

Customer Product List

2011 / 2012

Gordon Food Service®

BLUE WEEK	Product Description	Edible or As Purchased	Serving Size	Nutritional Information													
				Calories	Protein (gm)	Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Carbohydrates (gm)	Fiber (gm)	Sugar (gm)	Sodium (mg)	Iron (mg)	Vitamin C (mg)	Vitamin A (IU)	Calcium (mg)
MONDAY																	
324787	BEEF PTY CKD PREM 72-2.67Z REDSRV	AP	1 EACH	200	14	15.0	6.0	0.8	41	2	1.5	1	534	1.50	0	56	36
517810	BUN HAMB SLCD WHEAT WHL 4" 10-12 GFS	AP	1 EACH	120	6	1.6	0.0	0.0	0	24	5.9	3	210	1.62	0	0	60
149195	PICKLE DILL SLCD HAMB 4-1GAL GFS	AP	1 OZ	0	0	0.0	0.0	0.0	0	0	0.0	0	390	0.00	0	0	0
819492	KETCHUP DISPENSER PK 2-1.5GAL HNZ	AP	1 TBSP	15	0	0.0	0.0	0.0	0	4	0.0	4	190	0.00	0	100	0
100129	KETCHUP CAN 33% FCY 6-10 CRWNCOLL	AP	1 TBSP	15	0	0.0	0.0	0.0	0	4	0.2	4	160	0.17	1	75	2
860221	MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	AP	1 TSP	0	0	0.0	0.0	0.0	0	0	0.0	0	80	0.00	0	0	0
576646	CARROT STIX STRAIGHT CUT 2-5# RSS	AP	1 CUP	52	1	0.0	0.0	0.0	0	13	3.8	6	88	0.00	8	15406	42
768146	CARROT BABY WHL PETITE 4-5# P/L	AP	0.375 CUP	29	1	0.0	0.0	0.0	0	7	2.3	4	37	0.00	3	12050	10
781592	CELERY STIX 4-3# RSS	AP	1 CUP, STRIPS	17	1	0.0	0.0	0.0	0	4	2.5	2	99	0.00	4	557	50
592315	PEPPERS GREEN LRG 5# GFS	AP	1 CUP	30	1	0.0	0.0	0.0	0	7	3.0	3	4	0.00	119	551	15
199044	TOMATO CHERRY 12-1PT MARKON	AP	4 EACH	21	1	0.0	0.0	0.0	0	5	1.0	0	9	0.00	19	609	5
732494	CAULIFLOWER REG CUT 2-3# RSS	AP	1.5 CUP	29	0	0.0	0.0	0.0	0	5	4.5	5	69	0.00	119	251	0
418439	CUCUMBER SELECT 24CT P/L	AP	0.33 EACH	15	1	0.0	0.0	0.0	0	3	1.0	2	0	0.00	6	200	20
499951	BROCCOLI CRWN ICELESS CLN 4-3# MRKN	AP	1 STALK	44	4	0.0	0.0	0.0	0	7	4.4	3	55	1.48	132	750	61
198439	BEAN GREEN CLND FOOD SRVC 2-5#	AP	0.75 CUP	25	1	0.0	0.0	0.0	0	5	3.3	2	0	0.00	5	100	40
856215	PEA PODS 10# P/L	AP	1 CUP	26	2	0.0	0.0	0.0	0	5	1.9	3	3	1.26	38	685	27
844730	DRESSING RNCH CRMY CUP 100-1Z GFS	AP	1 OZ	131	0	13.3	2.0	0.0	8	3	0.0	2	275	0.00	0	10	9
426598	DRESSING RNCH BTRMLK 4-1GAL GFS	AP	2 TBSP	160	0	18.0	3.0	0.0	5	1	0.0	1	260	0.00	0	0	0
198013	ORANGES NAVEL FCY 113CT MRKN	AP	1 EACH	80	2	0.0	0.0	0.0	0	22	7.7	14	0	0.00	79	100	60
212768	STRAWBERRY CLAMSHELL 8# MRKN	AP	1 CUP	48	1	0.0	0.0	0.0	0	12	3.0	7	1	0.00	88	18	24
197831	GRAPES RED SEEDLESS 9-2#AVG P/L	AP	100 Gram	67	1	0.0	0.0	0.0	0	17	1.0	16	2	0.00	4	100	14
200565	MELON MUSK CANTALOUPE 12CT P/L	AP	0.5 CUP	52	1	0.0	0.0	0.0	0	14	1.2	13	24	0.00	50	3600	10
473171	APPLE FRSH SLCD 100-2Z P/L	AP	1 PACKAGE	30	0	0.0	0.0	0.0	0	7	1.1	6	0	0.00	21	0	20
201367	APPLE DELICIOUS RED 125CT MRKN	AP	1 EACH	72	0	0.0	0.0	0.0	0	19	2.8	14	1	0.00	7	75	8
200794	APPLE DELICIOUS GOLDEN 100CT MRKN	AP	1 EACH	72	0	0.0	0.0	0.0	0	19	2.8	14	1	0.00	7	75	8
582271	APPLE GRANNY SMITH 113CT MRKN	AP	1 EACH	80	0	0.0	0.0	0.0	0	22	4.6	15	0	0.00	5	100	0
326089	WATERMELON RED SEEDLESS 2CT GFS	EP	2 CUP	81	0	0.0	0.0	0.0	0	22	0.0	20	0	0.00	14	1501	20
119873	BLUEBERRY FREE-FLOW IQF 30# GFS	AP	0.75 CUP	81	0	0.0	0.0	0.0	0	19	2.6	12	15	0.00	3	0	0
197904	MELON HNYDEW 6-1CT P/L	EP	1 EACH	360	10	0.0	0.0	0.0	0	90	10.0	80	180	0.00	180	500	60
198056	PEAR 10SZ 95-110CT MRKN	AP	1 CUP	96	0	0.0	0.0	0.0	0	25	4.9	17	2	0.00	7	38	15
287008	KIWI 35CT MRKN	AP	1 EACH	42	1	0.7	0.0	0.0	0	10	2.1	6	2	0.00	64	60	23
197858	GRAPES WHITE SEEDLESS 17#AVG MRKN	AP	100 Gram	67	1	0.0	0.0	0.0	0	17	1.0	16	2	0.00	4	100	14
806350	MILK CHOC 1% 40-8FLZ RGNLBRND	AP	1 EACH	170	7	2.4	2.4	0.0	10	31	0.0	29	211	0.00	2	499	300
806360	MILK WHT FF SKIM 40-8FLZ RGNLBRND	AP	1 EACH	85	7	0.0	0.0	0.0	5	12	0.0	12	123	0.00	2	543	295
170879	MILK NO LACT 12-8FLZ DAIRY EASE	AP	8 FLOZ	90	10	0.0	0.0	0.0	0	12	0.0	12	129	0.00	0	500	300
TUESDAY																	
304913	FRANKS 3 MEAT CLASSIC 8# 2-5# GFS	AP	1 EACH	174	6	15.7	5.0	0.6	43	2	0.0	1	576	0.56	0	0	40
194263	FRANKS 3 MEAT FOOTLONG 6# 2-5# GFS	AP	1 EACH	232	8	21.2	6.8	0.8	57	2	0.0	1	767	0.76	0	0	54
517830	BUN HOT DOG WHEAT WHL 12-12CT GFS	AP	1 EACH	90	4	0.9	0.0	0.0	0	19	3.9	2	170	1.29	0	0	40

