

ENTREES & HOT BAR

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)
0020783400000	\$6 BEEF AND BROCCOLI MEAL	1 each	343	510		18	1.5	0	30	20	27	1130	5	71
0020704900000	\$6 CHICKEN PARMESAN MEAL	1 Each	289	600		28	12	0	90	35	30	980	2	5
0020787300000	\$6 CHICKEN STREET TACO MEAL	1 each	248	460		17	8	0	90	32	4	1060	2	40
0020710900000	\$6 DARK MEAT CHICKEN MEAL	1 each	496	990		60	22	0.5	300	55	8	2110	5	66
0020784500000	\$6 FIRE-BRAISED CHICKEN MEAL	1 each	397	430		12	3	0	150	38	16	1490	3	41
0020589100000	\$6 FLOUNDER ITALIANO MEAL	1 Each	340	630		36	19	0	165	23	6	300	4	49
0020566000000	\$6 GENERAL TSOS CHICKEN MEAL	1 Each	425	910		25	2.5	0	55	27	77	1730	6	150
0020784200000	\$6 MEAL THAI CHICKEN	1 each	343	580		18	1	0	40	21	46	940	5	88
0020717400000	\$6 MEATLOAF MEAL	1 Each	397	560		40	22	1.5	130	23	8	1340	3	34
0020702300000	\$6 PIEROGI & KIELBASA MEAL	1 Each	396	870		61	26	0	160	38	2	1870	4	40
0020535800000	\$6 ROAST BEEF MEAL	1 Each	454	500		19	9	0	100	42	7	1770	2	42
0020544000000	\$6 ROAST TURKEY MEAL	1 Each	456	490		20	12	0	145	43	6	1930	5	27
0020741500000	\$6 SESAME ORANGE CHICKEN MEAL	1 Each	400	770		21	0	0	40	25	54	1170	3	125
0002070500000	\$6 STUFFED CABBAGE MEAL	1 Each	440	490		18	9	0	60	16	30	1430	5	71
0020544200000	\$6 WHITE MEAT CHICKEN MEAL	1 each	496	970		54	20	0.5	295	67	7	2270	4	61
0020787900000	\$7 CRAB CAKE MEAL	1 each	262	470		18	2.5	0	85	23	7	920	2	56
0020787800000	\$7 FLOUNDER ALMONDINE MEAL	1 Each	347	650		22	5	0	14	2	4	240	6	88
0020747200000	\$7 ROAST SIRLOIN MEAL	1 each	411	530		29	17	0	140	33	8	1120	1	35
0020558400000	\$7 SIGNATURE TURKEY MEAL	1 each	439	790		33	10	0	185	78	14	1610	1	52
0206601000009	1/2 RACK OF RIBS COLD	5 oz	140	320		16	6	0	75	20	10	600	0	15
0020788900000	1/2 RACK OF RIBS HOT	5 oz	140	320		16	6	0	75	20	10	600	0	15
0476000017490	3 CHEESE ALFREDO SAUCE	1/2 cup	125	120	10	8	5	0	25	6	4	640	1	1
0476000006715	ALE BATTERED HADDOCK	3 oz	85	170	100	8	2	0	25	10	1	490	0	15
0209813000003	ASIAN BAR - BEEF	3 oz	85	150	110	9	2.5	0	55	17	0	70	0	0
0209814000002	ASIAN BAR - CHICKEN	3 oz	85	140	80	7	1	0	60	18	0	35	0	0
0209811000005	ASIAN BAR - SHRIMP	3 oz	85	70	60	5	0.5	0	80	8	0	330	0	0
0209812000004	ASIAN BAR - TOFU	3 oz	85	100	100	8	1	0	0	6	0	5	0	2
0205162000008	BEEF EMPANADA	1 each	140	420	120	18	7	0	40	17	1	780	3	47
0206646000002	BEEF LASAGNA ROLL UP	6 oz	170	200	70	8	3.5	0	40	13	1	490	2	20
0020790800000	BEEF STEW	1 cup	234	220	100	11	3.5	0	15	13	3	880	2	16
0695119402335	BLACK PEPPER CHICKEN	1 cup	227	200	10	2.5	0	0	35	18	14	1070	0	27
0476000014055	BREADED CHICKEN CUTLET	3 oz	85	200	80	9	2.5	0	70	20	0	280	0	6
