



Nutritional Content Information Provided by Lackmann Culinary Services

Some products have multiple brands.

Please contact your Lackmann Manager to determine which brands are served at your location.

Number	Product Description	Brand	Portion Size	Calories	Calories From Fat	Total Fat (Grams)	Saturated Fat (Grams)	Sodium (mg)	Cholesterol (mg)	Total Carbs (Grams)
1	Apple Sauce, #10 Can		4 Ounce	50	0	0.00	0.00	20	0.0	13.0
2	Apple Sauce, Individual		4 Ounce	50	0	0.00	0.00	20	0.0	12.0
3	Apple Slices, Individual Bag		2.8 Ounce	40	0	0.00	0.00	0	0.0	11.0
4	Apples, New York State		5/8 Cup	81	5	0.50	0.10	0	0.0	21.1
5	Bacon		14 Grams	70	54	6.00	3.00	300	20.0	0.0
6	Bacon, Egg & Cheese on Roll		1 Roll	420		20.00				38.0
7	Bagel		1	210		1.00				45.0
8	Bagelette, Plain		14 Grams	40	0	0.00	0.00	60	0.0	9.0
9	Bagels, Baked, Everything		113 Grams	280	14	1.50	0.50	510	5.0	57.0
10	Bagels, Cinnamon Raisin		113 Grams	300	9	1.00	0.50	290	0.0	61.0
11	Bagels, Cinnamon/Raisin		64 Grams	170	0	0.00	0.00	250	0.0	38.0
12	Bagels, Plain		2.2 Ounce	150	9	1.00	0.00	230	0.0	31.0
13	Baked Ziti		1 Order	490		17.00				56.0
14	Banana Bread		2 Ounce	190	72	8.00	1.50	210	30.0	26.0
15	Beans, Black with Baby Spinach		1 Serving	315		17.00				18.0
16	Beans, Chick Peas		1 Cup	286		2.70				54.0
17	Beans, Green		4.23 Ounce	30	5	0.50	0.00	320	0.0	22.0
18	Beans, Green with Almonds		1/2 Cup	50		9.20				3.0
19	Beans, Kidney		1/2 Cup	120		0.00				21.0
20	Beans, Red, Kidney		1/2 Cup	130	5	0.50	0.00	310	0.0	7.0
21	Beef Burger		113 Grams	340		27.00	27.00			6.0
22	Beef Patty		2.4 Ounce	136	79	8.78	3.52	252	35.6	0.0
23	Beef Patty, Raw		3.2 Ounce	204	131	14.52	5.85	52	59.0	1.3
24	Beef Stew		2 Ounce	48	14	1.60	0.47	58	13.0	0.0



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25	Beef Straganoff		1 Serving	330		9.00				3.1
26	Beef Taco		1 taco	170		10.00				44.0
27	Beef, Ground Raw		1 Ounce	73	41	4.60	1.80	20	24.0	12.0
28	Biscuit, Buttermilk		51 Grams	140	45	5.00	1.00	290	0.0	23.0
29	Black Beans		2 Ounce	134	2	0.26	0.07	220	0.0	9.5
30	Black Eye Peas		4.44 Ounce	120	9	1.00	0.50	350	0.0	21.0
31	Bologna		2 Ounce	150	117	13.00	6.00	560	30.0	2.0
32	Bread		1 Slice	208		6.30				28.6
33	Bread, 7 Grain		1 Slice	90		1.00				18.0
34	Bread, Kaiser Roll		1 Slice	208		6.30				28.6
35	Bread, Mini Roll		1	160		2.00				30.0
36	Bread, Rye		2 Slices (32g)	83		0.50				15.0
37	Bread, Whole Wheat		1 Slice	208		6.30				28.6
38	Breakfast Sausage		57 Grams	140	45	5.00	1.50	190	20.0	17.0
39	Butter		1 Pat (5g)	36		4.10				0.0
40	Butternut Squash and Pear Bisque		1 Cup	110		3.30				20.1
41	Canadian Turkey Bacon, Smoked		2 Ounce	70	27	3.00	1.00	710	40.0	1.0
42	Cantonese Stir-Fry with Jasmine Rice		1 Serving	440		15.00				35.0
43	Carrot, Bread		2 Ounce	170	45	5.00	1.00	120	20.0	30.0
44	Carrots, Individual, Bag		1.6 Ounce	20	0	0.00	0.00	22	0.0	4.4
45	Carrots, Sauteed		1/2 Cup	75		2.20				14.0
46	Carrots, Sliced		4.48 Ounce	35	5	0.50	0.00	230	0.0	7.0
47	Catsup Individual Packets		9 Grams	10	0	0.00	0.00	105		3.0



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Number	Product Description	Brand	Portion Size	Calories	Calories From Fat	Total Fat (Grams)	Saturated Fat (Grams)	Sodium (mg)	Cholesterol (mg)	Total Carbs (Grams)
48	Cereal, Bran Flakes with Raisins		1.25 Ounce	110	5	0.50	0.00	200	0.0	27.0
49	Cereal, Corn Flakes		3/4 Ounce	80	0	0.00	0.00	230	0.0	18.0
50	Cereal, Corn Puff		5/8 Ounce	70	0	0.00	0.00	160	0.0	15.0
51	Cereal, Corn/Rice		3/4 Ounce	80	0	0.00	0.00	170	0.0	18.0
52	Cereal, Farina White		33 Grams	120	0	0.00	0.00	0	0.0	25.0
53	Cereal, Farina White		33 Grams	120	0	0.00	0.00	0	0.0	24.0
54	Cereal, Hominy Grits		37 Grams	130	5	0.50	0.00	0	0.0	29.0
55	Cereal, Rice		5/8 Ounce	70	0	0.00	0.00	210	0.0	15.0
56	Cereal, Rolled Oats		4 Ounce	150	23	2.50	0.50	0	0.0	26.0
57	Cereal, Toasted Oats		19.49 Grams	70	9	1.00	0.00	180	0.0	14.0
58	Cheese, American, Sliced		1 Ounce	106	80	8.90	5.60	406	27.0	0.5
59	Cheese, Cheddar		1 Slice (1oz)(28g)	113		9.00				7.0
60	Cheese, Cheddar									
61	Cheese, Colby Jack, Reduced Fat, Individual		1 Ounce	90	63	7.00	4.50	190	20.0	0.0
62	Cheese, Hard, Grated		1 Tablespoon	20	14	1.50	1.00	120	5.0	0.0
63	Cheese, Mozzarella, Shredded		1 Ounce	70	45	5.00	3.00	75	15.0	1.0
64	Cheese, Mozzarella, Sliced		1 Ounce	70	45	5.00	3.00	200	15.0	1.0
65	Cheese, Pepper Jack		1 Ounce (28g)	100		8.00				0.0
66	Cheese, Swiss		2 Slices	110		9.00				0.0
67	Cheese, Swiss Loaf		1 Ounce	110	72	8.00	5.00	75	25.0	1.0
68	Cheese, Swiss, Alpine Lace		1 Slice (28g)	70		5.00				1.0
69	Cheese, Swiss, Sliced		1 Ounce	110	72	8.00	5.00	75	25.0	1.0



