

Report Parameters															
Menus Included:	2021 Eurest Culinary Core Standard Menu - FDA (Master)														
Days/Dates Included:	1 - 2														
Meal Periods Included:	Breakfast, Lunch														
Stations Included:	Breakfast - A La Carte, Omelet Bar, Breakfast - Upgrades, Grab & Go, Yogurt Bar, Hot Cereal, Cold Cereal, Pastries & Breads, Breakfast - Condiments, Fruit - Whole, Fruit - Cut, Coffee Bar, Coffee Gourmet - Hot, Coffee Gourmet - Cold, Coffee														

Purpose of the Report:
The purpose of the FDA Menu Labeling Additional Information Report is to provide menu nutrition information using FDA guidelines as found on nutrition labels.

Recipe Name	Recipe Number	Portion Size	Weight (oz)	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carb (g)	Total Sugars (g)	Added sugars (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Breakfast - Breakfast - A La Carte															
EUR: Brux Brussels Waffle Mix	104467	1 serving(s)	6.5oz	184.27g	440	24	14	0+	49	5	0+	65	9	1	400
EUR: Buttermilk Biscuit, 2.2 oz. frozen	3872.1	1 each	2.28oz	64.73g	210	9	5	0+	25	2	1+	5	4	less than 1 gram	430
EUR: Buttermilk Pancakes (krusteaz mix)	616.28	1 each	3.76oz	106.61g	170	1.5	0	0	33	7	0+	0	4	1	490
EUR: Egg (Cooked to Order)	5306.1	1 each	1.73oz	48.97g	100	9	1.5	0	0	0	-	165	6	0	180
EUR: Egg White (Cooked to Order)	5306.8	1 each	1.32oz	37.54g	60	4.5	0	0+	0	0	-	0	4	0	55
EUR: French Toast (Texas Toast)	8251	2 slice	5.97oz	169.21g	370	19	10	0+	38	6	-	195	13	3	420
EUR: Fresh Cut Melon, Strawberry, & Pineapple	15799.2	1 cup	6oz	170.1g	70	0	0	0	18	14	-	0	1	2	10
EUR: Hash Browns with Peppers & Onions	40189	1 cup	4.94oz	139.96g	190	10	5	0+	21	1	0+	20	3	3	160
EUR: Home Fries (breakfast potatoes)	8377	1 cup	21.58oz	611.68g	330	11	6	0+	53	5+	0+	25	6	6	1060
EUR: Multigrain Pancakes (using mix)	23375.10	1 each	4.13oz	117.07g	200	3.5	0	0	37	7	0+	0	6	5	360
EUR: Multigrain Waffles	36845.11	1 each	9.2oz	260.89g	450	7	1	0	82	14	0+	0	12	10	810
EUR: Sausage Link, 1 oz	118717	1 each	0.75oz	21.26g	100	10	3.5	0	less than 1 gram	0	0	15	2	0	125
EUR: Scrambled Egg White (liquid)	622.20	1/2 cup	4.45oz	126.04g	100	4.5	0	0+	less than 1 gram	less than 1 gram	-	0	13	0	200
EUR: Scrambled Eggs (shell)	622.3	2 each	3.77oz	106.81g	200	16	3.5	0	less than 1 gram	0	-	370	13	0	140
EUR: Shredded Hash Browns (oil)	57572.1	1 cup	5.3oz	150.36g	310	21	1.5	0	26	0	0+	0	3	3	0
EUR: Sweet Potato Tots (fried)	93780	1 cup	4.31oz	122.11g	250	14	1	0	31	11	-	0	2	3	300
EUR: Tater Tots (baked)	68287	1 cup	7oz	198.45g	310	17	2.5	0	39	0	0	0	2	2	870
EUR: Tater Tots (fried)	8414.1	1 cup	4.31oz	122.11g	260	18	2	0	22	0	0+	0	1	1	500
EUR: Two Biscuits with Sausage Gravy (2.2 oz frozen)	95648.1	1 serving(s)	14.45oz	409.78g	780	39	18	0+	84	12	2+	40	16	1	2090
Ingredient: Bacon, Applewood, Sliced	608.19	1 slice	0.4oz	11.34g	50	4	1.5	0	0	0	-	10	4	0	190
Ingredient: Sausage Link, Pork, 2 oz	1125.1	1 each	1.5oz	42.52g	200	20	7	0	1	less than 1	-	35	5	0	260

Ingredient: Sausage Link, Turkey, 1 oz	57570	1 each	1oz	28.35g	50	3.5	1	0	0	0	0	20	4	0	180
Ingredient: Sausage Patty, Pork, 1.5 oz, Cooked	1125.10	1 each	1.5oz	42.52g	180	17	6	0	less than 1 gram	0	0	25	5	0	320
Ingredient: Sausage Patty, Turkey, 1.5 oz	57570.1	1 each	1.29oz	36.55g	60	3.5	1	0	0	0	0	30	7	0	240
Ingredient: Sausage Patty, Turkey, FC, 1.4 oz	57570.3	1 each	1.41oz	39.97g	70	5	1.5	0	0	0	0	30	7	0	260
Breakfast - Breakfast - Condiments															
Butter, Salted, Whipped, PC	33212	1 each	0.35oz	10g	70	8	4.5	0	0	0	-	25	0	0	60
Cream Cheese, 1 oz, PC	1955	1 each	1oz	28.35g	100	10	6	0	2	1	-	30	2	0	90
Cream Cheese, Fat Free, .75 oz, PC	1953	1 each	0.75oz	21.26g	20	0	0	-	2	1	-	less than 5 milligrams	3	0	150
Cream Cheese, Light, 1 oz, PC	33217	1 each	1oz	28.35g	60	4.5	3	-	2	less than 1	-	15	2	0	90
Cream Cheese, Neufchatel, 1 oz, PC	33218	1 each	1oz	28.35g	70	6	3.5	-	1	less than 1	-	20	3	0	95
Cream Cheese, Strawberry Spread, 1 oz, PC	20472	1 each	1oz	28.35g	80	8	5	-	less than 1 gram	less than 1 gram	-	25	2	0	125
EUR: Blueberry Cream Cheese	88645.1	1 tbsp	1oz	28.35g	80	7	4	0+	5	5	0+	20	1	0	60
EUR: Strawberry Cream Cheese	66197	1 tbsp	0.58oz	16.54g	60	5	3	0+	2	2	-	15	less than 1 gram	0	45
Grape Jelly, Smucker, PC	3378	1 each	0.5oz	14.17g	40	0	0	-	10	7	-	0	0	0	0
Honey, PC	32009	1 each	0.32oz	9g	25	0	0	-	7	7	-	0	0	0	0
Ingredient: Butter, Unsalted	66191	1 tbsp	0.5oz	14.19g	100	12	7	-	0	0	-	30	0	0	0
Ingredient: Cream Cheese, Bulk	79282.1	1 tbsp	0.51oz	14.5g	50	5	3	0	less than 1 gram	less than 1 gram	-	15	less than 1 gram	0	45
Ingredient: Cream Cheese, Bulk	63391	1 tbsp	0.51oz	14.5g	50	5	3	0	less than 1 gram	less than 1 gram	-	15	less than 1 gram	0	45
Ingredient: Cream Cheese, Fat Free	63390	1 tbsp	0.51oz	14.5g	15	0	0	-	1	less than 1	-	0	2	0	100
Ingredient: Cream Cheese, Neufchatel	79884	1 tbsp	0.56oz	15.95g	40	3.5	2	-	less than 1 gram	less than 1 gram	-	10	1	0	55
Ingredient: Honey	63610	2 tbsp	1.49oz	42.37g	130	0	0	-	35	35	-	0	0	0	0
Ingredient: Jelly, Apple	63393.1	1 tbsp	0.77oz	21.87g	60	0	0	-	15	11	-	0	0	0	5
Ingredient: Jelly, Grape	63393	1 tbsp	0.74oz	21g	60	0	0	-	15	11	-	0	0	0	5
Ingredient: Marmalade, Orange	63389	1 tbsp	0.73oz	20.83g	50	0	0	-	14	12	-	0	0	0	10
Ingredient: Nutella	63112	1 tbsp	0.65oz	18.5g	100	6	5	-	12	10	-	0	1	less than 1	10
Ingredient: Peanut Butter, Creamy	63396	1 tbsp	0.57oz	16.12g	100	8	1.5	0	4	2	-	0	4	less than 1	70
Ingredient: Preserves, Strawberry Jelly, Canned	47957.19	1 tbsp	0.71oz	20g	60	0	0	-	14	10	-	0	0	0	5
Ingredient: Sauce, Salsa, Picante, Mild	1264	2 tbsp	1.14oz	32.37g	10	0	0	-	2	1	-	0	0	less than 1 gram	230
Ingredient: Syrup, Maple, 100%	66297	2 tbsp	1.42oz	40.25g	100	0	0	-	27	24	-	0	0	0	0
Ingredient: Syrup, Pancake & Waffle	63429	2 tbsp	1.38oz	39.25g	90	0	0	-	24	8	-	0	0	0	30
Ingredient: Whipped Topping	28295	1 tbsp	0.14oz	4g	10	1	0.5	-	0	0	-	less than 5 milligrams	0	0	0
Jam, Strawberry, PC	97261	1 each	0.5oz	14.17g	40	0	0	-	10	7	-	0	0	0	0
Jelly, Apple, PC	97262	1 each	0.5oz	14.17g	40	0	0	-	10	7	-	0	0	0	0
Jelly, Assorted, PC	97260	1 each	0.5oz	14.17g	40	0	0	-	10	7	-	0	0	0	0
Jelly, Strawberry, Sugar Free, PC	34080	1 each	0.39oz	11g	15	0	0	-	3	0	-	0	0	0	0
Peanut Butter, .75 oz, Jif, PC	10955	1 each	0.75oz	21.26g	130	11	2	0	5	2	-	0	5	1	90

Breakfast - Breakfast - Upgrades															
EUR: Country Style Sausage Gravy (mix)	95648	1/2 cup	4.94oz	140.16g	180	11	3.5	0	17	4	0+	15	4	0	610
Ingredient: Avocado, Quartered, Fresh	65294	1 each	1.11oz	31.45g	50	4.5	0.5	0	3	0	-	0	less than 1 gram	2	0
Ingredient: Cheese, American, Sliced, .5 oz	1748.7	1 slice	0.5oz	14.17g	50	4.5	2.5	0	less than 1 gram	0	-	15	3	0	240
Ingredient: Cheese, Cheddar, Mild, Loaf, Sliced .75 oz	43037.6	3/4 ounce	0.75oz	21.26g	90	7	4	-	less than 1 gram	0	-	20	5	0	140
Ingredient: Cheese, Cheddar, Mild, Pre-Shredded	3664.7	2 tbsp	0.5oz	14.12g	60	4.5	2.5	-	0	0	-	15	3	0	90
Ingredient: Cheese, Mozzarella, Part Skim, Shredded	3664.3	2 tbsp	0.5oz	14.12g	40	3	1.5	0	less than 1 gram	0	-	10	3	0	95
Ingredient: Cheese, Pepper Jack, Sliced	43037.2	3/4 ounce	0.75oz	21.26g	80	6	4	-	0	0	-	20	5	0	130
Ingredient: Cheese, Provolone, Sliced	13404.12	3/4 ounce	0.75oz	21.26g	70	6	3.5	-	0	0	-	15	5	0	150
Ingredient: Cheese, Swiss, Sliced	75797.1	3/4 ounce	0.75oz	21.26g	80	7	4	0	0	0	-	20	6	0	40
Breakfast - Coffee Bar															
Beverage: Coffee	81275	12 floz	12.53oz	355.2g	0	0	0	0	0	0	0+	0	0	0	5
Beverage: Coffee	81275	16 floz	16.71oz	473.6g	0	0	0	0	0	0	0+	0	less than 1 gram	0	10
Beverage: Coffee	81275	20 floz	20.88oz	592g	5	0	0	0	0	0	0+	0	less than 1 gram	0	10
Beverage: Cream, Half & Half	119104.1	1 floz	1.07oz	30.25g	40	3.5	2	0	1	1	-	10	less than 1 gram	0	20
Beverage: Milk, 2%	57683.6	1 floz	1.08oz	30.5g	15	0.5	0	0	1	2	-	less than 5 milligrams	1	0	15
Beverage: Milk, Almond, Unsweetened	57683.15	1 floz	1.06oz	30g	0	0	0	0	0	0	0	0	0	0	15
Beverage: Milk, Skim	57683.5	1 floz	1.08oz	30.62g	10	0	0	-	2	2	-	0	1	0	15
Beverage: Milk, Soy	57683.7	1 floz	1.07oz	30.38g	15	0.5	0	0	2	1	-	0	less than 1 gram	0	15
Beverage: Milk, Whole	57683.12	1 floz	1.08oz	30.5g	20	1	0.5	-	1	2	-	less than 5 milligrams	less than 1 gram	0	15
HC Beverage: Coffee, Decaf	16603	12 floz	12.52oz	355.07g	0	0	0	0	0	0	0+	0	0	0	10
HC Beverage: Coffee, Decaf	16603	16 floz	16.7oz	473.43g	0	0	0	0	0	0	0+	0	0	0	15
HC Beverage: Coffee, Decaf	16603	20 floz	20.87oz	591.78g	0	0	0	0	0	0	0+	0	0	0	20
Honey, PC	32009	1 each	0.32oz	9g	25	0	0	-	7	7	-	0	0	0	0
Mix, Hot Cocoa, Ind Packet, PC	3926	1 each	0.71oz	20.11g	80	2	1.5	0	15	12	-	0	less than 1 gram	less than 1 gram	190
Sugar Substitute, Aspartame, Equal, Blue, PC	7488	1 each	0.04oz	1g	0	0	0	-	less than 1 gram	less than 1 gram	-	0	0	0	0
Sugar Substitute, Splenda, Yellow, PC	7490	1 each	0.04oz	1g	0	0	0	-	less than 1 gram	less than 1 gram	-	0	0	0	0
Sugar Substitute, Sweet n Low, Pink, PC	104797	1 each	0.04oz	1g	0	0	0	-	less than 1 gram	less than 1 gram	-	0	0	0	0
Sugar, PC	7494	1 each	0.1oz	2.84g	10	0	0	-	3	3	-	0	0	0	0
Tea Bag, Hot, Decaf, PC	7518	1 each	0.02oz	0.7g	0	0	0	0	0	0	-	0	0	0	0
Tea Bag, Hot, PC	7519	1 each	0.02oz	0.7g	0	0	0	0	0	0	-	0	0	0	0
Breakfast - Coffee Gourmet - Cold															
Beverage: Coffee, Iced Caffe Latte, 2%, 16 fl oz	79066.2	16 floz	12.32oz	349.14g	90	3.5	2	0	9	8	0+	15	6	0	90

Beverage: Coffee, Iced Caffè Latte, 2%, 20 fl oz	79066.3	20 floz	20.54oz	582.2g	150	6	3.5	0	15	15	0+	25	10	0	150
Beverage: Coffee, Iced Caffè Mocha, 2%, 16 fl oz	79075.2	16 floz	15.92oz	451.32g	200	4	2.5	0	35	34	0+	15	6	0	105
Beverage: Coffee, Iced Caffè Mocha, 2%, 20 fl oz	79075.3	20 floz	19.89oz	563.89g	260	4.5	3	0	46	44	0+	20	8	0	130
Beverage: Coffee, Iced White Chocolate Mocha, 2%, 16 fl oz	79081.2	16 floz	16.44oz	466.14g	290	7	6	0	48	47	0+	15	9	0	190
Beverage: Coffee, Iced White Chocolate Mocha, 2%, 20 fl oz	79081.3	20 floz	20.59oz	583.64g	370	9	8	0	63	61	0+	20	12	0	240
Beverage: Iced Coffee	16604.1	16 floz	16.63oz	471.44g	0	0	0	0	5	0+	0	0	1	0	170
Beverage: Iced Coffee	16604.1	20 floz	20.79oz	589.3g	0	0	0	0	6	0+	0	0	2	0	210
EUR: Caramel Macchiato, 16 floz, cold	118865.4	16 floz	24.83oz	703.93g	270	7	4.5	0	42	37	0+	30	11	0	220
EUR: Caramel Macchiato, 24 floz, cold	118865.5	24 floz	35.54oz	1,007.52g	380	10	6	0	58	53	0+	40	16	0	290
EUR: Coffee Blended Beverage, 16 oz, cold	118898	16 floz	17.72oz	502.24g	250	4	2.5	0+	47	46	0+	10	4	0	230
EUR: Coffee Blended Beverage, 24 oz, cold	118898.1	24 floz	23.9oz	677.5g	360	5	3	0+	70	69	0+	15	5	0	330
Breakfast - Coffee Gourmet - Hot															
Beverage: Coffee	81275	12 floz	12.53oz	355.2g	0	0	0	0	0	0	0+	0	0	0	5
Beverage: Coffee	81275	16 floz	16.71oz	473.6g	0	0	0	0	0	0	0+	0	less than 1 gram	0	10
Beverage: Coffee	81275	20 floz	20.88oz	592g	5	0	0	0	0	0	0+	0	less than 1 gram	0	10
Beverage: Coffee Espresso Shot	78903	2 floz	2.09oz	59.2g	5	0	0	0	less than 1 gram	0	0+	0	0	0	10
Beverage: Coffee, Caffè Americano, 12 fl oz	78962	12 floz	12.54oz	355.45g	5	0	0	0	less than 1 gram	0	0+	0	0	0	15
Beverage: Coffee, Caffè Americano, 16 fl oz	78962.1	16 floz	16.72oz	473.92g	10	0	0	0	1	0	0+	0	0	0	25
Beverage: Coffee, Caffè Americano, 20 fl oz	78962.2	20 floz	20.9oz	592.39g	10	0	0	0	2	0	0+	0	0	0	30
Beverage: Coffee, Caffè Latte, 2%, 12 fl oz	79047.3	12 floz	7.47oz	211.7g	80	3	2	0	8	8	0+	10	5	0	80
Beverage: Coffee, Caffè Latte, 2%, 16 fl oz	79047.4	16 floz	10.13oz	287.05g	110	4	2.5	0	11	10	0+	15	7	0	105
Beverage: Coffee, Caffè Latte, 2%, 20 fl oz	79047.5	20 floz	12.78oz	362.4g	130	5	3	0	14	12	0+	20	8	0	130
Beverage: Coffee, Caffè Mocha, 2%, 12 fl oz	79050.3	12 floz	7.64oz	216.57g	140	3	2	0	24	23	0+	10	5	0	75
Beverage: Coffee, Caffè Mocha, 2%, 16 fl oz	79050.4	16 floz	10.38oz	294.36g	200	3.5	2.5	0	35	33	0+	15	6	0	95
Beverage: Coffee, Caffè Mocha, 2%, 20 fl oz	79050.5	20 floz	13.13oz	372.14g	250	4.5	3	0	46	44	0+	15	7	0	115
Beverage: Coffee, Cappuccino, 2%, 12 fl oz	78966.3	12 floz	7.47oz	211.7g	80	3	2	0	8	8	0+	10	5	0	80
Beverage: Coffee, Cappuccino, 2%, 16 fl oz	78966.4	16 floz	10.63oz	301.4g	100	4	2.5	0	11	9	0+	15	6	0	105
Beverage: Coffee, Cappuccino, 2%, 20 fl oz	78966.5	20 floz	13.8oz	391.1g	120	4.5	3	0	13	11	0+	15	7	0	125
Beverage: Coffee, White Chocolate Mocha, 2%, 12 fl oz	79053.3	12 floz	7.99oz	226.45g	200	5	4.5	0	32	32	0+	10	7	0	130
Beverage: Coffee, White Chocolate Mocha, 2%, 16 fl oz	79053.4	16 floz	10.91oz	309.17g	280	7	6	0	47	46	0+	15	9	0	180

Beverage: Coffee, White Chocolate Mocha, 2%, 20 fl oz	79053.5	20 floz	13.82oz	391.9g	370	9	8	0	62	60	0+	15	11	0	230
EUR: Caramel Macchiato, 12 floz, hot	118865	12 floz	11.71oz	331.86g	210	5	3.5	0	32	28	0+	20	8	0	170
EUR: Caramel Macchiato, 16 floz, hot	118865.1	16 floz	17.17oz	486.71g	270	7	4.5	0	42	37	0+	30	11	0	220
EUR: Caramel Macchiato, 20 floz, hot	118865.2	20 floz	20.63oz	584.79g	340	9	6	0	51	47	0+	35	14	0	260
HC Beverage: Coffee, Decaf	16603	12 floz	12.52oz	355.07g	0	0	0	0	0	0	0+	0	0	0	10
HC Beverage: Coffee, Decaf	16603	16 floz	16.7oz	473.43g	0	0	0	0	0	0	0+	0	0	0	15
HC Beverage: Coffee, Decaf	16603	20 floz	20.87oz	591.78g	0	0	0	0	0	0	0+	0	0	0	20
Breakfast - Coffee Gourmet - Milk/Alternates															
Beverage: Milk, 2%	57683.6	1 floz	1.08oz	30.5g	15	0.5	0	0	1	2	-	less than 5 milligrams	1	0	15
Beverage: Milk, Almond, Unsweetened	57683.15	1 floz	1.06oz	30g	0	0	0	0	0	0	0	0	0	0	15
Beverage: Milk, Skim	57683.5	1 floz	1.08oz	30.62g	10	0	0	-	2	2	-	0	1	0	15
Beverage: Milk, Soy	57683.7	1 floz	1.07oz	30.38g	15	0.5	0	0	2	1	-	0	less than 1 gram	0	15
Beverage: Milk, Whole	57683.12	1 floz	1.08oz	30.5g	20	1	0.5	-	1	2	-	less than 5 milligrams	less than 1 gram	0	15
EUR: Beverage: Milk, Lowfat, 1%	97018	1 floz	1.08oz	30.5g	15	0	0	-	2	2	-	0	1	0	15
Ingredient: Coconut Milk, Sumatra, Starbucks	57683.17	1 floz	1oz	28.25g	0	0	0	0	0	0	-	0	0	0	5
Ingredient: Cream, Whipping, Heavy	90260	1 floz	1.05oz	29.75g	100	11	7	0	less than 1 gram	less than 1 gram	-	35	less than 1 gram	0	10
Breakfast - Coffee Gourmet - Syrups															
Ingredient: Coffee Syrup, Almond	81010	1 floz	1.06oz	30g	70	0	0	0	18	18	-	0	0	0	0
Ingredient: Coffee Syrup, Amaretto	81010.1	1 floz	1.06oz	30g	80	0	0	0	19	19	-	0	0	0	0
Ingredient: Coffee Syrup, Apple	81010.23	1 floz	1oz	28.35g	70	0	0	0	18	17	-	0	0	0	0
Ingredient: Coffee Syrup, Blueberry	81010.26	1 floz	1oz	28.35g	90	0	0	0	23	23	-	0	0	0	0
Ingredient: Coffee Syrup, Caramel	81010.2	1 floz	0.71oz	20.12g	70	0	0	0	16	16	-	0	0	0	0
Ingredient: Coffee Syrup, Caramel, Sugar Free	81010.3	1 floz	1.06oz	30g	0	0	0	0	0	0	0	0	0	0	25
Ingredient: Coffee Syrup, Cherry	81010.4	1 floz	1.06oz	30g	70	0	0	0	18	18	-	0	0	0	0
Ingredient: Coffee Syrup, Chocolate Cherry	81010.5	1 floz	1.36oz	38.6g	100	0	0	0	25	24	-	-	0	0	30
Ingredient: Coffee Syrup, Chocolate, Dark	81010.6	1 floz	0.71oz	20.12g	70	0	0	0	17	16	-	0	0	0	0
Ingredient: Coffee Syrup, Cinnamon	81010.7	1 floz	1.06oz	30g	80	0	0	0	21	21	-	0	0	0	0
Ingredient: Coffee Syrup, Classic	81010.8	1 floz	1.06oz	30g	80	0	0	0	20	20	-	0	0	0	0
Ingredient: Coffee Syrup, Coconut	81010.31	1 floz	1oz	28.35g	70	0	0	0	18	18	-	0	0	0	0
Ingredient: Coffee Syrup, Granny Smith Apple	81010.24	1 floz	1oz	28.35g	70	0	0	0	17	17	-	0	0	0	0
Ingredient: Coffee Syrup, Hazelnut	81010.10	1 floz	1.06oz	30g	80	0	0	0	19	19	-	0	0	0	0
Ingredient: Coffee Syrup, Irish Creme	81010.11	1 floz	1.06oz	30g	70	0	0	0	19	19	-	0	0	0	0
Ingredient: Coffee Syrup, Orange Tangerine	81010.12	1 floz	1.37oz	38.8g	100	0	0	0	24	24	-	0	0	0	0
Ingredient: Coffee Syrup, Peach	81010.13	1 floz	1.06oz	30g	80	0	0	0	20	20	-	0	0	0	5
Ingredient: Coffee Syrup, Peppermint	81010.14	1 floz	0.71oz	20.12g	50	0	0	0	12	12	-	0	0	0	0
Ingredient: Coffee Syrup, Pomegranate	81010.27	1 floz	1oz	28.35g	70	0	0	0	16	16	-	0	0	0	0

