

CHICKEN															
UPC_EAN	Item Name	Serving	Serving Size(g)	Calories	Calories From Fat	Fat(g)	Saturated Fat(g)	Trans Fat(g)	Cholesterol(mg)	Protein(g)	Sugar(g)	Sodium(mg)	Dietary Fiber(g)	Carbohydrates(g)	
205138000001	10 PIECE DRUM/THIGH BUCKET COLD	4 oz.	113	210	140	15	4	0	75	18	0	620	0	0	
205140000006	10 PIECE CHICKEN BUCKET HOT	4 oz.	113	210	140	15	4	0	75	18	0	620	0	0	
205512000009	ROTISSERIE CHICKEN HALF	4 oz.	114	200	130	14	4	0	70	18	0	570	0	0	
205523000005	ROTISSERIE LEG 1/4 2PIECE - HOT	4 oz.	113	270	190	21	6	0	90	19	0	80	0	0	
205524000004	ROTISSERIE LEG 1/4 2PIECE - COLD	4 oz.	113	270	190	21	6	0	90	19	0	80	0	0	
205592000005	ROTISSERIE CHICKEN - CLASSIC HOT	4 oz.	113	200	130	14	4	0	70	18	0	570	0	0	
205593000004	ROTISSERIE CHICKEN - CLASSIC COLD	4 oz.	113	200	130	14	4	0	70	18	0	570	0	0	
205594000003	ROTISSERIE CHICKEN - SEASALT HOT	4 oz.	113	200	120	14	4	0	70	18	0	1440	0	1	
205595000002	ROTISSERIE CHICKEN - MEMP BBQ HOT	4 oz.	113	210	120	14	4	0	70	18	2	830	0	2	
205596000001	ROTISSERIE CHICKEN - SEASALT COLD	4 oz.	113	200	120	14	4	0	70	18	0	1440	0	1	
205604000009	ROTISSERIE WONDER CHICK - HOT	4 oz.	113	200	130	14	4	0	70	18	0	570	0	0	
205741000009	10 PIECE DRUM/THIGH BUCKET HOT	4 oz.	113	210	140	15	4	0	75	18	0	620	0	0	
205938000003	WINGS BUFFALO HOT	4 oz.	113	230	160	17	4.5	0	100	16	0	1260	0	4	
205939000002	WINGS BUFFALO COLD	4 oz.	113	230	160	17	4.5	0	100	16	0	1260	0	4	
205961000001	WINGS BBQ COLD	4 oz.	114	250	150	17	4.5	0	95	16	3	930	1	8	
205962000000	WINGS OLD BAY HOT	4 oz.	113	260	170	19	5	0	110	18	0	1680	0	4	
205963000009	WINGS BBQ HOT	4 oz.	113	250	160	17	4.5	0	100	17	2	910	1	7	
205964000008	WINGS SRIRACHA	4 oz.	113	210	110	12	3.5	0	70	11	10	1220	1	12	
205965000007	WINGS ASIAN BBQ HOT	4 oz.	113	250	160	18	5	0	105	18	3	970	0	8	
205966000006	WINGS GARLIC PARMESAN	4 oz.	113	280	180	20	6	0	110	20	0	880	0	6	
205967000005	WINGS RANCH HOT	4 oz.	113	270	170	19	5	0	110	18	0	920	0	5	
206064000004	ROTISSERIE CHICKEN - OLD BAY HOT	4 oz.	113	160	100	11	3	0	55	15	0	5730	0	0	
206065000003	ROTISSERIE CHICKEN - OLD BAY COLD	4 oz.	113	160	100	11	3	0	55	15	0	5730	0	0	
206067000001	ROTISSERIE CHICKEN - MEDITERRANEAN HOT	4 oz.	113	200	120	14	4	0	70	18	0	1060	0	2	
206068000000	ROTISSERIE CHICKEN - MEDITERRANEAN COLD	4 oz.	113	200	120	14	4	0	70	18	0	1060	0	2	
206079000006	ROTISSERIE CHICKEN - GARLIC HOT	4 oz.	113	210	130	14	4	0	70	21	0	930	0	2	
206252000007	TENDERS - BUFFALO CHICKEN - HOT	1 each	30	220	80	9	1.5	0	30	14	4	860	0	21	
206262000004	TENDERS - CHICKEN HOT	1 each	30	60	25	2.5	0.5	0	10	4	1	260	1	6	
206263000003	TENDERS - CHICKEN COLD	1 each	30	60	25	2.5	0.5	0	10	4	1	260	1	6	
206596000008	ROTISSERIE CHICKEN THIGH	4 oz.	114	200	130	14	4	0	70	18	0	570	0	0	
206597000007	ROTISSERIE CHICKEN LEG	4 oz.	114	200	130	14	4	0	70	18	0	570	0	0	
206598000006	ROTISSERIE CHICKEN BREAST	4 oz.	113	210	80	9	2.5	0	110	31	0	390	0	0	
206599000005	ROTISSERIE CHICKEN DRUM	4 oz.	114	200	130	14	4	0	70	20	0	570	0	0	
207092000004	100 PIECE FRIED CHICKEN	4 oz.	113	210	140	15	4	0	75	18	0	620	0	0	
207104000008	FRIED CHICKEN 4 PIECE COLD	4 oz.	113	210	140	15	4	0	75	18	0	620	0	0	
207105000007	FRIED CHICKEN 8 PIECE COLD	4 oz.	113	210	140	15	4	0	75	18	0	620	0	0	
207111000008	ROTISSERIE CHICK BREAST - COLD	4 oz.	113	210	80	9	2.5	0	110	31	0	390	0	0	
207115000004	12 PIECE FRIED CHICKEN - COLD	4 oz.	113	210	140	15	4	0	75	18	0	620	0	0	
207124000002	WING WHOLE ORIGINAL - HOT	4 oz.	114	290	200	22	5	0	110	18	0	850	0	4	
207125000001	WING WHOLE ORIGINAL - COLD	4 oz.	114	290	200	22	5	0	110	18	0	850	0	4	
207126000000	WING WHOLE SEASALT - HOT	4 oz.	114	280	190	21	5	0	105	17	0	2480	0	6	
207129000007	WING WHOLE MEMPHIS BBQ - HOT	4 oz.	114	290	190	21	5	1	105	17	4	1340	0	8	
207137000006	ROTISSERIE WONDER SEA SALT HOT	4 oz.	113	180	100	11	3	0	55	14	0	8420	1	8	
207138000005	ROTISSERIE WONDER SEA SALT COLD	4 oz.	113	180	100	11	3	0	55	14	0	8420	1	8	
207139000004	ROTISSERIE WONDER MEMPHIS HOT	4 oz.	113	240	100	11	3	3.5	50	14	17	2980	1	21	
207150000007	FRIED CHICKEN BREAST	4 oz.	114	210	140	15	4	0	75	18	0	620	0	0	
207151000006	FRIED CHICKEN THIGHS	4 oz.	114	210	140	15	4	0	75	18	0	620	0	0	
207152000005	FRIED CHICKEN DRUMMARKET STREETTICKS	4 oz.	114	210	140	15	4	0	75	18	0	620	0	0	
207153000004	FRIED CHICKEN WINGS	4 oz.	114	210	140	15	4	0	75	18	0	620	0	0	
207154000003	2 PIECE FRIED CHICK WHT 1 BREAST-1W	4 oz.	113	210	140	15	4	0	75	18	0	620	0	0	
207155000002	2 PIECE FRIED CHICK DRK 1THIGH-1DRUM	4 oz.	113	210	140	15	4	0	75	18	0	620	0	0	
207156000001	4 PIECE FRIED CHICKEN 1B 1T 1W 1D	4 oz.	113	210	140	15	4	0	75	18	0	620	0	0	
207157000000	FRIED CHICKEN 8 PIECE HOT	4 oz.	113	210	140	15	4	0	75	18	0	620	0	0	
207158000009	12 PIECE FRIED CHICKEN-3 BREAST 3 THGH	4 oz.	113	210	140	15	4	0	75	18	0	620	0	0	
207159000008	16 PIECE FRIED CHICKEN 4 BREAST 4 THGH	4 oz.	113	210	140	15	4	0	75	18	0	620	0	0	
207177000004	ROTISSERIE WONDER CHICK - COLD	4 oz.	113	200	130	14	4	0	70	18	0	570	0	0	
207214000004	TENDERS - CHICKEN - COLD	1 each	30	130	90	10	1	0	5	3	0	310	0	7	
207217000001	8 PIECE FRIED DRUM/THIGH COLD	4 oz.	113	210	140	15	4	0	75	18	0	620	0	0	
207332000009	ROTISSERIE CHICKEN - GARLIC COLD	4 oz.	113	210	130	14	4	0	70	17	0	930	0	2	
207352000003	WING ZINGS HOT	4 oz.	114	280	170	19	4	0	95	18	0	1790	0	11	
207369000003	WING DINGS HOT	4 oz.	114	200	150	17	4	0	85	14	0	1040	0	9	
207370000009	WING DINGS COLD	4 oz.	113	200	150	17	4	0	80	14	0	1030	0	9	
207380000006	WING ZINGS COLD	4 oz.	113	280	170	19	4	0	95	18	0	1780	0	11	
207404000005	TENDERS - CHICKEN - HOT	1 each	30	130	90	10	1	0	5	3	0	310	0	7	
207405000004	POPCORN CHICKEN HOT	4 oz.	113	230	80	9	3	0	40	18	3	670	1	18	
207983000007	WINGS CHIPOTLE HOT	4 oz.	113	260	170	19	5	0	110	18	0	870	0	4	