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70	Chick Peas		1/2 Cup	120	23	2.50	0.00	330	0.0	19.0
71	Chicken and Black Bean Quesadilla		1 Quesadilla	850		44.00				56.0
72	Chicken and Oven Roasted Tomato Marsala		1 Entrée	628						74.0
73	Chicken, Asian		3 Ounce	154	43	4.80	1.50	224	42.0	8.8
74	Chicken, BBQ		3.2 Ounce	159	70	7.74	2.20	387	52.9	2.9
75	Chicken, Breast, Breaded		3.3 Ounce	170	51	5.69	1.12	300	46.0	12.8
76	Chicken, Caribbean Jerk		3.8 Ounce	163	48	5.29	1.46	188	64.2	5.1
77	Chicken, Chicken with Rib Meat		3 Ounce	107	9	1.02	0.27	250	47.3	2.3
78	Chicken, Diced		3 Ounce	110	18	2.00	0.50	35	65.0	0.0
79	Chicken, Egg Roll		5 Ounce	224	29	3.27	0.75	551	52.7	26.1
80	Chicken, Grilled		5 Ounce	272		15.30				0.0
81	Chicken, Honey Dijon		3.2 Ounce	182	54	6.00	1.60	297	63.9	7.6
82	Chicken, Nuggets, Breaded		3.3 Ounce	171	35	3.90	0.67	397	39.5	14.7
83	Chicken, Roasted Pieces		85 Grams	161	81	9.00	2.50	225	60.0	1.0
84	Chicken, Salad		1 Cup	140		10.00				10.0
85	Chicken, Tender, Strips		3.6 Ounce	257	154	17.10	3.80	437	45.4	13.7
86	Chicken, Teriyaki		3.2 Ounce	137	39	4.38	1.24	299	51.5	5.2
87	Chocolate Chip, Cookie Dough, Raw		37 Grams	130	54	6.00	1.50	210	10.0	18.0
88	Cinnamon Crescent Roll		62 Grams	200	72	8.00	2.00	170	5.0	27.0
89	Cole Slaw		1 Ounce	33		2.46				3.0
90	Cole Slaw, Individual		4 Ounce	120	36	4.00	1.00	460	5.0	19.0
91	Cole Slaw, Tub		4 Ounce	170	90	10.00	1.50	540	5.0	18.0



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92	Cole Slaw, Tub		4 Ounce	200	126	14.00	2.00	120	10.0	19.0
93	Collard Greens, Frozen		4 Ounce	30	0	0.00	0.00	20	0.0	2.0
94	Cookies, Apple, 2 Pack		1.1 Ounce	140	54	6.00	1.50	100	15.0	21.0
95	Cookies, Apple, Soft Dough, 1 Pack		2.1 Ounce	240	108	12.00	2.50	200	35.0	31.0
96	Cookies, Butter Crunch, 2 Pack		1.1 Ounce	140	45	5.00	2.00	135	10.0	23.0
97	Cookies, Butter Crunch, 3 Pack		1.1 Ounce	140	45	5.00	2.00	135	10.0	23.0
98	Cookies, Butter Crunch, Mini		1 Ounce	130	45	5.00	1.50	220	10.0	20.0
99	Cookies, Butter Crunch, Soft Dough, 1 Pack		2.1 Ounce	260	90	10.00	3.00	250	20.0	21.0
100	Cookies, Chocolate Chip, 2 Pack		1.1 Ounce	150	54	6.00	1.50	160	5.0	21.0
101	Cookies, Chocolate Chip, 3 Pack		1.1 Ounce	150	54	6.00	1.50	160	5.0	21.0
102	Cookies, Chocolate Chip, Mini		1 Ounce	140	54	6.00	1.50	150	5.0	19.0
103	Cookies, Chocolate Chip, Soft Dough, 1 Pack		2.14 Ounce	260	90	10.00	3.00	270	0.0	40.0
104	Cookies, Fudge Chip, 3 Pack		1.1 Ounce	150	63	7.00	2.00	70	15.0	20.0
105	Cookies, Lemon, 2 Pack		1.1 Ounce	150	54	6.00	1.50	115	10.0	21.0
106	Cookies, Oatmeal Raisin, 2 Pack		1.1 Ounce	140	45	5.00	1.50	85	10.0	22.0
107	Cookies, Oatmeal Raisin, 3 Pack		1.1 Ounce	140	45	5.00	1.50	85	10.0	22.0
108	Cookies, Peanut Butter, 3 Pack		1.1 Ounce	150	63	7.00	1.50	120	15.0	19.0
109	Cookies, Peanut Butter/Chocolate Chip, 2 Pack		1.1 Ounce	140	63	7.00	2.00	115	10.0	18.0
110	Corn Bread, Mini, Loaf		57 Grams	190	54	6.00	1.00	230	25.0	33.0
111	Corn, Fresh		2 Ounce	33	4	0.40	0.10	132	0.0	7.6
112	Corn, Roasted		1 Cup	80		1.50				17.0



