

GOLDEN *Cuisine*™

Nutritional Information

Frozen Meals – 20 Packs

GOLDEN *Cuisine*™

Nutritional Information

2-Day Frozen Bundles

| UPC | Product Name | Serving Size | Calories (Kcal)** | Fat Calories | Protein (g)** | Carbohydrate (g)** | Fiber (g)** | Sugar (g)** | Fat, Total (g)** | Sat Fat (g)** | Trans Fat (g) | Cholesterol (mg)** | Sodium (mg)** | Vitamin A (IU)** | Thiamin B-1(mg) | Riboflavin B-2 (mg) | Niacin B-3 (mg) | Vitamin B-6 (mg) | Vitamin B-12 (mcg) | Vitamin C (mg)** | Vitamin D (IU) | Vitamin E (IU) | Vitamin K (mcg) | Folate (mcg) | Calcium (mg)** | Iron (mg)** | Magnesium (mg) | Zinc (mg) |
|-----|--------------|--------------|-------------------|--------------|---------------|--------------------|-------------|-------------|------------------|---------------|---------------|--------------------|---------------|------------------|-----------------|---------------------|-----------------|------------------|--------------------|------------------|----------------|----------------|-----------------|--------------|----------------|-------------|----------------|-----------|
|-----|--------------|--------------|-------------------|--------------|---------------|--------------------|-------------|-------------|------------------|---------------|---------------|--------------------|---------------|------------------|-----------------|---------------------|-----------------|------------------|--------------------|------------------|----------------|----------------|-----------------|--------------|----------------|-------------|----------------|-----------|

BCMS # 21

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|-------|-------------------------------|-----------------|------------|------------|-----------|-----------|-----------|----------|-----------|------------|------------|-----------|------------|--------|------|------|------|------|------|-------|---|------|------|-----|--------|------|-------|------|
| 05049 | Charbroiled Beef Patty | 13.7 oz. | 350 | 113 | 24 | 40 | 5 | 7 | 10 | 4.0 | 0.0 | 30 | 460 | 4428 | 0.20 | 0.20 | 4.50 | 0.51 | 1.20 | 15.00 | 0 | 2.10 | 0 | 110 | 99 | 3.7 | 75 | 3.6 |
| 05052 | Macaroni & Cheese | 14.2 oz | 420 | 157 | 17 | 61 | 10 | 5 | 12 | 6.0 | 0.0 | 15 | 640 | 1107 | 0.40 | 0.40 | 2.10 | 0.31 | 0.60 | 21.00 | 0 | 0.00 | 35 | 179 | 343 | 3.2 | 92 | 2.7 |
| | Skim Milk | 8 oz. | 90 | 4 | 8 | 13.0 | 0 | 12.0 | 0.0 | 0.0 | 0.01 | 5 | 125 | 462.67 | 0.08 | 0.32 | 0.20 | 0.09 | 0.86 | 2.27 | | 0.09 | 0.05 | 11 | 278.96 | 0.09 | 24.95 | 0.91 |
| | Margarine | 2 packets | 50 | 16 | 0 | 0.0 | 0 | 0.0 | 5.0 | 0.2 | | 0 | 70 | 358 | | | | | | | | | | | | | | |
| | White Bread | 1 slice | 70 | 8 | 3 | 13.0 | 0 | 1.0 | 1.0 | 0.1 | 0.2 | 0 | 180 | | 0.12 | 0.09 | 0.99 | 0.02 | 0.01 | | | 0.10 | 0 | 24 | 27 | 0.76 | 6 | 0.16 |
| | Wheat Roll | 1 roll | 110 | 9 | 3 | 17.0 | 1 | 2.0 | 2.5 | 0.5 | | 10 | 170 | | 0.17 | 0.08 | 0.99 | 0.01 | | | | | | 23 | 7.59 | 0.88 | 8 | 0.14 |
| | Orange Juice | 4 oz. | 55 | 2 | 1 | 12.5 | 0 | 11.6 | 0.3 | 0.0 | 0 | 0 | 1 | 226.8 | 0.10 | 0.03 | 0.45 | 0.05 | 0 | 56.7 | | 0.05 | 0.11 | 34 | 12.47 | 0.23 | 12.47 | 0.06 |
| | Graham Crackers | 1 pkg | 90 | 24 | 1 | 16.0 | 0 | 4.0 | 3.0 | 0.5 | | 0 | 95 | 0.14 | 0.06 | 0.09 | 1.17 | | | 0.03 | | | | 17 | 22.59 | 0.99 | | |

BCMS # 22

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|-------|---------------------------|------------------|------------|------------|-----------|-----------|----------|----------|-----------|------------|------------|-----------|------------|--------|------|------|------|------|------|-------|---|------|------|------|--------|------|-------|------|--|
| 05062 | Swedish Meatballs | 12.95 oz. | 360 | 217 | 19 | 36 | 7 | 4 | 16 | 6.0 | 0.5 | 15 | 320 | 3466 | 0.20 | 0.30 | 5.30 | 0.36 | 1.50 | 39.00 | 0 | 2.40 | 163 | 164 | 106 | 4.1 | 69 | 5.0 | |
| 05060 | Chicken Cacciatore | 14 oz. | 360 | 95 | 22 | 51 | 5 | 5 | 8 | 3.0 | 0.0 | 35 | 270 | 826 | 0.40 | 0.20 | 7.30 | 0.58 | 1.10 | 26.00 | 0 | 2.00 | 37 | 230 | 152 | 2.5 | 77 | 1.9 | |
| | Skim Milk | 8 oz. | 90 | 4 | 8 | 13.0 | 0 | 12.0 | 0.0 | 0.0 | 0.01 | 5 | 125 | 462.67 | 0.08 | 0.32 | 0.20 | 0.09 | 0.86 | 2.27 | | 0.09 | 0.05 | 11 | 278.96 | 0.09 | 24.95 | 0.91 | |
| | Margarine | 2 packets | 50 | 16 | 0 | 0.0 | 0 | 0.0 | 5.0 | 0.2 | | 0 | 70 | 358 | | | | | | | | | | | | | | | |
| | Wheat Bread | 1 slice | 70 | 9 | 3 | 13.0 | 1 | 1.0 | 1.0 | 0.2 | 0.2 | 0 | 180 | | 0.10 | 0.07 | 1.03 | 0.02 | | | | 0.14 | | 19 | 26.25 | 0.83 | 11.5 | 0.26 | |
| | White Roll | 1 roll | 110 | 18 | 3 | 17.0 | 1 | 2.0 | 2.5 | 0.5 | | 10 | 170 | | | | | | | | | | | | | | 1.08 | | |
| | Apple Juice | 4 oz. | 60 | | 0 | 15.0 | 0 | 15.0 | 0.1 | 0.0 | | 0 | 0 | | | | | | | 60.21 | | | | | | | 6.12 | | |
| | Cinnamon Graham Crackers | 1 pkg | 90 | 19 | 2 | 16.0 | 1 | 4.0 | 3.0 | 0.5 | 0.85 | 0 | 85 | | 0.05 | 0.07 | 0.87 | 0.01 | | | | 0.43 | 0.11 | 12.6 | 5.04 | 0.78 | 6.3 | 0.17 | |

BCMS # 23

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|-------|-------------------------------------|------------------|------------|------------|-----------|-----------|----------|-----------|------------|------------|------------|-----------|------------|--------|------|------|------|------|------|-------|---|------|------|-----|--------|------|-------|------|--|
| 05069 | Lemon Pepper Fish & Rice | 12.55 oz. | 300 | 34 | 17 | 51 | 5 | 10 | 3.5 | 1 | 0.0 | 25 | 330 | 2265 | 0.40 | 0.30 | 4.20 | 0.38 | 1.50 | 45.00 | 0 | 2.80 | 78 | 230 | 67 | 2.1 | 78 | 1.7 | |
| 05048 | Meatloaf Patty & Gravy | 12.9 oz. | 310 | 121 | 21 | 30 | 5 | 6 | 11 | 5.0 | 0.0 | 50 | 570 | 3141 | 2.70 | 0.90 | 4.50 | 0.49 | 1.30 | 19.00 | 0 | 0.00 | 31 | 157 | 163 | 3.2 | 57 | 3.8 | |
| | Skim Milk | 8 oz. | 90 | 4 | 8 | 13.0 | 0 | 12.0 | 0.0 | 0.0 | 0.01 | 5 | 125 | 462.67 | 0.08 | 0.32 | 0.20 | 0.09 | 0.86 | 2.27 | | 0.09 | 0.05 | 11 | 278.96 | 0.09 | 24.95 | 0.91 | |
| | Margarine | 2 packets | 50 | 16 | 0 | 0.0 | 0 | 0.0 | 5.0 | 0.2 | | 0 | 70 | 358 | | | | | | | | | | | | | | | |
| | White Roll | 1 roll | 110 | 18 | 3 | 17.0 | 1 | 2.0 | 2.5 | 0.5 | | 10 | 170 | | | | | | | | | | | | | | 1.08 | | |
| | Rye Bread | 1 slice | 70 | 9 | 3 | 13.0 | 0 | 1.0 | 1.0 | 0.2 | 0.05 | 0 | 180 | 2.24 | 0.14 | 0.11 | 1.22 | 0.02 | | 0.13 | | 0.12 | 0.96 | 28 | 23.36 | 0.91 | 12.8 | 0.36 | |
| | Honey Graham Enriched Crackers | 1 pkg | 90 | 22 | 0 | 16.0 | 2 | 4.0 | 2.5 | 0.0 | | 0 | 95 | | | | | | | | | | | | 6 | 0.61 | | | |
| | Cheese Crackers | 1 pkg | 130 | 53 | 2 | 16.0 | 1 | 3.0 | 7.0 | 1.5 | 2.4 | 0 | 220 | 20 | 0.13 | 0.19 | 1.07 | 0.01 | 0.03 | 0.03 | | 0.73 | 0 | 24 | 72 | 0.68 | 10 | 0.2 | |