Ingredient: Coffee Syrup, Pumpkin Spice	81010.25	1 floz	1oz	28.35g	70	0	0	0	17	17	-	0	0	0	0
Ingredient: Coffee Syrup, Raspberry	81010.15	1 floz	1.06oz	30g	90	0	0	0	23	23	-	0	0	0	5
Ingredient: Coffee Syrup, Strawberry	81010.16	1 floz	1.06oz	30g	80	0	0	0	19	19	-	0	0	0	0
Ingredient: Coffee Syrup, Toffee Nut	81010.17	1 floz	1.06oz	30g	70	0	0	0	17	16	-	0	0	0	125
Ingredient: Coffee Syrup, Vanilla	81010.18	1 floz	1.06oz	30g	70	0	0	0	20	20	-	0	0	0	0
Ingredient: Coffee Syrup, Vanilla, Monin	81010.19	1 floz	0.71oz	20.12g	50	0	0	0	13	13	-	0	0	0	0
Ingredient: Coffee Syrup, Vanilla, Sugar Free	81010.20	1 floz	1.06oz	30g	0	0	0	0	0	0	0	0	0	0	5
Ingredient: Coffee Syrup, Watermelon	81010.28	1 floz	1oz	28.35g	70	0	0	0	17	17	-	0	0	0	0
Ingredient: Coffee Syrup, White Chocolate	81010.21	1 floz	0.71oz	20.12g	50	0	0	0	12	12	-	0	0	0	0
Ingredient: Coffee Syrup, White Chocolate Mocha	81010.22	1 floz	1.06oz	30g	120	2	2.5	0	25	25	-	0	2	0	55
Breakfast - Coffee Gourmet - Tea/Chocolate															
Beverage: Coffee, Tea, Chai Latte, 2%, 12 fl oz	79058.3	12 floz	12.46oz	353.09g	210	3.5	2.5	0	39	35	-	15	6	0	130
Beverage: Coffee, Tea, Chai Latte, 2%, 16 fl oz	79058.4	16 floz	16.61oz	470.79g	280	5	3	0	51	46	-	20	8	0	170
Beverage: Coffee, Tea, Chai Latte, 2%, 20 oz	79058.5	20 floz	20.76oz	588.49g	350	6	4	0	64	58	-	25	10	0	210
Beverage: Hot Cocoa	81231	12 floz	12.67oz	359.06g	190	2	1	0+	40	31	0+	0	3	2	250
Tea Bag, Hot, PC	7519	1 each	0.02oz	0.7g	0	0	0	0	0	0	-	0	0	0	0
Breakfast - Coffee Gourmet - Toppings															
Ingredient: Caramel Sauce	76972	1 floz	1.45oz	41g	130	1.5	1	0	27	17	-	5	1	0	130
Ingredient: Syrup, Chocolate	63487	1 floz	1.32oz	37.5g	100	0	0	-	24	19	-	0	less than 1 gram	less than 1 gram	25
Ingredient: Whipped Topping	28295	2 tbsp	0.28oz	8g	20	2	1	-	less than 1 gram	less than 1 gram	-	5	0	0	0
Breakfast - Cold Cereal															
Beverage: Milk, 2%	57683.6	8 floz	8.61oz	244g	120	5	3	0	12	12	-	20	8	0	115
Beverage: Milk, Almond, Unsweetened	57683.15	8 floz	8.47oz	240g	30	2.5	0	0	1	1	0	0	1	0	130
Beverage: Milk, Skim	57683.5	8 floz	8.64oz	245g	80	0	0	-	12	12	-	less than 5 milligrams	8	0	105
Beverage: Milk, Soy	57683.7	8 floz	8.57oz	243g	130	4.5	0	0	15	10	-	0	8	1	125
Beverage: Milk, Whole	57683.12	8 floz	8.61oz	244g	150	8	4.5	-	12	12	-	25	8	0	105
EUR: Almond Cranberry Granola (scratch)	10443.4	1/2 cup	2.3oz	65.11g	260	9	1	0+	42	21	-	0	6	5	25
EUR: Beverage: Milk, Lowfat, 1%	97018	8 floz	8.61oz	244g	100	2.5	1.5	-	12	13	-	10	8	0	105
Ingredient: Cereal, Apple Jacks, Bulk	82071	1 cup	0.99oz	28g	110	1	0	0	24	9	9	0	1	1	150
Ingredient: Cereal, Bran Flakes, Bulk	63313.1	1 cup	2.19oz	62g	200	1.5	0	0	50	12	-	0	6	11	330
Ingredient: Cereal, Cap'n Crunch's Crunch Berries, Bulk	87450	1 cup	0.92oz	26g	100	1.5	1	0	22	11	-	0	1	less than 1 gram	190
Ingredient: Cereal, Cheerios, Bulk	63313.2	1 cup	0.99oz	28g	100	2	0	0	20	1	-	0	3	3	140
Ingredient: Cereal, Cheerios, Honey Nut, Bulk	82256.5	1 cup	0.99oz	28g	110	1.5	0	0	22	9	-	0	2	2	160
Ingredient: Cereal, Cinnamon Toast Crunch, Bulk	82256.3	1 cup	1.46oz	41.33g	170	4	0.5	0	33	12	-	0	1	3	240

Ingredient: Cereal, Cocoa Krispies, Bulk	63313.3	1 cup	1.46oz	41.33g	160	1	1	0	36	16	-	0	2	less than 1 gram	180
Ingredient: Cereal, Cocoa Puffs, Bulk	63313.12	1 cup	1.27oz	36g	140	2	0	0	30	13	-	0	2	2	200
Ingredient: Cereal, Cookie Crisp, Bulk	63313.15	1 cup	1.22oz	34.67g	130	1.5	0	0	29	12	-	0	1	1	160
Ingredient: Cereal, Corn Chex, Bulk	63313.4	1 cup	1.09oz	31g	120	1	0	0	26	3	3	0	2	2	220
Ingredient: Cereal, Corn Flakes, Bulk	63313.5	1 cup	1.16oz	33g	120	0.5	0	0	27	3	3	0	2	2	250
Ingredient: Cereal, Corn Pops, Bulk	82071.1	1 cup	1.06oz	30g	120	0	0	0	27	9	-	0	less than 1 gram	0	105
Ingredient: Cereal, Froot Loops, Bulk	82071.2	1 cup	1.02oz	29g	110	1	0	0	25	9	9	0	1	1	160
Ingredient: Cereal, Frosted Flakes, Bulk	63313.7	1 cup	1.41oz	40g	150	0	0	0	36	15	-	0	1	1	190
Ingredient: Cereal, Frosted Mini Wheats, Bulk	82071.8	1 cup	1.8oz	51g	180	1.5	0	0	43	10	10	0	4	5	10
Ingredient: Cereal, Golden Grahams, Bulk	63313.13	1 cup	1.41oz	40g	160	1	0	0	34	12	12	0	2	2	300
Ingredient: Cereal, Granola with Almonds, Low Fat, Bulk	63313.14	1/2 cup	1.59oz	45g	170	2.5	0.5	0	36	12	-	0	4	3	110
Ingredient: Cereal, Granola with Fruit, Low Fat, Bulk	82256	1/2 cup	0.97oz	27.5g	110	2	0	0	21	9	7	0	-	2	45
Ingredient: Cereal, Granola with Raisins, Low Fat, Bulk	82256.1	1/2 cup	1.59oz	45g	170	2.5	0.5	0	36	12	-	0	4	3	110
Ingredient: Cereal, Granola, No Raisins, Low Fat, Bulk	82256.2	1/2 cup	1.73oz	49.09g	240	12	2	0	26	10	-	0	7	4	15
Ingredient: Cereal, Granola, Udi's, Bulk	82071.7	1/2 cup	2.12oz	60g	270	9	0	0	39	10	9	0	8	5	0
Ingredient: Cereal, Grape-Nuts, Bulk	88257	1 cup	4.09oz	116g	420	2	0	0	93	10	0	0	13	15	540
Ingredient: Cereal, Kashi, Go Lean Crunch, Bulk	82071.3	1 cup	2.49oz	70.67g	260	4.5	0.5	0	50	17	-	0	12	10	130
Ingredient: Cereal, Kashi, Heart to Heart, Bulk	82071.4	1 cup	1.55oz	44g	160	2.5	0	0	36	7	7	0	4	5	120
Ingredient: Cereal, Life, Bulk	82071.11	1 cup	1.13oz	32g	120	1.5	0	0	25	6	-	0	3	2	160
Ingredient: Cereal, Life, Cinnamon, Bulk	82071.10	1 cup	1.13oz	32g	120	1.5	0	0	25	8	-	0	3	2	150
Ingredient: Cereal, Lucky Charms, Bulk	82256.4	1 cup	1.27oz	36g	140	1.5	0	0	30	12	12	0	3	2	230
Ingredient: Cereal, Oat Bran, Bulk	63313.16	1 cup	3.32oz	94g	230	7	1	-	62	1	-	0	16	14	0
Ingredient: Cereal, Raisin Bran, Bulk	82071.5	1 cup	2.08oz	59g	190	1	0	0	47	17	9	0	5	7	200
Ingredient: Cereal, Rice Chex, Bulk	82071.9	1 cup	0.95oz	27g	110	0.5	0	0	23	2	2	0	2	1	220
Ingredient: Cereal, Rice Krispies, Bulk	63313.8	1 cup	0.99oz	28g	100	0	0	0	25	3	3	0	2	0	140
Ingredient: Cereal, Shredded Wheat, Bulk	63313.10	1 cup	1.73oz	49g	170	1	0	0	40	0	-	0	6	6	0
Ingredient: Cereal, Special K with Red Berries, Bulk	82071.6	1 cup	1.09oz	31g	110	0	0	0	27	9	8	0	2	2	200
Ingredient: Cereal, Special K, Bulk	63313.11	1 cup	1.09oz	31g	120	0	0	0	23	4	3	0	6	0	210
Ingredient: Cereal, Total Raisin Bran, Bulk	82256.6	1 cup	1.87oz	53g	180	1	0	0	45	18	10	0	3	5	220
Ingredient: Coconut Milk, Sumatra, Starbucks	57683.17	8 floz	7.97oz	225.99g	35	2	2	0	4	3	-	0	0	0	45
Breakfast - Fountain Beverage															
Beverage: Drink, Pomegranate, SoBe, Fountain	119104	20 floz	20oz	566.99g	0	0	0	0	0	0	0	-	0	-	75

[illegible]

Beverage: Soda, Mountain Dew, Fountain	80881	20 floz	20.85oz	591.19g	290	0	0	0	76	76	-	0	0	0	105
Beverage: Soda, Orange Fanta, Fountain	80878	20 floz	21.87oz	620g	260	0	0	0	68	66	66	0	0	0	70
Beverage: Soda, Pepsi, Caffeine Free, Fountain	82365	20 floz	21.66oz	614g	250	0	0	0	68	68	-	0	0	0	50
Beverage: Soda, Pepsi, Diet, Caffeine Free, Fountain	82364	20 floz	21.66oz	614g	0	0	0	0	0	0	0	0	0	0	90
Beverage: Soda, Pepsi, Diet, Fountain	82362	20 floz	21.66oz	614g	0	0	0	0	0	0	0	0	0	0	90
Beverage: Soda, Pepsi, Fountain	82329	20 floz	21.66oz	614g	250	0	0	0	68	68	-	0	0	0	50
Beverage: Soda, Pepsi, Wild Cherry, Fountain	82374	20 floz	21.66oz	614g	270	0	0	0	70	70	-	0	0	0	50
Beverage: Soda, Pibb Xtra, Fountain	81253.2	20 floz	20oz	566.99g	280	0	-	-	62	62	62	-	0	0	90
Beverage: Soda, Root Beer, Barq's, Fountain	80888	20 floz	21.73oz	616g	290	0	0	0	73	73	73	0	0	0	85
Beverage: Soda, Root Beer, Mug, Fountain	80888.1	20 floz	20oz	566.99g	250	0	0	0	65	65	-	0	0	0	75
Beverage: Soda, Sierra Mist, Fountain	82375	20 floz	21.73oz	616g	250	0	0	0	67	67	-	0	0	0	60
Beverage: Soda, Sprite Zero, Fountain	80887	20 floz	20.88oz	592g	0	0	0	0	0	0	0	0	0	0	75
Beverage: Soda, Sprite, Fountain	80876	20 floz	21.73oz	616g	250	0	0	0	61	61	61	0	0	0	110
Beverage: Tea, Green, Iced, Peach, Brisk, Fountain	87452.8	20 floz	20oz	566.99g	5	0	0	0	0	0	0	0	0	0	180
Beverage: Tea, Iced, Diet, Gold Peak, Fountain	87452	20 floz	20.86oz	591.39g	0	0	0	0	0	0	0	0	0	0	75
Beverage: Tea, Iced, Green with Citrus, Lipton, Fountain	82376	20 floz	21.66oz	614g	180	0	0	0	48	48	-	0	0	0	170
Beverage: Tea, Iced, Green, Gold Peak, Fountain	87452.1	20 floz	20.86oz	591.39g	180	0	0	0	40	40	40	0	0	0	80
Beverage: Tea, Iced, Lemon, Gold Peak, Fountain	87452.2	20 floz	20.86oz	591.39g	190	0	0	0	49	49	49	0	0	0	55
Beverage: Tea, Iced, Lemonade, Brisk, Fountain	87452.11	20 floz	20oz	566.99g	240	0	0	0	63	62	-	0	0	0	135
Beverage: Tea, Iced, Lemonade, Gold Peak, Fountain	87452.3	20 floz	20.86oz	591.39g	260	0	0	0	57	57	57	0	0	0	80
Beverage: Tea, Iced, Peach, Gold Peak, Fountain	87452.4	20 floz	20.86oz	591.39g	160	0	0	0	38	36	36	0	0	0	80
Beverage: Tea, Iced, Raspberry, Brisk, Fountain	87452.9	20 floz	20oz	566.99g	130	0	0	0	33	33	-	0	0	0	70
Beverage: Tea, Iced, Raspberry, Gold Peak, Fountain	87452.5	20 floz	20.86oz	591.39g	130	0	0	0	31	31	31	0	0	0	55
Beverage: Tea, Iced, Sweet, Gold Peak, Fountain	87452.6	20 floz	20.86oz	591.39g	230	0	0	0	52	52	52	0	0	0	80
Beverage: Tea, Iced, Sweetened, Lipton, Fountain	82377	20 floz	21.66oz	614g	180	0	0	0	48	48	-	0	0	0	75
Beverage: Tea, Iced, Unsweetened, Gold Peak, Fountain	87452.7	20 floz	20.86oz	591.39g	0	0	0	0	0	0	0	0	0	0	80
Beverage: Tea, Iced, Unsweetened, Lipton, Fountain	82378	20 floz	21.66oz	614g	0	0	0	0	0	0	0	0	0	0	200
Beverage: Tea, Raspberry, Fountain	87452.10	20 floz	20oz	566.99g	160	0	0	0	39	37	37	0	0	0	80
Beverage: Water, Flavored, Citrus, SoBe, Fountain	85814.5	20 floz	20oz	566.99g	270	0	-	-	71	71	-	-	0	-	60

Beverage: Water, Flavored, Cranberry Grapefruit, SoBe, Fountain	85814.6	20 floz	20oz	566.99g	0	0	-	-	1	0	0	-	0	-	60
Beverage: Water, Flavored, Enhanced, Blueberry Pomegranate, Sunkist, Fountain	87672	20 floz	20.88oz	592.02g	0	0	0	0	0	0	0	0	0	0	55
Beverage: Water, Flavored, Enhanced, Strawberry Kiwi, Sunkist, Fountain	87672.1	20 floz	20.88oz	592.02g	0	0	0	0	0	0	0	0	0	0	65
Beverage: Water, Flavored, Enhanced, Tropical Mango, Sunkist, Fountain	87672.2	20 floz	20.88oz	591.97g	0	0	0	0	0	0	0	0	0	0	20
Beverage: Water, Flavored, Enhanced, Watermelon, Sunkist, Fountain	87672.3	20 floz	20.88oz	592.02g	0	0	0+	0	0	0	0	0	0	0	20
Breakfast - Fruit - Cut															
Ingredient: Apple, Diced, Fresh	63583	1/2 cup	2.2oz	62.5g	30	0	0	0	9	6	-	0	0	1	0
Ingredient: Banana, Sliced, Fresh	18480	1/2 cup	2.08oz	59g	50	0	0	0	13	7	-	0	less than 1 gram	2	0
Ingredient: Blackberries, Fresh	63398	1/4 cup	1.27oz	36g	15	0	0	0	3	2	-	0	less than 1 gram	2	0
Ingredient: Blueberries, Fresh	13170	1/2 cup	2.48oz	70.3g	40	0	0	0	10	7	-	0	less than 1 gram	2	0
Ingredient: Cantaloupe, Cubed, Fresh	1175	1/2 cup	2.82oz	80g	25	0	0	0	7	6	-	0	less than 1 gram	less than 1 gram	15
Ingredient: Grapefruit, Fresh, Peeled, Sections	1124.1	1/2 cup	3.75oz	106.31g	35	0	0	0	9	8	-	0	less than 1 gram	1	0
Ingredient: Grapes, Green Seedless, Fresh	63376.2	1/2 cup	2.82oz	80g	60	0	0	0	14	12	-	0	less than 1 gram	less than 1 gram	0
Ingredient: Grapes, Red Seedless, Fresh	63376	1/2 cup	2.77oz	78.64g	50	0	0	0	14	12	-	0	less than 1 gram	less than 1 gram	0
Ingredient: Honeydew Melon, Cubed, Fresh	1117	1/2 cup	3oz	85g	30	0	0	0	8	7	-	0	0	less than 1 gram	15
Ingredient: Mango, Chunks, Frozen	63580	1/2 cup	2.91oz	82.5g	50	0	0	0	12	11	-	0	less than 1 gram	1	0
Ingredient: Orange, Mandarin Sections, Canned	53890	1/2 cup	4.22oz	119.52g	45	0	0	0	11	11	-	0	less than 1 gram	less than 1 gram	5
Ingredient: Orange, Peeled, Quartered, Fresh	20257.1	1/2 cup	3oz	85.01g	40	0	0	0	10	8	-	0	less than 1 gram	2	0
Ingredient: Peach, Sliced, Fresh	63639	1/2 cup	2.72oz	77.01g	30	0	0	0	7	6	-	0	less than 1 gram	1	0
Ingredient: Peach, Sliced, Frozen	63627	1/2 cup	3.28oz	93g	35	0	0	0	9	8	-	0	less than 1 gram	1	0
Ingredient: Pears, Bartlett, 110 Count, Fresh, Diced	1548.8	1/2 cup	2.61oz	74.06g	40	0	0	0	11	7	-	0	0	2	0
Ingredient: Pineapple, Cubed, Fresh	31969	1/2 cup	2.91oz	82.5g	40	0	0	0	11	8	-	0	0	1	0
Ingredient: Pomegranate Seeds	80980	1 tbsp	0.38oz	10.87g	10	0	0	0	2	1	-	0	0	0	0
Ingredient: Raspberries, Fresh	29187.6	1/2 cup	2.17oz	61.5g	30	0	0	0	7	3	-	0	less than 1 gram	4	0
Ingredient: Strawberries, Quartered, Fresh	66194	1/2 cup	2.68oz	76g	25	0	0	0	6	4	-	0	less than 1 gram	2	0
Ingredient: Watermelon, Cubed, Fresh	88	1/2 cup	2.08oz	58.97g	20	0	0	0	4	4	-	0	0	0	0
Breakfast - Fruit - Whole															
Ingredient: Apple, 88 Count, Fresh	23999	1 each	6.55oz	185.56g	100	0	0	0	26	19	-	0	0	4	0

Ingredient: Apple, Golden Delicious, Fresh	1638.9	1 each	4.61oz	130.63g	70	0	0	0	18	14	-	0	0	3	0
Ingredient: Apple, Granny Smith, 88 Count, Fresh	34124.8	1 each	6.55oz	185.56g	100	0	0	0	26	19	-	0	0	4	0
Ingredient: Banana, Fresh	40362	1 each	4.16oz	118g	110	0	0	0	27	14	-	0	1	3	0
Ingredient: Grapefruit, Ruby Red, Fresh	1124.2	1 each	4.08oz	115.64g	50	0	0	0	12	8	-	0	less than 1 gram	2	0
Ingredient: Orange, 113 Count, Fresh	64062	1 each	4.14oz	117.42g	60	0	0	0	14	11	-	0	1	3	0
Ingredient: Orange, Clementine, Fresh	20257.10	1 each	2.01oz	56.98g	25	0	-	0	7	5	-	-	0	less than 1 gram	0
Ingredient: Pear, Anjou, 110 Count, Fresh	20015.1	1 each	5.65oz	160.2g	90	0	0	0	24	16	-	0	less than 1 gram	5	0
Ingredient: Pear, Bartlett, 110 Count, Fresh	1548	1 each	5.39oz	152.72g	90	0	0	0	23	15	-	0	less than 1 gram	5	0
Ingredient: Pear, Bosc, 110 Count, Fresh	20015	1 each	5.65oz	160.2g	90	0	0	0	24	16	-	0	less than 1 gram	5	0
Breakfast - Grab & Go															
EUR: Ham Egg & Cheese on WW English Muffin	8595.2	1 sandwich	6.34oz	179.8g	390	22	6	0+	26	5	-	215	24	4	840
EUR: Bacon & Egg Biscuit Sandwich	8381.40	1 sandwich	4.58oz	129.94g	380	22	8	0	26	2	1+	180	16	less than 1 gram	920
EUR: Bacon Egg & Cheese Biscuit Sandwich	8381.1	1 sandwich	5.08oz	144.11g	430	27	10	0	26	2	1+	195	18	less than 1 gram	1160
EUR: Bacon Egg & Cheese Burrito	9308.2	1 each	12.85oz	364.4g	810	42	16	0+	64	14	1+	460	46	3	1620
EUR: Bacon Egg & Cheese English Muffin	8381.15	1 sandwich	4.87oz	138.01g	370	21	7	0	26	2	-	195	19	2	850
EUR: Black Forest Ham & Egg Biscuit	37699.3	1 sandwich	5.79oz	164.21g	380	20	6	0+	27	3	1+	195	18	1	930
EUR: Black Forest Ham Egg & Cheese Biscuit Sandwich	37699.4	1 sandwich	6.31oz	178.81g	430	25	9	0+	28	3	1+	210	21	1	1280
EUR: Black Forest Ham Egg & Cheese on English Muffin	8595.1	1 sandwich	6oz	170.17g	330	14	4.5	0+	28	3	0+	210	22	3	970
EUR: Chicken Biscuit Sandwich	18449	1 sandwich	5.85oz	165.79g	430	21	6	0	40	4	1+	35	18	less than 1 gram	1050
EUR: Egg & Cheese Biscuit Sandwich	8381.41	1 sandwich	4.43oz	125.51g	350	20	8	0	26	2	1+	180	12	less than 1 gram	840
EUR: Egg & Cheese English Muffin	8381.14	1 sandwich	4.21oz	119.41g	280	14	4.5	0	26	2	-	180	13	2	540
EUR: Ham Egg and Cheese Burrito (Coffee Bar)	9308.1	1 each	13.32oz	377.61g	790	45	15	0+	57	5	1+	510	39	3	2120
EUR: Sausage & Egg Biscuit Sandwich	17350	1 sandwich	5.43oz	153.86g	470	33	12	0	26	2	1+	190	14	less than 1 gram	920
EUR: Sausage Egg & Cheese Biscuit Sandwich	17350.27	1 sandwich	5.91oz	167.61g	520	37	14	0	27	2	1+	205	17	less than 1 gram	1050
EUR: Sausage Egg & Cheese Burrito	9308.3	1 each	9.27oz	262.82g	730	53	20	0+	34	7	less than 1	275	30	1	1220
EUR: Sausage Egg & Cheese on English Muffin	8383.3	1 sandwich	5.71oz	161.94g	460	31	11	0	27	2	0+	205	18	2	860
EUR: Vegetable Breakfast Burrito with Peppers and Hash Browns	44577	1 sandwich	10.42oz	295.45g	630	33	14	0+	62	4	1+	235	23	4	950
Breakfast - Hot Cereal															
EUR: Cream of Wheat	610.10	1/2 cup	4.15oz	117.65g	70	0	0	0+	14	0	0+	0	2	less than 1	0
EUR: Grits	48753.4	1/2 cup	5.1oz	144.5g	100	0	0	0+	21	0	0+	0	2	1	0
EUR: Oatmeal (old fashioned)	3428.18	1/2 cup	5.54oz	157.15g	70	1	0	0+	13	0	0+	0	2	2	5

EUR: Oatmeal (quick cooking)	3428.1	1/2 cup	5.31oz	150.56g	70	1	0	0+	13	0	0+	0	2	2	5
EUR: Oatmeal (Steel Cut)	3428.27	1/2 cup	4.73oz	134.1g	60	1	0	0+	10	0+	0+	0	3	2	0
Honey, PC	32009	1 each	0.32oz	9g	25	0	0	-	7	7	-	0	0	0	0
Ingredient: Butter, Unsalted	66191	1 tbsp	0.5oz	14.19g	100	12	7	-	0	0	-	30	0	0	0
Ingredient: Cereal, Granola with Raisins, Low Fat, Bulk	82256.1	1 tbsp	0.2oz	5.62g	20	0	0	0	4	2	-	0	0	0	15
Ingredient: Cereal, Granola, No Raisins, Low Fat, Bulk	82256.2	1 tbsp	0.22oz	6.14g	30	1.5	0	0	3	1	-	0	less than 1 gram	less than 1 gram	0
Ingredient: Cheese, Cheddar, Mild, Shredded	62344	1 tbsp	0.25oz	7.06g	30	2.5	1.5	-	0	0	-	5	2	0	45
Ingredient: Coconut, Sweeteened, Shredded, Toasted	61182	1 tbsp	0.5oz	14.17g	70	5	4.5	-	7	6	-	0	0	less than 1 gram	35
Ingredient: Cranberries, Dried	62347	1 tbsp	0.32oz	9.06g	30	0	0	0	8	7	-	0	0	0	0
Ingredient: Honey	63610	1 tbsp	0.75oz	21.19g	60	0	0	-	17	17	-	0	0	0	0
Ingredient: Nuts, Almonds, Slivered, Toasted	33991	1 tbsp	0.24oz	6.77g	40	3.5	0	0	1	0	-	0	1	less than 1 gram	0
Ingredient: Nuts, Pecans, Pieces, Toasted	33991.2	1 tbsp	0.24oz	6.81g	45	5	0	-	less than 1 gram	0	-	0	less than 1 gram	less than 1 gram	0
Ingredient: Nuts, Walnuts, Halves & Pieces, Toasted	33991.1	1 tbsp	0.27oz	7.56g	50	5	0	-	1	0	-	0	1	less than 1 gram	0
Ingredient: Raisins	62348	1 tbsp	0.32oz	9.06g	25	0	0	0	7	6	-	0	0	0	0
Ingredient: Raisins, Golden	64579	1 tbsp	0.36oz	10.31g	30	0	0	0	8	7	-	0	0	0	0
Ingredient: Seeds, Flax, Whole	63624	1 tbsp	0.37oz	10.5g	60	4.5	0	-	3	0	-	0	2	3	0
Ingredient: Seeds, Pumpkin, Hulled	71070.3	1 tbsp	0.5oz	14.19g	80	7	1	0	2	0	-	0	4	less than 1	0
Ingredient: Spice, Chia Seeds	63113.1	1 tbsp	0.53oz	15g	70	4.5	0	0	6	-	-	0	2	5	0
Ingredient: Spice, Cinnamon, Ground	63613	1 tsp	0.09oz	2.6g	5	0	0	0	2	0	-	0	0	1	0
Ingredient: Sugar, Brown, Light	15576	1 tbsp	0.49oz	13.75g	50	0	0	-	13	13	-	0	0	0	0
Margarine, Smart Balance, 5g, PC	104683	1 each	0.18oz	5g	30	3	1	0	0	0	0	0	0	0	30
Breakfast - Omelet Bar															
EUR: Egg White Omelet	31516.4	1 each	3.99oz	113.05g	170	14	1	0+	less than 1 gram	less than 1 gram	-	0	11	0	280
EUR: Three Egg Omelet	31516	1 each	5.15oz	146.05g	310	26	5	0	1	0	-	490	17	0	300
EUR: Two Egg Omelet	49566.1	1 each	3.48oz	98.65g	220	19	3.5	0	less than 1 gram	0	-	325	11	0	240
Ingredient: Bacon, Diced	14901	2 tbsp	0.66oz	18.6g	90	7	2	0	0	0	-	20	6	0	310
Ingredient: Cheese, Cheddar, Mild, Pre-Shredded	3664.7	2 tbsp	0.5oz	14.12g	60	4.5	2.5	-	0	0	-	15	3	0	90
Ingredient: Cheese, Mozzarella, Part Skim, Shredded	3664.3	2 tbsp	0.5oz	14.12g	40	3	1.5	0	less than 1 gram	0	-	10	3	0	95
Ingredient: Cheese, Parmesan, Shredded	63313	2 tbsp	0.35oz	10g	40	2.5	1.5	-	0	0	-	5	4	0	170
Ingredient: Mushrooms, Sliced, Fresh	62338	1/4 cup	0.62oz	17.5g	0	0	0	0	less than 1 gram	0	-	0	less than 1 gram	0	0
Ingredient: Onions, Green, Scallion, Chopped, Fresh	63606	1 tbsp	0.22oz	6.25g	0	0	0	0	0	0	-	0	0	0	0
Ingredient: Onions, Yellow, Diced, 1/4", Fresh	13404.3	1/4 cup	1.41oz	40g	15	0	0	0	4	2	-	0	0	less than 1 gram	0
Ingredient: Peppers, Bell, Green, Sliced, Fresh	62342	1/4 cup	0.81oz	23g	0	0	0	0	1	less than 1 gram	-	0	0	0	0
Ingredient: Peppers, Bell, Red, Diced, Fresh	63107	1/4 cup	1.31oz	37.25g	10	0	0	0	2	2	-	0	0	less than 1 gram	0