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113	Corned Beef		2 Ounce	55	18	1.96	0.64	712	19.8	1.6
114	Corned Beef, Deli		2 Ounce	120		8.00				0.0
115	Cowboy Meatloaf		serves 8	360		21.00				10.0
116	Crackers, Gourmet, Assorted		17 Grams	80	32	3.50	0.50	100	0.0	11.0
117	Crackers, Melba Toast		5 Grams	25	9	1.00	0.00	40	0.0	4.0
118	Crackers, Plain, Unsalted		5.8 Ounce	25	9	1.00	0.00	35	0.0	4.0
119	Cranberry Sauce		4 Ounce	171	2	0.17	0.01	33	0.0	44.1
120	Cream Cheese		2 Ounce (57g)	200		19.00				2.0
121	Cream Cheese, Loaf		1 Ounce	100	81	9.00	6.00	100	30.0	2.0
122	Cream Cheese, Neufchatel, Individual		1 Ounce	70	54	6.00	4.00	110	20.0	2.0
123	Cream Cheese, Neufchatel, Individual		1 Ounce	97	86	9.60	6.30	91	22.0	1.2
124	Cream Cheese, Scallion		2 Tablespoon	90		7.00				1.0
125	Cream Cheese, Vegetable		2 Tablespoon	90		7.00				1.0
126	Cream Cheese, Walnut		2 Tablespoon	90		8.00				0.0
127	Croissant		1 (3 oz)	345		17.86				39.0
128	Croissant		40 Grams	120	45	5.00	2.00	125	5.0	17.0
129	Donut, Reduced Fat, Orange		2.2 Ounce	170	63	7.00	1.50	300	0.0	27.0
130	Donut, Reduced Fat, Orange		62 Grams	200	63	7.00	1.00	340	0.0	31.0
131	Donut, Reduced Fat, Plain		2.2 Ounce	170	63	7.00	1.50	300	0.0	27.0
132	Donut, Reduced Fat, Plain		62 Grams	200	63	7.00	1.00	340	0.0	31.0
133	Dressing, Creamy Italian, Individual		12 Grams	15	9	1.00	0.00	175		1.0
134	Dressing, Creamy Italian, Individual		12 Grams	40	27	3.00	0.00	95	0.0	3.0
135	Dressing, French, Individual		1 Tablespoon	50	36	4.00	0.50	75	0.0	2.0



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136	Dressing, French, Individual		12 Grams	25	9	1.00	0.00	50		3.0
137	Dressing, French, Individual		12 Grams	35	27	3.00	0.00	65		3.0
138	Dressing, Italian, Individual		12 Grams	40	27	3.00	0.00	95	0.0	3.0
139	Dressing, Thousand Island, Individual		1 Tablespoon	35	23	2.50	0.00	105	5.0	2.0
140	Dressing, Thousand Island, Individual		12 Grams	40	32	3.50	0.50	110		2.0
141	Dressing, Thousand Island, Individual		12 Grams	40	27	3.00	0.00	65	0.0	3.0
142	Duck Sauce		30 Grams	50	0	0.00	0.00	230	0.0	12.0
143	Egg Beaters		4 Ounce	53						2.0
144	Egg Salad		1 Ounce	46		3.00				2.0
145	Egg, Scrambled with Added Whites		1.76 Ounce	50	27	3.00	1.00	135	110.0	2.0
146	Fish Florentine		4 Ounce	178	54	6.00	1.00	306	48.0	15.0
147	Fish Fries		3.75 Ounce	230	90	10.00	1.50	370	50.0	18.0
148	Fish Nuggets		85 Grams	180	99	11.00	0.00	380	60.0	12.0
149	Fish Pollack, Un-breaded		67 Grams	60	5	0.50	0.00	70	50.0	0.0
150	Flame Roasted Peppers and Onions		3 Ounce	50	18	2.00	0.00	220	0.0	8.0
151	Flat Bread		1.8 Ounce	140	32	3.50	0.50	260	0.0	24.0
152	Frankfurters, 10 Pounds		45 Grams	130	108	12.00	5.00	410	30.0	1.0
153	French Toast		85 Grams	180	54	6.00	1.00	320	135.0	25.0
154	Fresh Vegetable, Carrots, Sliced		6 Ounce	25	0	0.00	0.00	25	0.0	6.0
155	Fresh Vegetable, Corn		2 Ounce	33	3	0.30	0.00	2	0.0	8.4
156	Fresh Vegetable, Corn-on-the-Cob		85 Grams	90	9	1.00	0.00	0	0.0	19.0



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157	Fresh Vegetable, Fiesta Blend		100 Grams	45	0	0.00	0.00	25	0.0	11.0
158	Fresh Vegetable, Green Beans, French Cut		6 Ounce	30	0	0.00	0.00	0	0.0	6.0
159	Fresh Vegetable, Italian Blend		100 Grams	30	0	0.00	0.00	10	0.0	5.0
160	Fresh Vegetable, Spinach		83 Grams	20	0	0.00	0.00	115	0.0	2.0
161	Fresh Vegetable, Stir Fry Blend		100 Grams	25	0	0.00	0.00	5	0.0	6.0
162	Fresh Vegetable, Sweet Peas		100 Grams	80	0	0.00	0.00	230	0.0	14.0
163	Fruit Smoothie, Berry		6 Ounce	180	9	1.00	0.00	25	0.0	46.0
164	Fruit Smoothie, Strawberry		6 Ounce	140	0	0.00	0.00	0	0.0	36.0
165	Grapefruit		1/2 Each	53	2	0.17	0.02	0	0.0	13.4
166	Grilled Chicken Pita		1 Pita (215 g)	452		16.00				54.0
167	Ham		2 Ounce	50	14	1.50	0.00	270	25.0	0.0
168	Ham, Capicola, Deli		6 Slices (57g)	60		1.50				1.0
169	Ham, Deli		4 Ounce	90		2.00				0.0
170	Ice Cream, Fudge Pops		4 Ounce	100	0	0.00	0.00	70	<5.00	22.0
171	Ice Cream, Vanilla Sandwich		4 Ounce	120	14	1.50	0.50	90	<5.00	23.0
172	Ices, Frozen Juice		3.1 Fluid Ounce	80	0	0.00	0.00	15	0.0	21.0
173	Jelly, Grape		1 Tablespoon	50	0	0.00	0.00	65	0.0	12.0
174	Jelly, Grape		1 Tbsp (20g)	60		0.00				13.0
175	Jelly, Grape, Individual		0.5 Ounce	35	0	0.00	0.00	0	0.0	9.0
176	Jelly, Grape, Individual		0.5 Ounce	40	0	0.00	0.00	0	0.0	10.0
177	Juice, Apple		4 Ounce	60	0	0.00	0.00	15	0.0	14.0
178	Juice, Apple		6 Ounce	80	0	0.00	0.00	20	0.0	20.0



