

**MASTER NUTRITION LISTING FOR ALL PRODUCTS
LAST UPDATE - 12/05**

Item #	Product Name	Serv. Size (oz)	Calories	Fat Calories	% Fat Cal	Fat Grams	Sat Fat Grams	Sodium	Carb Grams
	Dole Pineapple Wedges	4	60	0	0%	0	0	10	15
	Del Monte Lite Chunky Mixed Fruit	4	60	0	0%	0	0	10	15
	Kellogg's Rice Krispies	6	70	0	0%	0	0	170	16
	Kellogg's Corn Flakes	6	80	0	0%	0	0	150	18
	Dole Peach Slices	4	80	0	0%	0	0	10	19
	Dole Mandarin Orange Wedges	4	80	0	0%	0	0	10	19
	Del Monte Raspberry Peaches	4	80	0	0%	0	0	10	20
	Del Monte Cherry Mixed Fruit	4	90	0	0%	0	0	10	22
	Kellogg's Frosted Mini Wheat's	6	100	0	0%	0	0	0	23
	Kellogg's Frosted Flakes	6	110	0	0%	0	0	135	26
	Kellogg's Raisin Bran	6	110	5	5%	1	0	210	27
	Hormel - Beef Stew	7.5	150	50	33%	6	3	890	15
	Slimfast Optima - Strawberry / Cream	11	180	45	25%	5	1	200	24
	Slimfast Optima - Vanilla	11	180	45	25%	5	1	200	24
	Chef Boyardee Beef Ravioli	7.5	190	45	24%	5	2.5	920	29
	Dinty More Chicken and Dumplings	7.5	190	50	26%	6	2	890	34
	Hot Pockets - Taco Stix	3	200	60	30%	7	3	460	27
	Landshire Italian Beef Sub	7.6	200	35	18%	4	2	650	28
	Hormel - Beef Pot Roast	10	200	20	10%	2.5	1	740	20
	Quaker Oatmeal - Baked Apple	8	200	25	13%	2.5	0.5	320	42
	Quaker Oatmeal - Brown Sugar	8	200	25	13%	2.5	0	290	42
	Hormel - Chili w/Beans	7.5	220	50	23%	6	2.5	1010	27
	Chef Boyardee Lasagna	7.5	220	60	27%	7	3	670	30
	Hot Pockets - Ham & Cheese	4	220	90	41%	10	4.5	700	35
	Hormel - Chicken Breast & Gravy	10	230	45	20%	5	2	1020	27
	Breyer's Strawberry Yogurt	8	230	20	9%	2	1	105	46
	Smokehouse Grill Buffaloed Drumsticks	5	230	90	39%	10	3	1420	4
	Jimmy Dean - Egg/Cheese Bagel	3.5	240	60	25%	7	3.5	520	34
	Buddy's Ham & Cheese Omelets	4.4	240	150	63%	17	5	714	30
	Hormel - Chicken and Noodles	10	250	70	28%	8	4	1260	28
	Bumblebee Tuna Kit	4.5	250	140	56%	16.5	2.5	610	12
	Rudy's Farm Sausage Biscuits	2.75	270	150	56%	17	5	510	21
	Hot Pockets - Sausage Egg and Cheese	4	280	100	36%	11	4.5	600	36
	Hot Pockets - Chicken Melt	4	290	100	34%	11	4.5	690	35
	Hormel - Turkey and Dressing	10	290	70	24%	8	2.5	1120	33
	Thomas Bagel - Plain	4.6	290	20	7%	2	0.5	540	56
	Thomas Bagel - Blueberry	4.6	300	25	8%	2.5	1	480	60
	White Castle 2-Pack	3.5	310	150	48%	17	8	610	26
	Lunchables - Ham & Swiss	4.25	320	160	50%	17	9	1360	22
	Lunchables - Turkey & Cheddar	4.25	320	160	50%	18	8	1140	22
	Red Baron Garlic Bread	3.5	330	180	55%	20	8	640	27
	Tony's Stuffed Sandwich - Pepperoni	4.5	340	120	35%	13	6	660	42
	Don Miguel Beef/Green Chili Chimichanga	5	370	130	35%	15	6	520	42
	Landshire Jumbo Roast Beef / Cheese	6.75	380	70	18%	8	4	1080	51
	Rowdie Rib Sandwich	5.5	400	160	40%	17	5	690	45
	Fast Choice Beef Charbroil	5	430	210	49%	23	9	740	39
	Fast Choice Fish & Cheese	5.75	440	140	32%	16	4.5	820	54
	Fast Choice Chicken Sandwich	5	440	190	43%	21	4	510	45
	El Monterey Beef & Cheese Taco	5.5	440	200	45%	22	10	930	47
	Pierre Buffalo Style Chicken	6.6	440	160	36%	18	6	1080	47
	Pierre Philly Style Chicken Sandwich	6.6	440	160	36%	18	6	1080	47
	Pierre A-1 Chopped Beef Steak Sandwich	5.5	450	200	44%	22	8	130	47
	Fast Choice Beef Charbroil / Cheese	5	460	230	50%	27	12	890	41
	Tony's Supreme Deep Dish Pizza	6.5	470	210	45%	23	10	1010	48
	Pierre Philly Cheese Steak Sandwich	6.2	480	230	48%	26	11	790	46
	Pierre Spicy Chicken w/Blue Cheese	6.3	520	210	40%	23	8	1300	51
	Pierre Chicken Cordon Bleu	6.6	520	220	42%	24	7	1270	51
	Big AZ Meatloaf Sandwich	8.8	710	320	45%	35	14	1540	69
	Pierre Double Pork Chop Sandwich	8.4	720	340	47%	38	12	1050	66
	Pierre Double Charbroil w/Cheese	8	720	400	56%	45	19	1380	47
	Big AZ Beef Charbroil & Cheese Twin	8.8	780	360	46%	39	15	1310	78
	Big AZ Beef Charbroil w/Cheese	9.6	840	490	58%	54	22	1330	56

