

Menu Item Nutrient Report

Generated 7/27/2023

Item Name(Serving Size)	Carb (g)
100% Juice - LR1021 (1 ea.)	15.67
Apples, Gala - LR1062 (1 medium (3" dia))	25.13
Apples, Grannysmith - LR1063 (1 medium (3" dia))	25.13
Apples, Sliced, IW - LR1245 (1 pkg.)	7.83
Applesauce, Bulk - LR1072 (1/4 c.)	7.38
Applesauce, Unsweetened, Individual - LR1095 (1/2 c.)	14.63
Assorted Jelly - LR1041 (1 ea.)	9.00
Bacon - LR1190 (2 pcs.)	0.22
Bacon Biscuit - LR1007 (1 ea.) Contains Gluten, Milk, Wheat.	27.33
Bacon Cheeseburger - LR1004 (1 ea.) Contains Gluten, Soy, Wheat.	31.83
Bacon, Egg, & Cheese Biscuit - LR1009 (1 ea.) Contains Gluten, Milk, Wheat.	29.46
Baked Beans - LR1129 (1/4 c.)	21.92
Bananas - LR1064 (1 medium)	28.78
BBQ Rib Sandwich - LR1022 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	39.11
BBQ Sauce - LR1124 (1 ea.) May contain Soy.	10.00
Beans, Black, Seasoned - LR1204 (1/4 c.)	19.21
Beans, Lima - LR1207 (1/4 c.) Contains Soy.	10.90
Beef, Meatball - LR1354 (5 ea.)	2.86
Beef, Seasoned, Taco/Nacho - LR1181 (1 Ounce, Raw, Yield Inc)	0.52
Belgian Waffles - LR1034 (1 ea.)	33.00
Biscuit, White - LR1334 (1 ea.) Contains Gluten, Milk, Wheat.	27.00
Biscuits & Gravy - LR1037 (1 ea.) Contains Gluten, Milk, Wheat.	38.95
Boneless Wings - LR1346 (5 pcs.) Contains Gluten, Milk, Soy, Wheat.	26.52
Boom Boom Shrimp - LR1353 (4 5/8 oz.) Contains Gluten, Milk, Soy, Wheat.	32.91
Bread, Garlic Knot - LR1316 (1 ea.)	27.00
Breaded Okra - LR1185 (3 1/4 oz.)	23.93
Breakfast for Lunch - LR1203 (1 serving)	45.49
Breakfast on a Stick - LR1028 (1 ea.)	17.14
Breakfast Pizza Bagel - LR1029 (1 ea.)	23.00
Broccoli w/ Cheese - LR1046 (1/4 c.) Contains Milk.	3.88
Broccoli, Seasoned - LR1202 (1/4 c.)	1.78
Buttered Biscuit - LR1035 (1 ea.) Contains Gluten, Milk, Wheat.	27.00
Canned Fruit - LR1018 (1/4 c.)	7.49

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Item Name(Serving Size)	Carb (g)
Carrots, Glazed - LR1312 (1/4 c.)	6.72
Cauliflower, Parmesan - LR1347 (1/4 c.)	2.27
Celery Sticks - LR1110 (1/4 c.)	0.96
Cereal - LR1002 (1 ea.)	46.71
Cereal Bar, Cinnamon Toast Crunch - LR1338 (1 ea.) Contains Gluten, Wheat.	52.00
Cereal Bar, Fruity Cheerios - LR1339 (1 ea.) Contains Gluten, Wheat.	51.00
Cereal, Cheerios, Honey - LR1151 (1 ea.)	44.00
Cereal, Chex, Cinnamon - LR1148 (1 ea.)	46.00
Cereal, Cinnamon Toast Crunch - LR1150 (1 ea.)	45.00
Cereal, Cocoa Puffs - LR1149 (1 ea.)	47.00
Cereal, Frosted Flakes - LR1330 (1 ea.)	51.00
Cereal, Lucky Charms - LR1152 (1 ea.)	47.00
Cereal, Trix - LR1331 (1 ea.)	47.00
Cheese Pizza - LR1262 (1 piece) Contains Gluten, Milk, Soy, Wheat.	34.00
Cheese, American, Yellow, Sliced - LR1335 (1 slice)	1.01
Cheese, Cheddar, Shredded - LR1103 (1 oz.)	1.01
Cheese, Cheddar, Stick - LR1114 (1 ea.)	0.76