Ingredient: Peppers, Chili, Jalapeno, Chopped, Fresh	14891.1	1 tbsp	0.26oz	7.5g	0	0	0	0	0	0	-	0	0	0	0
Ingredient: Peppers, Chili, Jalapeno, Sliced, Canned	13404.4	1 tbsp	0.53oz	15g	0	0	0	0	less than 1 gram	0	-	0	0	0	250
Ingredient: Pork, Ham, Black Forest, Diced	48144.29	2 tbsp	0.75oz	21.26g	35	2	0	-	less than 1 gram	0	-	10	4	0	170
Ingredient: Pork, Ham, Diced	14899	2 tbsp	0.62oz	17.5g	20	0.5	0	0	1	0	-	10	3	0	220
Ingredient: Sausage Link, Turkey, 1 oz	57570	1 ounce	1oz	28.35g	50	3.5	1	0	0	0	0	20	4	0	180
Ingredient: Sausage Patty, Pork, 1.5 oz, Cooked	1125.10	1 ounce	1oz	28.35g	120	11	4	0	less than 1 gram	0	0	15	3	0	210
Ingredient: Sausage, Chorizo	76680.1	1 ounce	1oz	28.35g	60	5	1.5	0	less than 1 gram	0	-	10	3	0	150
Ingredient: Sausage, Italian, Crumbles	14903	2 tbsp	0.36oz	10.31g	35	2.5	1	0	0	0	-	10	2	0	85
Ingredient: Spinach, Baby, Fresh	47960.1	1/2 cup	0.53oz	15g	0	0	0	0	less than 1 gram	0	-	0	0	0	10
Ingredient: Tomatoes, Diced, Fresh	14890	1/4 cup	1.59oz	45g	10	0	0	0	2	1	-	0	0	less than 1	0
Ingredient: Turkey, Breast, Diced	63563	2 tbsp	0.71oz	20g	25	1	0	0	0	0	0	15	3	0	160
Breakfast - Pastries & Breads															
EUR: Apple Cinnamon Scone, 1.8 oz (Place and Bake Cut in Half)	40149.1	1/2 each	0.94oz	26.58g	100	4.5	2.5	0	14	7	6	0	1	0	85
EUR: Banana Muffin, 1.75 oz, using mix	60242.15	1 each	1.76oz	49.78g	100	1.5	0.5	0	21	11	0+	5	1	0+	170
EUR: Banana Muffin, 3.5 oz, using mix	60242	1 each	3.51oz	99.56g	200	2.5	1.5	0	43	22	0+	15	3	0+	350
EUR: Banana Muffin, 5 oz, using mix	60242.18	1 each	4.92oz	139.39g	290	3.5	2	0	60	31	0+	20	4	less than 1	490
EUR: Banana Nut Muffin, 1.75 oz, batter	119245	1 each	1.76oz	49.78g	170	7	1	0	23	12	10	15	2	0	200
EUR: Banana Nut Muffin, 3.5 oz, batter	119245.9	1 each	3.51oz	99.57g	340	15	2	0	47	24	20	30	4	less than 1 gram	410
EUR: Banana Nut Muffin, 5 oz, batter	119245.12	1 each	5.05oz	143.24g	490	21	3	0	67	34	29	45	6	1	590
EUR: Blueberry Muffin, 1.75 oz, batter	119245.1	1 each	1.76oz	49.78g	150	7	1	0	22	12	11	20	1	0	130
EUR: Blueberry Muffin, 1.75 oz, using mix	60242.12	1 each	1.76oz	50.02g	100	1.5	0.5	0	21	11	0+	5	1	0+	170
EUR: Blueberry Muffin, 3.5 oz, batter	119245.10	1 each	3.51oz	99.57g	310	14	2.5	0	44	25	23	45	3	less than 1	260
EUR: Blueberry Muffin, 3.5 oz, using mix	60242.6	1 each	3.53oz	100.04g	200	2.5	1.5	0	41	22	0+	15	3	0+	350
EUR: Blueberry Muffin, 5 oz, batter	119245.11	1 each	5.05oz	143.24g	440	20	3.5	0	63	36	33	65	4	1	370
EUR: Blueberry Muffin, 5 oz, using mix	60242.14	1 each	4.94oz	140.05g	280	3.5	2	0	58	30	0+	20	4	less than 1 gram+	490
EUR: Blueberry Scone, 1.8 oz (Place and Bake Cut in Half)	40148.1	1/2 each	0.94oz	26.58g	100	4.5	2	0	13	6	5	0	1	0	90
EUR: Buttermilk Biscuit, 2.2 oz. frozen	3872.1	1 each	2.28oz	64.73g	210	9	5	0+	25	2	1+	5	4	less than 1 gram	430
EUR: Cappuccino Chocolate Chunk Muffin, 1.75 oz, batter	119245.2	1 each	1.76oz	49.78g	180	8	2	0	25	16	16	20	1	less than 1 gram	135
EUR: Cappuccino Chocolate Chunk Muffin, 3.5 oz, batter	119245.13	1 each	3.51oz	99.57g	370	17	4.5	0	51	33	32	40	3	1	270
EUR: Cappuccino Chocolate Chunk Muffin, 5 oz, batter	119245.14	1 each	5.05oz	143.24g	530	24	6	0	73	47	46	55	4	2	390
EUR: Chocolate Chip Muffin, 1.75 oz, using mix	60242.22	1 each	3.57oz	101.28g	270	7	4	0+	50	29	0+	15	3	less than 1 gram+	350

EUR: Chocolate Chip Muffin, 3.5 oz, using mix	60242.7	1 each	3.57oz	101.28g	270	7	4	0+	50	29	0+	15	3	less than 1 gram+	350
EUR: Chocolate Chip Muffin, 5 oz, using mix	60242.19	1 each	5oz	141.79g	380	10	6	0+	70	41	0+	20	5	1+	490
EUR: Corn Muffin, 1.75 oz, batter	119245.4	1 each	1.76oz	49.78g	180	8	1	0	24	9	9	10	2	0	160
EUR: Corn Muffin, 3.5 oz, batter	119245.17	1 each	3.51oz	99.57g	360	17	2.5	0	48	19	19	25	5	less than 1	320
EUR: Corn Muffin, 5 oz, batter	119245.18	1 each	5.05oz	143.24g	520	24	3.5	0	69	27	27	35	7	1	460
EUR: Cranberry Nut Muffin, 1.75 oz, batter	119245.5	1 each	1.76oz	49.78g	160	8	1	0	20	11	11	20	1	less than 1 gram	120
EUR: Cranberry Nut Muffin, 3.5 oz, batter	119245.19	1 each	3.51oz	99.57g	320	16	2.5	0	41	23	22	40	3	1	240
EUR: Cranberry Nut Muffin, 5 oz, batter	119245.20	1 each	5.05oz	143.24g	460	23	3.5	0	59	33	32	55	4	2	340
EUR: Cranberry Orange Muffin, 1.75 oz, using mix	60242.16	1 each	1.67oz	47.45g	100	1.5	0.5	0	20	10+	0+	5	1	0+	170
EUR: Cranberry Orange Muffin, 3.5 oz, using mix	60242.9	1 each	3.35oz	94.9g	200	2.5	1.5	0	41	21+	0+	15	3	0+	350
EUR: Cranberry Orange Muffin, 5 oz, using mix	60242.21	1 each	4.69oz	132.85g	270	3.5	2	0	57	29+	0+	20	4	less than 1 gram+	490
EUR: Double Chocolate Chip Muffin, 1.75 oz, batter	119245.3	1 each	1.76oz	49.78g	170	7	2	0	23	14	14	15	2	less than 1 gram	160
EUR: Double Chocolate Chip Muffin, 3.5 oz, batter	119245.15	1 each	3.51oz	99.57g	340	15	4	0	46	28	28	30	4	2	330
EUR: Double Chocolate Chip Muffin, 5 oz, batter	119245.16	1 each	5.05oz	143.24g	490	21	6	0	66	40	40	45	6	3	470
EUR: Glazed Donut	96780.4	2-1/8 oz portion	5.53oz	156.63g	660	35	16	0+	77	29	0+	0	9	2	620
EUR: Lemon Poppyseed Muffin, 1.75 oz, batter	119245.7	1 each	1.76oz	49.78g	170	7	1	0	23	13	12	20	2	0	125
EUR: Lemon Poppyseed Muffin, 3.5 oz, batter	119245.21	1 each	3.51oz	99.57g	340	15	2.5	0	46	26	25	45	4	less than 1 gram	250
EUR: Lemon Poppyseed Muffin, 5 oz, batter	119245.22	1 each	5.05oz	143.24g	490	21	3.5	0	66	37	36	65	6	1	360
EUR: Peanut Butter Chocolate Chip Muffin, 1.75 oz, using mix	60242.17	1 each	1.77oz	50.25g	140	4.5	1.5	0+	23	12	0+	5	2	0+	190
EUR: Peanut Butter Chocolate Chip Muffin, 3.5 oz, using mix	60242.8	1 each	3.54oz	100.49g	280	9	3.5	0+	46	25	0+	15	5	less than 1 gram+	390
EUR: Peanut Butter Chocolate Chip Muffin, 5 oz, using mix	60242.20	1 each	4.96oz	140.69g	390	13	4.5	0+	64	35	0+	20	7	1+	540
EUR: Raisin Bran Muffin, 1.75 oz, batter	119245.6	1 each	1.76oz	49.78g	160	6	1	0	23	12	9	10	2	2	210
EUR: Raisin Bran Muffin, 3.5 oz, batter	119245.23	1 each	3.51oz	99.57g	330	13	2	0	47	25	19	25	5	4	430
EUR: Raisin Bran Muffin, 5 oz, batter	119245.24	1 each	5.05oz	143.24g	470	19	3	0	67	36	27	35	7	6	620
EUR: Sunrise Walnut Muffin, 1.75 oz, batter	119245.8	1 each	1.76oz	49.78g	170	9	1.5	0	20	12	-	15	2	less than 1 gram	150
EUR: Sunrise Walnut Muffin, 3.5 oz, batter	119245.25	1 each	3.51oz	99.57g	350	19	3.5	0	40	24	-	30	5	2	310
EUR: Sunrise Walnut Muffin, 5 oz, batter	119245.26	1 each	5.05oz	143.24g	500	27	5	0	57	34	-	45	7	3	440
Ingredient: Bagel, Blueberry, 4 oz	63651	1 each	4oz	113.4g	290	1.5	0	0	59	11	10	0	9	2	640
Ingredient: Bagel, Cinnamon Raisin, 4 oz	63651.1	1 each	4oz	113.4g	280	1	0	0	60	10	-	0	9	2	530
Ingredient: Bagel, Egg, 4 oz	63651.15	1 each	4oz	113.4g	290	1.5	0	0	62	4	-	less than 5 milligrams	11	2	510

Ingredient: Bagel, Everything, 4 oz	63651.2	1 each	4oz	113.4g	300	2	0	0	61	7	-	0	11	3	560
Ingredient: Bagel, Honey Wheat, 4 oz	63651.4	1 each	4oz	113.4g	310	1.5	0	0	65	10	-	0	11	4	450
Ingredient: Bagel, Onion, 4 oz	63651.5	1 each	4oz	113.4g	290	1	0	-	61	-	-	0	10	2	570
Ingredient: Bagel, Plain, 4 oz, Fresh	63651.6	1 each	4oz	113.4g	300	2	0	0	60	4	0	0	9	2	300
Ingredient: Bagel, Sesame Seed, 4 oz, Fresh	63651.8	1 each	4oz	113.4g	290	3	0	0	54	3	2	0	10	2	420
Ingredient: Bagel, Whole Wheat, 4 oz	63651.10	1 each	4oz	113.4g	280	1.5	0	0	55	7	-	0	12	5	500
Ingredient: Bread, Honey Wheat, Sliced, 1.78 oz	1251.3	1 slice	1.78oz	50.4g	140	2.5	0	0	24	3	-	0	5	2	240
Ingredient: Bread, Marble Rye, Loaf, Sliced, 1.69 oz	1646.18	1 slice	1.69oz	48g	100	1	0	0	22	0	0	0	3	0	280
Ingredient: Bread, Multigrain, Loaf, Sliced, 1.48 oz	1646.16	1 slice	1.41oz	39.97g	90	1	0	0	18	less than 1 gram	less than 1 gram	0	3	0	140
Ingredient: Bread, Texas Toast, Sliced, 1.27 oz	62272.4	1 slice	1.2oz	34g	90	1	0	0	17	2	-	0	3	less than 1 gram	170
Ingredient: Bread, White, Sliced, 1 oz	1251	1 slice	1.08oz	30.62g	80	1	0	0	15	2	-	0	3	less than 1	150
Ingredient: Croissant, Sliced, 2 oz	5147	1 each	2oz	56.7g	190	8	3.5	0	26	4	4	0	4	0	200
Ingredient: Danish, Apple Coronet, Mini, 1.5 oz	84294	1 each	1.5oz	42.52g	120	7	1.5	0	14	5	4	5	1	0	75
Ingredient: Danish, Apple, 3.5 oz	63654	1 each	3.5oz	99.22g	280	15	6	0	33	12	11	30	4	less than 1	90
Ingredient: Danish, Cheese, 3.5 oz	63654.1	1 each	3.28oz	93g	290	18	11	0	28	5	-	20	4	less than 1	170
Ingredient: Danish, Cinnamon Swirl, 3.1 oz	63654.3	1 each	3.1oz	87.88g	300	17	7	-	34	12	11	20	4	1	90
Ingredient: Danish, Cinnamon Swirl, Mini, 1.5 oz	84294.4	1 each	1.5oz	42.52g	150	9	3.5	0	15	4	4	10	2	0	45
Ingredient: Danish, Maple Pecan Plait, 3.4 oz	63654.4	1 each	3.4oz	96.39g	360	23	10	0	34	11	11	25	4	less than 1 gram	115
Ingredient: Danish, Maple Pecan Plait, Mini, 1.5 oz	84294.3	1 each	1.5oz	42.52g	160	11	4.5	0	14	6	6	15	2	0	65
Ingredient: Danish, Raspberry Crown, Mini, 1.5 oz	84294.1	1 each	1.5oz	42.52g	130	7	3	0	15	5	5	5	2	1	40
Ingredient: Danish, Raspberry, 3.5 oz	63654.5	1 each	3.5oz	99.22g	280	17	8	0	29	12	11	25	4	2	80
Ingredient: English Muffin, Honey Wheat, 2 oz	63633.2	1 each	2oz	56.7g	120	1	0	-	23	5	-	0	5	4	210
Ingredient: English Muffin, Plain, 2 oz	63633	1 each	2oz	56.7g	130	1	0	0	25	2	-	0	5	2	240
Ingredient: English Muffin, Whole Wheat, 2.2 oz	63633.1	1 each	2oz	56.7g	120	1	0	-	23	5	-	0	5	4	210
Ingredient: Flatbread, White, 5.3 oz	62275	1/2 each	2.65oz	75.13g	230	7	1.5	0	35	3	-	0	6	1	410
Ingredient: Flatbread, Whole Grain, 5.3 oz	62276	1/2 each	2.66oz	75.35g	230	9	1.5	0	33	2	-	0	7	6	340
Ingredient: Scone, Apple Cinnamon, RTB, 3.75 oz	74821	1 each	3.75oz	106.31g	390	18	9	0	54	28	24	0	5	1	330
Ingredient: Scone, Blueberry, RTB, 3.75 oz	74821.1	1 each	3.75oz	106.31g	390	17	8	0	53	25	20	0	5	1	360
Ingredient: Scone, Brown Sugar Cinnamon, RTB, 3.75 oz	74821.2	1 each	3.75oz	106.31g	420	18	10	0	58	30	26	0	5	1	360
Ingredient: Scone, Chocolate Chunk, RTB, 3.75 oz	74821.3	1 each	3.75oz	106.31g	430	19	10	0	58	31	27	0	5	2	330
Ingredient: Scone, Cranberry Orange, RTB, 3.75 oz	74821.4	1 each	3.75oz	106.31g	360	16	8	0	50	23	19	0	5	2	340
Ingredient: Scone, White Chunk Raspberry, RTB, 3.75 oz	58024	1 each	3.75oz	106.31g	410	18	10	0	56	28	24	0	5	1	360

Ingredient: Tortilla Wrap, Whole Wheat, 12", 3.67 oz	63512	1 each	3.42oz	97g	290	9	4	0	47	4	0	0	7	5	440
Breakfast - Yogurt Bar															
Honey, PC	32009	1 each	0.32oz	9g	25	0	0	-	7	7	-	0	0	0	0
Ingredient: Blueberries, Fresh	13170	1/4 cup	1.24oz	35.15g	20	0	0	0	5	4	-	0	0	less than 1	0
Ingredient: Cantaloupe, Cubed, Fresh	1175	1/4 cup	1.41oz	40g	15	0	0	0	3	3	-	0	0	0	5
Ingredient: Cereal, Granola with Raisins, Low Fat, Bulk	82256.1	1/4 cup	0.79oz	22.5g	80	1	0	0	18	6	-	0	2	2	55
Ingredient: Cereal, Granola, No Raisins, Low Fat, Bulk	82256.2	1/4 cup	0.87oz	24.55g	120	6	1	0	13	5	-	0	3	2	5
Ingredient: Coconut, Sweeteened, Shredded, Toasted	61182	1 tbsp	0.5oz	14.17g	70	5	4.5	-	7	6	-	0	0	less than 1 gram	35
Ingredient: Cottage Cheese, Fat Free	1746.7	1/2 cup	2.56oz	72.5g	50	0	0	-	5	1	-	5	7	0	270
Ingredient: Cottage Cheese, Low Fat, 2% SB6	62324	1/2 cup	3.99oz	113g	90	2.5	1.5	0	5	5	-	15	12	0	350
Ingredient: Cranberries, Dried	62347	1 tbsp	0.32oz	9.06g	30	0	0	0	8	7	-	0	0	0	0
Ingredient: Grapes, Green Seedless, Fresh	63376.2	1/4 cup	1.41oz	40g	30	0	0	0	7	6	-	0	0	0	0
Ingredient: Grapes, Red Seedless, Fresh	63376	1/4 cup	1.39oz	39.32g	25	0	0	0	7	6	-	0	0	0	0
Ingredient: Honey	63610	1 tbsp	0.75oz	21.19g	60	0	0	-	17	17	-	0	0	0	0
Ingredient: Honeydew Melon, Cubed, Fresh	1117	1/4 cup	1.5oz	42.5g	15	0	0	0	4	3	-	0	0	0	10
Ingredient: Nuts, Almonds, Slivered, Toasted	33991	1 tbsp	0.24oz	6.77g	40	3.5	0	0	1	0	-	0	1	less than 1 gram	0
Ingredient: Nuts, Pecans, Pieces, Toasted	33991.2	1 tbsp	0.24oz	6.81g	45	5	0	-	less than 1 gram	0	-	0	less than 1 gram	less than 1 gram	0
Ingredient: Nuts, Walnuts, Halves & Pieces, Toasted	33991.1	1 tbsp	0.27oz	7.56g	50	5	0	-	1	0	-	0	1	less than 1 gram	0
Ingredient: Orange, Mandarin Sections, Canned	53890	1/4 cup	2.11oz	59.76g	20	0	0	0	6	5	-	0	0	0	0
Ingredient: Pineapple, Cubed, Fresh	31969	1/4 cup	1.46oz	41.25g	20	0	0	0	5	4	-	0	0	less than 1	0
Ingredient: Raisins	62348	1 tbsp	0.32oz	9.06g	25	0	0	0	7	6	-	0	0	0	0
Ingredient: Raisins, Golden	64579	1 tbsp	0.36oz	10.31g	30	0	0	0	8	7	-	0	0	0	0
Ingredient: Raspberries, Fresh	29187.6	1/4 cup	1.08oz	30.75g	15	0	0	0	4	1	-	0	0	2	0
Ingredient: Seeds, Flax, Whole	63624	1 tbsp	0.37oz	10.5g	60	4.5	0	-	3	0	-	0	2	3	0
Ingredient: Seeds, Pumpkin, Hulled	71070.3	1 tbsp	0.5oz	14.19g	80	7	1	0	2	0	-	0	4	less than 1	0
Ingredient: Spice, Chia Seeds	63113.1	1 tbsp	0.53oz	15g	70	4.5	0	0	6	-	-	0	2	5	0
Ingredient: Strawberries, Quartered, Fresh	66194	1/4 cup	1.34oz	38g	10	0	0	0	3	2	-	0	0	less than 1 gram	0
Ingredient: Yogurt, Plain, Greek, Fat Free, Oikos, Stonyfield	63080.5	1/2 cup	4.32oz	122.5g	70	0	0	0	4	4	-	5	12	0	45
Ingredient: Yogurt, Strawberry, Low Fat	58254.1	1/2 cup	4oz	113.5g	110	1.5	1	-	21	21	-	5	5	0	60
Ingredient: Yogurt, Vanilla, Low Fat	4592	1/2 cup	4oz	113.4g	100	1.5	1	-	16	16	-	5	6	0	75
Lunch - Deli - From the Baker															
archive 05/01/2023 Ingredient: Bread, Seed'licious, Loaf, Sliced, 1.94 oz	1646.17	2 slice	3.88oz	110g	280	6	1	0	51	9	8	0	11	7	390
EUR: 12" Wheat Sub Roll (dough)	66854.1	1/2 loaf	4.01oz	113.64g	300	10	1	0	44	3	0+	0	9	5	420

EUR: 12" White Sub Roll (dough)	66854	1/2 loaf	4.01oz	113.62g	300	10	1	0	46	3	0+	0	8	2	490
EUR: Iceberg Lettuce Wrap	93430	1 serving(s)	1.07oz	30.4g	0	0	0	0	less than 1 gram	less than 1 gram	-	0	0	0	0
Ingredient: Bread, Marble Rye, Loaf, Sliced, 1.69 oz	1646.18	2 slice	3.39oz	96g	200	2	0	0	44	0	0	0	6	0	560
Ingredient: Bread, Multigrain, Loaf, Sliced, 1.48 oz	1646.16	2 slice	2.82oz	79.95g	180	2	0	0	36	1	1	0	7	0	280
Ingredient: Bread, Sourdough, Loaf, Sliced, 1.78 oz	1646.11	2 slice	3.53oz	100g	260	4	1	0	46	4	2	0	8	0	480
Ingredient: Bread, White, Loaf, Sliced, 1.98 oz	1646.19	2 slice	3.95oz	112g	270	4	0.5	0	49	2	-	0	8	2	520
Ingredient: Bread, White, Udi's, Sliced, 1.5 oz	1390.3	2 slice	3.46oz	98g	300	10	0.5	0	48	6	4	0	4	1	540
Ingredient: Bread, Whole Wheat, Sliced, 1.5 oz	62274	2 slice	3oz	85.05g	210	3	0.5	0	36	4	-	0	11	5	390
Ingredient: Bun, Brioche, 2.4 oz	1646.8	1 each	2.4oz	68.04g	220	6	1	0	35	7	-	80	7	0	260
Ingredient: Croissant, Sliced, 3 oz	63426	1 each	3oz	85.05g	270	67	4	0	43	3	3	15	8	2	390
Ingredient: Focaccia, Sliced, 2 oz	83581	1 serving(s)	2oz	56.7g	190	2.5	0	0	35	0	0	0	6	1	460
Ingredient: Roll, Ciabatta, 4.5 oz	62279	1 each	4.5oz	127.57g	350	5	1	-	64	0	-	0	11	4	730
Ingredient: Roll, Demi Baguette, 4 oz	62280	1 each	3.99oz	113g	330	1.5	0	0	67	0	0	0	11	2	810
Ingredient: Roll, La Baccia, Wheat, 4x4, 3.5 oz	89507	1 each	3.5oz	99.22g	300	7	0.5	0	51	4	-	0	8	3	460
Ingredient: Roll, Pretzel, 4.4 oz	62279.1	1 each	3.5oz	99.22g	280	5	0.5	0	51	7	0	35	9	3	720
Ingredient: Roll, Sandwich Thins, 100% Whole Wheat, 1.5 oz	62282	1 each	1.5oz	42.52g	100	1	0	0	21	2	2	0	5	5	170
Ingredient: Roll, Telera, 3 oz	62281.1	1 each	3oz	85.1g	240	3.5	0	0	45	3	-	0	7	1	450
Ingredient: Tortilla Wrap, Flour, 12", 3.42 oz	34825	1 each	3.42oz	97g	290	8	4	0	48	1	1	0	8	2	570
Ingredient: Tortilla Wrap, Garlic Herb, 12", 3.67 oz	62273.5	1 each	3.43oz	97.13g	300	9	4	0	48	1	0	0	8	5	600
Ingredient: Tortilla Wrap, Spinach Herb, 12", 3.67 oz	63510	1 each	3.42oz	97g	290	8	4	0	47	0	0	0	8	2	640
Ingredient: Tortilla Wrap, Tomato Basil, 12", 3.67 oz	62273.4	1 each	3.42oz	97g	300	9	4	0	47	0	0	0	9	2	620
Ingredient: Tortilla Wrap, Whole Wheat, 12", 3.67 oz	63512	1 each	3.42oz	97g	290	9	4	0	47	4	0	0	7	5	440
Lunch - Deli - From the Butcher															
archive 02/01/2022 EUR: Bacon, 18/22, cooked	608.15	2 slice	0.64oz	18.14g	80	6	2	0	0	0	-	20	6	0	310
EUR: Grilled Chicken Breast, 4 oz	18020.3	1 each	3.1oz	87.75g	160	8	1.5	0	0	0	-	80	23	0	260
EUR: Grilled Chicken Breast, 5 oz	18020	1 each	3.83oz	108.45g	190	8	1.5	0	0	0	-	100	29	0	290
Ingredient: Bacon, Applewood, Sliced	608.19	2 slice	0.8oz	22.68g	110	8	2.5	0	0	0	-	20	8	0	380
Ingredient: Beef, Pastrami, Sliced	62331.23	4 ounce	4oz	113.4g	170	7	3	-	0	0	-	75	25	0	1220
Ingredient: Beef, Roast Beef, Rare, Deli	62331.17	4 ounce	4oz	113.4g	110	4	2	0	0	0	0	55	21	0	480
Ingredient: Beef, Roast Beef, Rare, USDA Choice, All Natural	62331.18	4 ounce	4oz	113.4g	130	6	2	0	0	0	0	55	21	0	610
Ingredient: Beef, Roast Beef, With Soy, Deli	62331.16	4 ounce	4oz	113.4g	100	3	2	0	0	0	0	50	19	0	1240