BCMS # 24

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|-------|------------------------------------|-----------------|------------|-----------|-----------|-----------|-----------|-----------|----------|------------|------------|-----------|------------|--------|------|------|------|------|------|-------|---|------|------|-----|--------|------|-------|------|
| 05044 | Salisbury Steak & Gravy | 12.9 oz. | 290 | 55 | 21 | 36 | 10 | 6 | 6 | 3.0 | 0.0 | 40 | 600 | 3346 | 7.50 | 0.40 | 5.70 | 0.70 | 1.30 | 21.00 | 0 | 0.00 | 34 | 127 | 164 | 4.0 | 72 | 4.6 |
| 05045 | Breaded Baked Fish | 12.2 oz. | 350 | 48 | 24 | 52 | 5 | 10 | 5 | 1.0 | 0.0 | 15 | 480 | 595 | 0.40 | 0.20 | 4.80 | 0.30 | 1.80 | 15.00 | 0 | 0.00 | 21 | 108 | 73 | 1.8 | 73 | 1.7 |
| | Skim Milk | 8 oz. | 90 | 4 | 8 | 13.0 | 0 | 12.0 | 0.0 | 0.0 | 0.01 | 5 | 125 | 462.67 | 0.08 | 0.32 | 0.20 | 0.09 | 0.86 | 2.27 | | 0.09 | 0.05 | 11 | 278.96 | 0.09 | 24.95 | 0.91 |

| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--------------------------|-----------|-----|----|---|------|---|-----|-----|-----|------|---|-----|-----|------|------|------|------|------|--|--|------|------|------|-------|------|------|------|
| Margarine | 2 packets | 50 | 16 | 0 | 0.0 | 0 | 0.0 | 5.0 | 0.2 | | 0 | 70 | 358 | | | | | | | | | | | | | | |
| White Bread | 1 slice | 70 | 8 | 3 | 13.0 | 0 | 1.0 | 1.0 | 0.1 | 0.2 | 0 | 180 | | 0.12 | 0.09 | 0.99 | 0.02 | 0.01 | | | 0.10 | 0 | 24 | 27 | 0.76 | 6 | 0.16 |
| Wheat Bread | 1 slice | 70 | 9 | 3 | 13.0 | 1 | 1.0 | 1.0 | 0.2 | 0.2 | 0 | 180 | | 0.10 | 0.07 | 1.03 | 0.02 | | | | 0.14 | | 19 | 26.25 | 0.83 | 11.5 | 0.26 |
| Cinnamon Graham Crackers | 1 pkg | 90 | 19 | 2 | 16.0 | 1 | 4.0 | 3.0 | 0.5 | 0.85 | 0 | 85 | | 0.05 | 0.07 | 0.87 | 0.01 | | | | 0.43 | 0.11 | 12.6 | 5.04 | 0.78 | 6.3 | 0.17 |
| Animal Crackers | 1 pkg | 130 | 28 | 0 | 25.0 | 1 | 7.0 | 2.0 | 0.7 | | 0 | 90 | | 0.10 | 0.09 | 0.98 | | | | | | | 24 | 2.95 | 0.77 | | |

BCMS # 25

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|-------|----------------------------------|----------------|------------|------------|-----------|-----------|-----------|----------|-----------|------------|------------|-----------|------------|--------|------|------|------|------|------|-------|---|------|------|-----|--------|------|-------|------|--|
| 05043 | Spaghetti & Meatballs | 13 oz. | 510 | 229 | 22 | 49 | 10 | 8 | 25 | 9.0 | 1.0 | 30 | 600 | 4828 | 0.44 | 0.29 | 6.56 | 0.43 | 0.81 | 14.37 | 0 | 3.76 | 239 | 237 | 104 | 3.5 | 90 | 2.7 | |
| 05066 | Chicken and Rice | 12.9 oz | 350 | 59 | 22 | 46 | 7 | 5 | 8 | 3 | 0.0 | 45 | 520 | 406 | 0.30 | 0.20 | 5.90 | 0.44 | 0.00 | 9.10 | 0 | 0.00 | 24 | 111 | 130 | 4.5 | 68 | 1.5 | |
| | Skim Milk | 8 oz. | 90 | 4 | 8 | 13.0 | 0 | 12.0 | 0.0 | 0.0 | 0.01 | 5 | 125 | 462.67 | 0.08 | 0.32 | 0.20 | 0.09 | 0.86 | 2.27 | | 0.09 | 0.05 | 11 | 278.96 | 0.09 | 24.95 | 0.91 | |
| | Margarine | 2 packets | 50 | 16 | 0 | 0.0 | 0 | 0.0 | 5.0 | 0.2 | | 0 | 70 | 358 | | | | | | | | | | | | | | | |
| | Wheat Bread | 1 slice | 70 | 9 | 3 | 13.0 | 1 | 1.0 | 1.0 | 0.2 | 0.2 | 0 | 180 | | 0.10 | 0.07 | 1.03 | 0.02 | | | | | | 19 | 26.25 | 0.83 | 11.5 | 0.26 | |
| | White Roll | 1 roll | 110 | 18 | 3 | 17.0 | 1 | 2.0 | 2.5 | 0.5 | | 10 | 170 | | | | | | | | | | | | | 1.08 | | | |
| | Orange Juice | 4 oz. | 55 | 2 | 1 | 12.5 | 0 | 11.6 | 0.3 | 0.0 | 0 | 0 | 1 | 226.8 | 0.10 | 0.03 | 0.45 | 0.05 | 0 | 56.7 | | 0.05 | 0.11 | 34 | 12.47 | 0.23 | 12.47 | 0.06 | |
| | Chocolate Chip Elf Grahams | 1 pkg | 130 | 45 | 0 | 20.0 | 1 | 8.0 | 5.0 | 1.5 | | 0 | 90 | 3.74 | | | | | | | | | | | 11.77 | 0.94 | | | |

BCMS # 26

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|-------|-----------------------------|----------------|------------|------------|-----------|-----------|----------|-----------|-----------|-----------|------------|-----------|------------|--------|------|------|------|------|------|-------|---|------|------|-----|--------|------|-------|------|--|
| 05046 | Country Herb Chicken | 13.2 oz | 290 | 127 | 21 | 24 | 5 | 2 | 12 | 6 | 0.0 | 35 | 520 | 748 | 0.20 | 0.30 | 7.20 | 0.74 | 0.70 | 35.00 | 0 | 0.00 | 106 | 180 | 195 | 1.4 | 55 | 4.5 | |
| 05064 | Boneless Pork Patty | 13.6 oz | 490 | 235 | 25 | 41 | 9 | 28 | 25 | 10 | 0.0 | 85 | 650 | 13370 | 0.67 | 0.52 | 7.61 | 0.60 | 1.60 | 41.60 | 0 | 2.49 | 62 | 245 | 159 | 3.8 | 101 | 5.7 | |
| | Skim Milk | 8 oz. | 90 | 4 | 8 | 13.0 | 0 | 12.0 | 0.0 | 0.0 | 0.01 | 5 | 125 | 462.67 | 0.08 | 0.32 | 0.20 | 0.09 | 0.86 | 2.27 | | 0.09 | 0.05 | 11 | 278.96 | 0.09 | 24.95 | 0.91 | |
| | Margarine | 2 packets | 50 | 16 | 0 | 0.0 | 0 | 0.0 | 5.0 | 0.2 | | 0 | 70 | 358 | | | | | | | | | | | | | | | |
| | Rye Bread | 1 slice | 70 | 9 | 3 | 13.0 | 0 | 1.0 | 1.0 | 0.2 | 0.05 | 0 | 180 | 2.24 | 0.14 | 0.11 | 1.22 | 0.02 | | 0.13 | | 0.12 | 0.96 | 28 | 23.36 | 0.91 | 12.8 | 0.36 | |
| | Wheat Roll | 1 roll | 110 | 9 | 3 | 17.0 | 1 | 2.0 | 2.5 | 0.5 | | 10 | 170 | | 0.17 | 0.08 | 0.99 | 0.01 | | | | | | 23 | 7.59 | 0.88 | 8 | 0.14 | |



Nutritional Information
5-Day Frozen Bundles

| UPC | Product Name | Serving Size | Calories (Kcals)** | Fat Calories | Protein (g)** | Carbohydrate (g)** | Fiber (g)** | Sugar (g)** | Fat, Total (g)** | Sat Fat (g)** | Trans Fat (g) | Cholesterol (mg)** | Sodium (mg)** | Vitamin A (IU)** | Thiamin B-1 (mg) | Riboflavin B-2 (mg) | Niacin B-3 (mg) | Vitamin B-6 (mg) | Vitamin B-12 (mcg) | Vitamin C (mg)** | Vitamin D (IU) | Vitamin E (IU) | Vitamin K (mcg) | Folate (mcg) | Calcium (mg)** | Iron (mg)** | Magnesium (mg) | Zinc (mg) |
|-----|--------------|--------------|--------------------|--------------|---------------|--------------------|-------------|-------------|------------------|---------------|---------------|--------------------|---------------|------------------|------------------|---------------------|-----------------|------------------|--------------------|------------------|----------------|----------------|-----------------|--------------|----------------|-------------|----------------|-----------|
|-----|--------------|--------------|--------------------|--------------|---------------|--------------------|-------------|-------------|------------------|---------------|---------------|--------------------|---------------|------------------|------------------|---------------------|-----------------|------------------|--------------------|------------------|----------------|----------------|-----------------|--------------|----------------|-------------|----------------|-----------|