0476000015151	BREAKFAST SAUSAGE LINKS	1 Each	23	90	70	8	2.5	0	15	3	1	170	0	1
0476000017834	BROCCOLI & RICE CASSEROLE	1 cup	227	310	130	14	7	0	30	7	4	1120	2	18
0020779500000	CHEESE LASAGNA	1 cup	212	300		17	10	0	80	22	8	960	2	16
0476000014949	CHEESE OMELETS	1 Each	84	230	180	20	6	0	230	9	1	460	0	2
0083836500001	CHEESE RAVIOLI	1 cup	227	450	160	18	10	0	95	19	4	810	3	51
0020780100000	CHICKEN PICCATA	4 oz	114	140		5	1	0	60	10	2	830	0	19
0020767500000	CHICKEN POT PIE	1 cup	227	600		34	19	0	30	17	7	910	2	58
0205471000003	CHICKEN TENDER MEAL	1 each	397	1000	610	68	12	1	55	23	8	2440	6	77
0206776000002	CHIPOTLE CHICKEN MEAL	1 each	397	930	70	8	1.5	0	25	42	5	2030	29	176
0476000015243	CHUNKY MARINARA SAUCE	1/2 cup	125	60	15	1.5	0	0	0	2	7	570	2	11
0207564000006	CRAB PRETZEL	1 each	276	750		37	20	0	110	26	5	2400	3	81
0047600001596	CREAMED CHIPPED BEEF	1 cup	227	260	140	16	9	0	70	16	6	1180	0	14
0206102000003	CREAMED CORN WITH BACON	1/2 cup	130	180	90	10	6	0	35	3	6	260	1	22
0020774500000	EMPRESS CHICKEN	1 cup	227	480	100	11	2.5	0	45	16	45	540	0	77
0020786600000	FAM GRILLED LEMON CHICKEN	1 each	140	210		8	2	0	90	32	0	530	0	2
0020786600000	FAM LEMON CHICKEN	1 each	140	210		8	2	0	90	32	0	530	0	2
0020786800000	FAM MEAL BEED EMPANADA	1 each	113	210		11	2	0	15	11	2	390	3	36
0020783400000	FAM MEAL BEEF & BROCCOLI	1 cup	227	200		8	2.5	0	35	14	7	1070	2	18
0206794000008	FAM MEAL BEEF PICADILLO	1/2 cup	113	120	15	1.5	0	0	55	16	7	990	2	10
0020643300000	FAM MEAL BEEF STEW	1 cup	227	180		9	3	0	15	13	3	1020	2	15
0206434000000	FAM MEAL BROCCOLI RICE CASSEROLE	1 cup	227	390		13	6	0	20	11	6	760	2	57
0206372000000	FAM MEAL CHEESE RAVIOLI/TOMATO SAUCE	1 cup	227	220	70	8	3.5	0	30	9	10	980	4	29
0020695300000	FAM MEAL CHICKEN & DUMPLINGS	1 cup	255	340		17	3.5	0	35	15	7	1050	1	31
0209837000003	FAM MEAL CHICKEN CUTLET	1 each	85	200	80	9	2.5	0	70	20	0	280	0	6
0209836000004	FAM MEAL CHICKEN PARMESAN	1 each	197	260	100	12	3.5	0	75	23	5	610	0	12
0020786800000	FAM MEAL CHICKEN QUESADILLA	1 each	142	320		17	10	0	60	21	2	780	1	21

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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)
0020784300000	FAM MEAL FIRE-BRAISED CHICKEN	1 each	140	210		9	2	0	125	27	3	570	0	4
0020779600000	FAM MEAL FLOUNDER ALMONDINE	4 oz	113	140		7	2	0	55	7	2	75	3	15
0206961000008	FAM MEAL GEN TSO CHIC DK MEAT	1 cup	227	500	100	11	2.5	0	45	16	50	1290	2	84
0020769000000	FAM MEAL GREEN BEAN CASSEROLE	1 cup	227	220		10	5	0	10	6	8	940	3	28
0020638900000	FAM MEAL GRILLED CHIX BREAST	1 each	85	110	15	1.5	0	0	70	22	1	600	0	1
