

Champ's Cafe Products' Nutrient Data Chart

Date of Data Entry	CN Label (Child Nutrition)	Item/Component or Ingredient	Food Item	Manufacturer of Food	Standard Portion Size	Package Size	Servings per Container	Calories per portion	Calories from Fat	% of calories from fat	Total Fat grams	Saturated Fat grams	Trans Fat grams	Polysat. Fat grams	Monosat. Fat grams	Cholesterol mg.	Total Carbohydrates grams	Dietary Fiber grams	Sugars grams	Protein grams	Vitamin A IU (RE) %	Vitamin C %	Calcium %	Iron %	Phosphorus %	Potassium %	Sodium mg	Thiamine mg	Riboflavin mg	Niacin mg	
12/14/05		Bakery																													
12/14/05		Bread/Crust	Bagel,Cinn.Rsn.	Sara Lee	3 oz	12/cs	12	230	9.00	3.91%	1	0	0	0	0	0	46	4	12	9	<2%	<2%	2%	20%	-	-	240	-	-	-	
1/17/06			Bagel, Plain	Lender's	1	13.8 oz.	6	170	9.00	5.29%	1	0.5	0	0.5	0	0	34	2	3	6	0%	0%	6%	8%	-	-	350	15%	20%	10%	
12/14/05			Country Roll	ButterKrust	2 rolls	12/cs	12	150	13.50	9.00%	1.5	0	0	1	0	0	30	<1	4	5	0%	0%	4%	8%	-	-	270	15%	10%	10%	
12/14/05			Ctry.Hrt.Sln.Grd.	ButterKrust	1 slice	18/cs	18	80	9.00	11.25%	1	0	0	0	0	0	17	2	2	3	0%	0%	2%	6%	-	-	150	10%	6%	6%	
12/14/05			Crust, Pizza	Mtn. Harvest	1/8	8/pt	8	190	22.50	11.84%	2.5	0	0	-	-	0	35	1	2	6	0%	0%	0%	0%	-	-	350	-	-	-	
12/14/05			Hamburger Buns	ButterKrust	1 bun	12/cs	12	140	13.50	9.64%	1.5	0	0	1	0	0	29	<1	4	5	0%	0%	4%	8%	-	-	260	15%	8%	10%	
12/14/05			Hamb.Buns, Wht.	ButterKrust	1 bun	12/cs	12	140	13.50	9.64%	1.5	0	0	1	0	0	28	2	4	5	0%	0%	4%	8%	-	-	240	15%	8%	10%	
12/14/05			Honey Wheat	General Mills	1 slice	22/pk	22	80	9.00	11.25%	1	0	0	0	0	0	15	1	2	3	0%	0%	2%	4%	-	-	120	8%	4%	6%	
12/14/05			Hoagie.6" White	ButterKrust	1 bun	27/cs	27	190	18.00	9.47%	2	0	0	1	0	0	37	1	5	6	0%	0%	20%	10%	-	-	330	20%	10%	15%	
12/14/05			Weiner	ButterKrust	1 bun	16/cs	16	110	9.00	8.18%	1	0	0	0.5	0	0	23	<1	3	4	0%	0%	10%	6%	-	-	110	15%	8%	8%	
12/14/05		Crkrs./Cookies	Animal Crackers	Austin Foods	16 Crks.	2/2.125oz	120	130	18.00	13.85%	2	0	0.7	0.1	0.7	0	25	<1	7	2	0%	0%	0%	6%	-	24.84mg	90	0.1mg	0.1mg	1.4mg	
12/14/05			Dolphins & Frnds.	Austin Foods	1 pouch	100/cs	100	110	40.50	36.82%	4.5	1.5	0	1.6	0.9	0	16	<1	0	2	0%	0%	0%	4%	-	27.25mg	220	0.4mg	0.1mg	1.3mg	
1/17/06			Graham Crackers																												
12/14/05			Graham Crackers	Lance	3 crks.	150/cs	150	100	22.50	22.50%	2.5	0.5	0	-	-	0	17	<1	2	2	0%	0%	0%	4%	-	-	120	-	-	-	