BCMS # 51

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|-------|--------------------------|-----------|-----|-----|----|------|---|------|-----|-----|------|----|------|--------|------|------|-------|------|------|-------|---|------|------|------|-------|------|------|------|--|
| 05041 | Mesquite Chicken | 13.15 oz. | 300 | 41 | 25 | 38 | 5 | 6 | 5 | 1.5 | 0.0 | 25 | 470 | 7531 | 0.30 | 0.20 | 6.00 | 0.62 | 0.00 | 8.90 | 0 | 2.00 | 40 | 123 | 119 | 3.4 | 86 | 1.6 | |
| 05046 | Country Herb Chicken | 13.2 oz. | 290 | 127 | 21 | 24 | 5 | 2 | 12 | 6 | 0.0 | 35 | 520 | 748 | 0.20 | 0.30 | 7.20 | 0.74 | 0.70 | 35.00 | 0 | 0.00 | 106 | 180 | 195 | 1.4 | 55 | 4.5 | |
| 05050 | Meat Lasagna | 13.8 oz. | 360 | 164 | 23 | 33 | 5 | 7 | 15 | 6.0 | 0.0 | 30 | 470 | 1768 | 0.20 | 0.40 | 5.20 | 0.47 | 1.80 | 31.00 | 0 | 3.80 | 72 | 215 | 330 | 3.3 | 94 | 4.8 | |
| 05053 | Turkey & Gravy | 13.6 oz. | 420 | 81 | 28 | 60 | 7 | 15 | 7 | 2 | 0.0 | 50 | 1000 | 0 | 0.40 | 0.40 | 12.00 | 0.71 | 0.00 | 14.00 | 0 | 0.00 | 31 | 211 | 81 | 3.2 | 69 | 2.2 | |
| 05063 | Chili w/Beef & Beans | 13.9 oz. | 310 | 104 | 19 | 42 | 5 | 6 | 7 | 2.5 | 0.0 | 25 | 370 | 7420 | 0.20 | 0.20 | 2.00 | 0.54 | 0.00 | 43.00 | 0 | 1.20 | 0 | 134 | 103 | 2.4 | 71 | 0.9 | |
| | White Bread | 1 slice | 70 | 8 | 3 | 13.0 | 0 | 1.0 | 1.0 | 0.1 | 0.2 | 0 | 180 | | 0.12 | 0.09 | 0.99 | 0.02 | 0.01 | | | 0.10 | 0 | 24 | 27 | 0.76 | 6 | 0.16 | |
| | Wheat Bread | 1 slice | 70 | 9 | 3 | 13.0 | 1 | 1.0 | 1.0 | 0.2 | 0.2 | 0 | 180 | | 0.10 | 0.07 | 1.03 | 0.02 | | | | 0.14 | | 19 | 26.25 | 0.83 | 11.5 | 0.26 | |
| | Rye Bread | 1 slice | 70 | 9 | 3 | 13.0 | 0 | 1.0 | 1.0 | 0.2 | 0.05 | 0 | 180 | 2.24 | 0.14 | 0.11 | 1.22 | 0.02 | | 0.13 | | 0.12 | 0.96 | 28 | 23.36 | 0.91 | 12.8 | 0.36 | |
| | White Roll | 1 roll | 110 | 18 | 3 | 17.0 | 1 | 2.0 | 2.5 | 0.5 | | 10 | 170 | | | | | | | | | | | | | 1.08 | | | |
| | Wheat Roll | 1 roll | 110 | 9 | 3 | 17.0 | 1 | 2.0 | 2.5 | 0.5 | | 10 | 170 | | 0.17 | 0.08 | 0.99 | 0.01 | | | | | | 23 | 7.59 | 0.88 | 8 | 0.14 | |
| | Margarine | 2 packets | 50 | 16 | 0 | 0.0 | 0 | 0.0 | 5.0 | 0.2 | | 0 | 70 | 358 | | | | | | | | | | | | | | | |
| | Margarine | 2 packets | 50 | 16 | 0 | 0.0 | 0 | 0.0 | 5.0 | 0.2 | | 0 | 70 | 358 | | | | | | | | | | | | | | | |
| | Margarine | 2 packets | 50 | 16 | 0 | 0.0 | 0 | 0.0 | 5.0 | 0.2 | | 0 | 70 | 358 | | | | | | | | | | | | | | | |
| | Margarine | 2 packets | 50 | 16 | 0 | 0.0 | 0 | 0.0 | 5.0 | 0.2 | | 0 | 70 | 358 | | | | | | | | | | | | | | | |
| | Margarine | 2 packets | 50 | 16 | 0 | 0.0 | 0 | 0.0 | 5.0 | 0.2 | | 0 | 70 | 358 | | | | | | | | | | | | | | | |
| | Skim Milk | 8 oz. | 90 | 4 | 8 | 13.0 | 0 | 12.0 | 0.0 | 0.0 | 0.01 | 5 | 125 | 462.67 | 0.08 | 0.32 | 0.20 | 0.09 | 0.86 | 2.27 | | 0.09 | 0.05 | 11 | 279 | 0.09 | 25 | 0.91 | |
| | Skim Milk | 8 oz. | 90 | 4 | 8 | 13.0 | 0 | 12.0 | 0.0 | 0.0 | 0.01 | 5 | 125 | 462.67 | 0.08 | 0.32 | 0.20 | 0.09 | 0.86 | 2.27 | | 0.09 | 0.05 | 11 | 279 | 0.09 | 25 | 0.91 | |
| | Skim Milk | 8 oz. | 90 | 4 | 8 | 13.0 | 0 | 12.0 | 0.0 | 0.0 | 0.01 | 5 | 125 | 462.67 | 0.08 | 0.32 | 0.20 | 0.09 | 0.86 | 2.27 | | 0.09 | 0.05 | 11 | 279 | 0.09 | 25 | 0.91 | |
| | Skim Milk | 8 oz. | 90 | 4 | 8 | 13.0 | 0 | 12.0 | 0.0 | 0.0 | 0.01 | 5 | 125 | 462.67 | 0.08 | 0.32 | 0.20 | 0.09 | 0.86 | 2.27 | | 0.09 | 0.05 | 11 | 279 | 0.09 | 25 | 0.91 | |
| | Skim Milk | 8 oz. | 90 | 4 | 8 | 13.0 | 0 | 12.0 | 0.0 | 0.0 | 0.01 | 5 | 125 | 462.67 | 0.08 | 0.32 | 0.20 | 0.09 | 0.86 | 2.27 | | 0.09 | 0.05 | 11 | 279 | 0.09 | 25 | 0.91 | |
| | Orange Juice | 4 oz. | 55 | 2 | 1 | 12.5 | 0 | 11.6 | 0.3 | 0.0 | 0 | 0 | 1 | 226.8 | 0.10 | 0.03 | 0.45 | 0.05 | 0 | 56.7 | | 0.05 | 0.11 | 34 | 12.47 | 0.23 | 12.5 | 0.06 | |
| | Apple Juice | 4 oz. | 60 | | 0 | 15.0 | 0 | 15.0 | 0.1 | 0.0 | | 0 | 0 | | | | | | | 60.21 | | | | | | | 6.12 | | |
| | Graham Crackers | 1 pkg | 90 | 24 | 1 | 16.0 | 0 | 4.0 | 3.0 | 0.5 | | 0 | 95 | 0.14 | 0.06 | 0.09 | 1.17 | | | 0.03 | | | | 17 | 22.59 | 0.99 | | | |
| | Cinnamon Graham Crackers | 1 pkg | 90 | 19 | 2 | 16.0 | 1 | 4.0 | 3.0 | 0.5 | 0.85 | 0 | 85 | | 0.05 | 0.07 | 0.87 | 0.01 | | | | 0.43 | 0.11 | 12.6 | 5.04 | 0.78 | 6.3 | 0.17 | |
| | Animal Crackers | 1 pkg | 130 | 28 | 0 | 25.0 | 1 | 7.0 | 2.0 | 0.7 | | 0 | 90 | | 0.10 | 0.09 | 0.98 | | | | | | | 24 | 2.95 | 0.77 | | | |
| # 51 | AVERAGE PER MEAL | | 647 | 148 | 35 | 84 | 6 | 29 | 17 | 3 | 0 | 42 | 991 | 4360 | 1 | 1 | 8 | 1 | 1 | 52 | 0 | 2 | 50 | 220 | 470 | 4 | 113 | 4 | |