MASTER NUTRITION LISTING FOR ALL PRODUCTS
LAST UPDATE - 12/05

Item #	Product Name	Serv. Size (oz)	Calories	Fat Calories	% Fat Cal	Fat Grams	Sat Fat Grams	Sodium	Carb Grams
	Baked Lay's Regular	1.2	130	15	12%	1.5	0	170	26
	Baked Lay's BBQ	1.2	140	30	21%	3	0.5	230	25
	Baked Lay's Cheddar & Sour Cream	1.2	140	35	25%	4	0.5	250	25
	Cheez-It	2	160	70	44%	8	2	250	18
	Bake-n-Ettes Hot & Spicy Pork Rinds	1	160	90	56%	10	4.5	940	0
	Lay's BBQ Kettle Cooked	1.5	200	100	50%	11	3.5	290	22
	Sun Chips Sour Cream & Chive	1.5	210	90	43%	9	1.5	240	28
	Goldfish - Cheddar Cheese	1.5	210	80	38%	9	2	360	27
	Wavy Lay's Hidden Valley Ranch	1.5	220	120	55%	15	4.5	300	24
	Rold Gold Pretzels	2	220	20	9%	2	0	1180	46
	Ritz Chips - Regular	1.75	220	70	32%	8	1	510	36
	O'Keelys Cheddar and Bacon Skins	1.5	220	120	55%	13	2	260	25
	Lay's Regular	1.5	230	130	57%	15	4	270	23
	Snyder's Old Tyme Pretzels	2.25	240	20	8%	2	0	240	48
	Frito Lay Munchies	1.75	240	110	46%	13	2	450	33
	Doritos	1.75	260	120	46%	13	2	350	31
	Death Rain Habanero Chips	2	280	160	57%	18	5	560	30
	Cheetos	2	320	180	56%	20	3.5	430	31
	Fritos	2	320	180	56%	20	3	320	32

