ITEM DESC WEIGHT SERVING

---- ---- ------ -------

skim.kids SKIM MILK 245.00 8 OZ

(milk2) 1% OR 2% MILK (8 OZ. GLASS) 244.00

milk1% 1% MILK (50%) 122.00 8 OZ

milk2% 2% MILK (50%) 122.00 8 OZ

milk WHOLE MILK 244.00 8 OZ

almond.milk SWEETENED+UNSWEETENED ALMOND MILK MIXED FLAVORS 240.00 8 OZ

soymilk.fort FORTIFIED SOYMILK 240.00 8 OZ

plant.milk PLANT-BASED MILK (EXCLUDES SOY,ALMOND) 240.00 1 CUP

cream FLUID LIGHT CREAM 15.00 TBSP

cof.wht 88% LIQUID AND 12% POWDERED COFFEEMATE, 2011 14.00 TBSP

(yogurt.frozen) FROZEN YOGURT, SHERBET, OR LOW-FAT ICE CREAM (1 CUP) 122.25

yogurt.frozen.lf LOW FAT FROZEN YOGURT (27%) 35.37 1 CUP

ice.cr.lt LIGHT VANILLA ICE CREAM (40%) 48.00 CUP

sherb ORANGE SHERBERT (21%) 31.08 CUP

yogurt.frozen.gk YOGURT FROZEN GREEK (12%) 7.80 1 BAR

ice.cr VANILLA ICE CREAM 171.00 1 CUP

bu SALTED BUTTER 5.00 TSP

(margarine)

t.bel.bu.43 I CAN'T BELIEVE IT'S NOT BUTTER 43% TUB 4.70

(spread.bu)