12/14/05			Grid.Chs.Filled	Lance	1 3/8 oz	8/pk	8	200	90.00	45.00%	10	2	0	-	-	5	22	1	6	4	0%	0%	8%	6%	-	-	360	-	-	-	
12/14/05			Pnt.Btr. W/Honey	Lance	1 3/8 oz	12/pk	12	190	72.00	37.89%	8	1.5	0	-	-	0	23	1	5	5	0%	0%	6%	8%	-	-	390	-	-	-	
1/17/06			Pretzels, Goldfish	USFS	1 pouch	1 pouch	1	80	0.00	0.00%	0	0	0	-	-	0	15	<1	0	2	0%	0%	0%	6%	-	-	300	-	-	-	
1/17/06			Saltines	USFS	2 pk	2 pk	1																								
12/14/05			Saltines	Lance	4 crks.	300/4pk	300	50	9.00	18.00%	1	0	0	-	-	0	8	0	0	1	0%	0%	0%	2%	-	-	105	-	-	-	
12/14/05			Toastchee	Lance	1 1/2 oz	30 oz	20	220	99.00	45.00%	11	2	0	-	-	<1	23	2	3	5	0%	2%	0%	10%	-	-	430	-	-	-	
12/14/05			Toasty	Lance	1 1/4 oz	25 oz	20	180	81.00	45.00%	9	1.5	0	-	-	0	16	1	3	6	0%	0%	4%	6%	-	-	220	-	-	-	
12/14/05		1.33 Oz Cookies	Apl.Cinmt.Cookies	Otis	1 cookie	240/cs	240	160	63.00	39.38%	7	3	1	-	-	0	24	<1	16	1	6%	0%	0%	4%	2	50mg	135	4%	2%	2%	
12/14/05			Butter Sugar	Otis	1 cookie	240/cs	240	160	72.00	45.00%	8	3	1.5	-	-	15	23	<1	14	2	8%	0%	0%	6%	2	0	140	4%	4%	4%	
12/14/05			Carnival	Otis	1 cookie	240/cs	240	160	63.00	39.38%	7	2	1.5	-	-	10	23	<1	14	2	8%	0%	0%	4%	2%	45mg	150	6%	4%	4%	
12/14/05			Chocolate Chip	Otis	1 cookie	240/cs	240	170	72.00	42.35%	8	4	1	-	-	10	24	<1	16	2	8%	0%	2%	4%	4%	90mg	120	4%	2%	4%	
12/14/05			Dbl.Choc. Chip	Otis	1 cookie	240/cs	240	180	81.00	45.00%	9	5	1.5	-	-	10	23	<1	17	2	8%	0%	0%	6%	4%	4%	130	2%	2%	4%	
12/14/05			RF Choc.Chip	Otis	1 Cookie	240/cs	240	150	40.50	27.00%	4.5	1.5	0	-	-	10	25	<1	13	2	6%	0%	0%	6%	2%	45mg	90	8%	4%	4%	
12/14/05			Oatmeal raisin	Otis	1 cookie	240/cs	240	160	54.00	33.75%	6	3	1	-	-	10	23	<1	13	2	6%	0%	0%	6%	4%	75mg	130	6%	4%	2%	
12/14/05			Wht.Choc.Macad.	Otis	1 cookie	240/cs	240	180	90.00	50.00%	10	4	1	-	-	10	21	<1	14	2	6%	0%	0%	4%	2%	0	110	6%	2%	2%	
12/14/05		1 Oz Cookies	RF Choc.Chip	Otis	1 cookie	240/cs	240	100	31.50	31.50%	3.5	1	0.5	-	-	5	19	<1	10	1	2%	0%	0%	4%	2%	30mg	75	6%	4%	4%	
12/14/05		1.8 Oz Muffins	Apple Cinnm.	Otis	1 muffin	72/cs	72	180	90.00	50.00%	10	2	0	-	-	35	22	<1	11	2	0%	32%	0%	6%	10%	90mg	200	8%	6%	4%	
12/14/05			Banana	Otis	1 muffin	72/cs	72	190	90.00	47.37%	10	2	0	-	-	30	23	<1	12	2	0%	0%	2%	6%	10%	100mg	190	8%	6%	4%	
12/14/05			Blueberry	Otis	1 muffin	72/cs	72	180	90.00	50.00%	10	1.5	0	-	-	30	22	<1	11	2	2%	0%	2%	6%	10%	85mg	190	8%	6%	4%	
