

	A	B	C	G	I	M	N	O	Q	AH	AI	AJ	AK	AN	AR	
1	Champ's Nutrient Chart - <u>December 29th, 2017</u> Version		for Average Customer:				Total Carbs	Dietary Fiber	Protein		Top 8 Food Allergies (Y=YES contains this allergen P=Possibly contains this allergen)					
2	Food and Beverages Offered at Champ's Café	Unit	Standard Portion Size	Calories per Portion	Fat Grams	mg.	grams	grams	grams	May contain Gluten/Wheat	May contain Eggs	May contain Fish	May contain Milk	May contain Soy		
3	<b>Entrée Breakfast</b>															
4	Bagel Sandwich, Egg & Cheese (Champ's recipe)	ea.	1 sandwich	260	6	565	39	3.0	14	Y	Y	N	Y	Y	12/23/2014	
5	Bagel Sandwich, Egg & Ham (Champ's recipe)	ea.	1 sandwich	242	4.75	548	38	3.0	3	Y	Y	N	Y	Y	12/23/2014	
6	Bagel Sandwich, Ham & Cheese (Champ's recipe)	ea.	1 sandwich	248	4.5	622	38	3.0	16	Y	N	N	Y	Y	12/23/2014	
7	Bagel, Plain Sliced WGR	ea.	57g per bagel	150	1	300	30	4	8	Y	N	N	N	Y	8/26/2014	
8	Bagel, White-Wheat	oz	2.3oz	180	1	340	37	3.0	7	Y	N	N	N	Y	8/26/2014	
9	Bosco Stick, Breakfast - Cheese and Turkey Ham	ea.	1 stick	180	6	400	20	2.0	11	Y	N	N	Y	N	12/27/2017	
10	Cereal Bar, Nutri-Grain, Apple Cinnamon, WGR, No HFCS	ea.	44 grams	160	4	135	30	3	2	Y	N	N	Y	Y	12/28/2017	
11	Cereal Bar, Nutri-Grain, Blueberry, WGR, No HFCS	ea.	44 grams	160	4	135	30	3	2	Y	N	N	Y	Y	12/28/2017	
12	Cereal Bar, Nutri-Grain, Strawberry, WGR, No HFCS	ea.	44 grams	160	4	150	30	3	2	Y	N	N	Y	Y	12/28/2017	
13	Cereal, Cheerios WG, Bowlpak	ea.	1 oz	100	2	140	20	3	3	N	N	N	N	N	12/28/2017	
14	Cereal, Cheerios Apple Cinnamon WG	ea.	1 oz	110	1.5	110	22	2	2	N	N	N	N	N	12/28/2017	
15	Cereal, Cheerios - Fruity WG	ea.	1.12 oz	120	1.5	140	25	2	2	N	N	N	N	N	12/28/2017	
16	Cereal, Cheerios, Honey Nut WG, Bowlpak	ea.	1 oz	110	1.5	160	22	2	2	N	N	N	N	N	12/28/2017	
17	Cereal, Cinnamon Chex	ea.	1 oz	120	2.5	170	22	1	1	N	N	N	N	N	12/28/2017	
18	Cereal, Cinnamon Toast Crunch WG, Bowlpak	ea.	1 oz	110	3	160	22	2	1	Y	N	N	N	Y	12/28/2017	
19	Cereal, Cinnamon Toast Crunch WG, Bowlpak - 25% Less Sugar	ea.	1 oz	110	3	160	22	3	1	Y	N	N	N	Y	12/28/2017	
20	Cereal, Frosted Corn Flakes WG, Bowlpak	ea.	1 oz	100	0.5	170	24	1	1	P	N	N	N	N	12/28/2017	
21	Cereal, Golden Grahams WG, Bowlpak	ea.	1 oz	100	1	220	24	1	1	Y	N	N	N	N	12/28/2017	
22	Cereal, Lucky Charms WG, Bowlpak	ea.	1 oz	110	1	180	23	2	2	N	N	N	N	N	12/28/2017	
23	Cereal, Rice Chex WG, Bowlpak	ea.	1 oz	100	0.5	250	24	1	2	N	N	N	N	N	12/28/2017	
24	Chicken, Breakfast Patty Breaded	ea.	1.6 oz	90	4.5	220	6	1	7	Y	N	N	N	Y	12/27/2017	
25	Cinnamon Roll, Mini Cinnis, Pillsbury	ea.	2 oz	240	8	300	40	15	5	Y	N	N	Y	N	8/29/2014	
26	Cinnamon Roll, WGR	ea.	1.7 oz/48 g	150	4.5	160	24	2	3	Y	Y	N	Y	Y	12/27/2017	
27	Egg, Frittata Omelette, Turkey Sausage	oz	2.2oz	110	8	300	1	0	8	N	Y	N	Y	N	12/27/2017	