t.bu.can.lol.36 LAND O LAKES LIGHT BUTTER WITH CANOLA OIL 4.70

\*Any combination of yogurt types may be selected

yog.plain PLAIN LOWFAT YOGURT 170.00 6 OZ

yog.plain.whl PLAIN WHOLE YOGURT 170.00 6 OZ

yog.greek.pl.whl PLAIN GREEK WHOLE YOGURT 170.00 6 OZ

yog.greek.pl PLAIN GREEK YOGURT 150.00 5.3 OZ

\*Any combination of yogurt types may be selected

yog.lt ARTIFICIALLY SWEETENED NONFAT LIGHT FRUIT YOGURT

170.00 6 OZ

yog.greek.lt LIGHT GREEK YOGURT 150.00 5.3 OZ

\*Any combination of yogurt types may be selected

yog LOWFAT FRUITED YOGURT 170.00 6 OZ

yog.greek GREEK YOGURT 150.00 5.3 OZ

yog.greek.whl GREEK WHOLE YOGURT 170.00 6 OZ

yog.whl WHOLE, FRUIT YOGURT 170.00 6 OZ

(cot.ch) \*Any combination of cottage cheese types may be selected

lofat.cott 1% LOWFAT COTTAGE CHEESE (default) 113.00 0.5 CUP

cot.ch COTTAGE CHEESE 109.00 0.5 CUP

cot.ch.ff NONFAT COTTAGE CHEESE 113.00 0.5 CUP

(cr.ch)) \*Any combination of cream cheese types may be selected

cr.ch CREAM CHEESE (default) 28.00 OZ

lofatcr.cheese NEUFCHATEL CHEESE (LOWFAT CREAM CHEESE) 28.00 OZ

cr.ch.ff FAT FREE CREAM CHEESE 28.00 OZ

(oth.ch) \*Any combination of other cheese types may be selected

oth.ch CHEDDAR CHEESE (default) 28.00 OZ

lofat.cheese LOW FAT CHEDDAR/COLBY CHEESE 28.00 OZ

am.ch.nofat PASTEURIZED PROCESSED NONFAT AMERICAN CHEESE 19.00 SLICE

(raisgrp) RAISINS OR GRAPES 57.76 OZ or 0.5 CUP

(raisgrp) RAISINS (1 OZ. OR SMALL PACKAGE) OR GRAPES (1/2 CUP) 57.76

rais RAISINS (38%) 10.64 OZ

grapes RED/GREEN SEEDLESS GRAPES (62%) 47.12 0.5 CUP

(prun) PRUNES OR DRIED PLUMS (1/2 CUP CANNED OR 1/4 CUP DRIED) 59.28 0.5 CUP

dr.prune DRIED PLUMS (PRUNES) (78%) 33.54 0.25 CUP

prun PRUNES CANNED IN HEAVY SYRUP (W/SYRUP) (22%) 25.74 0.5 CUP

ban RAW BANANAS 118.00 MEDIUM

cant CANTALOUPE 138.00 0.25 MELON

avocado AVOCADO 100.00 0.5 FRUIT

(apple) FRESH APPLES OR PEARS (1) 180.96 MEDIUM

apple RAW APPLES WITH SKIN (74%) 134.68 MEDIUM

pear RAW PEARS (26%) 46.28 MEDIUM

a.j UNSWEETENED APPLE JUICE 217.00 7 OZ

tangerine RAW TANGERINES 88.00 MEDIUM FRUIT

orang RAW ORANGES 131.00 MEDIUM

o.j.ca.d ORANGE JUC,CHILLED,INCL FROM CONC,W/ ADDED CA & VITAMIN D 186.00 6 OZ.

