

Nutritional Information

Name	Serving	Calories	Carbs	Protein	Total Fat	Saturated Fat	Cholesterol	Sodium	Dietary Fiber	Sugar	Vitamin A	Vitamin C	Calcium	Iron	Wheat	Egg	Soy	Peanut	Milk	Fish	Trans	Treenut	Shellfish	Sesame	
Instant Egg & Cheese Breakfast	SundaeBox	205	30 g	14 g	11 g	4 g	125 mg	703 mg	4 g	6 g	0	0	85 mg	2 mg	X	X	X		X						X
Instant Chicken & Egg Noodle Bowl	Box	260	32 g	8 g	14 g	4 g	55 mg	270 mg	2 g	15 g	79	0	30 mg	1 mg	X	X	X		X						
Beans and Gravy	Box, Canned	325	66 g	14 g	16 g	8 g	80 mg	681 mg	2 g	2 g	259	0	383 mg	2 mg	X					X					
Blackberry Pudding	Box	60	20 g	3 g	2 g	2 g	15 mg	160 mg	2 g	13 g	674	104	30 mg	1 mg	X	X	X		X						
Blackberry Noodle Bowl	Box	250	33 g	8 g	14 g	3 g	50 mg	770 mg	2 g	12 g	75	0	40 mg	1 mg	X	X	X		X						
Breakfast (Hot)	1 Serving	252	30 g	20 g	6 g	6 g	250 mg	280 mg	1 g	14 g	293	0	766 mg	1 mg	X	X	X		X						
Breakfast	Box	160	30 g	7 g	6 g	8 g	15 mg	230 mg	4 g	25 g	67	0	30 mg	1 mg	X	X	X		X						
Breakfast Smoothie	Box	200	1 g	2 g	6 g	4 g	20 mg	200 mg	0 g	0 g	0	0	150 mg	0 mg						X					
Chicken Breakfast (Break)	SundaeBox	250	33 g	13 g	13 g	10 g	35 mg	779 mg	4 g	14 g	27	0	163 mg	2 mg	X	X	X		X						
Chicken Noodle	1 Serving	84	18 g	1 g	0 g	0 g	0 mg	135 mg	0	14 g	580	27	32 mg	0 mg	X										
Chicken Salad	Salad	113	1 g	6 g	1 g	2 g	15 mg	121 mg	0 g	15 g	150	104	300 mg	0 mg						X					
Cash Egg Roll	1 Each	772	2 g	11 g	2 g	3 g	180 mg	729 mg	1 g	2 g	38	0	46 mg	1 mg		X			X						
Chef's Classic Hot Breakfast	Box	260	30 g	9 g	2 g	10 g	110 mg	303 mg	5 g	5 g	144	104	150 mg	1 mg	X	X	X		X						
Chef's Selection	12 Cup	450	3 g	0 g	0 g	0 g	0 mg	5 mg	2 g	14 g	169	16	2 mg	0 mg											
Chicken Noodle Casserole	1 Package	60	14 g	1 g	0 g	1 g	0 mg	135 mg	0	14 g	250	1	100 mg	1 mg	X		X								
Chili Potato Fry	1 Each	280	1 g	4 g	5 g	2 g	387 mg	62 mg	0 g	14 g	263	0	23 mg	1 mg											
Chili Sausage	1 Each	160	1 g	0 g	0 g	0 g	0 mg	10 mg	2 g	12 g	0	20	160 mg	0 mg											
Chili Sausage	1 Package	240	62 g	6 g	6 g	2 g	0 mg	180 mg	5 g	12 g	0	0	30 mg	2 mg	X					X					
Chili Sausage	1 Package	210	25 g	0 g	2 g	0 g	0 mg	270 mg	4 g	10 g	1000	0	50 mg	4 mg	X	X	X		X						
Chili Sausage	1 Each	900	32 g	3 g	6 g	0 g	0 mg	120 mg	5 g	10 g	0	0	20 mg	1 mg	X	X	X		X						
Chili Sausage	1 Each	180	16 g	2 g	0 g	0 g	0 mg	140 mg	2 g	5 g	0	0	40 mg	1 mg	X	X	X		X						
Chicken Breakfast (Hot)	1 Each	240	23 g	10 g	1 g	0 g	95 mg	450 mg	1 g	14 g	200	0	150 mg	1 mg	X	X	X		X						
Chicken Breakfast (Hot)	1 Each	270	22 g	10 g	0 g	1 g	75 mg	150 mg	2 g	3 g	104	104	120 mg	2 mg	X	X	X		X						
Chicken Noodle Breakfast	Box	500	11 g	15 g	6 g	0 g	320 mg	1190 mg	2 g	14 g	4000	0	4150 mg	2 mg	X	X	X		X						
Chicken Noodle	1/2 Cup	10	3 g	0 g	0 g	0 g	0 mg	10 mg	1 g	14 g	169	27	32 mg	0 mg											