28	Egg, Patty Grilled	oz	1 1/4	45	3.5	115	1	0	3	N	Y	N	Y	Y	8/26/2014	
29	French Toast Stick, Whole Grain	ea.	3.51 oz/3 pc	250	9	300	36	4	7	Y	N	N	N	Y	8/15/2016	
30	French Toast Minis, Original	ea.	1 pouch/86 gr	210	6	260	35	4	5	Y	Y	N	Y	Y	12/22/2014	
31	French Toast Minis, Chocolate Chip	ea.	1 pouch/86 gr	210	5	240	37	3	4	Y	Y	N	Y	Y	12/22/2014	
32	Fruitel, Apple, Pillsbury	ea.	65g	210	6	280	36	2	5	Y	N	N	Y	N	8/29/2014	
33	Muffin Mini Loaf, Blueberry, WGR	ea.	2 oz	160	5	95	26	0	3	Y	Y	N	Y	Y	12/28/2017	
34	Muffin, Apple Cinnamon, Delicious Essentials WG 2oz	ea.	2oz	190	6	130	31	2	3	Y	Y	N	N	Y	12/30/2015	
35	Muffin, Apple Cinnamon, Delicious Essentials WG 4oz	ea.	4oz	380	12	260	61	5	7	Y	Y	N	N	Y	12/30/2015	
36	Muffin, Banana, Delicious Essentials WG 2oz	ea.	2oz	190	6	130	31	2	3	Y	Y	N	N	Y	12/30/2015	
37	Muffin, Banana, Delicious Essentials WG 4oz	ea.	4oz	380	12	260	62	5	7	Y	Y	N	N	Y	12/30/2015	
38	Muffin, Blueberry, Delicious Essentials WG 2oz	ea.	2oz	190	6	130	30	2	3	Y	Y	N	N	Y	12/30/2015	
39	Muffin, Blueberry, Delicious Essentials WG 4oz	ea.	4oz	380	12	260	61	5	6	Y	Y	N	N	Y	12/30/2015	
40	Muffin, Chocolate Chip, Delicious Essentials WG 2oz	ea.	2oz	190	6	130	32	2	4	Y	Y	N	Y	Y	12/30/2015	
41	Muffin, Chocolate Chip, Delicious Essentials WG 4oz	ea.	4oz	390	12	260	64	5	6	Y	Y	N	Y	Y	12/30/2015	
42	Oatmeal, Homemade, WGR	ea.	45 gr	170	3	0	29	4	7	P	N	N	N	P	8/26/2014	
43	Pancake, Sausage on a Stick	ea.	1 stick	202	8	420	24.5	1.8	8.1	Y	Y	N	Y	Y	12/23/2014	
44	Pancake, Strawberry, Mini	ea.	100 g	240	7	150	42	3	4	Y	Y	N	Y	N	12/30/2015	
45	Pancake, Maple, Mini	ea.	100 g	230	7	150	41	3	4	Y	Y	N	Y	N	12/30/2015	
46	Pancake, Maple Cinnamon, WG	ea.	2.6oz/2 cakes	110	1.5	110	42	4	5	Y	Y	N	Y	Y	8/13/2014	
47	Pizza, Breakfast, Egg, Cheese, & Turkey Bacon	ea.	1 pizza/3.9 oz	210	9	360	25	0	9	Y	Y	N	Y	Y	12/28/2017	
48	Sausage, Turkey Patty	ea.	1.025 oz	60	4	80	0	0	6	N	N	N	N	N	8/15/2016	
49	Yogurt, Cherry Vanilla, Raspberry, or Peach (Fat Free)	ea.	4 oz	90	0	50	19	0	3	N	N	N	Y	N	7/15/2015	
50	Yogurt, Strawberry (Fat-Free)	ea.	4 oz	90	0	50	19	0	3	N	N	N	Y	N	9/24/2014	
51																
52	<b>Entrée Lunch</b>															
53	BBQ Pork, Texas Western Style	serv.	4 oz	278	16	813	14.5	0.9	19	N	N	N	N	Y	11/18/2015	
54	Beefaroni Pasta (Champ's Recipe) (elem)	serv.	3/4 cup	175	5.17	188.8	19	2.6	14	Y	N	N	Y	Y	12/23/2014	
55	Beefaroni Pasta (Champ's Recipe) (middle/high)	serv.	1 cup	233	6.88	244.5	25.6	3.5	18.5	Y	N	N	Y	Y	12/23/2014	
56	Beef Patty, Country Steak	ea.	3.5 oz	279	17.3	378	17.4	3	14.8	Y	N	N	Y	Y	8/15/2016	
57	Beef Patty, Breaded Country Steak (newer - incoming)	ea.	3.2 oz	230	13	170	16	2	14	Y	N	N	N	Y	8/9/2017	
58	Beef Patty	ea.	2.5 oz	159	11	195	3.3	1.6	13.1	N	N	N	N	Y	8/15/2016	