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				Calories	Protein (gm)	Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Carbohydrates (gm)	Fiber (gm)	Sugar (gm)	Sodium (mg)	Iron (mg)	Vitamin C (mg)	Vitamin A (IU)	Calcium (mg)	
586854	BUN HOT DOG FOOTLONG SLCD 12-6CT GFS	AP	1 EACH	240	7	4.3	0.8	0.0	0	44	1.7	5	370	2.55	0	0	40	
819492	KETCHUP DISPENSER PK 2-1.5GAL HNZ	AP	1 TBSP	15	0	0.0	0.0	0.0	0	4	0.0	4	190	0.00	0	100	0	
100129	KETCHUP CAN 33% FCY 6-10 CRWNCOLL	AP	1 TBSP	15	0	0.0	0.0	0.0	0	4	0.2	4	160	0.17	1	75	2	
860221	MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	AP	1 TSP	0	0	0.0	0.0	0.0	0	0	0.0	0	80	0.00	0	0	0	
517186	RELISH SWT PICKLE 4-1GAL GFS	AP	1 TBSP	15	0	0.0	0.0	0.0	0	4	0.0	4	140	0.00	0	0	0	
285630	BEAN GREEN CUT IQF 30# GFS	AP	100 Gram	34	1	0.0	0.0	0.0	0	7	2.0	2	3	1.00	2	183	42	
509809	SHERBET CUP ORNG 96-3.2FLZ CLOVRV	AP	1 EACH	137	1	1.8	0.9	0.0	4	30	0.9	23	35	0.00	12	55	55	
509795	SHERBET CUP RASPB 96-3.2FLZ CLOVRV	AP	1 EACH	110	1	1.8	0.9	0.0	5	24	0.0	23	35	0.00	0	100	40	
746819	SHERBET CUP LIME 96-3.2Z CLOVRV	AP	1 EACH	134	1	1.8	0.9	0.0	4	29	0.0	22	35	0.00	12	55	55	
859550	CRACKER GRHM STCK SCOOPY 210-1Z	AP	1 PACKAGE	120	2	3.6	1.1	0.0	0	21	1.1	8	115	0.84	0	500	100	
806350	MILK CHOC 1% 40-8FLZ RGNLBRND	AP	1 EACH	170	7	2.4	2.4	0.0	10	31	0.0	29	211	0.00	2	499	300	
806360	MILK WHT FF SKIM 40-8FLZ RGNLBRND	AP	1 EACH	85	7	0.0	0.0	0.0	5	12	0.0	12	123	0.00	2	543	295	
170879	MILK NO LACT 12-8FLZ DAIRY EASE	AP	8 FLOZ	90	10	0.0	0.0	0.0	0	12	0.0	12	129	0.00	0	500	300	
WEDNESDAY																		
462700	CHIX POPCORN BRD ORIG 2-5# GFS	AP	10 PIECE	230	15	11.1	1.0	2.0	40	16	0.0	0	890	1.01	0	0	0	
344160	CHIX POPCORN HMSTYL BRD FC 6-5# COMM	AP	12 PIECE	230	12	13.9	2.6	0.0	30	14	0.9	0	240	1.74	0	100	20	
108251	RICE 25# UBEN	AP	0.25 CUP	167	4	0.5	0.0	0.0	0	37	0.5	0	3	2.35	0	24	61	
727630	RICE BROWN PARBOIL 25# PAREX	AP	3.53 OZ	364	8	2.0	0.0	0.0	0	78	3.0	0	10	2.00	0	0	0	
285590	BROCCOLI CUTS IQF 30# GFS	AP	0.75 CUP	30	2	0.0	0.0	0.0	0	4	1.7	2	20	0.00	30	0	20	
290319	SAUCE MIX CHS INST 8-32Z TRIO	AP	1.67 TBSP	50	0	1.0	0.5	0.0	0	9	0.0	2	330	0.00	0	0	0	
610283	APPLESAUCE IN JCE NSA 6-10 GFS	AP	0.5 CUP	50	0	0.0	0.0	0.0	0	12	1.2	9	13	0.00	7	0	5	
806350	MILK CHOC 1% 40-8FLZ RGNLBRND	AP	1 EACH	170	7	2.4	2.4	0.0	10	31	0.0	29	211	0.00	2	499	300	
806360	MILK WHT FF SKIM 40-8FLZ RGNLBRND	AP	1 EACH	85	7	0.0	0.0	0.0	5	12	0.0	12	123	0.00	2	543	295	
170879	MILK NO LACT 12-8FLZ DAIRY EASE	AP	8 FLOZ	90	10	0.0	0.0	0.0	0	12	0.0	12	129	0.00	0	500	300	
THURSDAY																		
437440	PIZZA WGRAIN PEPP SLC 96-4.67Z MAX	AP	1 EACH	270	16	10.6	4.0	0.0	15	32	4.0	0	861	2.65	0	500	250	
268577	PIZZA 4X6 PEPP 50/50 96-4.65Z TONY	AP	1 EACH	319	16	13.2	4.0	0.0	20	36	2.6	15	750	2.64	0	300	249	
437440	PIZZA WGRAIN PEPP SLC 96-4.67Z MAX	AP	1 EACH	270	16	10.6	4.0	0.0	15	32	4.0	0	861	2.65	0	500	250	
437410	PIZZA WGRAIN PEPP STFD 72-5.75Z MAX	AP	1 EACH	390	18	16.3	4.9	0.0	20	46	3.3	0	999	4.89	0	500	300	
600504	LETTUCE BLND ICEBERG/ROMN 4-5# RSS	AP	3 OZ	17	0	0.0	0.0	0.0	0	2	0.9	1	20	0.00	3	350	10	
560545	SPINACH BABY CLND 2-2# P/L	AP	1.765 CUP	22	3	0.0	0.0	0.0	0	4	3.0	0	160	3.00	28	6715	99	
511481	BOK CHOY 1-30#	EP	3.53 OZ	13	2	0.0	0.0	0.0	0	2	2.0	0	0	0.00	0	0	0	
426598	DRESSING RNCH BTRMLK 4-1GAL GFS	AP	2 TBSP	160	0	18.0	3.0	0.0	5	1	0.0	1	260	0.00	0	0	0	
726044	DRESSING ITAL CLSC 4-1GAL PMLL	AP	2 TBSP	114	0	11.7	1.8	0.0	1	2	0.0	2	317	0.00	2	59	11	
330795	DRESSING FREN RED CALIF 4-1GAL GFS	AP	2 TBSP	130	0	10.8	1.9	0.0	0	6	0.0	8	290	0.00	1	100	0	
189952	PINEAPPLE CHUNKS IN JCE 6-10 GFS	AP	0.5 CUP	80	0	0.0	0.0	0.0	0	20	2.7	19	11	1.33	12	200	20	
189944	PINEAPPLE SLCD IN JCE 6-10 GFS	AP	2 SLICE	70	0	0.0	0.0	0.0	0	19	2.5	18	10	0.00	9	0	0	
806350	MILK CHOC 1% 40-8FLZ RGNLBRND	AP	1 EACH	170	7	2.4	2.4	0.0	10	31	0.0	29	211	0.00	2	499	300	

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BLUE WEEK	Product Description	Edible or As Purchased	Serving Size	Calories		Protein (gm)		Fat (gm)		Saturated Fat (gm)		Trans Fat (gm)		Cholesterol (mg)		Carbohydrates (gm)		Fiber (gm)		Sugar (gm)		Sodium (mg)		Iron (mg)		Vitamin C (mg)		Vitamin A (IU)		Calcium (mg)	
806360	MILK WHT FF SKIM 40-8FLZ RGNLBRND	AP	1 EACH	85	7	0.0	0.0	0.0	0.0	5	12	0.0	12	123	0.00	2	543	295													
170879	MILK NO LACT 12-8FLZ DAIRY EASE	AP	8 FLOZ	90	10	0.0	0.0	0.0	0.0	0	12	0.0	12	129	0.00	0	500	300													
FRIDAY																															
188190	QUESADILLA CHS 48-5Z MAX	AP	1 EACH	340	16	12.8	4.3	0.0	0.0	6	41	2.8	0	910	0.00	0	750	301													
190209	BEAN RED 6-10 GFS	AP	0.5 CUP	111	7	0.0	0.0	0.0	0.0	0	20	5.2	1	350	1.30	1	0	40													
727630	RICE BROWN PARBOIL 25# PAREX	AP	3.53 OZ	364	8	2.0	0.0	0.0	0.0	0	78	3.0	0	10	2.00	0	0	0													
555169	RICE SPANISH 6-36Z UBEN	AP	2 OZ	200	5	0.6	0.0	0.0	0.0	0	44	0.6	2	820	3.42	10	385	55													
877771	RICE MEX INFUSED 2-5# UBEN	AP	0.25 CUP	160	4	0.9	0.0	0.0	0.0	0	33	0.0	1	680	1.80	0	0	40													
677108	TOMATO DCD SALSA STYLE 6-10 ELVER	AP	0.5 CUP	30	3	0.0	0.0	0.0	0.0	0	7	2.6	4	230	1.30	12	400	20													
420573	SAUCE TOMATO 6-10 HUNT	AP	0.25 CUP	15	0	0.0	0.0	0.0	0.0	0	4	1.2	2	370	0.62	2	100	0													
255688	BROWNIE MIX 6-6# GFS	AP	3 TBSP	120	2	3.9	1.1	0.0	0.0	0	20	0.0	14	130	1.12	0	0	0													
610267	PEACH SLCD IN JCE 6-10 GFS	AP	0.5 CUP	60	0	0.0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	300	0													
224456	PEACH HALVES L/S 6-10 GFS	AP	0.5 CUP	71	0	0.0	0.0	0.0	0.0	0	16	0.0	13	10	0.00	4	200	0													
224448	PEACH SLCD L/S 6-10 GFS	AP	0.5 CUP	71	0	0.0	0.0	0.0	0.0	0	16	0.0	13	10	0.00	1	300	0													
806350	MILK CHOC 1% 40-8FLZ RGNLBRND	AP	1 EACH	170	7	2.4	2.4	0.0	10	31	0.0	29	211	0.00	2	499	300														
806360	MILK WHT FF SKIM 40-8FLZ RGNLBRND	AP	1 EACH	85	7	0.0	0.0	0.0	0.0	5	12	0.0	12	123	0.00	2	543	295													
170879	MILK NO LACT 12-8FLZ DAIRY EASE	AP	8 FLOZ	90	10	0.0	0.0	0.0	0.0	0	12	0.0	12	129	0.00	0	500	300													

The nutrition printed is the most up to date information as provided to GFS as of August 2011. Please be aware that manufacturers may change formulations, which can affect the nutritional content of products.

