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SOY/SOY PROTEIN/SOY PRODUCTS

100 Calorie Cheese Nips

100 Calorie Chips Ahoy

100 Calorie Fudge Stripes

100 Calorie Honey Maid Graham

100 Calorie Lorna Doone

100 Calorie Wheat Thins Chortles

3" Hero on Italian Bread

Bagel Chips, Garlic, NY Style

Baked Lays, BBQ

BBQ Potato Chips

BBQ Ribs, Beef and Sauce

Ketchup

Black & White Minis, Joeys Cookie, Chocolate Chip, Redi-Bake

Bread, French Cookie, Oatmeal Raisin, Redi-Bake

Bread, Whole Wheat Cookie, Sugar, Redi-Bake

Breadsticks, Garlic

Breakfast Sausage Patty

Brownies

Burrito

Cereal Bar – General Mills

Cereal Bowl Packs - General Mills/Kelloggs

Cheddar Cheese Sauce Dressing, Italian - Cains

Cheese Omelet on a Roll

Cheese Quesadillas Dressing, Lite Ranch - Cains

Cheetos, Fun Size

Chicken Drummies - Plain/BBQ

Chicken Fajita

Chicken Fingers, Tyson/Goldkist/Pilgrims Pride

Chicken Gravy

Chicken Tangerine

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SOY/SOY PROTEIN/SOY PRODUCTS

Chicken Nuggets, Tyson

Chicken Patties, Tyson

Chicken Patty, Tyson, Spicy

Chicken Rings

Chicken Tenders, Tyson, Spicy

Chicken, Grilled

Chicken, Hip Dipper

Chicken, Popcorn

Chili – With or without beans

Chocolate Chip Blondie - Glennys

Coleslaw

Cookies - Lindens 2PK, Butter Crunch

Cookies - Lindens 2PK, Chocolate Chip

Cookies – Lindens 2PK, Fudge Chip

Cookies - Lindens 2PK, Lemon

Cookies – Lindens 2PK, Oatmeal

CornBread

Crackers

Egg/Cheese on a Roll

Eggplant, Breaded

Fortune Cookies

French Fries

French Toast Sticks

French Toast/Sticks

Goldfish Cheddar Crackers

Goldfish Grahams – All flavors

Granola Bars

Hamburger/Cheeseburger/Veggie Burger on a Bun

Honey Mustard Dressing - Cains

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SOY/SOY PROTEIN/SOY PRODUCTS

Ice Cream – Cones

Ice Cream – Sandwich

Loco Bread

Macaroni & Cheese

Macaroni Salad

Mayonnaise

Mayonnaise, All

Meatballs, Beef w/TVP

Mozzarella Sticks – Farm Rich/Giorgio

Munchie Snack Mix

Nachos – With Cheese or Beef or Both

NutriGrain Bars

Pancakes

Pita Bread

Pizza – 4 x 6 Square - Nardone

Pizza – Nardone – WW Wedge

Pizza – Personal – Nardone

Pizza – Uno Whole Grain – Wedge

Pizza – WW French Bread – Nardone

Pizza Bites/Sticks

Popcorn Shrimp

Potato Chips, Baked Lays

Potato Salad

Saltines

Sloppy Joe

Sweet Potato FriesTacos - Hard or Soft Shell

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SOY/SOY PROTEIN/SOY PRODUCTS

Tacos - Hard or Soft Shell

Tater Tots

Tomato Sauce

Turkey Gravy

Turkey Sandwich on White, WW, Kaiser Roll, Tortilla Wrap

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EGG/EGG PRODUCTS

Brownies (Glennys)

Cheese Quesadillas

Chicken Nuggets, Tyson, Breaded

Chicken Patties, Tyson, Spicy

Chicken Tangerine

Chicken Tenders, Tyson, Spicy

Chocolate Chip Blondie (Glennys)