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179	Juice, Apple, 16 Ounce		8 Ounce	110	0	0.00	0.00	25	0.0	27.0
180	Juice, Apple, Can		8 Ounce	110	0	0.00	0.00	10	0.0	26.0
181	Juice, Orange		4 Ounce	50	0	0.00	0.00	15	0.0	12.0
182	Juice, Orange		6 Ounce	80	0	0.00	0.00	0	0.0	20.0
183	Juice, Orange		8 Ounce	120	0	0.00	0.00	10	0.0	29.0
184	Juice, Orange, Pineapple		4 Ounce	60	0	0.00	0.00	20	0.0	13.0
185	Juice, Pineapple		8 Ounce	120	0	0.00	0.00	10	0.0	30.0
186	Knishes, Potato		4 Ounce	390	63	7.00	1.00	800	0.0	72.0
187	Lasagna Al Forno		1 cup/220g	350		12g				37g
188	Lasagna, Whole Wheat, Cheese		6.95 Ounce	480	131	14.50	6.50	370	17.2	29.0
189	Light Syrup		2 Ounce	100						26.0
190	Macaroni and Cheese		171.4 Grams	340	198	22.00	15.00	970	60.0	17.0
191	Macaroni Salad		3.5 Ounce	60		3.50				5.0
192	Margarine		1 Tablespoon	90		10.00				0.0
193	Margarine, Patties		5 Grams	32	32	3.50	0.00	0		0.0
194	Mayonnaise, Individual		1 Tablespoon	90	81	9.00	1.50	70	5.0	1.0
195	Mayonnaise, Individual		12 Grams	80	72	8.00	1.00	50		1.0
196	Mayonnaise, Individual		12 Grams	90	90	10.00	1.50	70	5.0	0.0
197	Meatball Parmagian		142 Grams	300	54	6.00	3.00	620	25.0	46.0
198	Meatballs		2.4 Ounce	164	93	10.34	4.10	360	41.4	3.2
199	Mediterranean Snapper		1 fillet (170 g)	218		2.90				
200	Milk 1%		236 Milligrams	140	23	2.50	1.50	170	10.0	17.0
201	Milk, Skim		8 oz	90						13.0



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202	Mixed Fruit		2 Ounce	36	0	0.00	0.00	4	0.0	9.4
203	Mozzarella Sticks, Breaded		119 Grams	360	140	15.00	5.00	570	25.0	37.0
204	Muffin, Apple Cinnamon		57 Grams	136	10	1.10	0.40	290	0.0	29.0
205	Muffin, Apple Cinnamon		3 Ounce	250	13	1.40	0.20	280	17.0	56.0
206	Muffin, Apple Cinnamon		3 Ounce	210	45	5.00	1.00	290	5.0	38.0
207	Muffin, Blueberry		3 Ounce	218	0	0.00	0.00	280	<1	52.0
208	Muffin, Blueberry		3 Ounce	210	45	5.00	1.00	290	5.0	38.0
209	Muffin, Corn		1.5 Ounce	120	27	3.00	0.00	200	5.0	21.0
210	Muffin, Orange Cranberry		57 Grams	140	9	1.00	0.00	330	0.0	29.0
211	Muffin, Orange Cranberry		3 Ounce	230	13	1.40	0.20	280	17.0	52.0
212	Muffin, Orange Cranberry		3 Ounce	210	45	5.00	1.00	290	5.0	38.0
213	Muffin, Raisin Bran		57 Grams	160	36	4.00	1.00	260	0.0	27.0
214	Muffin, Raisin Bran		1.5 Ounce	110	32	3.50	0.50	250	10.0	20.0
215	Mustard, Individual		1 Teaspoon	5	0	0.00	0.00	50	0.0	1.0
216	Olives		15 Grams	25	0			350		1.0
217	Olives, Riped, Pitted, 16 Ounce Can		15 Grams	25	23	2.50		130	0.0	1.0
218	Omelet, Cheese		2.10 Ounce	210	153	17.00	6.00	500	305.0	3.0
219	Omelet, Plain		1.25 Ounce	200	144	16.00	3.50	310	310.0	3.0
220	Onion Rings		82 Grams	200	90	10.00	1.50	250	0.0	26.0
221	Onion, White		1 Teaspoon	4	0	0.01	0.00	0	0.0	1.0
222	Onion, Yellow		1 Ounce	10	0	0.04	0.01	1	0.0	2.2
223	Orange Juice		8 Ounce	120						29.0
224	Orange, Slices, Individual		1 Package	50	0	0.00	0.00	0	0.0	9.0