It is a good practice to verify nutrition information on the actual label of each product. If you have any questions regarding this information, please contact the Nutrition Resource Center at 1-800-968-4426 or nrc@gfs.com

Customer Product List

2011 / 2012

Gordon Food Service®

RED WEEK	Product Description	Edible or As Purchased	Serving Size	Calories	Protein (gm)	Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Carbohydrates (gm)		Sugar (gm)	Sodium (mg)	Iron (mg)	Vitamin C (mg)	Vitamin A (IU)	Calcium (mg)
											Fiber (gm)						
MONDAY																	
432180	BREADSTICK CHS STFD 108-3Z BOSC	AP	1 EACH	230	12	7.0	4.3	0.0	15	28	1.7	1	310	1.74	0	100	200
800350	BREADSTICK PIZZA STFD 7" 72CT BOSC	AP	1 EACH	280	14	9.6	3.6	0.0	20	35	1.2	2	320	2.40	2	300	200
883031	BREADSTICK MEX STYL 7" 4Z 72CT BOSC	AP	1 EACH	231	12	6.8	2.3	0.0	15	31	3.4	3	370	2.26	3	400	150
647290	PIZZA DIPPERS 1-25#	AP	2 EACH	160	10	6.8	3.4	0.0	15	15	0.0	2	350	0.57	0	183	216
787421	BREADSTICK PEPP CHS 4" 144CT BOSC	AP	2 EACH	240	12	8.8	4.9	0.0	20	31	2.0	1	340	2.94	0	100	150
761140	PIZZA FLATBRD CHS GARL 192-2.26Z TONY	AP	2 PIECE	340	17	11.5	3.8	0.0	15	44	2.6	13	690	2.56	0	100	250
256013	SAUCE PIZZA W/BASL 6-10 REDPK	AP	0.25 CUP	30	1	0.0	0.0	0.0	0	6	1.2	3	180	1.22	5	750	0
285620	CORN CUT IQF 30# GFS	AP	0.67 CUP	105	3	0.9	0.0	0.0	0	22	2.7	2	5	0.90	3	115	5
117897	ORANGES MAND WHL L/S 6-10 GFS	AP	0.5 CUP	90	1	0.0	0.0	0.0	0	20	0.0	20	10	0.00	18	400	20
806350	MILK CHOC 1% 40-8FLZ RGNLBRND	AP	1 EACH	170	7	2.4	2.4	0.0	10	31	0.0	29	211	0.00	2	499	300
806360	MILK WHT FF SKIM 40-8FLZ RGNLBRND	AP	1 EACH	85	7	0.0	0.0	0.0	5	12	0.0	12	123	0.00	2	543	295
170879	MILK NO LACT 12-8FLZ DAIRY EASE	AP	8 FLOZ	90	10	0.0	0.0	0.0	0	12	0.0	12	129	0.00	0	500	300
TUESDAY																	
211672	CORN DOG 3 MEAT ORIG 3 72-4Z GFS	AP	1 EACH	290	9	14.6	4.5	0.0	35	29	1.1	4	1090	2.24	0	0	80
819492	KETCHUP DISPENSER PK 2-1.5GAL HNZ	AP	1 TBSP	15	0	0.0	0.0	0.0	0	4	0.0	4	190	0.00	0	100	0
100129	KETCHUP CAN 33% FCY 6-10 CRWNCOLL	AP	1 TBSP	15	0	0.0	0.0	0.0	0	4	0.2	4	160	0.17	1	75	2
520098	BEAN BAKED 6-10 BUSH	AP	0.5 CUP	140	7	1.3	0.0	0.0	0	29	5.2	12	550	1.30	0	0	40
576646	CARROT STIX STRAIGHT CUT 2-5# RSS	AP	1 CUP	52	1	0.0	0.0	0.0	0	13	3.8	6	88	0.00	8	15406	42
768146	CARROT BABY WHL PETITE 4-5# P/L	AP	0.375 CUP	29	1	0.0	0.0	0.0	0	7	2.3	4	37	0.00	3	12050	10
781592	CELERY STIX 4-3# RSS	AP	1 CUP, STF	17	1	0.0	0.0	0.0	0	4	2.5	2	99	0.00	4	557	50
592315	PEPPERS GREEN LRG 5# GFS	AP	1 CUP	30	1	0.0	0.0	0.0	0	7	3.0	3	4	0.00	119	551	15
199044	TOMATO CHERRY 12-1PT MARKON	AP	4 EACH	21	1	0.0	0.0	0.0	0	5	1.0	0	9	0.00	19	609	5
732494	CAULIFLOWER REG CUT 2-3# RSS	AP	1.5 CUP	29	0	0.0	0.0	0.0	0	5	4.5	5	69	0.00	119	251	0
418439	CUCUMBER SELECT 24CT P/L	AP	0.33 EACH	15	1	0.0	0.0	0.0	0	3	1.0	2	0	0.00	6	200	20
499951	BROCCOLI CRWN ICELESS CLN 4-3# MRKN	AP	1 STALK	44	4	0.0	0.0	0.0	0	7	4.4	3	55	1.48	132	750	61
198439	BEAN GREEN CLND FOOD SRVC 2-5#	AP	0.75 CUP	25	1	0.0	0.0	0.0	0	5	3.3	2	0	0.00	5	100	40
856215	PEA PODS 10# P/L	AP	1 CUP	26	2	0.0	0.0	0.0	0	5	1.9	3	3	1.26	38	685	27
844730	DRESSING RNCH CRMY CUP 100-1Z GFS	AP	1 OZ	131	0	13.3	2.0	0.0	8	3	0.0	2	275	0.00	0	10	9
426598	DRESSING RNCH BTRMLK 4-1GAL GFS	AP	2 TBSP	160	0	18.0	3.0	0.0	5	1	0.0	1	260	0.00	0	0	0
198013	ORANGES NAVEL FCY 113CT MRKN	AP	1 EACH	80	2	0.0	0.0	0.0	0	22	7.7	14	0	0.00	79	100	60
212768	STRAWBERRY CLAMSHHELL 8# MRKN	AP	1 CUP	48	1	0.0	0.0	0.0	0	12	3.0	7	1	0.00	88	18	24
197831	GRAPES RED SEEDLESS 9-2#AVG P/L	AP	100 Gram	67	1	0.0	0.0	0.0	0	17	1.0	16	2	0.00	4	100	14
200565	MELON MUSK CANTALOUPE 12CT P/L	AP	0.5 CUP	52	1	0.0	0.0	0.0	0	14	1.2	13	24	0.00	50	3600	10
473171	APPLE FRSH SLCD 100-2Z P/L	AP	1 PACKAG	30	0	0.0	0.0	0.0	0	7	1.1	6	0	0.00	21	0	20
201367	APPLE DELICIOUS RED 125CT MRKN	AP	1 EACH	72	0	0.0	0.0	0.0	0	19	2.8	14	1	0.00	7	75	8
200794	APPLE DELICIOUS GOLDEN 100CT MRKN	AP	1 EACH	72	0	0.0	0.0	0.0	0	19	2.8	14	1	0.00	7	75	8