207984000006	WINGS CHIPOTLE COLD	4 oz.	113	260	170	19	5	0	110	18	0	870	0	4	
209592000003	ROTISSERIE CHIC - BROWN SUGAR & HONEY HOT	4 oz.	114	200	130	14	4	0	70	18	0	570	0	0	
209595000000	ROTISSERIE CHIC - BROWN SUGAR & HONEY COLD	4 oz.	112	220	140	15	4	0	70	18	2	480	0	3	
209611000007	ROTISSERIE BBQ CHICKEN - COLD	4 oz.	113	240	100	11	3	3.5	50	14	17	2980	1	21	

ENTREES AND SIDES

UPC_EAN	Item Name	Serving	Serving Size(g)	Calories	Calories from Fat	Fat(g)	Saturated Fat(g)	Trans Fat(g)	Cholesterol(mg)	Protein(g)	Sugar(g)	Sodium(mg)	Dietary Fiber(g)	Carbohydrates(g)
209835000005	FAMILY MEAL PULLED BBQ CHICKEN	4 oz.	113	230	110	13	3.5	0	120	19	6	630	2	9
209836000004	FAMILY MEAL CHICKEN PARMESAN	1 each	170	220	100	11	3	0	65	20	4	530	0	10
209837000003	FAMILY MEAL CHICKEN CUTLET	1 each	85	200	80	9	2.5	0	70	20	0	280	0	6
209838000002	FAMILY MEAL HERB ROASTED POTATO	4 oz.	113	190	50	6	1	0	0	4	1	360	4	32
209839000001	FAMILY MEAL MAMA MANCINI MEATBALLS	5 oz	142	190	110	12	6	0	45	18	3	720	2	4
209840000007	FAMILY MEAL STUFFED CABBAGE GB	1 each	195	240	70	8	3	0	35	12	14	800	2	29
209841000006	FAMILY MEAL WONDER CHICKEN POT PIE	1 cup	227	220	90	10	3	0	50	13	1	590	2	20
209843000004	FAMILY MEAL HONEY GLAZED CARROTS	3 oz.	85	5	0	0	0	0	0	1	14	135	2	18
209844000003	FAMILY MEAL SCALLOPED POTATOES	5 oz.	140	210	100	11	7	0	35	6	2	470	2	20
206363000002	FAMILY MEAL VEGETABLE SPRING ROLL	1 each	28	40	5	0.5	0	0	0	1	2	150	0	7
206364000001	FAMILY MEAL PORK EGG ROLL	1 each	85	150	50	6	2	0	10	5	3	420	2	19
206365000000	FAMILY MEAL GENERAL TSO CHICKEN	1 cup	227	500	100	11	2.5	0	45	16	50	1290	2	84
206366000009	FAMILY MEAL SESAME ORANGE CHICKEN	1 cup	227	410	80	9	0	0	35	16	32	840	0	68
206367000008	FAMILY MEAL SWEET N SOUR CHICKEN	1 cup	227	320	80	9	0	0	45	18	30	520	0	43
206372000000	FAMILY MEAL CHEESE RAVIOLI/TOMATO SAUCE	1 cup	227	220	70	8	3.5	0	30	9	10	980	4	29
206388000001	FAMILY MEAL MAMA MAN MEATLOAF	5 oz.	140	270	180	20	10	1	75	13	4	640	0	13
206389000000	FAMILY MEAL GRILLED CHICKEN BREAST	3 oz.	85	110	15	1.5	0	0	70	22	1	600	0	1
206390000006	FAMILY MEAL POTATO PANCAKES	1 each	76	100	25	3	0.5	0	30	3	1	270	1	15
206952000000	MEAL LASAGNA WITH MEAT SAUCE	4 oz	114	140	45	5	2.5	0	20	8	4	350	1	16
206953000009	MEAL CHICKEN AND DUMPLINGS	4 oz	114	140	60	7	1.5	0	25	8	4	420	1	12
206954000008	MEAL ESCALLOPED APPLES	4 oz	114	120	15	1.5	0	0	0	0	23	0	1	27
206955000007	MEAL SALISBURY STEAK W GRAVY	1 Each	113	130	60	7	3	0	30	10	1	420	1	7
206956000006	MEAL STUFFED CABBAGE	5 oz	140	130	50	6	2	0	15	6	5	380	1	14
206957000005	MEAL STUFFED GREEN PEPPER	4 oz	114	90	30	3.5	1	0	10	5	3	300	1	10
206958000004	MEAL SWEDISH MEATBALLS	4 oz	114	190	120	13	5	1	30	11	2	420	1	7
206959000003	MEAL MACARONI AND BEEF WITH TOMATO	4 oz	240	220	60	6	2	0	20	11	9	7790	2	32
205175000002	SALAD CRANBERRY RELISH CUP	1/2 cup	113	150	0	0	0	0	0	0	29	15	1	36
205178000009	SALAD CRANBERRY RELISH	1/2 cup	113	150	0	0	0	0	0	0	29	15	1	36
205183000001	SALAD PASTA SALAD	4 oz.	113	230	130	15	2.5	0	0	7	3	440	1	19
205340000004	SMALL GRILLED CHICKEN BREAST	3 oz.	85	110	15	1.5	0	0	70	22	1	600	0	1
205346000008	SMALL MAMA MANCINI MEATLOAF	5 oz.	140	270	180	20	10	1	75	13	4	640	0	13
205347000007	SMALL MAMA MANCINI MEATBALLS	5 oz	142	190	110	12	6	0	45	18	3	720	2	4
205355000006	SMALL STUFFED CABBAGE OLD FASHION	1 each	195	240	70	8	3	0	35	12	14	800	2	29
205356000005	SMALL PULLED BBQ CHICKEN	4 oz.	113	230	110	13	3.5	0	120	19	6	630	2	9
205357000004	SMALL WONDER CHICKEN POT PIE	1 cup	227	220	90	10	3	0	50	13	1	590	2	20
205358000003	SMALL CHICKEN PARMESAN	1 each	170	220	100	11	3	0	65	20	4	530	0	10
205360000008	SMALL CHICKEN CUTLET	1 each	85	200	80	9	2.5	0	70	20	0	280	0	6
205377000008	SMALL PENNE W/ASIAGO SAUCE & GRILLED CHIX	1 cup	240	440	190	21	13	0	110	28	6	1060	2	31
205404000001	SMALL CHEESE RAVIOLI W/TOMATO SAUCE	1 cup	227	220	70	8	3.5	0	30	9	10	980	4	29
205409000006	SMALL GENERAL TSO CHICKEN DK MIT	1 cup	227	500	100	11	2.5	0	45	16	50	1290	2	84
205414000008	SMALL SESAME ORANGE CHICKEN	1 cup	227	410	80	9	0	0	35	16	32	840	0	68
205415000007	SMALL SWEET N SOUR CHICKEN	1 cup	227	320	80	9	0	0	45	18	30	520	0	43
205427000002	SMALL PORK EGG ROLLS	1 each	85	150	50	6	2	0	10	5	3	420	2	19
205429000000	SMALL VEGETABLE SPRING ROLL	1 each	28	40	5	0.5	0	0	0	1	2	150	0	7
205432000004	FAMILY MEAL MASHED POTATOES	5 oz.	140	200	90	11	7	0	30	3	1	540	3	23
205433000003	FAMILY MEAL ROASTED VEGETABLES	1/2 cup	113	60	30	3.5	0	0	0	2	3	170	2	7
205443000000	SMALL MAC & CHEESE	1 cup	227	480	250	28	13	0.5	40	14	4	1210	1	25
205444000009	SMALL POTATO PANCAKES	1 each	76	100	25	3	0.5	0	30	3	1	270	1	15
205446000007	SMALL MASHED POTATOES	5 oz.	140	200	90	11	7	0	30	3	1	540	3	23
205449000004	SMALL SCALLOPED POTATOES	5 oz.	140	210	100	11	7	0	35	6	2	470	2	20
205450000000	SMALL HONEY GLAZED CARROTS	3 oz.	85	5	0	0	0	0	0	1	14	135	2	18
205470000004	SMALL ROASTED VEGETABLES	1/2 cup	113	60	30	3.5	0	0	0	2	3	170	2	7
205471000003	CHICKEN TENDER MEAL	1 each	397	1000	610	68	12	1	55	23	8	2440	6	77
201295000007	HOT BAR GARLIC GREEN BEANS	3 oz.	85	30	5	0.5	0	0	0	1	3	0	2	6
205115000000	SMALL SEASONED CORN	4 oz.	113	100	25	2.5	0.5	0	0	2	6	220	2	20
205117000008	FAMILY MEAL VEGETABLE LO MEIN	1 cup	240	430	170	19	2.5	0	0	7	17	1130	2	55
205121000001	FAMILY MEAL SEASONED CORN	4 oz.	113	100	25	2.5	0.5	0	0	2	6	220	2	20
205161000009	SALAD TUNA ISABELLE	1/2 cup	114	250	160	18	3.5	0	50	18	2	410	0	3
205168000002	WEGMAN'S CHOW CHOW	1/2 cup	113	260	180	20	2.5	0	45	6	3	610	1	15
205473000001	GABILA RND POTATO KNISH 9 OZ	6.5 oz.	184	260	260	35	0	0	0	6	3	620	3	51
205490000008	SMALL SAUS/PEPPERS/ONIONS	8 oz.	227	360	250	28	7	0	65	18	4	970	3	12
