1 oz	130	30.00	23.08%	3.5	1.5	0	0	0	0	105	-
Cookie, Sugar, Red. Fat	Otis	1 oz	110	30.00	27.27%	3.5	1	0	0	0	5	95	45
Cookie, Make a Wish	Otis	1.33 oz	160	60.00	37.50%	7	3.5	0	0	0	5	125	-
Corn, Whole Kernel (canned)	USDA	1/4 c.	33	0.00	0.00%	0.4	0.1	0	0	0	0	132	-
Cowboy Bread	Champ's Recipe	3 oz	208	79.20	38.08%	8.8	1.74	0	0	0	22	543	-
Cracker, Cinn Sticks	Honey Maid	1 oz	120	25.00	21.00%	2.5	0.5	0	1	0	0	160	45.00
Crackers, Dolphins & Friends	Austin/Keebler	.9 oz	110	40.00	36.36%	4.5	1.5	0	0	0	0	220	-
Cracker, Goldfish Pretzel	Pepperidge Farm	.75 oz	90	15.00	16.67%	1.5	0	0	0.5	1	0	300	-
Cracker, Goldfish Cheddar Cheese	Pepperidge Farm	.75 oz	130	40.00	30.77%	4.5	1	0	1	2	5	240	-
Cracker, Graham	Nabisco	pkg.(3pc)	90	20.00	22.22%	2	0	0	0	0	0	130	-
Cracker, Graham Belly Bears	Readi-Bake	1 oz.	130	35.00	26.92%	4	0	0	0	0	0	115	-
Cracker, Jungle	J&J Snacks	1 oz	120	25.00	20.83%	3	0	0	1	1.5	0	60	-
Cracker, Premium Gold	Nabisco	2 ea	90	35.00	38.89%	4	1	0	0	0	0	150	-
Cracker, Saltine	Kraft	2 ea	80	15.00	18.75%	1.5	0	0	0	0	0	270	-
Cracker, Animal Zoo	Austin	1 oz	120	15.00	12.50%	1.5	0	0	0	0	0	70	-
Dog, Corn-Turkey	Foster Farms	4 oz	270	120.00	44.44%	14	4	0	0	0	30	740	-
Dough, Pizza Oven Rising Sheet	Rich's	59 gr.	160	10.00	6.25%	1.5	0	0	0	0	0.89	320	-
Dough, Pizza Oven Rising, Round	Rich's	60 gr.	236.5	38.85	16.43%	4.31	2.17	0	0	0	0.89	515.72	55
Dressing, French Country	Ken's	1.5 oz	190	140.00	73.68%	15	2.5	0	0	0	0	300	-
Dressing, French Orange	Monarch	2 Tbsp.	180	144.00	80.00%	16	3	0	0	0	0	710	-
Dressing, Creamy Caesar	Ken's	1.5 oz	210	200.00	95.24%	23	3.5	0	0	0	0	420	-
Dressing, Honey Mustard	Ken's	2 Tbsp.	130	99.00	76.15%	11	1.5	0	0	0	15	210	-
Dressing, Italian Light	Ken's	1.5 oz	45	35.00	77.78%	3.5	0.5	0	0	0	0	420	-
Dressing, Ranch	Ken's	1.5 oz	230	210.00	91.30%	24	3.5	0	0	0	10	220	-
Dressing, Ranch	Monarch	1 pouch	60	50.00	83.33%	6	1	0	0	0	5	90	-
Dressing, Ranch Fat Free	Ken's	1.5 oz	40	0.00	0.00%	0	0	0	0	0	0	550	-
Dressing, Raspberry Vinaigrette F	Ken's	1.5 oz	45	0.00	0.00%	0	0	0	0	0	0	110	-
Drink Mix, Lemonade	Thirster	2 Tbsp.	80	0.00	0.00%	0	0	0	0	0	0	0	-
Egg, Patty Scrambled	Sunny Fresh	1 oz	40	20.00	50.00%	2.5	1	0	0	0	115	90	-
Egg Roll, Chicken	Schwann Food	3 oz	160	50.00	31.25%	6	1.5	0	0	0	35	420	-
Egg Roll, Vegetable	Minh	1 roll	150	60.00	40.00%	7	1.5	0	0	0	5	440	-
Fish, Precooked Breaded	Samband of Iceland	3.6 oz	220	90.00	41.00%	9	1	0	0	0	35	750	-
Fish Scribbles	Fishery Prod.	4.5 oz	270	130.00	48.15%	14	3	0	0	0	40	360	-
Flour, All-Purpose	USDA	1/4 c.	110	0.00	0.00%	0	0	0	0	0	0	0	30.00
French Toast Sticks	Farm Rich	3 pieces	290	110.00	37.93%	12	2	0	0	0	30	290	-
French Tst. w/ syrup	Boca Grande	pcs./1 o	300	100.00	33.33%	11	2	0	0	0	5	530	-
Fruit, Apple Sliced	Orchard Ridge	1/2 c	60	0.00	0.00%	0	0	0	0	0	0	15	-
Fruit, Diced Pears in Lt Syrup	Monarch	1/2 c	80	0.00	0.00%	0	0	0	0	0	0	5	-
Fruit, Mandarin Oranges in Light Syrup	Dole	1/2 c.	80	0.00	0.00%	0	0	0	0	0	0	10	80.00
Fruit, Mixed Fruit in Lt Syrup	Taste O' the West	1/2 c	80	0.00	0.00%	0	0	0	0	0	0	5	85.00
Fruit, Pineapple Tidbits	Dole	1/2 c	60	0.00	0.00%	0	0	0	0	0	0	10	115.00
Fruit Cup, Peach	Wawona	1/2 c	85.32	2.34	2.74%	0.26	0.02	0	0	0	0	0	-
Fruit Snack, Mixed Fruit	Welch's	40g	130	0.00	0.00%	0	0	0	0	0	0	15	-
Fruit Snack, Strawberry	Welch's	40g	130	0.00	0.00%	0	0	0	0	0	0	15	-
Gelatin w/Pears	US Foods/Signature	1/2 c	124	0.36	0.29%	0.04	0	0	0	0	0	70	-
Graham Crackers, Bug Bites	Keebler	1.1 oz	140	40.00	28.57%	4.5	1.5	0	0	0	0	125	-
Graham Crackers, Scooby-Doo	Keebler	1 oz	120	35.00	29.17%	4	0.5	0	0	0	0	115	-
Granola Bar, Chocolate Chip	Quaker	24 gr.	100	25.00	25.00%	3	1	0	0	0	0	75	-
Gravy, Brown	Trio	2 tsp.	20	5.00	25.00%	0.5	0	0	0	0	0	240	-
Hot Chocolate	Swiss Miss	1 oz	120	25.00	20.83%	2.5	2	0	0	0	0	170	-
Hot Dog(Turkey) on Bun	Foster Farms/Interstate	1 ea	250	110.00	44.00%	13.5	3.5	0	0.05	0	25	750	-
Ice Cream, All American Cup	Blue Bell	3 oz	100	15.00	15.00%	1.5	1	0	0	0	5	50	-
Ice Cream, Fudgy Bar	Blue Bell	2 oz	70	0.00	0.00%	0	0	0	0	0	0	50	-
Ice Cream, Orange Crème Bar	Blue Bell	2.75 oz	100	20.00	20.00%	2	2	0	0	0	0	15	-
Ice Cream, Rainbow Bar	Blue Bell	3.75 oz	110	0.00	0.00%	0	0	0	0	0	0	10	-