59	Beef Teriyaki Dippers .7 oz each (elem)	ea.	4 pcs	120	6	340	5	1	10	Y	N	N	N	Y	12/27/2017	
60	Beef Teriyaki Dippers .7 oz each (middle/high)	ea.	5 pcs	150	7.5	425	6.25	1.25	12.5	Y	N	N	N	Y	12/27/2017	
61	Bosco Stick, Cheese	serv	2 sticks	420	12	540	50	4	24	Y	N	N	Y	N	12/27/2017	
62	Bosco Stick, Pretzel	serv	2 sticks	400	14	460	54	6	14	Y	N	N	Y	N	12/27/2017	
63	Cheesy Chop Steak/Cheeseburger Meatloaf	ea.	1 patty	190	12	390	8	1	11	Y	N	N	Y	N	8/9/2017	
64	Chicken Breast Fillet, Grilled	ea.	85 gr	122	5	236	1.5	0	17	N	N	N	N	Y	12/30/2015	
65	Chicken Breast Fillet, Dill	ea.	113 gr	220	7.8	458	15	1.2	21	Y	N	N	Y	Y	12/30/2015	
66	Chicken, Roasted, Mesquite Seasoning	ea.	3 oz.	150	8	310	3	0	17	N	N	N	Y	N	12/27/2017	
67	Chicken, Hot & Spicy Whole Muscle Filet WG	ea.	3.75 oz	200	10	330	9	1	19	Y	N	N	N	Y	12/27/2017	
68	Chicken, Nuggets, Breaded WG	ea.	5 pc/3.3 oz	240	14	470	16	3	13	Y	N	N	N	Y	12/27/2017	

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69	Chicken, Buffalo Popcorn (high)	ea.	10 pc/3.6 oz	248	9.93	411.7	20	1.77	20.5	Y	N	N	N	Y	2/12/2015
70	Chicken, Dill Chunks (high)	ea.	5 pc/4 oz	201	9	377	8.75	0.83	20.4	Y	N	N	N	Y	2/12/2015
71	Chicken, "Chicken & Waffle" Bites (Breakfast for Lunch)	serv	9 pcs/114g	250	22	410	10	2	15	Y	N	N	Y	Y	12/28/2017
72	Chicken, Patty Round Breaded WG	ea.	3.29 oz	240	13	460	15	3	14	Y	N	N	N	Y	12/27/2017
73	Chicken, Strips/Fajita	ea.	3 oz	140	7	400	2	0	17	N	N	N	N	N	12/27/2017
74	Chicken, Sriracha Boneless Wings	ea.	4 pcs	190	9	250	14	1	15	Y	N	N	N	N	12/27/2017
75	Chicken, Sriracha Honey	ea.	3.9oz/110gr	210	6	480	24	1	12	Y	Y	N	N	N	12/27/2017
76	Chicken, Tangerine WG Breaded	ea.	3.9oz/110gr	190	4	380	25	2	14	Y	Y	N	N	Y	12/27/2017
77	Chicken, Tender WG	ea.	3 tenders	252	7.86	501.5	21	2.1	22.3	Y	N	N	Y	Y	8/9/2017
78	Chicken, Teriyaki Strip (Gluten-Free)	ea.	2.85oz/80.79gr	150	4	370	14	0	14	N	N	N	N	Y	12/27/2017
79	Chili, Beef and Beans (for w/ hot dog)	serv	1 oz	26	0.85	39	2.5	0.7	2.2	N	N	N	N	Y	8/9/2017
80	Corn Dog Nuggets, Chicken Franks	ea.	6 pc/112gr	270	12	410	30	5	10	Y	Y	N	Y	Y	12/27/2017
81	Egg Roll, Vegetable	ea.	85 gr	110	1	150	24	3	4	Y	N	N	N	Y	12/27/2017
82	Fish, Nuggets, WG & Sweet Potato Breaded	serv	four 1oz nuggets	240	10	370	23	1	14	Y	N	Y	N	Y	6/17/2016
83	Fish, Pollock, Battered	ea.	101 gr	160	6	250	16	2	11	Y	N	Y	N	P	12/30/2015
84	Grilled Cheese Sandwich	ea.	1 sandwich	260	9.5	860	25	2	20	Y	Y	N	Y	Y	12/23/2014
85	Ham, Turkey Deli	ea.	3.06oz/6 slices	100	4.5	530	1	0	15	N	N	N	N	N	12/27/2017
86	Hamburger (Bun and Patty)	ea.	1 sandwich	349	14	575	35	5.6	21	Y	N	N	N	Y	8/15/2016
87	Hamburger w/ Cheese (Bun, Patty, Cheese)	ea.	1 sandwich	389	17	715	36	5.6	24.6	Y	N	N	Y	Y	8/15/2016
88	Hamburger w/ Cheese & Turkey Bacon Bits (Bun, Patty, Ch & Bac)	ea.	1 sandwich	448	21	998	36	5.6	29.2	Y	N	N	Y	Y	8/15/2016