0206389000000	FAM MEAL GRILLED CHIX BREAST	3 oz	85	110	15	1.5	0	0	70	22	1	600	0	1
0020690600000	FAM MEAL HALF RACK OF RIBS	5oz	140	350	200	23	8	0	80	27	5	660	2	7
0209838000002	FAM MEAL HERB ROASTED POTATO	1/2 cup	140	240	50	7	1	0	0	5	2	440	5	39
0209843000004	FAM MEAL HONEY GLAZED CARROTS	1/2 cup	110	90	0	0	0	0	0	1	18	180	3	23
0020957500000	FAM MEAL LASAGNA W/MEAT SAUCE	1 cup	227	260		6	3.5	0	25	17	8	750	2	35
0206705000004	FAM MEAL MAC & CHEESE RESER	1 cup	240	330	160	17	10	0.5	55	16	4	1130	1	28
0020695900000	FAM MEAL MACARONI & BEEF	1 cup	227	220		6	2.5	0	15	11	8	880	2	30
0206388000001	FAM MEAL MAMA MAN MEATLOAF	5 oz	140	270	180	20	10	1	75	13	4	640	0	13
0209839000001	FAM MEAL MAMA MANCINI MEATBALLS	5 oz	142	190	110	12	6	0	45	18	3	720	2	4
0020682600000	FAM MEAL MANICOTTI	1 each	149	160	50	6	3.5	0	35	9	6	520	2	17
0205432000004	FAM MEAL MASHED POTATOES	1/2 cup	140	200	80	11	7	0	30	3	1	540	3	23
0020638800000	FAM MEAL MEATLOAF & GRAVY	5 oz	140	270		20	10	1	75	13	4	650	0	12
0206621000003	FAM MEAL PENNE W/CHICK ALFREDO	1 cup	227	320	100	10	6	55	21	6	910	2	35	37
0206364000001	FAM MEAL PORK EGG ROLL	1 each	85	150	50	6	2	0	10	5	3	420	2	19
0206390000006	FAM MEAL POTATO PANCAKES	1 each	76	100	25	3	0.5	0	30	3	1	270	1	15
0206649000009	FAM MEAL POTSTICKERS	7 pieces	140	270	120	13	3	0	20	11	3	510	2	26
0206786000009	FAM MEAL PULLED BBQ CHICKEN	1/2 cup	142	220	15	8	2	0	120	30	5	680	2	8
0206790000002	FAM MEAL PULLED BBQ PORK	1/2 cup	140	330	110	16	7	0	90	34	8	650	3	12
0205433000003	FAM MEAL ROASTED VEGETABLES	1/2 cup	125	70	30	4	0	0	0	2	4	180	2	8
0020695500000	FAM MEAL SALISBURY STEAK	1 cup	227	260		14	6	0.5	50	21	1	810	1	15
0020775700000	FAM MEAL SAUSAGE/PEPPERS/ONIONS/SAUC	5 oz	142	210	250	16	6	0	30	12	4	570	1	6
0020984400000	FAM MEAL SCALLOPED POTATOES	1/2 cup	140	150		7	1.5	0	5	4	3	620	2	17
0209844000003	FAM MEAL SCALLOPED POTATOES	1/2 cup	140	210	100	11	7	0	35	6	2	470	2	20
0205121000001	FAM MEAL SEASONED CORN	1/2 cup	125	110	25	3	0.5	0	0	2	7	240	2	22
0206366000009	FAM MEAL SESAME ORANGE CHICKEN	1 cup	227	410	80	9	0	0	35	16	32	840	0	68
0020681100000	FAM MEAL SHANGHAI NOODLES	1 cup	227	300	80	9	1	0	10	7	16	1090	5	43
0020695600000	FAM MEAL STUFFED CABBAGE	1 cup	227	200		8	2.2	0	30	12	6	630	1	20
0020695700000	FAM MEAL STUFFED PEPPERS	1 cup	227	150		5	1.5	0	10	9	6	590	2	17
0207341000007	FAM MEAL STUFFED SHELLS W/SAUCE	1 cup	227	440		20	11	0	85	22	7	900	0	42
0020695800000	FAM MEAL SWEDISH MEATBALLS	1 cup	227	370		26	10	1	55	21	5	840	1	31
0206367000008	FAM MEAL SWEET N SOUR CHICKEN	1 cup	227	320	80	9	0	0	45	18	30	520	0	43