Ice Cream, Mini Rainbow Bar	Blue Bell	1.25 oz	35	0.00	0.00%	0	0	0	0	0	0	5	-

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		Size	portion										
Ice Cream, Sandwich	Blue Bell	3 oz	120	20.00	16.67%	2.5	1	0	0	0	0	115	
Ice Cream, Sandwich-Cookie&Cre	Blue Bell	3 oz	140	20.00	14.29%	2.5	0.5	0	0	0	0	110	
Ice Cream, Sandwich Mini	Blue Bell	2.3 oz	100	35.00	35.00%	4	3	0	0	0	0	55	
Jelly, Assorted	Monarch	.5 oz	35	0.00	0.00%	0	0	0	0	0	0	0	0.00
Jelly, Grape	Stratford Farms	20 gr	50	0.00	0.00%	0	0	0	0	0	0	15	-
Jelly, Mixed	Monarch	1 Tbsp.	60	0.00	0.00%	0	0	0	0	0	0	0	-
Juice, Capri Sun	Kraft	6.75	100	0.00	0.00%	0	0	0	0	0	0	30	-
Juice, Orange	M&B	4 fl. oz	70	0.00	0.00%	0	0	0	0	0	0	25	2.40
Juice, Tropical Fruit Blend	M&B	4 fl. oz	57	0.00	0.00%	0	0	0	0	0	0	15	1.54
Juice, Apple	M&B	4 fl. oz	60	0.00	0.00%	0	0	0	0	0	0	10	1.25
Juice, Blue Raspberry	Mr. J's	4 fl oz	60	0.00	0.00%	0	0	0	0	0	0	0	-
Juice, Green Apple	Mr. J's	4 fl. Oz	60	0.00	0.00%	0	0	0	0	0	0	0	-
Juice, Lemon	Thirster	1 tsp	0	0.00	0.00%	0	0	0	0	0	0	0	-
Juice, Strawberry Kiwi	Mr. J's	4 fl oz	60	0.00	0.00%	0	0	0	0	0	0	0	-
Juice, Tropical Fruit Blend	Mr J's	4 fl oz	60	0.00	0.00%	0	0	0	0	0	0	10	-
Juice, Limited Edition Flavors	M&B	4 fl oz	60	0.00	0.00%	0	0	0	0	0	0	0	-
Juice Bar, Frozen, Cherry Apple	M&B	3.1 oz	70	2.25	3.21%	0.25	0	0	0	0	0	7.52	106.85
Juice Bar, Frozen, Fruit Punch	M&B	3.1 oz	70	2.25	3.21%	0.25	0	0	0	0	0	7.53	106.85
Juice Bar, Frozen, Grape	M&B	3.1 oz	70	2.25	3.21%	0.25	0	0	0	0	0	7.53	106.85
Juice Bar, Frozen, OJ	M&B	3.1 oz	90	0.18	0.20%	0.02	0	0	0	0	0	5	148.27
Ketchup	Hunt's	1 Tbsp.	20	0.00	0.00%	0	0	0	0	0	0	200	-
Lasagna	Champ's Recipe	1 pc.	269	78.30	29.11%	8.7	4.69	0	0	0	34	406	-
Margarine	Glenview Farms	5 gr	35	35.00	100.00%	4	1	1	0	0	0	40	-
Mayonnaise	Heinz	12 gr.	80	80.00	100.00%	9	1.5	0	0	0	5	65	-
Mayonnaise, Light	Kraft	15 gr	45	45.00	100.00%	5	0.5	0	0	0	5	100	-
Meatballs	Roseli	.5 oz	230	160.00	69.57%	18	7	1	0	0	45	650	-
Milk, Chocolate .5%	M & B Products	8 fl oz	140	10.00	7.14%	1	1	0	0	0	5	210	-
Milk, Lactais Fat Free	M & B Products	8 fl oz	80	0.00	0.00%	0	0	0	0	0	<5	125	400.00
Milk, White- Fat Free (Skim)	M & B Products	8 fl oz	90	0.00	0.00%	0	0	0	0	0	5	115	-
Milk, White-Low Fat (1%)	M & B Products	8 fl oz	110	20.00	18.18%	2.5	1.5	0	0	0	15	115	-
Muffin, Apple Cinnamon, Red. Fat	Otis	1 ea	160	45.00	28.13%	5	1	0	0	0	30	160	115
Muffin, Banana, Reduced Fat	Otis	1.8 oz	170	50.00	29.41%	5	1	0	0	0	30	180	100
Muffin, Choc.Choc.Chip,Red.Fat	Otis	1.8 oz	170	50.00	29.41%	6	1.5	0	0	0	30	150	160
Muffin, Blueberry	Otis	4 oz	420	200.00	47.62%	22	4	0	0	0	80	500	220
Muffin, Cheese Streusel	Otis	4 oz	420	160.00	38.10%	18	5	0	0	0	50	340	230
Muffin, Chocolate Chip	Otis	4 oz	460	220.00	47.83%	26	6	0	0	0	80	400	230
Muffin, Choc.Choc.Chip	Otis	4 oz	440	200.00	45.45%	24	5	0	0	0	90	360	340
Mustard, Yellow	Monarch	5.5 gr	5	0.00	0.00%	0	0	0	0	0	0	65	-
Nachos, Beef & Cheese, Elem	FuNacho,USDA, Land O Lakes	1 serv.	515	180.00	34.95%	29	9	0	0	0	70	1110	-
Nachos, Beef & Cheese, Seconda	FuNacho,USDA, Land O Lakes	1 serv.	775	300.00	38.71%	43	10.5	0	0	0	70	1130	-
Noodles, Elbow Macaroni		2 oz	210	10.00	5.00%	1	0	0	0	0	0	0	-
Noodles, Spaghetti		2 oz dry	210	10.00	5.00%	1	0	0	0	0	0	0	-
Noodle, Ziti		2 oz	210	10.00	5.00%	1	0	0	0	0	0	0	-
Nutri-Grain Bar, Apple Cinnamon	Kellogg's	1 ea	120	30.00	25.00%	3	0.5	0	0	0	0	110	-
Nutri-Grain Bar, Blueberry	Kellogg's	1 ea	130	30.00	23.08%	3	0.5	0	0	0	0	105	-
Nutri-Grain Bar, Strawberry	Kellogg's	1 ea	120	30.00	25.00%	3	0.5	0	0	0	0	125	-
Oatmeal	Gilster/Mary Lee	1/2 c	170	25.00	14.71%	3	0.5	0	0	0	0	-	-
Oil, Soybean	Harvest Value	1 Tbsp.	130	130.00	100.00%	14	2	0	8	3	0	0	0.00
Pancake on a Stick	Foster Farms	2.67 oz	180	70.00	38.89%	8	2.5	0	0	0	20	450	-
Pastry, Pop Tart Frosted Strwb	Kellogg's	1 pastry	200	45.00	23.00%	5	1.5	0	0	0	0	170	-
Pickles, Dill 1/8" chip	Vlassic	1 oz	5	0.00	0.00%	0	0	0	0	0	0	340	-
Pie, Sweet Potato	Champ's Recipe	1/2 c	265	104.94	39.60%	11.7	2.51	0	0	0	24	375	-
Pizza, Cheese	Mt Harvest/Roseli	1 serv.	355	70.00	19.72%	9.5	4.5	0	0	0	20	1150	-
Pizza, Loco Bread	Champ's Recipe	1 serv.	264	60.84	23.05%	6.76	1.91	0	0	0	37	526	-