BCMS # 52

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|-------|------------------------|-----------|-----|-----|----|------|---|-----|-----|-----|-----|----|-----|-------|------|------|-------|------|------|-------|---|------|-----|-----|-------|------|------|------|
| 05064 | Boneless Pork Patty | 13.6 oz. | 490 | 235 | 25 | 41 | 9 | 28 | 25 | 10 | 0.0 | 85 | 650 | 13370 | 0.67 | 0.52 | 7.61 | 0.60 | 1.60 | 41.60 | 0 | 2.49 | 62 | 245 | 159 | 3.8 | 101 | 5.7 |
| 05072 | Beef Stew | 15.25 oz. | 310 | 91 | 24 | 41 | 5 | 7 | 6 | 2.0 | 0.0 | 40 | 510 | 3606 | 0.20 | 0.40 | 7.90 | 0.78 | 2.50 | 26.00 | 0 | 3.70 | 98 | 185 | 112 | 3.8 | 92 | 6.9 |
| 05042 | Chicken Broc Alfredo | 14.45 oz. | 300 | 49 | 28 | 34 | 5 | 6 | 5 | 2.0 | 0.0 | 40 | 610 | 3564 | 0.30 | 0.40 | 11.00 | 0.92 | 0.00 | 64.00 | 0 | 4.00 | 279 | 265 | 197 | 2.3 | 101 | 2.7 |
| 05049 | Charbroiled Beef Patty | 13.7 oz. | 350 | 113 | 24 | 40 | 5 | 7 | 10 | 4.0 | 0.0 | 30 | 460 | 4428 | 0.20 | 0.20 | 4.50 | 0.51 | 1.20 | 15.00 | 0 | 2.10 | 0 | 110 | 99 | 3.7 | 75 | 3.6 |
| 05060 | Chicken Cacciatore | 14.0 oz. | 360 | 95 | 22 | 51 | 5 | 5 | 8 | 3.0 | 0.0 | 35 | 270 | 826 | 0.40 | 0.20 | 7.30 | 0.58 | 1.10 | 26.00 | 0 | 2.00 | 37 | 230 | 152 | 2.5 | 77 | 1.9 |
| | White Bread | 1 slice | 70 | 8 | 3 | 13.0 | 0 | 1.0 | 1.0 | 0.1 | 0.2 | 0 | 180 | | 0.12 | 0.09 | 0.99 | 0.02 | 0.01 | | | 0.10 | 0 | 24 | 27 | 0.76 | 6 | 0.16 |
| | Wheat Bread | 1 slice | 70 | 9 | 3 | 13.0 | 1 | 1.0 | 1.0 | 0.2 | 0.2 | 0 | 180 | | 0.10 | 0.07 | 1.03 | 0.02 | | | | 0.14 | | 19 | 26.25 | 0.83 | 11.5 | 0.26 |

| UPC | Product Name | Serving Size | Calories (Kcal)** | Fat Calories | Protein (g)** | Carbohydrate (g)** | Fiber (g)** | Sugar (g)** | Fat, Total (g)** | Sat Fat (g)** | Trans Fat (g) | Cholesterol (mg)** | Sodium (mg)** | Vitamin A (IU)** | Thiamin B-1 (mg) | Riboflavin B-2 (mg) | Niacin B-3 (mg) | Vitamin B-6 (mg) | Vitamin B-12 (mcg) | Vitamin C (mg)** | Vitamin D (IU) | Vitamin E (IU) | Vitamin K (mcg) | Folate (mcg) | Calcium (mg)** | Iron (mg)** | Magnesium (mg) | Zinc (mg) |
|-----|--------------|--------------|-------------------|--------------|---------------|--------------------|-------------|-------------|------------------|---------------|---------------|--------------------|---------------|------------------|------------------|---------------------|-----------------|------------------|--------------------|------------------|----------------|----------------|-----------------|--------------|----------------|-------------|----------------|-----------|
|-----|--------------|--------------|-------------------|--------------|---------------|--------------------|-------------|-------------|------------------|---------------|---------------|--------------------|---------------|------------------|------------------|---------------------|-----------------|------------------|--------------------|------------------|----------------|----------------|-----------------|--------------|----------------|-------------|----------------|-----------|

| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------------------|-----------|-----|----|---|------|---|------|-----|-----|------|----|-----|--------|------|------|------|------|------|------|-------|------|------|------|-------|-------|------|------|
| Rye Bread | 1 slice | 70 | 9 | 3 | 13.0 | 0 | 1.0 | 1.0 | 0.2 | 0.05 | 0 | 180 | 2.24 | 0.14 | 0.11 | 1.22 | 0.02 | | 0.13 | | 0.12 | 0.96 | 28 | 23.36 | 0.91 | 12.8 | 0.36 |
| White Roll | 1 roll | 110 | 18 | 3 | 17.0 | 1 | 2.0 | 2.5 | 0.5 | | 10 | 170 | | | | | | | | | | | | | | 1.08 | |
| Wheat Roll | 1 roll | 110 | 9 | 3 | 17.0 | 1 | 2.0 | 2.5 | 0.5 | | 10 | 170 | | 0.17 | 0.08 | 0.99 | 0.01 | | | | | | 23 | 7.59 | 0.88 | 8 | 0.14 |
| Margarine | 2 packets | 50 | 16 | 0 | 0.0 | 0 | 0.0 | 5.0 | 0.2 | | 0 | 70 | 358 | | | | | | | | | | | | | | |
| Margarine | 2 packets | 50 | 16 | 0 | 0.0 | 0 | 0.0 | 5.0 | 0.2 | | 0 | 70 | 358 | | | | | | | | | | | | | | |
| Margarine | 2 packets | 50 | 16 | 0 | 0.0 | 0 | 0.0 | 5.0 | 0.2 | | 0 | 70 | 358 | | | | | | | | | | | | | | |
| Margarine | 2 packets | 50 | 16 | 0 | 0.0 | 0 | 0.0 | 5.0 | 0.2 | | 0 | 70 | 358 | | | | | | | | | | | | | | |
| Margarine | 2 packets | 50 | 16 | 0 | 0.0 | 0 | 0.0 | 5.0 | 0.2 | | 0 | 70 | 358 | | | | | | | | | | | | | | |
| Skim Milk | 8 oz. | 90 | 4 | 8 | 13.0 | 0 | 12.0 | 0.0 | 0.0 | 0.01 | 5 | 125 | 462.67 | 0.08 | 0.32 | 0.20 | 0.09 | 0.86 | 2.27 | | 0.09 | 0.05 | 11 | 279 | 0.09 | 25 | 0.91 |
| Skim Milk | 8 oz. | 90 | 4 | 8 | 13.0 | 0 | 12.0 | 0.0 | 0.0 | 0.01 | 5 | 125 | 462.67 | 0.08 | 0.32 | 0.20 | 0.09 | 0.86 | 2.27 | | 0.09 | 0.05 | 11 | 279 | 0.09 | 25 | 0.91 |
| Skim Milk | 8 oz. | 90 | 4 | 8 | 13.0 | 0 | 12.0 | 0.0 | 0.0 | 0.01 | 5 | 125 | 462.67 | 0.08 | 0.32 | 0.20 | 0.09 | 0.86 | 2.27 | | 0.09 | 0.05 | 11 | 279 | 0.09 | 25 | 0.91 |
| Skim Milk | 8 oz. | 90 | 4 | 8 | 13.0 | 0 | 12.0 | 0.0 | 0.0 | 0.01 | 5 | 125 | 462.67 | 0.08 | 0.32 | 0.20 | 0.09 | 0.86 | 2.27 | | 0.09 | 0.05 | 11 | 279 | 0.09 | 25 | 0.91 |
| Skim Milk | 8 oz. | 90 | 4 | 8 | 13.0 | 0 | 12.0 | 0.0 | 0.0 | 0.01 | 5 | 125 | 462.67 | 0.08 | 0.32 | 0.20 | 0.09 | 0.86 | 2.27 | | 0.09 | 0.05 | 11 | 279 | 0.09 | 25 | 0.91 |
| Apple Juice | 4 oz. | 60 | | 0 | 15.0 | 0 | 15.0 | 0.1 | 0.0 | | 0 | 0 | | | | | | | | 60.21 | | | | | | | 6.12 |
| Graham Crackers | 1 pkg | 90 | 24 | 1 | 16.0 | 0 | 4.0 | 3.0 | 0.5 | | 0 | 95 | 0.14 | 0.06 | 0.09 | 1.17 | | | | 0.03 | | | | 17 | 22.59 | 0.99 | |
| Cinnamon Graham Crackers | 1 pkg | 90 | 19 | 2 | 16.0 | 1 | 4.0 | 3.0 | 0.5 | 0.85 | 0 | 85 | | 0.05 | 0.07 | 0.87 | 0.01 | | | | 0.43 | 0.11 | 12.6 | 5.04 | 0.78 | 6.3 | 0.17 |
| Chocolate Chip Elf Grahams | 1 pkg | 130 | 45 | 0 | 20.0 | 1 | 8.0 | 5.0 | 1.5 | | 0 | 90 | 3.74 | | | | | | | 0.09 | | | | | 11.77 | 0.94 | |
| Cheese Crackers | 1 pkg | 130 | 53 | 2 | 16.0 | 1 | 3.0 | 7.0 | 1.5 | 2.4 | 0 | 220 | 20 | 0.13 | 0.19 | 1.07 | 0.01 | 0.03 | 0.03 | | 0.73 | 0 | 24 | 72 | 0.68 | 10 | 0.2 |

| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|------|------------------|-----|-------|------|------|------|------|--------|------|-------|----|-----|--------|-------|-------|------|--------|-------|--------|---|-------|---------|-----|-------|------|-----|-------|
| # 52 | AVERAGE PER MEAL | 688 | 174.9 | 36.6 | 85.6 | 7.04 | 30.8 | 21.024 | 3.47 | 0.748 | 55 | 969 | 5984.8 | 0.588 | 0.804 | 9.33 | 0.7846 | 2.148 | 48.888 | 0 | 3.252 | 95.4968 | 248 | 461.9 | 4.88 | 126 | 5.321 |
|------|------------------|-----|-------|------|------|------|------|--------|------|-------|----|-----|--------|-------|-------|------|--------|-------|--------|---|-------|---------|-----|-------|------|-----|-------|