Ingredient: Beef, Roast, Deli, Sliced	48143	4 ounce	4oz	113.4g	120	4	2	0	0	0	0	70	20	0	750
Ingredient: Chicken, Breast, Breaded, Select, 4 oz	49623	1 each	3.58oz	101.49g	220	13	1.5	0	15	2	-	35	14	0	620
Ingredient: Chicken, Breast, Breaded, Spicy, 4 oz	6279.9	1 each	3.12oz	88.43g	200	12	1.5	0	10	1	0+	25	13	2	640
Ingredient: Pastrami, Sliced	48144.12	4 ounce	4oz	113.4g	160	6	3	0	2	2	-	70	22	-	1170
Ingredient: Pepperoni, Sliced	14902	2 ounce	2oz	56.7g	290	26	10	1	less than 1 gram	0	-	55	11	0	900
Ingredient: Pork, Ham, Boneless, Low Sodium	62331.19	4 ounce	4oz	113.4g	110	3	1	0	4	4	4	55	17	0	730
Ingredient: Pork, Ham, Boneless, Smoked, Black Forest, Sliced, Thin	62331.3	4 ounce	4oz	113.4g	190	10	0.5	-	4	1	-	65	19	1	920
Ingredient: Pork, Ham, Capicola, Sliced	62286	2 ounce	2oz	56.7g	70	2	0	0	4	2	0	30	10	0	870
Ingredient: Pork, Ham, Smoked, Natural Choice	79298	4 ounce	4oz	113.4g	120	4	2	0	0	0	0	70	22	0	1070
Ingredient: Salami, Genoa, Sliced	48144.27	2 ounce	2oz	56.7g	190	15	5	0	1	less than 1	-	50	12	0	990
Ingredient: Turkey, Breast, Roasted, Natural Choice	62331.20	4 ounce	4oz	113.4g	110	1	0	0	1	less than 1 gram	-	45	23	-	910
Ingredient: Turkey, Breast, Skinless, Whole Muscle, Browned, Sliced	48144.28	4 ounce	4oz	113.4g	100	1.5	0	0	3	2	2	50	18	0	890
Ingredient: Turkey, Breast, Smoked, Deli, Sliced, Paper Thin	62331	4 ounce	4oz	113.4g	100	1.5	0	0	3	2	2	45	22	0	1110
Lunch - Deli - From the Carvery															
EUR: Herbed Roast Beef, Top Round	45120	4 ounce	4oz	113.4g	220	11	3	0+	less than 1 gram	0+	0+	70	26	0	270
EUR: Marinated Flank Steak	6921.3	4 oz meat	6.47oz	183.33g	310	20	4	0+	6	2	0+	75+	27	1	880
EUR: Roast Pork Loin	25091.2	4 oz portion	3.48oz	98.57g	170	12	3.5	0	less than 1 gram	0	0+	45	18	0	350
EUR: Roasted Turkey	44763	4 ounce	4oz	113.4g	210	15	2	0	less than 1 gram	0	0+	60	21	0	740
EUR: Smoked Brisket	44980	4 ounce	4oz	113.4g	340	21	8	0+	4	3	-	115	32	0	390
Lunch - Deli - From the Dairy															
Ingredient: Cheese, American, Sliced, .5 oz	1748.7	1 slice	0.5oz	14.17g	50	4.5	2.5	0	less than 1 gram	0	-	15	3	0	240
Ingredient: Cheese, Blue, Crumbles	47711.1	2 tbsp	0.6oz	16.87g	60	5	3	-	0	0	-	15	4	0	190
Ingredient: Cheese, Cheddar, Mild, Loaf, Sliced .75 oz	43037.6	3/4 ounce	0.75oz	21.26g	90	7	4	-	less than 1 gram	0	-	20	5	0	140
Ingredient: Cheese, Feta, Crumbled	62345	2 tbsp	0.66oz	18.75g	50	4	2.5	-	less than 1 gram	0	-	15	3	0	210
Ingredient: Cheese, Gouda, Smoked, Sliced	75797	3/4 ounce	0.75oz	21.26g	80	6	3.5	-	0	0	-	25	5	0	170
Ingredient: Cheese, Mozzarella, Fresh	62290	3/4 ounce	0.75oz	21.26g	60	4.5	3	-	less than 1 gram	0	-	15	5	0	105
Ingredient: Cheese, Mozzarella, Part Skim, Sliced	3664.4	3/4 ounce	0.75oz	21.26g	60	4	2.5	0	1	0	-	15	5	0	140
Ingredient: Cheese, Muenster, Sliced, .75 oz	43035.1	3/4 ounce	0.75oz	21.26g	80	6	4	-	0	0	-	20	5	0	135
Ingredient: Cheese, Pepper Jack, Sliced	43037.2	3/4 ounce	0.75oz	21.26g	80	6	4	-	0	0	-	20	5	0	130
Ingredient: Cheese, Provolone, Sliced	45467.2	3/4 ounce	0.75oz	21.26g	70	6	3.5	-	0	0	-	15	5	0	150
Ingredient: Cheese, Swiss, Reduced Fat, Sliced, 1 oz	45467.3	3/4 ounce	0.75oz	21.26g	70	4.5	3	0	less than 1 gram	less than 1 gram	0	15	6	0	85

Lunch - Deli - From the Farmer															
EUR: Chicken Salad (light mayo)	59325	1/2 cup	3.97oz	112.47g	170	7	1.5	0	1	0	0+	90	24	0	370
EUR: Egg Salad	59326	1/2 cup	2.92oz	82.83g	130	10	2.5	0+	2	less than 1	0+	205	7	0	380
EUR: FAD-Free Tuna Salad (FIT)	12043.18	3-1/2 ounce	3.5oz	99.22g	100	3	0.5	0	less than 1 gram	0	0+	30	16	0	270
EUR: FAD-Free Tuna Salad (light mayo)	59323	1/2 cup	3.69oz	104.56g	110	5	1	0	1	0	0+	35	16	0	420
EUR: Grilled Vegetables	5294.29	1/2 cup	4.56oz	129.28g	50	2.5	0	0	6	4	-	0	2	2	60
Lunch - Deli - Pick a Side															
EUR: American Macaroni Salad	18177	1 cup	6.26oz	177.45g	250	7	1.5	0+	39	3	0+	10	7	3	310
EUR: Bakers Chips	18733.1	2 cup	2.92oz	82.86g	240	22	2	0	13	less than 1 gram	0+	0	less than 1 gram	4	490
EUR: Carrot and Celery Sticks	96586	1 cup	3oz	85.05g	25	0	0	0	5	3	-	0	less than 1 gram	2	65
EUR: Country Coleslaw	18183	1 cup	7.18oz	203.47g	170	9	1.5	0+	21	15	0+	10	2	4	800
EUR: Fresh Cut Melon, Strawberry, & Pineapple	15799.2	1 cup	6oz	170.1g	70	0	0	0	18	14	-	0	1	2	10
Ingredient: Carrots, Sticks, 5 each, Fresh	4962.2	5 each	1.41oz	40g	15	0	0	0	4	2	-	0	0	1	30
Ingredient: Celery, Sticks, 5 each, Fresh	4962.1	5 each	0.63oz	17.8g	0	0	0	0	less than 1 gram	0	-	0	0	0	15
Lunch - Deli - Signature Spreads															
EUR: Chipotle Aioli	112986.7	2 tbsp	0.91oz	25.85g	170	19	3	0+	less than 1 gram	0	0+	10	0	0	140
EUR: Chipotle Buttermilk Dressing (Scratch)	42006	2 tbsp	1.06oz	30.12g	35	2.5	0	0+	3	2	0+	less than 5 milligrams	less than 1 gram	0	100
EUR: Horseradish Spread	9164.5	2 tbsp	1.01oz	28.71g	90	10	2	0+	1	less than 1 gram	0+	10	less than 1 gram	0	90
EUR: Hummus (Grecian Delight)	96523.2	2 tbsp	0.99oz	28g	70	3.5	0	0	7	1	0	0	3	2	140
EUR: Pesto Aioli	38195.3	2 tbsp	1.04oz	29.34g	80	7	1	0+	2	0	0+	10	less than 1 gram	0	230
EUR: Roasted Garlic Aioli	14681.1	2 tbsp	1.09oz	30.98g	70	7	1	0	2	0	0+	10	0	0	250
EUR: Sriracha Aioli	75951	2 tbsp	0.96oz	27.35g	35	3	0	0+	1	0	0+	less than 5 milligrams	1	0	170
Ingredient: Mayonnaise, Light	47957.24	2 tbsp	1.06oz	30g	70	7	1	0	1	0	0	10	0	0	200
Ingredient: Mustard, Dijon	57714	2 tbsp	1.1oz	31.12g	30	1.5	0	0	2	1	0	0	1	less than 1	630
Ingredient: Mustard, Spicy Brown	62300	2 tbsp	1.06oz	30g	20	1	0	0	2	0	-	0	1	1	330
Ingredient: Mustard, Yellow	47957.10	2 tbsp	1.1oz	31.25g	20	1	0	0	2	0	-	0	1	1	340
Ingredient: Oil, Olive, Extra Virgin	63338.2	1/2 tbsp	0.24oz	6.75g	60	7	1	-	0	0	-	0	0	0	0
Ingredient: Salad Dressing, 1000 Island	62351	2 tbsp	1.06oz	30g	110	10	1.5	0	5	5	5	less than 5 milligrams	0	0	280
Ingredient: Salad Dressing, Dijon Honey, Ken's, Bulk	62354	2 tbsp	1.06oz	30g	130	12	2	0	7	6	6	15	0	0	160
Ingredient: Salad Dressing, Italian, Golden, Ken's, Bulk	62356	2 tbsp	1.06oz	30g	110	12	2	0	2	2	2	0	0	0	270
Ingredient: Salad Dressing, Ranch, Ken's, Bulk	62357	2 tbsp	1.06oz	30g	140	15	2	0	1	1	1	10	0	0	190
Ingredient: Salad Dressing, Ranch, Light, Ken's, Bulk	62357.1	2 tbsp	1.06oz	30g	80	8	1	0	2	less than 1 gram	0	10	less than 1 gram	0	270
Ingredient: Sauce, Buffalo Wing	62597	2 tbsp	0.99oz	28.2g	5	0	0	0	less than 1 gram	0	0	0	0	0	610
Ingredient: Vinegar, Red Wine	62369	1/2 tbsp	0.26oz	7.47g	0	0	0	0	0	0	-	-	0	0	0

Lunch - Deli - Toppings															
Ingredient: Carrots, Grated, Fresh	57858	1 ounce	1oz	28.35g	10	0	0	0	3	1	-	0	0	less than 1	20
Ingredient: Cucumbers, Scored, Sliced, Thin, Fresh	68562	1 ounce	1oz	28.35g	0	0	0	0	1	0	-	0	0	0	0
Ingredient: Lettuce, Arugula, Baby, Fresh	62323	1/4 cup	0.18oz	5g	0	0	0	0	0	0	-	0	0	0	0
Ingredient: Lettuce, Iceberg, Shredded, Fresh	13404	1/4 cup	0.63oz	18g	0	0	0	0	less than 1 gram	0	-	0	0	0	0
Ingredient: Lettuce, Leaf, Fresh	14957	1 each	0.27oz	7.68g	0	0	0	0	0	0	-	0	0	0	0
Ingredient: Lettuce, Romaine, Shredded, Fresh	81493	1/4 cup	0.41oz	11.75g	0	0	0	0	0	0	-	0	0	0	0
Ingredient: Mushrooms, Sliced, Fresh	62338	1 ounce	1oz	28.35g	5	0	0	0	less than 1 gram	less than 1 gram	-	0	less than 1 gram	0	0
Ingredient: Olives, Black, Pitted, Sliced, Drained	62339	1/4 cup	1.24oz	35.16g	40	4	1	0	2	0	-	0	0	less than 1 gram	260
Ingredient: Onions, Red, Each Slice, Fresh	14918	1 slice	0.44oz	12.6g	5	0	0	0	1	less than 1 gram	-	0	0	0	0
Ingredient: Peppers, Banana, Rings	46017.25	1/4 cup	0.92oz	26g	0	0	0	0	0	0	0	0	0	0	120
Ingredient: Peppers, Bell, Green, Sliced, Fresh	62342	1/4 cup	0.81oz	23g	0	0	0	0	1	less than 1 gram	-	0	0	0	0
Ingredient: Peppers, Chili, Jalapeno, Sliced, Canned	13404.4	1 tbsp	0.53oz	15g	0	0	0	0	less than 1 gram	0	-	0	0	0	250
Ingredient: Peppers, Red, Roasted, Strips, Canned	62295	1/4 cup	1.69oz	48g	10	0	0	0	3	2	-	0	0	less than 1 gram	115
Ingredient: Pickles, Dill Hamburger Slices	63438	4 each	0.99oz	28g	0	0	0	0	less than 1 gram	0	-	0	0	0	230
Ingredient: Pickles, Dill Spears	5197	1 each	1.06oz	30g	0	0	0	0	less than 1 gram	0	-	0	0	0	240
Ingredient: Spinach, Baby, Fresh	47960.1	1/4 cup	0.26oz	7.5g	0	0	0	0	0	0	-	0	0	0	5
Ingredient: Tomatoes, Each Slice, 1/2", Fresh	57721	1 slice	0.87oz	24.57g	0	0	0	0	less than 1 gram	less than 1 gram	-	0	0	0	0
Lunch - Deli - Upgrade Your Taste															
archive 02/01/2022 EUR: Bacon, 18/22, cooked	608.15	2 slice	0.64oz	18.14g	80	6	2	0	0	0	-	20	6	0	310
Ingredient: Avocado, Quartered, Fresh	65294	1 serving(s)	1.11oz	31.45g	50	4.5	0.5	0	3	0	-	0	less than 1 gram	2	0
Ingredient: Bacon, Applewood, Sliced	608.19	2 slice	0.8oz	22.68g	110	8	2.5	0	0	0	-	20	8	0	380
Lunch - Dessert - Bars															
EUR: Brownie (mix)	76506.2	1 each	4.35oz	123.39g	440	13	2.5	0	76	53	0+	0	3	3	370
EUR: Brownie (scratch)	10654.3	1 each	2.65oz	75.18g	310	15	9	0+	44	31	-	65	4	2	95
EUR: Brownie (Sweet Street)	83443	1 each	2.86oz	81g	360	20	11	0	43	29	-	65	4	3	115
EUR: Cherry Apricot Walnut Flax Granola Bar	38144.9	1 each	2.08oz	58.91g	240	10	1	0+	36	18	0+	0	5	5	10
EUR: Chia Cardamom Sunflower Seed Raisin Granola Bar	38144.10	1 each	2.21oz	62.59g	250	8	1	0+	41	22+	0+	0	6	5	5
EUR: Chocolate Peanut Butter Krispie Treats	9036.3	1 each	2.09oz	59.15g	290	15	9	0+	37	26	14+	0	4	2	130
EUR: Cran Raisin Apricot Maple Flax Granola Bars	11073.1	1 serving(s)	1.93oz	54.62g	200	4.5	0	0+	38	18	less than 1 gram+	0	4	4	150

EUR: Honey Pecan Sunflower Raisin Granola Bar	84898.1	1 serving(s)	2.94oz	83.47g	380	20	4	0+	48	30	-	10	6	5	25
EUR: Lemon Bars (Sweet Street)	83443.1	2 oz portion	2oz	56.7g	210	11	6	0	24	16	-	70	2	0	85
EUR: M&M Rice Krispie Treats	4649.1	1 each	3.85oz	109.18g	440	13	8+	0+	79	41+	3+	30	4	0	210
EUR: Pumpkin Seed Sunflower Chia Maple Granola Bar	38144.8	1 serving(s)	2.19oz	62.03g	240	8	1	0+	39	19+	-	0	6	5	65
EUR: Rice Krispie Treat (scratch)	5618.2	1 2" x 3"	3.01oz	85.37g	330	9	6+	0+	62	29+	3+	25	3	0	180
Lunch - Dessert - Cake/Pie															
Cake, Classic Coffee Cake, Sweet Street	112660	1 slice	4oz	113.4g	440	20	9	0	61	37	-	50	5	1	200
EUR: 10" Pecan Pie (T&S) 8 cut	84769	1 slice	5.75oz	163.01g	660	32	11	0	89	41	-	90	6	1	720
EUR: House Baked Pumpkin Pie (8 cut)	55947.2	1 slice	4.25oz	120.62g	230	8	4	0+	35	22	-	65	4	2	290
EUR: Tres Leches	41576.1	1 slice	8.85oz	250.81g	750	38	23	0+	91	57	0+	160	13	1	170
Ingredient: Cake, Gourmet, Tres Leches	89457.28	1 slice	5.93oz	168g	660	40	12	0	66	44	-	130	8	2	560
Ingredient: Cheesecake, New York	89457.15	1 slice	5.01oz	142g	460	31	19	0	40	29	25	105	4	0	270
Ingredient: Pie, Apple, Clements	89457.30	1 slice	3.88oz	110g	320	14	7	0	47	22	-	5	3	1	280
Ingredient: Pie, Banana Cream, Clements	89457.31	1 slice	4.16oz	118g	370	24	20	0	35	22	-	15	3	1	130
Ingredient: Pie, Blueberry, Clements	89457.32	1 slice	4.23oz	120g	330	14	7	0	49	26	-	5	3	1	200
Ingredient: Pie, Boston Cream, Clements	89457.39	1 slice	4.16oz	118g	460	31	22	0	41	27	-	30	3	1	180
Ingredient: Pie, Cherry, Clements	89457.33	1 slice	4.13oz	117g	290	14	7	0	43	18	-	5	3	1	230
Ingredient: Pie, Coconut Cream, Clements	89457.34	1 slice	4.76oz	135g	500	37	34	0	39	27	-	0	3	1	160
Ingredient: Pie, Key Lime, Clements	89457.36	1 slice	4.41oz	125g	420	15	6	0.5	66	54	-	25	7	1	310
Ingredient: Pie, Lemon Meringue, Clements	89457.37	1 slice	4.16oz	118g	300	13	7	0	43	27	-	60	3	0	140
Ingredient: Pie, Pecan, Clements	89457.38	1 slice	3oz	85g	360	21	6	0	40	20	0	50	4	1	190
Lunch - Dessert - Cookies															
EUR: Dough, Cookie, Butter Sugar, Gourmet, 2 oz, Frozen	98739.3	2 ounce	2oz	56.7g	240	11	6	0	36	18	17	40	3	less than 1 gram	110
EUR: Dough, Cookie, Butter Sugar, Gourmet, 2 oz, Frozen	98739.3	4 ounce	4oz	113.4g	490	21	13	1	71	35	35	75	5	1	220
EUR: Dough, Cookie, Chunky Chocolate Supreme, Gourmet, 2 oz, Frozen	98739.1	2 ounce	2oz	56.7g	260	12	8	0	33	18	-	30	2	1	220
EUR: Dough, Cookie, Chunky Chocolate Supreme, Gourmet, 2 oz, Frozen	98739.1	4 ounce	4oz	113.4g	510	25	15	0.5	66	37	-	55	5	2	430
EUR: Dough, Cookie, Oatmeal Raisin, Gourmet, 2 oz, Frozen	98739.2	2 ounce	2oz	56.7g	240	10	6	0	34	17	-	30	3	1	240
EUR: Dough, Cookie, Oatmeal Raisin, Gourmet, 2 oz, Frozen	98739.2	4 ounce	4oz	113.4g	470	20	12	0.5	68	34	-	55	5	3	480
Ingredient: Cookies, Chocolate Chip, RTB, 1.5 oz	74040	1 each	1.5oz	42.52g	200	10	5	0	25	14	-	5	2	less than 1 gram	120
Ingredient: Cookies, Chocolate Chip, RTB, 1.5 oz	74040	3 ounce	3oz	85.05g	400	20	10	0	51	28	-	10	3	2	240

Ingredient: Cookies, Oatmeal Raisin, RTB, 1.5 oz	74040.1	1 each	1.5oz	42.52g	180	7	3	0	26	13	-	less than 5 milligrams	2	1	150
Ingredient: Cookies, Oatmeal Raisin, RTB, 1.5 oz	74040.1	3 ounce	3oz	85.05g	350	15	6	0	51	26	-	5	4	2	290
Ingredient: Cookies, Peanut Butter, RTB, 1.5 oz	74042	1 each	1.5oz	42.52g	210	13	5	0	21	12	-	10	3	less than 1 gram	135
Ingredient: Cookies, Peanut Butter, RTB, 1.5 oz	74042	3 ounce	3oz	85.05g	420	26	10	0	42	24	-	15	6	2	270
Ingredient: Cookies, Sugar, RTB, 1.5 oz	74040.3	1 each	1.5oz	42.52g	210	12	5	0	23	11	-	5	1	0	240
Ingredient: Cookies, Sugar, RTB, 1.5 oz	74040.3	3 ounce	3oz	85.05g	420	25	10	0	46	23	-	15	3	less than 1 gram	470
Ingredient: Cookies, White Chocolate Macadamia Nut, RTB, 1.5 oz	74040.4	1 each	1.5oz	42.52g	200	11	5	0	24	13	-	5	2	0	130
Ingredient: Cookies, White Chocolate Macadamia Nut, RTB, 1.5 oz	74040.4	3 ounce	3oz	85.05g	410	23	10	0	48	26	-	10	3	less than 1 gram	260
Ingredient: Dough, Cookie, White Chocolate Macadamia Nut, 1.5 oz, Rich's	127598	1 each	1.5oz	42.52g	200	11	6	0	24	13	-	25	2	1	130
Ingredient: Dough, Cookie, White Chocolate Macadamia Nut, 1.5 oz, Rich's	127598	2 each	3oz	85.05g	400	22	12	0	48	26	-	50	4	2	260
Lunch - Dessert - Frozen Yogurt															
Ingredient: Cone, Ice Cream, Cake, 4.5 g	118846	1 each	0.16oz	4.5g	20	0	0	-	4	0	-	0	0	0	10
Ingredient: Cone, Ice Cream, Sugar, 12 g	118846.1	1 each	0.42oz	12g	50	1	0	-	9	less than 1 gram	-	0	less than 1 gram	0	30
Ingredient: Cone, Ice Cream, Waffle, 12 g	118846.2	1 each	0.42oz	12g	50	1	0	-	9	less than 1 gram	-	0	less than 1 gram	0	30
Ingredient: Frozen Yogurt, Dulce de Leche, Low Fat	76974	1/2 cup	3.6oz	102.07g	130	1.5	1	0	27	22	-	20	3	0	85
Ingredient: Frozen Yogurt, French Vanilla, Non Fat	76974.1	1/2 cup	3.6oz	102.07g	120	0.5	0	0	25	20	-	10	4	0	90
Ingredient: Yogurt, Vanilla, French, Nonfat, Frozen	63629	1/2 cup	1.27oz	36g	45	0	0	0	10	7	-	0	less than 1 gram	0	25
Lunch - Dessert - Ice Cream															
Ingredient: Cone, Ice Cream, Cake, 4.5 g	118846	1 each	0.16oz	4.5g	20	0	0	-	4	0	-	0	0	0	10
Ingredient: Cone, Ice Cream, Sugar, 12 g	118846.1	1 each	0.42oz	12g	50	1	0	-	9	less than 1 gram	-	0	less than 1 gram	0	30
Ingredient: Cone, Ice Cream, Waffle, 12 g	118846.2	1 each	0.42oz	12g	50	1	0	-	9	less than 1 gram	-	0	less than 1 gram	0	30
Ingredient: Ice Cream, Chocolate, Hershey	76973.2	1/2 cup	2.52oz	71.46g	140	8	5	0	15	13	-	30	3	0	55
Ingredient: Ice Cream, Cookies & Cream, Hershey	76973.3	1/2 cup	2.52oz	71.46g	160	9	6	0	16	15	-	35	2	0	70
Ingredient: Ice Cream, Strawberry	4592.3	1/2 cup	2.33oz	66g	130	6	3.5	-	18	-	-	20	2	less than 1	40
Ingredient: Ice Cream, Strawberry, Hershey	76973.9	1/2 cup	2.52oz	71.46g	150	9	5	0	17	16	-	35	2	0	55
Ingredient: Ice Cream, Vanilla	4592.4	1/2 cup	2.54oz	72g	150	8	5	-	17	15	-	30	3	less than 1	60
Ingredient: Ice Cream, Vanilla, Hershey	76973.11	1/2 cup	2.3oz	65.25g	130	7	4.5	0	15	12	9	30	2	0	35
Lunch - Dessert - Toppings															
Ingredient: Banana, Sliced, Fresh	18480	1/4 cup	1.04oz	29.5g	25	0	0	0	7	4	-	0	0	less than 1	0
Ingredient: Blueberries, Fresh	13170	1/4 cup	1.24oz	35.15g	20	0	0	0	5	4	-	0	0	less than 1	0