Pizza, Pepperoni	Mt Harvest/Roseli	1 serv.	390	97.50	25.00%	12.8	5.75	0	0	0	27.5	1272.5	-
Pizza Sticks, MAXstix	ConAgra Foods	1.93 oz	160	39.00	24.38%	7	2.5	0	0	0	5	410	-
Pizza Sticks, MAXstix Whole Grain	ConAgra Foods	1.93 oz	160	63.00	39.38%	7	2.5	0	0	0	<5	410	-
Pizza, Southwest	ConAgra Foods	5 oz	280	90.00	32.14%	10	3	0	0	0	10	740	-
Pizza, Stuffed Crust	Bosco Pizza	1 slice	330	110.00	33.33%	13	6	0	0	0	25	440	-
Pizza, Stuffed Crust, Whole Grain	ConAgra Foods	5.75 oz	380	135.00	35.53%	15	4.5	0	0	0	15	940	-
Pizza, DoubleStuff,Whole Grain	ConAgra Foods	3.74 oz	240	63.00	26.25%	7	4	0	0	0	20	550	-
Philly Sandwich Stuffer	ESE	5 oz.	350	100.00	28.50%	11	6	0	0	0	30	760	-
Philly Sandwich Stuffer, Whole Gr	ESE	5 oz.	350	100.00	28.50%	11	6	0	0	0	30	760	-
Pop Tart, Frosted Strawberry	Kellogg's	1 ea	190	45.00	23.68%	5	1.5	0	0.7	2.9	0	150	-
Pork, Bar-B-Que	Brookwood Farms	1/2 c	330	150.00	45.45%	16	5	0	0	0	35	1330	-
Pork, Rib-B-Que on Bun	Pierre	1 ea	491	0.00	0.00%	28.9	10.62	0	0	0	40	908	-
Pork, Pork & Vege Patties	Jimmy Dean	2 patties	170	120.00	71.00%	13	4.5	0	0	0	35	350	-
Potato, Baked w/cheese sauce	Champ's Recipe	1 ea	245	90.90	37.10%	10.1	4.86	0	0	0	30	569	-
Potatoes, Instant, Dehydrated	USDA	1/2 c	114	46.80	41.05%	5.2	1.4	0	0	0	2	27	-
Potatoes, French Fried, Oven	USDA	1/2 c	112	39.60	35.36%	4.4	0.6	0	0	0	0	16	-
Potatoes, Roasted	McCain	1/2 c	120	25.00	20.83%	3	0.5	0	0	0	0	370	340

Champ's Cafe Products' Nutrient Data Chart
2011-2012

Food Item	Manufacturer	Standard	Calories	Calories	% of	Total	Sat	Trans	Polyun	Monos	Cholester	Sodium	Potassium
	of Food	Portion	per	from Fat	from fat	Fat	Fat	Fat	sat	at.			
		Size	portion			grams	grams	grams	grams	grams	mg.	mg.	mg.
Potatoes, Round	USDA	1/2 c	130	66.60	51.23%	7.4	3	0	0	0	0	426	-
Potatoes, Smile Shaped	McCain	1/2 c	140	45.00	32.14%	5	0.5	0	0	0	0	370	360
Potatoes, Starz	ConAgra Foods	1/2 c	180	90.00	50.00%	10	1	0	0	0	0	390	-
Potatoes, Sweet-Casserole	Champ's Recipe	1/2 c	160	2.34	1.46%	0.26	0.05	0	0	0	0	358	-
Potatoes, Sweet, Crinkle Cut Fries	McCain	1/2 c	120	30.00	25.00%	3	0.5	0	0	0	0	180	240
Potatoes, Tater Puffs	Lamb's Supreme	3 oz	160	70.00	43.75%	8	2	0	0	0	1	330	320
Potatoes, Wedges	USDA	3 oz.	110	40.50	36.82%	4.5	1	0	0	0	0	20	-
Pretzels, Mini	Snyder's	.9 oz	100	0.00	0.00%	0	0	0	0	0	0	220	-
Pudding, Chocolate, snack pack	Snack Pack	1 c	130	25.00	19.23%	3	1.5	0	0	0	0	140	-
Pudding, Vanilla, snack pack	Snack Pack	1 c	120	30.00	25.00%	3.5	2	0	0	0	0	135	-
Rice, White	USDA	1/2 c	100	3.60	3.60%	0.4	0.2	0	0	0	0	6	-
Rice		0.25 c	170	0.00	0.00%	0	0	0	0	0	0	0	70
Rice Krispies Treat	Kellogg's	.39 oz	45	10.00	22.22%	1.25	0.5	0	0	0	0	52.5	-
Rice Krispies Treat	Kellogg's	.78 oz	90	20.00	22.22%	2.5	1	0	0	0	0	105	-
Rice Krispies Treat	Kellogg's	1.3 oz	150	30.00	20.00%	3.5	1	0	0.1	0.1	0	170	-
Rolls, Cinnamon Wheat	Champ's Recipe	1 ea	219	-	0.00%	5.68	0.81	0	0.1	0.1	0	287	-
Rolls, Yeast	Champ's Recipe	1 ea	176	37.89	21.53%	4.21	0.6	0	0	0	0	291	-
Rolls, Wheat	Champ's Recipe	1 ea	182	0.00	0.00%	5.34	0.76	0	0	0	0	287	-
Strawberries, Frozen	USDA	1/2 c	122	0.00	0.00%	0.17	0.01	0	0	0	0	4	125
Salad, Chef	Champ's Recipe	1 serv.	197	0.00	0.00%	0	0	0	0	0	0	-	-
Salad, w/Breaded Chicken Patty	Champ's Recipe	1 serv.	251	0.00	0.00%	0	0	0	0	0	0	-	-
Salt, Iodized Table Salt	Monarch	1/4 tsp	0	0.00	0.00%	0	0	0	0	0	0	590	0
Salsa, Mild w/Green Chiles	Ortega	2 Tbsp.	10	0.00	0.00%	0	0	0	0	0	0	240	-
Sauce, BBQ	Monarch	1 pouch	15	0.00	0.00%	0	0	0	0	0	0	110	-
Sauce, Hickory Barbeque	Monarch	2 Tbsp.	40	0.00	0.00%	0	0	0	0	0	0	470	-
Sauce, Marinara Multi-Purpose	Red Pack	1/2 c	70	25.00	36.00%	2.5	0	0	0	0	0	490	-
Sauce, Sloppy Joe	Hunt's	1/4 c	40	0.00	0.00%	0	0	0	0	0	0	410	-
Sauce, Sweet & Sour	Monarch	1 oz	50	0.00	0.00%	0	0	0	0	0	0	85	-
Sausage, Pork Patty	Jimmy Dean	1 ea	170	120.00	70.59%	13	4.5	0	0	0	35	350	-
Sausage, Turkey Patty	Jennie-O	1 ea	60	35.00	58.33%	4	1	0	0	0	25	200	-
Seasoning, Taco Mix	Pasado	2 tsp.	15	0.00	0.00%	0	0	0	0	0	0	480	-
Spaghetti w/ Meat Sauce	Champ's Recipe	3/4 c	250	93.33	37.33%	10.4	4.33	0	0	0	51	259	-
Sports Drink, Gatorade G2 Grape	PepsiCo	12 fl oz	80	0.00	0.00%	0	0	0	0	0	0	160	45
Sports Drink, Powerade Fruit Punch	Coca Cola Co.	12 fl oz	80	0.00	0.00%	0	0	0	0	0	0	150	35