Cheese, Colby - LR1113 (1 ea.)	0.54
Cheese, Mozzarella, String - LR1111 (1 ea.)	0.00
Cheeseburger - LR1003 (1 ea.) Contains Gluten, Soy, Wheat.	31.61
Cheesy Bites - LR1039 (4 ea.) Contains Gluten, Milk, Soy, Wheat.	28.00
Chicken & Waffles - LR1192 (1 serving) Contains Gluten, Milk, Soy, Wheat.	31.39
Chicken Biscuit - LR1006 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	35.00
Chicken Nuggets - LR1125 (5 piece) Contains Milk, Soy, Wheat.	16.11
Chicken Sandwich - LR1130 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	49.00
Chicken Tenders - LR1001 (3 piece) Contains Gluten, Milk, Wheat.	21.17
Chicken Wings - LR1233 (4 pcs.) Contains Soy.	21.00
Chicken, Baked - LR1193 (1 serving)	17.45
Chicken, Boneless Wings, Dry Rub - LR1324 (4 pcs.) Contains Gluten, Milk, Soy, Wheat.	22.29
Chicken, Boneless Wings, Sauced - LR1197 (4 pcs.) Contains Gluten, Milk, Soy, Wheat.	20.14
Chicken, Filet, Breaded, Breakfast - LR1336 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	8.10
Chicken, Nuggets, Whole Muscle - LR1191 (4 pcs.) Contains Gluten, Milk, Soy, Wheat.	19.89
Chicken, Wings, Dry Rub - LR1329 (4 pcs.)	27.92

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Item Name(Serving Size)	Carb (g)
Chicken, Wings, Garlic Parmesan - LR1175 (4 pcs.)	3.75
Chicken, Wings, Honey Mustard - LR1172 (4 pcs.)	12.34
Chicken, Wings, Hot - LR1171 (4 pcs.)	2.60
Chicken, Wings, Jerk - LR1328 (4 pcs.)	12.44
Chicken, Wings, Lemon Pepper - LR1170 (4 pcs.)	59.67
Chicken, Wings, Roasted - LR1169 (4 pcs.)	2.24
Chicken, Wings, Spicy Asian Glaze - LR1173 (4 pcs.) Contains Soy.	47.01
Chips, Baked, BBQ - LR1218 (1 Bag) Contains Milk, Soy.	19.00
Chips, Baked, Sour Cream & Onion - LR1219 (1 Bag) Contains Soy.	1.04
Chips, Cheese Puffs - LR1220 (1 Bag) Contains Milk.	13.00
Chips, Cheetos, Baked - LR1214 (1 Bag) Contains Milk.	16.00
Chips, Cheetos, Baked, Hot - LR1217 (1 Bag) Contains Milk.	16.00
Chips, Doritos, Baked, Nacho - LR1221 (1 Bag) Contains Milk.	20.00
Chips, Doritos, Cool Ranch - LR1222 (1 Bag) Contains Milk.	20.00
Chips, Doritos, Flamas - LR1223 (1 Bag) Contains Milk.	20.00
Chips, Doritos, Spicy Sweet Chili - LR1224 (1 Bag) Contains Gluten, Soy, Wheat.	20.00
Chips, Doritos, White Nacho - LR1254 (1 Bag) Contains Milk. May contain Gluten.	20.00
Chips, Fantastix - LR1216 (1 Bag) Contains Milk.	19.00
Chips, Fantastix, Hot - LR1215 (1 Bag)	(M)
Chips, Funyons - LR1225 (1 Bag) Contains Milk.	14.00
Chips, Sunchips, Cheddar - LR1251 (1 pkg.) Contains Gluten, Milk, Wheat.	19.00
Chips, Sunchips, Garden Salsa - LR1252 (1 pkg.) Contains Gluten, Milk, Wheat.	19.00
Chips, Sunchips, Original - LR1253 (1 pkg.) Contains Gluten, Wheat.	19.00
Chocolate Cake Donut - LR1019 (1 ea.) Contains Gluten, Milk, Wheat.	47.00
Chopped Romaine - LR1097 (1/2 cup, chopped)	0.91