Customer Product List

2011 / 2012

Gordon Food Service®

RED WEEK	Product Description	Edible or As Purchased	Serving Size	Calories		Fat (gm)		Saturated Fat (gm)		Trans Fat (gm)		Cholesterol (mg)		Carbohydrates (gm)		Fiber (gm)		Sugar (gm)		Sodium (mg)		Iron (mg)		Vitamin C (mg)		Vitamin A (IU)		Calcium (mg)		
610372	PEACH DCD IN JCE 6-10 GFS	AP	0.5 CUP	60	0	0.0	0.0	0.0	0.0	0.0	0	0	14	1.2	12	10	0.00	1	300	0	0	0	0	0	0	0	0	0	0	0
610364	PEAR DCD IN JCE 6-10 GFS	AP	0.5 CUP	60	0	0.0	0.0	0.0	0.0	0.0	0	0	14	2.5	10	5	0.00	1	0	0	0	0	0	0	0	0	0	0	0	0
806350	MILK CHOC 1% 40-8FLZ RGNLBRND	AP	1 EACH	170	7	2.4	2.4	0.0	10	31	0.0	29	211	0.00	2	499	300	0.00	2	543	295	0.00	2	543	295	0.00	2	543	295	
806360	MILK WHT FF SKIM 40-8FLZ RGNLBRND	AP	1 EACH	85	7	0.0	0.0	0.0	5	12	0.0	12	123	0.00	2	543	295	0.00	2	543	295	0.00	2	543	295	0.00	2	543	295	
170879	MILK NO LACT 12-8FLZ DAIRY EASE	AP	8 FLOZ	90	10	0.0	0.0	0.0	0	12	0.0	12	129	0.00	0	500	300	0.00	0	500	300	0.00	0	500	300	0.00	0	500	300	
FRIDAY																														
324787	BEEF PTY CKD PREM 72-2.67Z REDSRV	AP	1 EACH	200	14	15.0	6.0	0.8	41	2	1.5	1	534	1.50	0	56	36	0.00	0	0	0	0	0	0	0	0	0	0	0	0
517810	BUN HAMB SLCD WHEAT WHL 4" 10-12 GFS	AP	1 EACH	120	6	1.6	0.0	0.0	0	24	5.9	3	210	1.62	0	0	60	0.00	0	0	0	0	0	0	0	0	0	0	0	0
149195	PICKLE DILL SLCD HAMB 4-1GAL GFS	AP	1 OZ	0	0	0.0	0.0	0.0	0	0	0.0	0	390	0.00	0	0	0	0.00	0	0	0	0	0	0	0	0	0	0	0	0
819492	KETCHUP DISPENSER PK 2-1.5GAL HNZ	AP	1 TBSP	15	0	0.0	0.0	0.0	0	4	0.0	4	190	0.00	0	100	0	0.00	0	100	0	0.00	0	100	0	0.00	0	100	0	0
100129	KETCHUP CAN 33% FCY 6-10 CRWNCOLL	AP	1 TBSP	15	0	0.0	0.0	0.0	0	4	0.2	4	160	0.17	1	75	2	0.00	1	75	2	0.17	1	75	2	0.17	1	75	2	0
860221	MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	AP	1 TSP	0	0	0.0	0.0	0.0	0	0	0.0	0	80	0.00	0	0	0	0.00	0	0	0	0.00	0	0	0	0.00	0	0	0	0
767650	FRIES SWT C/C SLIM 5-3# SWT THINGS	AP	3 OZ	130	1	4.2	0.0	0.0	0	22	3.4	7	110	0.00	6	3500	20	0.00	6	3500	20	0.00	6	3500	20	0.00	6	3500	20	0
448443	GELATIN MIX ASST SGR FR 18-2.5Z CARB	AP	0.75 TSP	7	1	0.0	0.0	0.0	0	1	0.0	0	6	0.02	0	0	1	0.02	0	0	1	0.02	0	0	1	0.02	0	0	1	0
100374	JUICE APPLE 100% 12-46FLZ HV	AP	8 FLOZ	120	0	0.0	0.0	0.0	0	31	0.0	26	36	0.00	120	0	0	0.00	120	0	0	0	0.00	120	0	0.00	120	0	0	0
307092	TOPPING WHIP 12-32Z RICH	EP	2 TSP	25	0	2.1	2.1	0.0	0	2	0.0	2	5	0.00	0	0	0	0.00	0	0	0	0.00	0	0	0	0.00	0	0	0	0
610372	PEACH DCD IN JCE 6-10 GFS	AP	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	300	0	0.00	1	300	0	0.00	1	300	0	0.00	1	300	0	0
610364	PEAR DCD IN JCE 6-10 GFS	AP	0.5 CUP	60	0	0.0	0.0	0.0	0	14	2.5	10	5	0.00	1	0	0	0.00	1	0	0	0.00	1	0	0	0.00	1	0	0	0
610232	FRUIT COCKTAIL IN JCE 6-10 GFS	AP	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	200	0	0.00	1	200	0	0.00	1	200	0	0.00	1	200	0	0
189952	PINEAPPLE CHUNKS IN JCE 6-10 GFS	AP	0.5 CUP	80	0	0.0	0.0	0.0	0	20	2.7	19	11	1.33	12	200	20	1.33	12	200	20	1.33	12	200	20	1.33	12	200	20	0
610283	APPLESAUCE IN JCE NSA 6-10 GFS	AP	0.5 CUP	50	0	0.0	0.0	0.0	0	12	1.2	9	13	0.00	7	0	5	0.00	7	0	5	0.00	7	0	5	0.00	7	0	5	0
117897	ORANGES MAND WHL L/S 6-10 GFS	AP	0.5 CUP	90	1	0.0	0.0	0.0	0	20	0.0	20	10	0.00	18	400	20	0.00	18	400	20	0.00	18	400	20	0.00	18	400	20	0
610399	PEAR SLCD IN JCE 6-10 GFS	AP	0.5 CUP	60	0	0.0	0.0	0.0	0	14	2.5	10	5	0.00	1	0	0	0.00	1	0	0	0.00	1	0	0	0.00	1	0	0	0
224448	PEACH SLCD L/S 6-10 GFS	AP	0.5 CUP	71	0	0.0	0.0	0.0	0	16	0.0	13	10	0.00	1	300	0	0.00	1	300	0	0.00	1	300	0	0.00	1	300	0	0
610275	PEAR HALVES IN JCE 6-10 GFS	AP	0.5 CUP	60	0	0.0	0.0	0.0	0	14	2.5	10	5	0.00	1	0	0	0.00	1	0	0	0.00	1	0	0	0.00	1	0	0	0
612456	PINEAPPLE SLCD IN JCE & WTR 6-10 GFS	AP	0.5 CUP	60	1	0.0	0.0	0.0	0	14	2.4	11	10	1.20	10	100	20	1.20	10	100	20	1.20	10	100	20	1.20	10	100	20	0
224456	PEACH HALVES L/S 6-10 GFS	AP	0.5 CUP	71	0	0.0	0.0	0.0	0	16	0.0	13	10	0.00	4	200	0	0.00	4	200	0	0.00	4	200	0	0.00	4	200	0	0
806350	MILK CHOC 1% 40-8FLZ RGNLBRND	AP	1 EACH	170	7	2.4	2.4	0.0	10	31	0.0	29	211	0.00	2	499	300	0.00	2	543	295	0.00	2	543	295	0.00	2	543	295	0
806360	MILK WHT FF SKIM 40-8FLZ RGNLBRND	AP	1 EACH	85	7	0.0	0.0	0.0	5	12	0.0	12	123	0.00	2	543	295	0.00	2	543	295	0.00	2	543	295	0.00	2	543	295	0
170879	MILK NO LACT 12-8FLZ DAIRY EASE	AP	8 FLOZ	90	10	0.0	0.0	0.0	0	12	0.0	12	129	0.00	0	500	300	0.00	0	500	300	0.00	0	500	300	0.00	0	500	300	0

The nutrition printed is the most up to date information as provided to GFS as of August 2011. Please be aware that manufacturers may change formulations, which can affect the nutritional content of products. It is a good practice to verify nutrition information on the actual label of each product. If you have any questions regarding this information, please contact the Nutrition Resource Center at 1-800-968-4426 or nrc@gfs.com

Customer Product List

2011 / 2012

Gordon Food Service®

GREEN WEEK	Product Description	Edible or As Purchased	Serving Size	Calories	Protein (gm)	Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Carbohydrates (gm)		Sugar (gm)	Sodium (mg)	Iron (mg)	Vitamin C (mg)	Vitamin A (IU)	Calcium (mg)
										Fiber (gm)							
MONDAY																	
164216	CHEESE AMER 120CT SLCD 4-5# GFS	70	4	6.1	4.0	0.0	15	1	0.0	0	240	0.00	0	300	100		
436820	BREAD WHEAT WHL SLCD 1/2 6-32Z GFS	AP	1 SLICE	106	4	1.6	0.4	0.4	0	20	3.2	2	198	1.20	0	2	29
285740	VEG BLND CALIF PREM 30# GFS	AP	1 CUP	30	2	0.0	0.0	0.0	0	5	1.9	1	25	0.00	20	750	20
843342	CRACKER GRHM ELF CHOC CHP 150-1Z KEEB	AP	1 PACKAGE	130	2	5.0	2.0	0.0	0	20	1.1	8	90	1.12	0	0	100
610283	APPLESAUCE IN JCE NSA 6-10 GFS	AP	0.5 CUP	50	0	0.0	0.0	0.0	0	12	1.2	9	13	0.00	7	0	5
806350	MILK CHOC 1% 40-8FLZ RGNLBRND	AP	1 EACH	170	7	2.4	2.4	0.0	10	31	0.0	29	211	0.00	2	499	300
806360	MILK WHT FF SKIM 40-8FLZ RGNLBRND	AP	1 EACH	85	7	0.0	0.0	0.0	5	12	0.0	12	123	0.00	2	543	295
170879	MILK NO LACT 12-8FLZ DAIRY EASE	AP	8 FLOZ	90	10	0.0	0.0	0.0	0	12	0.0	12	129	0.00	0	500	300
TUESDAY																	
304913	FRANKS 3 MEAT CLASSIC 8/# 2-5# GFS	AP	1 EACH	174	6	15.7	5.0	0.6	43	2	0.0	1	576	0.56	0	0	40
194263	FRANKS 3 MEAT FOOTLONG 6/# 2-5# GFS	AP	1 EACH	232	8	21.2	6.8	0.8	57	2	0.0	1	767	0.76	0	0	54
517830	BUN HOT DOG WHEAT WHL 12-12CT GFS	AP	1 EACH	90	4	0.9	0.0	0.0	0	19	3.9	2	170	1.29	0	0	40
586854	BUN HOT DOG FOOTLONG SLCD 12-6CT GFS	AP	1 EACH	240	7	4.3	0.8	0.0	0	44	1.7	5	370	2.55	0	0	40
819492	KETCHUP DISPENSER PK 2-1.5GAL HNZ	AP	1 TBSP	15	0	0.0	0.0	0.0	0	4	0.0	4	190	0.00	0	100	0
100129	KETCHUP CAN 33% FCY 6-10 CRWNCOLL	AP	1 TBSP	15	0	0.0	0.0	0.0	0	4	0.2	4	160	0.17	1	75	2
860221	MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	AP	1 TSP	0	0	0.0	0.0	0.0	0	0	0.0	0	80	0.00	0	0	0
517186	RELISH SWT PICKLE 4-1GAL GFS	AP	1 TBSP	15	0	0.0	0.0	0.0	0	4	0.0	4	140	0.00	0	0	0
576646	CARROT STIX STRAIGHT CUT 2-5# RSS	AP	1 CUP	52	1	0.0	0.0	0.0	0	13	3.8	6	88	0.00	8	15406	42
768146	CARROT BABY WHL PETITE 4-5# P/L	AP	0.375 CUP	29	1	0.0	0.0	0.0	0	7	2.3	4	37	0.00	3	12050	10
781592	CELERY STIX 4-3# RSS	AP	1 CUP, STRIPS	17	1	0.0	0.0	0.0	0	4	2.5	2	99	0.00	4	557	50
592315	PEPPERS GREEN LRG 5# GFS	AP	1 CUP	30	1	0.0	0.0	0.0	0	7	3.0	3	4	0.00	119	551	15
199044	TOMATO CHERRY 12-1PT MARKON	AP	4 EACH	21	1	0.0	0.0	0.0	0	5	1.0	0	9	0.00	19	609	5
732494	CAULIFLOWER REG CUT 2-3# RSS	AP	1.5 CUP	29	0	0.0	0.0	0.0	0	5	4.5	5	69	0.00	119	251	0
418439	CUCUMBER SELECT 24CT P/L	AP	0.33 EACH	15	1	0.0	0.0	0.0	0	3	1.0	2	0	0.00	6	200	20
499951	BROCCOLI CRWN ICELESS CLN 4-3# MRKN	AP	1 STALK	44	4	0.0	0.0	0.0	0	7	4.4	3	55	1.48	132	750	61
198439	BEAN GREEN CLND FOOD SRVC 2-5#	AP	0.75 CUP	25	1	0.0	0.0	0.0	0	5	3.3	2	0	0.00	5	100	40
856215	PEA PODS 10# P/L	AP	1 CUP	26	2	0.0	0.0	0.0	0	5	1.9	3	3	1.26	38	685	27
844730	DRESSING RNCH CRMY CUP 100-1Z GFS	AP	1 OZ	131	0	13.3	2.0	0.0	8	3	0.0	2	275	0.00	0	10	9
426598	DRESSING RNCH BTRMLK 4-1GAL GFS	AP	2 TBSP	160	0	18.0	3.0	0.0	5	1	0.0	1	260	0.00	0	0	0
794181	SLUSHIE BL RASP/LEM 84CT SIDEKICKS	AP	1 EACH	80	0	0.0	0.0	0.0	0	20	0.0	19	44	0.00	60	1000	80
863890	SLUSHIE STRAWB-MANG 84-4.4FLZ RIDGF	AP	4.4 FL OZ	81	0	0.0	0.0	0.0	0	20	0.0	20	46	0.00	60	1000	81
863880	SLUSHIE STRAWB-KW 84-4.4FLZ RIDGF	AP	4.4 FL OZ	81	0	0.0	0.0	0.0	0	20	0.0	20	46	0.00	60	1000	81
859560	CRACKER GRHM BUG BITES 210CT KEEB	AP	1 PACKAGE	140	2	4.7	0.9	0.0	0	23	0.0	9	130	0.62	0	0	100
806350	MILK CHOC 1% 40-8FLZ RGNLBRND	AP	1 EACH	170	7	2.4	2.4	0.0	10	31	0.0	29	211	0.00	2	499	300
806360	MILK WHT FF SKIM 40-8FLZ RGNLBRND	AP	1 EACH	85	7	0.0	0.0	0.0	5	12	0.0	12	123	0.00	2	543	295
170879	MILK NO LACT 12-8FLZ DAIRY EASE	AP	8 FLOZ	90	10	0.0	0.0	0.0	0	12	0.0	12	129	0.00	0	500	300