o.j UNSWEETENED FROZEN ORANGE JUICE, PREPARED WITH WATER 186.00 6 OZ

(grfrt) GRAPEFRUIT (1/2) OR GRAPEFRUIT JUICE (SMALL GLASS) 145.10 0.5 MEDIUM

grfrt RAW GRAPEFRUIT (70%) 89.60 0.5 MEDIUM

grfrt.j GRAPEFRUIT JUICE (30%) 55.50 6 OZ

(oth.f.j) OTHER FRUIT JUICES (SUCH AS CRANBERRY, GRAPE) (SMALL GLASS) 188.66 6 OZ

oth.f.j BOTTLED CRANBERRY JUICE COCKTAIL (52%) 98.80 6 OZ

p.apple.j CANNED, UNSWEETENED PINEAPPLE JUICE (10%) 18.80 6 OZ

grape.j GRAPE JUC,CND OR BTLD,UNSWTND,W/ ADDED VIT C & CA (25%) 46.75 6 OZ

pom.jc POMEGRANATE JUICE (13%) 24.31 6 OZ

straw RAW STRAWBERRIES 76.00 0.5 CUP

blue BLUEBERRIES 74.00 0.5 CUP

(peaches) PEACHES OR PLUMS (1 FRESH OR 1/2 CUP CANNED) 130.60

peach RAW PEACHES (70%) 105.00 MEDIUM

peach.cn.jc CANNED JUICE PACKED PEACHES (W/JUICE) (10%) 12.40 0.5 CUP

plums RAW PLUMS (20%) 13.20 1 FRUIT

(apricot) APRICOTS (1 FRESH, 1/2 CUP CANNED OR 5 DRIED) 24.29 1 FRUIT

dr.apric SULFURED DRIED APRICOTS (63%) 11.34 5 HALVES

apricot RAW APRICOTS (37%) 12.95 1 FRUIT

tom RIPE, RED TOMATOES 40.00 2 SLICES

(tom.j) TOMATO JUICE OR V-8 JUICE (SMALL GLASS) 182.00 6 OZ

tom.j CANNED, SALTED TOMATO JUICE (39%) 70.98 6 OZ

v8 CANNED VEGETABLE JUICE (61%) 111.02 6 OZ

tom.s READY TO SERVE MARINARA/SPAGHETTI SAUCE 128.00 0.5 CUP

salsa SALSA 64.00 0.25 CUP

st.beans BOILED, DRAINED, UNSALTED GREEN BEANS 68.00 0.5 CUP

humus HUMMUS,COMMERCIAL 62.00 0.25 CUP

(beans) BEANS OR LENTILS, BAKED, DRIED (1/2 CUP) OR SOUP 103.60 0.5 CUP

beans CANNED NAVY BEANS (12%) 15.72 0.5 CUP

blk.beans BOILED, UNSALTED BLACK BEANS (24%) 20.64 1/2 CUP

red.bean BOILED, UNSALTED, RED KIDNEY BEANS (26%) 22.88 0.5 CUP

lentils BOILED, UNSALTED LENTILS (12%) 11.88 0.5 CUP

baked.bn BEANS,BKD,CND,PLN OR VEGETARIAN (14%) 18.20 1/2 CUP

beans.refr REFRIED BNS,CND,TRADITIONAL STYLE (12%) 14.28 1/2 CUP

(tofu) SOY BURGER, TOFU, MISO OR OTHER SOY PROTEIN 93.62 3.5 OZ

soy.burger SOY BURGER (10%) 9.90 3.5 OZ

tofu SOFT TOFU (34%) 33.32 3.5 OZ

soy.beans BOILED, DRAINED, UNSALTED GREEN SOYBEANS (56%) 50.40 0.5 CUP

plant.burg PLANT-BASED BURGER 113.00 1 PATTY

(peas) PEAS OR LIMA BEANS (1/2 CUP FRESH, FROZEN, CANNED) OR SOUP 81.25 0.5 CUP

peas BOILED, DRAINED, UNSALTED GREEN PEAS (75%) 60.00 0.5 CUP

lima.beans BOILED, DRAINED, UNSALTED LIMA BEANS (25%) 21.25 0.5 CUP

broc BOILED, DRAINED, UNSALTED BROCCOLI 78.00 0.5 CUP

caul BOILED, DRAINED, UNSALTED CAULIFLOWER 62.00 0.5 CUP

(cabb) CABBAGE OR COLESLAW (1/2 CUP) 94.80 0.5 CUP

cabb BOILED, DRAINED, UNSALTED CABBAGE (40%) 30.00 0.5 CUP

coleslaw COLESLAW (FAST FOOD) (60%) 64.80 0.5 CUP

brusl BOILED, DRAINED, UNSALTED BRUSSELS SPROUTS 78.00 0.5 CUP

carrot.r RAW CARROTS 36.00 0.5 LARGE

carrot.c BOILED, DRAINED, UNSALTED CARROTS 78.00 0.5 CUP

corn BOILED, DRAINED, UNSALTED SWEET YELLOW CORN KERNELS 82.00 0.5 CUP

mix.veg BOILED, DRAINED, UNSALTED MIXED FROZEN VEGETABLES 91.00 0.5 CUP

(swt.pot) YAMS OR SWEET POTATOES, INCLUDE

SWEET POTATO FRIES (1/2 CUP) 116.80 0.5 CUP

swt.pot.bk SWEET POTATO,CKD,BKD IN SKN,FLESH,WO/ SALT (76%) 76.00 1/2 CUP

ff.pot.swt SWEET POTATO FRENCH FRIES (24%) 40.80 6 OZ.

yel.sqs BAKED, UNSALTED WINTER SQUASH 102.00 0.5 CUP

zuke BOILED, DRAINED, UNSALTED SUMMER SQUASH 90.00 0.5 CUP

(kale) KALE, ARUGULA OR MUSTARD GREENS (1/2 CUP) 35.41 0.5 CUP

arugula ARUGULA,RAW (50%) 10.50 1/2 CUP

kale BOILED, DRAINED, UNSALTED KALE (17%) 11.05 0.5 CUP

kale.raw KALE,RAW (33%) 13.86 1 CUP

spin.ckd BOILED, DRAINED, UNSALTED SPINACH 90.00 0.5 CUP

spin.raw RAW SPINACH 30.00 CUP

ice.let ICEBERG LETTUCE 89.00 NLEA SERV

rom.let ROMAINE LETTUCE 85.00 NLEA SERV

(peppers) PEPPERS: GREEN, YELLOW OR RED (2 RINGS OR 1/4 SMALL) 20.00 2 RINGS

peppers RAW GREEN PEPPERS (54%) 10.80 2 RINGS

peppers.red RAW RED PEPPERS (46%) 9.20 2 RINGS

onions RAW ONIONS 13.97 MEDIUM

(onions1)