205601000002	SALAD FOR 2 COBB W/ROTISSERIE CHICKEN	1 Each	395	450	280	31	12	0	265	31	6	1270	3	12
205669000006	GENERAL TSO MEAL	1 each	425	770	140	16	2.5	0	50	22	57	2070	2	132
205695000001	SWEET CORN NUGGETS	6 nuggets	82	190	50	6	1	0	0	3	2	420	2	31
205712000007	STUFFED CABBAGE	5 oz	140	130	50	6	2	0	15	6	5	380	1	14
205720000006	MAMA MANCINI MEATBALLS	4 oz	113	100	50	6	2.5	0	30	10	2	380	1	3
205832000000	GRILLED SALMON WITH PESTO	5 oz.	140	280	150	17	3	0	70	23	0	410	0	3
205890000004	FAMILY MEAL PENNE WITH CHICKEN ASIAGO	1 cup	240	420	170	19	12	0	100	22	6	860	2	34
205891000003	FLOUNDER MEAL	1 each	340	510	180	20	8	0	130	28	9	880	5	51
205896000008	FAMILY MEAL MAC & CHEESE	1 cup	227	480	250	28	13	0.5	40	14	4	1210	1	25

206102000003	CREAM CORN W BACON	4 oz	113	180	80	9	5	0	30	4	6	210	2	20
206103000002	MASHED SWEET POTATOES	1/2 cup	113	110	15	1.5	1	0	5	2	7	190	3	22
206231000004	PULLED BBQ CHICKEN	5 oz.	142	220	70	8	2	0	120	30	5	680	2	8
206436000007	WEIS QUALITY HB CHICKEN POT PIE	1 cup	227	290	110	13	3.5	0	95	29	3	820	1	15
206474000007	WEIS QUALITY ROAST BEEF W/GRAVY HB	5 oz	140	100	30	3.5	1	0	35	11	0	680	0	5
206475000006	WEIS QUALITY SALAD ANTIPASTA SALAD	4 oz.	113	35	35	14	0	0	0	1	2	60	2	4
206483000005	SALAD MACARONI OLD BAY	1/2 cup	113	250	250	117	2	0	15	3	12	1930	1	29
206487000001	WEIS QUALITY CHCKEN CORDON BLEU	8 oz	227	460	220	24	9	0	205	60	1	910	0	1
206494000001	WEIS QUALITY MEAL HAM AND CABBAGE	1 cup	227	160	30	3	1	0	40	15	5	750	3	18
206500000001	WEIS QUALITY MEAL CORNED BEEF AND CABBAGE	1 cup	227	140	5	1	0	0	35	16	4	750	3	17
206502000009	WEIS QUALITY MEAL TURKEY IN GRAVY	5 oz	142	90	15	2	0	0	30	13	1	780	0	5
206607000003	SALAD MEXICAN STREET CORN	4 oz	113	100	60	6	2.5	0	60	7	2	240	1	5
206663000009	PORK ROAST W KRAUT HOT FOODS	1 cup	227	300	110	12	4.5	0	90	33	5	960	2	9
206669000003	SAUSAGE WITH PEPPERS AND ONIONS	8 oz.	227	360	250	28	7	0	65	18	4	970	3	12
206689000007	STUFFED CHICKEN BREAST	1 each	238	490	210	24	10	0	165	45	2	1250	1	26
206705000004	FAMILY MEAL MAC & CHEESE	1 cup	240	330	160	17	10	0.5	55	16	4	1130	1	28
206707000002	SMALL MAC AND CHEESE	1 cup	220	310	150	16	9	0.5	50	15	4	1070	1	27
206717000009	MEATLOAF GRAVY	1 each	195	240	110	13	4.5	0.5	85	17	4	590	2	13
206891000000	SMOTHER CHICKEN WITH MUSHROOM AND ONION	1 each	567	880	540	61	17	0	225	63	11	2160	5	23
206926000005	HAM SLICES WITH PINEAPPLE	1 each	289	550	30	3.5	1	0	45	14	111	1040	0	118
206932000006	SWEET N SOUR PORK	1 cup	240	340	320	36	1	0	35	12	46	410	2	65
206962000007	FAMILY MEAL VEGETABLE FRIED RICE	4 oz.	113	150	25	3	0	0	5	3	1	320	0	27
206963000006	SMALL VEGETABLE LO MEIN	1 cup	240	430	170	19	2.5	0	0	7	17	1130	2	55
206964000005	SMALL VEGETABLE FRIED RICE	4 oz.	113	150	25	3	0	0	5	3	1	320	0	27
206965000004	SESAME ORANGE CHICK MEAL	1 each	425	700	120	13	0.5	0	60	25	41	1840	1	118
206966000003	GENERAL TSO MEAL	1 each	425	790	140	15	3	0	70	25	59	2290	4	134
206967000002	ROMA POLISH SAUSAGE/SAUERKRAUT	1 each	140	170	100	11	4	0	30	10	4	970	3	3
206968000001	ROMA SAUSAGE/PEPPERS/ONIONS	1 each	195	240	120	14	4.5	0	35	11	7	740	3	14
206969000000	MANDRIN ORANGE MIST	1/2 cup	113	180	40	4.5	4.5	0	0	1	29	140	0	33
207013000007	MACARONI CHEESE	4 oz	114	110	40	4.5	2.5	0	20	5	2	300	0	11
207016000004	MOZZERELLA STICKS - HOT MCCAIN	1 each	35	110	45	5	2.5	0	10	5	1	320	0	9
207025000002	CHICKEN POT PIE	4 oz	114	110	45	5	1.5	0	15	7	0	370	1	10
207080000001	CHICKEN PARMESAN	1 each	198	260	110	12	3.5	0	75	23	5	610	0	12
207130000003	POTATO WEDGES WARM	4 oz	114	160	40	4.5	0.5	0	0	3	0	550	3	27
207164000000	EGG SALAD	1/2 cup	114	250	160	17	3.5	0	255	9	10	860	0	14
207174000007	MEATLOAF MEAL BEEF GRAVY	1 each	397	550	290	32	16	1.5	100	18	11	1450	4	53
207231000001	SALAD RICE PUDDING SENOR	1/2 cup	113	130	30	3.5	2	0	15	3	17	50	0	21
207241000008	MAMA MAN STUFFED MEATBALL	2 Meatballs	142	200	130	14	7	0.5	40	11	2	500	2	6
207259000007	SALAD FOR 2 BUFFALO CHICKEN	16 oz	446	740	490	55	16	0	60	28	6	3070	5	37
207260000003	SALAD FOR 2 CHEF	1 Each	456	410	210	24	14	0	290	32	9	1050	4	15
207375000004	CHEESE OMELET MEAL	1 each	165	440	310	34	10	0	240	15	2	930	2	17
207385000001	BREAKFAST BURRITO MEAL	1 each	421	970	400	44	14	0	240	33	4	1700	5	105
207413000003	ROAST BEEF MEAL	1 each	454	470	160	18	9	0	130	36	7	1660	4	42
207415000001	SESAME ORANGE CHICK MEAL	1 each	425	680	120	13	0	0	40	22	39	1610	0	117
207419000007	STORE MADE SALAD CHICKEN CAESAR	1 Each	227	180	100	11	3	0	55	15	1	440	3	4
207420000003	SALAD ROTISSERIE CHICKEN	4 oz.	113	310	240	27	4	0	70	18	0	680	0	0
207426000007	SHRIMP/KRAB CAKE	4 oz	113	210	110	12	2	0	65	10	5	650	1	15
207437000003	SALAD CAESAR SALAD	4 oz.	113	180	180	124	22	0	15	6	2	330	2	11
207439000001	SALAD FOR 2 CHICKEN CAESAR SALAD	1 each	320	400	180	32	5	0	100	35	5	1010	4	26
207498000004	SALAD GERMAN POTATO SALAD	1/2 cup	113	120	10	1	0	0	0	2	10	360	1	26
207507000001	SALAD BUFFALO CHICKEN SALAD	1 each	446	680	450	49	11	0	45	23	6	2870	6	39
207718000005	SALAD LEMON CAPELLINI	1/2 cup	113	230	130	15	2.5	0	0	5	2	580	2	20
207719000004	SALAD BROCCOLI SALAD	1/2 cup	113	310	210	24	4.5	0	15	5	15	220	2	19
207724000006	SALAD HONEY MUSTARD PASTA SALAD	4 oz.	113	290	150	17	7	0	45	16	1	1070	1	18
207987000003	SALAD BACON TOMATO & PASTA TF	4 oz	113	230	150	16	4	0	25	6	3	630	1	16
209613000005	SALAD AMERICAN HARVEST SALAD	4 oz	113	240	110	12	1.5	0	0	2	11	50	2	27
209614000004	SALAD GORGONZOLA AUTUMN SLAW	4 oz	113	270	190	21	4	0	25	3	14	290	2	17
209766000006	PESTO SALMON	4 oz	114	230	120	14	2.5	0	55	18	0	330	0	2
209788000008	HASHBROWNS	1 Each	67	140	70	8	1.5	0	0	1	1	170	2	15
209811000005	ASIAN BAR SHRIMP	4 oz	114	100	60	7	1	0	110	11	0	450	0	0
209812000004	ASIAN BAR TOFU	4 oz	114	130	100	11	1.5	0	0	9	1	10	0	2