Customer Product List

2011 / 2012

Gordon Food Service®

GREEN WEEK	Product Description	Edible or As Purchased	Serving Size	Calories	Protein (gm)	Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Carbohydrates (gm)		Sugar (gm)	Sodium (mg)	Iron (mg)	Vitamin C (mg)	Vitamin A (IU)	Calcium (mg)
										Fiber (gm)	Fiber (gm)						
WEDNESDAY																	
841684	FRENCH TST STIX 175CT 10# AJ	AP	4 EACH	310	5	12.5	2.9	0.0	0	45	0.0	14	410	1.92	0	0	60
652370	FRENCH TST STIX WGRAIN 6-2# RICH	AP	3 EACH	300	7	10.0	1.1	0.0	0	47	2.2	11	561	3.33	3	500	150
160090	SYRUP PANCK CUP 200-1.5Z GFS	AP	1 EACH	120	0	0.0	0.0	0.0	0	31	0.0	23	0	0.00	0	0	0
232068	SYRUP PANCK MAPL 2% 4-1GAL GFS	AP	2 FLOZ	230	0	0.0	0.0	0.0	0	57	0.0	37	25	0.00	0	0	0
466883	SAUSAGE LNK CKD SKNLS .8Z 10# JDF	AP	1 EACH	90	3	9.1	0.0	0.0	20	0	0.0	0	160	0.00	0	0	0
497053	SAUSAGE PTY CKD SAGE 2Z 10# JDF	AP	1 EACH	214	7	20.2	7.3	0.0	43	1	0.0	1	389	0.56	0	18	24
324167	POTATO ROUNDS 6-5# GFS	AP	3 OZ	160	2	7.7	1.7	0.0	0	19	1.7	0	330	0.85	1	0	0
819492	KETCHUP DISPENSER PK 2-1.5GAL HNZ	AP	1 TBSP	15	0	0.0	0.0	0.0	0	4	0.0	4	190	0.00	0	100	0
100129	KETCHUP CAN 33% FCY 6-10 CRWNCOLL	AP	1 TBSP	15	0	0.0	0.0	0.0	0	4	0.2	4	160	0.17	1	75	2
507776	JUICE ORNG 100% K-PK 96-4FLZ VITAFR	AP	1 EACH	60	1	0.0	0.0	0.0	0	14	0.0	10	29	0.00	48	0	0
118840	PRETZEL GOLDFISH 6-26Z PEPPFM	AP	0.75 OZ	90	2	1.5	0.0	0.0	0	17	0.0	0	300	0.64	0	0	0
118921	JUICE APPLE 100% FRSH 72-4FLZ SNCUP	AP	1 EACH	61	0	0.0	0.0	0.0	0	14	0.0	0	0	0.00	61	0	11
806350	MILK CHOC 1% 40-8FLZ RGNLBRND	AP	1 EACH	170	7	2.4	2.4	0.0	10	31	0.0	29	211	0.00	2	499	300
806360	MILK WHT FF SKIM 40-8FLZ RGNLBRND	AP	1 EACH	85	7	0.0	0.0	0.0	5	12	0.0	12	123	0.00	2	543	295
170879	MILK NO LACT 12-8FLZ DAIRY EASE	AP	8 FLOZ	90	10	0.0	0.0	0.0	0	12	0.0	12	129	0.00	0	500	300
THURSDAY																	
776548	TACO FILLING BEEF 4-5# GFS	AP	1 CUP	100	8	7.3	2.2	0.0	20	3	1.1	1	240	1.68	1	100	20
191043	CHEESE CHED MILD SHRD FINE 4-5# GFS	AP	0.25 CUP	112	7	8.7	5.0	0.3	26	2	0.3	0	171	0.00	0	326	190
600504	LETTUCE BLND ICEBERG/ROMN 4-5# RSS	AP	3 OZ	17	0	0.0	0.0	0.0	0	2	0.9	1	20	0.00	3	350	10
678791	LETTUCE SHRDD 3/8" CUT 4-5# RSS	AP	.25 CUP	2	0	0.0	0.0	0.0	0	0	0.1	0	2	0.00	1	33	3
560545	SPINACH BABY CLND 2-2# P/L	AP	1.765 CUP	22	3	0.0	0.0	0.0	0	4	3.0	0	160	3.00	28	6715	99
511481	BOK CHOY 1-30#	EP	3.53 OZ	13	2	0.0	0.0	0.0	0	2	2.0	0	0	0.00	0	0	0
105260	CHIP HARV CHED 104-SSV SUNCHIP	AP	1 OZ	140	2	6.0	1.1	0.0	0	19	3.1	2	200	0.28	0	0	0
158801	CHIP NACHO CHS FUN 120CT DORITOS	AP	1 PACKAGE	80	1	4.5	1.0	0.0	0	10	0.0	0	100	0.00	0	0	20
105050	CHIP CORN CHILI CHS 104-SSV FRITOS	AP	1 PACKAGE	160	2	9.9	1.4	0.0	0	15	1.1	1	260	0.00	0	0	40
158801	CHIP NACHO CHS FUN 120CT DORITOS	AP	1 PACKAGE	80	1	4.5	1.0	0.0	0	10	0.0	0	100	0.00	0	0	20
415020	CHIP TORTL BITE SZ 104-SSV TOSTITOS	AP	1 PACKAGE	140	2	7.9	1.1	0.0	0	18	1.1	0	110	0.28	0	0	20
293962	BEAN REFRD 6-10 GRSZ	AP	0.5 CUP	90	6	2.6	0.0	0.0	0	17	3.8	0	490	1.28	0	0	40
108251	RICE 25# UBEN	AP	0.25 CUP	167	4	0.5	0.0	0.0	0	37	0.5	0	3	2.35	0	24	61
677108	TOMATO DCD SALSA STYLE 6-10 ELVER	AP	0.5 CUP	30	3	0.0	0.0	0.0	0	7	2.6	4	230	1.30	12	400	20
420573	SAUCE TOMATO 6-10 HUNT	AP	0.25 CUP	15	0	0.0	0.0	0.0	0	4	1.2	2	370	0.62	2	100	0
555169	RICE SPANISH 6-36Z UBEN	AP	2 OZ	200	5	0.6	0.0	0.0	0	44	0.6	2	820	3.42	10	385	55
877771	RICE MEX INFUSED 2-5# UBEN	AP	0.25 CUP	160	4	0.9	0.0	0.0	0	33	0.0	1	680	1.80	0	0	40
877800	RICE BLK BEAN & BRN 6-25.4Z UBEN	AP	1 CUP	211	7	2.3	0.0	0.0	5	39	4.5	2	370	2.27	2	100	59
244630	STRAWBERRY WHL IQF 4-5# GFS	AP	1 CUP	50	0	0.0	0.0	0.0	0	13	2.8	8	0	1.40	55	0	20
119873	BLUEBERRY FREE-FLOW IQF 30# GFS	AP	0.75 CUP	81	0	0.0	0.0	0.0	0	19	2.6	12	15	0.00	3	0	0
806350	MILK CHOC 1% 40-8FLZ RGNLBRND	AP	1 EACH	170	7	2.4	2.4	0.0	10	31	0.0	29	211	0.00	2	499	300
806360	MILK WHT FF SKIM 40-8FLZ RGNLBRND	AP	1 EACH	85	7	0.0	0.0	0.0	5	12	0.0	12	123	0.00	2	543	295
170879	MILK NO LACT 12-8FLZ DAIRY EASE	AP	8 FLOZ	90	10	0.0	0.0	0.0	0	12	0.0	12	129	0.00	0	500	300