onions RAW ONIONS 55.00 MEDIUM

eggs.omega OMEGA 3 SUPPLEMENTED EGGS 50.00 LARGE

eggs RAW WHOLE EGG 50.00 LARGE

(hotdog) BEEF HOT DOGS (1) 45.00 ONE

hotdog BEEF HOT DOG (83%) 37.35 ONE

hotdog.lf FRANKFURTER,BEEF,LOW-FAT (17%) 7.65 1 FRANK

(chix.dog) CHICKEN OR TURKEY HOT DOGS, SAUSAGES

(1) OR BACON (2 SLICES) 51.17

chix.saus CHICKEN SAUSAGE (31%) 20.77 1

turk.dog TURKEY HOT DOG (14%) 6.30 ONE

turk.saus COOKED TURKEY SAUSAGE (30%) 20.10 ONE

bacon.turk BACON,TURKEY,MICROWAVED (25%) 4.00 2 SLICES

(chix.no.sand) CHICKEN/TURKEY SANDWICH OR FROZEN DINNER 85.00

chix.deli CHICKEN BREAST,DELI,ROTISSERIE SEASONED,SLICED,PREPACKAGED

(22%) 18.70 3 OZ

turk.breast TURKEY, WHOLE, BREAST, MEAT ONLY, COOKED, ROASTED (78%) 66.30 3 OZ

(chix.sk) OTHER CHICKEN OR TURKEY, WITH

SKIN (3 OZ) (INCLUDING GROUND) 85.00 3 OZ

chix.dk CHICKEN THIGHS, WINGS, AND LEGS (51%) 43.35 2 PIECES

turkey.sk ROASTED TURKEY BREAST MEAT & SKIN (28%) 23.80 3 OZ

grnd.turk COOKED GROUND TURKEY (21%) 17.85 3 OZ

(chix.no) OTHER CHICKEN OR TURKEY, WITHOUT SKIN (3OZ) 85.00 3 OZ

turkey ROASTED TURKEY MEAT (59%) 50.15 3 OZ

chix.no ROASTED CHICKEN MEAT (25%) 21.25 3 OZ

turk.breast TURKEY, WHOLE, BREAST, MEAT ONLY, COOKED, ROASTED (16%) 13.60 3 OZ

bacon BROILED, PAN-FRIED, OR ROASTED BACON 16.00 2 SLICES

bologna BEEF AND PORK BOLOGNA 56.00 2 SLICES

proc.mts COOKED PORK & BEEF SAUSAGE 54.00 2 OUNCES

xtrlean.hamburg BROILED 93% BEEF, 7% FAT, BEEF PATTY 85.00 3 OZ

(hamb) HAMBURGER (1 PATTY) REGULAR 85.00 3 OZ

hamb BROILED 80% LEAN GROUND BEEF PATTY (51%) 43.35 3 OZ

lean.hamburg BROILED 85% LEAN MEAT GROUND BEEF PATTY (49%) 41.65 3 OZ

(sand.bf.ham) BEEF, PORK, OR LAMB AS A SANDWICH OR MIXED DISH, E.G.,

STEW, CASSEROLE, LASAGNA, FROZEN DINNERS, ETC. 84.54

beef.trm BEEF, TOP MARKET CUTS, 0"-1/8" FAT TRIM (55%) 46.20 5 OZ

ham CANNED HAM (45%) 38.34 5 OZ

(pork) PORK AS A MAIN DISH, E.G., HAM OR CHOPS (4-6 OZ) 140.78 5 OZ

pork BROILED BONE IN PORK,LOIN/CHOPS,MEAT&FAT (61%) 85.40 5 OZ

ham CANNED HAM (39%) 55.38 5 OZ

(beef)

beef.trm BEEF, TOP MARKET CUTS, 0"-1/8" FAT TRIM 140.00 5 OZ

(tuna)

tuna.all PROFILE TUNA LIGHT IN OIL,WATER; TUNA WHITE IN OIL,WATER 99.00 3.5 OZ.