Sports Drink, Powerade Mtn Berry	Coca Cola Co.	12 fl oz	80	0.00	0.00%	0	0	0	0	0	0	150	35
Soup, Broccoli Cheddar	Campbell's	1/2 c	150	100.00	67.00%	11	3	0	0	0	10	860	-
Soup, Chicken Noodle	Campbell's	1/2 c	60	20.00	33.33%	2	0.5	0	0.5	1	10	850	30
Soup, Italian Wedding	Campbell's	1/2 c	120	35.00	29.00%	4	1.5	0	0	0	10	810	-
Soup, Tomato	Campbell's	1/2 c	90	10.00	11.11%	1	0.5	0	0.5	0	0	720	210
Sunshine Bar	Champ's Recipe	1.5 oz	144	39.07	27.13%	6.26	1.06	0	0	0	18	223	-
Syrup, Breakfast	Monarch	1/4 c.	120	0.00	0.00%	0	0	0	0	0	0	45	-
Syrup, Pancake & Waffle		1 ea	120	0.00	0.00%	0	0	0	0	0	0	45	-
Taco, Soft, Beef & Cheese, Element	USDA, El Pasado	1 serv.	325	80.00	24.62%	14.7	4.9	0	0	1	15	971	-
Taco, Soft, Beef & Cheese, Second	USDA, El Pasado	1 serv.	445	105.00	23.60%	17.2	5.9	0	0	0	15	1231	-
Taco, Shell, 6" Yellow	Mission	2 ea	170	15.00	8.82%	1.5	0	0	0	0	0	340	-
Tortilla, Flour 6"	El Pasado	1 ea	70	5.00	7.14%	0.5	0	0	0	0	0	140	-
Tortilla, Flour 10"	El Pasado	1 ea	170	15.00	8.82%	1.5	0	0	0	0	0	340	-
Turkey, Diced White Meat & Grav	Jennie-O	ast/35 Tb	130	45.00	34.62%	5	2	0	0	0	40	790	0
Turkey, Roast	USDA	2 oz	88	0.00	0.00%	3.2	1	0	0	0	30	386	-
Turkey Deli, w/ honey wheat bread	USDA/Butterkrust	1 sand.	220	45.00	20.45%	5	1	0	0	0	20	670	-
UBR (ultimate breakfast round)	Rich	1 ea	260	70.00	26.92%	8	3	0	0	0	0	250	-
Vegetable, Beets (Salad) Sliced	Harvest Value	1/2 c	40	0.00	0.00%	0	0	0	0	0	0	250	-
Vegetable, Broccoli		1 c	30	0.00	0.00%	0	0	0	0	0	0	20	-
Vegetable, Carrots Fresh Peeled	ousseau Farming C	2 oz	25	0.00	0.00%	0	0	0	0	0	0	30	-
Vegetable, Corn Golden Kernel	Monarch	1/2 c	80	10.00	13.00%	1	0	0	0	0	0	310	-
Vegetable, Green Beans Cut	New Era	1/2 c	25	0.00	0.00%	0	0	0	0	0	0	140	-
Vegetable, Mashed Potatoes	Idahoan Foods	1/4 c dry	80	10.00	13.00%	1	0	0	0	0	0	310	240
Vegetable, Medley South West	Champ's Recipe	1/2 c	46	1.62	3.52%	0.18	0	0	0	0	0	65	-
Vegetables, Sweet Potato Cut	Monarch	2/3 c	190	0.00	0.00%	0	0	0	0	0	0	55	-
Veggie Burger, Griller	Morningstar	1 ea	170	80.00	47.06%	9	1	0	4	4	0	360	160
Veggie, Chicken Nuggets	Morningstar	4ea	190	70.00	36.84%	7	1	0	4	2	0	490	320
Veggie, Chicken Patties	Morningstar	1 ea	150	50.00	33.33%	6	1	0	2.5	1.5	0	540	210
V8 Vegetable Juice	Campbell's	5.5 fl oz	30	0.00	0.00%	0	0	0	0	0	0	330	320
V8, Vegetable Juice	Campbell's	12 oz	70	0.00	0.00%	0	0	0	0	0	0	720	700
V8, V-Fusion, Peach Mango	Campbell's	12 oz	170	0.00	0.00%	0	0	0	0	0	0	105	310
V8, V-Fusion, Pomegranate Blueberry	Campbell's	12 oz	150	0.00	0.00%	0	0	0	0	0	0	90	370
V8, V-Fusion, Strawberry Banana	Campbell's	12 oz	170	0.00	0.00%	0	0	0	0	0	0	110	380
Vitamin Water, Grape Raspberry	Glacéau	8 fl oz	0	0.00	0.00%	0	0	0	0	0	0	0	0
Vitamin Water, Green Tea	Glacéau	8 fl oz	0	0.00	0.00%	0	0	0	0	0	0	0	0
Vitamin Water, Lemonade	Glacéau	8 fl oz	0	0.00	0.00%	0	0	0	0	0	0	0	0
Vitamin Water, Orange	Glacéau	8 fl oz	0	0.00	0.00%	0	0	0	0	0	0	0	70
Vitamin Water, Peach-Mandarin	Glacéau	8 fl oz	0	0.00	0.00%	0	0	0	0	0	0	0	0
Water, Purified	Crystal Springs	8 fl oz	0	0.00	0.00%	0	0	0	0	0	0	0	0
Yogurt, Strawberry Banana Low Fat	Breyers	4 oz	110	10.00	9.09%	1	0.5	0	0	0	5	55	0
Ziti, Baked w/cheese	Champ's Recipe	3/4 c	279	68.40	24.52%	7.6	3.89	0	0	0	19	693	0
Ziti, Baked w/Meat & Cheese	Champ's Recipe	3/4 c	262	20.66	7.89%	6.78	2.8	0	0	0	16	630	0
Ziti, Baked w/Meat & Cheese	Champ's Recipe	1 c	311	63.09	20.29%	7.01	2.8	0	0	0	16	630	0
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Champ's Cafe Products' Nutrient Data Chart
2011-2012

Food Item	Total Carbs	Dietary Fiber	Sugars	Protein	Vit A	Vit C	Calcium	Iron	Phos	Thiamine	Riboflavin	Niacin
	grams	grams	grams	grams	IU (RE) %	%	%	%	%	%	%	%
Applesauce	13	2	8	0		4%	0	8%	-	-	-	-
Bagel, Plain	38.00	1.00	4.00	7.00	-	-	15%	-	-	-	-	-
Bagel, Cinnamon Raisin	45.00	2.00	7.00	8.00			150%	2.7 mg	-	-	-	-
Bagel, White-Wheat	36.00	2.50	5.00	8.00								
Bagelers	31	3	5	6	2%	-	2%	8%	-	-	-	-
Bagel-fuls Cinnamon	34	2	8	6	2%	-	10 mg	10%	-	10%	10%	10%
Bagel-fuls w/cream cheese	31	2	4	7	2%	-	10 mg	-	-	10%	10%	10%
Bagel with Egg & Cheese	41	1	5	17	-	-	-	-	-	-	-	-
Bagel with Egg & Turkey Ham	40.49	1	4	17.86	-	-	-	-	-	-	-	-