Customer Product List

2011 / 2012

Gordon Food Service®

GREEN WEEK	Product Description	Edible or As Purchased	Serving Size	Calories	Protein (gm)	Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Carbohydrates (gm)	Fiber (gm)	Sugar (gm)	Sodium (mg)	Iron (mg)	Vitamin C (mg)	Vitamin A (IU)	Calcium (mg)
FRIDAY																	
558061	CHIX PATTIE BRD WHL GRAIN 3.26Z 6-5#	AP	1 EACH	230	13	12.7	1.8	0.0	20	15	2.7	1	490	1.82	0	0	40
509205	CHIX PTY GRLLD O/R CN 90-2.65Z MCCAR	AP	1 EACH	160	13	11.1	3.0	0.0	45	2	0.0	2	380	0.74	0	100	20
517810	BUN HAMB SLCD WHEAT WHL 4" 10-12 GFS	AP	1 EACH	120	6	1.6	0.0	0.0	0	24	5.9	3	210	1.62	0	0	60
819492	KETCHUP DISPENSER PK 2-1.5GAL HNZ	AP	1 TBSP	15	0	0.0	0.0	0.0	0	4	0.0	4	190	0.00	0	100	0
100129	KETCHUP CAN 33% FCY 6-10 CRWNCOLL	AP	1 TBSP	15	0	0.0	0.0	0.0	0	4	0.2	4	160	0.17	1	75	2
860221	MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	AP	1 TSP	0	0	0.0	0.0	0.0	0	0	0.0	0	80	0.00	0	0	0
107042	DRESSING SALAD 4-1GAL GFS	AP	1 TBSP	50	0	4.5	1.0	0.0	5	2	0.0	1	130	0.00	0	0	1
600504	LETTUCE BLND ICEBERG/ROMN 4-5# RSS	AP	3 OZ	17	0	0.0	0.0	0.0	0	2	0.9	1	20	0.00	3	350	10
560545	SPINACH BABY CLND 2-2# P/L	AP	1.765 CUP	22	3	0.0	0.0	0.0	0	4	3.0	0	160	3.00	28	6715	99
511481	BOK CHOY 1-30#	EP	3.53 OZ	13	2	0.0	0.0	0.0	0	2	2.0	0	0	0.00	0	0	0
426598	DRESSING RNCH BTRMLK 4-1GAL GFS	AP	2 TBSP	160	0	18.0	3.0	0.0	5	1	0.0	1	260	0.00	0	0	0
726044	DRESSING ITAL CLSC 4-1GAL PMLL	AP	2 TBSP	114	0	11.7	1.8	0.0	1	2	0.0	2	317	0.00	2	59	11
330795	DRESSING FREN RED CALIF 4-1GAL GFS	AP	2 TBSP	130	0	10.8	1.9	0.0	0	6	0.0	8	290	0.00	1	100	0
198013	ORANGES NAVEL FCY 113CT MRKN	AP	1 EACH	80	2	0.0	0.0	0.0	0	22	7.7	14	0	0.00	79	100	60
212768	STRAWBERRY CLAMSHELL 8# MRKN	AP	1 CUP	48	1	0.0	0.0	0.0	0	12	3.0	7	1	0.00	88	18	24
197831	GRAPES RED SEEDLESS 9-2#AVG P/L	AP	100 Gram	67	1	0.0	0.0	0.0	0	17	1.0	16	2	0.00	4	100	14
200565	MELON MUSK CANTALOUPE 12CT P/L	AP	0.5 CUP	52	1	0.0	0.0	0.0	0	14	1.2	13	24	0.00	50	3600	10
473171	APPLE FRSH SLCD 100-2Z P/L	AP	1 PACKAGE	30	0	0.0	0.0	0.0	0	7	1.1	6	0	0.00	21	0	20
201367	APPLE DELICIOUS RED 125CT MRKN	AP	1 EACH	72	0	0.0	0.0	0.0	0	19	2.8	14	1	0.00	7	75	8
200794	APPLE DELICIOUS GOLDEN 100CT MRKN	AP	1 EACH	72	0	0.0	0.0	0.0	0	19	2.8	14	1	0.00	7	75	8
582271	APPLE GRANNY SMITH 113CT MRKN	AP	1 EACH	80	0	0.0	0.0	0.0	0	22	4.6	15	0	0.00	5	100	0
326089	WATERMELON RED SEEDLESS 2CT GFS	EP	2 CUP	81	0	0.0	0.0	0.0	0	22	0.0	20	0	0.00	14	1501	20
197904	MELON HNYDEW 6-1CT P/L	EP	1 EACH	360	10	0.0	0.0	0.0	0	90	10.0	80	180	0.00	180	500	60
198056	PEAR 10SZ 95-110CT MRKN	AP	1 CUP	96	0	0.0	0.0	0.0	0	25	4.9	17	2	0.00	7	38	15
287008	KIWI 35CT MRKN	AP	1 EACH	42	1	0.7	0.0	0.0	0	10	2.1	6	2	0.00	64	60	23
197858	GRAPES WHITE SEEDLESS 17#AVG MRKN	AP	100 Gram	67	1	0.0	0.0	0.0	0	17	1.0	16	2	0.00	4	100	14
515884	DOUGH CKY SGR 240-1Z RICH	EP	1 EACH	117	1	6.0	1.3	2.3	3	15	0.3	7	99	0.52	0	205	4
806350	MILK CHOC 1% 40-8FLZ RGNLBRND	AP	1 EACH	170	7	2.4	2.4	0.0	10	31	0.0	29	211	0.00	2	499	300
806360	MILK WHT FF SKIM 40-8FLZ RGNLBRND	AP	1 EACH	85	7	0.0	0.0	0.0	5	12	0.0	12	123	0.00	2	543	295
170879	MILK NO LACT 12-8FLZ DAIRY EASE	AP	8 FLOZ	90	10	0.0	0.0	0.0	0	12	0.0	12	129	0.00	0	500	300