12/14/05		4 Oz Muffins	Banana Nut	Otis	1 muffin	24/cs	24	230	99.00	43.04%	11	1.5	0	-	-	30	29	<1	16	3	0%	0%	0%	4%	4%	130mg	190	8%	6%	6%	
12/14/05			Blueberry	Otis	1 muffin	24/cs	24	200	99.00	49.50%	11	2	0	-	-	40	24	<1	13	3	2%	0%	2%	6%	10%	115mg	220	6%	8%	6%	
12/14/05			Cheese Streusel	Otis	1 muffin	24/cs	24	220	90.00	40.91%	10	2.5	0	-	-	25	30	<1	18	3	2%	0%	2%	4%	10%	120mg	170	8%	8%	4%	
12/14/05			Choc.Choc.Chip	Otis	1 muffin	24/cs	24	220	108.00	49.09%	12	2.5	0	-	-	45	28	<1	17	3	2%	0%	2%	4%	10%	170mg	180	6%	8%	4%	
12/14/05		Brownies	Dbl.Chocolate	Otis	1 Brownie	1/2 Sheet	40	260	103.50	39.81%	11.5	3	-	-	-	15	37	<1	1	26	3	0%	0%	0%	2%	-	-	165	6%	6%	4%
12/14/05		Tortillas	Corn Tortilla Chips	Mission Foods	10 CHIPS	12 #s	32	140	63.00	45.00%	7	1	-	-	-	0	19	1	0	2	0%	2%	0%	2%	-	-	85	-	-	-	
12/14/05			Flour, Die-Cut	Tyson	1 Piece	288/cs	288	180	36.00	20.00%	4	0.5	-	0	1	0	31	2	2	6	0%	0%	6%	10%	-	-	210	-	-	-	
12/14/05			Heat Pressed	Tyson	2 Pieces	144/cs	144	170	40.50	23.82%	4.5	1	0.5	2	0	0	29	2	1	5	0%	0%	2%	8%	-	-	340	-	-	-	
11/30/05		Commodity	Apple Slices	USDA	1/4 cup	#10 Can	50.4	25	0.00	0.00%	0	0	0	-	-	0	5	0	0	0	-	-	-	-	-	-	6	-	-	-	
11/30/05			Applesauce	USDA	1/4 cup	#10 Can	47.6	48	0.90	1.88%	0.1	0	0	-	-	0	12	0	0	0	-	1mg	3mg	-	-	-	2	-	-	-	
11/30/05			Beans, Green	USDA	1/4 cup	#10 Can	45.3	7	0.27	3.86%	0.03	0.01	-	-	-	0	1	0	0	11 RE	1mg	9mg	-	-	-	85	-	-	-		
11/30/05			Beans, Veg.	USDA	1/4 cup	#10 Can	48.9	60	3.60	6.00%	0.4	0.1	-	-	-	0	12	3	0	8 RE	1mg	0	.9mg	-	-	230	-	-	-		
11/30/05			Beef, Grd.	USDA	2 oz	36# cs	40	140	72.00	51.43%	8	3	-	-	-	50	0	0	0	0	-	10mg	1.5mg	-	-	40	-	-	-		
11/30/05			Beef Crumb.VPP	USDA	2 oz	5# pack	40	145	82.80	57.10%	9.2	3	-	-	-	38	1.9	0	0	13.3	-	19mg	1.7mg	-	-	334	0.09	0.146	-		
11/30/05	CN Label		Beef Pat.Sticks	Advance	2 oz	500/cs	125	307																							

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Date of Data Entry	CN Label (Child Nutrition)	Item/Component or Ingredient	Food Item	Manufacturer of Food	Standard Portion Size	Package Size	Servings per Container	Calories per portion	Calories from Fat	% of calories from fat	Total Fat grams	Saturated Fat grams	Trans Fat grams	Polysat. Fat grams	Monouns. Fat grams	Cholesterol mg.	Total Carbohydrates grams	Dietary Fiber grams	Sugars grams	Protein grams	Vitamin A IU (RE) %	Vitamin C %	Calcium %	Iron %	Phosphorus %	Potassium %	Sodium mg	Thiamine mg	Riboflavin mg	Niacin mg		