fr.fish.kids PREHEATED FROZEN FISH PORTIONS/STICKS 91.00 FILLET

(shrimp.ckd) SHELLFISH, E.G., SHRIMP, CRAB, SCALLOPS, CLAMS AS MAIN DISH 85.00 3 OZ

shrimp.ckd MOIST HEAT COOKED SHRIMP (80%) 68.00 3 OZ

clams.ckd CLAM,MXD SP,CKD,MOIST HEAT (20%) 17.00 3 OZ

(dk.fish) DARK MEAT FISH, E.G., TUNA STEAK, MACKEREL, SALMON,

SARDINES, BLUEFISH, SWORDFISH (3-5 OZ) 113.00 4 OZ

swordfish DRY HEAT COOKED SWORDFISH (4%) 4.52 4 OZ

herring.atl DRY HEAT COOKED ATLANTIC HERRING (3%) 3.39 4 OZ

dk.fish DRY HEAT COOKED SOCKEYE SALMON (2%) 2.26 4 OZ

tuna.stk DRY HEAT COOKED YELLOWFIN TUNA (20%) 22.60 4 OZ

salmon.sock.cn CANNED, DRAINED SOCKEYE SALMON, WITH BONES (1%) 1.13 4 OZ

salmon.chum.ckd DRY HEAT COOKED CHUM SALMON (2%) 2.26 4 OZ

salmon.pink.cn CANNED PINK SALMON WITH BONES/LIQUID (18%) 20.34 4 OZ

salmon.pink.ckd DRY HEAT COOKED PINK SALMON (1%) 1.13 4 OZ

sardine.pac TOM SAUCE CND, DRND PACIFIC SARDINES,W/BONE (3%) 3.39 4 OZ

salmon.atl.ckd DRY HEAT COOKED FARMED ATLANTIC SALMON (44%) 49.72 4 OZ

bluefish DRY HEAT COOKED BLUEFISH (1%) 1.13 4 OZ

sardine.atl OIL CANNED, DRND ATLANTIC SARDINES, W/ BONE (1%) 1.13 4 OZ

(oth.fish) OTHER FISH, E.G, COD, HADDOCK, HALIBUT (3-5 OZ) 113.00 4 OZ

pollock DRY HEAT COOKED ATLANTIC POLLOCK (3%) 3.39 4 OZ

catfish DRY HEAT COOKED FARMED, CHANNEL CATFISH (10%) 11.30 4 OZ

tilapia.farm COOKED FARMED TILAPIA (31%) 35.03 4 OZ

cod.pacific DRY HEAT COOKED PACIFIC COD (24%) 27.12 4 OZ

flounder DRY HEAT COOKED FLATFISH (FLOUNDER & SOLE) (11%) 12.43 4 OZ

halibut DRY HEAT COOKED HALIBUT (7%) 7.91 4 OZ

haddock DRY HEAT COOKED HADDOCK (14%) 15.82 4 OZ

(get\_final\_cer) COLD CEREAL (Default shown - types and amounts will vary) 47.56 1 SERV