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Customer Product List

2011 / 2012

Gordon Food Service®

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											Fiber (gm)						
MONDAY																	
211672	CORN DOG 3 MEAT ORIG 3 72-4Z GFS	AP	1 EACH	290	9	14.6	4.5	0.0	35	29	1.1	4	1090	2.24	0	0	80
819492	KETCHUP DISPENSER PK 2-1.5GAL HNZ	AP	1 TBSP	15	0	0.0	0.0	0.0	0	4	0.0	4	190	0.00	0	100	0
100129	KETCHUP CAN 33% FCY 6-10 CRWNCOLL	AP	1 TBSP	15	0	0.0	0.0	0.0	0	4	0.2	4	160	0.17	1	75	2
860221	MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	AP	1 TSP	0	0	0.0	0.0	0.0	0	0	0.0	0	80	0.00	0	0	0
872570	POTATO SWT MINI TATER PUFF 6-2.5 LAMB	AP	3 OZ	130	1	4.2	0.0	0.0	0	23	1.7	8	230	0.00	3	3500	20
324167	POTATO ROUNDS 6-5# GFS	AP	3 OZ	160	2	7.7	1.7	0.0	0	19	1.7	0	330	0.85	1	0	0
198013	ORANGES NAVEL FCY 113CT MRKN	AP	1 EACH	80	2	0.0	0.0	0.0	0	22	7.7	14	0	0.00	79	100	60
212768	STRAWBERRY CLAMSHELL 8# MRKN	AP	1 CUP	48	1	0.0	0.0	0.0	0	12	3.0	7	1	0.00	88	18	24
197831	GRAPES RED SEEDLESS 9-2#AVG P/L	AP	100 Gram	67	1	0.0	0.0	0.0	0	17	1.0	16	2	0.00	4	100	14
200565	MELON MUSK CANTALOUPE 12CT P/L	AP	0.5 CUP	52	1	0.0	0.0	0.0	0	14	1.2	13	24	0.00	50	3600	10
473171	APPLE FRSH SLCD 100-2Z P/L	AP	1 PACKAGE	30	0	0.0	0.0	0.0	0	7	1.1	6	0	0.00	21	0	20
201367	APPLE DELICIOUS RED 125CT MRKN	AP	1 EACH	72	0	0.0	0.0	0.0	0	19	2.8	14	1	0.00	7	75	8
200794	APPLE DELICIOUS GOLDEN 100CT MRKN	AP	1 EACH	72	0	0.0	0.0	0.0	0	19	2.8	14	1	0.00	7	75	8
582271	APPLE GRANNY SMITH 113CT MRKN	AP	1 EACH	80	0	0.0	0.0	0.0	0	22	4.6	15	0	0.00	5	100	0
326089	WATERMELON RED SEEDLESS 2CT GFS	EP	2 CUP	81	0	0.0	0.0	0.0	0	22	0.0	20	0	0.00	14	1501	20
197904	MELON HNYDEW 6-1CT P/L	EP	1 EACH	360	10	0.0	0.0	0.0	0	90	10.0	80	180	0.00	180	500	60
198056	PEAR 10SZ 95-110CT MRKN	AP	1 CUP	96	0	0.0	0.0	0.0	0	25	4.9	17	2	0.00	7	38	15
287008	KIWI 35CT MRKN	AP	1 EACH	42	1	0.7	0.0	0.0	0	10	2.1	6	2	0.00	64	60	23
197858	GRAPES WHITE SEEDLESS 17#AVG MRKN	AP	100 Gram	67	1	0.0	0.0	0.0	0	17	1.0	16	2	0.00	4	100	14
806350	MILK CHOC 1% 40-8FLZ RGNLBRND	AP	1 EACH	170	7	2.4	2.4	0.0	10	31	0.0	29	211	0.00	2	499	300
806360	MILK WHT FF SKIM 40-8FLZ RGNLBRND	AP	1 EACH	85	7	0.0	0.0	0.0	5	12	0.0	12	123	0.00	2	543	295
170879	MILK NO LACT 12-8FLZ DAIRY EASE	AP	8 FLOZ	90	10	0.0	0.0	0.0	0	12	0.0	12	129	0.00	0	500	300
TUESDAY																	
462700	CHIX POPCORN BRD ORIG 2-5# GFS	AP	10 PIECE	230	15	11.1	1.0	2.0	40	16	0.0	0	890	1.01	0	0	0
108251	RICE 25# UBEN	AP	0.25 CUP	167	4	0.5	0.0	0.0	0	37	0.5	0	3	2.35	0	24	61
727630	RICE BROWN PARBOIL 25# PAREX	AP	3.53 OZ	364	8	2.0	0.0	0.0	0	78	3.0	0	10	2.00	0	0	0
285620	CORN CUT IQF 30# GFS	AP	0.67 CUP	105	3	0.9	0.0	0.0	0	22	2.7	2	5	0.90	3	115	5
610364	PEAR DCD IN JCE 6-10 GFS	AP	0.5 CUP	60	0	0.0	0.0	0.0	0	14	2.5	10	5	0.00	1	0	0
610399	PEAR SLCD IN JCE 6-10 GFS	AP	0.5 CUP	60	0	0.0	0.0	0.0	0	14	2.5	10	5	0.00	1	0	0
610275	PEAR HALVES IN JCE 6-10 GFS	AP	0.5 CUP	60	0	0.0	0.0	0.0	0	14	2.5	10	5	0.00	1	0	0
806350	MILK CHOC 1% 40-8FLZ RGNLBRND	AP	1 EACH	170	7	2.4	2.4	0.0	10	31	0.0	29	211	0.00	2	499	300
806360	MILK WHT FF SKIM 40-8FLZ RGNLBRND	AP	1 EACH	85	7	0.0	0.0	0.0	5	12	0.0	12	123	0.00	2	543	295
170879	MILK NO LACT 12-8FLZ DAIRY EASE	AP	8 FLOZ	90	10	0.0	0.0	0.0	0	12	0.0	12	129	0.00	0	500	300
WEDNESDAY																	
324787	BEEF PTY CKD PREM 72-2.67Z REDSRV	AP	1 EACH	200	14	15.0	6.0	0.8	41	2	1.5	1	534	1.50	0	56	36
517810	BUN HAMB SLCD WHEAT WHL 4" 10-12 GFS	AP	1 EACH	120	6	1.6	0.0	0.0	0	24	5.9	3	210	1.62	0	0	60
149195	PICKLE DILL SLCD HAMB 4-1GAL GFS	AP	1 OZ	0	0	0.0	0.0	0.0	0	0	0.0	0	390	0.00	0	0	0
819492	KETCHUP DISPENSER PK 2-1.5GAL HNZ	AP	1 TBSP	15	0	0.0	0.0	0.0	0	4	0.0	4	190	0.00	0	100	0
100129	KETCHUP CAN 33% FCY 6-10 CRWNCOLL	AP	1 TBSP	15	0	0.0	0.0	0.0	0	4	0.2	4	160	0.17	1	75	2
860221	MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	AP	1 TSP	0	0	0.0	0.0	0.0	0	0	0.0	0	80	0.00	0	0	0
583375	BEAN BAKED FCY 6-10 ALLEN	AP	0.5 CUP	148	5	1.3	0.0	0.0	0	28	3.9	13	619	2.58	0	3	31
805640	CRACKER GRHM GRIPZ 150CT KEEB	AP	1 PACKAGE	100	1	3.0	1.0	0.0	0	20	3.0	5	75	1.00	0	750	0
271497	APPLESAUCE UNSWT 6-10 GFS	AP	0.5 CUP	50	0	0.0	0.0	0.0	0	13	2.4	9	10	0.00	0	0	0
806350	MILK CHOC 1% 40-8FLZ RGNLBRND	AP	1 EACH	170	7	2.4	2.4	0.0	10	31	0.0	29	211	0.00	2	499	300

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2011 / 2012

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											Fiber (gm)						
806360	MILK WHT FF SKIM 40-8FLZ RGNLBRND	AP	1 EACH	85	7	0.0	0.0	0.0	5	12	0.0	12	123	0.00	2	543	295
170879	MILK NO LACT 12-8FLZ DAIRY EASE	AP	8 FLOZ	90	10	0.0	0.0	0.0	0	12	0.0	12	129	0.00	0	500	300
THURSDAY																	
654590	PASTA SPAGHETTI WHL WHEAT 2-5# GFS	AP	2 OZ	180	7	1.1	0.0	0.0	0	41	6.2	2	0	1.68	0	0	0
413360	PASTA ROTINI 4-5# GFS	AP	2 OZ	210	7	1.1	0.0	0.0	0	42	2.2	3	0	1.68	0	0	0
654550	PASTA ELBOW MACAR 2-10# KE	AP	2 OZ	210	7	1.1	0.0	0.0	0	42	2.2	3	0	1.68	0	0	0
721379	PASTA PENNE RIGATE 8-2.5# PRIMO GUSTO	EP	1 CUP	211	7	1.5	0.0	0.0	0	43	1.5	3	0	1.49	0	0	0
413370	PASTA SPAGHETTI 10" 4-5# GFS	AP	2 OZ	208	7	1.1	0.0	0.0	0	42	2.2	3	0	2.24	0	0	10
158704	BEEF GRND 80/20 3-10# GFS	AP	4 OZ	290	21	22.4	9.0	1.1	75	0	0.0	0	65	2.24	0	0	20
437972	SAUCE SPAGHETTI TRAD 6-10 RAGU	AP	0.5 CUP	78	3	2.5	0.0	0.0	0	11	2.5	8	479	1.25	11	678	24
600504	LETTUCE BLND ICEBERG/ROMN 4-5# RSS	AP	3 OZ	17	0	0.0	0.0	0.0	0	2	0.9	1	20	0.00	3	350	10
560545	SPINACH BABY CLND 2-2# P/L	AP	1.765 CUP	22	3	0.0	0.0	0.0	0	4	3.0	0	160	3.00	28	6715	99
511481	BOK CHOY 1-30#	EP	3.53 OZ	13	2	0.0	0.0	0.0	0	2	2.0	0	0	0.00	0	0	0
426598	DRESSING RNCH BTRMLK 4-1GAL GFS	AP	2 TBSP	160	0	18.0	3.0	0.0	5	1	0.0	1	260	0.00	0	0	0
726044	DRESSING ITAL CLSC 4-1GAL PMLL	AP	2 TBSP	114	0	11.7	1.8	0.0	1	2	0.0	2	317	0.00	2	59	11
330795	DRESSING FREN RED CALIF 4-1GAL GFS	AP	2 TBSP	130	0	10.8	1.9	0.0	0	6	0.0	8	290	0.00	1	100	0
580295	BREADSTICK FREN PARBK 120-1.8Z RICH	EP	1 EACH	137	5	0.5	0.0	0.0	0	28	1.0	1	300	1.53	1	0	13
117897	ORANGES MAND WHL L/S 6-10 GFS	AP	0.5 CUP	90	1	0.0	0.0	0.0	0	20	0.0	20	10	0.00	18	400	20
189979	PINEAPPLE TIDBITS IN JCE 6-10 GFS	AP	0.5 CUP	80	0	0.0	0.0	0.0	0	20	2.7	19	11	1.33	12	200	20
806350	MILK CHOC 1% 40-8FLZ RGNLBRND	AP	1 EACH	170	7	2.4	2.4	0.0	10	31	0.0	29	211	0.00	2	499	300
806360	MILK WHT FF SKIM 40-8FLZ RGNLBRND	AP	1 EACH	85	7	0.0	0.0	0.0	5	12	0.0	12	123	0.00	2	543	295
170879	MILK NO LACT 12-8FLZ DAIRY EASE	AP	8 FLOZ	90	10	0.0	0.0	0.0	0	12	0.0	12	129	0.00	0	500	300
FRIDAY																	
134651	PIZZA CHS STFD CRST PREBK 72CT MAX	AP	1 SLICE	390	18	14.7	4.9	0.0	15	46	1.6	0	941	4.89	0	549	350
415540	FRENCH BRD WGRAIN CHS 60-5.1Z TONY	AP	1 EACH	320	16	10.3	2.9	0.0	21	35	1.5	4	600	2.94	15	500	300
585921	PIZZA 4X6 CHS WHL GRN 50/50 96-4.6Z	AP	1 EACH	300	16	10.4	3.9	0.0	16	36	3.9	16	631	1.30	0	300	350
437380	PIZZA WGRAIN CHS STFD 72-5.75Z MAX	AP	1 EACH	380	18	14.7	4.9	0.0	15	46	3.3	0	941	4.89	0	500	350
437430	PIZZA WGRAIN CHS SLC 96-4.67Z MAX	AP	1 EACH	270	15	10.6	2.6	0.0	11	32	4.0	0	800	5.30	0	502	250
164100	VEG BLND MALIBU 6-4# FLAVRPAC	AP	1 CUP	35	1	0.0	0.0	0.0	0	6	1.9	3	45	0.95	18	1000	20
118265	FRUIT MIXED DCD L/S 6-10 GFS	AP	0.5 CUP	70	1	0.0	0.0	0.0	0	18	1.3	15	5	0.00	1	200	0
806350	MILK CHOC 1% 40-8FLZ RGNLBRND	AP	1 EACH	170	7	2.4	2.4	0.0	10	31	0.0	29	211	0.00	2	499	300
806360	MILK WHT FF SKIM 40-8FLZ RGNLBRND	AP	1 EACH	85	7	0.0	0.0	0.0	5	12	0.0	12	123	0.00	2	543	295
170879	MILK NO LACT 12-8FLZ DAIRY EASE	AP	8 FLOZ	90	10	0.0	0.0	0.0	0	12	0.0	12	129	0.00	0	500	300