12/15/05			LF 1% White	McArthur Dairy	1 cup	1 Carton	1	110	22.50	20.45%	2.5	1.5	0	-	-	15	13	0	13	8	10%	4%	30%	0%	-	410mg	125	-	-	-		
12/15/05			FF Skim Milk	McArthur Dairy	1 cup	1 Carton	1	90	0.00	0.00%	0	0	0	-	-	<5	13	0	13	9	10%	4%	30%	0%	-	430mg	130	-	-	-		
12/15/05		Sour Cream Yogurt	Sour Cream	McArthur Dairy	2 tbsp	5#	75	60	45.00	75.00%	5	4	0	-	-	20	2	0	1	1	4%	0%	4%	0%	-	50mg	55	-	-	-		
12/15/05			Blueberry-Lite	McArthur Dairy	1 cup	1 6oz Co	5	90	0.00	0.00%	0	0	0	-	-	<5	17	-	13	6	6%	0%	15%	-	15%	270mg	95	-	15%	-		
12/15/05			Peach, Lite	McArthur Dairy	1 cup	1 6oz Co	5	90	0.00	0.00%	0	0	0	-	-	<5	17	-	12	6	8%	0%	15%	-	15%	290mg	95	-	15%	-		
12/15/05			Strawberry, Lite	McArthur Dairy	1 cup	1 6oz Co	5	90	0.00	0.00%	0	0	0	-	-	<5	17	-	12	6	6%	2%	15%	-	15%	290mg	120	-	15%	-		
12/15/05			Blueberry, Regul.	McArthur Dairy	1 cup	1 6oz Co	5	140	13.50	9.64%	1.5	1	0	-	-	5	26	-	25	6	2%	2%	25%	-	20%	280	130	-	25%	-		
12/15/05			Peach, Reg.	McArthur Dairy	1 cup	1 6oz Co	5	150	13.50	9.00%	1.5	1	0	-	-	5	28	-	27	6	2%	4%	25%	-	20%	300	95	-	25%	-		
12/15/05			Strawberry, Reg.	McArthur Dairy	1 cup	1 6oz Co	5	150	13.50	9.00%	1.5	1	0	-	-	5	28	-	26	6	-	4%	25%	-	20%	290	110	-	25%	-		
12/15/05		Frozen Beef/Pork	Ground Beef	-	4 oz	80/box	80	300	216.00	72.00%	24	-	-	-	-	-	0	0	0	22	-	-	-	-	-	-	-	-	-	-		
12/15/05			Meat Corn Dog	State fair	1 piece	48/cs	48	340	153.00	45.00%	17	8	-	-	-	15	40	2	19	7	0%	2%	0%	8%	-	-	1040	-	-	-	-	
12/15/05			Sausage Patty	Jimmy Dean	1 patty	1/cs	1	90	63.00	70.00%	7	2.5	-	-	-	20	1	0	0	6	2%	0%	2%	4%	-	-	220	-	-	-	-	
12/15/05			Saug. & pancake	State fair	1 piece	1/cs	1	240	126.00	52.50%	14	5	-	-	-	20	22	1	9	6	0%	0%	0%	8%	-	-	320	-	-	-	-	
12/15/05			Wiener	Lykes	1 piece	80/cs	80	165	126.00	76.36%	14	5	-	-	-	30	4	0	0	7	0%	0%	1%	2%	-	-	660	-	-	-	-	
12/15/05	CN Label	Chicken	Brd. Brst.Patties	Tyson	3.53 oz	60/cs	60	230	135.00	58.70%	15	4	0	4	6	75	12	1	0	12	0%	0%	4%	6%	-	-	490	-	-	-	-	
12/15/05			Brd. Brst.Chunks	Tyson	5 pieces	50/cs	50	230	135.00	58.70%	15	4	0	4	6	75	11	1	0	12	0%	0%	4%	6%	-	-	470	-	-	-	-	
12/15/05	CN Label		Brd. Brst.Popcor	Tyson	14 bites	20# cs	103	210	108.00	51.43%	12	-	-	-	-	30	14	-	-	13	-	-	-	-	-	530	-	-	-	-		
12/15/05			Buf.Brst.Patties	Pierre	3 oz	75/cs	75	216	97.20	45.00%	10.8	2.2	-	-	-	-	13.6	1.34	-	16.1	102.5 IU	0.11mg	23.7mg	1.56mg	205.5mg	206.4mg	677.1	0.18mg	0.13mg	5.71mg		