Cinnamon Roll - LR1015 (1 ea.) Contains Egg, Gluten, Milk, Wheat.	40.00
Coleslaw - LR1168 (1/4 c.)	3.14
Cookie, Chocolate Chip, Dough - LR1266 (1 ea.)	18.00
Cookie, Chocolate Chip, Pre Baked - LR1265 (1 ea.)	27.30
Cookie, Chocolate Filled - LR1275 (1 ea.)	31.00
Cookie, Confetti Filled - LR1276 (1 ea.)	29.00
Cookie, Iced - LR1267 (1 ea.) Contains Egg, Gluten, Soy, Wheat.	27.00
Cookies, Blueberry Lemon - LR1258 (1 pkg.)	21.00

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Item Name(Serving Size)	Carb (g)
Cookies, Vanilla, Mini - LR1259 (1 pkg.)	21.00
Corn - LR1127 (1/4 c.)	8.55
Corn Dog - LR1038 (1 ea.)	30.00
Corn Pups - LR1206 (6 pcs.) Contains Egg, Gluten, Soy, Wheat.	30.38
Crackers, Cheez Its - LR1112 (1 pkg.) Contains Gluten, Milk, Soy, Wheat.	14.00
Crackers, Goldfish, Cheddar - LR1117 (1 pkg.) Contains Gluten, Milk, Wheat.	14.00
Crackers, Wheat, Individual - LR1318 (1 Bag)	35.00
Cranberries, Dried, Cherry - LR1090 (1 pkg.)	27.00
Cranberries, Dried, Orange - LR1091 (1 pkg.)	27.00
Cranberries, Dried, Strawberry - LR1092 (1 pkg.)	27.00
Creamed Corn - LR1321 (1/4 c.)	10.13
Crunchmania Grahams - LR1016 (1 pkg.) Contains Gluten, Milk, Soy, Wheat.	37.50
Deli Sandwich - LR1200 (1 ea.) Contains Gluten, Soy, Wheat.	28.17
Deli Wrap - LR1344 (1 ea.)	38.90
Diced Onion - LR1108 (1/4 cup, diced)	4.01
Diced Sweet Onion - LR1236 (1/4 cup, diced)	3.24
Donut Holes, Sugar - LR1014 (6 ea.) Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Egg.	53.88
Dressing, Ranch, Bulk - LR1363 (1 tbsp.)	1.00
Dutch Waffle - LR1027 (1 ea.)	45.49
Egg & Cheese Biscuit - LR1010 (1 ea.) Contains Gluten, Milk, Wheat.	29.24
Egg, Patties, Cooked, 1.0 MMA - LR1337 (1 patty)	1.23
Eggs, Scrambled, with Cheese - LR1189 (1 m/ma)	0.82
French Fries - LR1052 (1/2 c.)	0.00
French Fries - LR1345 (1/2 c.)	17.91
French Toast, Mini, Berry - LR1160 (1 pkg.) Contains Egg, Gluten, Milk, Soy, Wheat.	36.00
French Toast, Mini, Cinnamon - LR1161 (1 pkg.) Contains Egg, Gluten, Milk, Soy, Wheat.	37.00
French Toast, Sticks - LR1032 (3 stick.) Contains Gluten, Soy, Wheat.	37.00
French Toast, Sticks, Cinnamon Sugar - LR1033 (3 stick.) Contains Gluten, Soy, Wheat.	39.10
Fresh Baked Roll - LR1043 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	27.00
Fresh Broccoli - LR1100 (1/4 c.)	1.06
Fresh Carrots - LR1102 (1/4 c.)	3.37
Fresh Diced Tomatoes - LR1372 (1/4 cup, diced)	2.32
Fresh Fruit - LR1024 (1/2 c.)	17.47

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Item Name(Serving Size)	Carb (g)
Fresh Sliced Tomatoes - LR1369 (1 slice)	0.44
Fresh Tomatoes - LR1099 (1/4 cup cherry tomatoes)	1.46
Fruit Bar, Frozen, Push Up, Orange Sherbet - LR1279 (1 ea.)	20.00
Fruit Bar, Frozen, Sour - LR1280 (1 ea.)	18.00