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Number	Product Description	Brand	Portion Size	Calories	Calories From Fat	Total Fat (Grams)	Saturated Fat (Grams)	Sodium (mg)	Cholesterol (mg)	Total Carbs (Grams)
225	Oranges, Florida		Each	62	1	0.16	0.02	0	0.0	15.4
226	Pancakes		38 Grams	90	14	1.50	0.00	240	0.0	16.0
227	Pancakes, Mini, Sweet Potato		88 Grams	190	23	2.50	0.50	190	5.0	40.0
228	Pasta Shells with Meat Sauce		7.7 Ounce	286	90	10.04	4.45	445	14.7	35.8
229	Pasta, Egg Noodles		100 Grams	376	36	4.00	1.00	33	86.0	70.3
230	Pasta, Elbow, Macaroni		100 Grams	376	19	2.10	0.40	7	0.0	74.0
231	Pasta, Lasagna		100 Grams	376	19	2.10	0.40	7	0.0	74.0
232	Pasta, Penne with Eggplant		1/6th of Recipe	461		17.00				66.0
233	Pasta, Rigatoni		100 Grams	376	19	2.10	0.40	7	0.0	74.0
234	Pasta, Rotini		100 Grams	376	19	2.10	0.40	7	0.0	74.0
235	Pasta, Spaghetti		100 Grams	376	19	2.10	0.40	7	0.0	74.0
236	Pasta, Ziti		100 Grams	376	19	2.10	0.40	7	0.0	74.0
237	Pastrami, Deli		2 Ounce	80		2.50				1.0
238	Peach Cup, Frozen		4 Ounce	106	0	0.00	0.00	7	0.0	27.0
239	Peach, Sliced		2 Ounce	34	0	0.00	0.00	3	0.0	9.1
240	Peanut Butter		1 Tbsp (20g)	60		0.00				13.0
241	Peanut Butter		2 Tablespoon	190	153	17.00	3.00	160	0.0	7.0
242	Peanut Butter and Jelly		2.8 Ounce	297	157	17.44	1.51	416	0.0	28.9
243	Pears, Diced		2 Ounce	36	0	0.00	0.00	3	0.0	9.5
244	Peas, Sweet		2 Ounce	35	2	0.20	0.00	93	0.0	5.4
245	Philly Cheese Steak Sandwich		1 Piece	360		19.00				33.0
246	Pineapple, Individual		2.7 Ounce	40	0	0.00	0.00	0	0.0	9.0



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Number	Product Description	Brand	Portion Size	Calories	Calories From Fat	Total Fat (Grams)	Saturated Fat (Grams)	Sodium (mg)	Cholesterol (mg)	Total Carbs (Grams)
247	Pineapple, Tidbits		4 Ounce	80	0	0.00	0.00	10	0.0	20.0
248	Pizza, 18 "Whle Wht w/Skm Mozz, Sauce		1 Slice /6 Slices	280		14.00				26.0
249	Pizza, 7 "Whle Wht w/Skm Mozz, Sauce		1 (4.5 oz)	220		10.50				54.8
250	Pizza, Cheese Slice		168 Grams	420	130	15.00	8.00	830	30.0	48.0
251	Pizza, Deep Dish, Pepperoni		5.95 Ounce	530	279	31.00	11.00	940	45.0	42.0
252	Pizza, French Bread		4.95 Ounce	296	115	12.81	6.70	659	31.3	27.4
253	Pizza, Pocket		142 Grams	290	81	9.00	6.00	700	25.0	34.0
254	Plantain, Slices, Sweet		4 Ounce	178	36	4.00	1.80	1	0.0	34.6
255	Plantain, Slices, Sweet		2 Ounce	110	18	2.00	0.00	9	0.0	22.0
256	Pork, Pulled Barbeque Sandwich		1 Serving	525		28.00				28.0
257	Potato, Baked, Fully Cooked		99 Grams	90	0	0.00	0.00	10	0.0	21.0
258	Potato, French Fried, Baked		3 Ounce	120	36	4.00	1.00	30	0.0	20.0
259	Potato, French Fried, Oven		3 Ounce	120	41	4.50	1.00	35	0.0	18.0
260	Potato, Hash Brown, Patties		2.25 Ounce	120	68	7.50	1.30	250	0.0	13.0
261	Potato, Hash Brown, Stick		2.25 Ounce	80	23	2.50	0.00	260	0.0	14.0
262	Potato, Mashed		1 Order (151 g)	140		5.00				20.0
263	Potato, Roasted Red		1 Serving	171		9.20				20.2
264	Potato, Roasted Sweet		1 Potato	140		1.57				32.0
265	Potato, Salad, Individual		3.5 Ounce	180	90	10.00	1.50	360	5.0	21.0
266	Potato, Shoe String, French Fried		3 Ounce	150	54	6.00	1.50	25	0.0	20.0
267	Potato, Sweet		5.71 Ounce	160	5	0.50	0.00	20	0.0	38.0



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Number	Product Description	Brand	Portion Size	Calories	Calories From Fat	Total Fat (Grams)	Saturated Fat (Grams)	Sodium (mg)	Cholesterol (mg)	Total Carbs (Grams)
268	Potato, Wedge, Cuts		3 Ounce	110	41	4.50	1.00	20	0.0	15.0
269	Pretzel, Soft		2.5 Ounce	190	9	1.00	0.00	160	0.0	40.0
270	Prosciutto & Rosemary Wrapped Loin of Pork		1 Piece (236 g)	498		22.30				
271	Ravioli, Beef		227 Grams	320	120	13.00	4.00	830	100.0	36.0
272	Ravioli, Three Cheese		1 Cup (251 g)	310		12.00				36.0
273	Relish, Sweet		100 Grams	114	1	0.13	0.02	777	0.0	29.0
274	Rice and Red Beans		261 g	319		21.30				14.8
275	Rice, Brown, Long Grain		4 Ounce	109	8	0.90	0.20	5	0.0	23.0
276	Rice, Pilaf		1 Order	137		3.57				23.4
277	Rice, White, Long Grain		4 Ounce	100	2	0.20	0.10	3	0.0	21.8
278	Roast Beef, Deli		3 Ounce	185		9.90				0.0
279	Roast Beef, Oven, Top Round		2 Ounce	70	23	2.50	1.00	460	30.0	1.0
280	Rotini with Vegetable		8 Ounce	130	9	1.00	0.00	20	0.0	24.0
281	Salad, Tropical Fruit		4 Ounce	70	0	0.00	0.00	9	0.0	17.6
282	Salami		2 Ounce	140	99	11.00	5.00	680	35.0	3.0
283	Salami		2 Ounce	170	126	14.00	6.00	660	35.0	4.0
284	Salami		2 Slices	130		9.00				2.0
285	Salmon, Asian Marinated Grilled		One Center Fillet	321		27.00				1.0
286	Salmon, Grilled With Tarragon burre Blanc		1 Piece	600		20.00				50.0
287	Salsa		1 Tablespoon	5	0	0.00	0.00	64	0.0	1.0
288	San Francisco Style Cioppino		1	199		6.00				17.0
289	Sauerkraut		2 Ounce	11	1	0.08	0.02	375	0.0	2.4