0020784100000	FAM MEAL THAI CHICKEN	1 cup	244	320		9	1	0	50	17	34	880	2	44
0206962000007	FAM MEAL VEGETABLE FRIED RICE	1 cup	115	150	25	3	0	0	5	3	1	320	0	28
0020720200000	FAM MEAL VEGETABLE LASAGNA	1 cup	227	310		11	5	0	25	14	7	940	3	38
0205117000008	FAM MEAL VEGETABLE LO MEIN	1 cup	240	290		2.5	0	0	0	10	22	980	2	58
0209841000006	FAM MEAL WONDER CHICKEN POT PIE	1 cup	227	220	90	10	3	0	50	13	1	590	2	20
0020638800000	FAM MEATLOAF & SAUCE	5 OZ	140	320	180	25	12	1	95	16	5	610	0	14
0020780400000	FIRE-BRAISED CHICKEN THIGHS	3 oz	84	130		6	1.5	0	85	18	0	270	0	0
0476000006722	FLOUNDER FILLETS	3 oz	85	140	10	1	0	0	25	11	1	480	1	22
0476000015878	FLOUNDER ITALIANO	3 oz	85	180	80	1	1.5	0	75	16	1	210	1	11
0205891000003	FLOUNDER MEAL	1 each	340	510	180	20	8	0	130	28	9	880	5	51
0205510000001	FRENCH FRIES	3 oz	84	120	35	4	1	0	0	2	1	330	2	19
0476000015168	FRENCH TOAST STICKS	1 Each	27	80	30	3.5	1	0	5	2	3	65	0	11
0205442000001	FRIED CHICKEN MEAL	1 each	425	720	350	39	13	0	210	51	20	1510	6	62
0201295000007	GARLIC GREEN BEANS	1/2 cup	125	45	5	1	0	0	0	2	4	5	3	9
0695119404001	GENERAL TSO CHICKEN	1 cup	227	500	60	11	2.5	0	45	16	50	1290	2	84
0476000017100	GENERAL TSO DARK MEAT CHICKEN	1 cup	227	500	60	11	2.5	0	45	16	50	1290	2	84
0206966000003	GENERAL TSO MEAL NR	1 each	425	790	140	15	3	0	70	25	59	2290	4	134
0476000006159	GOLDEN ALE BEER COD	3 oz	85	170	90	8	2	0	25	9	1	210	0	15
0476000016196	GOLDEN ALE HADDOCK	3 oz	85	170	100	8	2	0	25	10	1	490	0	15
0476000017827	GREEN BEAN CASSEROLE	1/2 cup	110	60	70	3.5	1.5	0	5	1	1	470	2	6
0696633300046	GREEN BEANS WITH BACON	1/2 cup	125	50	10	1.5	0	0	0	1	2	400	0	6
0476000006142	GRILLED ALSAKA SALMON	3 oz	85	90	35	3	0	0	50	16	0	170	0	1

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0207051000007	GRILLED CHICKEN BREAST	1 each	85	110	15	1.5	0	0	70	22	1	600	0	1
0476000015809	GRILLED CHICKEN BREAST	1 each	85	110	15	1.5	0	0	70	22	1	600	0	1
0476000015854	GRILLED VEGETABLES	1/2 cup	125	70	30	3.5	0.5	0	0	2	6	60	3	10
0476000015847	HERB ROASTED POTATOES	1/2 cup	140	240	50	7	1	0	0	5	2	440	5	39
0476000015908	HONEY GLAZED CARROTS	1/2 cup	110	90	0	0	0	0	0	1	18	180	3	23
0267483000006	JALAPENO CHED STUFD - COLD	2 pieces	65	110	25	2.5	2.5	0	10	4	2	380	3	18
0266577000007	JALAPENO CHED STUFD - HOT	2 pieces	65	110	25	2.5	2.5	0	10	4	2	380	3	18
0209904000004	LASAGNA ROLL UP	6 oz	170	200	140	8	3.5	0	40	13	4	490	2	20
0476000015793	LEMON GRILLED CHICKEN	3 oz	85	90	10	1	0	0	45	15	2	600	0	3
0206610000007	MAC & CHEESE BATTER WEDGES	6 pieces	136	330	140	16	5	0	15	9	5	990	3	37