89	Hot Dog, Turkey, Uncured, No Allergens or Nitrates/Nitrites	ea.	2 oz	110	9	240	0	0	8	N	N	N	N	N	12/27/2017
90	Macaroni & Cheese (Champ's Recipe)	serv	6 oz	326	17.46	827.8	23.7	2	18	Y	Y	N	Y	Y	12/23/2014
91	Max Sticks	serv	2 sticks	300	12	640	34	2	16	Y	N	N	Y	Y	12/28/2017
92	Pizza, Buffalo Chicken (WGR)	ea.	1 slice	390	19	750	35	3	20	Y	N	N	Y	Y	12/27/2017
93	Pizza, Pepperoni (WGR)	ea.	1 slice	350	15	560	36	4	19	Y	N	N	Y	Y	12/27/2017
94	Pizza, Pepperoni - Individual Deep Dish	ea.	1 pizza	310	10	480	38	4	17	Y	N	N	Y	Y	12/27/2017
95	Pizza, Four-Meat (WGR)	ea.	1 slice	370	17	650	36	4	20	Y	N	N	Y	Y	12/27/2017
96	Pizza, Cheese (WGR)	ea.	1 slice	400	16	440	43	4	19	Y	N	N	Y	Y	12/27/2017
97	Pizza, French Bread, Cheesy Garlic	ea.	128 gr.	350	18	450	29	2	22	Y	N	N	Y	N	12/27/2017
98	Pizza, Fiestada WG	ea.	1 pizza	360	14	710	43	4	17	Y	N	N	Y	Y	12/27/2017
99	Pork, Patty "Rib-B-Que"	ea.	2.5 oz/70 gr.	160	10	390	8	1	12	N	N	N	N	Y	8/26/2014
100	Shepherd's Pie (Champ's Recipe)	serv.	1 c	201	6.88	452.7	19	2	17	Y	N	N	Y	Y	12/23/2014
101	Soup, Tomato "Heinz Smart Ladle"	ea.	4oz	90	0	400	20	0	2	Y	N	N	N	N	12/30/2015
102	Spaghetti w/ Meat Sauce (Champ's Recipe) (Elem)	serv.	3/4 c	230	3.5	224	34	4.75	16.8	Y	N	N	N	Y	12/23/2014
103	Spaghetti w/ Meat Sauce (Champ's Recipe) (Middle/High)	serv.	1 cup	306	4.6	297	45	6.3	22.3	Y	N	N	N	Y	12/23/2014
104	Tuna Salad (Champ's Recipe)	ea.													
105	Turkey Breast & Thigh Roast, Fully-Cooked	ea.	2.47 oz	80	3	370	0	0	13	N	N	N	N	N	12/27/2017
106	Turkey, Breast, Deli Style	ea.	3 oz	110	4.5	340	0	0	17	N	N	N	N	N	12/27/2017
107	Turkey & Gravy	ea.	4.16 oz	120	5	500	2	0	18	N	N	N	N	Y	12/27/2017
108	Turkey Stick, Smokehouse	ea.	1 stick	40	1	180	0	0	8	N	N	N	N	N	12/27/2017
109	Veggie Burger, Grilled	ea.	1 ea/71 gr	170	9	360	4	2	17						
110	Veggie, Boca Burger	ea.													
111	Veggie, Chicken Nuggets	ea.	4ea/86 gr	190	9	600	19	4	12	Y	Y	N	Y	Y	7/15/2015
112	Veggie, Chicken Patties	ea.	1 ea/71 gr	150	6	540	16	2	9						
113	Ziti, Baked w/Meat & Cheese (Champ's Recipe) (Elem)	ea.	3/4 c	207	6.47	276	22	2.9	14.5	Y	N	N	Y	Y	12/23/2014
114	Ziti, Baked w/Meat & Cheese (Champ's Recipe) (middle/high)	ea.	1 c	275	8.6	367	30	4	19.3	Y	N	N	Y	Y	12/23/2014
115															
116	Bread/Grains														
117	Biscuit, Pillsbury	ea.	2.51 oz	200	9	330	28	2	5	Y	N	N	Y	N	12/28/2017
118	Bread, White Wheat, WGR (Sliced loaf bread)		2 slices	120	1.5	440	21	2	6	Y	N	N	N	Y	12/23/2014
119	Bread, Swirl/Slider Roll	ea.	1.2 oz roll	100	2	120	17	2	3	Y	N	N	N	Y	12/23/2014
120	Chex Mix, Strawberry Yogurt, Simply Chex	ea.	29g	120	3	55	23	2	2	Y	N	N	Y	Y	8/29/2014