Ingredient: Candies, 12 Flavor Wild Fruit Gummy Bears	79900.3	1 tbsp	0.44oz	12.4g	35	0	0	0	9	6	-	0	0	0	0
Ingredient: Caramel Topping	63488	1 tbsp	0.34oz	9.75g	25	0	0	0	6	5	-	0	0	0	25
Ingredient: Cherries, Maraschino	63484.1	1 each	0.18oz	5g	10	0	0	0	2	2	-	0	0	0	0
Ingredient: Chocolate Chips, Semi Sweet	63498	1 tbsp	0.37oz	10.5g	50	3	2	-	7	6	-	0	0	less than 1 gram	0
Ingredient: Coconut, Sweetened, Shredded	63599	1 tbsp	0.21oz	5.81g	30	2	2	-	3	3	-	0	0	0	15
Ingredient: Cookies, Oreo, Crumbles	63478	1 tbsp	0.26oz	7.37g	35	1.5	0	-	5	3	-	-	0	0	40
Ingredient: M&M's	63482	1 tbsp	0.46oz	13.04g	60	3	1.5	0	9	8	-	0	less than 1 gram	0	10
Ingredient: Mango, Chunks, Frozen	63580	1/4 cup	1.46oz	41.25g	25	0	0	0	6	6	-	0	0	less than 1	0
Ingredient: Marshmallows, Mini	63481	1 tbsp	0.11oz	3.12g	10	0	0	-	3	2	-	0	0	0	0
Ingredient: Nuts, Almonds, Slivered, Toasted	33991	1 tbsp	0.24oz	6.77g	40	3.5	0	0	1	0	-	0	1	less than 1 gram	0
Ingredient: Nuts, Peanuts, Dry Roasted	62339.2	1 tbsp	0.32oz	9.12g	50	4.5	0.5	0	2	0	-	0	2	less than 1 gram	35
Ingredient: Nuts, Pecans, Pieces	27360	1 tbsp	0.24oz	6.81g	45	5	0	-	less than 1 gram	0	-	0	less than 1 gram	less than 1 gram	0
Ingredient: Nuts, Walnuts, Halves & Pieces	56955.6	1 tbsp	0.26oz	7.5g	50	5	0	-	1	0	-	0	1	less than 1 gram	0
Ingredient: Peach, Sliced, Frozen	63627	1/4 cup	1.64oz	46.5g	20	0	0	0	4	4	-	0	0	less than 1	0
Ingredient: Raspberries, Fresh	29187.6	1/4 cup	1.08oz	30.75g	15	0	0	0	4	1	-	0	0	2	0
Ingredient: Sprinkles, Chocolate	63480	1 tbsp	0.35oz	10g	50	2	1	0	8	4	-	0	0	0	0
Ingredient: Sprinkles, Rainbow	63479	1 tbsp	0.35oz	10g	50	2.5	1.5	-	8	8	-	-	0	-	0
Ingredient: Strawberries, Sliced, Fresh	3430	1/4 cup	1.46oz	41.5g	15	0	0	0	3	2	-	0	0	less than 1 gram	0
Ingredient: Syrup, Chocolate	63487	1 tbsp	0.66oz	18.75g	50	0	0	-	12	9	-	0	0	0	15
Ingredient: Whipped Topping	28295	1 tbsp	0.14oz	4g	10	1	0.5	-	0	0	-	less than 5 milligrams	0	0	0
Lunch - Fish Market - Protein															
EUR: Grilled Cod	16299.5	1 each	3.29oz	93.38g	120	5	0.5	0+	0	0	-	50	17	0	440
EUR: Grilled Halibut	12989.9	1 each	4.73oz	134.03g	160	3.5	0.5	0	0	0	-	80	30	0	170
EUR: Grilled Mahi	12989.13	1 serving(s)	3.17oz	89.8g	110	2	0	0+	0	0+	-	85	21	0	160
EUR: Grilled Rockfish	12989.10	1 each	3.05oz	86.4g	120	3.5	0.5	0+	0	0+	-	90	19	0	135
EUR: Grilled Shrimp	12989.16	1 serving(s)	4.19oz	118.81g	150	5	0	0	0	0+	-	215	27	0+	360
EUR: Grilled Tilapia	18020.8	1 each	3.3oz	93.42g	150	7	1	0+	0	0	-	50	23	0	160
EUR: Grilled Wild Salmon, 4 oz.	18020.10	1 each	3.31oz	93.78g	180	9	1	0	0	0+	-	50	22	0	200
EUR: Grilled Yellow Fin Tuna	12989.14	1 each	3.65oz	103.41g	140	1.5	0	0	0	0	-	50	30	0	115
Lunch - Fish Market - Seasoning/Sauce/Butter															
Cajun Seasoning	49213	1/4 tsp	0.02oz	0.64g	0	0	0	0+	0	0+	-	0	0	0	90
EUR: Berbere Seasoning	112986.34	1/4 tsp	0.06oz	1.72g	0	0	0	0+	1	0+	-	0	0	0	10
EUR: Blackened Cajun Sea Salt	60666	1/4 tsp	0.04oz	1.17g	0	0	0	0+	0	0+	-	0	0	0	390
EUR: Caper Tarragon Butter	19904.2	1 tbsp	0.59oz	16.85g	100	12	7	0+	0	0	-	30	0	0	15
EUR: Chimichurri Sauce	61283.3	1 tbsp	0.53oz	14.92g	80	9	1.5	0+	less than 1 gram	0	-	0+	0	0	0

EUR: Chinese 5 Spice Seasoning	44176	1/4 tsp	0.02oz	0.49g	0	0	0	0+	0	0+	-	0	0	0	0
EUR: Chipotle Barbeque Sauce	21079.1	1 tbsp	0.56oz	15.88g	25	0	0	0	5	4+	0+	0	0	0	130
EUR: Chipotle Lime Butter	46257	1 tbsp	0.41oz	11.56g	70	8	5	0+	0	0	-	20	0	0	130
EUR: Cocktail Sauce	65491.1	1 tbsp	0.55oz	15.53g	15	0	0	0+	4	3	0+	0	0	0	135
EUR: East Indian Infused Sea Salt	60501	1/4 tsp	0.04oz	1.2g	0	0	0	0+	0	0	-	0	0	0	340
EUR: Garden Herb Sea Salt	64945	1/4 tsp	0.03oz	0.85g	0	0	0	0	0	0	-	0	0	0	250
EUR: Guajillo Salt	64047	1/4 tsp	0.03oz	0.77g	0	0	0	0+	0	0+	-	0	0	0	200
EUR: Honey BBQ Sauce	27397.2	1 tbsp	0.62oz	17.48g	40	0	0	0+	10	9	-	0	0	0	105
EUR: Lemon Dill Compound Butter	46265	1 tbsp	0.62oz	17.48g	100	12	7	0+	0	0+	-	30	0	0	160
EUR: Lemon Truffle Salt	64897	1/4 tsp	0.04oz	1.21g	0	0	0	0	0	0	0+	0	0	0	390
EUR: Pesto Sauce (Frozen)	65395.2	1 tbsp	0.53oz	15g	50	5	1	0	less than 1 gram	0	0	less than 5 milligrams	1	0	90
EUR: Teriyaki Sauce, Frozen	113079.3	1 tbsp	0.5oz	14.17g	15	0	0	0	3	3	-	0	0	0	260
EUR: Tomato Garlic Salt	60669	1/4 tsp	0.08oz	2.31g	0	0	0	0	0	0+	0+	0	0	0	400
EUR: Wasabi Soy Butter	46224	1 tbsp	0.62oz	17.54g	110	12	7	0+	0	0	-	30	0	0	45
Ingredient: Salt, Sea, Himalayan, Ground, Fine	63326.1	1/4 tsp	0.01oz	0.19g	0	0	0	0	0	0	-	0	0	0	75
Lunch - Fountain Beverage															
Beverage: Drink, Pomegranate, SoBe, Fountain	119104	20 floz	20oz	566.99g	0	0	0	0	0	0	0	-	0	-	75
Beverage: Fruit Punch, Tropicana, Fountain	81221.1	20 floz	20oz	566.99g	280	0	0	0	75	75	-	0	0	0	60
Beverage: Gatorade, Fruit Punch, Fountain	82373	20 floz	21.66oz	614g	150	0	0	0	37	35	-	0	0	0	270
Beverage: Gatorade, G2, Fruit Punch, Fountain	82373.9	20 floz	20oz	566.99g	50	0	0	0	13	12	-	0	0	0	270
Beverage: Gatorade, Grape, Fountain	82366	20 floz	21.66oz	614g	130	0	0	0	35	35	-	0	0	0	270
Beverage: Gatorade, Lemon Lime, Fountain	82368	20 floz	21.66oz	614g	150	0	0	0	38	35	-	0	0	0	270
Beverage: Gatorade, Orange, Fountain	82372	20 floz	21.66oz	614g	150	0	0	0	40	38	-	0	0	0	300
Beverage: Lemonade, Light, Fountain	85814.7	20 floz	20oz	566.99g	35	0	0	0	10	5	-	0	0	0	35
Beverage: Lemonade, Pink, Tropicana, Fountain	85814.3	20 floz	20oz	566.99g	110	0	0	0	28	27	27	0	0	0	270
Beverage: Lemonade, Tropicana, Fountain	85814.4	20 floz	20oz	566.99g	110	0	0	0	28	27	27	0	0	0	270
Beverage: Powerade, Fruit Punch, Fountain	82373.1	20 floz	20oz	566.99g	150	0	-	-	36	35	35	0	0	-	190
Beverage: Powerade, Grape, Fountain	82373.2	20 floz	20oz	566.99g	160	0	-	-	42	42	42	-	0	-	190
Beverage: Powerade, Lemon Lime, Fountain	82373.3	20 floz	20oz	566.99g	150	0	-	-	36	35	35	-	0	-	200
Beverage: Powerade, Melon, Fountain	82373.4	20 floz	20oz	566.99g	130	0	-	-	35	35	-	-	0	-	250
Beverage: Powerade, Mountain Berry, Fountain	82373.5	20 floz	20oz	566.99g	150	0	-	-	36	36	36	-	0	-	190
Beverage: Powerade, Orange, Fountain	82373.6	20 floz	20oz	566.99g	160	0	-	-	42	42	42	-	0	-	190
Beverage: Powerade, Strawberry Lemonade, Fountain	82373.7	20 floz	20oz	566.99g	130	0	-	-	37	35	-	-	0	-	250

Beverage: Powerade, White Cherry, Fountain	82373.8	20 floz	20oz	566.99g	130	0	-	-	35	35	-	-	0	-	250
Beverage: Soda, Coca-Cola, Cherry, Fountain	81253	20 floz	21.66oz	614g	270	0	0	0	70	70	70	0	0	0	70
Beverage: Soda, Coca-Cola, Fountain	80448	20 floz	21.66oz	614g	260	0	0	0	66	66	66	0	0	0	60
Beverage: Soda, Coke, Diet, Caffeine Free, Fountain	80873	20 floz	20.88oz	592g	0	0	0	0	0	0	0	0	0	0	80
Beverage: Soda, Coke, Diet, Fountain	80871	20 floz	20.88oz	592g	0	0	0	0	0	0	0	0	0	0	80
Beverage: Soda, Coke, Zero, Fountain	81253.1	20 floz	20oz	566.99g	0	0	0	0	0	0	0	0	0	0	70
Beverage: Soda, Dr. Pepper, Diet, Fountain	80874	20 floz	20.88oz	592g	10	0	0	0	2	0	-	0	less than 1 gram	0	45
Beverage: Soda, Dr. Pepper, Fountain	80875	20 floz	21.66oz	614g	250	0.5	0	0	64	-	-	0		0	60
Beverage: Soda, Ginger Ale, Fountain	80877	20 floz	21.52oz	610g	210	0	0	0	53	54	-	0	0	0	45
Beverage: Soda, Mountain Dew, Code Red, Diet, Fountain	80888.4	20 floz	20oz	566.99g	290	0	-	-	77	77	-	-	0	-	85
Beverage: Soda, Mountain Dew, Code Red, Fountain	80888.3	20 floz	20oz	566.99g	290	0	-	-	77	77	-	-	0	-	85
Beverage: Soda, Mountain Dew, Diet, Fountain	80880	20 floz	20.85oz	591.19g	0	0	0	0	0	0	0	0	0	0	270
Beverage: Soda, Mountain Dew, Fountain	80881	20 floz	20.85oz	591.19g	290	0	0	0	76	76	-	0	0	0	105
Beverage: Soda, Orange Fanta, Fountain	80878	20 floz	21.87oz	620g	260	0	0	0	68	66	66	0	0	0	70
Beverage: Soda, Pepsi, Caffeine Free, Fountain	82365	20 floz	21.66oz	614g	250	0	0	0	68	68	-	0	0	0	50
Beverage: Soda, Pepsi, Diet, Caffeine Free, Fountain	82364	20 floz	21.66oz	614g	0	0	0	0	0	0	0	0	0	0	90
Beverage: Soda, Pepsi, Diet, Fountain	82362	20 floz	21.66oz	614g	0	0	0	0	0	0	0	0	0	0	90
Beverage: Soda, Pepsi, Fountain	82329	20 floz	21.66oz	614g	250	0	0	0	68	68	-	0	0	0	50
Beverage: Soda, Pepsi, Wild Cherry, Fountain	82374	20 floz	21.66oz	614g	270	0	0	0	70	70	-	0	0	0	50
Beverage: Soda, Pibb Xtra, Fountain	81253.2	20 floz	20oz	566.99g	280	0	-	-	62	62	62	-	0	0	90
Beverage: Soda, Root Beer, Barq's, Fountain	80888	20 floz	21.73oz	616g	290	0	0	0	73	73	73	0	0	0	85
Beverage: Soda, Root Beer, Mug, Fountain	80888.1	20 floz	20oz	566.99g	250	0	0	0	65	65	-	0	0	0	75
Beverage: Soda, Sierra Mist, Fountain	82375	20 floz	21.73oz	616g	250	0	0	0	67	67	-	0	0	0	60
Beverage: Soda, Sprite Zero, Fountain	80887	20 floz	20.88oz	592g	0	0	0	0	0	0	0	0	0	0	75
Beverage: Soda, Sprite, Fountain	80876	20 floz	21.73oz	616g	250	0	0	0	61	61	61	0	0	0	110
Beverage: Tea, Green, Iced, Peach, Brisk, Fountain	87452.8	20 floz	20oz	566.99g	5	0	0	0	0	0	0	0	0	0	180
Beverage: Tea, Iced, Diet, Gold Peak, Fountain	87452	20 floz	20.86oz	591.39g	0	0	0	0	0	0	0	0	0	0	75
Beverage: Tea, Iced, Green with Citrus, Lipton, Fountain	82376	20 floz	21.66oz	614g	180	0	0	0	48	48	-	0	0	0	170
Beverage: Tea, Iced, Green, Gold Peak, Fountain	87452.1	20 floz	20.86oz	591.39g	180	0	0	0	40	40	40	0	0	0	80

Beverage: Tea, Iced, Lemon, Gold Peak, Fountain	87452.2	20 floz	20.86oz	591.39g	190	0	0	0	49	49	49	0	0	0	55
Beverage: Tea, Iced, Lemonade, Brisk, Fountain	87452.11	20 floz	20oz	566.99g	240	0	0	0	63	62	-	0	0	0	135
Beverage: Tea, Iced, Lemonade, Gold Peak, Fountain	87452.3	20 floz	20.86oz	591.39g	260	0	0	0	57	57	57	0	0	0	80
Beverage: Tea, Iced, Peach, Gold Peak, Fountain	87452.4	20 floz	20.86oz	591.39g	160	0	0	0	38	36	36	0	0	0	80
Beverage: Tea, Iced, Raspberry, Brisk, Fountain	87452.9	20 floz	20oz	566.99g	130	0	0	0	33	33	-	0	0	0	70
Beverage: Tea, Iced, Raspberry, Gold Peak, Fountain	87452.5	20 floz	20.86oz	591.39g	130	0	0	0	31	31	31	0	0	0	55
Beverage: Tea, Iced, Sweet, Gold Peak, Fountain	87452.6	20 floz	20.86oz	591.39g	230	0	0	0	52	52	52	0	0	0	80
Beverage: Tea, Iced, Sweetened, Lipton, Fountain	82377	20 floz	21.66oz	614g	180	0	0	0	48	48	-	0	0	0	75
Beverage: Tea, Iced, Unsweetened, Gold Peak, Fountain	87452.7	20 floz	20.86oz	591.39g	0	0	0	0	0	0	0	0	0	0	80
Beverage: Tea, Iced, Unsweetened, Lipton, Fountain	82378	20 floz	21.66oz	614g	0	0	0	0	0	0	0	0	0	0	200
Beverage: Tea, Raspberry, Fountain	87452.10	20 floz	20oz	566.99g	160	0	0	0	39	37	37	0	0	0	80
Beverage: Water, Flavored, Citrus, SoBe, Fountain	85814.5	20 floz	20oz	566.99g	270	0	-	-	71	71	-	-	0	-	60
Beverage: Water, Flavored, Cranberry Grapefruit, SoBe, Fountain	85814.6	20 floz	20oz	566.99g	0	0	-	-	1	0	0	-	0	-	60
Beverage: Water, Flavored, Enhanced, Blueberry Pomegranate, Sunkist, Fountain	87672	20 floz	20.88oz	592.02g	0	0	0	0	0	0	0	0	0	0	55
Beverage: Water, Flavored, Enhanced, Strawberry Kiwi, Sunkist, Fountain	87672.1	20 floz	20.88oz	592.02g	0	0	0	0	0	0	0	0	0	0	65
Beverage: Water, Flavored, Enhanced, Tropical Mango, Sunkist, Fountain	87672.2	20 floz	20.88oz	591.97g	0	0	0	0	0	0	0	0	0	0	20
Beverage: Water, Flavored, Enhanced, Watermelon, Sunkist, Fountain	87672.3	20 floz	20.88oz	592.02g	0	0	0+	0	0	0	0	0	0	0	20
Lunch - Grill - Bread															
EUR: Brioche Bun Toasted with Butter	94051	1 serving(s)	2.65oz	75.13g	270	12	5	0+	35	7	-	95	7	0	260
EUR: Iceberg Lettuce Wrap	93430	1 serving(s)	1.07oz	30.4g	0	0	0	0	less than 1 gram	less than 1 gram	-	0	0	0	0
EUR: White Bun Toasted with Butter	94051.2	1 serving(s)	2.55oz	72.3g	230	8	4	0+	33	5	-	15	6	1	320
EUR: Whole Wheat Bun Toasted with Butter	94051.1	1 serving(s)	2.5oz	70.88g	220	9	4	-	33	5	-	15	6	5	330
Ingredient: Bread, Rye, Sliced, 1.5 oz	48150	2 slice	2.96oz	84g	220	3	0.5	-	41	3	-	0	7	5	510
Ingredient: Bread, Sourdough, Sliced, 1.78 oz	62273.2	2 slice	3.53oz	100g	260	4	1	0	46	4	2	0	8	0	480

Ingredient: Bread, Texas Toast, Sliced, 1.6 oz	48150.1	2 slice	3.2oz	90.72g	240	3	0.5	0	45	5	-	0	8	2	440
Ingredient: Bread, White, Sliced, 1.5 oz	62272	2 slice	3oz	85.05g	230	3	0.5	0	42	5	-	0	8	2	420
Ingredient: Bread, Whole Wheat, Sliced, 1.5 oz	62274	2 slice	3oz	85.05g	210	3	0.5	0	36	4	-	0	11	5	390
Ingredient: Roll, Pretzel, 4.4 oz	62279.1	1 each	3.5oz	99.22g	280	5	0.5	0	51	7	0	35	9	3	720
Ingredient: Roll, Sandwich Thins, Whole Grain White, 1.5 oz	62282.1	1 each	1.52oz	43g	100	1	0	0	23	2	-	0	4	6	170
Ingredient: Tortilla Wrap, Flour, 12", 3.42 oz	34825	1 each	3.42oz	97g	290	8	4	0	48	1	1	0	8	2	570
Ingredient: Tortilla Wrap, Spinach Herb, 12", 3.67 oz	63510	1 each	3.42oz	97g	290	8	4	0	47	0	0	0	8	2	640
Ingredient: Tortilla Wrap, Whole Wheat, 12", 3.67 oz	63512	1 each	3.42oz	97g	290	9	4	0	47	4	0	0	7	5	440
Lunch - Grill - Cheese															
Ingredient: Cheese, American, Sliced, .5 oz	1748.7	1 slice	0.5oz	14.17g	50	4.5	2.5	0	less than 1 gram	0	-	15	3	0	240
Ingredient: Cheese, Blue, Crumbles	47711.1	2 tbsp	0.6oz	16.87g	60	5	3	-	0	0	-	15	4	0	190
Ingredient: Cheese, Cheddar, Mild, Loaf, Sliced .75 oz	43037.6	3/4 ounce	0.75oz	21.26g	90	7	4	-	less than 1 gram	0	-	20	5	0	140
Ingredient: Cheese, Feta, Crumbled	62345	2 tbsp	0.66oz	18.75g	50	4	2.5	-	less than 1 gram	0	-	15	3	0	210
Ingredient: Cheese, Mozzarella, Fresh	62290	3/4 ounce	0.75oz	21.26g	60	4.5	3	-	less than 1 gram	0	-	15	5	0	105
Ingredient: Cheese, Mozzarella, Part Skim, Sliced	3664.4	3/4 ounce	0.75oz	21.26g	60	4	2.5	0	1	0	-	15	5	0	140
Ingredient: Cheese, Pepper Jack, Sliced	43037.2	3/4 ounce	0.75oz	21.26g	80	6	4	-	0	0	-	20	5	0	130
Ingredient: Cheese, Provolone, Sliced	45467.2	3/4 ounce	0.75oz	21.26g	70	6	3.5	-	0	0	-	15	5	0	150
Ingredient: Cheese, Swiss, Reduced Fat, Sliced, 1 oz	45467.3	3/4 ounce	0.75oz	21.26g	70	4.5	3	0	less than 1 gram	less than 1 gram	0	15	6	0	85
Ingredient: Cheese, Swiss, Sliced	75797.1	3/4 ounce	0.75oz	21.26g	80	7	4	0	0	0	-	20	6	0	40
Lunch - Grill - Core Express															
EUR: Beef Burger on White Bun	94936.7	1 serving(s)	5.91oz	167.53g	490	23	7	0.5	39	6	-	75	30	1	450
EUR: Black Bean Burger on Wheat Bun	8431.2	1 sandwich	5.87oz	166.42g	420	17	1.5	0+	51	7	-	0	21	11	810
EUR: Cheeseburger on Wheat Bun	8433.8	1 sandwich	5.75oz	163.01g	450	22	9	1+	33	6	-	90	30	5	630
EUR: Cheeseburger on White Bun	94936.8	1 serving(s)	6.41oz	181.7g	540	27	9	1	40	6	-	90	32	1	690
EUR: Chicken Philly Cheese Steak	63749.5	1 sandwich	11.92oz	338.05g	630	29	10	0+	52	5	-	100	38	4	1060
EUR: Crispy Chicken on White Bun	95110.1	1 serving(s)	6.63oz	187.87g	540	25	4.5	0	52	6	0+	50	26	2	920
EUR: Fish and Chips, Battered Cod	24124.2	1 plate	8.61oz	244.22g	520	32	3	0	45	0	0+	25	14	2	730
EUR: Grilled Cheese	15832	1 sandwich	4.86oz	137.69g	420	17	9	0+	49	6	-	40	17	3	900
EUR: Grilled Chicken on Whole Wheat Bun	8432.1	1 sandwich	5.35oz	151.54g	330	11	2	0+	33	5	-	80	29	5	590

EUR: Grilled Chicken Sandwich on Wheat Bun, 5 oz	18020.16	1 sandwich	6.08oz	172.23g	360	11	2	0+	33	5	-	100	35	5	630
EUR: Grilled Chicken Sandwich on Wheat with Lettuce and Tomato	9136.12	1 sandwich	6.68oz	189.34g	320	10	2	0	28	3	-	80	31	4	540
EUR: Guinness Beer Batter Fish & Chips	107000.8	1 serving(s)	10.31oz	292.15g	610	40	5	0	41	2+	1+	60+	18	2	830
EUR: Guinness Beer Batter Fish Sandwich	107000.1	1 serving(s)	10.95oz	310.45g	680	42	11	0+	55	10+	less than 1 gram+	150	21	2	1000
EUR: Hot Dog - All Beef 5:1	6062.2	1 each	4.65oz	131.83g	400	27	11	1.5	23	4	-	55	15	less than 1	990
EUR: Philly Cheese Steak	63749	1 sandwich	11.92oz	338.05g	770	38	14	0+	49	3	-	145	56	4	850
EUR: Turkey Burger on Wheat	5816.22	1 each	5.78oz	163.88g	330	11	2.5	0+	34	6	0+	85	25	5	650
EUR: Turkey Burger on Wheat Bun	68714.2	1 each	5.93oz	168.12g	370	16	3	0+	34	6	0+	85	25	5	650
EUR: Turkey Burger on Wheat Bun (FIT)	114186	1 each	5.18oz	146.87g	380	16	4	0+	33	5	0+	85	27	5	400
EUR: Ultimate Beef Patty Melt on Rye	2399.9	1 sandwich	11.42oz	323.66g	880	57	25	1.5+	49	6	0+	160	43	6	1050
Ingredient: Chicken, Tender, Breaded, Fritter, 2 oz	1084.7	3 each	8.82oz	250.18g	740	50	6	0.5	36	0	0+	50	31	2	1250
Lunch - Grill - Protein															
EUR: All Natural Angus Beef Patty 80/20	94936.4	1 serving(s)	3.12oz	88.46g	270	19	6	0.5	0	0	-	75	22	0	65
EUR: Angus Beef Patty 80/20	94936.5	1 serving(s)	2.88oz	81.65g	250	18	6	0.5	0	0	-	70	20	0	60
EUR: Beef Patty 80/20 (1/4 lb / 4 oz)	94936.2	1 serving(s)	3.16oz	89.59g	270	20	6	0.5	0	0	-	75	22	0	65
EUR: Beef Patty 90/10	94936.6	1 serving(s)	3.04oz	86.19g	220	14	4	0	0	0	-	70	21	0	55
EUR: Black Bean Chipotle Patty	93629	1 serving(s)	3.46oz	98.1g	210	10	1	0	18	2	-	0	15	6	470
EUR: Buttermilk Breaded Chicken	64037	1 each	8.31oz	235.62g	480	14	3	0+	50	6	0+	245	36	3	1600
EUR: Crispy Chicken	95110	1 serving(s)	4.19oz	118.85g	300	19	3	0	15	3	3+	30	17	0	530
EUR: Grilled Chicken Breast, 4 oz	18020.3	1 each	3.1oz	87.75g	160	8	1.5	0	0	0	-	80	23	0	260
EUR: Grilled Chicken Breast, 5 oz	18020	1 each	3.83oz	108.45g	190	8	1.5	0	0	0	-	100	29	0	290
EUR: Guinness Beer Batter Cod Fillet	107000.3	1 each	4.28oz	121.24g	280	18	2	0	15	less than 1	less than 1	35	13	0	410
EUR: Guinness Beer Batter Cod Tender	107000.4	3 each	4.81oz	136.4g	350	21	3	0	19	1	1+	45	16	0	520
EUR: Hand Formed Beef Patty 80/20 (4 oz)	94936.3	1 serving(s)	3.12oz	88.46g	270	19	6	0.5	0	0	-	75	22	0	65
EUR: Hand Formed Garlic Herb Ground Turkey Patty	5816.24	1 each	4.01oz	113.68g	290	19	4.5	0	0	0	-	115	28	0	140
EUR: Hand Formed Turkey Patty	94936.9	1 serving(s)	3.11oz	88.19g	250	18	4	0	0	0	-	85	21	0	300