Churros

Cookie, Chocolate Chip, Redi-Bake

Cookie, Oatmeal Raisin, Redi-Bake

Cookie, Sugar, Redi-Bake

Cookies – All varieties – Otis Spunkmeyer

Cookies, Lindens 2PK – Lemon

Cookies, Lindens 2PK – Oatmeal

Cookies, Lindens, 2PK, Butter Crunch

Cookies, Lindens, 2PK, Chocolate Chip

Cookies, Lindens, 2PK, Fudge Chip

Cookies, Zebra – Joeys

Corn Bread

Dressing, French, Cains

Dressing, Honey Mustard, Cains

Dressing, Lite Ranch, Cains

Dressing, Russian, Cains

Egg on a Roll w/w/out cheese

Eggplant, Breaded

French Toast/French Toast Sticks

Hot Pocket, Italian

Hot Pocket, Taco

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EGG/EGG PRODUCTS

Mayonnaise – All
Mozzarella Sticks – Farm Rich/Giorgio
Muffin – Bakery – Large & Mini
Muffin – Otis Spunkmeyer
Omelet, Cheese
Orig Black & White Minis, Joeys
Pancakes
Popcorn Shrimp
Pretzel, Soft, Makko
Yogurt, Frozen
Lasagana Roll

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WHEAT/WHEAT PRODUCTS

100 Calorie Cheese Nips

100 Calorie Chips Ahoy

100 Calorie Fudge Stripes

100 Calorie Honey Maid Grahams

100 Calorie Lorna Doone

100 Calorie Oreo

100 Calorie Ritz Snack Mix

100 Calorie Wheat Thins

Bagel – All flavors and varieties

Bagel Chips, Garlic, NY Style

Bagels, All Flavors

Baked Ziti

BBQ Ribs, Beef

Biscuit, Buttermilk

Black & White Minis, Joeys

Bread – Whole Wheat, White, Italian

Bread, French

Bread, Pumpernickel

Breadsticks

Brownies

Bun, WW Hamburger

Cheerios

Cheese Quesadillas

Cheetos

Chicken Dippers

Chicken Drummies

Chicken Nuggets, Tyson, Breaded

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WHEAT/WHEAT PRODUCTS

Chicken Patties, Tyson, Breaded

Chicken Patty, Tyson, Spicy

Chicken Tenders, Tyson, Spicy Chicken Tangerine

Chicken, Popcorn

Chips, Baked Lays BBQ

Chocolate Chip Blondies (Glennys)