Bagel with Turkey Ham & Cheese	39.49	1	4.58	14.86	-	-	-	-	-	-	-	-
Baked Beans	29	5	12	6	-	-	4%	10%	-	-	-	-
Base, Chicken	1	0	1	1								
Base, Chicken Paste	-	-	-	1	-	-	-	-	-	-	-	-
Beans, Black w/Tomato	15.46	4.04	-	5.9	-	-	-	-	-	-	-	-
Beans, Garbanzo	18	8	3	6	-	-	6%	4%	-	-	-	-
Beans, Green	1	-	-	-	-	-	-	-	-	-	-	-
Beef Patty, Country Fried	15.4	1.1	0.2	16.6	-	3%	23%	3%	-	25%	23%	4%
Beef Patty, Flame Broiled	1.8	0.62	0.3	16.9	31%	1%	-	-	-	10%	11%	3%
Beef Patty, Flame Broiled (Low Fat)	2	0	0	14	2%	0%	4%	10%	-	10%	8%	25%
Beef Patty, w/wheat bun	27.1	2.06	1.3	20.3	-	-	-	-	-	-	-	-
Beef Patty, w/cheese & wheat bun	29.1	2.06	2.3	27.3	-	-	-	-	-	-	-	-
Beef Patty Strips w/Teriyaki Sauce.	6.5	-	3.4	17.2	26%	-	18%	2%	-	-	11%	3%
Beef Crumbles	1.9	-	-	13.3	-	-	-	-	-	-	-	-
Beef, Meatball Flame Broiled	4.2	-	-	15.5	-	-	62%	2%	-	.5 mg	.15 mg	-
Beef, Steak Nuggets (jerky)	7	-	6	10	-	-	-	6%	-	-	-	-
Beef Patty Crumbles	1	1	-	13	2%	0%	2%	10%	-	.11 mg	.11 mg	-
Beef, Ground	-	-	-	15	-	-	-	-	-	-	-	-
Beefaroni, Cheesy	26.14	2.5	-	19.96	-	-	-	-	-	-	-	-
Bisuits, Buttermilk	22	-	2	4			4%					
Biscuits, Buttermilk Zero Trans Fat	22	0	2	4			4%					
Biscuit, Southern Style (Dough)	23	1	2	4	-	-	-	6%	-	-	-	-
Bosco Stick, stuffed w/mozz.ch.	52	2	2	24	4%	40%	-	20%	-	-	-	-
Bread, Hamburger Bun, Whole Wheat	25	1	2	4	-	-	4%	8%	-	-	-	-
Bread, Hamburger Bun	24	<1	3	4	-	-	6%	8%	-	15%	8%	8%
Bread, Honey Wheat	13	1	3	3	-	-	2%	4%	-	-	-	-
Bread, Hot Dog Bun, Whole Wheat	19	1	2	3	-	-	6%	6%	-	10%	6%	6%
Bread, Hot Dog Bun	19	<1	2	3	-	-	6%	6%	-	10%	6%	6%
Bread, Hot Dog Bun	19	<1	2	3	-	-	6%	6%	-	10%	6%	6%
Bread, English Muffin	26	1	2	5	-	-	4%	8%	-	-	-	-
Bread, English Muffin	26	1	2	5	-	-	4%	8%	-	-	-	-
Bread, Loco	25	2	2	5	-	-	6%	8%	-	-	-	-
Bread, Steak Bun	33	1	4	5	-	-	10%	10%	-	20%	10%	10%
Butter, Buds	2	0	0	0								
Cereal, Berry Berry Kix	20	1	8	1	8%	8%	8%	20%	-	20%	20%	20%
Cereal, Cheerios	14	2	1	2	10%	6%	6%	30%	-	-	-	-
Cereal, Cheerios Apple & Cinn.	21	2	10	2	8%	8%	8%	20%	-	20%	20%	20%
Cereal, Cheerios Fruity	20	1	8	1	8%	20%	8%	20%	-	-	-	-
Cereal, Cheerios Honey Nut	22	2	9	2	10%	10%	10%	25%	-	25%	25%	25%
Cereal, Cinnamon Tst. Crunch	22	3	6	1	8%	8%	20%	20%	-	20%	20%	20%
Cereal, Cocoa Puffs	20	1	7	1	8%	8%	8%	20%	-	20%	20%	20%
Cereal, Corn Flakes	16	1	2	1	1667 iu	20 mg	333.3 mg	28 mg	-	1.3 mg	1.4 mg	16.7 mg
Cereal, Golden Grahams	23	1	9	1	8%	8%	8%	20%	-	20%	20%	20%
Cereal, Lucky Charms	21	1	11	2	10%	10%	10%	20%	-	25%	20%	25%
Cereal, Oatmeal	27	4	1	5	-	-	-	-	-	-	-	-
Cereal, Oatmeal	27	4	1	5	-	-	-	10%	-	-	-	-
Cereal, Rice Crunchins	18	-	2	1	10%	15%		6%	-	15%	15%	15%
Cereal, Total Raisin Bran	40	5	17	3	10%		100%	100%	-	100%	100%	100%
Cereal, Trix (25% less sugar)	18	1	5	1	6%	6%	8%	20%	-	20%	20%	20%
Cereal Bar, Cinn.Tst.Crunch	28	1	10	2	-	-	20%	20%	-	-	10%	10%
Cereal Bar, Cocoa Puffs	28	2	9	2	2%	2%	15%	20%	-	6%	10%	10%
Cereal Bar, Rice Krispies Treats	17	0	7	<1	4%			2%	-	10%	10%	10%
Cereal Bar, Team Cheerios	30	2	11	2	-	6%	20%	10%	-	20%	20%	20%
Cheese, Cream Plain	2	-	1	2	4%	0%	2%	-	-	-	-	0%
Cheese, Grilled Sandwich	30	2	8	20	3%	-	48%	12%	-	-	-	-
Cheese, Grated Parmesan				2								
Cheese, Reduced Fat American	2	-	1	7	6%	-	20%	-	-	-	-	-
Cheese Sauce, Cheddar	3	0	0	6	6%	-	25%	2%	-	-	-	-
Cheese Sauce, Nacho	5	0	0	<1								
Cheese, Snack Size, Mild Cheddar	0	-	-	7	-	-	-	-	-	-	-	-
Chicken, Baked	0	-	-	14	-	-	-	-	-	-	-	-
Chicken, Breaded Patty (breakfast)	5.5	1	-	6.5	-	-	2%	8%	-	-	-	-
Chicken, Breaded Patty	13	0	1	16	116%	1%	23%	1%	-	0%	0%	5%
Chicken, Breaded Patty w/Wh. Bun	39.8	0	4	20	-	-	4%	8%	-	15%	8%	10%
Chicken, Breaded Patty-Bufferlo	13.58			15.98	131.9 mg	1.97 mg		.8 mg	-	.05 mg	.07 mg	6.47 mg

Champ's Cafe Products' Nutrient Data Chart
2011-2012

Food Item	Total Carbs	Dietary Fiber	Sugars	Protein	Vit A	Vit C	Calcium	Iron	Phos	Thiamine	Riboflavin	Niacin
	grams	grams	grams	grams	IU (RE) %	%	%	%	%	%	%	%
Chicken,Bread.Patty Buffalo, Bun	41.6	1.34	4	21.1	-	-	4%	8%	-	15%	8%	10%
Chicken, Breaded	5	0	0	13	-	-	-	-	-	-	-	-
Chicken, Breaded Chunk	14	-	-	16	-	-	2%	8%	-	-	-	-
Chicken Breast Nuggets	12	0	0	9	-	-	2%	8%	-	-	-	-
Chicken, Breast Patty w/Rib Meat	14	1	1	13	2%	-	4%	8%	-	-	-	-
Chicken, Breast Spicy Filet	12	1	0	18	4%	-	2%	10%	-	-	-	-