EUR: Impossible Burger Patty	120577	1 serving(s)	4oz	113.4g	240	15	8	0	9	less than 1 gram	less than 1 gram	0	19	0	390
EUR: Quinoa, Mushrooms, Black Bean Patty	55502.7	1 serving(s)	4.22oz	119.74g	160	4	1	0+	23	2	0+	40	7	3	170
EUR: Turkey Patty	94936.1	1 serving(s)	3.68oz	104.33g	200	13	2.5	0	1	0	0+	85	20	0	320
Ingredient: Burger, Garden, Meatless, 3.4 oz	82258	1 each	3.4oz	96.41g	150	4.5	2	0	21	less than 1 gram	0	10	8	3	630
Ingredient: Chicken, Tender, Breaded, Fritter, 2 oz	1084.7	3 each	8.82oz	250.18g	740	50	6	0.5	36	0	0+	50	31	2	1250
Lunch - Grill - Sides															
EUR: Bakers Chips	18733.1	2 cup	2.92oz	82.86g	240	22	2	0	13	less than 1 gram	0+	0	less than 1 gram	4	490
EUR: Caesar Side Salad	16373.2	1 serving(s)	3oz	85.05g	200	16	4.5	0+	6	less than 1 gram	0+	10	7	1	530
EUR: Fresh Cut Melon, Strawberry, & Pineapple	15799.2	1 cup	6oz	170.1g	70	0	0	0	18	14	-	0	1	2	10
EUR: Garden Side Salad	16811	1 serving(s)	6.26oz	177.46g	35	0	0	0	8	4	-	0	2	2	25
EUR: Grilled Vegetables	5294.29	3/4 cup	6.84oz	193.92g	70	4	0	0	9	6	-	0	2	3	90
EUR: Hand Cut Fries	63159	3-1/2 ounce	3.5oz	99.22g	190	9	0.5	0	24	2	-	0	2	2	5
EUR: Onion Rings, Battered, Black & Tan, 5/8", Fried	100401	5 ounce	5oz	141.75g	400	26	3	0	36	5	-	0	3	3	480
EUR: Roasted Potato Wedges	63250.1	3 ounce	3oz	85.05g	70	0	0	0	17	1+	-	0	2	2	110
EUR: Roasted Vegetables	8289.2	3/4 cup	5.76oz	163.26g	100	7	0.5	0	9	5+	-	0	2	3	100
EUR: Seasoned Fries, Colossal Crisp (Baked)	42877.2	3-1/2 ounce	3.5oz	99.22g	160	7	1	0	27	0	0	0	1	1	420
EUR: Steamed Brown Rice	16882.7	3/4 cup	5.81oz	164.75g	170	1.5	0	0	35	0	0+	0	3	2	5
EUR: Sweet Potato Fries	25179	3-1/2 ounce	3.5oz	99.22g	260	15	2	0	30	1	1+	0	1	1	230
EUR: Sweet Potato Wedges	63058.2	3 ounce	3oz	85.05g	70	0	0	0	15	5	-	0	1	2	170
EUR: Tater Tots (baked)	68287	1-1/2 cup	10.5oz	297.67g	470	25	3.5	0	58	0	0	0	4	4	1310
EUR: Tater Tots (fried)	8414.1	1-1/2 cup	6.46oz	183.17g	390	28	3	0	33	0	0+	0	2	2	750
Ingredient: Onion Rings, Beer Battered, Thick Cut, Baked	539.1	5 ounce	5oz	141.75g	310	15	2.5	0	41	5	-	0	4	2	640
Ingredient: Potatoes, French Fries, 3/8"	8414	3-1/2 ounce	3.5oz	99.22g	190	11	0.5	0	21	0	0+	0	1	1	25
Ingredient: Potatoes, French Fries, Wedges, Seasoned, 8 cut	8414.39	3-1/2 ounce	3.5oz	99.22g	220	12	1	0	25	0	0+	less than 5 milligrams	2	2	180
Lunch - Grill - Spreads															
EUR: Buffalo Blue Spread	22405.10	2 tbsp	1.08oz	30.65g	100	10	3	0+	less than 1 gram	0	0+	10	2	0	430
EUR: Chipotle Mayonnaise	22403.7	2 tbsp	0.93oz	26.26g	170	18	2.5	0	0	0	0+	10	0	0	150
EUR: Dijonnaise	60194	2 tbsp	1.08oz	30.56g	50	4.5	0.5	0	2	less than 1 gram	0	5	less than 1 gram	0	420
EUR: Garlic Parmesan Ranch Sauce (Plus 1)	24747.22	2 tbsp	0.72oz	20.49g	70	7	1.5	0+	less than 1 gram	0	0+	10	1	0	130

EUR: Pesto Mayonnaise (No Nuts)	60740	2 tbsp	1.14oz	32.36g	80	8	1.5	0	2	0	0	10	0	0	220
EUR: Pico de Gallo	11315	2 tbsp	1.06oz	30.01g	5	0	0	0	1	less than 1	-	0	0	0	100
Ingredient: Sauce, Barbecue, Classic	39576	2 tbsp	1.1oz	31.25g	50	0	0	0	13	10	-	0	0	0	320
Lunch - Grill - Toppings/Upgrades															
archive 02/01/2022 EUR: Bacon, 18/22, cooked	608.15	2 slice	0.64oz	18.14g	80	6	2	0	0	0	-	20	6	0	310
EUR: Caramelized Onions	17140.6	2 tbsp	0.36oz	10.23g	10	1	0	0	less than 1 gram	0	-	0	0	0	0
EUR: Egg (Cooked to Order)	5306.1	1 each	1.73oz	48.97g	100	9	1.5	0	0	0	-	165	6	0	180
EUR: Frizzled Onions	60736	1/4 cup	2.25oz	63.79g	210	2	0	0+	42	7	0+	0	6	3	1050
EUR: Sauteed Mushrooms	496.1	2 tbsp	1oz	28.35g	25	2	1	0+	less than 1 gram	less than 1 gram	-	5	less than 1 gram	0	20
Ingredient: Avocado, Quartered, Fresh	65294	1 serving(s)	1.11oz	31.45g	50	4.5	0.5	0	3	0	-	0	less than 1 gram	2	0
Ingredient: Bacon, Applewood, Sliced	608.19	2 slice	0.8oz	22.68g	110	8	2.5	0	0	0	-	20	8	0	380
Ingredient: Lettuce, Arugula, Baby, Fresh	62323	1/4 cup	0.18oz	5g	0	0	0	0	0	0	-	0	0	0	0
Ingredient: Lettuce, Iceberg, Shredded, Fresh	13404	1/4 cup	0.63oz	18g	0	0	0	0	less than 1 gram	0	-	0	0	0	0
Ingredient: Onions, Red, Each Slice, Fresh	14918	1 slice	0.44oz	12.6g	5	0	0	0	1	less than 1 gram	-	0	0	0	0
Ingredient: Pickles, Dill Spears	5197	1 each	1.06oz	30g	0	0	0	0	less than 1 gram	0	-	0	0	0	240
Ingredient: Tomatoes, Each Slice, 1/2", Fresh	57721	1 slice	0.87oz	24.57g	0	0	0	0	less than 1 gram	less than 1 gram	-	0	0	0	0
Lunch - Pizza - BYO Base															
Pizza - BYO Base Station: EUR: Dough Ball, Pizza, Individual, 8oz Combo		Combo	17.45oz	494.81g	1195	50	21	1+	125	9+	3	115	61	5	2250
EUR: Dough Ball, Pizza, Individual, Traditional, 9oz	118557	1 serving(s)	9oz	255.16g	610	8	1.5	0	113	4	3	0	20	4	1060
Ingredient: Tomatoes, Crushed, Canned, NSA, Including Liquids	118661	2 floz	2.12oz	60g	10	0	0	0	2	2	-	0	0	1	5
Ingredient: Oil, Canola	62363	1/2 tbsp	0.24oz	6.81g	60	7	0.5	0	0	0	-	0	0	0	0
EUR: Signature Italian Seasoning	18468	1/2 tbsp	0.12oz	3.34g	15	1	0	0+	less than 1 gram	0+	-	less than 5 milligrams	less than 1 gram	0	55
Ingredient: Cheese, Mozzarella, Part Skim, Shredded	3664.3	1-1/2 cup	5.98oz	169.5g	500	34	19	1	9	3	-	110	40	0	1130
Pizza - BYO Base Station: EUR: Dough, Pizza, 7", Pre-Sheeted, Frozen Combo		Combo	13.45oz	381.4g	935	47	22	1+	75	8+	0	115	53	5	1780
EUR: Dough, Pizza, 7", Pre-Sheeted, Frozen	96780	1 each	5oz	141.75g	350	5	2.5	0	63	3	-	0	12	4	590
Ingredient: Tomatoes, Crushed, Canned, NSA, Including Liquids	118661	2 floz	2.12oz	60g	10	0	0	0	2	2	-	0	0	1	5
Ingredient: Oil, Canola	62363	1/2 tbsp	0.24oz	6.81g	60	7	0.5	0	0	0	-	0	0	0	0
EUR: Signature Italian Seasoning	18468	1/2 tbsp	0.12oz	3.34g	15	1	0	0+	less than 1 gram	0+	-	less than 5 milligrams	less than 1 gram	0	55
Ingredient: Cheese, Mozzarella, Part Skim, Shredded	3664.3	1-1/2 cup	5.98oz	169.5g	500	34	19	1	9	3	-	110	40	0	1130

Pizza - BYO Base Station: EUR: Wood Stone Pizza Dough Combo		Combo	13.58oz	384.94g	915	43	19.5	1+	79	7+	0+	115	52	5	1710
EUR: Wood Stone Pizza Dough	67677	5-1/8 ounce	5.13oz	145.29g	330	1	0	0+	67	2+	0+	0	11	4	520
Ingredient: Tomatoes, Crushed, Canned, NSA, Including Liquids	118661	2 floz	2.12oz	60g	10	0	0	0	2	2	-	0	0	1	5
Ingredient: Oil, Canola	62363	1/2 tbsp	0.24oz	6.81g	60	7	0.5	0	0	0	-	0	0	0	0
EUR: Signature Italian Seasoning	18468	1/2 tbsp	0.12oz	3.34g	15	1	0	0+	less than 1 gram	0+	-	less than 5 milligrams	less than 1 gram	0	55
Ingredient: Cheese, Mozzarella, Part Skim, Shredded	3664.3	1-1/2 cup	5.98oz	169.5g	500	34	19	1	9	3	-	110	40	0	1130
Pizza - BYO Base Station: EUR: Dough, Pizza, 6", FTO Whole Grain, 3.4 oz Combo		Combo	11.85oz	336.04g	960	64.5	22	1	50	9	4	115	48	5	1475
EUR: Dough, Pizza, 6", FTO Whole Grain, 3.4 oz	121560	1 serving(s)	3.4oz	96.39g	210	3.5	1	0	39	4	4	less than 5 milligrams	8	4	340
Ingredient: Tomatoes, Crushed, Canned, NSA, Including Liquids	118661	1/4 cup	2.12oz	60g	10	0	0	0	2	2	-	0	0	1	5
Ingredient: Oil, Canola	47805.3	1 serving(s)	11.85oz	336.04g	240	27	2	0	0	0	-	0	0	0	0
Ingredient: Cheese, Mozzarella, Part Skim, Shredded	3664.3	1-1/2 cup	5.98oz	169.5g	500	34	19	1	9	3	-	110	40	0	1130
Lunch - Pizza - BYO Cheese															
Ingredient: Cheese, Mozzarella, Fresh	62290	1 ounce	1oz	28.35g	80	6	4	-	less than 1 gram	0	-	20	6	0	140
Ingredient: Cheese, Parmesan, Shredded	63313	2 tbsp	0.35oz	10g	40	2.5	1.5	-	0	0	-	5	4	0	170
Ingredient: Cheese, Provolone, Shredded	83588	2 tbsp	1oz	28.35g	100	8	5	-	less than 1 gram	0	-	20	7	0	210
Ingredient: Cheese, Ricotta, Part Skim	62345.4	2 tbsp	1.08oz	30.75g	40	2.5	1.5	-	2	0	-	10	4	0	30
Lunch - Pizza - BYO Protein															
EUR: Grilled Chicken Breast, 4 oz, Random	18020.6	1 ounce	1oz	28.35g	50	2.5	0	0	0	0	-	25	8	0	85
Ingredient: Bacon, Canadian, Sliced, .8 oz	57569	1 ounce	1oz	28.35g	40	1	0	0	less than 1 gram	0	-	20	8	0	280
Ingredient: Bacon, Diced	14901	1 ounce	1oz	28.35g	130	10	3.5	0	0	0	-	30	10	0	480
Ingredient: Meatballs, Beef, 1 oz, Cooked	89095.1	1 ounce	1oz	28.35g	90	8	3.5	-	1	0	0	15	4	0	140
Ingredient: Pepperoni, Sliced	14902	1 ounce	1oz	28.35g	140	13	5	0	0	0	-	25	5	0	450
Ingredient: Pork, Ham, Diced	14899	1 ounce	1oz	28.35g	35	1	0	0	2	less than 1	-	15	4	0	360
Ingredient: Sausage, Italian, Crumbles	14903	1 ounce	1oz	28.35g	90	7	2.5	0	less than 1 gram	0	-	25	5	0	230
Lunch - Pizza - BYO Veggies															
Ingredient: Mushrooms, Sliced, Fresh	62338	2 tbsp	0.31oz	8.75g	0	0	0	0	0	0	-	0	0	0	0
Ingredient: Olives, Black, Pitted, Sliced, Drained	62339	2 tbsp	0.62oz	17.58g	20	2	0	0	1	0	-	0	0	0	130
Ingredient: Onions, Red, Slivered, Thin, Fresh	46017.23	2 tbsp	0.51oz	14.37g	5	0	0	0	1	less than 1 gram	-	0	0	0	0
Ingredient: Onions, Yellow, Julienne, Fresh	81895	2 tbsp	0.51oz	14.37g	5	0	0	0	1	less than 1 gram	-	0	0	0	0

Ingredient: Peppers, Bell, Green, Sliced, Fresh	62342	2 tbsp	0.41oz	11.5g	0	0	0	0	less than 1 gram	0	-	0	0	0	0
Ingredient: Peppers, Chili, Jalapeno, Sliced, Canned	13404.4	2 tbsp	1.06oz	30g	10	0	0	0	1	less than 1 gram	-	0	0	less than 1 gram	500
Ingredient: Pineapple, Tidbits, Canned	20727	2 tbsp	0.83oz	23.57g	15	0	0	0	4	3	-	0	0	0	0
Ingredient: Spinach, Baby, Fresh	47960.1	1/2 cup	0.53oz	15g	0	0	0	0	less than 1 gram	0	-	0	0	0	10
Ingredient: Tomatoes, Each Slice, 1/4", Fresh	47955.4	3 slice	1.37oz	38.7g	5	0	0	0	2	1	-	0	0	0	0
Lunch - Pizza - By the Slice															
EUR: 4X4Meats Pizza, Dough Ball, 8 cut, Catering	8370.1	1 slice	5.58oz	158.2g	390	15	8	0+	43	2+	0+	40	18	2	740
EUR: BBQ Chicken Pizza, Dough Ball, 8 cut	8373	1 slice	7.03oz	199.3g	430	13	6	0	55	12	0+	55	23	3	920
EUR: Four Cheese Pizza, Dough Ball, 8 cut, Catering	8371	1 slice	5.8oz	164.49g	390	14	9	0+	45	3+	0+	40	21	3	790
EUR: Ham & Pineapple Pizza, Dough Ball, 8 cut	16118.22	1 slice	5.76oz	163.2g	360	11	6	0+	45	4+	0+	35	18	3	690
EUR: Meatball Pizza, Dough Ball, 8 cut	16116.7	1 slice	5.45oz	154.48g	350	12	6	0+	44	3+	0+	35	17	3	640
EUR: Mushroom Pizza, Dough Ball, 8 cut, Catering	9556.2	1 slice	5.82oz	165.12g	340	11	6	0+	44	3+	0+	30	17	3	600
EUR: Pepperoni Pizza, Dough Ball, 8 cut, Catering	8369	1 slice	5.34oz	151.35g	370	14	7	0+	43	2+	0+	35	17	2	720
EUR: Roasted Vegetable Pizza, Dough Ball, 8 cut, Catering	13732.1	1 slice	5.89oz	166.89g	340	11	6	0+	45	3+	0+	30	16	3	600
EUR: Sausage Pizza, Dough Ball, 8 cut	8368	1 slice	5.19oz	147.25g	350	12	6	0+	43	2+	0+	30	16	2	640
EUR: Sicilian Pepperoni Pizza, Dough Ball 8 cut (square)	106089.25	1 slice	4.33oz	122.74g	300	9	4	0+	42	2+	0+	20	12	2	550
EUR: Sicilian Pizza, Dough Ball, 8 cut (square)	106089.24	1 slice	4.06oz	115.24g	260	6	2.5	0+	42	2+	0+	10	11	2	430
Lunch - Pizza - Calzone/Stromboli															
EUR: BBQ Chicken Calzone	106089.36	1 each	15.97oz	452.75g	1220	71	25	0+	86	16+	2+	235	58	5	2560
EUR: Bruschetta Calzone	13899	1 each	13.19oz	373.9g	700	31	15	0+	73	8+	0+	115	33	6	1430
EUR: Buffalo Chicken Stromboli	106089.40	1 each	15.7oz	445.18g	840	37	19	0+	74	8+	0+	185	53	6	2100
EUR: Cheese and broccoli Stromboli	15939.23	1 pie	14.27oz	404.68g	850	40	20	0+	77	9+	0+	175	46	6	1710
EUR: Cheese Calzone	4003.1	1 each	13.61oz	385.96g	720	29	17	0+	78	9+	0+	140	37	6	1860
EUR: Cheeseburger Stromboli	106089.39	1 each	15.71oz	445.28g	880	43	19	0.5+	78	11+	0+	170	46	6	1670
EUR: Chicken Pesto Calzone, Pine Nuts	106089.35	1 each	15.58oz	441.65g	960	43	16	0+	90	17+	0+	185	55	9	2260
EUR: Eggplant Portobello Stromboli	106089.42	1 each	17.87oz	506.47g	700	28	13	0+	81	13+	-	95	33	9	1610
EUR: Ham & Pineapple Calzone	106089.33	1 each	17.15oz	486.07g	970	40	20	0+	98	26+	0+	185	54	5	2880
EUR: Lasagna Calzone	106089.32	1 each	14.77oz	418.85g	810	37	19	0+	78	9+	0+	145	40	6	1820
EUR: Meat Lover's Stromboli	14900.2	1 each	12.94oz	366.96g	900	48	20	0+	72	7+	0+	120	45	5	2160
EUR: Meatball and Sausage Calzone	106089.37	1 each	15.22oz	431.6g	870	41	19	0+	80	9+	0+	165	44	6	2030
EUR: Nacho Chicken Calzone	3667.1	1 each	15.07oz	427.18g	760	29	15	0+	78	10+	0+	175	47	8	1450
EUR: Philly Cheese Steak Calzone	8157.1	1 each	14.22oz	403.11g	910	47	17	0+	75	7+	0+	120	48	6	1520
EUR: Primavera Calzone	15721	1 each	15.65oz	443.54g	670	24	13	0+	81	11+	0+	120	33	8	1640
EUR: Sicilian Calzone	13860	1 each	14.65oz	415.19g	820	39	19	0+	77	9+	0+	165	42	6	1980

EUR: Spinach and Mushroom Calzone	7857.1	1 each	13.27oz	376.33g	680	28	14	0+	75	7+	0+	120	33	6	1560
EUR: Turkey Swiss Stromboli	106089.38	1 each	14.43oz	409.21g	750	31	15	0.5+	75	8+	less than 1	150	42	6	1650
Lunch - Pizza - Flatbreads															
EUR: A la Greco2Flatbread	14808.2	1 each	6.65oz	188.5g	430	28	9	0+	31	4	-	45	15	3	1150
EUR: Artichoke Goat Cheese Flatbread	10210.4	1 each	6.18oz	175.14g	310	15	6	0+	32	3	-	15	14	5	700
EUR: BBQ Chicken Flatbread	14805.2	1 each	5.79oz	164.04g	320	10	3	0+	33	7	0+	50	24	2	830
EUR: Bruschetta Flatbread	14804.5	1 each	4.47oz	126.66g	240	11	3	0+	27	4	-	10	9	2	560
EUR: Caprese Flatbread	59930.2	1 serving(s)	10.07oz	285.47g	460	22	11	0.5+	40	13+	-	55+	26	2+	1040
EUR: Spinach and Feta Whole Grain Flatbread	10280.4	1 each	4.86oz	137.72g	370	24	7	0+	26	2	0+	30	13	5	740
EUR: Stonefruit Flatbread	106089.30	1 12" X 4"	7.23oz	204.93g	340	18	5	0+	37	12	0+	20	9	3	530
Lunch - Pizza - Individual															
Archive 07/01/2023 EUR: Vegetable Pizza Individual (Traditional)	8341	1 each	20.28oz	574.88g	1270	58	30	0+	127	10+	3+	135	64	7	2320
Archive 07/01/2023 EUR: Individual Italian Sausage Pizza	8333	1 each	18.84oz	534.06g	1400	71	34	0+	123	8+	3+	170	70	5	2650
EUR: Alla Greca Pizza Individual (Traditional)	106089.14	1 pie	14.86oz	421.17g	870	30	11	0+	121	7	5+	55	30	5	1970
EUR: Asparagus & Sun-dried Tomato Pizza Individual (Traditional)	106089.15	1 pie	13.71oz	388.55g	1080	43	9	0+	140	21	3+	15	35	10	1910
EUR: Brussels Sprout Pancetta Alfredo Pizza Individual (Traditional)	106089.17	1 pie	14.74oz	417.97g	850	24	6	0+	134	8	4+	20	28	7	1520
EUR: Cappicola & Ricotta Pizza Individual (Traditional)	106089.10	1 pie	14.48oz	410.5g	900	32	8	0+	124	7+	3+	50	32	5	1770
EUR: Cheese Pizza Individual (Traditional)	9556.6	1 each	17.36oz	492.11g	1270	60	30	0+	122	8+	3+	135	62	5	2320
EUR: Crispy Rosemary Potato Pizza Individual (Traditional)	106089	1 each	15.78oz	447.28g	1020	36	10	0+	142	6+	3+	45	34	6	2370
EUR: Fontina & Caramelized Onions Pizza Individual (Traditional)	106089.13	1 each	15.49oz	439.25g	1240	64	20	0+	129	8	3+	80	41	6	1630
EUR: Four Cheese Pizza Individual (Traditional)	106089.20	1 each	16.48oz	467.21g	1210	55	28	0+	122	7+	3+	120	60	5	2420
EUR: Individual Baked Rigatoni Pizza	106089.5	1 each	22.32oz	632.67g	1040	27	9	0+	158	15+	3+	55	44	10	1950
EUR: Individual Buffalo Chicken Pizza, Dough Ball	9427	1 each	19oz	538.5g	1220	51	26	0+	122	8	3+	165	69	5	3000
EUR: Individual Chorizo and Potato Pizza, Dough Ball	106089.7	1 each	16.98oz	481.5g	1100	46	14	0+	136	6+	3+	70	37	6	2100
EUR: Individual Ham & Pineapple Pizza	9369	1 each	20.28oz	574.88g	1330	59	31	0+	131	15+	3+	160	69	6	2860
EUR: Individual Ham & Pineapple Pizza (canadian bacon)	16126.2	1 each	20.43oz	579.21g	1350	61	31	0+	130	15+	3+	160	72	6	2680
EUR: Individual Margherita Pizza	16121.5	1 each	18.45oz	523.04g	1240	57	29	0+	122	7+	3+	135	61	5	2130
EUR: Individual Mushroom Pizza	16125.1	1 each	20.28oz	574.88g	1270	58	30	0+	125	9+	3+	135	65	6	2320
EUR: Meat Lovers Pizza, individual	106089.22	1 each	19.53oz	553.53g	1420	71	35	0+	124	9+	3+	175	73	6	2850
EUR: Mushroom Leek Pizza	106089.27	1 each	16.41oz	465.28g	1090	48	21	0+	126	7+	3+	100	41	5	1790
EUR: Nutella and Sweetened Ricotta Pizza	106089.12	1 each	14.76oz	418.58g	1090	33	23	0+	170	51	3+	15	29	9	1130
EUR: Pear and Bleu Cheese Pizza	106089.4	1 pie	17.43oz	494.27g	1350	69	22	0+	144	25	3+	70	44	9	2380