121	Chex Mix, Hot and Spicy	ea.	26g	110	3	140	19	2	2	Y	N	N	Y	Y	8/29/2014
122	Chex Mix, Chocolate Caramel, Simply Chex	ea.	29g	130	4	65	22	2	2	Y	N	N	Y	Y	8/29/2014
123	Chip, Tortilla WG Yellow Corn No Salt (1 oz.)	ea.	1 oz	140	6	0	20	2	2	N	N	N	N	N	12/28/2017
124	Chip, Tortilla WG Corn w/ Salt (2 oz.)	ea.	2 oz.	270	15	220	31	3	3	N	N	N	N	N	3/6/2017
125	Ciabatta Bread	ea.	1.8 oz/2 slices	160	3.5	170	30	3	5	Y	N	N	Y	P	12/27/2017
126	Cowboy Bread (recipe)	ea.	3 oz	208	8.8	543	32.2	0.06	1.3						
127	Cracker, Goldfish, Cheddar Cheese WGR	ea.	1 pouch	100	4	170	14	1	2	Y	N	N	Y	N	12/29/2017
128	Cracker, Goldfish, Pretzel WGR	ea.	1 pouch	90	1.5	200	16	1	2	Y	N	N	Y	N	12/29/2017
129	Crackers, Saltine Wrapped	ea.	2 pkg/4cr.	50	1.5	130	8	<1	1						
130	Crackers, Saltines Zesta (4 each)	ea.	12 gr	50	1	160	9	1	1	Y				Y	
131	Goldfish Bread, Whole Wheat	ea.	2 slices/43g	100	1.5	170	21	4	5	Y					
132	Hamburger Bun, WGR	ea.	71g	190	3	380	32	4	8	Y	N	N	N	Y	12/23/2014
133	Hot Dog Bun, WGR	ea.	57g	150	2.5	300	26	3	6	Y	N	N	N	Y	12/23/2014
134	Hushpuppies, WG	serv.	3 puppies	140	6	190	20	1	2	Y	Y	N	Y	Y	12/29/2017
135	Rice, Brown, Long Grain, WG	serv.	1/2 cup	85	0	0	18	1	2	N	N	N	N	N	12/10/2015
136	Rice Pilaf	serv.	1/2 cup	105	1.5	215	20	1	3	P	N	N	N	Y	12/10/2015
137	Roll, Wheat (Champ's recipe), WGR 1 oz	ea.	1 oz.	91	2.67	143.5	14.5	1	2.25	Y	N	N	N	N	10/2/2014
138	Roll, Wheat (Champ's recipe), WGR 2 oz	ea.	2 oz.	182	5.34	287	29	2	4.5	Y	N	N	N	N	10/2/2014



	A	B	C	G	I	M	N	O	Q	AH	AI	AJ	AK	AN	AR
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209	<b>Vegetables</b>														
210	Beans, Baked w/brown sugar	ea.	130 gr	160	0	540	32	7	7	N	N	N	N	N	12/17/2014
211	Beans, Black Fancy, canned	ea.	120 gr	90	0	360	16	5	6	N	N	N	N	N	12/17/2014
212	Beans, Garbanzo Fancy	ea.	100 gr	119	1.14	299	22.6	4.4	5	N	N	N	N	N	
213	Beans, Green Cut, Canned	ea.	120 gr	35	0	380	7	3	2	N	N	N	N	N	
214	Beans, Green, Frozen	ea.	1/2 cup	9	0.06	3	2.18	1	0.5						
215	Beans, Green, Low Sodium, Canned	ea.	1/2 cup	7	0.03	70	1.52	0.06	0.39						
216	Beans, Green Cut, Canned	ea.	1/2 cup	20	0	380	4	2	1						
217	Beans, Refried Canned	ea.	130 gr	120	1.5	380	19	3	7	N	N	N	N	N	12/17/2014
218	Broccoli, Florets (Frozen)	ea.	148 gr	45	0.5	80	8	3	4						
219	Broccoli, Fresh - Steamed	ea.	1/2 cup	9	0	3	1.5	1	0.5						12/29/2017
220	Carrot, Sliced Med. (Frozen)	ea.	85 gr	35	0	60	7	2	1						
221	Carrot, Sliced Smooth (Frozen)	ea.	78 gr	30	0	60	7	2	1						
222	Carrots, Fresh Baby	ea.	1/2 cup	35	0	65	8	2	1						12/29/2017
223	Cherry Tomato, fresh	ea.	1 ea	3	0	1	0.5	0.2	0.2						12/29/2017