BCMS # 53

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|-------|----------------------|-----------|-----|-----|----|------|---|------|-----|------|------|-----|--------|------|------|------|------|------|------|-------|------|------|------|-----|-------|------|------|------|
| 05062 | Swedish Meatballs | 12.95 oz. | 360 | 217 | 19 | 36 | 7 | 4 | 16 | 6.0 | 0.5 | 15 | 320 | 3466 | 0.20 | 0.30 | 5.30 | 0.36 | 1.50 | 39.00 | 0 | 2.40 | 163 | 164 | 106 | 4.1 | 69 | 5.0 |
| 05051 | Chicken Chow Mein | 13.05 oz. | 270 | 41 | 25 | 31 | 5 | 5 | 5 | 1.5 | 0.0 | 40 | 530 | 2582 | 0.30 | 0.20 | 9.10 | 0.58 | 0.60 | 35.00 | 0 | 0.00 | 51 | 127 | 66 | 2.0 | 61 | 1.3 |
| 05047 | Chicken Parmesan | 13.35 oz. | 390 | 170 | 23 | 41 | 5 | 8 | 15 | 4.0 | 1.0 | 30 | 500 | 1556 | 0.30 | 0.40 | 7.90 | 0.67 | 0.00 | 51.00 | 0 | 4.90 | 126 | 213 | 157 | 2.2 | 73 | 2.0 |
| 05059 | Cheese Manicotti | 13.50 oz. | 390 | 107 | 20 | 49 | 5 | 10 | 13 | 6.0 | 0.0 | 35 | 590 | 3559 | 0.40 | 0.60 | 4.30 | 0.38 | 1.60 | 20.00 | 0 | 2.60 | 44 | 233 | 629 | 2.7 | 88 | 2.3 |
| 05063 | Chili w/Beef & Beans | 13.90 oz. | 310 | 104 | 19 | 42 | 5 | 6 | 7 | 2.5 | 0.0 | 25 | 370 | 7420 | 0.20 | 0.20 | 2.00 | 0.54 | 0.00 | 43.00 | 0 | 1.20 | 0 | 134 | 103 | 2.4 | 71 | 0.9 |
| | White Bread | 1 slice | 70 | 8 | 3 | 13.0 | 0 | 1.0 | 1.0 | 0.1 | 0.2 | 0 | 180 | | 0.12 | 0.09 | 0.99 | 0.02 | 0.01 | | | 0.10 | 0 | 24 | 27 | 0.76 | 6 | 0.16 |
| | Wheat Bread | 1 slice | 70 | 9 | 3 | 13.0 | 1 | 1.0 | 1.0 | 0.2 | 0.2 | 0 | 180 | | 0.10 | 0.07 | 1.03 | 0.02 | | | | 0.14 | | 19 | 26.25 | 0.83 | 11.5 | 0.26 |
| | Rye Bread | 1 slice | 70 | 9 | 3 | 13.0 | 0 | 1.0 | 1.0 | 0.2 | 0.05 | 0 | 180 | 2.24 | 0.14 | 0.11 | 1.22 | 0.02 | | 0.13 | | 0.12 | 0.96 | 28 | 23.36 | 0.91 | 12.8 | 0.36 |
| | White Roll | 1 roll | 110 | 18 | 3 | 17.0 | 1 | 2.0 | 2.5 | 0.5 | | 10 | 170 | | | | | | | | | | | | | | 1.08 | |
| | Wheat Roll | 1 roll | 110 | 9 | 3 | 17.0 | 1 | 2.0 | 2.5 | 0.5 | | 10 | 170 | | 0.17 | 0.08 | 0.99 | 0.01 | | | | | | 23 | 7.59 | 0.88 | 8 | 0.14 |
| | Margarine | 2 packets | 50 | 16 | 0 | 0.0 | 0 | 0.0 | 5.0 | 0.2 | | 0 | 70 | 358 | | | | | | | | | | | | | | |
| | Margarine | 2 packets | 50 | 16 | 0 | 0.0 | 0 | 0.0 | 5.0 | 0.2 | | 0 | 70 | 358 | | | | | | | | | | | | | | |
| | Margarine | 2 packets | 50 | 16 | 0 | 0.0 | 0 | 0.0 | 5.0 | 0.2 | | 0 | 70 | 358 | | | | | | | | | | | | | | |
| | Margarine | 2 packets | 50 | 16 | 0 | 0.0 | 0 | 0.0 | 5.0 | 0.2 | | 0 | 70 | 358 | | | | | | | | | | | | | | |
| | Margarine | 2 packets | 50 | 16 | 0 | 0.0 | 0 | 0.0 | 5.0 | 0.2 | | 0 | 70 | 358 | | | | | | | | | | | | | | |
| | Skim Milk | 8 oz. | 90 | 4 | 8 | 13.0 | 0 | 12.0 | 0.0 | 0.01 | 5 | 125 | 462.67 | 0.08 | 0.32 | 0.20 | 0.09 | 0.86 | 2.27 | | 0.09 | 0.05 | 11 | 279 | 0.09 | 25 | 0.91 | |

| UPC | Product Name | Serving Size | Calories (Kcal)** | Fat Calories | Protein (g)** | Carbohydrate (g)** | Fiber (g)** | Sugar (g)** | Fat, Total (g)** | Sat Fat (g)** | Trans Fat (g) | Cholesterol (mg)** | Sodium (mg)** | Vitamin A (IU)** | Thiamin B-1(mg) | Riboflavin B-2 (mg) | Niacin B-3 (mg) | Vitamin B-6 (mg) | Vitamin B-12 (mcg) | Vitamin C (mg)** | Vitamin D (IU) | Vitamin E (IU) | Vitamin K (mcg) | Folate (mcg) | Calcium (mg)** | Iron (mg)** | Magnesium (mg) | Zinc (mg) |
|-----|--------------|--------------|-------------------|--------------|---------------|--------------------|-------------|-------------|------------------|---------------|---------------|--------------------|---------------|------------------|-----------------|---------------------|-----------------|------------------|--------------------|------------------|----------------|----------------|-----------------|--------------|----------------|-------------|----------------|-----------|
|-----|--------------|--------------|-------------------|--------------|---------------|--------------------|-------------|-------------|------------------|---------------|---------------|--------------------|---------------|------------------|-----------------|---------------------|-----------------|------------------|--------------------|------------------|----------------|----------------|-----------------|--------------|----------------|-------------|----------------|-----------|

| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--------------------------------|-------|-----|----|---|------|---|------|-----|-----|------|---|-----|--------|------|------|------|------|------|------|------|------|------|----|-------|------|------|------|
| Skim Milk | 8 oz. | 90 | 4 | 8 | 13.0 | 0 | 12.0 | 0.0 | 0.0 | 0.01 | 5 | 125 | 462.67 | 0.08 | 0.32 | 0.20 | 0.09 | 0.86 | 2.27 | | 0.09 | 0.05 | 11 | 279 | 0.09 | 25 | 0.91 |
| Skim Milk | 8 oz. | 90 | 4 | 8 | 13.0 | 0 | 12.0 | 0.0 | 0.0 | 0.01 | 5 | 125 | 462.67 | 0.08 | 0.32 | 0.20 | 0.09 | 0.86 | 2.27 | | 0.09 | 0.05 | 11 | 279 | 0.09 | 25 | 0.91 |
| Skim Milk | 8 oz. | 90 | 4 | 8 | 13.0 | 0 | 12.0 | 0.0 | 0.0 | 0.01 | 5 | 125 | 462.67 | 0.08 | 0.32 | 0.20 | 0.09 | 0.86 | 2.27 | | 0.09 | 0.05 | 11 | 279 | 0.09 | 25 | 0.91 |
| Skim Milk | 8 oz. | 90 | 4 | 8 | 13.0 | 0 | 12.0 | 0.0 | 0.0 | 0.01 | 5 | 125 | 462.67 | 0.08 | 0.32 | 0.20 | 0.09 | 0.86 | 2.27 | | 0.09 | 0.05 | 11 | 279 | 0.09 | 25 | 0.91 |
| Orange Juice | 4 oz. | 55 | 2 | 1 | 12.5 | 0 | 11.6 | 0.3 | 0.0 | 0 | 0 | 1 | 226.8 | 0.10 | 0.03 | 0.45 | 0.05 | 0 | 56.7 | | 0.05 | 0.11 | 34 | 12.47 | 0.23 | 12.5 | 0.06 |
| Honey Graham Enriched Crackers | 1 pkg | 90 | 22 | 0 | 16.0 | 2 | 4.0 | 2.5 | 0.0 | | 0 | 95 | | | | | | | | | | | | 6 | 0.61 | | |
| Chocolate Chip Elf Grahams | 1 pkg | 130 | 45 | 0 | 20.0 | 1 | 8.0 | 5.0 | 1.5 | | 0 | 90 | 3.74 | | | | | | | 0.09 | | | | 11.77 | 0.94 | | |
| Cheese Crackers | 1 pkg | 130 | 53 | 2 | 16.0 | 1 | 3.0 | 7.0 | 1.5 | 2.4 | 0 | 220 | 20 | 0.13 | 0.19 | 1.07 | 0.01 | 0.03 | 0.03 | | 0.73 | 0 | 24 | 72 | 0.68 | 10 | 0.2 |
| Animal Crackers | 1 pkg | 130 | 28 | 0 | 25.0 | 1 | 7.0 | 2.0 | 0.7 | | 0 | 90 | | 0.10 | 0.09 | 0.98 | | | | | | | 24 | 2.95 | 0.77 | | |