12/15/05	CN Label		Chicken Patties	Tyson	2.75 oz	102/cs	102	150	90.00	60.00%	10	3	-	-	-	45	1	0	0	13	2%	0%	2%	6%	-	-	370	-	-	-		
12/15/05			Cut Frying Chick	Tyson	No Data	Available	-	-	0.00	#DIV/0!	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
12/15/05			Drumstix, Frying	Tyson	No Data	Available	-	-	0.00	#DIV/0!	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
12/15/05	CN Label		Grid.Dark Strips	Tyson	3 oz	53/cs	53	130	54.00	41.54%	6	1.5	-	-	-	65	2	0	1	17	0%	0%	2%	6%	-	-	740	-	-	-	-	
12/15/05	CN Label		Thighs, Frying	Tyson	1 piece	96/cs	96	220	153.00	69.55%	17	5	-	-	-	85	0	0	0	15	2%	0%	0%	0%	-	-	70	-	-	-	-	
12/15/05			Wings,Hny.BBQ	Tyson	4 pieces	136/cs	34	200	117.00	58.50%	13	3.5	0	2.5	6	105	4	0	1	18	2%	0%	6%	6%	-	-	380	-	-	-	-	
12/15/05		Turkey Seafood Other	Corn Dogs	State fair	1 piece	72/cs	72	280	108.00	38.57%	12	3	-	-	-	40	32	2	8	9	2%	2%	8%	10%	-	-	1080	-	-	-	-	
12/15/05	CN Label			Crn.Ml.Scribbles	Fishery Prdts.	4.5 oz	35/cs	35	270	126.00	46.67%	14	3	-	-	-	40	23	1	2	14	0%	0%	2%	8%	-	-	360	-	-	-	-
12/15/05			Frz.Whole Eggs	-	1 oz	30# cs	-	44.89	28.53	63.56%	3.17	0.97	-	-	-	156	0.34	0	-	3.45	148 IU	-	15.91mg	.59mg	51.14mg	36.93mg	39.2	.02mg	.09mg	.02mg		
12/15/05			Frnch Tst.Stix	Butterworth's	4 pieces	180/cs	45	260	99.00	38.08%	11	2	-	-	-	<5	37	1	6	5	0%	0%	4%	10%	-	-	520	-	-	-	-	
12/15/05			Non-D Whip Tpg	Rich Prdts	2 tbsp	12/32 oz	101	25	18.00	72.00%	2	2	0	-	-	0	2	0	2	0	0%	0%	0%	0%	-	-	0	-	-	-	-	
12/15/05				-	-	-	-	-	0.00	0.00%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
12/15/05		Fruits	Applesauce	Reddi Maid	1/2 cup	6# 12 oz	24	90	0.00	0.00%	0	0	0	-	-	0	23	2	18	0	0%	0%	0%	0%	-	-	15	-	-	-	-	
12/15/05				Apples, Sliced	Port Royal	1/2 cup	21/cs	21	50	0.00	0.00%	0	0	0	-	-	0	12	2	11	0	0%	0%	0%	0%	-	-	20	-	-	-	-
12/15/05			Cranberry Sauce	Clement Pappas	1/4 cup	7# 5 oz	47	100	0.00	0.00%	0	0	0	-	-	0	26	1	17	0	0%	0%	0%	0%	-	-	35	-	-	-	-	
12/15/05			Fruit Mix	Libby's	1/2 cup	6#, 6 oz	24	80	0.00	0.00%	0	0	0	-	-	0	18	1	15	1	4%	2%	0%	0%	-	-	5	-	-	-	-	
12/15/05		Vegetables	Peaches, Sliced	Port Royal	1/2 cup	6# 10 oz	24	70	0.00	0.00%	0	0	0	-	-	0	17	0	13	0	0%	2%	0%	0%	-	90mg	10	-	-	-	-	
12/15/05				Beans, Chili Hot	Allen Canning	1/2 cup	6# 15 oz	24	120	9.00	7.50%	1	0	0	-	-	0	22	8	8	6	2%	0%	4%	10%	-	-	400	-	-	-	-