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Number	Product Description	Brand	Portion Size	Calories	Calories From Fat	Total Fat (Grams)	Saturated Fat (Grams)	Sodium (mg)	Cholesterol (mg)	Total Carbs (Grams)
290	Snack, Baked Potato Chips		31.8 Grams	130	14	1.50	0.00	170	0.0	26.0
291	Snack, BBQ Baked Potato Chips		31.8 Grams	140	27	3.00	0.50	230	0.0	25.0
292	Snack, BBQ Pita Puff		17 Grams	70	18	2.00	0.00	115	0.0	12.0
293	Snack, Chocolate Pudding, Individual		4.5 Ounce	150	27	3.00	2.00	125	6.0	26.0
294	Snack, Cinnamon, Pita Puffs		17 Grams	70	18	2.00	0.00	50	0.0	13.0
295	Snack, Graham Crackers, Bite Size		1 Ounce	120	41	4.50	1.50	110	0.0	19.0
296	Snack, Graham Crackers, Bite Size		26 Grams	97	28	3.12	0.68	132	0.0	18.0
297	Snack, Graham Crackers, Honey		.81 Ounce	90	23	2.50	0.00	95	0.0	16.0
298	Snack, Mini Pretzels		1 Ounce	100	0	0.00	0.00	170	0.0	23.0
299	Snack, Multi Grain, Chips		1 Ounce	140	54	6.00	1.00	115	0.0	19.0
300	Snack, Pita Chip, Pesto and Sun Dried Tomatoes		1 Ounce	130	36	4.00	0.00	200	0.0	18.0
301	Snack, Pita Chips		1 Ounce	130	36	4.00	0.00	140	0.0	18.0
302	Snack, Pita Chips, Cinnamon		1 Ounce	130	36	4.00	0.00	130	0.0	18.0
303	Snack, Pita Chips, Garlic and Herb		1 Ounce	130	36	4.00	0.00	200	0.0	18.0
304	Snack, Popcorn, White Cheddar		0.5 Ounce	70	27	3.00	0.50	130	<5	9.0
305	Snack, Potato Crisps	'S	1 Ounce	130	36	4.00	0.00	140	0.0	18.0
306	Snack, Pretzels, Heart Shaped		1 Ounce	110	9	1.00	0.00	240	0.0	23.0
307	Snack, Reduced Fat, Cheese Cracker		43 Grams	180	54	6.00	2.00	520	0.0	28.0
308	Snack, Rice and Corn Puffs, White		1 Ounce	110	0	0.00	0.00	250	0.0	20.0
309	Snack, Rice Pudding, Individual		4.5 Ounce	140	27	3.00	2.00	130	17.0	25.0
310	Snack, Soy Crisp, White Cheddar		1 Ounce	106	23	2.50	0.00	189	1.0	14.0
311	Snack, Soy Crisps, BBQ		1 Ounce	110	18	2.00	0.00	160	0.0	17.0



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312	Snack, Vanilla, Pudding, Individual		4.5 Ounce	140	27	3.00	2.00	125	17.0	25.0
313	Sole, Stuffed with Shrimp and Scallops		6 Ounce	240		11.00				8.0
314	Soup, Chicken and Roasted Corn		8 Ounce	220		6.00				31.0
315	Soup, French Onion		1 Bowl	388		21.00				30.0
316	Soup, Italian Wedding		1 Cup (241 g)	160		8.00				15.0
317	Soup, New England Clam Chowder		1.5 Cups	29		7.00				28.0
318	Soup, Red Lentil & Summer Vegetable		8 Ounce	265		5.00				41.0
319	Soup, Vegetarian Three Bean with		1 Cup (245 g)	240		6.00				35.0
320	Soy Sauce		1 Tablespoon	20	0	0.00	0.00	950		4.0
321	Spaghetti Sauce, #10		2 Ounce	68	27	3.00	0.40	309	0.0	9.9
322	Spiced Beef & Macaroni		8 Ounce	370		18.00				34.0
323	Squash, Roasted		4 Ounce	90		1.00				22.0
324	Stuffed Shells		7.5 Ounce	460	134	14.90	7.20	420	19.0	29.0
325	Sugar, Brown		1 Teaspoon	17	0	0.00	0.00	2	0.0	4.5
326	Sugar, Confectioner's		1 Teaspoon	10	0	0.00	0.00	0	0.0	2.5
327	Sugar, Granulated		1 Teaspoon	16	0	0.00	0.00	0	0.0	4.2
328	Syrup, Individual		28 Grams	80	0	0.00	0.00	0	0.0	20.0
329	Taco Pocket, Sandwich		1 Each	360	110	12.00	5.00	470	30.0	46.0
330	Taco Seasoning		2 Teaspoon	15	0	0.00	0.00	590	0.0	4.0
331	Taco Shells		21 Grams	100	41	4.50	0.00	0	0.0	13.0
332	Tofu (Soy Bean Curd)		2 Ounce	35	19	2.09	0.30	5	0.0	1.0
333	Tomato Paste		1 Tablespoon	14	2	0.20	0.00	11	0.0	3.1
334	Tomato Sauce		2 Tablespoon	9	0	0.05	0.01	185	0.0	2.2
335	Tortilla Crunch		3.9 Ounce	210	81	9.00	1.00	350	40.0	17.0