Fruit Ice, Blue Raspberry - LR1278 (1 ea.)	23.00
Fruit Ice, Sour Cherry - LR1277 (1 ea.)	23.00
Fruit Snack, Roll Up - LR1268 (1 ea.)	11.00
General Mills Cereal Bars - LR1342 (1 pkg.) Contains Gluten, Wheat.	51.50
Generals Tso's Chicken - LR1201 (1 serving) Contains Egg, Gluten, Milk, Soy, Wheat.	55.96
Grab & Go Fruit Options - LR1025 (1 ea.)	24.21
Grahams, Chocolate - LR1136 (1 pkg.) Contains Gluten, Soy, Wheat.	20.00
Grahams, Cinnamon - LR1227 (1 pkg.) Contains Gluten, Soy, Wheat.	21.00
Grahams, Cinnamon Bun - LR1115 (1 pkg.) Contains Gluten, Milk, Soy, Wheat.	37.00
Grahams, Cinnamon, Mini - LR1257 (1 pkg.)	0.13
Grahams, French Toast - LR1116 (1 pkg.) Contains Gluten, Milk, Soy, Wheat.	38.00
Grahams, Goldfish - LR1135 (1 pkg.) Contains Gluten, Milk, Soy, Wheat.	21.00
Granola Bar, Chocolate Chip - LR1255 (1 ea.) Contains Gluten, Milk, Soy, Wheat. May contain Peanuts, Tree nuts.	31.00
Granola Bar, Cookies & Cream - LR1269 (1 ea.)	29.00
Granola Bar, Oats & Honey - LR1256 (1 ea.) Contains Soy. May contain Peanuts, Tree nuts.	15.00
Grapes, Red, Bulk - LR1069 (1/4 c.)	6.67
Green Beans - LR1183 (1/4 c.) Contains Soy.	3.36
Grilled Cheese - LR1237 (1 ea.)	33.49
Grilled Chicken Sandwich - LR1044 (1 ea.) Contains Gluten, Soy, Wheat. May contain Gluten.	31.00
Grits, Cheese - LR1188 (1/2 c.)	14.83
Guacamole, Bulk - LR1109 (1/8 c.)	2.82
Ham Sandwich - LR1374 (1 ea.) Contains Gluten, Soy, Wheat.	27.83
Hamburger - LR1244 (1 ea.) Contains Gluten, Soy, Wheat.	30.60
Honey Bun - LR1000 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	34.00
Honey Butter Biscuit - LR1036 (1 ea.) Contains Gluten, Milk, Wheat.	50.36
Honey Mustard Dressing - LR1057 (1 ea.) Contains Egg. May contain Soy.	8.00
Hot Dog - LR1131 (1 ea.) Contains Gluten, Soy, Wheat.	31.00
Hot Sauce - LR1362 (1 packet)	0.12
Ice Cream, Cone - LR1282 (1 ea.)	29.00

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Item Name(Serving Size)	Carb (g)
Ice Cream, Cone, Birthday Cake - LR1281 (1 ea.)	29.00
Ice Cream, Cotton Candy - LR1289 (1 ea.)	16.00
Ice Cream, Cup, Chocolate - LR1283 (1 ea.)	19.00
Ice Cream, Cup, Strawberry - LR1284 (1 ea.)	16.00
Ice Cream, Cup, Vanilla - LR1285 (1 ea.)	20.00
Ice Cream, Fudge Stick - LR1286 (1 ea.)	22.00
Ice Cream, Sandwich - LR1287 (1 ea.)	26.00
Ice Cream, Sandwich, Cookies & Cream - LR1288 (1 ea.)	33.60
Jelly, Grape, IW - LR1042 (1 ea.)	9.00
Jerky, Beef, Original - LR1271 (1 pkg.)	5.00
Jerky, Beef, Stick, Original - LR1273 (1 ea.)	1.00
Jerky, Beef, Teriyaki - LR1272 (1 pkg.)	5.00
Juice Slushie, from Concentrate, Apple - LR1303 (1 c.)	29.00
Juice Slushie, from Concentrate, Mocha - LR1302 (1 c.)	34.00
Juice Slushie, from Concentrate, Strawberry Kiwi - LR1304 (1 c.)	29.00
Juice, Apple, Frozen, 6 oz - LR1239 (1 ea.)	21.00