224	Corn, Cut, Frozen	ea.	1/2 cup	90	0.5	0	19	2	3						
225	Corn, On Cob, Frozen	ea.	1/2 cup	90	0.5	0	19	2	2						
226	Corn, Whole Kernel Golden Fancy	ea.	125 gr	90	1	260	4.00	2.0	3						
227	Cucumber, Fresh	ea.	1/2 cup	7	0	1	1	0.5	0.5						12/29/2017
228	Green Pepper, Fresh	ea.	1 ring	5	0	1	0.5	0.5	0						12/29/2017
229	California 3-Way, Frozen	ea.	1/2cup	30	0	30	6	2	2						
230	Mixed Vegetable, Frozen, (peas, carrots, green beans, corn)	ea.	1/2cup	60	0.5	48	11	3	3						
231	Italian Blend, Frozen	ea.	85 GR	30	0	35	5	2	2						
232	Oriental, Frozen	ea.	1/2cup	30	0	20	5	2	2						
233	Winter Mix, Frozen	ea.	1/2 cup	25	0	15	4	2	2						
234	Lettuce, Fresh - Romaine and Iceberg	ea.	1 cup	8	0	5	1.5	1	1						12/29/2017
235	Pea, Green Frozen	ea.	89 gr	70	0	200	12	4	5						
236	Potato, Baked w/Cheese Sauce	ea.	245	1 ea	10.1	0	30	569							
237	Potato, Mashed	ea.	1/2 cup	66	0.74	24	14	1.1	2	N	N	N	N	Y	11/17/2015
238	Potatoes, Tater Tots	ea.	71 g	130	6	310	16	2	2	N	N	N	N	P	11/17/2015
239	Potato, Smiles	ea.	4 pcs	130	4.5	180	20	2	2	N	N	N	N	P	11/17/2015
240	Potato Wedges	ea.	76 g	90	2.5	30	15	2	2	N	N	N	N	Y	12/17/2014
241	Spinach, Fresh	serv	1/2 cup	3	0	12	0	1	1						12/29/2017
242	Squash Mix - Fresh Zucchini and Yellow Squash	serv.	1/2 cup	12	0	4	3	1	1						12/29/2017
243	Sweet Potato Fries, Seasoned (wedge)	ea.	84 gr	130	3.5										
244	Sweet Potato, Mashed w/ Orange Glaze (Champ's Recipe)	ea.	1/2 cup	243	3.61	77	49	2	4	N	N	N	N	N	10/26/2015
245	Sweet Potato, Fries Cross Trax Cut	ea.	2.11 oz	90	3	150	15	2	1	N	N	N	N	P	11/17/2015
246	Sweet Potato, Fries, Frozen	ea.	84 gr	120	4.5	440	19	3	1	N	N	N	N	N	11/17/2015
247	Sweet Potato, Mini Tater Puff	ea.	84 gr	130	3.5	260	23	2	1	N	N	N	N	N	11/17/2015
248	Sweet Potato, Waffle Cut	ea.	1/2 cup												
249	Tomato, Fresh, Sliced	ea.	1 slice	3	0	0	0	0	0						12/29/2017
250															
251	<b>Condiments and Sauces</b>														
252	Dressing, Creamy Caesar	ea.	43 gr.	210	23	390	2	0	1						
253	Dressing, French Country	ea.	43 gr.	190	15	310	13	0	0						
254	Dressing, Honey Dijon Fat Free	ea.	43 gr.	60	0	400	13	1	1						
255	Dressing, Honey Mustard (cup)	ea.	43 gr.	190	18	360	7	0	0						
256	Dressing, Honey Mustard (packet)	ea.	43 gr.	200	23	160	6	0	0						
257	Dressing, Honey Mustard, cup	ea.	1.5 oz	130	10	90	9	0	0						
258	Dressing, Italian Creamy	ea.	12 gr.	40	4	90	1	0	0						
259	Dressing, Italian Creamy (pouch)	ea.	12 gr.	45	5	110	1	0	0						
260	Dressing, Italian Light	ea.	43 gr.	45	3.5	530	3	0	0						
261	Dressing, Italian, Oil & Vinegar	ea.	2 tbsp	5	0	190	1	0	0						