**MASTER NUTRITION LISTING FOR ALL PRODUCTS
LAST UPDATE - 12/05**

Item #	Product Name	Serv. Size (oz)	Calories	Fat Calories	% Fat Cal	Fat Grams	Sat Fat Grams	Sodium	Carb Grams
	Act II Butter Lover's Popcorn	1	40	25	63%	12	2.5	460	16
	Sweet Tarts	1.8	60	0	0%	0	0	0	14
	Welch's Fruit Snacks	1.5	110	0	0%	0	0	20	24
	Karr's Original Trail Mix	2	130	80	62%	9	1	6	10
	Duplex Sandwich Cookies	1	130	40	31%	4.5	1	95	21
	Russell Stover Pecan Delites Sugar Free	1	130	80	62%	9	4.5	25	15
	Poore Bros. Toasted Corn Jalapeno	1	134	50	37%	6	1	133	22
	Poore Bros. Toasted Corn Bacon/Ched	1	134	51	38%	6	1	183	22
	Nutri Grain Bar - Strawberry	1.3	140	25	18%	3	0.5	120	26
	Honey Maid Oatmeal Raisin Bar	1.3	150	35	23%	4	2	135	27
	York Peppermint Patties	1.4	160	25	16%	3	1.5	10	32
	Gardetto's Original Snack Mix	2.5	160	60	38%	7	1	330	20
	Famous Amos Chocolate Sandwiches	1	170	60	35%	7	1.5	130	25
	Farley's Fruit Snacks	2.5	170	0	0%	0	0	10	42
	Nature Valley Oats & Honey Granola	1.5	180	50	28%	6	0.5	160	29
	Raisinettes	1.8	190	70	37%	8	5	15	32
	Crackers - Cheetos Bacon & Cheddar	1.4	200	90	45%	10	2.5	340	24
	Wheatables Crackers	1.5	200	70	35%	8	2	410	29
	Rice Krispie Treats	1.7	200	45	23%	5	1.5	230	37
	Snackwells Chocolate Sandwich	1.7	200	50	25%	5	1.5	380	37
	Hershey Take 5	1.5	210	90	43%	10	5	180	26
	Crackers - Cheetos Golden Toasted	1.4	210	120	57%	13	3	290	22
	Hershey Kissables	1.5	210	90	43%	10	6	30	28
	Snackwells Vanilla Cream	1.7	210	50	24%	5	1	230	38
	Snickers Munch	1.4	220	130	59%	15	3.5	140	18
	Almond Joy	2	220	110	50%	12	8	65	27
	Kit Kat	1.4	220	100	45%	11	7	25	27
	Lorna Doone Shortbread Cookies	1.5	220	90	41%	10	2	210	29
	Mike & Ike	2	220	0	0%	0	0	35	55
	Combos - Nacho Cheese Pretzel	1.7	230	80	35%	8	5	820	34
	Combos - Pizzeria Pretzel	1.7	230	70	30%	8	5	810	12
	Hershey Bar	1.7	230	120	52%	13	9	40	25
	Reeses Peanut Butter Cups	1.5	230	120	52%	13	5	135	24
	Twizzlers	2.5	230	10	4%	1	0	170	54
	Starburst Original	2	240	45	19%	5	4.5	0	48
	M&M Milk Chocolate	1.7	240	90	38%	10	6	30	34
	Combos - Cheddar Cheese Cracker	1.7	240	100	42%	11	5	490	31
	Combos - Cheddar Cheese Pretzel	1.7	240	80	33%	8	5	790	34
	Combos - Pepperoni Pizza Cracker	1.7	240	100	42%	11	5	470	30
	Skittles	2	250	25	10%	2.5	2.5	10	56
	M&M Peanut	1.7	250	120	48%	13	5	25	30
	Payday	1.7	250	120	48%	13	2.5	160	28
	Zoo Crackers	2	250	35	14%	4	0.5	180	50
	Milky Way	2	260	90	35%	10	7	95	41
	3 Musketeers	2.1	260	70	27%	8	5	110	46
	Twix w/Caramel	2	280	130	46%	14	11	115	37
	Twix w/Peanut Butter	2	280	150	54%	17	8	120	28
	Snickers	2	280	130	46%	14	5	140	35
	Karr's Sweet & Salty Mix	2	280	140	50%	16	4	100	30
	Famous Amos Chocolate Chip Cookies	2	290	130	45%	14	4	200	37
	Hershey w/Almonds LSC	2.1	320	180	56%	20	10	40	30
	Grandma's Peanut Butter Cookies	2.75	370	170	46%	19	5	300	45
	Payday LSC	2.4	480	220	46%	24	4	300	52