Juice, Blue Raspberry, Frozen, 6 oz - LR1240 (1 ea.)	21.00
Juice, Concentrate, Cherry Cola - LR1300 (1 c.)	32.00
Juice, Fruit Punch, Frozen, 6 oz - LR1241 (1 ea.)	21.00
Juice, Grape, Frozen, 6 oz - LR1242 (1 ea.)	28.00
Juice, Orange, Frozen, 6 oz - LR1243 (1 ea.)	20.00
Juice, Shelf Stable 4 oz, Apple - LR1081 (1 ea.)	14.00
Juice, Shelf Stable, 4 oz, Berry - LR1082 (1 ea.)	17.00
Juice, Shelf Stable, 4 oz, Cranberry Raspberry - LR1083 (1 ea.)	14.00
Juice, Shelf Stable, 4 oz, Fruit Punch - LR1084 (1 ea.)	14.00
Juice, Shelf Stable, 4 oz, Grape - LR1085 (1 ea.)	20.00
Juice, Shelf Stable, 4 oz, Orange - LR1086 (1 ea.)	15.00
Juice, Shelf Stable, 4 oz, Strawberry Kiwi - LR1087 (1 ea.)	14.00
Juice, Shelf Stable, Vegetable, 4 oz, Mango - LR1089 (1 ea.)	15.00
Juice, Shelf Stable, Vegetable, 4 oz, Sun Splash - LR1088 (1 ea.)	14.00
Juice, Sparkling, Acai Berry - LR1291 (1 ea.)	30.00
Juice, Sparkling, Apple - LR1292 (1 ea.)	27.00
Juice, Sparkling, Fruit Punch - LR1290 (1 ea.)	29.00

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Juice, Sparkling, Strawberry Kiwi - LR1293 (1 ea.)	29.00
Kellogg's PopTarts - LR1011 (1 pkg.) Contains Gluten, Soy, Wheat.	75.16
Ketchup - LR1060 (1 ea.)	2.47
Lemonade, Smart Snacks - LR1298 (1 c.)	7.62
Macaroni & Cheese - LR1045 (6 oz.) Contains Egg, Milk, Wheat.	32.01
Marinara Sauce - LR1208 (1 ea.)	2.29
Mascot Meal - LR1246 (1 serving) Contains Gluten, Milk, Soy, Wheat.	49.97
Mascot Meal, Grain - LR1232 (2 ea.) Contains Gluten, Milk, Soy, Wheat. May contain Soy.	36.33
Mascot Meal, MMA - LR1231 (2 ea.) Contains Milk.	13.64
Mashed Potatoes - LR1184 (1/4 c.) Contains Milk.	7.53
Mayonnaise - LR1061 (1 packet)	1.11
Mayonnaise, Bulk - LR1368 (1 tbsp.)	1.39
Milk - LR1020 (1 Carton)	19.18
Milk, 1% - LR1054 (1 c.)	12.18
Milk, Shelf Stable, 1% - LR1261 (1 ea.)	13.00
Milk, Shelf Stable, Skim, Chocolate - LR1260 (1 ea.)	24.00
Milk, Skim - LR1055 (1 c.)	11.91
Milk, Skim, Chocolate - LR1056 (1 c.)	33.65
Milk, Skim, Strawberry - LR1053 (1 c.)	19.00
Mini Breakfast Items - LR1012 (1 pkg.) Contains Egg, Gluten, Milk, Soy, Wheat.	36.67
Mini Donuts - LR1013 (1 pkg.) Contains Egg, Gluten, Milk, Soy, Wheat.	41.50
Mini Donuts or Donut Holes - LR1341 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Egg.	31.25
Muffin, Blueberry, IW - LR1142 (1 ea.)	42.00
Muffin, Chocolate Chip - LR1143 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	45.00
Muffins - LR1017 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	43.50
Mustard - LR1059 (1 packet)	0.32
Mustard, Yellow, Bulk - LR1365 (1 tbsp.)	0.91
Nachos - LR1182 (1 Portion, Small) Contains Milk.	20.84
Nectarines, Fresh - LR1071 (1 medium)	14.98
Orange Chicken - LR1166 (3 5/8 oz.) Contains Egg, Gluten, Soy, Wheat.	56.96
Oranges - LR1065 (1 ea.)	20.68
Oranges, Mandarin, Canned - LR1076 (1/4 c.)	6.20