EUR: Pear and Prosciutto Pizza	106089.26	1 each	17.52oz	496.78g	1090	44	18	0+	131	15+	3+	115+	47	7+	2420
EUR: Pepper and Onion Pizza, individual	16126.1	1 each	20.28oz	574.88g	1270	58	30	0+	128	11+	3+	135	63	7	2320
EUR: Pepperoni and Mozzarella Cheese Pizza	106089.19	1 each	18.34oz	519.84g	1400	71	36	0.5+	122	8+	3+	165	68	5	2790
EUR: Pesto & Cherry Tomato Pizza	106089.11	1 each	14oz	396.9g	920	33	13	0+	118	6	3+	50	40	5	1900
EUR: Pomodoro and Roasted Garlic Pizza	106089.6	1 each	14.78oz	419.03g	810	25	4	0+	127	7	3+	0	23	6	1300
EUR: Roasted Corn and Rosemary Pizza, Individual	106089.3	1 each	19.43oz	550.91g	1140	50	12	0+	148	10+	3+	40	31	9	2250
EUR: Roasted Mushroom & Applewood Bacon Pizza	106089.16	1 each	14.95oz	423.89g	880	29	7	0	122	7	4+	185	34	5	1680
EUR: Sausage and Mozzarella Cheese Pizza	106089.21	1 each	17.06oz	483.69g	1190	54	25	0+	122	8+	3+	125	56	5	2290
Lunch - Salad Bar - Dressings (Plus 1)															
archive 12/01/2021 EUR: Maple Apple Vinaigrette (Plus 1)	102919.1	1 floz	1.15oz	32.5g	80	6	1	0+	8	4	1+	0	0	0	140
EUR: Avocado Ranch Dressing (Plus 1)	102916.1	1 floz	1.18oz	33.34g	130	13	2	0	2	less than 1 gram	less than 1 gram+	10	0	less than 1 gram	150
EUR: Basil Pesto Dressing (Plus 1)	34864.1	1 floz	1.05oz	29.79g	110	12	2	0	2	2	2	0	0	0	260
EUR: BBQ Ranch Dressing (Plus 1)	34862.1	1 floz	1.06oz	29.93g	130	13	2	0	2	2	less than 1	10	0	0	200
EUR: Buffalo Caesar Dressing (Plus 1)	87341	1 floz	1.01oz	28.59g	60	6	1	0	less than 1 gram	0	0	0	0	0	500
EUR: Buffalo Ranch Dressing (Plus 1)	88856	1 floz	1.02oz	28.8g	50	5	0.5	0	less than 1 gram	0	0	less than 5 milligrams	0	0	470
EUR: Chinois Dressing (Plus 1)	9189.1	1 floz	1.07oz	30.4g	90	10	1.5	0	3	2	2+	0	0	0	270
EUR: Chipotle Citrus Ranch Dressing (plus 1)	34857.4	1 floz	1.04oz	29.44g	130	14	2	0	1	1+	less than 1 gram+	10	0	0	180
EUR: Chipotle Honey Mustard (Plus 1)	71312.1	1 floz	1.08oz	30.58g	110	10	1.5	0	6	5	5+	15	0	0	140
EUR: Cranberry Basil Vinaigrette (Plus 1)	102923.1	1 floz	1.04oz	29.55g	50	3	0	0	7	6	2+	0	0	0	115
EUR: Dill Cucumber Ranch Dressing (Plus 1)	34863.1	1 floz	0.98oz	27.66g	120	13	2	0	1	less than 1 gram+	less than 1 gram+	10	0	0	170
EUR: Garlic Parmesan Ranch Sauce (Plus 1)	24747.22	1 floz	0.72oz	20.49g	70	7	1.5	0+	less than 1 gram	0	0+	10	1	0	130
EUR: Green Goddess Ranch (Plus 1)	102917.1	1 floz	0.98oz	27.9g	110	12	1.5	0	1	less than 1	less than 1	10	0	0	150
EUR: Green Tea Vinaigrette (Plus 1)	102920.1	1 floz	1.03oz	29.27g	100	11	2	0+	3	3	2+	0	0	0	240
EUR: Mandarin Orange Vinaigrette (Plus 1)	102921.1	1 floz	1.01oz	28.76g	80	8	1.5	0+	3	3	1+	0	0	0	180
EUR: Orange Miso Dressing (Plus 1)	34859.1	1 floz	1.06oz	30.13g	90	10	1.5	0	2	2	2+	0	0	0	300
EUR: Orange Sesame Dressing (Plus 1)	10874.1	1 floz	0.92oz	26.14g	90	8	1	0+	4	4+	-	0	0	0	150
EUR: Peach Vinaigrette (Plus 1)	102924.1	1 floz	0.98oz	27.68g	45	3	0	0+	5	4	2+	0	0	0	115
EUR: Raspberry Balsamic Basil Vinaigrette (Plus 1)	102926.1	1 floz	0.9oz	25.61g	45	3	0	0+	5	4	2+	0	0	0	115
EUR: Southwest Caesar Dressing (Plus 1)	34860.1	1 floz	1.04oz	29.59g	150	15	2.5	0+	1	0	0+	0	1	0	280
EUR: Sriracha Caesar Dressing (Plus 1)	102918.1	1 floz	1.02oz	28.91g	140	14	2.5	0+	1	0	0+	0	less than 1 gram	0	300
EUR: Sun-Dried Tomato Vinaigrette (Plus 1)	102927.1	1 floz	1.07oz	30.36g	110	11	2	0+	4	4	2+	0	0	0	260
EUR: Sweet Potato Vinaigrette (Plus 1)	102922.1	1 floz	1.11oz	31.6g	90	8	1.5+	0	3	2+	1+	0	0	0	180

EUR: Thai Chili Vinaigrette (Plus 1)	102925.1	1 floz	1.11oz	31.37g	100	8	1.5	0	7	6	6	0	0	0	330
Lunch - Salad Bar - Cheese															
Ingredient: Cheese, Blue, Crumbles	47711.1	1 tbsp	0.3oz	8.44g	30	2.5	1.5	-	0	0	-	5	2	0	95
Ingredient: Cheese, Cheddar, Mild, Shredded	62344	1 tbsp	0.25oz	7.06g	30	2.5	1.5	-	0	0	-	5	2	0	45
Ingredient: Cheese, Feta, Crumbled	62345	1 tbsp	0.33oz	9.37g	25	2	1	-	0	0	-	10	1	0	105
Ingredient: Cheese, Mozzarella, Part Skim, Shredded	3664.3	1 tbsp	0.25oz	7.06g	20	1.5	1	0	0	0	-	less than 5 milligrams	2	0	45
Ingredient: Cheese, Parmesan, Shredded	63313	1 tbsp	0.18oz	5g	20	1.5	1	-	0	0	-	less than 5 milligrams	2	0	85
Lunch - Salad Bar - Composed Grains															
EUR: Asparagus Caviar Medley with Pinenuts and Lemon Mint Pesto	56720	1/4 cup	0.84oz	23.87g	40	2	0	0+	4	0+	0+	0	less than 1 gram	less than 1 gram	35
EUR: Black Barley Greek Salad	56135	1/4 cup	1.54oz	43.63g	60	2.5	0.5	0+	8	0	-	less than 5 milligrams	2	2	65
EUR: Black Barley Thai Salad	56392	1/4 cup	3.16oz	89.61g	50	0	0	0+	11	3	2+	0	1	2	95
EUR: Cabernet Medley Strawberry Waldorf Salad	56159	1/4 cup	2.25oz	63.68g	90	4	0.5	0+	12	3	0+	less than 5 milligrams	1	1	65
EUR: Creamy Cucumber Radish Caper Caviar Medley Salad	56394	1/4 cup	2oz	56.68g	50	1.5	0	0+	9	1+	0+	0	2	1	95
EUR: Curried Caviar Medley with Green Apple Cranberry Salad	56393	1/4 cup	1.02oz	28.88g	25	0	0	0+	6	2	0+	0	0	less than 1 gram	25
EUR: Farmstand Quinoa Salad	9888.3	1/4 cup	2.13oz	60.25g	80	3.5	1	0+	11	2+	0+	less than 5 milligrams	3	2	115
EUR: Farro, Black Barley, Edamame Ginger Soy Veggie Salad	53494	1/4 cup	2.3oz	65.19g	50	1	0	0+	8	1	0+	0	2	2	40
EUR: Golden Jewel Cauliflower Salad with Spicy Peanut Vinaigrette	43082.3	1/4 cup	1.32oz	37.29g	60	3	0	0+	7	less than 1 gram	0+	0	2	less than 1 gram	35
EUR: Greek Farro Salad	43066.6	1/4 cup	2.16oz	61.21g	60	3.5	0.5	0+	7	less than 1	0+	0	2	less than 1	75
EUR: Quinoa Honey Mustard Potato Salad	43091.4	1/4 cup	1.63oz	46.27g	60	2	0	0+	10	2+	0+	0	1	less than 1 gram	115
EUR: Red Quinoa Tropical Fruit and Pecan Salad	56719	1/4 cup	1.99oz	56.52g	80	3	0	0+	12	2+	0+	0	3	1	60
EUR: Southwest Wheat Couscous Salad	42460.1	1/4 cup	2.25oz	63.83g	80	2.5	0	0+	12	less than 1 gram	0+	0	2	2	30
EUR: Sun-Dried Tomato Pesto Couscous Salad	56407	1/4 cup	2.03oz	57.59g	80	2.5	0	0	13	1+	0+	0	3	1	70
EUR: Sweet Potato Honey Pecan Barley Salad	41761.1	1/4 cup	2.92oz	82.67g	60	1	0	0+	12	4	0+	0	2	2	110
EUR: Thai Spinach and Pearl Couscous Salad with Pineapple	43189.2	1/4 cup	0.88oz	25.07g	25	0	0	0	5	2	1+	0	less than 1 gram	0	45
EUR: Wheat Berry and Black Bean Salad	38800.1	1/4 cup	3.48oz	98.67g	100	4.5	0	0+	12	0	0+	0	3	3	150
EUR: Wheat Berry, Cannellini Bean, Tomato Basil Salad	41463.2	1/4 cup	3.39oz	96.17g	100	4.5	0	0	12	less than 1 gram	0+	0	3	3	135
EUR: Wheat Couscous Curry Carrot Salad	42457.1	1/4 cup	1.78oz	50.6g	70	2.5	0	0+	11	3	0+	0	2	1	10
Lunch - Salad Bar - Composed Salads															
EUR: Caprese Pasta Salad WW Penne	35024.4	1/4 cup	1.53oz	43.38g	50	2	0.5	0+	7	1	less than 1 gram+	less than 5 milligrams+	2	less than 1 gram	95
EUR: Citrus Almond Rice Salad	35822.2	1/4 cup	1.89oz	53.57g	90	3	0	0+	14	3	0+	0	1	less than 1	25
EUR: Creamy Broccoli Bacon Salad	35086.18	1/4 cup	2.42oz	68.73g	50	2	0	0+	8	4	0+	less than 5 milligrams	2	2	80

EUR: Creamy Cucumber Dill Salad	35077.1	1/4 cup	1.28oz	36.35g	10	0.5	0	0+	less than 1 gram	0+	-	less than 5 milligrams	0	0	35
EUR: Cucumber Peanut Salad	34990.3	1/4 cup	1.18oz	33.5g	15	0.5	0	0+	2	1	-	0	0	0	100
EUR: Cucumber, Tomato & Pepper Salad	35092.2	1/4 cup	2.45oz	69.33g	60	5	0	0	2	1	-	0+	0	less than 1 gram	30
EUR: Curried Carrot Salad	35064.4	1/4 cup	1.37oz	38.87g	100	8	1	0+	7	5	0+	less than 5 milligrams	0	1	95
EUR: Dijon Roasted Potato Salad	34991.11	1/4 cup	1.72oz	48.72g	70	3.5	0	0+	7	less than 1	0+	15	1	less than 1	200
EUR: Giant Peruvian Lima, Bacon and Bleu Salad with Candied Walnuts	53336	1/4 cup	3.22oz	91.25g	160	10	3.5	0+	13	5	0+	15	7	3	330
EUR: Greek Pasta Salad	35069.5	1/4 cup	1.45oz	41.07g	60	3	0.5	0+	7	0	0+	less than 5 milligrams+	2	less than 1 gram	95
EUR: Jalapeno Spiked Slaw	35095.7	1/4 cup	2.55oz	72.22g	50	3.5	0.5	0	4	2	0+	less than 5 milligrams	less than 1 gram	1	110
EUR: Loaded Potato Salad	34989.6	1/4 cup	1.89oz	53.66g	90	5	1.5	0+	8	less than 1	0+	10	2	less than 1	230
EUR: Marinated Chickpeas	62871.2	1/4 cup	1.66oz	47.01g	110	6	0	0	11	2	0+	0+	3	3+	230
EUR: Marinated Mushroom Salad	96871.1	1/4 cup	2.07oz	58.8g	60	5	0	0	3	1+	-	0	1	less than 1	10
EUR: Marinated Olive Salad	96871	1/4 cup	1.4oz	39.57g	60	6	0.5	0	2	0+	0+	0	0	less than 1	270
EUR: Roasted Curry Cauliflower Salad	35835.1	1/4 cup	1.15oz	32.71g	60	4.5	0	0	5	3	-	0	less than 1 gram	less than 1 gram	45
EUR: Roasted Vegetables	8289.2	1/4 cup	1.92oz	54.42g	35	2.5	0	0	3	2+	-	0	less than 1 gram	less than 1 gram	35
EUR: Southern Cornbread Salad	35783.4	1/4 cup	1.15oz	32.73g	110	10	2.5	0+	4	2	0+	15	less than 1 gram	0	120
EUR: Southwest Orzo Salad	35073.2	1/4 cup	1.68oz	47.74g	45	1	0	0+	7	less than 1	0+	5	2	1+	30
EUR: Stir Fry Style Vegetable Blend	3540.5	1/4 cup	1.67oz	47.43g	20	0	0	0	4	2+	0+	0	1	1	20
EUR: Sweet and Sour Cucumber Salad	35818.2	1/4 cup	1.19oz	33.64g	40	4	0	0+	1	less than 1 gram	-	0	0	0	25
EUR: Sweet Potato and Apple Salad	34993.2	1/4 cup	1.83oz	51.94g	80	4.5	0	0+	11	5	0+	0	less than 1 gram	1	50
Lunch - Salad Bar - Dressings															
archive 05/01/2023 Ingredient: Salad Dressing, Honey Mustard	5323	1 floz	1.06oz	30g	130	12	2	0	7	6	6	15	0	0	160
archive 05/01/2023 Ingredient: Salad Dressing, Ranch, Fat Free	62358	1 floz	1.05oz	29.84g	30	0	0	0	7	3	2	0	0	less than 1 gram	370
Ingredient: Oil, Olive	47805.1	1 floz	0.95oz	27g	240	27	3.5	-	0	0	-	0	0	0	0
Ingredient: Salad Dressing, 1000 Island	62351	1 floz	1.06oz	30g	110	10	1.5	0	5	5	5	less than 5 milligrams	0	0	280
Ingredient: Salad Dressing, 1000 Island, Fat Free, Kraft, Bulk	16658	1 floz	1.2oz	34.01g	40	0	0	0	9	5	-	0	0	0	280
Ingredient: Salad Dressing, Balsamic Vinaigrette, Ken's, Bulk	16776	1 floz	1.04oz	29.37g	60	4.5	0	0	5	4	4	0	0	0	190
Ingredient: Salad Dressing, Blue Cheese	44317.1	1 floz	1.08oz	30.62g	160	16	3.5	0	1	1	0	15	0	0	270
Ingredient: Salad Dressing, Blue Cheese, Fat Free	16715	1 floz	1.17oz	33.12g	40	0	0	0	8	2	-	0	less than 1 gram	less than 1 gram	270
Ingredient: Salad Dressing, Blue Cheese, Ken's	16714	1 floz	1.08oz	30.62g	160	16	3.5	0	1	1	0	15	0	0	270
Ingredient: Salad Dressing, Caesar, Creamy, Ken's, Bulk	44327.1	1 floz	1.04oz	29.37g	150	16	2.5	0	1	0	0	0	1	0	280
Ingredient: Salad Dressing, French, California, Fat Free	16712	1 floz	1.13oz	32g	40	0	0	0	9	7	6	0	0	less than 1 gram	330

Ingredient: Salad Dressing, French, Deluxe, Ken's, Bulk	62353	1 floz	1.06oz	30g	120	11	1.5	0	5	5	5	0	0	0	250
Ingredient: Salad Dressing, Greek Feta, Ken's, Bulk	62357.2	1 floz	1.13oz	32g	100	10	1.5	0	2	1	1	5	0	0	280
Ingredient: Salad Dressing, Italian, Fat Free	16693	1 floz	1.06oz	30g	15	0	0	0	3	2	less than 1 gram	0	0	0	470
Ingredient: Salad Dressing, Italian, Golden, Ken's, Bulk	62356	1 floz	1.06oz	30g	110	12	2	0	2	2	2	0	0	0	270
Ingredient: Salad Dressing, Poppyseed, Ken's, Bulk	16716	1 floz	1.06oz	30g	130	11	1.5	0	9	8	8	15	0	0	220
Ingredient: Salad Dressing, Ranch, Ken's, Bulk	62357	1 floz	1.06oz	30g	140	15	2	0	1	1	1	10	0	0	190
Ingredient: Salad Dressing, Ranch, Light, Ken's, Bulk	62357.1	1 floz	1.06oz	30g	80	8	1	0	2	less than 1 gram	0	10	less than 1 gram	0	270
Ingredient: Salad Dressing, Raspberry, Fat Free	62359	1 floz	1.06oz	30g	30	0	0	0	8	7	7	0	0	0	75
Ingredient: Salad Dressing, Sesame	16689	1 floz	1.06oz	30g	110	9	1.5	0	6	6	-	0	0	0	280
Ingredient: Vinegar, Balsamic	47957.11	1 floz	1.05oz	29.87g	25	0	0	0	5	4	-	-	0	-	5
Ingredient: Vinegar, Cider	78645	1 floz	1.05oz	29.87g	5	0	0	0	0	0	-	0	0	0	0
Ingredient: Vinegar, Red Wine	62369	1 floz	1.05oz	29.87g	5	0	0	0	0	0	-	-	0	0	0
Lunch - Salad Bar - Dressings (scratch)															
EUR: 1000 Island Dressing (Scratch)	67811.8	1 floz	1oz	28.44g	60	5	1	0+	2	1	0+	15+	less than 1 gram	0	180
EUR: Balsamic Dijon Vinaigrette (Scratch)	4522.1	1 floz	1.23oz	34.83g	190	21	1.5	0	2	1	0+	0+	0	0+	390
EUR: Balsamic Vinaigrette (scratch)	12905.4	1 floz	0.76oz	21.65g	90	9	0.5	0+	3	3	0+	0+	0	0+	50
EUR: Basic Red Wine Vinaigrette (Scratch)	8047.1	1 floz	1oz	28.3g	160	18	1.5	0	0	0	-	0+	0	0	70
EUR: Blue Cheese Dressing (scratch)	24747.23	1 floz	0.98oz	27.66g	120	12	2.5	0+	less than 1 gram	less than 1 gram	-	10+	1	0	190
EUR: Blue Cheese Vinaigrette (scratch)	28696.23	1 floz	1.08oz	30.49g	80	9	1.5	0+	less than 1 gram	0	0+	0+	0	0	170
EUR: Buttermilk Ranch Dressing (scratch)	24747.24	1 floz	0.96oz	27.32g	120	13	2	0+	less than 1 gram	less than 1 gram	-	5	less than 1 gram	0	160
EUR: Caesar Dressing (Scratch)	78326	1 floz	1oz	28.22g	180	19	3	0+	0	0	0+	less than 5 milligrams+	less than 1 gram	0	180
EUR: Chimichurri Vinaigrette (Scratch)	41575.3	1 floz	1.14oz	32.45g	50	5	0.5	0+	2	0	-	0+	less than 1 gram	less than 1 gram	270
EUR: Chipotle Buttermilk Dressing (Scratch)	42006	1 floz	1.06oz	30.12g	35	2.5	0	0+	3	2	0+	less than 5 milligrams	less than 1 gram	0	100
EUR: Chipotle Dressing (Scratch)	41673	1 floz	0.95oz	26.95g	90	9	0.5	0+	2	less than 1	0+	0+	0	0	55
EUR: Cilantro Jalapeno Lime Vinaigrette (Scratch)	48821	1 floz	0.9oz	25.62g	180	19	1.5	0+	1	less than 1 gram	-	0	0	0	150
EUR: Cilantro Lime Vinaigrette (Scratch)	81761	1 floz	0.99oz	27.99g	140	16	1	0+	less than 1 gram	0	-	0	0	0	10
EUR: Cilantro Orange Vinaigrette (Scratch)	81761.1	1 floz	0.97oz	27.5g	140	16	1	0	less than 1 gram	0	-	0	0	0	15
EUR: Citrus Chipotle Vinaigrette (scratch)	21499.1	1 floz	1.41oz	39.9g	130	12	1.5	0+	5	4	0+	0	less than 1 gram	1	110
EUR: Cranberry Vinaigrette (Scratch)	14574.2	1 floz	0.98oz	27.67g	35	2.5	0	0+	4	3	-	0	0	0	230
EUR: Creamy Avocado Dressing (Scratch)	41573	1 floz	1.02oz	28.91g	25	1.5	0	0+	2	1	0+	0	1	less than 1 gram	530
EUR: Creamy Garlic Dressing (scratch)	71304.2	1 floz	0.93oz	26.33g	50	4	0.5	0+	3	less than 1 gram	0+	5	less than 1 gram	0	140

EUR: Creamy Honey Jalapeno Dressing (Scratch)	49319.2	1 floz	1.13oz	31.98g	80	8	3	0+	3	2+	0+	20	0	0	110
EUR: Creamy Poppyseed Dressing (Scratch)	45489	1 floz	1oz	28.43g	20	0	0	0+	3	3	-	0	2	0	20
EUR: Creamy Southwest Dressing (Scratch)	41585	1 floz	1.12oz	31.61g	30	3	1	0+	2	0	0+	5	0	0	180
EUR: Curry Vinaigrette (scratch)	42349.1	1 floz	1.04oz	29.61g	180	20	1.5	0+	2	2	-	0	0	0	20
EUR: Greek Vinaigrette (scratch)	9378.2	1 floz	1.25oz	35.34g	120	13	1.5	0+	2	0	-	0+	0	0	90
EUR: Green Goddess Dressing (scratch)	71306.2	1 floz	0.91oz	25.8g	35	3	1	0+	1	0	0+	5	less than 1 gram	0	125
EUR: Harissa Vinaigrette (Scratch)	83037.1	1 floz	0.97oz	27.4g	50	3.5	0	0+	3	2	0+	0	0	1	240
EUR: Honey Mustard Dressing (scratch)	27070.1	1 floz	1.29oz	36.44g	70	0	0	0+	18	18	0+	0	0	0	160
EUR: House Vinaigrette (Scratch)	8303	1 floz	1.01oz	28.58g	170	18	1.5	0	less than 1 gram	less than 1 gram	-	0+	0	0+	50
EUR: Italian Vinaigrette (Scratch)	16717.5	1 floz	1.11oz	31.37g	90	9	1.5	0+	less than 1 gram	0	-	0+	0	0	170
EUR: Jalapeno Ranch Dressing (scratch)	24747.25	1 floz	1.03oz	29.31g	130	14	2	0+	less than 1 gram	less than 1 gram	-	5	less than 1 gram	0	170
EUR: Lemon Dill Dijon Vinaigrette (scratch)	59037.3	1 floz	0.96oz	27.22g	100	11	1	0+	1	0+	0+	0	0	0	160
EUR: Lemon Oregano Vinaigrette (Scratch)	43059.2	1 floz	0.94oz	26.67g	170	18	1.5	0+	2	2	0+	0	0	0	45
EUR: Lemon Vinaigrette (Scratch)	7860.1	1 floz	1.02oz	28.88g	130	14	2	0+	less than 1 gram	0	-	0	0	0	310
EUR: Ranch Dressing (Scratch)	67811.7	1 floz	1.12oz	31.74g	45	3.5	0.5	0+	2	1+	0+	less than 5 milligrams	less than 1 gram	0	220
EUR: Roasted Shallot Vinaigrette (Scratch)	34736.1	1 floz	1.08oz	30.74g	170	19	1.5	0	1	0	0+	0	0	0	55
EUR: Sesame Soy Vinaigrette (Scratch)	79435.1	1 floz	1.07oz	30.43g	110	11	1	0+	2	less than 1 gram	0+	0	less than 1 gram	0	490
EUR: Sun-Dried Tomato Ranch Dressing (scratch)	24747.26	1 floz	0.99oz	28.13g	90	9	1.5	0+	2	1+	0+	less than 5 milligrams	less than 1 gram	0	140
EUR: Sweet & Spicy Honey Mustard Dressing (Scratch)	10812.1	1 floz	1.19oz	33.82g	80	4.5	0.5	0+	9	8	less than 1 gram+	5	0	0	270
EUR: Sweet & Spicy Soy Chili Dressing (Scratch)	10786.1	1 floz	1.18oz	33.36g	45	0.5	0	0+	9	8	4+	0	0	0	200
EUR: Thai Basil Vinaigrette (Scratch)	9426	1 floz	1.14oz	32.25g	100	10	0.5	0+	3	3	-	0	0	0	200
EUR: Watermelon Vinaigrette (Scratch)	9756	1 floz	1.26oz	35.68g	110	11	1	0	2	2	0+	0+	0	0+	10
EUR: Yogurt Caesar Dressing (Scratch)	9375	1 floz	1.23oz	34.78g	50	3.5	0	0+	3	2	0+	0+	1	0	160
HC Italian Vinaigrette (Scratch)	16717	1 floz	1.11oz	31.37g	90	9	1.5	0+	less than 1 gram	0	-	0+	0	0	170
Lunch - Salad Bar - Fruit															
EUR: Fresh Cut Melon, Strawberry, & Pineapple	15799.2	1/4 cup	1.5oz	42.52g	20	0	0	0	5	4	-	0	0	less than 1 gram	0
Ingredient: Apple, Diced, Fresh	63583	1/4 cup	1.1oz	31.25g	15	0	0	0	4	3	-	0	0	less than 1	0
Ingredient: Blackberries, Fresh	63398	1/4 cup	1.27oz	36g	15	0	0	0	3	2	-	0	less than 1 gram	2	0
Ingredient: Blueberries, Fresh	13170	1/4 cup	1.24oz	35.15g	20	0	0	0	5	4	-	0	0	less than 1	0
Ingredient: Cantaloupe, Cubed, Fresh	1175	1/4 cup	1.41oz	40g	15	0	0	0	3	3	-	0	0	0	5
Ingredient: Grapes, Green Seedless, Fresh	63376.2	1/4 cup	1.41oz	40g	30	0	0	0	7	6	-	0	0	0	0