natural.q QUAKER, 100% nAT GRANOLA, OATS,WHEAT & HONEY (29%) 13.92

b.40%.P POST, 40% BRAN FLAKES (14%) 5.04

hon.bun.oats POST, HONEY BUNCHES OF OATS, HONEY RSTD (14%) 7.84

cheerio.hn GENERAL MILLS, CHEERIO HONEY NUT (11%) 4.07

r.krisp KELLOGG'S RICE KRISPIES (11%) 2.9

fr.miniwht KELLOGG'S FROSTED MINI-WHEATS, BIG BITE (11%) 6.6

great.grainrzdp POST, GREAT GRAINS, RAISIN, DATES, PECAN CRL (10%) 7.18

(oatmeal.bran) COOKED OATMEAL/COOKED OAT BRAN (INCLUDING INSTANT) (1 CUP) 221.59

ckd.oats REG/QUICK/INST UNENR OATS,CKD W/H2O, NO SALT (83%) 194.22 CUP

oatmeal.swt QUAKER INSTANT SWEETNED OATMEAL (17%) 27.37 2/3 CUP

(ckd.cer) OTHER COOKED BREAKFAST CEREAL, INCLUDING GRITS (1 CUP) 237.80 CUP

ckd.cer.quak QUAK MULTIGRN OATMEAL,CKD W/WATER,NO SALT (31%) 74.71 CUP

ckd.cer QUICK CREAM OF WHEAT,CKD W/WATER, NO SALT (24%) 57.36 CUP

corn.grit REG/QUICK ENR CORN GRITS,CKD W/WATER,NO SALT (29%) 74.53 1 CUP

br.rice COOKED LONG GRAIN BROWN RICE (16%) 31.20 CUP

(wh.br) BREAD OR PITA (1 SLICE): WHITE,

WHEAT, OATMEAL (NOT WHOLE GRAIN) 25.00 SLICE

dk.br WHEAT BREAD (70%) 17.50 1 SLICE

wh.br WHITE BREAD (30%) 7.50 SLICE

rye.br RYE BREAD 32.00 SLICE

(dk.br) BREAD OR PITA (1 SLICE): WHOLE WHEAT,

WHOLE GRAIN OAT, WHOLE MULTIGRAIN 37.61 1 SLICE

wheat.br WHOLE WHEAT BREAD (49%) 15.68 SLICE

mult.wg.br MULTIGRAIN WHOLE GRAIN BREAD (51%) 21.93 1 SLICE

crax.ww WHOLE WHEAT CRACKERS 20.00 20GMS

(crax.oth) CRACKERS (6): OTHER CRACKERS 19.80 20GMS

crax.multi MULTIGRAIN CRACKERS, 2011 (45%) 9.00 20GMS

crax.oth REGULAR REFINED GRAIN CRACKER (54%) 10.80 20GMS

(eng.muff) BAGELS, ENGLISH MUFFINS, OR ROLLS (1) 69.22 ONE

eng.muff PLAIN, ENRICHED ENGLISH MUFFIN (39%) 32.23 ONE

eng.muff.multi MIXED GRAIN ENGLISH MUFFIN (9%) 8.61 ONE

eng.muff.wheat WHEAT ENGLISH MUFFIN (9%) 7.44 ONE

eng.muff.ww WHOLE WHEAT ENGLISH MUFFIN (9%) 8.61 ONE

wh.br WHITE BREAD (34%) 12.32 SLICE

(muffin) MUFFINS OR BISCUITS (1) 73.20

muff MUFFIN, BLUEBERRY (30%) 27.00 1 MUFFIN

muff.bran BRAN MUFFIN (14%) 12.60 1 MUFFIN

cornbrd PREPARED CORNBREAD/CORN MUFFIN (22%) 13.20 PIECE

biscuit BISCUIT (34%) 20.40 1

pancak.all PANCAKE & WAFFLES 76.00 2 SMALL

br.rice COOKED LONG GRAIN BROWN RICE 195.00 CUP

wh.rice COOKED LONG GRAIN WHITE RICE 158.00 CUP

pasta.ww COOKED WHOLE WHEAT SPAGHETTI 140.00 CUP

pasta COOKED SPAGHETTI 140.00 CUP

(quinoa) OTHER WHOLE GRAINS, E.G., QUINOA,

BARLEY, SPELT, ETC (1 CUP) 176.60 1 CUP

barley.ckd COOKED PEARLED BARLEY (30%) 47.10 CUP

quinoa QUINOA, COOKED (70%) 129.50 1 CUP

(tortillas) TORTILLAS: CORN OR FLOUR, E.G.,

BURRITOS, QUESADILLAS, ETC. (2) 54.24 TWO

tortillas.fl FLOUR TORTILLAS (52%) 31.20 TWO

tortillas CORN TORTILLAS (48%) 23.04 TWO

(ff.pot) FRENCH FRIED POTATOES (EXCLUDE SWEET

POTATO FRIES) (6 OZ. OR 1 SERVING) 170.00 6 OZ

ff.pot.fast FAST FOOD FRENCH FRIES, 2018 (75%) 127.50 6 OZ

ff.pot FROZEN FRENCH FRIES, PREPARED (25%) 42.50 6 OZ

(pot) POTATOES, BAKED, BOILED (1) OR MASHED (1 CUP) 190.76

pot+skin BAKED, UNSALTED POTATO, FLESH & SKIN (52%) 89.96 1 MEDIUM

mashed.pot RTS,INSTANT, & HOME MASHED POTATO (48%) 100.80 1 CUP

snack.chip COMBO POTATO CHIP/TORTILLA CHIP, REGULAR,REDUCED FAT,BAKED 28.00 1 OZ.

pizza.f.r RESTAURANT & FROZEN CHEESE PIZZA 221.20 2 SLICES

dietsoda.caf DIET SODA WITH CAFFEINE 355.00 12 OZ

dietsoda.nocaf DIET SODA NO CAFFEINE 355.00 12 OZ

coke CAFFEINATED COLA 368.00 12 OZ

soda.nocaf OTH CARBONATED BEV WITH SUGAR WITHOUT CAFF 370.00 12 OZ

(punch) OTHER SUGARED BEVERAGES: PUNCH, LEMONADE, SPORTS

DRINKS, OR SUGARED ICE TEA (1 GLASS, BOTTLE, CAN) 377.57

lemonade.drk FRZ WHITE LEMONDE FROM CONC, WATER ADDED 123.88 12 OZ

citrus.drk CITRUS FRUIT JUICE FROM FROZEN CONC, WATER ADDED 123.88 12 OZ

sug.ice.tea INSTANT LEMON FLAV, SUGAR SWEETENED, POWD TEA 11.32 4.5 TSP DRY

h2o TAP WATER 118.50 8 OZ

(beer) BEER REGULAR, LIGHT OR HARD CIDER (1 GLASS, BOTTLE, CAN) 356.00 12 FL OZ

r.wine RED WINE 147.00 5 OZ

w.wine WHITE WINE 147.00 5 OZ

liq WHITE & DARK SPIRITS, HARD SELTZER & MIXED COCKTAIL 42.00 1 DRINK OR SHOT

h2o TAP WATER 237.00 8 OZ

(tea.decaf)