53 AVERAGE PER MEAL 677 188 33 85 7 27 21 5 1 38 932 4588 1 1 7 1 2 51 0 3 77 221 529 4 109 3

BCMS # 54

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|-------|-----------------------------------|------------------|------------|------------|-----------|-----------|-----------|-----------|------------|-------------|------------|------------|------------|------------|-------------|-------------|-------------|------|-------------|--------------|----------|-------------|-------------|-----------|-----------|------------|-----------|------------|
| 05065 | Fettuccini Alfredo | 12.95 oz. | 240 | 57 | 14 | 35 | 5 | 6 | 5 | 2.0 | 0.0 | 5 | 390 | 6560 | 0.20 | 0.20 | 1.80 | 0.39 | 0.00 | 81.00 | 0 | 1.70 | 672 | 113 | 146 | 1.2 | 30 | 0.4 |
| 05077 | Fiesta Chicken with Rice | 12.20 oz. | 270 | | 24 | 37 | 7 | 5 | 3.5 | 1.00 | 0.0 | 50 | 460 | 734 | 0.12 | 0.09 | 1.72 | | 0.00 | 29.13 | 0 | 0.15 | 0.07 | 68 | 15 | 1.3 | 26 | 0.6 |
| 05043 | Spaghetti & Meatballs | 13.00 oz. | 510 | 229 | 22 | 49 | 10 | 8 | 25 | 9.0 | 1.0 | 30 | 600 | 4828 | 0.44 | 0.29 | 6.56 | 0.43 | 0.81 | 14.37 | 0 | 3.76 | 239 | 237 | 104 | 3.5 | 90 | 2.7 |
| 05048 | Meatloaf Patty & Gravy | 12.90 oz. | 310 | 121 | 21 | 30 | 5 | 6 | 11 | 5.0 | 0.0 | 50 | 570 | 3141 | 2.70 | 0.90 | 4.50 | 0.49 | 1.30 | 19.00 | 0 | 0.00 | 31 | 157 | 163 | 3.2 | 57 | 3.8 |
| 05054 | Chicken Teriyaki | 12.50 oz | 290 | 80 | 20 | 34 | 5 | 15 | 8 | 2.5 | 0.0 | 135 | 530 | 6306 | 0.20 | 0.40 | 8.90 | 0.55 | 0.60 | 17.00 | 0 | 2.10 | 36 | 180 | 107 | 2.2 | 65 | 1.8 |
| | White Bread | 1 slice | 70 | 8 | 3 | 13.0 | 0 | 1.0 | 1.0 | 0.1 | 0.2 | 0 | 180 | | 0.12 | 0.09 | 0.99 | 0.02 | 0.01 | | | 0.10 | 0 | 24 | 27 | 0.76 | 6 | 0.16 |
| | Wheat Bread | 1 slice | 70 | 9 | 3 | 13.0 | 1 | 1.0 | 1.0 | 0.2 | 0.2 | 0 | 180 | | 0.10 | 0.07 | 1.03 | 0.02 | | | | 0.14 | | 19 | 26.25 | 0.83 | 11.5 | 0.26 |
| | Rye Bread | 1 slice | 70 | 9 | 3 | 13.0 | 0 | 1.0 | 1.0 | 0.2 | 0.05 | 0 | 180 | 2.24 | 0.14 | 0.11 | 1.22 | 0.02 | | 0.13 | | 0.12 | 0.96 | 28 | 23.36 | 0.91 | 12.8 | 0.36 |
| | White Roll | 1 roll | 110 | 18 | 3 | 17.0 | 1 | 2.0 | 2.5 | 0.5 | | 10 | 170 | | | | | | | | | | | | | 1.08 | | |
| | Wheat Roll | 1 roll | 110 | 9 | 3 | 17.0 | 1 | 2.0 | 2.5 | 0.5 | | 10 | 170 | | 0.17 | 0.08 | 0.99 | 0.01 | | | | | | 23 | 7.59 | 0.88 | 8 | 0.14 |
| | Margarine | 2 packets | 50 | 16 | 0 | 0.0 | 0 | 0.0 | 5.0 | 0.2 | | 0 | 70 | 358 | | | | | | | | | | | | | | |
| | Margarine | 2 packets | 50 | 16 | 0 | 0.0 | 0 | 0.0 | 5.0 | 0.2 | | 0 | 70 | 358 | | | | | | | | | | | | | | |
| | Margarine | 2 packets | 50 | 16 | 0 | 0.0 | 0 | 0.0 | 5.0 | 0.2 | | 0 | 70 | 358 | | | | | | | | | | | | | | |
| | Margarine | 2 packets | 50 | 16 | 0 | 0.0 | 0 | 0.0 | 5.0 | 0.2 | | 0 | 70 | 358 | | | | | | | | | | | | | | |
| | Margarine | 2 packets | 50 | 16 | 0 | 0.0 | 0 | 0.0 | 5.0 | 0.2 | | 0 | 70 | 358 | | | | | | | | | | | | | | |
| | Skim Milk | 8 oz. | 90 | 4 | 8 | 13.0 | 0 | 12.0 | 0.0 | 0.0 | 0.01 | 5 | 125 | 462.67 | 0.08 | 0.32 | 0.20 | 0.09 | 0.86 | 2.27 | | 0.09 | 0.05 | 11 | 279 | 0.09 | 25 | 0.91 |
| | Skim Milk | 8 oz. | 90 | 4 | 8 | 13.0 | 0 | 12.0 | 0.0 | 0.0 | 0.01 | 5 | 125 | 462.67 | 0.08 | 0.32 | 0.20 | 0.09 | 0.86 | 2.27 | | 0.09 | 0.05 | 11 | 279 | 0.09 | 25 | 0.91 |
| | Skim Milk | 8 oz. | 90 | 4 | 8 | 13.0 | 0 | 12.0 | 0.0 | 0.0 | 0.01 | 5 | 125 | 462.67 | 0.08 | 0.32 | 0.20 | 0.09 | 0.86 | 2.27 | | 0.09 | 0.05 | 11 | 279 | 0.09 | 25 | 0.91 |
| | Skim Milk | 8 oz. | 90 | 4 | 8 | 13.0 | 0 | 12.0 | 0.0 | 0.0 | 0.01 | 5 | 125 | 462.67 | 0.08 | 0.32 | 0.20 | 0.09 | 0.86 | 2.27 | | 0.09 | 0.05 | 11 | 279 | 0.09 | 25 | 0.91 |
| | Skim Milk | 8 oz. | 90 | 4 | 8 | 13.0 | 0 | 12.0 | 0.0 | 0.0 | 0.01 | 5 | 125 | 462.67 | 0.08 | 0.32 | 0.20 | 0.09 | 0.86 | 2.27 | | 0.09 | 0.05 | 11 | 279 | 0.09 | 25 | 0.91 |
| | Apple Juice | 4 oz. | 60 | | 0 | 15.0 | 0 | 15.0 | 0.1 | 0.0 | | 0 | 0 | | | | | | | 60.21 | | | | | | | 6.12 | |
| | Graham Crackers | 1 pkg | 90 | 24 | 1 | 16.0 | 0 | 4.0 | 3.0 | 0.5 | | 0 | 95 | 0.14 | 0.06 | 0.09 | 1.17 | | | 0.03 | | | | 17 | 22.59 | 0.99 | | |
| | Cinnamon Graham Crackers | 1 pkg | 90 | 19 | 2 | 16.0 | 1 | 4.0 | 3.0 | 0.5 | 0.85 | 0 | 85 | | 0.05 | 0.07 | 0.87 | 0.01 | | | | 0.43 | 0.11 | 12.6 | 5.04 | 0.78 | 6.3 | 0.17 |
| | Chocolate Chip Elf Grahams | 1 pkg | 130 | 45 | 0 | 20.0 | 1 | 8.0 | 5.0 | 1.5 | | 0 | 90 | 3.74 | | | | | | 0.09 | | | | 11.77 | 0.94 | | | |
| | Animal Crackers | 1 pkg | 130 | 28 | 0 | 25.0 | 1 | 7.0 | 2.0 | 0.7 | | 0 | 90 | | 0.10 | 0.09 | 0.98 | | | | | | 24 | 2.95 | 0.77 | | | |

| UPC | Product Name | Serving Size | Calories (Kcal)** | Fat Calories | Protein (g)** | Carbohydrate (g)** | Fiber (g)** | Sugar (g)** | Fat, Total (g)** | Sat Fat (g)** | Trans Fat (g) | Cholesterol (mg)** | Sodium (mg)** | Vitamin A (IU)** | Thiamin B-1 (mg) | Riboflavin B-2 (mg) | Niacin B-3 (mg) | Vitamin B-6 (mg) | Vitamin B-12 (mcg) | Vitamin C (mg)** | Vitamin D (IU) | Vitamin E (IU) | Vitamin K (mcg) | Folate (mcg) | Calcium (mg)** | Iron (mg)** | Magnesium (mg) | Zinc (mg) |
|-----|--------------|--------------|-------------------|--------------|---------------|--------------------|-------------|-------------|------------------|---------------|---------------|--------------------|---------------|------------------|------------------|---------------------|-----------------|------------------|--------------------|------------------|----------------|----------------|-----------------|--------------|----------------|-------------|----------------|-----------|
|-----|--------------|--------------|-------------------|--------------|---------------|--------------------|-------------|-------------|------------------|---------------|---------------|--------------------|---------------|------------------|------------------|---------------------|-----------------|------------------|--------------------|------------------|----------------|----------------|-----------------|--------------|----------------|-------------|----------------|-----------|