0206620000004	MAC & CHEESE WEDGES CUP	6 pieces	136	330	140	16	5	0	15	9	5	990	3	37
0020695900000	MACARONI & BEEF	1 cup	227	210	50	6	2	0	20	10	9	7400	2	30
0265745000009	MAMA MANC SAUSAGE/SAUCE	1 each	142	210	140	16	6	0	30	12	4	570	0	6
0020682700000	MANICOTTI	1 each	149	160	50	6	3.5	0	35	9	6	520	2	17
0696633300053	MASHED POTATOES	1/2 cup	140	200	80	11	7	0	30	3	1	540	3	23
0206103000002	MASHED SWEET POTATOES	1/2 cup	140	140	15	2	1	0	5	2	9	240	4	27
0020572000000	MEATBALLS IN SAUCE	5 oz	140	130	60	7	3	0	35	13	3	470	1	4
0207016000004	MOZZERELLA STICKS	1 each	35	110	45	5	2.5	0	10	5	1	320	0	9
0020716700000	MRS. T'S PIEROGIES	4 pieces	152	230	30	3.5	1	0	10	7	1	600	2	41
0207091000005	ONION RINGS	3 oz	91	170	90	10	2.5	0	0	2	3	500	2	20
0019600069102	PANCAKES	1 Each	45	150	15	1.5	0.5	0	0	5	6	450	1	31
0476000015229	PENNE	1/2 cup	140	260	10	1	0	0	0	9	4	0	2	51
0209766000006	PESTO SALMON	4 oz	114	230	120	14	2.5	0	55	18	0	330	0	2
0020716700000	PIEROGIES	4 pieces	152	230	30	3.5	1	0	10	7	1	600	2	41
0476000014932	PLAIN OMELETS	1 Each	84	210	170	19	3.5	0	255	7	1	330	0	3
0695119600427	PORK EGG ROLLS	1 Each	85	150	50	6	2	0	10	5	3	420	2	19
0207062000003	POT STICKERS	7 pieces	140	270	120	13	3	0	20	11	3	510	2	26
0205473000001	POTATO KNISH	1 cup	227	320	260	43	0	0	0	7	4	760	4	63
0011596404257	POTATO PANCAKES	1 each	76	100	25	3	0.5	0	30	3	1	270	1	15
0207130000003	POTATO WEDGES WARM	3 oz	85	130		6	1	0	0	2	1	590	1	19
0206231000004	PULLED BBQ ROT CHICKEN	1/2 cup	142	220	70	8	2	0	120	30	5	680	2	8
0206788000007	PULLED BBQ CHICKEN	1/2 cup	142	220	15	8	2	0	120	30	5	680	2	8
0206785000000	PULLED BBQ CHICKEN MEAL	1 each	454	620	200	23	6	0	150	36	32	2340	6	70
0206792000000	PULLED BBQ PORK	1/2 cup	140	330	110	16	7	0	90	34	8	650	3	12
0205196000005	PULLED CHICKEN (MEAT & SAUCE ONLY)	1/2 cup	142	220	15	8	2	0	120	30	5	680	2	8
0205199000002	PULLED PORK (MEAT & SAUCE ONLY)	1/2 cup	140	330	110	16	7	0	90	34	8	650	3	12
0206789000006	PULLED PORK MEAL	1 each	454	850	350	39	14	0	175	53	31	1640	6	70
0020782800000	PULLED SEASONED CHICKEN	3 oz	84	80		1.5	0	0	45	14	0	400	0	0
0020697000000	RICED CAULIFLOWER	1/2 cup	110	110	80	9	5	0	30	3	2	320	2	5
0205440000003	ROAST TURKEY MEAL	1 each	454	350	120	13	6	0	105	37	24	2050	5	46
0206967000002	ROMA POLISH SAUS/SAUERKRAUT	1 cup	227	270	100	18	7	0	50	17	6	1580	5	5
0206968000001	ROMA SAUS/PEPPERS/ONIONS	1 cup	227	280	120	16	5	0	45	12	8	860	4	17
0490000044492	ROSINA STUFFED SHELLS	1 cup	227	460	80	16	9	0	100	21	5	960	2	57
0476000015212	ROUND CHEESE RAVIOLI	1 cup	227	450	160	18	10	0	95	19	4	810	3	51
0206608000002	SANTA FE CHICKEN EGG ROLL	2 pieces	170	340	90	10	4.5	0	25	16	6	920	5	47