12/15/05				Beans, Garbanzo	Allen Canning	1/2 cup	6# 15 oz	25	120	22.50	18.75%	2.5	0	0	-	-	0	19	8	0	5	0%	0%	2%	6%	-	-	330	-	-	-	-
12/15/05				Beans, Kidney	Allen Canning	1/2 cup	6# 15 oz	24	130	4.50	3.46%	0.5	0	0	-	-	0	22	8	1	8	0%	0%	6%	10%	-	-	310	-	-	-	-
12/15/05				Beans, w/Pork	Allen Canning	1/2	7#	24	130	9.00	6.92%	1	0	0	-	-	0	23	7	6	6	4%	0%	4%	25%	-	-	420	-	-	-	-
12/15/05				Beans, Refried	Allen Canning	1/2 cup	7#	26	150	22.50	15.00%	2.5	1	0	-	-	0	24	11	1	7	0%	0%	4%	10%	-	-	360	-	-	-	-
12/15/05				Broccoli Cuts	Paris Foods	1 cup	-	-	25	0.00	0.00%	0	0	0	-	-	0	4	2	1	2	10%	60%	2%	2%	-	-	20	-	-	-	-
12/15/05				Broccoli Spears	Paris Foods	2 spears	-	-	25	0.00	0.00%	0	0	0	-	-	0	4	2	1	3	10%	60%	2%	2%	-	-	25	-	-	-	-
12/15/05				California Blend	Paris Foods	85 grams	-	-	30	0.00	0.00%	0	0	0	-	-	0	7	1	0	1	7220mg	38mg	45mg	0.6mg	-	-	-	-	-	-	-
12/15/05				Carrots, Sliced	Paris Foods	2/3 cup	-	-	-	0.00	0.00%	0	0	0	-	-	0	-	2	-	1	-	-	-	-	-	-	-	-	-	-	-
12/15/05				Corn, Cut	Paris Foods	2/3 cup	-	-	80	9.00	11.25%	1	0	0	-	-	0	19	1	5	3	0%	4%	0%	0%	-	-	10	-	-	-	-
12/15/05				Corn, On Cob	Paris Foods	1 Ear	-	-	80	9.00	11.25%	1	0	0	-	-	0	18	1	4	3	0%	4%	0%	0%	-	-	10	-	-	-	-
12/15/05				Green Bean, Cut	Allen Canning	1/2 cup	6# 10 oz	25	30	0.00	0.00%	0	0	0	-	-	0	6	3	3	0	4%	4%	4%	4%	-	-	320	-	-	-	-
12/15/05				Italian Blend	Paris Foods	2/3 cup	-	-	23	0.00	0.00%	0	0	0	-	-	0	4	2	2	1	25%	15%	1%	1%	-	-	21	-	-	-	-
12/15/05				Mixed Vegetables	Paris Foods	85 grams	-	-	50	0.00	0.00%																					

Champ's Cafe Products' Nutrient Data Chart

Date of Data Entry	CN Label (Child Nutrition)	Item/Component or Ingredient	Food Item	Manufacturer of Food	Standard Portion Size	Package Size	Servings per Container	Calories per portion	Calories from Fat	% of calories from fat	Total Fat grams	Saturated Fat grams	Trans Fat grams	Polyunsat. Fat grams	Monounsat. Fat grams	Cholesterol mg.	Total Carbohydrates grams	Dietary Fiber grams	Sugars grams	Protein grams	Vitamin A IU (RE) %	Vitamin C %	Calcium %	Iron %	Phosphorus %	Potassium %	Sodium mg	Thiamine mg	Riboflavin mg	Niacin mg	
12/12/05			Lucky Charms	General Mills	28 gm			110	9.00	8.18%	1	0	-	-	-	0	23	1	12	2	8%	8%	8%	20%	-	-	190	20%	20%	20%	
12/12/05			Raisin Bran	Kellogs	35 gm	1 1/4 oz	1	110	9.00	8.18%	1	0	-	-	-	0	27	4	11	3	6%	0%	0%	15%	-	-	210	15%	15%	15%	
12/12/05			Rice Crunchins	General Mills	21 gm	4.5#	90	70	0.00	0.00%	0	0	-	-	-	0	18	0	2	1	10%	15%	0%	6%	-	-	200	15%	15%	15%	