54 AVERAGE PER MEAL 650 151 32 83 8 29 20 5 0 63 953 5136 1 1 6 0 1 46 0 2 196 192 411 4 89 3

BCMS # 55

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|-------|--------------------------------|------------------|-----|-----|----|------|---|------|-----|-----|------|----|-----|--------|------|------|-------|------|------|-------|---|------|------|-----|-------|------|------|------|--|
| 05059 | Cheese Manicotti | 13.5 oz. | 390 | 107 | 20 | 49 | 5 | 10 | 13 | 6.0 | 0.0 | 35 | 590 | 3559 | 0.40 | 0.60 | 4.30 | 0.38 | 1.60 | 20.00 | 0 | 2.60 | 44 | 233 | 629 | 2.7 | 88 | 2.3 | |
| 05061 | Chicken & Noodles | 15.08 oz | 330 | 70 | 26 | 41 | 5 | 6 | 7 | 2.0 | 0.0 | 45 | 560 | 5952 | 0.20 | 0.30 | 10.00 | 0.75 | 0.00 | 17.00 | 0 | 0.00 | 263 | 203 | 89 | 2.3 | 100 | 1.8 | |
| 05049 | Charbroiled Beef Patty | 13.7 oz. | 350 | 113 | 24 | 40 | 5 | 7 | 10 | 4.0 | 0.0 | 30 | 460 | 4428 | 0.20 | 0.20 | 4.50 | 0.51 | 1.20 | 15.00 | 0 | 2.10 | 0 | 110 | 99 | 3.7 | 75 | 3.6 | |
| 05073 | Macaroni & Beef | 13.75 oz. | 310 | 168 | 23 | 35 | 5 | 4 | 8 | 3.0 | 0.0 | 25 | 520 | 4054 | 0.20 | 0.20 | 5.20 | 0.46 | 1.60 | 25.00 | 0 | 4.44 | 0 | 163 | 91 | 3.6 | 59 | 5.2 | |
| 05066 | Chicken and Rice | 12.9 oz. | 350 | 59 | 22 | 46 | 7 | 5 | 8 | 3 | 0.0 | 45 | 520 | 406 | 0.30 | 0.20 | 5.90 | 0.44 | 0.00 | 9.10 | 0 | 0.00 | 24 | 111 | 130 | 4.5 | 68 | 1.5 | |
| | White Bread | 1 slice | 70 | 8 | 3 | 13.0 | 0 | 1.0 | 1.0 | 0.1 | 0.2 | 0 | 180 | | 0.12 | 0.09 | 0.99 | 0.02 | 0.01 | | | 0.10 | 0 | 24 | 27 | 0.76 | 6 | 0.16 | |
| | Wheat Bread | 1 slice | 70 | 9 | 3 | 13.0 | 1 | 1.0 | 1.0 | 0.2 | 0.2 | 0 | 180 | | 0.10 | 0.07 | 1.03 | 0.02 | | | | 0.14 | | 19 | 26.25 | 0.83 | 11.5 | 0.26 | |
| | Rye Bread | 1 slice | 70 | 9 | 3 | 13.0 | 0 | 1.0 | 1.0 | 0.2 | 0.05 | 0 | 180 | 2.24 | 0.14 | 0.11 | 1.22 | 0.02 | | 0.13 | | 0.12 | 0.96 | 28 | 23.36 | 0.91 | 12.8 | 0.36 | |
| | White Roll | 1 roll | 110 | 18 | 3 | 17.0 | 1 | 2.0 | 2.5 | 0.5 | | 10 | 170 | | | | | | | | | | | | | 1.08 | | | |
| | Wheat Roll | 1 roll | 110 | 9 | 3 | 17.0 | 1 | 2.0 | 2.5 | 0.5 | | 10 | 170 | | 0.17 | 0.08 | 0.99 | 0.01 | | | | | | 23 | 7.59 | 0.88 | 8 | 0.14 | |
| | Margarine | 2 packets | 50 | 16 | 0 | 0.0 | 0 | 0.0 | 5.0 | 0.2 | | 0 | 70 | 358 | | | | | | | | | | | | | | | |
| | Margarine | 2 packets | 50 | 16 | 0 | 0.0 | 0 | 0.0 | 5.0 | 0.2 | | 0 | 70 | 358 | | | | | | | | | | | | | | | |
| | Margarine | 2 packets | 50 | 16 | 0 | 0.0 | 0 | 0.0 | 5.0 | 0.2 | | 0 | 70 | 358 | | | | | | | | | | | | | | | |
| | Margarine | 2 packets | 50 | 16 | 0 | 0.0 | 0 | 0.0 | 5.0 | 0.2 | | 0 | 70 | 358 | | | | | | | | | | | | | | | |
| | Margarine | 2 packets | 50 | 16 | 0 | 0.0 | 0 | 0.0 | 5.0 | 0.2 | | 0 | 70 | 358 | | | | | | | | | | | | | | | |
| | Skim Milk | 8 oz. | 90 | 4 | 8 | 13.0 | 0 | 12.0 | 0.0 | 0.0 | 0.01 | 5 | 125 | 462.67 | 0.08 | 0.32 | 0.20 | 0.09 | 0.86 | 2.27 | | 0.09 | 0.05 | 11 | 279 | 0.09 | 25 | 0.91 | |
| | Skim Milk | 8 oz. | 90 | 4 | 8 | 13.0 | 0 | 12.0 | 0.0 | 0.0 | 0.01 | 5 | 125 | 462.67 | 0.08 | 0.32 | 0.20 | 0.09 | 0.86 | 2.27 | | 0.09 | 0.05 | 11 | 279 | 0.09 | 25 | 0.91 | |
| | Skim Milk | 8 oz. | 90 | 4 | 8 | 13.0 | 0 | 12.0 | 0.0 | 0.0 | 0.01 | 5 | 125 | 462.67 | 0.08 | 0.32 | 0.20 | 0.09 | 0.86 | 2.27 | | 0.09 | 0.05 | 11 | 279 | 0.09 | 25 | 0.91 | |
| | Skim Milk | 8 oz. | 90 | 4 | 8 | 13.0 | 0 | 12.0 | 0.0 | 0.0 | 0.01 | 5 | 125 | 462.67 | 0.08 | 0.32 | 0.20 | 0.09 | 0.86 | 2.27 | | 0.09 | 0.05 | 11 | 279 | 0.09 | 25 | 0.91 | |
| | Skim Milk | 8 oz. | 90 | 4 | 8 | 13.0 | 0 | 12.0 | 0.0 | 0.0 | 0.01 | 5 | 125 | 462.67 | 0.08 | 0.32 | 0.20 | 0.09 | 0.86 | 2.27 | | 0.09 | 0.05 | 11 | 279 | 0.09 | 25 | 0.91 | |
| | Orange Juice | 4 oz. | 55 | 2 | 1 | 12.5 | 0 | 11.6 | 0.3 | 0.0 | 0 | 0 | 1 | 226.8 | 0.10 | 0.03 | 0.45 | 0.05 | 0 | 56.7 | | 0.05 | 0.11 | 34 | 12.47 | 0.23 | 12.5 | 0.06 | |
| | Graham Crackers | 1 pkg | 90 | 24 | 1 | 16.0 | 0 | 4.0 | 3.0 | 0.5 | | 0 | 95 | 0.14 | 0.06 | 0.09 | 1.17 | | | 0.03 | | | | 17 | 22.59 | 0.99 | | | |
| | Honey Graham Enriched Crackers | 1 pkg | 90 | 22 | 0 | 16.0 | 2 | 4.0 | 2.5 | 0.0 | | 0 | 95 | | | | | | | | | | | | 6 | 0.61 | | | |
| | Chocolate Chip Elf Grahams | 1 pkg | 130 | 45 | 0 | 20.0 | 1 | 8.0 | 5.0 | 1.5 | | 0 | 90 | 3.74 | | | | | | 0.09 | | | | | 11.77 | 0.94 | | | |
| | Cheese Crackers | 1 pkg | 130 | 53 | 2 | 16.0 | 1 | 3.0 | 7.0 | 1.5 | 2.4 | 0 | 220 | 20 | 0.13 | 0.19 | 1.07 | 0.01 | 0.03 | 0.03 | | 0.73 | 0 | 24 | 72 | 0.68 | 10 | 0.2 | |