209813000003	ASIAN BAR BEEF	4 oz	114	200	110	13	3.5	0	75	22	0	90	0	0
209814000002	ASIAN BAR CHICKEN	4 oz	114	180	80	9	1.5	0	80	24	0	50	0	0
209904000004	LASAGNA ROLL UP	1 cup	227	330	140	16	7	0.5	60	18	1	400	0	27
209905000003	APRICOT BOURBON BBQ CHICKEN THIGHS	5 oz	142	300	110	12	3	0	115	32	10	390	0	13
265365000007	DIP - SPINACH PARTY IN STORE	2 Tbsp.	28	110	100	11	3	0	15	1	0	90	0	1
265367000005	DIP - DRIED BEEF PARTY	2 Tbsp.	28	110	90	10	2.5	0	15	2	0	200	0	1
265617000007	SALAD GREEK PASTA	4 oz	113	100	60	6	2.5	0	60	7	2	240	1	5
206601000009	1/2 RACK OF RIBS COLD	3 oz.	84	210	120	14	5	0	50	16	3	400	1	4

HOAGIES AND SANDWICHES

UPC_EAN	Item Name	Serving	Serving Size(g)	Calories	Calories From Fat	Fat(g)	Saturated Fat(g)	Trans Fat(g)	Cholesterol(mg)	Protein(g)	Sugar(g)	Sodium(mg)	Dietary Fiber(g)	Carbohydrates(g)
206943000002	CHICKEN SALAD SANDWICH ON ROLL	1 Each	203	500	240	27	4	0	70	24	2	1060	1	38
206942000003	CHICKEN SALAD SANDWICH ON RYE	1 Each	141	330	240	26	4	0	70	19	0	710	1	3
206941000004	CHICKEN SALAD WITH LETTUCE / TOMATO ON ROLL	1 Each	231	510	240	27	4	0	70	25	3	1060	2	39
206940000005	CHICKEN SALAD WITH LETTUCE / TOMATO ON WHT	1 Each	170	340	240	26	4	0	70	19	1	710	1	4
206883000001	CIABATTA CUBAN	1 Each	455	790	250	28	16	0	165	60	15	2670	3	69
206884000000	CIABATTA DELUXE ROAST BEEF	1 Each	299	540	120	14	7	0	80	39	4	1690	3	54
206881000003	CIABATTA ITALIAN DELIGHT	1 Each	378	1020	580	65	24	0	180	58	6	3450	2	44
206882000002	CIABATTA SMOKED TURKEY	1 Each	378	670	240	27	15	0	145	47	7	1710	3	60
206935000003	HAM SALAD ON ROLL	1 Each	203	490	200	22	3.5	0	60	19	15	1650	2	55
206934000004	HAM SALAD ON RYE	1 Each	142	320	190	21	3.5	0	60	13	13	1310	1	20
206927000004	HOT DOG ON ROLL	1 Each	101	300	160	18	7	0	60	11	9	630	1	247
206917000007	SANDWICH EGG SALAD ON RYE	1 Each	141	260	160	17	3.5	0	255	9	11	880	1	17
206895000006	SUB 6" IN MULTI GRAIN GARDEN TUNA	1 Each	275	510	230	25	5	0	65	29	10	800	4	41
206902000005	SUB CHESAPEAK TURKEY & AMERICAN 6"	1 Each	275	420	130	14	8	0	90	35	10	1610	4	41
206894000007	SUB MULTI GRAIN BLACK FOREST HAM MUENSTER 6"	1 Each	275	420	120	14	7	0	75	33	8	1380	4	40
206876000001	SUB ROAST BEEF/AMERICAN CHEESE 6"	1 Each	289	440	140	15	8	0	80	35	5	1530	2	34
206878000009	SUB TURKEY AND AMERICAN 6"	1 Each	261	390	130	14	7	0	110	35	4	1820	2	34
206877000000	SUB TURKEY AND SWISS 6"	1 Each	284	470	170	19	11	0	125	42	3	1320	2	31
206946000009	TUNA SALAD SANDWICH ON ROLL	1 Each	203	430	170	19	3.5	0	50	24	5	780	1	41
206947000008	TUNA SALAD WITH LETTUCE / TOMATO ON ROLL	1 Each	231	440	170	19	3.5	0	50	25	5	780	2	42
206887000007	TURKEY WITH LETTUCE / TOMATO ON ROLL	1 Each	231	290	30	3	0	0	50	27	5	1180	2	41
206756000008	BAGEL SANDWICH	1 Each	355	580	140	15	8	0	100	43	14	2190	6	74
206595000009	BUBBA VEGETABLE BURGER	1 Each	283	360	120	14	7	0	25	17	9	1340	7	47
206759000005	CHICKEN CAESAR FLATBREAD	1 Each	340	620	290	32	9	0	180	61	10	1990	5	23
206758000006	CHICKEN SALAD/CROISSANT	1 Each	227	510	340	38	7	0	90	25	3	960	1	13
209719000008	CLASSIC PHILLY CHEESE STEAK W/ AMERICAN WHEAT	1 Each	463	1440	770	86	38	0	255	58	2	2940	8	86
209722000002	CLASSIC PHILLY CHEESE STEAK W/ AMERICAN WHITE	1 Each	468	1470	750	84	39	0	255	59	5	2960	6	93
209720000004	CLASSIC PHILLY CHEESE STEAK W/ CHEESE WHIZ WHEAT	1 Each	463	1340	690	77	25	0	185	44	9	2810	8	95
209718000009	CLASSIC PHILLY CHEESE STEAK W/ PROVOLONE WHEAT	1 Each	463	1370	740	83	33	0	220	58	2	2220	8	86
209721000003	CLASSIC PHILLY CHEESE STEAK W/ PROVOLONE WHITE	1 Each	468	1400	720	80	34	0	220	59	5	2240	6	93
206762000009	CLASSIC PHILLY CHEESESTEAK	1 Each	468	1370	670	74	26	0	185	45	11	2820	6	102
206765000006	CUBAN PANINI	1 Each	287	460	220	24	19	0	150	48	5	2480	0	14
206703000006	EGG SALAD WITH LETTUCE / TOMATO ON ROLL	1 Each	231	440	160	18	3.5	0	255	15	13	1230	2	53
206700000009	EGG SALAD WITH LETTUCE / TOMATO ON RYE	1 Each	170	270	160	17	3.5	0	255	10	11	880	1	18
206594000000	GRILLED CHEESE CHEDDAR WHEAT	1 Each	118	550	450	50	29	0	150	22	0	770	0	5
206593000001	GRILLED CHEESE CHEDDAR WHITE	1 Each	118	550	450	50	29	0	150	22	0	770	0	5
206592000002	GRILLED CHEESE COOPER WHEAT	1 Each	118	520	450	50	29	0	135	19	0	1620	0	5
206591000003	GRILLED CHEESE COOPER WHITE	1 Each	118	520	450	50	29	0	135	19	0	1620	0	5
206766000005	GRILLED CHEESE SANDWICH	1 Each	118	580	500	56	36	0	155	19	4	2000	0	10
207287000000	HOAGIE CLUB SMALLALL	1 Each	228	320	35	4	1.5	0	45	27	6	1090	4	45
207293000001	HOAGIE LARGE AMERICAN	1 Each	509	1150	580	64	30	0	170	57	9	3750	7	88
205728000008	HOAGIE LARGE AMERICAN WHEAT	1 Each	505	1120	600	67	29	0	170	56	7	3740	9	81
207299000005	HOAGIE LARGE CHEESE	1 each	328	750	270	30	18	0	75	38	7	1880	6	90
205729000007	HOAGIE LARGE CHEESE WHEAT	1 Each	448	1000	410	46	25	0	110	51	7	2570	11	113
207300000000	HOAGIE LARGE CHICKEN SALAD	1 Each	453	890	370	41	7	0	100	44	7	2000	7	84
205727000009	HOAGIE LARGE CHICKEN SALAD WHEAT	1 Each	448	860	390	43	6	0	100	43	5	1980	9	77
207297000007	HOAGIE LARGE CLUB	1 Each	453	610	50	5	3	0	90	53	9	2120	7	86
205731000002	HOAGIE LARGE CLUB WHEAT	1 Each	448	580	70	7	2.5	0	90	52	7	2100	9	79
207295000009	HOAGIE LARGE HAM AND SWISS	1 Each	509	860	190	21	14	0	135	68	10	2560	7	87
205135000004	HOAGIE LARGE HAM AND SWISS WHEAT	1 Each	505	830	210	23	14	0	135	67	8	2540	9	81
207292000002	HOAGIE LARGE ITALIAN	1 Each	509	1090	460	51	23	0	180	67	10	3850	7	88
205132000007	HOAGIE LARGE ITALIAN WHEAT	1 Each	505	1060	480	53	22	0	180	66	8	3840	9	81
205688000001	HOAGIE LARGE MEATBALL	1 Each	597	1030	440	49	26	0	155	67	10	2760	7	91
205126000006	HOAGIE LARGE MEATBALL WHEAT OR WHITE	1 Each	593	1000	460	51	25	0	155	66	8	2740	9	84
205757000000	HOAGIE LARGE PHILLY CHEESESTEAK	1 Each	580	1650	960	108	32	0	220	54	11	1950	6	90