0476000015175	SAUSAGE GRAVY	1 cup	227	330	70	28	7	0	55	7	0	880	0	7
0020777100000	SAUSAGE/PEPPERS/ONIONS/SAUCE	5 oz	142	210	250	16	6	0	30	12	4	570	1	6
0711171437822	SCALLOPPED POTATOES	1/2 cup	140	210	100	11	7	0	35	6	2	470	2	20
0696633300121	SEASONED CORN	1/2 cup	125	110	25	3	0.5	0	0	2	7	240	2	22
0207415000001	SESAME ORANGE CHICK MEAL NR	1 each	425	680	120	13	0	0	40	22	39	1610	0	117
0695119402380	SESAME ORANGE CHICKEN	1 cup	227	410	80	9	0	0	35	16	32	840	0	68
0020681300000	SHANGHAI NOODLES	1 cup	227	300	80	9	1	0	10	7	16	1090	5	43
0206777000001	SM BEEF EMPANADA	1 each	140	420	120	18	7	0	40	17	1	780	3	47
0205404000001	SM CHEESE RAVIOLI W/TOMATO SCE	1 cup	227	220	70	8	3.5	0	30	9	10	980	4	29
0205360000008	SM CHICKEN CUTLET	1 each	85	200	80	9	2.5	0	70	20	0	280	0	6
0205358000003	SM CHICKEN PARMESAN	1 each	197	260	100	12	3.5	0	75	23	5	610	0	12
0020680700000	SM CORN SOUFFLE	1/2 cup	125	280	60	10	1.5	0	80	7	24	310	0	44
0205409000006	SM GENERAL TSO CHICKEN DK MT	1 cup	227	500	100	11	2.5	0	45	16	50	1290	2	84

ENTREES & HOT BAR

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)
020534000004	SM GRILLED CHICKEN BREAST	3 oz	85	110	15	1.5	0	0	70	22	1	600	0	1
0020786500000	SM GRILLED LEMON CHICKEN	1 each	140	210		8	2	0	90	32	0	530	0	2
0205450000000	SM HONEY GLAZED CARROTS	1/2 cup	110	90	0	0	0	0	0	1	18	180	3	23
0020786500000	SM LEMON CHICKEN	1 each	140	210		8	2	0	90	32	0	530	0	2
0020670700000	SM MAC & CHEESE RESER	1 cup	240	330	160	17	10	0.5	55	16	4	1130	1	28
0205347000007	SM MAMA MANCINI MEATBALLS	5 oz	227	310	110	17	9	0.5	50	15	4	310	1	27
0205346000008	SM MAMA MANCINI MEATLOAF	5 oz	140	270	180	20	10	1	75	13	4	640	0	13
0205446000007	SM MASHED POTATOES	1/2 cup	140	200	80	11	7	0	30	3	1	540	3	23
0020783500000	SM MEAL BEEF & BROCCOLI	1 cup	227	200		8	2.5	0	35	14	7	1070	2	18
0020745500000	SM MEAL BEEF STEW	1 cup	227	180		9	3	0	15	13	3	1020	2	15
0029745600000	SM MEAL BROCCOLI RICE CASSEROLE	1 cup	227	390		13	6	0	20	11	6	760	2	57
0020745700000	SM MEAL CHICKEN & DUMPLINGS	1 cup	255	340		17	3.5	0	35	15	7	1050	1	31
0020784300000	SM MEAL FIRE-BRAISED CHICKEN	1 each	140	210		9	2	0	125	27	3	570	0	4
0020745800000	SM MEAL GREEN BEAN CASSEROLE	1 cup	227	220		10	5	0	10	6	8	940	3	28
0020544500000	SM MEAL HERB ROASTED POTATO	1/2 cup	140	240	50	7	1	0	0	5	2	440	5	39
0020746200000	SM MEAL LASAGNA W/MEAT SAUCE	1 cup	227	260		6	3.5	0	25	17	8	750	2	35
0020746100000	SM MEAL MACARONI & BEEF	1 cup	227	220		6	2.5	0	15	11	8	880	2	30
0020534600000	SM MEAL MEATLOAF & GRAVY	5 oz	140	270		20	10	1	75	13	4	640	0	13