262	Dressing, Ranch Buttermilk (pouch)	ea.	43 gr.	260	28	240	2	0	1						
263	Dressing, Ranch Buttermilk, FF (pouch)	ea.	3 tbsp	35	0	440	6	0	1						
264	Dressing, Ranch Fat-Free (pouch)	ea.	43 gr.	260	28	240	2	0	1						
265	Dressing, Ranch Buttermilk, FF (pouch)	ea.	1 Tbsp.	70	7	100	1	0	0						
266	Dressing, Raspberry Vinaigrette Fat-Free	ea.	43 gr.	45	0	110	12	0	0						
267	Gravy, Brown (Shelf Stable)	ea.	1 oz	10	0	140	2	0	0						
268	Gravy, Brown	ea.	5 gr.	15	0	310	3	0	0						
269	Gravy, Chicken	ea.	9 gr.	35	1	280	6	0	0						
270	Gravy, Chicken (Classic)	ea.	1/4 cup	20	1	290	3	1	1	Y			Y	Y	
271	Gravy, Poultry (Chicken) Shelf Stable, Trans fat-free	ea.	60 gr	25	1	260	3	0	0	Y				Y	
272	Gravy, Turkey, Cholesterol-free, Trans fat-free	ea.	60 gr	25	0	280	3	0	0	Y					
273	Gravy, Turkey Shelf Stable	ea.	5 gr.	10	0	360	3	0	0						
274	Jelly, Grape	ea.	10 gr.	35	0	0	9	0	0						
275	Jelly, Mixed Fruit	ea.	10 gr.	35	0	0	9	0	0						
276	Jelly, Strawberry	ea.	10 gr.	30	0	0	8	0	0						
277	Ketchup, Tomato (Bulk)	ea.	17 gr.	20	0	200	5	0	0						



	A	B	C	G	I	M	N	O	Q	AH	AI	AJ	AK	AN	AR	
1	Champ's Nutrient Chart - <i>December 29th, 2017</i> Version		for Average Customer:			Sodium	Total Carbs	Dietary Fiber	Protein		Top 8 Food Allergies (Y=YES contains this allergen P=Possibly contains this allergen)					
278	Ketchup, Jalapeno Flavored (Packet)	ea.	9 gr.	10	0	85	3	0	0	N	N	N	N	N	7/15/2015	
279	Ketchup, Tomato (Packet)	ea.	9 gr.	10	0	85	3	0	0							
280	Ketchup, Low-Sodium (Packet)	ea.	9 gr.	10	0	25	3	0	0	N	N	N	N	N	7/15/2015	
281	Mayonnaise	ea.	1 Tbsp.	90	9	70	1	0	0							
282	Mayonnaise, Light	ea.	15 gr.	45	5	100	0	0	0							
283	Mayonnaise, Packet	ea.	12 gr.	80	9	65	0	0	0							
284	Mayonnaise, Reduced-Calorie	ea.	1 Tbsp.	40	4	70	0	0	0							
285	Mustard, (packet)	ea.	1 tsp	5	0	50	0.5	0	5							
286	Pickle, Dill Crinkle-Cut Chip 1/8"	ea.	1 oz	5	0	390	1	0	0							
287	Pickle, Dill Crinkle Cut Chip	ea.	1 oz/1 gr.	5	0	390	1	0	0							
288	Salsa, Mild	ea.	29 gr	10	0	70	2	0.5	0	N	N	N	N	N	10/29/2015	
289	Sauce, BBQ Hickory (Bulk)	ea.	30 gr.	40	0	490	10	0	0	N	N	N	N	N	12/28/2017	
290	Sauce, BBQ Special (cup)	ea.	1 Tbsp.	15	0	85	4	0	0							
291	Sauce, BBQ, (packet)	ea.	12 gr.	15	0	85	4	0	0							
292	Sauce, Hot, (packet)	ea.	7 gr.	0	0	100	1	0	0							
293	Sauce, Marinara Tomato, (portioned)	ea.	2 oz.	45	1.75	255	6.5	1	1	N	N	N	N	Y	12/30/2015	
294	Sauce, Sweet & Sour Cup	ea.	30 gr.	60	0	115	14	0	0							
295	Sauce, Tartar (Pouch)	ea.	1 Tbsp.	35	3.5	110	2	0	0							
296	Syrup, Pancake Maple Flavor, (pancake) cup	ea.	3 tbs	120	0	0	25	0	0							