Pancakes - LR1030 (2 ea.)	26.00

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Pancakes, Mini, Blueberry - LR1157 (1 pkg.) Contains Egg, Gluten, Milk, Soy, Wheat.	36.00
Pancakes, Mini, Chocolate Chip - LR1158 (1 pkg.) Contains Egg, Gluten, Milk, Soy, Wheat.	87.00
Pancakes, Mini, Confetti - LR1159 (1 pkg.) Contains Egg, Gluten, Milk, Soy, Wheat.	36.00
Pancakes, Mini, Maple - LR1155 (1 pkg.) Contains Egg, Gluten, Milk, Wheat.	36.00
Pancakes, Mini, Strawberry - LR1156 (1 pkg.) Contains Egg, Gluten, Milk, Wheat.	39.00
Pasta, Spaghetti, Plain - LR1309 (1 c.)	39.00
Pastry, Cinnamon Roll, Large - LR1195 (1 ea.)	84.66
Pastry, Donut Holes, Powdered, Cup - LR1333 (1 ea.)	42.00
Pastry, Donuts, Mini, Chocolate - LR1154 (1 pkg.) Contains Egg, Gluten, Milk, Soy, Wheat.	42.00
Pastry, Donuts, Mini, Powdered - LR1153 (1 pkg.) Contains Egg, Gluten, Milk, Soy, Wheat.	41.00
Pastry, Filled, Strawberry & Cream Cheese - LR1026 (1 ea.) Contains Gluten, Milk, Wheat.	41.00
Pastry, PopTart, Blueberry, 1 Pack - LR1247 (1 pkg.)	36.00
Pastry, PopTart, Blueberry, 2 Pack - LR1147 (1 pkg.) Contains Gluten, Soy, Wheat.	73.00
Pastry, PopTart, Brown Sugar, 2 Pack - LR1145 (1 ea.) Contains Gluten, Soy, Wheat.	73.00
Pastry, PopTart, Cinnamon, 1 Pack - LR1250 (1 pkg.)	36.00
Pastry, PopTart, Fudge, 1 Pack - LR1249 (1 pkg.)	36.00
Pastry, PopTart, Fudge, 2 Pack - LR1144 (1 ea.) Contains Gluten, Soy, Wheat.	73.00
Pastry, PopTart, Strawberry, 1 Pack - LR1248 (1 pkg.)	(M)
Pastry, PopTart, Strawberry, 2 Pack - LR1146 (1 ea.) Contains Gluten, Soy, Wheat.	73.00
Peaches, Canned, Sliced - LR1073 (1/4 cup, slices)	7.14
Peaches, Diced, Cups, Frozen - LR1093 (1 ea.)	18.96
Peaches, Fresh - LR1070 (1 medium)	14.31
Pears, Canned, Sliced - LR1074 (1/4 cup, slices)	7.31
Pears, Fresh - LR1066 (1 medium)	27.11
Pepperoni Pizza - LR1263 (1 piece) Contains Gluten, Milk, Soy, Wheat.	35.00
Pepperoni Pizza Pack Kit - LR1308 (1 ea.)	40.00
Pickle Spears - LR1235 (1 spear)	1.13
Pickles, Slices - LR1104 (1/4 c.)	0.99
Pico - LR1205 (1/4 c.)	2.30
Pineapple, Tidbits - LR1075 (1/4 cup, crushed, sliced, or chunks)	9.42
Pizza, Individual, Cheese - LR1163 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	31.00
Pizza, Individual, Pepperoni - LR1162 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	31.00
Popcorn, White Cheddar - LR1270 (1 Case)	9.00

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Potatoes, French Fries, Curly, Baked - LR1048 (1/2 c.)	16.00
Potatoes, French Fries, Curly, Fried - LR1209 (1/2 c.)	16.00
Potatoes, French Fries, Spiral, Baked - LR1051 (1/2 c.)	14.00
Potatoes, French Fries, Spiral, Fried - LR1212 (1/2 c.)	14.00
Potatoes, French Fries, Straight, Baked - LR1049 (1/2 c.)	18.00