12/12/05			Trix	General Mills	21 gm			80	9.00	11.25%	1	0	-	-	-	0	18	<1	9	1	6%	6%	6%	15%	-	-	130	15%	15%	15%	
12/12/05			Buttermilk	Ken's Foods	1.5 oz			260	252.00	96.92%	28	4	-	-	-	10	2	0	2	1	0%	0%	4%	0%	-	-	240	-	-	-	
12/12/05			Creamy Caesar	Ken's Foods	1.5 oz			210	207.00	98.57%	23	3.5	-	-	-	0	2	0	2	1	2%	0%	2%	0%	-	-	420	-	-	-	
1/17/06			French	Poco Pac																											
12/12/05			Country French	Ken's Foods	1.5 oz			180	135.00	75.00%	15	2	-	-	-	0	12	0	11	0	4%	2%	0%	2%	-	-	300	-	-	-	
12/12/05			Honey Mustard	Ken's Foods	1.5 oz			140	117.00	83.57%	13	2	-	-	-	10	5	0	5	0	0%	0%	0%	2%	-	-	250	-	-	-	
12/12/05			Honey Mustard	Nat. Fresh	2 tbsp			130	90.00	69.23%	10	1.5	-	-	-	10	9	0	8	0	-	-	-	-	-	-	90	-	-	-	
12/12/05			Italian	-	12 gm	1	1	60	54.00	90.00%	6	1	-	-	-	0	1	0	1	0	0%	0%	0%	0%	-	-	90	-	-	-	
12/12/05			Creamy Italian	Ken's Foods	1.5 oz			180	162.00	90.00%	18	2.5	-	-	-	0	4	0	3	0	2%	0%	0%	0%	-	-	420	-	-	-	
12/12/05			Lite Italian	Ken's Foods	1.5 oz			35	27.00	77.14%	3	0	-	-	-	0	3	0	2	0	0%	0%	0%	0%	-	-	530	-	-	-	
12/12/05			FF Ranch	Ken's Foods	1.5 oz			45	0.00	0.00%	0	0	-	-	-	0	11	1	4	0	0%	0%	2%	0%	-	-	550	-	-	-	
12/12/05			Ranch	-	12 gm			60	54.00	90.00%	6	1	-	-	-	5	1	0	0	0	0%	0%	0%	0%	-	-	90	-	-	-	
12/12/05			Sweet Relish	-	9 gm			10	0.00	0.00%	0	0	-	-	-	0	3	0	3	0	0%	0%	0%	0%	-	-	75	-	-	-	
12/12/05			Thousand Island	Poco Pac	12 gm			24	18.00	75.00%	2	0	-	-	-	2	2	0	2	0	0%	0%	0%	0%	-	-	112	-	-	-	
12/12/05			Apl.Cin.Nutri-Grn	-	37 gm	1 bar	1 bar	140	27.00	19.29%	3	0.5	-	-	-	0	27	1	13	2	15%	0%	20%	10%	-	-	110	25%	25%	25%	
12/12/05			Bl.Bry.Nutri-Grn.	-	37 gm	1 bar	1 bar	140	27.00	19.29%	3	0.5	-	-	-	0	27	1	13	2	15%	0%	20%	10%	-	-	110	25%	25%	25%	
1/18/06			Butterfinger	Quaker Oats	1 bar		10 bars	120	36.00	30.00%	4	1.5	0	-	-	-	20	1	9	1	-	-	10%	4%	-	-	60	-	-	-	
12/12/05			Strbry.Nutri-Grn	-	37 gm	1 bar	1 bar	140	27.00	19.29%	3	0.5	-	-	-	0	27	0	13	2	15%	0%	20%	10%	-	-	110	25%	25%	25%	
12/12/05			LF Choc.Chunk	Quaker	28 gm		10	120	0.00	0.00%	0	0.5	-	-	-	0	22	1	10	2	0%	0%	0%	2%	-	-	65	4%	0%	0%	
1/18/06			Lasagna	Roselli	2 oz		80	210	9.00	4.29%	1	0	-	0.5	0	0	42	2	3	7	-	-	10%	-	-	0	30%	10%	15%		
1/18/06			Macaroni, Elbow	Prince	2/3 cup		320	200	4.50	2.25%	0.5	0	-	-	-	0	40	2	2	8	0%	0%	0%	10%	-	-	10	35%	15%	15%	