0020746300000	SM MEAL SALISBURY STEAK	1 cup	227	260		14	6	0.5	50	21	1	810	1	15
0020694800000	SM MEAL SCALLOPED POTATOES	1/2 cup	140	150		7	1.5	0	5	4	3	620	2	17
0020746400000	SM MEAL STUFFED CABBAGE	1 cup	227	200		8	2.2	0	30	12	6	630	2	20
0020746500000	SM MEAL STUFFED PEPPERS	1 cup	227	150		5	1.5	0	10	9	6	590	2	17
0020746600000	SM MEAL SWEDISH MEATBALLS	1 cup	227	370		26	10	1	55	21	5	840	1	15
0020784000000	SM MEAL THAI CHICKEN	1 cup	244	320		9	1	0	50	17	34	880	2	44
0020745000000	SM MEAL VEGETABLE LASAGNA	1 cup	227	310		11	5	0	25	14	7	940	3	38
0020534600000	SM MEATLOAF & SAUCE	5 oz	140	320	60	25	12	1	95	16	5	610	0	14
0206622000002	SM PENNE W/ALFRED SCE & GRILLED CHIX	1 cup	320	10	100	6	0	55	21	6	910	2	35	37
0206795000007	SM PICADILLO	1/2 cup	113	120	15	1.5	0	0	55	16	7	990	2	10
0205427000002	SM PORK EGG ROLLS	1 each	85	150	50	6	2	0	10	5	3	420	2	19
0205444000009	SM POTATO PANCAKES	1 each	76	100	25	3	0.5	0	30	3	1	270	1	15
0206648000000	SM POTSTICKERS	7 pieces	140	270	120	13	3	0	20	11	3	510	2	26
0206787000008	SM PULLED BBQ CHICKEN	1/2 cup	142	220	15	8	2	0	120	30	5	680	2	8
0206791000001	SM PULLED BBQ PORK	1/2 cup	140	330	110	16	7	0	90	34	8	650	3	12
0020680900000	SM ROASTED BUTTERNUT SQUASH	1/2 cup	125	130	70	9	1	0	0	1	6	350	2	17
0205470000004	SM ROASTED VEGETABLES	1/2 cup	125	70	30	4	0	0	0	2	4	180	2	8
0020775800000	SM SAUS/PEPPERS/ONIONS/SAUCE	5 oz	142	210	250	16	6	0	30	12	4	570	1	6
0205449000004	SM SCALLOPED POTATOES	1/2 cup	140	210	100	11	7	0	35	6	2	470	2	20
0205115000000	SM SEASONED CORN	1/2 cup	125	110	25	3	0.5	0	0	2	7	240	2	22
0205414000008	SM SESAME ORANGE CHICKEN	1 cup	227	410	80	9	0	0	35	16	32	840	0	68
0020681200000	SM SHANGHAI NOODLES	1 cup	227	300	80	9	1	0	10	7	16	1090	5	43
0020720300000	SM STUFFED SHELLS W/SAUCE	1 cup	227	340	90	13	6	0	65	16	7	680	1	42
0206964000005	SM VEGETABLE FRIED RICE	1 cup	115	150	25	3	0	0	5	3	1	320	0	28
0206963000006	SM VEGETABLE LO MEIN	1 cup	240	290		2.5	0	0	0	10	22	980	2	58
0205429000000	SM VEGETABLE SPRING ROLL	1 each	20	70		3	0	0	0	2	7	5	1	10
0205357000004	SM WONDER CHICKEN POT PIE	1 cup	227	220	90	10	3	0	50	13	1	590	2	20
0049000007517	STEAMED BROCCOLI	1/2 cup	78	25	5	0	0	0	0	2	1	25	0	5
0020695700000	STUFFED GREEN PEPPERS	1 cup	227	170	90	10	2.5	0	25	9	6	600	2	20
0207241000008	STUFFED MEATBALLS	2 Meatballs	142	200	130	14	7	0.5	40	11	2	500	2	6
0207203000008	STUFFED SHELLS IN SAUCE	1 cup	227	340	90	13	6	0	65	16	7	680	1	42
0020695800000	SWEDISH MEATBALLS	1 cup	227	26	230	10	1.5	1.5	55	21	5	840	2	15
0205415000007	SWEET & SOUR CHICKEN W/VEG	1 cup	227	320	80	9	0	0	45	18	30	520	0	43