Potatoes, French Fries, Straight, Fried - LR1210 (1/2 c.)	18.00
Potatoes, French Fries, Tots, Baked - LR1047 (1/2 c.)	16.00
Potatoes, French Fries, Tots, Fried - LR1213 (1/2 c.)	16.00
Potatoes, French Fries, Waffle, Baked - LR1050 (1/2 c.)	25.56
Potatoes, French Fries, Waffle, Fried - LR1211 (1/2 c.)	25.56
Pretzels, Mini, Individual - LR1177 (1 Bag) Contains Gluten, Wheat.	16.00
Protein Pack - LR1133 (1 serving)	37.83
Protein Pack, Cheese - LR1319 (2 slice)	2.02
Protein Pack, Ham - LR1317 (1 serving)	0.81
Pull-a-Part Pastry - LR1332 (1 ea.)	31.00
Pulled Pork BBQ Sandwich - LR1238 (1 ea.) Contains Gluten, Soy, Wheat.	40.82
Raisins, Lemon - LR1077 (1 pkg.)	25.00
Raisins, Orange - LR1078 (1 pkg.)	25.00
Raisins, Sour Watermelon - LR1079 (1 pkg.)	25.00
Raisins, Strawberry - LR1080 (1 pkg.)	25.00
Raisins, Unsweetened, Individual - LR1096 (1 1/3 oz.)	29.77
Ranch Dressing - LR1058 (1 ea.) Contains Egg, Milk. May contain Soy.	2.00
Rice, Brown - LR1132 (1 c.)	42.52
Roasted Ranch Potatoes - LR1167 (1/4 c.)	7.13
Salad, Chef, Ham - LR1176 (1 salad)	15.51
Salsa, Low-sodium, Canned - LR1105 (1/4 c.)	3.81
Sandwich, PB & J, Grape, Small - LR1164 (2 ea.) Contains Gluten, Peanuts, Wheat. May contain Soy.	64.00
Sandwich, PB & J, Strawberry, Small - LR1165 (2 ea.) Contains Gluten, Peanuts, Wheat. May contain Soy.	64.00
Sandwich, Turkey & Cheese - LR1234 (1 ea.)	28.00
Sauce, BBQ, Bulk - LR1367 (1 tbsp.)	4.50
Sauce, Cheese, White - LR1179 (1 7/8 oz.) Contains Milk.	1.79
Sauce, Cocktail, Individual - LR1325 (1 ea.) May contain Soy.	5.00
Sauce, Hot, Bulk - LR1196 (1 tbsp.)	0.25

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Item Name(Serving Size)	Carb (g)
Sauce, Marinara, from Scratch - LR1322 (1/3 c.)	12.88
Sauce, Ranch, Buffalo - LR1199 (1 tbsp.)	0.96
Sauce, Spaghetti, with Meat - LR1310 (1/3 c.)	11.46
Sauce, Spicy Asian Glaze - LR1174 (3 1/2 c.) Contains Soy.	666.69
Sauce, Tartar, Individual - LR1326 (1 Case)	20.00
Sausage Biscuit - LR1005 (1 ea.) Contains Gluten, Milk, Wheat.	27.00
Sausage, Egg, & Cheese Biscuit - LR1008 (1 ea.) Contains Gluten, Milk, Wheat.	29.24
Sausage, Patty - LR1186 (1 ea.)	0.00
Scrambler, Bacon - LR1187 (1 ea.)	16.06
Seasoning, Blend, Taco - LR1180 (1 c.)	52.72
Seasoning, Jerk - LR1327 (1 c.)	77.42
Shredded Lettuce - LR1098 (1/2 cup, shredded)	0.92
Sliced Black Olives - LR1106 (1/4 cup, sliced)	2.04
Sliced Cucumber - LR1101 (1/4 cup slices)	1.30
Sliced Jalapenos - LR1107 (1/4 c.)	1.88
Sliced Red Onion - LR1370 (1/4 cup, sliced)	2.63
Sliced Sweet Onion - LR1371 (1/4 cup, sliced)	2.12
Slushie, Blue Raspberry, Individual - LR1305 (1 Pouch)	15.00
Slushie, Strawberry Kiwi, Individual - LR1307 (1 Pouch)	15.00
Slushie, Tropical Trio, Individual - LR1306 (1 Pouch)	15.00
Snack Mix, Cheddar - LR1228 (1 pkg.) Contains Gluten, Milk, Wheat. May contain Soy.	20.00