MASTER NUTRITION LISTING FOR BEVERAGES - 8oz SERVING

Item #	Product Name	Calories	Sodium	Carb Grams
	Sierra Mist Free	0	25	0
	Mountain Dew Code Red	0	25	0
	Diet Squirt	0	30	0
	Sprite Zero	0	25	0
	Diet Cherry Pepsi	0	25	0
	Caffeine Free Diet Pepsi	0	25	0
	Diet Vernors	0	15	0
	Diet Dr. Pepper	0	35	0
	Diet Coke w/Lime	0	30	0
	Diet Coke	0	30	0
	Diet Pepsi	0	25	0
	Diet Mountain Dew	0	25	0
	Pepsi One	1	25	0
	Gatorade Lemon Lime	50	110	14
	Gatorade Fruit Punch	50	110	14
	Gatorade Glacier Freeze	50	110	14
	Gatorade Orange	50	110	14
	Gatorade Grape	50	110	14
	Lipton Tea Bottle - Sweetened	60	0	17
	Lipton Tea Bottle - Original	70	0	19
	Squirt	80	140	27
	Nestea Cool	80	70	22
	Lipton Brisk Ice Tea	80	65	22
	Faygo Ohana Raspberry Lemonade	90	10	25
	Country Time Lemonade	93	65	22
	Cherry Pepsi	100	20	28
	Caffeine Free Pepsi	100	25	27
	Cherry Coke	100	25	28
	Minute Maid Lemonade	100	35	28
	Coca-Cola	100	35	27
	Dr. Pepper	100	35	27
	Sprite	100	45	26
	Vernors	100	15	26
	Pepsi	100	25	27
	Tropicana Pink Lemonade	100	60	27
	Cherry 7-Up	100	25	26
	7-Up	100	50	26
	Welch's Apple Juice	106	90	27
	Dole 16oz Orange Juice	110	15	27
	Dole 16oz Apple Juice	110	10	27
	Faygo Cream Soda	110	30	28
	Sobe Orange Blizzard	110	20	29
	Tropicana Peach Papaya	110	50	30
	Tropicana Strawberry Passion Fruit	110	50	29
	Fanta Orange	110	35	30
	Mountain Dew	110	50	31
	Mountain Dew Code Red	110	70	31
	Hawaiian Punch Bodacious Berry	110	115	29
	Faygo Root Beer	120	30	25
	Faygo Rock n Rye	120	30	31
	Faygo Red Pop	120	30	31
	Faygo Moon Mist	120	30	31
	Hawaiian Punch	120	113	30
	Minute Maid Strawberry Passion	120	75	31
	A&W Root Beer	120	30	31
	Faygo Grape	130	30	34
	Faygo Orange	130	30	33
	Sobe Strawberry Cream	130	20	33
	Tropicana Twister Orange	130	25	35
	Welch's Grape Soda	130	40	34
	Sunkist Orange	130	30	35
	Welch's Grape Juice	133	33	33
	Dole 16oz Grapefruit Juice	140	15	29
	Florida's Natural Grapefruit Juice Can	140	0	33
	Dole 16oz Grape Juice	160	90	39
	Florida's Natural Orange Juice Can	170	0	42