297																
298	Dairy															
299	Cheese, American Sliced Reduced Fat & Sodium	ea.	.5 oz	40	3	140	1	0	3.5	N	N	N	Y	N	12/30/2015	
300	Cheese, Cheddar Mild Shredded Yellow	ea.	1oz.	110	9	210	1	0	7				Y			
301	Cheese, Cheddar Mild, Stick	ea.	1 oz.	90	7	200	0	0	7							
302	Cheese, Cheddar Reduced-Fat, Yellow Shredded	ea.	1 oz/28 gr	80	5.19	206	0.57	0	7.71							
303	Cheese, Cheddar Sauce Reduced Sodium	ea.	3 oz/85 gr	130	9	550	4	0	8							
304	Cheese, Mozzarella LMPS Shredded	ea.	1 oz/28 gr	86	5.68	150	1.09	0	7.36							
305	Cheese, Mozzarella Shred	ea.	1 oz.	254	15.92	619	2.77	0	24.3							
306	Cheese, Parmesan Grated, Shaker	ea.	1 oz.	25	2	100	0	0	2							
307	Cheese, Parmesan Grated, packet	ea.	6 gr.	25	2	100	0	0	2							
308	Cheese, Shredded Mild Cheddar	ea.	1 oz	110	9	210	1	0	7				Y			
309	Yogurt, Cherry Vanilla Fat Free	ea.	4 oz.	90	0	50	19	0	3	N	N	N	Y	N	9/24/2014	
310	Yogurt, Strawberry Fat-Free	ea.	4 oz	90	0	50	19	0	3	N	N	N	Y	N	9/24/2014	
311																
312	Other															
313	Apple Crisp (Champ's Recipe)	ea.	1/2 cup	206	7.8	128	33	2.25	2	Y	N	N	Y	N	12/29/2017	
314	Blueberry Crisp (Champ's Recipe)	ea.	1/2 cup	267	12.25	115	36	4	4	Y	N	N	Y	N	12/29/2017	
315	Cocoa Cherry Bar	ea.	2.2 oz	200	3.5	60	39	1	3	Y	N	N	N	Y	12/28/2017	
316	Cookie, Chocolate Brownie, Delicious Essentials, Dough WG LG	ea.	1.5oz	150	4.5	115	26	2	2	Y	Y	N	Y	Y	8/27/2014	
317	Cookie, Carnival, Delicious Essentials, Dough WG LG	ea.	1.5oz	160	5	120	26	2	2	Y	Y	N	Y	Y	8/27/2014	
318	Cookie, Sugar, Delicious Essentials, Dough WG LG	ea.	1.5oz	150	4.5	120	26	2	2	Y	Y	N	Y	Y	8/27/2014	
319	Cookie, Chocolate Chip, Delicious Essentials, Dough WG LG	ea.	1.5oz	160	5	100	26	2	2	Y	Y	N	Y	Y	8/27/2014	
320	Cookie, Sugar, Delicious Essentials, Dough WG Small	ea.	1.0oz	100	3	80	18	1	1	Y	Y	N	Y	Y	8/27/2014	
321	Cookie, Carnival, Delicious Essentials, Dough WG Small	ea.	1.0oz	100	3	80	17	1	1	Y	Y	N	Y	Y	8/27/2014	
322	Cookie, Chocolate Chip, Delicious Essentials, Dough WG Small	ea.	1.0oz	100	3.5	80	17	1	1	Y	Y	N	Y	Y	8/27/2014	
323	Onion Rings, WG Breaded	serv.	5 rings	200	8	200	28	3	3	Y	N	N	Y	Y	12/27/2017	
324	Pop Tart, Cinnamon Frosted WGR	ea.	50 gr	185	3	195	38	3	2	Y	N	N	N	Y	12/28/2017	
325	Pop Tart, Strawberry Frosted WGR	ea.	50 gr	180	2.5	180	38	3	2	Y	N	N	N	Y	12/28/2017	
326	Pretzel, Soft Rod Whole Wheat	ea.	1 oz.	70	0.5	65	14	1	2	Y						
327	Rice Krispies Treat, Mini WG	ea.	.42 oz	50	1	45	9	0	0	N	N	N	Y	Y	12/28/2017	
328	Rice Krispies Treat, lg (Middle & High School only) (afterschool - elem)	ea.	1.41 oz	160	4	140	30	0	2	N	N	N	Y	Y	12/28/2017	