55 AVERAGE PER MEAL 671 163 35 86 7 26 19 4 1 45 1001 4551 1 1 8 1 2 31 0 2 67 209 528 5 115 4

BCMS # 56

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|-------|-------------------------------------|------------------|-----|-----|----|------|----|-----|-----|-----|-----|-----|-----|------|------|------|------|------|------|-------|---|------|----|-----|-----|------|----|------|
| 05052 | Macaroni & Cheese | 14.2 oz. | 420 | 157 | 17 | 61 | 10 | 5 | 12 | 6.0 | 0.0 | 15 | 640 | 1107 | 0.40 | 0.40 | 2.10 | 0.31 | 0.60 | 21.00 | 0 | 0.00 | 35 | 179 | 343 | 3.2 | 92 | 2.7 |
| 05040 | Roasted Chicken | 13.9 oz. | 280 | 155 | 26 | 34 | 5 | 8 | 4 | 1.0 | 0.0 | 45 | 480 | 6733 | 0.30 | 0.30 | 9.60 | 0.62 | 0.70 | 22.00 | 0 | 0.00 | 25 | 138 | 85 | 3.1 | 83 | 2.9 |
| 05069 | Lemon Pepper Fish & Rice | 12.55 oz. | 300 | 34 | 17 | 51 | 5 | 10 | 3.5 | 1 | 0.0 | 25 | 330 | 2265 | 0.40 | 0.30 | 4.20 | 0.38 | 1.50 | 45.00 | 0 | 2.80 | 78 | 230 | 67 | 2.1 | 78 | 1.7 |
| 05054 | Chicken Teriyaki | 13.4 oz. | 290 | 80 | 20 | 34 | 5 | 15 | 8 | 2.5 | 0.0 | 135 | 530 | 6306 | 0.20 | 0.40 | 8.90 | 0.55 | 0.60 | 17.00 | 0 | 2.10 | 36 | 180 | 107 | 2.2 | 65 | 1.8 |
| 05044 | Salisbury Steak & Gravy | 12.9 oz. | 290 | 55 | 21 | 36 | 10 | 6 | 6 | 3.0 | 0.0 | 40 | 600 | 3346 | 7.50 | 0.40 | 5.70 | 0.70 | 1.30 | 21.00 | 0 | 0.00 | 34 | 127 | 164 | 4.0 | 72 | 4.6 |
| | White Bread | 1 slice | 70 | 8 | 3 | 13.0 | 0 | 1.0 | 1.0 | 0.1 | 0.2 | 0 | 180 | | 0.12 | 0.09 | 0.99 | 0.02 | 0.01 | | | 0.10 | 0 | 24 | 27 | 0.76 | 6 | 0.16 |

| UPC | Product Name | Serving Size | Calories (Kcals)** | Fat Calories | Protein (g)** | Carbohydrate (g)** | Fiber (g)** | Sugar (g)** | Fat, Total (g)** | Sat Fat (g)** | Trans Fat (g) | Cholesterol (mg)** | Sodium (mg)** | Vitamin A (IU)** | Thiamin B-1(mg) | Riboflavin B-2 (mg) | Niacin B-3 (mg) | Vitamin B-6 (mg) | Vitamin B-12 (mcg) | Vitamin C (mg)** | Vitamin D (IU) | Vitamin E (IU) | Vitamin K (mcg) | Folate (mcg) | Calcium (mg)** | Iron (mg)** | Magnesium (mg) | Zinc (mg) |
|-----|--------------|--------------|--------------------|--------------|---------------|--------------------|-------------|-------------|------------------|---------------|---------------|--------------------|---------------|------------------|-----------------|---------------------|-----------------|------------------|--------------------|------------------|----------------|----------------|-----------------|--------------|----------------|-------------|----------------|-----------|
|-----|--------------|--------------|--------------------|--------------|---------------|--------------------|-------------|-------------|------------------|---------------|---------------|--------------------|---------------|------------------|-----------------|---------------------|-----------------|------------------|--------------------|------------------|----------------|----------------|-----------------|--------------|----------------|-------------|----------------|-----------|

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--------------------------------|------------------|-----|-----|-----|------|----|------|-----|-----|------|----|-----|--------|------|------|------|------|------|------|----|------|------|------|-------|-------|------|------|------|
| Wheat Bread | 1 slice | 70 | 9 | 3 | 13.0 | 1 | 1.0 | 1.0 | 0.2 | 0.2 | 0 | 180 | | 0.10 | 0.07 | 1.03 | 0.02 | | | | 0.14 | | | 19 | 26.25 | 0.83 | 11.5 | 0.26 |
| Rye Bread | 1 slice | 70 | 9 | 3 | 13.0 | 0 | 1.0 | 1.0 | 0.2 | 0.05 | 0 | 180 | 2.24 | 0.14 | 0.11 | 1.22 | 0.02 | | 0.13 | | 0.12 | 0.96 | 28 | 23.36 | 0.91 | 12.8 | 0.36 | |
| White Roll | 1 roll | 110 | 18 | 3 | 17.0 | 1 | 2.0 | 2.5 | 0.5 | | 10 | 170 | | | | | | | | | | | | | 1.08 | | | |
| Wheat Roll | 1 roll | 110 | 9 | 3 | 17.0 | 1 | 2.0 | 2.5 | 0.5 | | 10 | 170 | | 0.17 | 0.08 | 0.99 | 0.01 | | | | | | 23 | 7.59 | 0.88 | 8 | 0.14 | |
| Margarine | 2 packets | 50 | 16 | 0 | 0.0 | 0 | 0.0 | 5.0 | 0.2 | | 0 | 70 | 358 | | | | | | | | | | | | | | | |
| Margarine | 2 packets | 50 | 16 | 0 | 0.0 | 0 | 0.0 | 5.0 | 0.2 | | 0 | 70 | 358 | | | | | | | | | | | | | | | |
| Margarine | 2 packets | 50 | 16 | 0 | 0.0 | 0 | 0.0 | 5.0 | 0.2 | | 0 | 70 | 358 | | | | | | | | | | | | | | | |
| Margarine | 2 packets | 50 | 16 | 0 | 0.0 | 0 | 0.0 | 5.0 | 0.2 | | 0 | 70 | 358 | | | | | | | | | | | | | | | |
| Margarine | 2 packets | 50 | 16 | 0 | 0.0 | 0 | 0.0 | 5.0 | 0.2 | | 0 | 70 | 358 | | | | | | | | | | | | | | | |
| Skim Milk | 8 oz. | 90 | 4 | 8 | 13.0 | 0 | 12.0 | 0.0 | 0.0 | 0.01 | 5 | 125 | 462.67 | 0.08 | 0.32 | 0.20 | 0.09 | 0.86 | 2.27 | | 0.09 | 0.05 | 11 | 279 | 0.09 | 25 | 0.91 | |
| Skim Milk | 8 oz. | 90 | 4 | 8 | 13.0 | 0 | 12.0 | 0.0 | 0.0 | 0.01 | 5 | 125 | 462.67 | 0.08 | 0.32 | 0.20 | 0.09 | 0.86 | 2.27 | | 0.09 | 0.05 | 11 | 279 | 0.09 | 25 | 0.91 | |
| Skim Milk | 8 oz. | 90 | 4 | 8 | 13.0 | 0 | 12.0 | 0.0 | 0.0 | 0.01 | 5 | 125 | 462.67 | 0.08 | 0.32 | 0.20 | 0.09 | 0.86 | 2.27 | | 0.09 | 0.05 | 11 | 279 | 0.09 | 25 | 0.91 | |
| Skim Milk | 8 oz. | 90 | 4 | 8 | 13.0 | 0 | 12.0 | 0.0 | 0.0 | 0.01 | 5 | 125 | 462.67 | 0.08 | 0.32 | 0.20 | 0.09 | 0.86 | 2.27 | | 0.09 | 0.05 | 11 | 279 | 0.09 | 25 | 0.91 | |
| Skim Milk | 8 oz. | 90 | 4 | 8 | 13.0 | 0 | 12.0 | 0.0 | 0.0 | 0.01 | 5 | 125 | 462.67 | 0.08 | 0.32 | 0.20 | 0.09 | 0.86 | 2.27 | | 0.09 | 0.05 | 11 | 279 | 0.09 | 25 | 0.91 | |
| Orange Juice | 4 oz. | 55 | 2 | 1 | 12.5 | 0 | 11.6 | 0.3 | 0.0 | 0 | 0 | 1 | 226.8 | 0.10 | 0.03 | 0.45 | 0.05 | 0 | 56.7 | | 0.05 | 0.11 | 34 | 12.47 | 0.23 | 12.5 | 0.06 | |
| Cinnamon Graham Crackers | 1 pkg | 90 | 19 | 2 | 16.0 | 1 | 4.0 | 3.0 | 0.5 | 0.85 | 0 | 85 | | 0.05 | 0.07 | 0.87 | 0.01 | | | | 0.43 | 0.11 | 12.6 | 5.04 | 0.78 | 6.3 | 0.17 | |
| Honey Graham Enriched Crackers | 1 pkg | 90 | 22 | 0 | 16.0 | 2 | 4.0 | 2.5 | 0.0 | | 0 | 95 | | | | | | | | | | | | 6 | 0.61 | | | |
| Cheese Crackers | 1 pkg | 130 | 53 | 2 | 16.0 | 1 | 3.0 | 7.0 | 1.5 | 2.4 | 0 | 220 | 20 | 0.13 | 0.19 | 1.07 | 0.01 | 0.03 | 0.03 | | 0.73 | 0 | 24 | 72 | 0.68 | 10 | 0.2 | |
| Animal Crackers | 1 pkg | 130 | 28 | 0 | 25.0 | 1 | 7.0 | 2.0 | 0.7 | | 0 | 90 | | 0.10 | 0.09 | 0.98 | | | | | | | 24 | 2.95 | 0.77 | | | |
| # 56 | AVERAGE PER MEAL | | 641 | 151 | 32 | 88 | 9 | 28 | 16 | 4 | 1 | 61 | 985 | 4822 | 2 | 1 | 8 | 1 | 2 | 39 | 0 | 1 | 42 | 220 | 469 | 5 | 116 | 4 |

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