0695119402304	SWEET & SOUR CHICKEN W/VEG	1 cup	227	320	80	9	0	0	45	18	30	520	0	43
0639511940224	SWEET & SOUR PORK	1 cup	240	340	15	36	1	0	35	12	46	410	2	65
0020775700000	SWT ITAL SAUSAGE W/SAUCE, PEPPERS, ONIO	1 cup	227	340	140	26	10	0	50	19	6	910	2	10
0020775800000	SWT ITAL SAUSAGE W/SAUCE, PEPPERS, ONIO	1 cup	227	340	140	26	10	0	50	19	6	910	2	10
0207171000000	SYRUP	1 Tbsp	15	50	0	0	0	0	0	0	9	15	0	11
0020682900000	TWICE BAKED LOADED POTATO	1 each	227	360	160	18	10	0.5	60	10	3	890	3	39
0476000017094	VEGETABLE FRIED RICE	1 cup	115	150	25	3	0	0	5	3	1	320	0	28

ENTREES & HOT BAR

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)
0695119404193	VEGETABLE LO MEIN	1 cup	227	410	90	18	2.5	0	0	7	16	1070	2	52
0695119374304	VEGETABLE SPRING ROLL	1 Each	20	70		3	0	0	0	2	7	5	1	10
20779700000-	VERMONT MACARONI & CHEESE	1 cup	224	480		30	17	0	130	21	3	640	1	32
0020767500000	WEIS2GO CHICKEN POT PIE	1 cup	227	600		34	19	0	30	17	7	910	2	58
0020697100000	WHITE CHEDDAR MACARONI & CHEESE	1 cup	227	340	150	17	10	0.5	60	13	5	760	1	33
0206926000005	Z HAM SLICES W PINEAPPLE	1 each	289	550	30	3.5	1	0	45	14	111	1040	0	118
0206487000001	Z HB CHCKEN CORDON BLEU	1 cup	227	460	220	24	9	0	205	60	1	910	0	1
0206891000000	Z HB SMOTHERED CHICK W MUSH-ONIO	1 each	567	880	540	61	17	0	225	63	11	2160	5	23
0206932000006	Z INNOVASIAN SWEET N SOUR PORK	1 cup	240	340	320	36	1	0	35	12	46	410	2	65
0206500000001	Z MEAL CORNED BEEF AND CABBAGE	1 cup	227	140	5	1	0	0	35	16	4	750	3	17
0206494000001	Z MEAL HAM AND CABBAGE	1 cup	227	160	30	3	1	0	40	15	5	750	3	18
0206953000009	Z MEAL STOUFF CHICKEN AND DUMPLINGS	1 cup	227	280	130	14	2.5	0	55	15	7	840	2	23
0206952000000	Z MEAL STOUFF LASAGNA WITH MEAT SAUC	1 cup	227	280	90	10	5	0	40	16	8	700	2	32
0206959000003	Z MEAL STOUFF MAC AND BEEF W TOM	1 cup	228	210	50	6	2	0	20	10	9	7400	2	30
0206951000001	Z MEAL STOUFF MAC AND CHEESE	1 cup	227	310	140	15	6	0	30	13	3	760	1	30
0206955000007	Z MEAL STOUFF SALISBURY STEAK W GRAV	1 cup	227	260	130	14	6	0.5	55	19	3	840	1	14
0206948000007	Z MEAL STOUFF SCALLOPED POTATOES	1/2 cup	131	140	60	7	1.5	0	5	3	3	520	1	15
0206956000006	Z MEAL STOUFF STUFFED CABBAGE	1 each	217	200	80	9	3	0	25	9	7	590	2	21
0206957000005	Z MEAL STOUFF STUFFED GREEN PEPPER	1 each	196	150	80	9	2	0	20	8	5	520	2	17
0206958000004	Z MEAL STOUFF SWEDISH MEATBALLS	1/2 cup	140	230	140	16	6	1	35	13	3	520	1	9
0206502000009	Z MEAL TURKEY IN GRAVY	5 oz	142	90	15	2	0	0	30	13	1	780	0	5
0206474000007	Z ROAST BEEF W/GRAVY HB	5 oz	140	100	30	3.5	1	0	35	11	0	680	0	5
0206689000007	Z STUFFED CHICKEN BREAST	1 each	238	490	210	24	10	0	165	45	2	1250	1	26