h2o TAP WATER 237.00 8 OZ

tea BREWED TEA 237.00 8 OZ

decaf PREPARED INSTANT DECAF COFFEE 239.00 8 OZ

coff BREWED COFFEE 237.00 8 OZ

coff.drink COFFEE DRINKS, CAPPUCCINO, LATTE, MOCHA, FRAPP 360.00 12 OZ.

choc MILK CHOCOLATE CANDIES 44.00 BAR

choc.dark DARK CHOCOLATE BAR 41.00 BAR

(candy.nuts)

candy.&.nuts 50%SNICKERS,35%REESES,15%PNUTM&M 57.00 BAR OR BAG

candy CANDIES, NON-CHOCOLATE 28.00 1 OZ

(coox.brn) COOKIES (1) OR BROWNIES (1): READY

MADE OR FROM MIX OR DOUGH 25.76

coox.rte COOKIE, COMMERCIAL (66%) 11.22 1

cc.dough CHOCOLATE CHIP COOKIE DOUGH (12%) 1.56 1 COOKIE

brownie.rte READY-TO-EAT BROWNIE (22%) 12.98 1

(coox.brn.home) COOKIES (1) OR BROWNIES (1): HOME-BAKED, FROM SCRATCH 20.12

brownie.home HOME-MADE BROWNIE 6.48 ONE

coox.home.cc HOME PREPARED CHOCOLATE CHIP COOKIES 11.44 ONE

bu SALTED BUTTER 2.20 TSP

donut CAKE&YEAST,CHOC&PLAIN,FROSTED,GLAZE,PWDR DONUT 42.00 MEDIUM

(cake.frost) CAKE, HOMEMADE OR READY MADE (SLICE) 80.20 1 SLICE

cake.frost HOME-BAKED AND COMMERCIAL CAKE 77.00 1 SLICE

rapeseed OIL,CANOLA 3.20 1 SLICE

pie.comm COMMERCIAL APPLE PIE 123.00 1 SLICE

(jam) JAMS, JELLIES, PRESERVES, SYRUP, OR HONEY (1 TBS) 20.00 1 TBSP

jam JAMS AND PRESERVES (77%) 15.40 1 TBSP

panc.syrup PANCAKE SYRUP (23%) 4.60 1 TBSP

(p.bu) PEANUT BUTTER OR OTHER NUT BUTTER (1 TBS) 16.00 1 TBSP

p.bu SALTED, SMOOTH PEANUT BUTTER (89%) 14.24 1 TBSP

almond.bu SALTED ALMOND BUTTER (11%) 1.76 1 TBS

popc POPCORN, READY TO EAT & MICROWAVE 33.00 3 CUPS

s.roll.c CINNAMON ROLL / FRUIT DANISH 53.00 ONE

snack.bar MIX OF GRANOLA, NUTRIGRAIN, & OTHER SNACK BARS 34.00 1 BAR

(energy.bar) ENERGY BARS OR HIGH PROTEIN BARS,

E.G., CLIF, QUEST, RXBAR (1) 60.40 ONE BAR

energy.bar ENERGY BARS (45%) 25.20 ONE BAR

hi.prot.bar HIGH PROTEIN BARS (55%) 35.20 ONE

(diet.drk)

slim.fast SLIM FAST 325.00 1 BOTTLE

(meal.rpl.drk) ENSURE, BOOST OR OTHER MEAL REPLACEMENT DRINKS (1) 243.82

ensure ENSURE NUTRITIONAL SUPPLEMENT (22%) 55.66 8 FL OZ.

ensure.plus ENSURE PLUS NUTRITION SHAKE (22%) 55.44 8 OZ

boost BOOST (31%) 73.47 1 BOTTLE

c.inst.brkft CARNATION INSTANT BREAKFAST, PREPARED (25%) 59.25 8 OZ.