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336	Tortilla Crusted Tilapia		5.3 Ounce	250		11.00				15.0
337	Tuna Fish, Light, Can		2 Ounce	60	5	0.50	0.00	250	30.0	0.0
338	Tuna Fish, White, Can		2 Ounce	60	0	0.00	0.00	170	25.0	0.0
339	Tuna, Cajun Seared		1 g	648		21.60				77.2
340	Tuna, Salad		2 Ounce	130		6.50				6.0
341	Turkey Burger		1 Patty	240		11.00				2.0
342	Turkey Chili		8 Ounce	170		6.00				18.0
343	Turkey Goulash		1	315		12.00				33.0
344	Turkey Taco		3 Ounce	135		2.00				2.0
345	Turkey, Breast, Oven Roasted		1 Ounce	43	15	1.67	0.50	130	17.0	
346	Turkey, Fresh, Foil Wrap, Deli		2 Ounce	70		0.50				1.0
347	Turkey, Sausage, Patty		3 Ounce	190	135	15.00	5.00	560	50.0	2.0
348	Vegetable Burger		1 Patty	110		2.50				9.0
349	Vegetable, Artichoke		1 Medium (128g)	60		0.20				13.5
350	Vegetable, Beets		1/2 Cup	40		0.00				8.0
351	Vegetable, Carrot		1 Ounce (28g)	11		0.00				3.0
352	Vegetable, Grilled		3.5 Ounce	60		3.50				5.0
353	Vegetable, Lettuce Mesculin		1 Ounce	42		0.89				8.0
354	Vegetable, Lettuce Romaine		3 Ounce	15		0.00				4.0
355	Vegetable, Onion		1 Medium (148g)	60		0.00				16.0
356	Vegetable, Pepper Jalepeno		1 Ounce	5		0.00				1.0
357	Vegetable, Roasted Spring		1/4 Recipe	337		27.00				24.0
358	Vegetable, Spinach Baby		3 Ounce	20		0.00				3.0



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359	Vegetable, Tomato Cherry		1 (17g)	3		0.00				0.7
360	Vegetarian Burger		3.4 Ounce	160	45	5.00	0.00	420	0.0	10.0
361	Vegetarian Hoagie, Sub Patty		78 Grams	130	41	4.50	0.00	330	0.0	8.0
362	Vegetarian Nuggets		4 Ounce	170	36	4.00	0.50	450	0.0	24.0
363	Water, Bottled		8 Ounce	0	0	0.00	0.00	0	0.0	0.0
364	Wrap, 10"		3 Ounce	270	72	8.00	1.50	530	0.0	43.0
365	Wrap, 12"		1	120		4.50				13.0
366	Wrap, Southwestern 10"		3 Ounce	270	63	7.00	1.50	510	0.0	43.0
367	Yogurt Smoothie, C-Boost		1 Container	60	9	1.00	0.50	30	5.0	11.0
368	Yogurt Smoothie, Peach		10 Fluid Ounce	250	27	3.00	2.00	150	10.0	49.0
369	Yogurt Smoothie, Raspberry		10 Fluid Ounce	250	27	3.00	2.00	150	10.0	46.0
370	Yogurt Smoothie, Strawberry		10 Fluid Ounce	250	27	3.00	2.00	160	10.0	46.0
371	Yogurt Smoothie, Very/Berry		1 Container	60	9	1.00	0.50	30	5.0	11.0
372	Yogurt, Assorted, Fruit Flavor, Low Fat		8 Ounce	220	18	2.00	1.50	115	15.0	42.0
373	Yogurt, Raspberry		4 Ounce	110	0	0.00	0.00	75	0.0	22.0
374	Yogurt, Strawberry		4 Ounce	110	0	0.00	0.00	75	0.0	22.0
375	Yogurt, Strawberry Banana		4 Ounce	110	0	0.00	0.00	75	0.0	22.0
376	Yogurt, Unflavored, Non-Fat		8 Ounce	190	23	2.50	1.50	135	15.0	33.0



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Cyber Café Menu

Number	Recipe Number	Product Description	Brand	Portion Size	Calories	Calories From Fat	Total Fat (Grams)	Saturated Fat (Grams)	Sodium (mg)	Cholesterol (mg)	Total Carbs (Grams)
377		Baba Ganoush		28g	40		2.60				2.5
378		Bread, Banana Nut		1	167	35.10%	7.00		217	17.0	25.0
379		Bread, Chocolate Gluten Free		1	113	53.40%	68.00		284	46.0	11.0
380		Bread, Zucchini Low Fat		1	219	41.80%	4.00		127	36.0	48.0
381		Cake, Coffee		1	347	23.90%	9.00		241	47.0	61.0
382		Cheese, Cheddar-Swiss-Pepper Jack		8 Ounce	430		19.00				49.0
383		Cheese, Gouda-Goat-Blue		8.1 Ounce	533		37.00				3.0
384		Cheese, Tray		1	330		18.78				33.9
385		Chicken Salad Scoop		5	135		8.52				3.1
386		Cookie, Chocolate Chip			211	45.70%	13.00		361	56.0	24.0
387		Cookie, Oatmeal			101	44.10%	5.00		313	81.0	89.0
388		Cookie, Sugar			33	55.30%	2.00		20	10.0	3.0
389		Cup Cake			245	44.30%	12.00		158	46.0	31.0
390		Dessert, Chocolate Oreo Avalanche		6 Ounce	323		14.77				44.6
391		Dessert, Flan Caramel		4 Ounce	305		11.02				45.3
392		Dessert, Pudding Rice Vegan		1	30		0.04				6.0
393		Egg Salad Scoop		1	386		34.50				4.8
394		Fruit, Fresh and Brie Cheese		7.5 Ounce	450		18.00				54.0
395		Fruit, Grape Fresh		1 Cup (92 g)	62		0.30				15.8
396		Fruit, Honeydew & cantelope Mixture		135g (1/4 melon)	47		0.40				11.0
397		Fruit, Pineapple Fresh Chunks		1 Cup (155g)	74		0.20				19.6
398		Fruit, Strawberry Fresh Whole		1 Cup	45		0.00				11.0