Chortles

Churros

Cookie, Chocolate Chip, Redi-Bake

Cookie, Oatmeal Raisin, Redi-Bake

Cookie, Sugar, Redi-Bake

Cookies – Lindens 2PK, Butter Crunch

Cookies – Lindens 2PK, Chocolate Chip

Cookies - Lindens 2PK, Fudge Chip

Cookies - Lindens 2PK, Lemon

Cookies - Lindens 2PK, Oatmeal

Cookies, Zebra – Joeys

Corn Bread

Corn Flakes

Cracker Trax

Croissant – Fresh/Frozen

Croutons

Doritos, Nacho Cheese

Eggplant, Breaded

Fortune Cookies

French Toast Sticks

Garlic Crackers

Goldfish Grahams, Cinnamon

Gravy, Chicken

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WHEAT/WHEAT PRODUCTS

Hummus w/Crackers

Ice Cream - Sandwich

Lasagna roll

Loco Bread

Macaroni

Macaroni & Cheese

Meatball Hero

Mozzarella Sticks – Farm Rich/Giorgio

Onion Rings

Pasta, All Varieties

Peanut Butter & Jelly on Whole Wheat

Pita Bread

Pita Chips – All flavors and varieties

Pizza - Nardone – 4 x 6

Pizza - Uno - Whole Grain

Pizza Bites/ Sticks

Pretzel – Soft – Makko

Pretzel – Soft – WW – Makko

Pretzel Minis

Pretzel Rods

Raisin Bran

Roll – Dinner, Kaiser, Torpedo

Roll, WW Kaiser

Saltines

Stuffed Shells

Sun Chips – All varieties

Taco Shell, Soft

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WHEAT/WHEAT PRODUCTS

Teddy Grahams – All varieties

Tortilla Wrap, Soft Uncrustable – PBJ Veggie Burger – Dr. Praeger's

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MILK/MILK PRODUCTS

100 Calorie – Cheese Nips

100 Calorie – Chips Ahoy

100 Calorie – Fudge Stripes

100 Calorie – Ritz Snack Mix

Baked Ziti

Biscuit, Buttermilk

Brownies - Glennys

Cheddar Cheese Sauce

Cheese Quesadilla

Cheese, All Types

Cheetos

Cheetos Cracker Trax

Chicken Nuggets, Breaded, Tyson/Goldkist

Chicken Patties, Breaded, Tyson/Goldkist

Chips, Baked Lays – BBQ

Chips, Baked Lays – SCO

Chips, Doritos, Nacho Cheese

Chips, Doritos, Nacho Cheese Reduced Fat

Chocolate Chip Brownies

Churros

Cookie, Black & White Mini – Joeys

Cookie, Chocolate Chip

Cookie, Oatmeal Raisin

Cookie, Sugar

Cookies, Linden - 2PK Fudge Chip

Cookies, Zebra – Joeys

Corn Bread

Corn Flakes

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MILK/MILK PRODUCTS

Croutons

Dressing, Lite Ranch – Cains

Eggplant, Breaded

French Toast Sticks

Goldfish Cheddar Crackers

Gravy, Chicken

Hot Pocket, Italian

Hot Pocket, Taco

Ice Cream – Cones, Cotton Candy, Dixie Cup, Fudge Bar, Orange Push Up, Sandwich

Lasagna Roll

Loco Bread

Macaroni & Cheese

Mashed Potatoes

Milk, 1%, 2%, Whole, Skim – All flavor varieties

Mozzarella Sticks – Farm Rich / Giorgios

Munchies Snack Mix

Pirates Booty

Pita Chips – Staceys – Parmesan/Garlic

 $Pizza - 4 \times 6$

Pizza – French Bread

Pizza – Uno Whole Grain

Pizza – Wedge

Pizza Nuggets/Sticks

Popcorn Shrimp

Popcorn, Buttered/Wise

Popcorn, Smartfood, White Cheddar

Raisin Bran

Rice Cakes, Quaker – Cheddar

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MILK/MILK PRODUCTS

Smart Puffs
Stuffed Shells
Sun Chips – All Varieties
Veggie Burger – Dr. Praeger's
Yogurt, All Flavors

MAY CONTAIN OR MANUFACTURED IN PLANT W/EGG PRODUCTS....

Cookies, Lindens – All Varieties Pretzels, Mini, Synders

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FISH/FISH PRODUCTS

Caesar Salad Wrap Caesar Shaker Salad Tuna Fish Sandwich Tuna Salad Plate Tuna Shaker Salad Tuna, Cup

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TREE NUT/TREE NUT PRODUCTS

Cereal – Bowl Pack – Assorted – General Mills/Kelloggs

Cereal Bars, Assorted – General Mills

Cheerios – Frosted

Cheerios – Honey Nut

Cookie – Sweet Discover – Otis Spunkmeyer

Cookie – ValueZone – Otis Spunkmeyer

Granola

Granola Bars – Assorted – General Mills

Ice Cream – Toasted Almond Bar

Muffin – Bakery Assorted – Mini & Large

Muffin – Delicious Essential – Otis Spunkmeyer

Trail Mix

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PEANUT/PEANUT PRODUCTS

Cereal Bars – Assorted – General Mills
Cereal Bowl Pak – Kelloggs/General Mills
Cookies – Sweet Discover – Otis Spunkmeyer
Cookies – Value Zone – Otis Spunkmeyer
Granola
Granola Bars – Assorted – General Mills
Ice Cream – Nutty Buddy Cone
Muffin – Bakery Assorted – Mini & Large
Muffins – Otis Spunkmeyer
Peanut Butter & Jelly Sandwich on WW
Trail Mix
Uncrustables – Peanut Butter & Jelly

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SHELL FISH/SHELL FISH PRODUCTS

New England Clam Chowder Manhattan Clam Chowder