

	Ingredients	Manufacturer	Serving Size	Calories	Protein	Vitamin A	Vitamin C	Iron	Calcium	Total Fat	Saturated	Carbohydrate	Fiber	Cholesterol	Sodium
1060097	Pasta, elbow macaroni		113.4g	210	7g			10%		1g	0g	42g	2g	0mg	0mg
1060098	Pasta, spaghetti		226.8g	210	7g	0%	0%	10%	0%	1g	0t	42g	2g	0mg	0mg
1060099	Pasta, bow tie		56g	210	8g			10%		3g	1g	40g	2g	70mg	15mg
1060101	Pasta, Kluski		55g	220	8g			10%	2%	3g	1g	40g	2g	86mg	16mg
1060102	Pasta, rotini		56.7g	210	7g			10%		1g	0g	41g	2g	0mg	0mg
1060103	Pasta, fettuchini		56.7g	210	7g			10%		1g	0g	42g	2g	0mg	0mg
1060106	Pasta, ziti		56g	210	7g			10%		1g	0g	42g	2g	0mg	0mg
1060108	Tortillia Shell, 6 inch		41g	120	3g				2%	3g	1g	21g	1g	0mg	240mg
101810	Pasta, Pasta sheet		56g	150	6g			8%		2g	0g	29g	2g	25mg	160mg
1060110	Taco Shell	Ramirez	33g	150	2g			8%	2%	7g	1g	19g	2g	0mg	0mg
1060111	Roll, Hot Dog	Maiers	20g	58	1g	0%	0%	3%	3%	1g		10g			120mg
1060113	Bread, Pita		60g	165	6g			8%	5%	1g		33g			339mg
1060114	Bread, White	Maiers	25g	65	2g	0%	0%	4%	3%	1g		12g			129mg
1060115	Bread, Split Top Dinner Roll	Maiers	32g	90	3g			4%	2%	1g	0g	17g	1g	0mg	160mg
1060117	Bread, Steak Roll	Maiers	57g	160	6g			8%	4%	1g	0g	31g	1g	0mg	300mg
1060276	Pretzel Bun	J&J	85g	230	7g			10%	20%	2g	5g	44g	0g	0mg	320mg
1060303	Bread, Hamburger Roll	Maiers	68g	180	6g			10%	4%	2g	1g	35g	2g	0mg	360mg
1060124	Chicken Meat, diced	USDA	28.35g	51	8g	12%		0%	4%	2g		0g		26mg	24mg
1060131	Beef, ground 22%fat	USDA	28.35g	76	7g			1%	3%	5g		0g		22mg	23mg
1060133	Beef Patty, ground	USDA	85.05g	165	14g			1%	4%	12g		0g		49mg	45mg
1060138	Beef, Sandwhich slice	Landis	77.96g	165	17g	25%	0%	8%	0%	11g	6g	0g	0g	28mg	28mg
1060137	Meatball, beef	Landis	14.17g	27	2g	6%	0%	0%	6%	2g	1g	1g	0g	4mg	98mg
1060140	Sausage, Patty 2oz	Ember	56.7g	130	8g			2%		11g	5g	1g	0g	25mg	420mg
1060141	Sausage, 4oz link	Nicks	100g	301	14g	233%	1%	1%	20%	27g	11g	1g	1g	74mg	870mg
1060142	Bacon, round slices		12g	60	4g					5g	2g	0g		10mg	220mg
1060143	Eggs, whole, liquid	USDA	1.5 oz	75	6g	6%		4%	3%	5g		1g		213mg	63mg
1060145	Turkey Roast	USDA	1 oz	45	6g			0%	1%	2g		1g		15mg	193mg
1060148	Tuna, chunk light	USDA	1 oz	33	6.4g	16%		0%	3%	02g		0g		8mg	96mg
1060153	Hot Dog, beef and pork	Berks	56g	170	7g	2%		4%		16g	6g	0g	0g	30mg	590mg
1060154	Tuna, chunk light	JS Food Servic	56g	70	15g			2%		0g	0g	0g	0g	20mg	250mg
1060159	Cheese, Mozzarella, shredded	USDA	1oz	70	7g	166%		0%	183%	5g		1g		16mg	132mg
1060160	Cheese, American Process	USDA	1oz	105	6g	343%		0%	175%	9g		0g		27mg	406mg
1060161	Cheese, Cheddars sauce	Land-o-Lake	62g	110	5g	6%			15%	8g	5g	4g	0g	20mg	600mg
1060204	Tomato Paste	USDA	.50oz	15	1g			18%	16%	0g		3g			11mg
1060203	Tomatoes, Crushed	USDA	56.7g	31	2g	374%	17%	1%	15%	0g		6g		0mg	311mg
1060202	Tomatoes, canned	USDA	56.70g	10	1g	344%	9%	0%	16%	0g		3g		0mg	98mg