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Recipe Number	Product Description	Brand	Portion Size	Calories	Calories From Fat	Total Fat (Grams)	Saturated Fat (Grams)	Sodium (mg)	Cholesterol (mg)	Total Carbs (Grams)
399	Fruit, Watermelon Diced		1 Cup (152g)	46		0.23				11.5
400	Hummus		1	135		6.18				16.6
401	Mozzarella, Fresh with Roasted Tomato, Shaved Parmesan Cheese & Fresh Basil		1 Cup	378		12.10				51.6
402	Salad, Antipasto		1	240		15.66				4.0
403	Salad, Caesar		1 Salad/7 Ounce	200		6.00				25.0
404	Salad, Caesar Chicken		1	86		2.98				6.0
405	Salad, Chef		1	259		22.11				10.0
406	Salad, Chicken Fried Savanna		1	645		42.70				35.3
407	Salad, Cobb		1	260		9.50				11.0
408	Salad, Grain Organic		1	541		20.38				40.9
409	Salad, Greek		1	114		7.16				9.4
410	Salad, Miami Spa		1	84		2.66				5.2
411	Salad, Pasta		1	336		3.28				69.4
412	Salad, Potato		1	516		18.10				34.0
413	Salad, Spinach		1	144		6.51				16.6
414	Salad, Tofu		1.25 Cup	200		12.00				18.0
415	Salad, Tuna Ahi		1	335		14.00				10.0
416	Sandwich Tuna Salad		1 Sandwich	445		30.00				26.0
417	Sandwich, Breakfast American		1 Sandwich	480		30.00				32.0
418	Sandwich, Breakfast Florentine		1 Sandwich	665		19.55				68.0
419	Sandwich, Breakfast The Balsano		1 Sandwich(153g)	410		19.00				39.0
420	Sandwich, Breakfast The Green Arrow		1 Sandwich	216		7.65				40.7
421	Sandwich, Breakfast The Wiseman		1 Sandwich	216		24.09				11.6



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Please contact your Lackmann Manager to determine which brands are served at your location.

Recipe Number	Product Description	Brand	Portion Size	Calories	Calories From Fat	Total Fat (Grams)	Saturated Fat (Grams)	Sodium (mg)	Cholesterol (mg)	Total Carbs (Grams)
422	Sandwich, Breakfast Veggie Lover		1 Sandwich(170g)	290		12.00				36.0
423	Sandwich, Breakfast Western		1 Sandwich	820		58.00				76.0
424	Sandwich, Chicken Caesar Wrap		8 Ounce	480		16.00				44.0
425	Sandwich, Chicken Grilled, Roasted Roma Tomato, Fresh Herbs and Fontina Cheese		1 Sandwich/275g	670		28.00				45.0
426	Sandwich, Chicken Salad		1 Sandwich	286		4.16				28.0
427	Sandwich, Prosciutto & Swiss Cheese		1	758		36.65				63.1
428	Sandwich, Roast Beef & Cheddar		1 Sandwich	373		14.42				25.6
429	Sandwich, Roast Beef, Red Onion Brule and Bleu Cheese		1 Sandwich	530		16.00				63.0
430	Sandwich, Turkey		1	311		10.00				31.0
431	Sandwich, Turkey, Brie Cheese, Roasted Pear & Honey Mustard		1	758		36.65				63.1
432	Sandwich, Vegetables Tuscan Grilled		1	295		10.20				34.8
433	Sandwich, Vegetarian-Jardiniere Wrap		1 Wrap	490		21.00				58.0
434	Scone, Cranberry		1	276	48.90%	15.00		225	70.0	32.0
435	Smoothie, Fruit Spice		1 Smoothie	350		4.00				55.0
436	Smoothie, Goli High		1 Smoothie	225		4.00				53.3
437	Smoothie, Lemon Shock		17.82oz (505g)	660		28.00				94.0
438	Smoothie, Passion Fruit Sprinter		1 Smoothie	270		3.50				51.0
439	Smoothie, Strawberry Blond Vegan		1 Smoothie	58		1.30				9.4
440	Tuna Fish Scoop		1	365		22.50				3.0
441	Yogurt Parfait		5 Ounce	130		2.00				25.0
442	Yogurt, Greek		5.3 Ounce	120		0.00				17.0



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Prepared Foods Menu Cycles

Number	Recipe Number	Product Description	Brand	Portion Size	Calories	Calories From Fat	Total Fat (Grams)	Saturated Fat (Grams)	Sodium (mg)	Cholesterol (mg)	Total Carbs (Grams)
443		Roasted Corn Chowder		8 Ounce	367	44	4.90	1.00	420	55.0	38.0
444		Tomato Florentine Soup		8 Ounce	221	48	5.30	0.90	812	2.0	33.8
445		Broccoli Cheese Soup		8 Ounce	240	16	5.00	6.00	791	38.0	14.0
446		Michigan White Bean Soup		8 Ounce	424	54	6.00	1.10	637	2.0	72.8
447		New England Clam Chowder		8 Ounce	264	11	4.90	2.30	655	48.0	23.0
448		Minnesota Wild Rice Soup		8 Ounce	43	2	0.20	0.00	127	0.0	9.3
449		Tuscan Chicken Noodle Soup		8 Ounce	403	159	17.80	5.00	773	104.0	29.3
450		NY Beef Vegetable Soup		8 Ounce	375	74	8.30	1.90	747	67.0	47.6
451		Farmer Style Corn Chowder		8 Ounce	560	197	21.80	8.20	565	40.0	83.9
452		Cream of Tomato Bisque		8 Ounce	227	114	13.20	8.20	407	38.0	15.3
453		Old Fashion Meat Loaf		4 Ounce	378	101	30.00	6.30	391	143.0	5.0
454		Miami Paella		4 Ounce	440	191	21.30	3.90	489	8.0	52.7
455		Corned Beef		3 Ounce	713	541	70.20	24.30	708	155.0	1.5
456		Pastrami		3 Ounce	74	9	1.10	0.10	843	0.0	17.3
457		Grilled Salmon with Grain Salad		4 Ounce	579	132	14.70	2.30	623	88.0	65.4
458		Chicken Salad		3 Ounce	293	50	7.90	1.30	381	58.0	16.7
459		Tuna Salad		3 Ounce	79	38	4.20	1.10	117	89.0	7.4
460		Zesty Fruit Salsa		2 Ounce	43	6	0.70	0.20	12	0.0	7.3

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