pretzel PLAIN, HARD, SALTED PRETZELS 43.00 1.5 OZ

(nuts) PEANUTS (SMALL PACKET OR 1 OZ.) 28.00 OZ

nuts.dry PEANUTS, ALL TYPES, DRY ROASTED, W/O SALT (63%) 17.64 1/4 CUP

nuts OIL ROASTED, SALTED PEANUTS (37%) 10.36 OZ

walnuts WALNUTS 28.00 OZ

(oth.nuts) OTHER NUTS (SMALL PACKET OR 1 OZ.) 28.00 CUP

cashews OIL ROASTED, UNSALTED CASHEWS (18%) 5.04 OZ

pistachio DRY ROASTED, UNSALTED PISTACHIOS (15%) 4.20 OZ

almonds OIL ROASTED, UNSALTED ALMONDS (54%) 15.12 OZ

pecans OIL ROASTED, UNSALTED PECANS (13%) 3.64 OZ

dr.cranb CRANBERRIES,DRIED,SWTND 30.00 1/4 CUP

mix.dr.frt MIXED DRIED FRUIT (PRUNES,APRICOTS,PEARS) 40.00 0.25 CUP

(oth.bran) OAT BRAN, OTHER BRAN (WHEAT, ETC.) ADDED TO FOOD (1 TBS) 4.89

oat.bran RAW OAT BRAN 2.77 0.5 CUP

bran CRUDE WHEAT BRAN 2.12 TBSP

(chowder) CHOWDER OR CREAM SOUP (1 CUP) 252.00 1 CUP

mush.soup CANNED CREAM OF MUSHROOM SOUP,2% MILK ADDED (72%) 181.44 1 CUP

chowder CLAM CHOWDER, CANNED, RTS (28%) 70.56 1 CUP

tom.soup TOMATO SOUP, CANNED, PREPARED WITH 1/2 WATER & 1/2 MILK 250.00 1 CUP

catsup CATSUP 15.00 TBSP

flax SEEDS,FLAXSEED 7.00 1 TBSP GROUND

(seeds) SEEDS E.G., PUMPKIN, SUNFLOWER, ETC. (1/4 CUP) 23.88

sunflwr.rstd SUNFLOWER SD KRNLS,OIL RSTD,WO/SALT (28%) 8.40 1/4 CUP

sunflwr.seed DRIED SUNFLOWER SEED KERNELS (30%) 3.30 0.25 CUP

pump.seed.rw SEEDS, PUMPKIN AND SQUASH SEED KERNELS, DRIED (42%) 12.18 1/4 CUP

garlic2 GARLIC POWDER 1.00 4 SHAKES

olives CANNED RIPE OLIVES 11.00 3 MEDIUM

(olive.oil)

o OIL,OLIVE,SALAD OR COOKING 13.50

(mayo.d) LOW-FAT OR OLIVE OIL MAYONNAISE (1 TBS) 15.00 TBSP

mayo.d LOW FAT MAYONNAISE (84%) 12.60 TBSP

mayo.o OLIVE OIL MAYONNAISE (16%) 2.40 1 TBSP

mayo MAYONNAISE 14.00 TBSP

(o.v) HOW OFTEN HAVE YOU USED SALAD DRESSING (1-2 TBS)? 23.70

\*Any combination of salad dressings may be selected

salad.dress.nofat FAT-FREE ITALIAN AND RANCH DRESSING 25.00 1.5 TBSP

salad.dress.lite LITE RANCH & LITE ITALIAN DRESSING 25.00 1.5 TBSP

olive&vinegar OLIVE OIL AND VINEGAR SALAD DRESSING 22.00 1.5 TBSP

salad.dress.oth REG RANCH & REG ITALIAN DRESSING 25.00 1.5 TBSP

(artif.sweet) \*Any combination of artificial sweetener may be selected

splenda SUCRALOSE (SPLENDA) 1.00 PACKET

nutrasweet ASPARTAME ("EQUAL" or "NUTRASWEET) 1.00 PACKET

artif.swt SACCHARIN (or Sweet 'n Low) 1.00 PACKET

truvia Truvia 3.00 PACKET

stevia Stevia 1.00 PACKET

liver PAN FRIED BEEF LIVER 114.00 4 OZ

chix.liver SIMMERED CHICKEN LIVER 112.00 OZ