Ingredient: Grapes, Red Seedless, Fresh	63376	1/4 cup	1.39oz	39.32g	25	0	0	0	7	6	-	0	0	0	0
Ingredient: Honeydew Melon, Cubed, Fresh	1117	1/4 cup	1.5oz	42.5g	15	0	0	0	4	3	-	0	0	0	10
Ingredient: Mango, Chunks, Frozen	63580	1/4 cup	1.46oz	41.25g	25	0	0	0	6	6	-	0	0	less than 1	0
Ingredient: Orange, Mandarin Sections, Canned	53890	1/4 cup	2.11oz	59.76g	20	0	0	0	6	5	-	0	0	0	0
Ingredient: Pineapple, Cubed, Fresh	31969	1/4 cup	1.46oz	41.25g	20	0	0	0	5	4	-	0	0	less than 1	0
Ingredient: Raspberries, Fresh	29187.6	1/4 cup	1.08oz	30.75g	15	0	0	0	4	1	-	0	0	2	0
Ingredient: Strawberries, Sliced, Fresh	3430	1/4 cup	1.46oz	41.5g	15	0	0	0	3	2	-	0	0	less than 1 gram	0
Ingredient: Watermelon, Cubed, Fresh	88	1/4 cup	1.04oz	29.48g	10	0	0	0	2	2	-	0	0	0	0
Lunch - Salad Bar - Grains & Legumes															
EUR: Ancient Grains Blend (cooked)	103297	1/4 cup	1.29oz	36.44g	40	0	0	0	8	0	0	0	2	1	0
EUR: Black Barley (cooked)	55976	1/4 cup	4.15oz	117.65g	70	0	0	0+	14	0	0+	0	2	3	5
EUR: Black Quinoa (cooked)	55978.1	1/4 cup	1.77oz	50.06g	60	0	0	0	12	less than 1	0	0	2	2	0
EUR: Farro (cooked)	55975	1/4 cup	2.06oz	58.4g	60	0	0	0	12	0	0	0	3	1	15
EUR: Freekeh (cooked)	113742	1/4 cup	1.41oz	40.1g	50	0	0	0	10	0	0	0	2	2	0
EUR: Golden Jewel Blend (cooked)	18768.3	1/4 cup	1.51oz	42.77g	60	0	0	0	11	less than 1	0	0	2	less than 1	0
EUR: Hummus (Grecian Delight)	96523.2	2 tbsp	0.99oz	28g	70	3.5	0	0	7	1	0	0	3	2	140
EUR: Kamut Blend (cooked)	44288.13	1/4 cup	1.93oz	54.62g	60	0	0	0	11	0	0	0	2	3	0
EUR: Lentils (cooked)	12726.9	1/4 cup	1.77oz	50.22g	60	0	0	0	10	less than 1	0+	0	5	4	0
EUR: Mediterranean Hummus (Grecian Delight)	96523.1	2 tbsp	1.06oz	30g	70	4	0.5	0	7	1	-	0	3	2	260
EUR: Red Quinoa (cooked)	55978	1/4 cup	1.77oz	50.06g	60	1	0	0+	10	0+	0+	0	2	1	0
EUR: Roasted Red Pepper Hummus (Grecian Delight)	96523.3	2 tbsp	1oz	28.35g	60	3	0	0	7	less than 1 gram	-	0	2	2	170
EUR: Tri-Color Quinoa (cooked)	55978.2	1/4 cup	1.77oz	50.06g	60	0.5	0	0	12	1	0	0	2	1	0
EUR: Wheat Berries (cooked)	55973	1/4 cup	3.45oz	97.9g	60	0	0	0	13	0	0	0	3	3	0
EUR: Whole Wheat Israeli Couscous (cooked)	33293.1	1/4 cup	2.19oz	62.18g	80	0	0	0	16	0	0	0	3	2	0
EUR: Wild Rice (cooked)	70328.3	1/4 cup	1.49oz	42.27g	40	0	0	0+	8	0	0+	0	2	less than 1	0
Ingredient: Beans, Black, Low Sodium, Canned, Drained, Rinsed	64056.1	1/4 cup	1.52oz	43g	40	0	0	0	7	0	-	0	3	3	60
Ingredient: Beans, Garbanzo, Chick Peas, Canned, Rinsed	64056	1/4 cup	1.45oz	41g	70	1	0	0	11	2	-	0	4	3	100
Ingredient: Beans, Kidney, Dark Red, Canned, Drained, Rinsed	64056.2	1/4 cup	1.56oz	44.25g	35	0	0	0	7	less than 1 gram	-	0	2	2	50
Ingredient: Soybean, Edamame, Shelled	62337	1/4 cup	1.04oz	29.5g	35	1.5	0	0	3	less than 1 gram	-	0	4	2	0
Lunch - Salad Bar - Greens															
EUR: Chopped Salad Lettuce Mix	75124.1	1 cup	0.93oz	26.28g	5	0	0	0	1	0	-	0	less than 1 gram	less than 1 gram	10
EUR: Signature Lettuce Blend	34052.3	1 cup	1.37oz	38.88g	5	0	0	0	1	0	-	0	0	less than 1	0
Ingredient: Kale, Chopped, Fresh	63609	1 cup	2.36oz	67g	25	1	0	0	3	less than 1	-	0	2	3	35
Ingredient: Lettuce, Arugula, Baby, Fresh	62323	1 cup	0.71oz	20g	0	0	0	0	less than 1 gram	0	-	0	less than 1 gram	0	5
Ingredient: Lettuce, Boston Bibb, Head, Chopped, Fresh	66248	1 cup	1.92oz	54.33g	5	0	0	0	1	less than 1 gram	-	0	less than 1 gram	less than 1 gram	0

Ingredient: Lettuce, Iceberg, Chopped, Fresh	62522	1 cup	2.01oz	57g	10	0	0	0	2	1	-	0	less than 1 gram	less than 1 gram	5
Ingredient: Lettuce, Romaine Blend, Fresh	57851	1 cup	1.56oz	44.18g	10	0	0	0	1	less than 1 gram	-	0	less than 1 gram	less than 1 gram	0
Ingredient: Lettuce, Romaine, Chopped, Fresh	47799.3	1 cup	1.66oz	47g	10	0	0	0	2	less than 1 gram	-	0	less than 1 gram	less than 1 gram	0
Ingredient: Lettuce, Salad Mix, Spring (Mesclun)	47795.1	1 cup	1.94oz	55g	5	0	0	0	1	less than 1 gram	-	0	less than 1 gram	less than 1 gram	0
Ingredient: Spinach, Baby, Fresh	47960.1	1 cup	1.06oz	30g	5	0	0	0	1	0	-	0	less than 1 gram	less than 1 gram	25
Lunch - Salad Bar - Proteins															
EUR: Grilled Chicken Breast, 4 oz, Random	18020.6	1/4 cup	1.55oz	43.88g	80	4	0.5	0	0	0	-	40	12	0	130
EUR: Marinated Tofu	41001.7	1/4 cup	1.99oz	56.32g	45	3	0	0+	1	less than 1	0+	0	4	0	70
Ingredient: Bacon, Diced	14901	2 tbsp	0.66oz	18.6g	90	7	2	0	0	0	-	20	6	0	310
Ingredient: Cottage Cheese, Fat Free	1746.7	1/4 cup	1.28oz	36.25g	25	0	0	-	2	less than 1 gram	-	less than 5 milligrams	4	0	135
Ingredient: Cottage Cheese, Low Fat, 2% SB6	62324	1/4 cup	1.99oz	56.5g	45	1.5	0.5	0	3	2	-	5	6	0	170
Ingredient: Egg, Hard Cooked, Chopped	62326	1/4 cup	1.2oz	34g	50	3.5	1	-	0	0	-	125	4	0	40
Ingredient: Fish, Tuna, FAD Free, Chunk Light, Water Packed, Canned	62328	1/4 cup	1.36oz	38.5g	35	0	0	0	0	0	-	15	7	0	95
Ingredient: Pork, Ham, Black Forest, Diced	48144.29	1/4 cup	1.5oz	42.53g	70	3.5	0	-	2	0	-	25	7	less than 1 gram	350
Ingredient: Pork, Ham, Diced	14899	1/4 cup	1.23oz	35g	45	1.5	0.5	0	2	less than 1	-	20	5	0	450
Ingredient: Turkey, Breast, Diced	63563	1/4 cup	1.41oz	40g	50	2.5	0	0	less than 1 gram	less than 1 gram	less than 1 gram	25	6	0	320
Lunch - Salad Bar - Roasted/Pickled Veggies															
EUR: Grilled Corn (Kernels)	34041.2	1/4 cup	2.96oz	83.88g	90	2.5	0	0	17	4	-	0	3	2	75
EUR: Pickled Vegetables	47198.1	1/4 cup	1.31oz	37g	20	0	0	0+	4	3	-	0	0	less than 1	110
EUR: Roasted Asparagus	33992.75	1/4 cup	2.21oz	62.76g	30	2	0	0	2	1	-	0	1	1	125
EUR: Roasted Beets	9029.17	1/4 cup	1.69oz	47.88g	25	0.5	0	0	5	4+	-	0	less than 1 gram	less than 1 gram	45
EUR: Roasted Broccoli	33992.61	1/4 cup	1.37oz	38.9g	20	1	0	0	3	less than 1	-	0	1	1	60
EUR: Roasted Brussels Sprouts	75314.6	1/4 cup	1.54oz	43.78g	25	1.5	0	0	3	less than 1	-	0	1	1	50
EUR: Roasted Butternut Squash	14307.1	1/4 cup	1.3oz	36.85g	30	1.5	0	0	4	less than 1	-	0	0	less than 1	60
EUR: Roasted Carrots	33992.63	1/4 cup	2.29oz	64.78g	40	1.5	0	0	6	3	-	0	less than 1 gram	2	150
EUR: Roasted Cauliflower	73729.43	1/4 cup	0.89oz	25.32g	10	0.5	0	0	1	0	-	0	0	less than 1	20
EUR: Roasted Corn	15306.1	1/4 cup	1.94oz	55.01g	60	2	0	0	10	2	-	0	1	1	80
EUR: Roasted Eggplant	8117.4	1/4 cup	1.36oz	38.57g	25	2	0	0	2	1	-	0	0	1	0
EUR: Roasted Fennel	35016.5	1/4 cup	0.57oz	16.15g	10	0	0	0	1	less than 1	-	0	0	0	15
EUR: Roasted Gold and Red Beets	9029.1	1/4 cup	1.26oz	35.83g	30	1.5	0	0	3	3	-	0	less than 1 gram	less than 1 gram	30
EUR: Roasted Golden Beets	9029.20	1/4 cup	1.69oz	47.94g	25	0.5	0	0	5	4	-	0	less than 1 gram	less than 1 gram	75
EUR: Roasted Mushrooms	76476.2	1/4 cup	5.29oz	149.86g	90	7	0.5	0	5	3	-	0	4	2	360
EUR: Roasted Onions	8118.9	1/4 cup	1.64oz	46.53g	30	1	0	0	4	2	0+	0	less than 1 gram	less than 1 gram	10
EUR: Roasted Parsnips	33992.42	1/4 cup	1.65oz	46.68g	40	1	0	0	8	2	-	0	less than 1 gram	2	60

EUR: Roasted Sweet Potatoes	5633.3	1/4 cup	2.1oz	59.56g	70	2.5	0	0	12	4	-	0	1	2	45
EUR: Roasted Yellow Squash	8060.3	1/4 cup	1.61oz	45.65g	15	1	0	0	2	1	-	0	0	0	5
Ingredient: Olives, Black, Pitted, Sliced, Drained	62339	1/4 cup	1.24oz	35.16g	40	4	1	0	2	0	-	0	0	less than 1 gram	260
Ingredient: Water Chestnuts, Sliced, Canned	62341.3	1/4 cup	1.23oz	35g	15	0	0	0	4	less than 1 gram	-	0	0	less than 1 gram	0
Lunch - Salad Bar - Sandwich/Wrap Extension															
Archive 05/01/23 EUR: The Godfather on Focaccia (by the inch)	76700.26	1 piece	4.83oz	136.89g	330	15	6	0+	28	3	0+	50+	19	1+	1440
EUR: BBQ Carved Pork Loin Sandwich on Focaccia (by the inch)	64502.1	1 piece	4.22oz	119.56g	220	5	2	0+	31	6	0+	20+	12	1+	550
EUR: BBQ Chicken Wrap	85655	1/2 serving(s)	7.28oz	206.41g	430	17	7	0+	47	8	less than 1 gram+	80	22	3	1170
EUR: Blackened Chicken Caesar Wrap	9268	1/2 each	5.79oz	164.02g	320	15	6	0+	28	1	0+	40	20	2	760
EUR: Buffalo Cauliflower Wrap	94601	1/2 each	5.12oz	145.03g	250	10	5	0+	35	5	0+	15	7	4	710
EUR: Buffalo Chicken Focaccia (by the inch)	79646.5	1 piece	7.49oz	212.25g	400	18	5	0+	38	2	0+	30	19	3	1910
EUR: Buffalo Chicken Wrap	9282	1/2 each	7.06oz	200.28g	370	19	8	0+	35	3	less than 1	35	17	2	1370
EUR: Carved Beef on Focaccia with Garlic Aioli Spread (by the inch)	36968.7	1 piece	5.25oz	148.82g	330	13	6	0+	26	1+	0+	60	25	1	650
EUR: Carved Turkey Breast Focaccia with Provolone and Heirloom Tomato (by the inch)	35823.2	1 piece	5.47oz	155.09g	290	14	3.5	0+	27	2	0+	35	15	2	780
EUR: Chicken, Basil and Pine Nut Pesto on Focaccia (by the inch)	35493.2	1 piece	4.58oz	129.95g	310	15	4	0+	27	1	0+	40	17	1	580
EUR: Chipotle Chicken and Bacon Sandwich (by the inch)	37471.2	1 piece	4.11oz	116.5g	190	6	2	0+	14	1	0+	60	19	less than 1 gram	360
EUR: Churrasco Beef Wrap	32535	1/2 each	7.21oz	204.27g	370	14	4.5	0+	37	6	0+	55	23	3	430
EUR: Classic Caesar Carved Turkey Breast Focaccia (by the inch)	35819.1	1 piece	3.15oz	89.41g	220	7	1.5	0+	27	0+	0+	20	13	1	590
EUR: Crispy BBQ Ranch Chicken Sandwich (by the inch)	37472.4	1 piece	5.76oz	163.2g	410	20	4.5	0+	43	7	0+	35	15	2	1030
EUR: Fried Egg, Eggplant, Provolone Sandwich on Focaccia (by the inch)	60007.1	1 piece	5.44oz	154.13g	260	11	4	0+	27	2	0+	175	14	3	480
EUR: Garden Chicken Pesto Sandwich (Coffee Bar)	57754.2	1 piece	0.39oz	11.16g	25	1	0	0	2	0	0+	less than 5 milligrams	2	0	50
EUR: Garden Veggie Wrap	9238	1/2 each	6.69oz	189.54g	300	18	4	0	30	4	1+	10	5	3	520
EUR: Greek Salad with Chicken Wrap	9241	1/2 each	4.92oz	139.52g	250	9	3	0+	26	1	0+	45	17	2	670
EUR: Grilled Chicken Balsamic Vegetable Wrap with Wild Rice	9247	1/2 each	6.53oz	185.06g	300	12	3.5	0+	32	3	0+	50	18	2	540
EUR: Italian Chicken Focaccia (by the inch)	44505.1	1 piece	4.2oz	119.13g	290	15	4	0+	27	2+	1+	35	13	1	660
EUR: Pesto, Fontina, Arugula, Tomato on Focaccia (by the inch)	69600.1	1 piece	4.12oz	116.73g	300	16	7	0+	26	2+	0+	35	12	2	680
EUR: Proscuitto, Fontina, Sage and Portobello Mushroom on Focaccia (by the inch)	64514	1 piece	6.74oz	190.97g	470	29	9	0+	29	4	0+	75	23	2+	1480
EUR: Roast Beef & Cheddar Wrap	9216	1/2 each	6.02oz	170.54g	320	15	6	0+	27	1+	0+	55	18	2	1050
EUR: Roast Beef and Blue Cheese Wrap	9374	1/2 each	5.96oz	168.99g	330	17	7	0+	26	4	0+	45	15	3	790

EUR: Roast Beef and Swiss with Bearnaise Spread (by the inch)	64524.2	1 piece	4.41oz	124.93g	310	14	6	0	25	less than 1 gram	0+	55	19	1	700
EUR: Roast Beef, Turkey and Cheddar Focaccia (by the inch)	37496.2	1 piece	4.86oz	137.64g	290	13	4	0+	25	less than 1 gram	0+	45	17	1	950
EUR: Roasted Vegetable Wrap with Balsamic	4520.3	1/2 sandwich	5.95oz	168.66g	240	11	4	0+	30	4+	less than 1 gram+	5	8	3	460
EUR: Sicilian Salami Wrap	9226	1/2 each	6.21oz	176.08g	330	16	7	0	28	3	0+	45+	19	2+	1180
EUR: Southwestern Carved Pork and Pepper Jack on Focaccia (by the inch)	64527.1	1 piece	5.5oz	155.87g	340	17	7	0+	27	2+	0+	50	20	1	950
EUR: Southwestern Ham with Pepper Jack on Focaccia (by the inch)	32574.5	1 piece	7.44oz	210.94g	310	13	6	0+	29	3	0+	55	20	2	1200
EUR: Turkey Club Wrap	9397	1/2 each	6.65oz	188.4g	360	19	6	0	29	2+	0+	50	19	3	1220
EUR: Turkey with Basil Mayo Wrap	8479	1/2 serving(s)	6.27oz	177.8g	300	14	6	0+	27	3	0+	40	15	3	910
EUR: Western Ranch Roast Beef Sandwich (by the inch)	37470.2	1 piece	6.01oz	170.41g	280	11	5	0+	27	2	0+	40	17	2	770
Lunch - Salad Bar - Toppings															
EUR: Cornbread Croutons	11134.2	1/4 cup	1.01oz	28.75g	130	9	4.5	0+	11	5	0+	35	1	0	150
EUR: Croutons	31698	1/4 cup	0.32oz	9.17g	30	1	0	0	4	0	-	0	less than 1 gram	0	100
EUR: Focaccia Croutons	9191.1	1/4 cup	0.38oz	10.64g	60	5	0	0+	2	0	-	0	less than 1 gram	0	35
EUR: Fried Wonton Strips	10820.8	1/4 cup	0.32oz	9.08g	35	2	0	0+	4	0+	-	0	less than 1 gram	0	160
EUR: Tortilla Strips	9385.1	1/4 cup	0.6oz	16.94g	50	3	0	0+	6	0	-	0	less than 1 gram	less than 1 gram	55
Ingredient: Bacon Bits, Real, FC, 3/8"	63338.7	1 tbsp	0.25oz	7g	35	2.5	1	0	0	0	-	5	2	0	120
Ingredient: Cranberries, Dried	62347	1 tbsp	0.32oz	9.06g	30	0	0	0	8	7	-	0	0	0	0
Ingredient: Nuts, Almonds, Slivered, Toasted	33991	1 tbsp	0.24oz	6.77g	40	3.5	0	0	1	0	-	0	1	less than 1 gram	0
Ingredient: Nuts, Peanuts, Dry Roasted	62339.2	1 tbsp	0.32oz	9.12g	50	4.5	0.5	0	2	0	-	0	2	less than 1 gram	35
Ingredient: Nuts, Pecans, Pieces, Toasted	33991.2	1 tbsp	0.24oz	6.81g	45	5	0	-	less than 1 gram	0	-	0	less than 1 gram	less than 1 gram	0
Ingredient: Nuts, Walnuts, Halves & Pieces, Toasted	33991.1	1 tbsp	0.27oz	7.56g	50	5	0	-	1	0	-	0	1	less than 1 gram	0
Ingredient: Raisins	62348	1 tbsp	0.32oz	9.06g	25	0	0	0	7	6	-	0	0	0	0
Ingredient: Raisins, Golden	64579	1 tbsp	0.36oz	10.31g	30	0	0	0	8	7	-	0	0	0	0
Ingredient: Seeds, Flax, Whole	63624	1 tbsp	0.37oz	10.5g	60	4.5	0	-	3	0	-	0	2	3	0
Ingredient: Seeds, Pumpkin, Hulled	71070.3	1 tbsp	0.5oz	14.19g	80	7	1	0	2	0	-	0	4	less than 1	0
Ingredient: Seeds, Sunflower, Roasted	62349	1 tbsp	0.28oz	8g	45	4	0	-	2	0	-	0	2	less than 1 gram	0
Ingredient: Spice, Chia Seeds	63113.1	1 tbsp	0.53oz	15g	70	4.5	0	0	6	-	-	0	2	5	0
Ingredient: Spice, Sesame Seeds, Toasted	81897	1 tbsp	0.28oz	8g	45	4	0.5	-	2	-	-	0	1	1	0
Lunch - Salad Bar - Vegetables															
Ingredient: Asparagus, 1" Pieces, Fresh	63361.1	1/4 cup	0.95oz	26.8g	5	0	0	0	1	less than 1 gram	-	0	less than 1 gram	less than 1 gram	0
Ingredient: Beans, Wax, Green, Fresh	66237.1	1/4 cup	1.1oz	31.25g	10	0	0	0	2	1	-	0	less than 1 gram	1	0

Ingredient: Broccoli, Florets, Fresh	10959	1/4 cup	0.63oz	17.77g	5	0	0	0	1	0	-	0	less than 1 gram	0	5
Ingredient: Cabbage, Green, Shredded, Fresh	68560	1/4 cup	0.62oz	17.5g	0	0	0	0	1	less than 1 gram	-	0	0	0	0
Ingredient: Cabbage, Red, Shredded, Fresh	71070.2	1/4 cup	0.62oz	17.5g	5	0	0	0	1	less than 1 gram	-	0	0	0	0
Ingredient: Carrots, Grated, Fresh	57858	1/4 cup	0.97oz	27.5g	10	0	0	0	3	1	-	0	0	less than 1	20
Ingredient: Cauliflower, Florets, Fresh	62528	1/4 cup	1.3oz	36.94g	10	0	0	0	2	less than 1 gram	-	0	less than 1 gram	less than 1 gram	10
Ingredient: Celery, Chopped, Fresh	63637	1/4 cup	0.89oz	25.25g	0	0	0	0	less than 1 gram	0	-	0	0	0	20
Ingredient: Corn, Whole Kernel, Fresh	13404.8	1/4 cup	1.45oz	41g	40	0.5	0	0	9	2	-	0	1	less than 1 gram	0
Ingredient: Cucumbers, Scored, Sliced, Thin, Fresh	68562	1/4 cup	0.92oz	26g	0	0	0	0	less than 1 gram	0	-	0	0	0	0
Ingredient: Jicama, Peeled, Julienne Sliced, Fresh	10961	1/4 cup	1.06oz	30g	10	0	0	0	3	less than 1 gram	-	0	0	1	0
Ingredient: Mushrooms, Sliced, Fresh	62338	1/4 cup	0.62oz	17.5g	0	0	0	0	less than 1 gram	0	-	0	less than 1 gram	0	0
Ingredient: Onions, Green, Scallion, Chopped, Fresh	63606	1/4 cup	0.88oz	25g	10	0	0	0	2	less than 1 gram	-	0	0	less than 1 gram	0
Ingredient: Onions, Red, Slivered, Thin, Fresh	46017.23	1/4 cup	1.01oz	28.75g	10	0	0	0	3	1	-	0	0	0	0
Ingredient: Peas, Green	62341	1/4 cup	1.41oz	40g	30	0	0	0	6	2	-	0	2	2	30
Ingredient: Peas, Sugar Snap, Fresh	57990	1/4 cup	0.86oz	24.5g	10	0	0	0	2	less than 1 gram	-	0	less than 1 gram	less than 1 gram	0
Ingredient: Peppers, Bell, Green, Sliced, Fresh	62342	1/4 cup	0.81oz	23g	0	0	0	0	1	less than 1 gram	-	0	0	0	0
Ingredient: Peppers, Bell, Red, Sliced, Fresh	64055	1/4 cup	0.81oz	23g	5	0	0	0	1	less than 1 gram	-	0	0	0	0
Ingredient: Peppers, Bell, Yellow, Julienne, Fresh	81895.1	1/4 cup	1.31oz	37.25g	10	0	0	0	2	-	-	0	0	0	0
Ingredient: Radish, Daikon, Matchsticks, Fresh	74414.1	1/4 cup	1.02oz	29g	5	0	0	0	1	less than 1 gram	-	0	0	0	5
Ingredient: Radish, Sliced, Fresh	74414	1/4 cup	1.02oz	29g	0	0	0	0	less than 1 gram	less than 1 gram	-	0	0	0	10
Ingredient: Squash, Yellow, Diced, 1/2", Fresh	71070	1/4 cup	1.15oz	32.5g	5	0	0	0	1	less than 1 gram	-	0	0	0	0
Ingredient: Tomatoes, Cherry, Fresh	62343	1/4 cup	1.31oz	37.25g	5	0	0	0	1	less than 1	-	0	0	0	0
Ingredient: Tomatoes, Diced, Fresh	14890	1/4 cup	1.59oz	45g	10	0	0	0	2	1	-	0	0	less than 1	0
Ingredient: Tomatoes, Grape, Fresh	66240	1/4 cup	1.31oz	37.25g	5	0	0	0	1	less than 1	-	0	0	0	0
Ingredient: Zucchini, Chopped, Fresh	71069	1/4 cup	1.04oz	29.45g	5	0	0	0	less than 1 gram	less than 1 gram	-	0	0	0	0

2000 calories a day is used for general nutrition advice, but calorie needs vary.

Nutrient values are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications and other factors may result in nutrient content variations. Be aware that we handle and prepare egg, milk, wheat, shellfish, fish, soy, peanut and tree nut products, and other potential allergens in the food production areas of our facility. Due to these inherent variabilities, guests with food allergies or other specific dietary concerns should speak with a manager for individualized assistance. Trans fat values are derived from those in animal protein and dairy products, not added/artificial trans fat such as those in baked goods and A "-" dash indicates there is no value currently available for the nutrient.

A "+" plus indicates the value has been calculated from the available data, but some are missing.