Snack Mix, Chocolate Caramel - LR1357 (1 pkg.) Contains Gluten, Wheat. May contain Soy.	22.00
Snack Mix, Strawberry - LR1229 (1 pkg.) Contains Gluten, Milk, Soy, Wheat.	23.00
Snack Variety - LR1264 (1 ea.) Contains Gluten, Milk, Soy, Wheat. May contain Gluten, Soy.	30.92(M)
Snack, Munchies, Mix - LR1226 (1 Bag)	18.00
Sour Cream - LR1123 (1 packet)	1.99
Southern Style Biscuits - LR1023 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	29.55
Spaghetti w/ Meatballs - LR1355 (1 1/4 c.)	42.32
Spaghetti with Meat Sauce - LR1311 (1 1/3 c.)	40.70
Spicy Cabbage - LR1320 (1/4 c.) Contains Soy.	1.83
Squash Casserole - LR1349 (1/2 c.)	12.80
Squash, Butternut, Savory - LR1350 (1/4 c.)	5.99
Squash, Butternut, Sweet - LR1351 (1/4 c.)	6.90

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Item Name(Serving Size)	Carb (g)
Strawberries, Diced, Cup, Frozen - LR1094 (1 ea.)	21.99
Strawberries, Fresh - LR1068 (1 c.)	11.06
Sunflower Seeds, Honey Roasted - LR1122 (1 pkg.)	8.69
Sunflower Seeds, Salted - LR1121 (1 pkg.)	5.56
Sweet Potato Souffle - LR1356 (1/4 c.)	25.36
Sweet Potatoes, Roasted, Sweet - LR1348 (1/4 c.)	11.94
Syrup, Individual - LR1040 (1 ea.)	26.14
Tangerines, Fresh - LR1067 (1 medium)	11.74
Taquitos, Chicken, Semi Scratch - LR1126 (2 Taquito)	33.40
Tea, Smart Snacks - LR1358 (8 fl. oz.)	10.08
Test - LR1340 (1 ea.)	(M)
Tortilla Chips, Bulk - LR1178 (8 chip)	20.00
Treat, Marshmallow - LR1230 (1 ea.)	30.00
Turkey Club Wrap - LR1323 (1 ea.)	54.31
Turkey Sandwich - LR1373 (1 ea.) Contains Gluten, Soy, Wheat.	28.51
Uncrustable Peanut Butter & Jelly Sandwich - LR1343 (2 ea.) Contains Gluten, Peanuts, Wheat. May contain Soy.	64.00
Vegetable of the Day - LR1352 (1/4 c.) Contains Soy.	10.13
Waffle, Belgian, Blueberry - LR1137 (1 ea.)	33.00
Waffle, Belgian, Cinnamon - LR1138 (1 ea.)	33.00
Waffle, Belgian, Maple - LR1139 (1 ea.)	33.00
Waffle, Belgian, Vanilla - LR1141 (1 ea.)	33.00
Waffles - LR1031 (2 ea.)	23.00
Water, Sparkling, Black Raspberry - LR1294 (1 ea.)	0.00
Water, Sparkling, Cherry Limeade - LR1295 (1 ea.)	0.00
Water, Sparkling, Lemonade - LR1296 (1 ea.)	0.00
Water, Sparkling, Orange Mango - LR1297 (1 ea.)	0.00
Watermelon, Diced, Individual - LR1361 (1/2 cup, diced)	5.74
Wrap, Buffalo Chicken - LR1198 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	62.99
Wrap, Deli Combo - LR1315 (1 ea.)	38.90
Wrap, Ham & Cheese - LR1313 (1 ea.)	38.67
Wrap, Turkey & Cheese - LR1314 (1 ea.)	39.13
Yogurt, Raspberry, Individual - LR1118 (1 ea.) Contains Milk.	15.00
Yogurt, Strawberry, Individual - LR1119 (1 ea.) Contains Milk.	12.00

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Item Name(Serving Size)	Carb (g)
Yogurt, Vanilla, Individual - LR1120 (1 ea.) Contains Milk.	12.00