Chicken, Dark Meat w/Teriyaki	16	0	15	13	2%	-	2%	6%	-	-	-	-
Chicken, Fajita Strips Boneless/Skinless	1	-	-	11	73%	0%	13%	1%	-	-	-	-
Chicken, Fajita w/tortilla	31	2	2	36	-	-	6%	10%	-	-	-	-
Chicken, Nuggets	10	-	-	15	-	-	-	-	-	-	-	-
Chicken, Nuggets w/Rib Meat	14	1	1	13	2%	-	4%	8%	-	-	-	-
Chicken, Patty CN	1	1	0	13	2%	-	2%	6%	-	-	-	-
Chicken, Popcorn	11.5	-	-	14.3	-	-	-	-	-	-	-	-
Chip, Tortilla (FuNacho)	32	2	-	4	-	2%	6%	4%	-	-	-	-
Chip, Tortilla (FuNacho)	18	1	-	2	-	2%	4%	2%	-	-	-	-
Cookie, Carnival,Red.Fat	19	1	9	1	2%	-	-	4%	-	6%	4%	4%
Cookie, Chocolate Chip	17	1	10	1	2%	-	-	4%	-	4%	4%	2%
Cookie, Chocolate Chip	23	1	15	2	6%	-	-	4%	-	6%	4%	4%
Cookie,Choc.Chip, Red. Fat	18	<1	9	1	-	-	4%	4%	-	6%	4%	4%
Cookie, Holiday Joy	23	-	15	2	6%	-	-	4%	-	6%	4%	4%
Cookie, Oatmeal Raisin,Red.Fat	18	1	8	2	2%	-	-	4%	-	4%	2%	2%
Cookie, Pink Chip	23	<1	16	2	6%	-	-	2%	-	4%	4%	2%
Cookie, Smart	22	<1	9	2	10%	10%	10%	10%	-	-	-	-
Cookie, Sugar, Red. Fat	19	-	9	1	2%	-	-	4%	-	6%	4%	4%
Cookie, Make a Wish	24	-	14	1	6%	-	-	4%	-	-	-	-
Corn, Whole Kernel (canned)	7	-	-	1	-	-	-	-	-	-	-	-
Cowboy Bread	32.16	0.06	-	1.3	385 iu	.18 mg	16.94 m	.8 mg	-	-	-	-
Cracker, Cinn Sticks	23	1	8	2	-	-	-	4%	-	-	-	-
Crackers, Dolphins & Friends	16	1	-	2	-	-	-	4%	-	-	-	-
Cracker, Goldfish Pretzel	17	0.5	<1	2	-	-	-	4%	-	-	-	-
Cracker, Goldfish Cheddar Cheese	19	1	1	3	-	-	2%	2%	-	-	-	-
Cracker, Graham	16	1	5	1	-	-	2%	6%	-	-	-	-
Cracker, Graham Belly Bears	21	0	7	2	-	-	10%	6%	-	-	-	-
Cracker, Jungle	22	-	7	2	-	-	10%	4%	-	-	-	-
Cracker, Premium Gold	12	-	1	1	-	-	-	4%	-	-	-	-
Cracker, Saltine	13	1	-	2	-	-	2%	4%	-	-	-	-
Cracker, Animal Zoo	23	<1	7	2	-	-	-	4%	-	-	-	-
Dog, Corn-Turkey	27	1	9	10	-	-	8%	15%	-	-	-	-
Dough, Pizza Oven Rising Sheet	30	1	1	6	-	-	-	10%	-	-	-	-
Dough, Pizza Oven Rising, Round	40.46	1.4	2.69	8.94	-	7%	26%	10%	-	-	-	-
Dressing, French Country	13	0	12	0	4%	2%	-	2%	-	-	-	-
Dressing, French Orange	10	0	9	0	2%	-	-	-	-	-	-	-
Dressing, Creamy Caesar	2	0	2	1	2%	-	2%	-	-	-	-	-
Dressing, Honey Mustard	7	0	6	0	-	-	-	-	-	-	-	-
Dressing, Italian Light	3	-	3	0	-	-	-	-	-	-	-	-
Dressing, Ranch	2	0	2	1	-	-	4%	-	-	-	-	-
Dressing, Ranch	1	0	0	0	-	-	-	-	-	-	-	-
Dressing, Ranch Fat Free	11	1	4	0	-	-	2%	-	-	-	-	-
Dressing, Raspberry Vinaigrette F	12	-	10	0	-	2%	-	-	-	-	-	-
Drink Mix, Lemonade	21	0	20	0	-	100%	4%	-	-	-	-	-
Egg, Patty Scrambled	1	-	-	3	-	-	2%	2%	-	-	-	-
Egg Roll, Chicken	20	2	2	10	10%	6%	4%	10%	-	-	-	-
Egg Roll, Vegetable	20	1	3	3	25%	8%	4%	8%	-	-	-	-
Fish, Precooked Breaded	22	1	6	14	2%	-	6%	8%	-	-	-	-
Fish Scribbles	23	1	2	14	-	-	2%	8%	-	-	-	-
Flour, All-Purpose	22	<1	0	3	-	-	-	8%	-	-	-	-
French Toast Sticks	42	1	12	5	15%	2%	10%	20%	-	15%	25%	15%
French Tst. w/ syrup	49	1	8	-	-	-	4%	10%	-	20%	8%	10%
Fruit, Apple Sliced	14	2	12	0	-	-	-	-	-	-	-	-
Fruit, Diced Pears in Lt Syrup	20	2	14	0	-	2%	-	2%	-	-	-	-
Fruit, Mandarin Oranges in Light S	19	<1	18	0	0%	35%	%	2%	-	-	-	-
Fruit, Mixed Fruit in Lt Syrup	18	1	15	0	4%	2%	-	-	-	-	-	-
Fruit, Pineapple Tidbits	15	1	13	0	-	25%	-	2%	-	-	-	-
Fruit Cup, Peach	21.14	1.61	19.1	1.07	359.56 iu	62.37 m	7.99 mg	.39 mg	-	.02 mg	.03 mg	.8 mg
Fruit Snack, Mixed Fruit	31	-	18	1	25%	100%	-	-	-	-	-	-
Fruit Snack, Strawberry	31	-	18	1	25%	100%	-	-	-	-	-	-
Gelatin w/Pears	30.95	1.99	-	1.27	-	0.87	8.78	0.37	-	-	-	-
Graham Crackers, Bug Bites	23	1	9	2	-	-	10%	4%	-	-	-	-
Graham Crackers, Scooby-Doo	20	1	8	2	-	-	-	-	-	-	-	-
Granola Bar, Chocolate Chip	17	1	7	1	-	-	8%	2%	-	-	-	-
Gravy, Brown	3	0	1	<1	-	-	-	-	-	-	-	-
Hot Chocolate	23	1	17	1	-	-	-	-	-	-	-	-
Hot Dog(Turkey) on Bun	20	1	2	10	-	-	6%	6%	-	-	-	-
Ice Cream, All American Cup	19	-	15	2	6%	%	6%	-	-	-	-	-
Ice Cream, Fudgy Bar	15	-	12	2	4%	-	8%	2%	-	-	-	-
Ice Cream, Orange Crème Bar	19	-	8	<1	-	25%	2%	-	-	-	-	-
Ice Cream, Rainbow Bar	27	-	24	0	-	25%	-	-	-	-	-	-
Ice Cream, Mini Rainbow Bar	9	-	-	-	-	25%	-	-	-	-	-	-

Champ's Cafe Products' Nutrient Data Chart
2011-2012

Food Item	Total Carbs	Dietary Fiber	Sugars	Protein	Vit A	Vit C	Calcium	Iron	Phos	Thiamine	Riboflavin	Niacin
	grams	grams	grams	grams	IU (RE) %	%	%	%	%	%	%	%
Ice Cream, Sandwich	22	-	10	3	2%	-	6%	4%	-	-	-	-