206105000000	HOAGIE LARGE PHILLY CHEESESTEAK WHEAT	Each	576	1430	840	95	27	0	175	47	9	1880	8	83
207296000008	HOAGIE LARGE ROAST BEEF	1 Each	453	600	70	8	4	0	105	48	7	1680	7	84
205133000006	HOAGIE LARGE ROAST BEEF WHEAT	1 Each	448	570	90	10	3.5	0	105	47	5	1660	9	77
207301000009	HOAGIE LARGE SEAFOOD SALAD	1 Each	453	800	290	32	5	0	70	26	12	1900	9	107
205136000003	HOAGIE LARGE SEAFOOD SALAD WHEAT	1 Each	448	770	310	34	4.5	0	70	25	10	1880	11	100
207128000008	HOAGIE LARGE SMOKED TURKEY	1 Each	453	600	45	4.5	1	0	75	48	19	2680	7	96
205732000001	HOAGIE LARGE SMOKED TURKEY WHEAT	1 Each	448	570	60	7	0.5	0	75	47	17	2660	9	89
207298000006	HOAGIE LARGE TUNA	1 Each	453	990	430	48	8	0	55	37	21	2180	7	104
205734000009	HOAGIE LARGE TUNA WHEAT	1 Each	448	960	450	50	7	0	55	36	19	2160	9	97
207294000000	HOAGIE LARGE TURKEY BREAST	1 Each	453	570	30	3	1	0	90	51	10	2070	7	87
205733000000	HOAGIE LARGE TURKEY BREAST WHEAT	1 Each	448	540	45	5	0.5	0	90	50	8	2050	9	80
205680000009	HOAGIE LARGE VEGETABLE	1 each	475	650	160	18	10	0	40	30	11	1470	8	91
205730000003	HOAGIE LARGE VEGETABLE WHEAT	1 each	471	620	180	20	10	0	40	29	9	1450	10	84
205458000002	HOAGIE SMALL AMERICAN	1 Each	256	590	300	33	15	0	85	28	6	1900	4	46
205465000002	HOAGIE SMALL CHEESE	1 Each	228	570	240	27	15	0	65	29	6	1250	5	58

207290000004	HOAGIE SMALL CHICKEN SALAD	1 Each	228	460	200	22	3.5	0	50	22	5	1030	4	44
205459000001	HOAGIE SMALL HAM AND SWISS	1 Each	256	440	110	12	7	0	65	34	6	1300	4	45
205460000007	HOAGIE SMALL ITALIAN	1 Each	256	560	240	27	11	0	90	33	6	1950	4	46
205694000002	HOAGIE SMALL MEATBALL	1 Each	300	530	230	26	13	0	75	33	6	1400	4	47
205759000008	HOAGIE SMALL PHILLY CHEESESTEAK	1 Each	504	1470	960	108	32	0	220	46	10	1490	4	52
205463000004	HOAGIE SMALL ROAST BEEF	1 Each	228	310	45	5	2	0	55	24	5	860	4	44
207291000003	HOAGIE SMALL SEAFOOD SALAD	1 Each	228	420	150	17	2.5	0	35	13	7	970	5	55
205469000008	HOAGIE SMALL SMALL TURKEY	1 Each	228	310	35	3.5	0.5	0	40	24	11	1370	4	50
205454000006	HOAGIE SMALL TUNA	1 Each	228	580	320	35	5	0	40	21	13	1250	3	46
205461000006	HOAGIE SMALL TURKEY BREAST	1 Each	228	300	25	3	0.5	0	45	25	6	1060	4	45
207381000005	HOAGIE SMALL VEGETABLE	1 Each	228	340	90	10	5	0	20	15	6	760	4	46
206760000001	ITALIAN PANINI	1 Each	380	1120	610	68	22	0	170	57	8	3590	4	61
206767000004	MEATBALL HOAGIE	1 Each	377	580	280	31	17	0	90	38	4	1510	3	46
206737000003	MULTIGRAIN HNY SMOKEDTURKEY W SWI 12"	1 Each	508	830	230	25	12	0	145	66	28	2950	7	88
206720000003	MULTIGRAIN HONEY SMOKED TURKEY WITH SWISS 6"	1 Each	275	430	110	12	6	0	70	35	15	1490	4	45
206083000009	PANINI GRILL MUSHROM-VEGETABLE COLD	1 Each	193	300	190	21	7	0	25	13	6	540	4	14
206082000000	PANINI GRILL MUSHROM-VEGETABLE WARM	1 Each	193	300	190	21	7	0	25	13	6	540	4	14
207361000001	PANINI ITALIAN COLD	1 Each	208	560	350	39	17	0	120	43	1	2870	1	5
207360000002	PANINI ITALIAN HOT	1 Each	208	560	350	39	17	0	120	43	1	2870	1	5
207030000004	PANINI ROAST BEEF CHEDDAR COLD	1 Each	207	350	200	22	12	0	115	31	2	770	1	8
207459000005	PANINI ROAST BEEF CHEDDAR HOT	1 Each	207	350	200	22	12	0	115	31	2	770	1	8
207356000009	PANINI SMOKED HAM SWISS HOT	1 Each	223	410	200	22	13	0	115	40	6	1620	1	10
207086000003	PANINI TURKEY SWISS BACON COLD	1 Each	221	340	160	18	10	0	85	34	3	760	1	7
207460000001	PANINI TURKEY SWISS BACON HOT	1 Each	221	340	160	18	10	0	85	34	3	760	1	7
205870000000	PINWHEEL CHICKEN BACON RANCH	1 Each	750	750	400	44	9	0	85	44	1	1020	0	53
207726000004	PINWHEEL GB PHILLY CHEESESTEAK	1 Each	142	300	120	13	4	0	30	15	2	660	2	30
206662000000	PORK BBQ SANDWICH	1 Each	159	290	60	7	10	0	80	29	23	950	2	36
207122000004	PRETZEL ROLL - HAM SWISS CHEESE	1 Each	307	600	210	24	12	0	100	42	18	1160	2	54
207072000000	PRETZEL ROLL - ROTISSERIE CHICK SALAD	1 Each	194	540	250	28	4	0	70	24	8	680	1	43
207119000000	PRETZEL ROLL - SMOKED TURKEY SWISS	1 Each	307	600	190	21	10	0	90	43	12	1020	2	48
207074000008	PRETZEL ROLL - TUNA	1 Each	194	600	300	33	4.5	0	40	19	17	800	1	56
206757000007	ROAST BEEF AND CHEDDAR	1 Each	288	510	290	32	13	0	150	40	7	1150	1	12
207627000004	ROAST BEEF SLOPPY JOE HALF	1 Each	264	570	280	31	14	0	110	44	21	1080	2	26
206763000008	RUEBEN PANINI	1 Each	291	610	410	46	21	0	165	34	4	2190	2	10
206002000004	SANDWICH SLIDER 4 PK BAKED HAM	1 Each	298	590	250	28	13	0	175	52	14	2120	0	33
206001000005	SANDWICH SLIDER 4 PK RST BEEF	1 Each	298	340	90	10	5	0	155	44	6	1020	1	17
206000000006	SANDWICH SLIDER 4 PK TURKEY	1 Each	298	550	220	25	15	0	185	55	15	2460	0	36
206679000000	SANDWICH EGG SALAD ON ROLL	1 Each	203	430	160	18	3.5	0	255	15	13	1230	2	52
205927000007	SANDWICH BLT	1 Each	149	290	80	9	2.5	0	15	13	4	800	3	42
206590000004	SANDWICH BLT WHEAT	1 Each	149	300	90	10	2.5	0	15	13	4	840	3	41
205822000003	SANDWICH CHICKEN PARMESAN	1 Each	347	630	180	20	5	0	135	49	7	1360	2	63
205662000003	SANDWICH CHICKEN CORDON BLUE	1 Each	218	250	30	3	0.5	0	60	23	25	1100	1	28
205325000005	SANDWICH CHICKEN W/ KH ROLL	1 Each	175	410	170	19	4.5	0	60	19	9	1000	1	43
207084000005	SANDWICH EGG SALAD	1 Each	175	400	180	20	4	0	275	14	13	1240	2	42
206588000009	SANDWICH EGG SALAD WHEAT	1 Each	175	400	190	21	4	0	275	14	13	1250	2	40
205495000003	SANDWICH HAM SWISS	1 Each	319	670	260	29	17	0	145	57	4	1510	2	44
207085000004	SANDWICH HAM SALAD	1 Each	175	470	220	25	4	0	65	18	15	1700	2	45
206589000008	SANDWICH HAM SALAD WHEAT	1 Each	175	470	230	25	4	0	65	18	15	1710	2	43
205466000001	SANDWICH KAISER TURKEY BREAST	1 Each	234	310	30	3	0.5	0	65	31	4	1170	2	41
209092000008	SANDWICH LEB BOLO SWT SELTZER	1 Each	226	540	200	22	11	0	80	30	19	2680	2	54
209091000009	SANDWICH LEBANON BOLO SELTZER	1 Each	175	500	190	21	10	0	95	33	7	2660	2	42