12/12/05			Spaghetti	Gilstr-MaryLee	2 oz	5# pkg	41	210	0.00	0.00%	0	0	-	-	-	0	42	2	1	7	0%	0%	0%	10%	-	-	0	35%	15%	15%	
12/12/05			BBQ Sauce	Cattleman's	2 tbsp	4.1 gal.		40	0.00	0.00%	0	0	-	-	-	0	9	4	6	0	0%	0%	0%	0%	-	-	370	-	-	-	
12/12/05			Cheddar Cheese	Trenton Farms	1/4 cup		48	70	54.00	77.14%	6	2	-	-	-	<5	4	0	0	1	0%	0%	2%	0%	-	-	570	-	-	-	
12/12/05			Hot Sauce	Poco Pac	3 gm			0	0.00	#DIV/0!	0	0	-	-	-	0	0	0	0	0	4%	2%	0%	0%	-	-	20	-	-	-	
2/3/06			Pizza Sauce w/basil	Roselli	1/4 cup	6#, 10 o	49	35	9.00	0.00%	0	0	-	-	-	0	7	2	4	2	8%	0%	6%	6%	-	-	280	-	-	-	
2/3/06			Spaghetti	Furmano	1/2 cup	6#,9 oz	24	50	9.00	18.00%	1	1	0	-	-	0	9	2	7	2	10%	4%	2%	6%	-	-	440	-	-	-	
12/12/05			Sweet & Sour	-	1 oz			45	0.00	0.00%	0	0	-	-	-	0	11	0	10	0	0%	0%	0%	0%	-	-	110	-	-	-	
12/12/05			Taco Sauce	Boca Gande Fs	9 gm			5	0.00	0.00%	0	0	-	-	-	0	0	0	0	0	2%	0%	0%	0%	-	-	40	-	-	-	
12/12/05			Tartar	-	9 gm		1	45	45.00	100.00%	5	0.5	-	-	-	5	1	0	1	0	0%	0%	0%	0%	-	-	55	-	-	-	
12/12/05			Tartar	-	12 g		1	60	54.00	90.00%	6	1	-	-	-	5	2	0	1	0	0%	0%	0%	0%	-	-	75	-	-	-	
12/12/05			Tartar	-	43 g		1	230	207.00	90.00%	23	3.5	-	-	-	15	6	0	3	0	0%	2%	2%	2%	-	-	260	-	-	-	
12/12/05			Western BBQ	Ken's Foods	1 oz		1	40	4.50	11.25%	0.5	0	-	-	-	0	8	0	7	0	2%	0%	0%	0%	-	-	380	-	-	-	
12/12/05			Apple, ECO	M&B	8 fl oz	70/8 fl o	70	120	0.00	0.00%	0	0	-	-	-	0	28	0	0	0.21	0 IU	120mg	14.3mg	1.44mg	21.74mg	254mg	2.65	0.1mg	0.6mg	0.01mg	
12/12/05			Apple, Pouch	M&B	4 fl oz	96/4 fl o	96	60	0.00	0.00%	0	0	-	-	-	0	14	0	14	0.13	0 IU	60mg	7.18mg	.72mg	10.52mg	123mg	1.28	0.1mg	0.3mg	0.1mg	
12/12/05			Mr.J Fruit Blend	M&B	4 fl oz	96/4 fl o	96	60	0.00	0.00%	0	0	-	-	-	0	14	0	13	0.21	8.28 IU	4.46mg	7.3mg	.54mg	9.08mg	112.74mg	1.2	0.02mg	0.03mg	0.15mg	
12/12/05			Mr.J Orange	M&B	4 fl oz	96/4 fl o	96	60	0.00	0.00%	0	0	-	-	-	0	15	0	19	1.4	353.28IU	30mg	16.19mg	.12mg	18.82mg	239.35mg	0.04mg	.12mg	.04mg	2.83mg	
12/12/05			Mr.J Org/Pineap	M&B	4 fl oz	96/4 fl o	96	60	0.00	0.00%	0	0	-	-	-	0	16	0	15	1	118.77IU	23.98mg	13.24mg	.28mg	11.86mg	176.28mg	1.33	.09mg	.03mg	1.07mg	
12/12/05			OJ/Cal/A&D Fort	M&B	8 fl oz	70/8 fl o	70	120	0.00	0.00%	0	0	-	-	-	0	30	0	29.8	0	500IU	60mg	302mg	.24mg	39mg	495mg	3.69mg	.26mg	.09mg	5.8mg	
12/12/05			OJ Desert Bar	M&B	3.1 fl oz	3.1 fl oz	1	90	0.18	0.20%	0.02	0	-	-	-	0	8.56	0.09	0.09	0.53	195IU	80mg	66mg	.09mg	12.51mg	148.27mg	8.39mg	.06mg	.01mg	.16mg	