Ice Cream, Sandwich-Cookie&Cre	26	-	13	3	2%	-	6%	4%	-	-	-	-
Ice Cream, Sandwich Mini	14	-	8	1	-	-	2%	2%	-	-	-	-
Jelly, Assorted	9	0	6	0	-	-	-	-	-	-	-	-
Jelly, Grape	13	0	5	0	-	-	-	-	-	-	-	-
Jelly, Mixed	16	0	14	0	-	-	-	-	-	-	-	-
Juice, Capri Sun	25	-	23	-	-	-	-	2%	-	-	-	-
Juice, Orange	19	-	19	-	5%	50%	151%	0%	-	4%	4%	3%
Juice, Tropical Fruit Blend	14	-	13	0.22	7%	92%	146%	31%	-	0%	12%	8%
Juice, Apple	14	-	14	0.13	6%	100%	150%	72%	-	-	-	-
Juice, Blue Raspberry	14	0	13	0	6%	100%	15%	2%	-	-	-	-
Juice, Green Apple	14	0	13	0	6%	100%	15%	2%	-	-	-	-
Juice, Lemon	0	0	0	0	-	2%	-	-	-	-	-	-
Juice, Strawberry Kiwi	14	0	13	0	6%	100%	15%	2%	-	-	-	-
Juice, Tropical Fruit Blend	14	0	14	0	6%	100%	15%	0%	-	-	-	-
Juice, Limited Edition Flavors	14	-	13	-	6%	100%	15%	2%	-	-	-	-
Juice Bar, Frozen, Cherry Apple	17	-	17	0.25	-	-	8.11 mg	14 mg	9.11 mg	-	-	-
Juice Bar, Frozen, Fruit Punch	17	-	7	0.25	-	-	8.11 mg	14 mg	9.11 mg	-	-	-
Juice Bar, Frozen, Grape	17	-	7	0.25	-	-	8.11 mg	14 mg	9.11 mg	-	-	-
Juice Bar, Frozen, OJ	21	-	20	-	195 iu	-	66 mg	.09 mg	13%	-	-	.016 mg
Ketchup	5	0	4	0	2%	-	-	-	-	-	-	-
Lasagna	28.35	2.3	-	19.88	-	-	-	-	-	-	-	-
Margarine	-	-	-	-	4%	-	-	-	-	-	-	-
Mayonnaise	-	-	-	-	-	-	-	-	-	-	-	-
Mayonnaise, Light	-	-	-	-	-	-	-	-	-	-	-	-
Meatballs	5	-	1	11	4%	1%	4%	6%	-	-	-	-
Milk, Chocolate .5%	24	0	22	8	10%	2%	30%	4%	-	-	-	-
Milk, Lactais Fat Free	13	0	12	8	10%	0%	50%	-	-	-	-	-
Milk, White- Fat Free (Skim)	12	0	12	9	10%	4%	30%	-	-	-	-	-
Milk, White-Low Fat (1%)	12	0	12	9	10%	4%	30%	-	-	-	-	-
Muffin, Apple Cinnamon, Red. Fat	27	2	15	2	25%	25%	4%	30%	-	10%	10%	4%
Muffin, Banana, Reduced Fat	28	1	15	3	25%	25%	4%	30%	-	15%	10%	6%
Muffin, Choc.Choc.Chip,Red.Fat	29	2	15	3	25%	25%	4%	30%	-	15%	10%	4%
Muffin, Blueberry	52	1	30	6	2%	-	4%	6%	-	8%	6%	4%
Muffin, Cheese Streusel	62	2	34	6	2%	-	4%	6%	-	6%	6%	6%
Muffin, Chocolate Chip	56	2	34	6	2%	-	2%	6%	-	6%	6%	4%
Muffin, Choc.Choc.Chip	56	2	34	6	2%	-	4%	6%	-	6%	6%	2%
Mustard, Yellow	0	0	0	0	-	-	-	-	-	-	-	-
Nachos, Beef & Cheese, Elem	38	2	-	25	-	-	-	-	-	-	-	-
Nachos, Beef & Cheese, Secondar	70	4	-	29	-	-	-	-	-	-	-	-
Noodles, Elbow Macaroni	42	2	3	7	-	-	-	10%	-	30%	10%	15%
Noodles, Spaghetti	42	2	3	7	-	-	-	10%	-	30%	10%	15%
Noodle, Ziti	42	2	3	7	-	-	-	10%	-	30%	10%	15%
Nutri-Grain Bar, Apple Cinnamon	24	3	12	2	15%	-	20%	10%	-	15%	25%	25%
Nutri-Grain Bar, Blueberry	24	2	12	2	15%	-	20%	10%	-	15%	25%	25%
Nutri-Grain Bar, Strawberry	24	3	11	2	15%	-	20%	10%	-	15%	25%	25%
Oatmeal	31	4	-	7	-	-	-	6%	-	-	-	-
Oil, Soybean	0	0	0	0	-	-	-	-	-	-	-	-
Pancake on a Stick	18	-	6	8	-	-	2%	10%	-	-	-	-
Pastry, Pop Tart Frosted Strwb	38	<1	17	2	10%	-	10%	10%	-	10%	10%	10%
Pickles, Dill 1/8" chip	1	0	1	0	-	-	-	-	-	-	-	-
Pie, Sweet Potato	36.82	1.28	-	4.11	-	-	-	-	-	-	-	-
Pizza, Cheese	42	3	6	13	4%	6%	34%	6%	-	-	-	-
Pizza, Loco Bread	30.48	2.91	-	-	-	-	-	-	-	-	-	-
Pizza, Pepperoni	42	3	6	14.25	4%	6%	34%	6%	-	-	-	-
Pizza Sticks, MAXstix	16	2	-	8	2%	-	15%	6%	-	-	-	-
Pizza Sticks, MAXstix Whole Grain	16	2	-	8	6%	-	15%	15%	-	-	-	-
Pizza, Southwest	33	4	-	16	2%	-	25%	15%	-	-	-	-
Pizza, Stuffed Crust	43	3	4	22	15%	6%	40%	10%	-	-	-	-
Pizza, Stuffed Crust, Whole Grain	46	4	-	18	10%	-	35%	30%	-	-	-	-
Pizza, DoubleStuff,Whole Grain	28	3	-	17	8%	-	30%	15%	-	-	-	-
Philly Sandwich Stuffer	41	4	4	20	187%	0%	-	-	-	-	-	-
Philly Sandwich Stuffer, Whole Gr	41	4	4	20	187%	0%	286%	3%	-	-	-	-
Pop Tart, Frosted Strawberry	35	5	13	2	10%	-	-	10%	-	-	-	-
Pork, Bar-B-Que	22	2	17	24	10%	-	6%	8%	-	-	-	-
Pork, Rib-B-Que on Bun	35.88	2.86	-	21.5	352.6 iu	3.79 mg	73.14 mg	3.25 mg	-	-	-	-
Pork, Pork & Vege Patties	1	1	0	12	2%	-	4%	6%	-	-	-	-
Potato, Baked w/cheese sauce	31.29	-	-	8.14	-	-	-	-	-	-	-	-
Potatoes, Instant, Dehydrated	14	2	-	2	-	-	-	-	-	-	-	-
Potatoes, French Fried, Oven	16	-	-	-	-	-	-	-	-	-	-	-
Potatoes, Roasted	21	2	-	2	-	6%	-	4%	-	-	-	-

Champ's Cafe Products' Nutrient Data Chart
2011-2012

Food Item	Total Carbs	Dietary Fiber	Sugars	Protein	Vit A	Vit C	Calcium	Iron	Phos	Thiamine	Riboflavin	Niacin
	grams	grams	grams	grams	IU (RE) %	%	%	%	%	%	%	%
Potatoes, Round	16	2	-	-	100%	16%	2%	2%	-	-	-	-
Potatoes, Smile Shaped	23	2	<1	2	-	6%	-	-	-	-	-	-
Potatoes, Starz	20	2	-	2	-	4%	-	4%	-	-	-	-