205667000008	SANDWICH OVEN ROASTED TURKEY/SMOKED GOUDA	1 Each	192	320	210	23	3.5	0	70	23	3	970	1	6
206586000001	SANDWICH PEANUT BUTR/JELLY WHEAT	1 Each	95	320	110	12	1.5	0	0	9	13	420	3	44
205928000006	SANDWICH PEANUT BUTTER N JELLY	1 Each	95	320	110	12	1.5	0	0	9	13	400	3	45
205535000000	SANDWICH ROTISSERIE CHICK SALAD	1 Each	240	660	370	41	6	0	100	33	2	1440	2	36
205821000004	SANDWICH ROTISSERIE CHICKEN SALAD WHEAT	1 Each	240	660	380	42	6	0	100	33	2	1460	2	34
205555000004	SANDWICH TUNA SALAD	1 Each	175	550	320	35	5	0	40	19	11	1180	2	40
206587000000	SANDWICH TUNA SALAD WHEAT	1 Each	175	550	320	36	5	0	40	19	11	1190	2	39
206730000000	SEAFOOD SALAD SANDWICH KAISER	1 Each	179	430	90	10	1.5	0	20	14	5	2290	2	70
206729000004	SEAFOOD SALAD SANDWICH ON RYE	1 Each	117	320	35	4	0	0	0	11	0	810	7	64
206671000008	SEAFOOD SALAD SANDWICH WHEAT	1 Each	118	200	130	15	2.5	0	35	6	2	2890	0	11
206732000008	SHRIMP SALAD SANDWICH KAISER	1 Each	203	400	70	8	1	0	55	16	4	1010	2	65
206731000009	SHRIMP SALAD SANDWICH RYE	1 Each	141	330	35	4	0	0	5	11	0	730	7	64
206677000002	SHRIMP SALAD SANDWICH WHEAT	1 Each	142	150	100	12	1.5	0	95	10	1	650	0	3
206678000001	SHRIMP SALAD SUB	1 Each	215	260	90	10	1.5	0	80	12	3	800	2	29
206755000009	SMOKED TURKEY BLT	1 Each	260	320	130	14	4	0	85	41	4	2000	1	7
206741000006	SUB AMERICAN HERO 12"	1 Each	567	1090	570	63	31	0	215	62	16	4570	4	74
206690000003	SUB BREADED CHICKEN TENDER	1 Each	323	640	140	16	3.5	0	45	32	11	2000	6	91
206747000000	SUB CHSPK TURKEY & AMERICAN 12"	1 Each	522	840	260	29	16	0	185	70	19	3230	7	82
206745000002	SUB GRANDE ITALIAN RST BF 12"	1 Each	350	610	190	21	9	0	90	40	7	1840	3	61
206742000005	SUB ITALIAN COLD CUT 12"	1 Each	479	840	320	35	13	0	170	57	13	3570	4	67
206738000002	SUB MULT BL FRIEDST HAM MUENSTORE 12"	1 Each	508	710	220	24	12	0	100	46	14	1860	7	76

206740000007	SUB RST BF/AMER CHEESE 12"	1 Each	312	540	320	36	22	0	140	39	7	1970	2	15
265585000009	THUMANN'S BEEF BOLOGNA	2 oz	56	140	100	11	6	0	30	13	1	470	0	1
255745000000	THUMANN'S BOLOGNA LONG	2 oz	56	150	120	13	5	0	28	7	1	470	0	1
255750000002	THUMANN'S BOLOGNA LOW SALT	2 oz	56	150	120	13	5	0	30	7	1	370	0	1
255759000003	THUMANN'S HAM LOW SALT	2 oz	56	60	15	2	0.5	0	21	10	1	400	0	1
255728000003	THUMANN'S ROAST BEEF	2 oz	55	73	16	1.5	1	0	20	14	1	160	0	1
255835000002	THUMANN'S TURKEY GOLDEN BRN	2 oz	56	60	20	2.5	1	0	30	13	0	400	0	0
206695000008	TUNA SALAD SANDWICH ON RYE	1 Each	141	260	160	18	3.5	0	50	19	3	430	1	6
206696000007	TUNA SALAD WITH LETTUCE / TOMATO ON RYE	1 Each	170	90	40	4.5	1	0	10	5	4	120	2	8
206714000002	TURKEY ON ROLL	1 Each	179	280	25	3	0	0	50	26	4	1180	1	39
206704000005	TURKEY ON RYE	1 Each	117	110	20	2	0	0	50	21	2	830	0	4
206716000000	TURKEY WITH LETTUCE / TOMATO ON RYE	1 Each	170	120	20	2	0	0	50	21	3	840	1	6
206764000007	WEIS CHEESE BURGER DOUBLE	1 Each	539	1110	710	79	32	4	265	71	8	1270	3	27
206507000004	WEIS QUALITY CORNED BEEF AND RYE	1 Each	117	170	30	3	1	0	50	25	0	830	0	4
206508000003	WEIS QUALITY CORNED BEEF SWISS-RYE	1 Each	168	370	180	20	12	0	95	37	0	920	0	4
206505000006	WEIS QUALITY CHCKEN SALAD ON WHEAT ROLL	1 Each	142	330	240	26	4	0	70	19	1	710	0	3
206522000003	WEIS QUALITY CHCKEN SALAD W LETTUCE-TOMATO ON RYE	1 Each	170	340	240	26	4	0	70	19	1	710	1	4
206506000005	WEIS QUALITY EGG SALAD WITH LETTUCE-TOMATO ON WHEAT	1 Each	170	270	160	17	3.5	0	255	10	12	880	1	18
206516000002	WEIS QUALITY HAM SALAD ON WHEAT	1 Each	142	320	190	21	3.5	0	60	13	13	1310	1	20
206509000002	WEIS QUALITY SANDW EGG SALAD ON WHT	1 Each	142	260	160	17	3.5	0	255	9	11	880	1	17
206538000004	WEIS QUALITY SUB AMERICAN HERO 6"	1 Each	283	550	280	32	15	0	105	31	8	2280	2	37
206515000003	WEIS QUALITY SUB GRANDE VIRGINIAN 6"	1 Each	279	450	120	14	8	0	100	34	13	2020	1	44
206511000007	WEIS QUALITY SUB GRND CHSPK TURKEY CHDR BACON	1 Each	339	670	300	33	9	0	85	32	8	1750	3	59
206512000006	WEIS QUALITY SUB GRND CORDON BLEU & SWISS	1 Each	445	700	220	24	13	0	145	56	10	2490	3	63
206540000009	WEIS QUALITY SUB HAM AND AMERICAN 6"	1 Each	289	420	150	17	10	0	105	34	9	2280	2	37
206541000008	WEIS QUALITY SUB HAM AND PROVOLONE 6"	1 Each	289	400	130	14	7	0	95	34	8	1930	2	35
206539000003	WEIS QUALITY SUB HAM AND SWISS 6"	1 Each	312	500	200	22	13	0	120	40	8	1780	2	34
206517000001	WEIS QUALITY SUB ITALIAN COLD CUT 6"	1 Each	233	420	160	18	7	0	85	28	6	1780	2	33
206518000000	WEIS QUALITY TUNA SALAD SANDW ON WHT	1 Each	142	260	170	18	3.5	0	50	19	3	440	0	6
206519000009	WEIS QUALITY TUNA SALAD WITH LETTUCE / TOMATO ON WHT	1 Each	170	270	170	18	3.5	0	50	19	4	440	1	7
206520000005	WEIS QUALITY TURKEY ON WHT	1 Each	118	110	20	2	0	0	50	21	2	840	0	4
206521000004	WEIS QUALITY TURKEY W LET-TOM ON WHT	1 Each	170	120	20	2.5	0	0	50	21	3	840	1	6
206528000007	WEIS QUALITY WRAP SUPREME SMALL TURKEY SWISS	1 Each	306	420	230	25	15	0	115	35	8	1040	2	13
206529000006	WEIS QUALITY WRAP SUPREME TURKEY HAM CLUB	1 Each	306	450	280	31	19	0	135	34	8	1350	2	12
205579000004	WRAP BUFFALO CHICKEN	1 Each	119	450	420	46	8	0	40	3	2	1710	0	5
205871000009	WRAP CHICKEN SPINACH FETA	1 Each	612	610	230	26	1.5	0	115	16	19	910	2	60
207031000003	WRAP HAM CHEESE STORE MADE	1 Each	177	470	220	24	9	0	55	25	8	1190	3	36
205472000002	WRAP ITALIAN STORE MADE	1 Each	236	720	430	48	16	0	115	36	4	2550	3	33
205106000002	WRAP ROTISSERIE CHICKEN SALAD	1 Each	179	510	300	34	6	0	80	25	0	1030	2	23
207964000002	WRAP SEAFOOD SALAD SUPREME	1 Each	231	500	400	44	7	0	60	9	4	4510	1	17
209713000004	WRAP SESAME CHICKEN	1 Each	142	430	250	28	5	0	55	19	1	810	1	26
207452000002	WRAP TUNA STORE MADE	1 Each	177	580	350	39	7	0	45	19	10	1160	3	37
207450000004	WRAP TURKEY BACON CHEESE	1 Each	178	470	250	28	9	0	75	26	2	1130	3	28

ICE CREAM & DESSERTS

UPC_EAN	Item Name	Serving	Serving Size(g)	Calories	Calories From Fat	Fat(g)	Saturated Fat(g)	Trans Fat(g)	Cholesterol(mg)	Protein(g)	Sugar(g)	Sodium(mg)	Dietary Fiber(g)	Carbohydrates(g)
206266000000	WEIS QUALITY VANILLA ICE CREAM CUP 2	10 oz	284	600	310	34	22	0	130	9	52	220	0	69
206267000009	WEIS QUALITY VANILLA ICE CREAM CONE 2	14.5oz	288	820	220	24	15	0	90	6	36	350	0	128
206269000007	WEIS QUALITY CHOCOLATE ICE CREAM CUP 1	6 oz	170	390	190	21	13	0	75	8	33	150	0	41
206270000003	WEIS QUALITY CHOCOLATE ICE CREAM CONE 1	10.5 oz	175	560	110	12	8	0	45	5	20	260	0	91
206271000002	WEIS QUALITY CHOCOLATE ICE CREAM CUP 2	10 oz	284	650	310	34	22	0	130	13	56	260	0	69
206273000000	WEIS QUALITY CHOCOLATE ICE CREAM CONE 2	14.5 oz	288	850	220	24	15	0	90	9	39	380	0	128
206276000007	WEIS QUALITY STOREAWBERRY ICE CREAM CUP 1	6 oz	170	330	160	18	10	0	65	5	33	115	0	44
206277000006	WEIS QUALITY STOREAWBERRY ICE CREAM CONE 1	10.5 oz	175	530	100	11	6	0	40	3	20	230	0	92
206278000005	WEIS QUALITY STOREAWBERRY ICE CREAM CUP 2	10 oz	284	560	270	30	17	0	110	9	56	190	0	73
206279000004	WEIS QUALITY STOREAWBERRY ICE CREAM CONE 2	14.5 oz	288	790	190	21	12	0	75	6	39	330	0	131
206280000000	WEIS QUALITY MOOSE TRACKS ICE CREAM CUP 1	6 oz	170	490	260	28	15	0	50	8	39	180	3	52
206281000009	WEIS QUALITY MOOSE TRACKS ICE CREAM CONE 1	10.5 oz	175	620	150	17	9	0	30	5	23	270	2	97
206285000005	WEIS QUALITY MOOSE TRACKS ICE CREAM CUP 2	10 oz	284	820	430	47	26	0	85	13	65	300	4	86
206286000004	WEIS QUALITY MOOSE TRACKS ICE CREAM CONE 2	14.5 oz	288	970	300	33	18	0	60	9	45	410	3	140
206287000003	WEIS QUALITY MINT CHOCO CHIP ICE CREAM CUP 1	6 oz	170	410	210	23	15	0	65	5	36	115	0	49
206288000002	WEIS QUALITY MINT CHOCO CHIP ICE CREAM CONE 1	10.5 oz	175	580	120	14	9	0	40	3	21	230	0	95
206289000001	WEIS QUALITY MINT CHOCO CHIP ICE CREAM CUP 2	10 oz	284	690	350	39	26	0	110	9	60	190	0	82
206291000006	WEIS QUALITY MINT CHOCO CHIP ICE CREAM CONE 2	14.5 oz	288	880	240	27	18	0	75	6	42	330	0	137
206292000005	WEIS QUALITY COOKIES N CREAM ICE CREAM CUP 1	6 oz	170	410	190	21	13	0	65	5	36	240	0	52
206293000004	WEIS QUALITY COOKIES N CREAM ICE CREAM CONE 1	10.5 oz	175	580	110	12	8	0	40	3	21	310	0	97
206294000003	WEIS QUALITY COOKIES N CREAM ICE CREAM CUP 2	10 oz	284	690	310	34	22	0	110	9	60	410	0	86
206295000002	WEIS QUALITY COOKIES N CREAM ICE CREAM CONE 2	14.5 oz	288	880	220	24	15	0	75	6	42	480	0	140
206298000009	WEIS QUALITY P'NUT BUTTR RIPPLE ICE CRM CUP 1	6 oz	170	440	260	28	12	0	65	10	28	270	3	41
206299000008	WEIS QUALITY P'NUT BUTTR RIPPLE ICE CRM CONE 1	10.5 oz	175	590	150	17	7	0	40	6	17	330	2	91
206300000003	WEIS QUALITY P'NUT BUTTR RIPPLE ICE CRM CUP 2	10 oz	284	730	430	47	19	0	110	17	47	450	4	69
206301000002	WEIS QUALITY P'NUT BUTTR RIPPLE ICE CRM CONE 2	14.5 oz	288	910	300	33	14	0	75	12	33	510	3	128
206305000008	WEIS QUALITY BUTTER PECAN ICE CREAM CUP 1	6 oz	170	410	230	26	12	0	65	8	28	360	0	41
206306000007	WEIS QUALITY BUTTER PECAN ICE CREAM CONE 1	10.5 oz	175	580	140	15	7	0	40	5	17	380	0	91
206307000006	WEIS QUALITY BUTTER PECAN ICE CREAM CUP 2	10 oz	284	690	390	43	19	0	110	13	47	600	0	69
206308000005	WEIS QUALITY BUTTER PECAN ICE CREAM CONE 2	14.5 oz	288	880	270	30	14	0	75	9	33	620	0	128
206310000000	WEIS QUALITY VANILLA MILKSHAKE	18 oz	510	830	420	47	29	0	170	16	70	330	0	91
206312000008	WEIS QUALITY CHOCOLATE MILKSHAKE	18 oz	510	880	420	47	29	0	170	21	75	380	0	91
206313000007	WEIS QUALITY STOREAWBERRY MILKSHAKE	18 oz	510	780	380	42	24	0	145	16	75	310	0	96
206314000006	WEIS QUALITY MOOSE TRACKS MILKSHAKE	18 oz	510	1090	560	62	34	0	120	21	86	430	5	112
206316000004	WEIS QUALITY CHOCOLATE CHIP MILKSHAKE	18 oz	510	930	470	52	34	0	145	16	81	310	0	106
206318000002	WEIS QUALITY COOKIES N CREAM MILKSHAKE	18 oz	510	930	420	47	29	0	145	16	81	560	0	112
206319000001	WEIS QUALITY PEANUT BUTTR RIPPLE MILKSHAKE	18 oz	510	980	560	62	26	0	145	26	65	620	5	91
206331000003	WEIS QUALITY BUTTER PECAN MILKSHAKE	18 oz	510	930	510	57	26	0	145	21	65	800	0	91
206258000001	WEIS QUALITY VANILLA ICE CREAM CUP 1	6 oz	170	360	190	21	13	0	75	5	31	130	0	41
206260000006	WEIS QUALITY VANILLA ICE CREAM CONE 1	10.5 oz	175	550	110	12	8	0	45	3	18	240	0	91
209767000005	PEANUT BLEND ICE CREAM	1 Scoop	28	130	90	10	1.5	0	0	6	1	0	1	4
209782000004	ALMOND SLIVERS	2 tbsp	30	150	70	8	7	0	0	1	6	0	0	20
209783000003	GRANOLA	2 tbsp	30	130	45	5	0.5	0	0	4	6	10	2	20
209784000002	DARK CHOCOLATE CHIPS	2 tbsp	30	150	70	8	5	0	0	2	17	0	2	19
209785000001	COCONUT CHIPS	2 tbsp	30	220	180	20	20	0	0	2	2	10	4	8
209786000000	WALNUTS	2 tbsp	30	200	170	19	2	0	0	4	1	0	2	4
206603000007	WEIS 2 GO KING SIZE SOFT PRETZEL	1 each	145	340	20	2	0	0	0	10	0	1100	2	73
206604000006	WEIS 2 GO PRETZEL STICK	1 Stick	68	190	25	2.5	1	0	0	6	0	490	2	35
206605000005	WEIS 2 GO CHED CHS SFTD PRETZEL	1 each	99	260	70	8	4.5	0	20	8	1	520	1	39
206960000009	PUMPKIN MOUSSE	4 oz	113	240	130	14	14	0	0	2	25	85	0	28
266577000007	JALAPENO CHEDDAR STUFFED - HOT	2 pieces	65	110	25	2.5	2.5	0	10	4	2	380	3	18
267483000006	JALAPENO CHEDDAR STUFFED - COLD	2 pieces	65	110	25	2.5	2.5	0	10	4	2	380	3	18
206335000009	CHEESECAKE NO BAKE - BLISSFULL TREAT	1 each	125	360	220	24	13	0	70	8	34	350	0	39

PIZZA & STROMBOLI

UPC_EAN	Item Name	Serving	Serving Size(g)	Calories	Calories From Fat	Fat(g)	Saturated Fat(g)	Trans Fat(g)	Cholesterol(mg)	Protein(g)	Sugar(g)	Sodium(mg)	Dietary Fiber(g)	Carbohydrates(g)
205468000009	PIZZA SAUCE PIZZAIOLO	1/4 cup	57	40	15	2	0	0	0	1	5	270	0	6
205621000006	PIZZA LARGE STORE MADE WHIT W/CHICKEN/BROCCOLI	1 Slice	158	260	60	6	2.5	0	20	12	2	540	2	36
205622000005	PIZZA SLICE WHITE WITH CHICKEN /BROCCOLI	1 Slice	158	260	60	6	2.5	0	20	12	2	540	2	36
205623000004	PIZZA LARGE STORE MADE WITH/SPINACH/TOMATO	1 Slice	137	220	35	4	1.5	0	10	9	2	470	2	36