Potatoes, Sweet-Casserole	37.41	2.19	-	-	-	-	-	-	-	-	-	-
Potatoes,Sweet,Crinkle Cut Fries	22	2	9	-	-	-	-	4%	-	-	-	-
Potatoes, Tater Puffs	19	2	1	200%	0%	4%	0%	4%	-	-	-	-
Potatoes, Wedges	15	2	-	2	0%	4%	0%	4%	-	-	-	-
Pretzels, Mini	22	1	1	2	-	-	-	2%	-	-	-	-
Pudding, Chocolate, snack pack	23	1	16	1	0%	0%	10%	4%	-	-	-	-
Pudding, Vanilla, snack pack	21	1	14	1	0%	0%	10%	4%	-	-	-	-
Rice, White	42	-	-	2	-	-	-	-	-	-	-	-
Rice	37	-	-	4	-	-	-	8%	-	15%	-	8%
Rice Krispies Treat	8.5	-	3.5	<1	2%	-	-	1%	-	-	-	-
Rice Krispies Treat	17	-	7	<1	4%	-	-	2%	-	10%	10%	10%
Rice Krispies Treat	28	-	12	1	8%	-	-	4%	-	10%	15%	15%
Rolls, Cinnamon Wheat	37.24	2.28	-	5.19	-	-	-	-	-	-	-	-
Rolls, Yeast	29.8	1.2	-	4.53	0.10	0.10	29 mg	1.75	-	-	-	-
Rolls, Wheat	29.29	1.79	-	4.58	-	-	-	-	-	-	-	-
Strawberries, Frozen	33.05	2.4	30.6	0.68	31 iu	52.8 mg	14 mg	-	-	-	-	-
Salad, Chef	6	-	-	-	-	-	-	-	-	-	-	-
Salad, w/Breaded Chicken Patty	10.2	-	-	-	-	-	-	-	-	-	-	-
Salt, Iodized Table Salt	0	0	0	0	-	-	-	-	-	-	-	-
Salsa, Mild w/Green Chiles	2	<1	1	0	2%	4%	-	-	-	-	-	-
Sauce, BBQ	4	0	4	0	-	2%	-	-	-	-	-	-
Sauce, Hickory Barbeque	9	0	8	0	2%	-	-	2%	-	-	-	-
Sauce, Marinara Multi-Purpose	11	2	3	2	15%	20%	4%	6%	-	-	-	-
Sauce, Sloppy Joe	9	2	6	<1	4%	2%	-	8%	-	-	-	-
Sauce, Sweet & Sour	13	0	11	0	4%	2%	-	-	-	-	-	-
Sausage, Pork Patty	1	1	-	12	2%	-	4%	6%	-	-	-	-
Sausage, Turkey Patty	-	-	-	6	-	-	-	2%	-	-	-	-
Seasoning, Taco Mix	2	0	1	0	-	-	-	-	-	-	-	-
Spaghetti w/ Meat Sauce	19.77	2.1	-	18.79	-	-	-	-	-	-	-	-
Sports Drink, Gatorade G2 Grape	21	0	21	0	-	-	-	-	-	-	-	-
Sports Drink, Powerade Fruit Punch	20	0	20	0	-	-	-	-	-	-	-	-
Sports Drink, Powerade Mtn Berry	20	0	20	0	-	-	-	-	-	-	-	15%
Soup, Broccoli Cheddar	10	2	2	4	6%	4%	6%	2%	-	-	-	-
Soup, Chicken Noodle	7	1	1	3	8%	-	30%	2%	-	-	-	-
Soup, Italian Wedding	14	1	2	6	2%	-	2%	4%	-	-	-	-
Soup, Tomato	19	2	11	2	8%	8%	-	2%	-	-	-	-
Sunshine Bar	21.09	0.4	-	1.44	-	-	-	-	-	-	-	-
Syrup, Breakfast	31	0	16	-	-	-	-	-	-	-	-	-
Syrup, Pancake & Waffle	31	0	16	0	-	-	-	-	-	-	-	-
Taco, Soft,Beef & Cheese, Element	38	3	-	12	-	-	-	-	-	-	-	-
Taco, Soft,Beef & Cheese,Second	58	4	1	15	-	-	-	-	-	-	-	-
Taco, Shell, 6" Yellow	34	5	0	6g%	-	-	8%	4%	-	-	-	-
Tortilla, Flour 6"	14	2	-	3	-	-	4%	-	-	-	-	-
Tortilla, Flour 10"	34	5	0	6	-	-	8%	-	-	-	-	-
Turkey, Diced White Meat & Grav	5	0	2	15	0%	0%	2%	2%	-	-	-	-
Turkey, Roast	0	-	-	12	-	-	-	-	-	-	-	-
Turkey Deli, w/ honey wheat bread	31	2	4	6	-	-	4%	8%	-	16%	8%	12%
UBR (ultimate breakfast round)	44	6	19	4	-	-	4 mg	15%	-	10%	4%	8%
Vegetable, Beets (Salad) Sliced	8	1	6	<1	-	-	2%	2%	-	-	-	-
Vegetable, Broccoli	4	2	2	1	-	50%	2%	-	-	-	-	-
Vegetable, Carrots Fresh Peeled	6	2	3	1	200%	6%	1%	-	-	-	-	-
Vegetable, Corn Golden Kernel	17	2	4	2	-	6%	2%	2%	-	-	-	-
Vegetable, Green Beans Cut	4	2	<1	<1	6%	-	2%	8%	-	-	-	-
Vegetable, Mashed Potatoes	17	1	1	2	-	50%	2%	2%	-	-	-	-
Vegetable, Medley South West	4.69	1.03	-	1.55	-	-	-	-	-	-	-	-
Vegetables, Sweet Potato Cut	45	3	21	<1	230%	30%	2%	8%	-	-	-	-
Veggie Burger, Griller	4	2	-	17	-	-	2%	8%	-	-	-	-
Veggie, Chicken Nuggets	18	2	1	12	-	-	2 mg	15%	-	35%	15%	25%
Veggie, Chicken Patties	16	2	1	9	-	-	-	10%	-	120%	10%	10%
V8 Vegetable Juice	7	1	6	1	25%	80%	2%	2%	-	-	-	-
V8, Vegetable Juice	15	3	12	3	60%	180%	6%	6%	-	-	-	-
V8, V-Fusion, Peach Mango	42	-	39	1	30%	150%	2%	2%	-	-	-	-
V8, V-Fusion,Pomegranate Blueberry	38	-	35	0	20%	150%	2%	2%	-	-	-	-
V8, V-Fusion, Strawberry Banana	42	-	38	1	100%	150%	2%	2%	-	-	-	-
Vitamin Water, Grape Raspberry	2	0	<1	0	-	120%	-	-	-	-	-	40%
Vitamin Water, Green Tea	3	0	<1	0	-	120%	-	-	-	-	-	40%
Vitamin Water, Lemonade	2	0	<1	0	10%	100%	4%	-	-	-	-	40%
Vitamin Water, Orange	4	0	<1	0	10%	120%	4%	-	-	-	-	40%
Vitamin Water, Peach-Mandarin	3	0	<1	0	-	100%	-	-	-	-	-	40%
Water, Purified	0	0	0	0	0%	0%	0%	0%	0%	0%	0%	0%
Yogurt, Strawberry Banana Low Fat	21	-	17	4	10%	2%	20%	0%	-	-	-	-
Ziti, Baked w/cheese	34.17	2.95	-	21.12	925.3 iu	.96 mg	440.4 mg	2.35 mg	-	-	-	-
Ziti, Baked w/Meat & Cheese	36.16	3.82	-	17.23	810.2 iu	.96 mg	240.2 mg	2.94 mg	-	-	-	-
Ziti, Baked w/Meat & Cheese	45.82	4.38	-	18.84	810.3 iu	.96 mg	240.2 mg	3.35 mg	-	-	-	-
Updated: 5/24/11 @ 3:00 pm	-	-	-	-	0%	0%	0%	0%	-	-	-	-