205624000003	PIZZA SLICE WHITE/SPINACH/TOMATO	1 Slice	199	310	45	5	2	0	15	13	3	640	3	51
205805000006	PIZZA LARGE COLD STORE MADE VEGETABLEE	1 Slice	184	220	35	3.5	0.5	0	0	9	4	660	2	39
206036000001	PIZZA STORE MADE SAUSAGE	1 Slice	156	290	90	10	3	0	25	13	3	810	1	37
206038000009	PIZZA SLICE BUFFALO CHICKEN	1 Slice	208	380	100	13	2	0	15	15	4	1320	2	54
206240000002	PIZZA LARGE COLD STORE MADE PEP/ CHEESE	1 Slice	180	320	70	8	2	0	5	13	5	920	2	49
206576000004	PIZZA SLICE W MUSHROOM	1 Slice	189	280	35	4	0.5	0	5	11	4	800	2	49
206577000003	PIZZA SLICE PEPPERONI SAUSAGE	1 Slice	208	420	150	17	6	0	25	18	5	1280	2	50
206578000002	PIZZA SLICE PEPPERONI MUSHROOM	1 Slice	208	360	110	12	4	0	10	15	5	1180	2	50
206579000001	PIZZA SLICE MUSHROOM SAUSAGE	1 Slice	208	330	80	9	2.5	0	15	14	4	970	2	50
206580000007	PIZZA SLICE PEPPERONI	1 Slice	171	310	70	8	2	0	5	12	5	920	2	49
206581000006	PIZZA LARGE HOT MUSHROOM	1 Slice	142	210	25	3	0.5	0	5	8	3	600	1	37
206582000005	PIZZA LARGE HOT PEPPERONI SAUSAGE	1 Slice	156	310	110	13	4	0	15	13	4	960	1	37
206583000004	PIZZA LARGE HOT PEPPERONI MUSHROOM	1 Slice	156	270	80	9	3	0	5	11	4	880	1	38
206584000003	PIZZA LARGE HOT MUSHROOM SAUSAGE	1 Slice	156	250	60	7	2	0	15	10	3	730	1	37
206585000002	PIZZA SLICE WHITE	1 Slice	180	440	200	22	7	4	15	14	2	800	2	47
207261000002	PIZZA LARGE HOT CHEESE	1 Slice	128	200	25	3	0	0	0	8	3	540	1	37
207266000007	PIZZA BIG PARTY 1 TOPPING	1 slice	198	280	40	4.5	1	0	5	11	5	790	2	50
207275000005	STROMBOLI - STORE MADE VEG HOT	4 oz.	113	200	100	11	7	0	30	9	2	740	1	19
207302000008	PIZZA SLICE CHEESE	1 Slice	170	270	35	4	0.5	0	5	11	4	720	2	49
207312000005	PIZZA SLICE CHICKEN BACON RANCH	1 Slice	199	450	160	18	5	0	45	18	3	1100	2	47
207399000004	PIZZA LARGE COLD STORE MADE-CHEESE	1 Slice	128	200	25	3	0	0	0	8	3	540	1	37
207429000004	PIZZA STORE MADE- BBQ CHICKEN	1 Slice	152	250	45	5	1.5	0	15	12	5	770	3	40
207430000000	PIZZA STORE MADE PHILLY CHEESE STEAK	1 Slice	152	240	50	5	2	0	15	12	3	700	1	37
207433000007	PIZZA SLICE BBQ CHICKEN	1 Slice	203	340	60	6	1.5	0	20	16	7	1030	4	54
207434000006	PIZZA SLICE PHILLY CHEESE STEAK	1 Slice	196	320	70	7	2.5	0	20	15	4	940	2	49
207445000002	PIZZA SLICE VEGETABLEE	1 Slice	246	300	45	5	0.5	0	5	12	5	880	3	52
207446000001	PIZZA SLICE HAWAIIAN	1 Slice	208	310	40	4.5	1	0	10	14	8	900	2	53
207447000000	PIZZA SLICE MARGHERITA	1 Slice	190	380	110	12	5	0	35	18	5	830	2	50
207448000009	PIZZA SLICE MEATBALL	1 Slice	193	290	45	5	1	0	10	13	5	800	2	49
207560000000	PIZZA MARGHERITA	1 Slice	140	280	80	9	4	0	25	14	4	620	1	37
207680000003	PIZZA SLICE SAUSAGE	1 Slice	208	390	120	14	4	0	30	17	4	1070	2	50
207683000000	PIZZA STORE MADE MEATBALL	1 Slice	145	220	35	3.5	1	0	5	10	4	600	1	37
207696000004	PIZZA LARGE STORE MADE WHITE HOT	1 Slice	135	330	150	17	5	3	15	10	2	600	1	35
207698000002	PIZZA STORE MADE HAWAIIAN	1 Slice	152	230	30	3.5	0.5	0	10	11	5	670	2	39
207700000006	PIZZA STORE MADE CHIX BACON RANCH	1 Slice	199	450	160	18	5	0	45	18	3	1100	2	47
207705000001	PIZZA STORE MADE VEGETABLE LOVERS	1 Slice	184	220	35	3.5	0.5	0	0	9	4	660	2	39
207706000000	STROMBOLI - STORE MADE ITALIAN LB	4 oz.	113	290	150	17	7	0	45	16	1	1070	1	18
205491000007	STOREOMBOLI - STORE MADE VEGETABLE	4 oz.	113	200	100	11	7	0	30	9	2	740	1	19
205474000000	STOREOMBOLI - STORE MADE AMERICAN	4 oz.	113	270	150	17	8	0	40	15	2	1150	1	18
206030000007	PIZZA STORE MADE BUFF CHICKEN	1 Slice	156	280	80	10	1.5	0	10	11	3	990	2	41
207045000006	STEFANOS PIZZA DOUGH BALL	1 each	624	1420	100	11	0	0	0	55	11	3280	11	274

SOUPS

UPC_EAN	Item Name	Serving	Serving Size(g)	Calories	Calories From Fat	Fat(g)	Saturated Fat(g)	Trans Fat(g)	Cholesterol(mg)	Protein(g)	Sugar(g)	Sodium(mg)	Dietary Fiber(g)	Carbohydrates(g)
209816000000	BAKED POTATO SOUP	16 oz	454	420	250	28	16	0	90	10	6	1160	4	40
209817000009	MARKET STREET BROCCOLI & CHEDDAR CHEESE SOUP	16 oz	454	480	320	36	22	1	110	18	6	1340	4	26
209818000008	CHICKEN NOODLE SOUP	16 oz	454	200	50	6	2	0	50	14	4	1360	2	22
209819000007	NEW ENGLAND CLAM CHOWDER	16 oz	454	620	410	46	28	0	170	18	10	1840	2	30
209820000003	SHRIMP & ROASTED CORN CHOWDER	16 oz	454	460	230	26	14	0	140	12	14	360	4	44
209821000002	MARYLAND STYLE CRAB SOUP	16 oz	454	180	25	3	0	0	30	12	8	1520	4	26
209823000000	HEARTY VEGETABLE BEEF SOUP	12 oz	340	180	50	6	1.5	0	30	13	7	1180	4	19
209824000009	CHICKEN & DUMPLINGS SOUP	16 oz	454	260	70	8	2	0	90	20	4	1580	4	30
209825000008	ITALIAN WEDDING SOUP	16 oz	454	260	130	14	5	0	50	12	2	1460	2	20
209826000007	TURKEY SAUSAGE & KALE SOUP	16 oz	454	240	60	7	2	0	40	14	6	1480	6	26
209815000001	MARKET STREET ANGUS BEEF CHILI WITH BEANS	16 oz	454	540	230	26	10	0	80	28	10	1240	18	42
206376000006	SOUP - ANGUS BEEF CHILI 4 LB	8 oz	227	270	120	13	5	0	40	14	5	620	9	21
206377000005	SOUP - NEW ENGLAND CLAM CHOWDER 4 LB	8 oz	227	310	210	23	14	0	85	9	5	920	1	15
206379000003	SOUP - SHRIMP/CORN CHOWDER 4 LB	8 oz	227	220	100	11	5	0	45	7	10	780	2	25
206380000009	SOUP - MARYLAND CRAB 4 LB	8 oz	227	90	15	1.5	0	0	15	6	4	760	2	13
206381000008	SOUP - BROCCOLI CHEDDAR 4LB	8 oz	227	240	160	18	11	0.5	55	9	3	670	2	13
206384000005	SOUP - BAKED POTATO 4 LB	8 oz	227	210	130	14	8	0	45	5	3	580	2	20
206385000004	SOUP - HEARTY BEEF VEGETABLE 4 LB	8 oz	227	120	35	4	1	0	20	9	5	790	3	13
206769000002	SOUP - RIP ROARIN CRAB 4 LB	8 oz	227	210	100	11	6	0	50	8	7	760	1	19
206770000008	SOUP - CHICKEN ENCHILADA 4 LB	8 oz	227	190	70	8	3.5	0	30	10	2	770	3	19
206771000007	SOUP - TOMATO ZUCCHINI 4 LB	8 oz	227	140	60	7	4.5	0	20	5	8	400	3	13
207395000008	SOUP - CHICKEN N DUMPLING 4 LB	8 oz	227	170	50	6	2	0	60	10	1	670	1	21
207408000001	SOUP - ITALIAN WEDDING/MEATBALL 4 LB	8 oz	227	130	60	7	2.5	0	25	6	1	730	1	10