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2011 / 2012

Gordon Food Service®

PURPLE WEEK	Product Description	Edible or As Purchased	Serving Size	Calories	Protein (gm)	Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Carbohydrates (gm)		Sugar (gm)	Sodium (mg)	Iron (mg)	Vitamin C (mg)	Vitamin A (IU)	Calcium (mg)
										Fiber (gm)							
MONDAY																	
776548	TACO FILLING BEEF 4-5# GFS	AP	1 CUP	100	8	7.3	2.2	0.0	20	3	1.1	1	240	1.68	1	100	20
505722	TORTILLA FLOUR 8" PRSD 20-12 MEXORIG	AP	1 EACH	120	3	3.7	0.4	0.0	0	20	0.8	1	240	0.82	0	0	20
714360	SHELL TACO YEL JUMBO 8-25CT MISSFD	AP	2 EACH	200	3	9.0	2.2	0.0	0	28	3.0	1	0	1.29	0	0	20
162990	CHIP TORTL RND WHT 5-1.5# GFS	AP	8 PIECE	140	2	6.1	0.9	0.0	0	20	0.9	0	60	0.00	0	0	0
163020	CHIP TORTL RND YEL 5-1.5# KE	AP	10 EACH	160	2	7.0	1.0	0.0	0	22	1.0	0	75	0.00	0	0	0
598453	SALSA CHNKY 4-1GAL GFS	AP	2 TBSP	10	0	0.0	0.0	0.0	0	2	0.0	1	135	0.00	12	200	0
191043	CHEESE CHED MILD SHRD FINE 4-5# GFS	AP	0.25 CUP	112	7	8.7	5.0	0.3	26	2	0.3	0	171	0.00	0	326	190
293962	BEAN REFRD 6-10 GRSZ	AP	0.5 CUP	90	6	2.6	0.0	0.0	0	17	3.8	0	490	1.28	0	0	40
600504	LETTUCE BLND ICEBERG/ROMN 4-5# RSS	AP	3 OZ	17	0	0.0	0.0	0.0	0	2	0.9	1	20	0.00	3	350	10
560545	SPINACH BABY CLND 2-2# P/L	AP	1.765 CUP	22	3	0.0	0.0	0.0	0	4	3.0	0	160	3.00	28	6715	99
511481	BOK CHOY 1-30#	EP	3.53 OZ	13	2	0.0	0.0	0.0	0	2	2.0	0	0	0.00	0	0	0
426598	DRESSING RNCH BTRMLK 4-1GAL GFS	AP	2 TBSP	160	0	18.0	3.0	0.0	5	1	0.0	1	260	0.00	0	0	0
726044	DRESSING ITAL CLSC 4-1GAL PMLL	AP	2 TBSP	114	0	11.7	1.8	0.0	1	2	0.0	2	317	0.00	2	59	11
330795	DRESSING FREN RED CALIF 4-1GAL GFS	AP	2 TBSP	130	0	10.8	1.9	0.0	0	6	0.0	8	290	0.00	1	100	0
610372	PEACH DCD IN JCE 6-10 GFS	AP	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	300	0
535362	PEACH SLCD IRREGULAR L/S 6-10 KE	AP	0.5 CUP	71	0	0.0	0.0	0.0	0	16	0.0	13	10	0.00	1	300	0
224456	PEACH HALVES L/S 6-10 GFS	AP	0.5 CUP	71	0	0.0	0.0	0.0	0	16	0.0	13	10	0.00	4	200	0
806350	MILK CHOC 1% 40-8FLZ RGNLBRND	AP	1 EACH	170	7	2.4	2.4	0.0	10	31	0.0	29	211	0.00	2	499	300
806360	MILK WHT FF SKIM 40-8FLZ RGNLBRND	AP	1 EACH	85	7	0.0	0.0	0.0	5	12	0.0	12	123	0.00	2	543	295
170879	MILK NO LACT 12-8FLZ DAIRY EASE	AP	8 FLOZ	90	10	0.0	0.0	0.0	0	12	0.0	12	129	0.00	0	500	300
TUESDAY																	
509183	CHIX NUGGET CRSPY BRD O/R 10.65# TYS	AP	4 EACH	250	11	16.1	3.8	0.0	75	16	0.9	1	670	1.90	0	100	20
558040	CHIX CHUNKS BRD WHL GRAIN 6-5# TYS	AP	5 EACH	180	13	8.4	1.7	0.0	20	14	1.7	1	450	1.68	0	0	40
613738	POTATO PRLS EXCEL 12-28Z BAMER	AP	3.53 OZ	371	7	5.0	1.0	1.0	0	74	6.0	3	1733	1.00	30	10	36
290025	GRAVY MIX CHIX 8-22.6Z TRIO	AP	1 TBSP	35	0	1.0	0.5	0.0	0	6	0.0	0	280	0.00	0	0	0
316938	ROLL DNNR WHEAT PULL APART 16-12 GFS	AP	2 EACH	150	5	1.5	0.5	0.0	0	31	1.5	3	308	1.53	0	1	8
198013	ORANGES NAVEL FCY 113CT MRKN	AP	1 EACH	80	2	0.0	0.0	0.0	0	22	7.7	14	0	0.00	79	100	60
212768	STRAWBERRY CLAMSHELL 8# MRKN	AP	1 CUP	48	1	0.0	0.0	0.0	0	12	3.0	7	1	0.00	88	18	24
197831	GRAPES RED SEEDLESS 9-2#AVG P/L	AP	100 Gram	67	1	0.0	0.0	0.0	0	17	1.0	16	2	0.00	4	100	14
200565	MELON MUSK CANTALOUPE 12CT P/L	AP	0.5 CUP	52	1	0.0	0.0	0.0	0	14	1.2	13	24	0.00	50	3600	10
473171	APPLE FRSH SLCD 100-2Z P/L	AP	1 PACKAGE	30	0	0.0	0.0	0.0	0	7	1.1	6	0	0.00	21	0	20
201367	APPLE DELICIOUS RED 125CT MRKN	AP	1 EACH	72	0	0.0	0.0	0.0	0	19	2.8	14	1	0.00	7	75	8
200794	APPLE DELICIOUS GOLDEN 100CT MRKN	AP	1 EACH	72	0	0.0	0.0	0.0	0	19	2.8	14	1	0.00	7	75	8
582271	APPLE GRANNY SMITH 113CT MRKN	AP	1 EACH	80	0	0.0	0.0	0.0	0	22	4.6	15	0	0.00	5	100	0
326089	WATERMELON RED SEEDLESS 2CT GFS	EP	2 CUP	81	0	0.0	0.0	0.0	0	22	0.0	20	0	0.00	14	1501	20
197904	MELON HNYDEW 6-1CT P/L	EP	1 EACH	360	10	0.0	0.0	0.0	0	90	10.0	80	180	0.00	180	500	60
198056	PEAR 10SZ 95-110CT MRKN	AP	1 CUP	96	0	0.0	0.0	0.0	0	25	4.9	17	2	0.00	7	38	15
287008	KIWI 35CT MRKN	AP	1 EACH	42	1	0.7	0.0	0.0	0	10	2.1	6	2	0.00	64	60	23
197858	GRAPES WHITE SEEDLESS 17#AVG MRKN	AP	100 Gram	67	1	0.0	0.0	0.0	0	17	1.0	16	2	0.00	4	100	14
806350	MILK CHOC 1% 40-8FLZ RGNLBRND	AP	1 EACH	170	7	2.4	2.4	0.0	10	31	0.0	29	211	0.00	2	499	300
806360	MILK WHT FF SKIM 40-8FLZ RGNLBRND	AP	1 EACH	85	7	0.0	0.0	0.0	5	12	0.0	12	123	0.00	2	543	295
170879	MILK NO LACT 12-8FLZ DAIRY EASE	AP	8 FLOZ	90	10	0.0	0.0	0.0	0	12	0.0	12	129	0.00	0	500	300

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WEDNESDAY																	
197645	MEATBALL CKD .5Z 300-340CT 2-5# GFS	AP	6 EACH	272	14	20.4	7.7	0.8	40	8	1.7	1	747	1.70	0	0	47
517830	BUN HOT DOG WHEAT WHL 12-12CT GFS	AP	1 EACH	90	4	0.9	0.0	0.0	0	19	3.9	2	170	1.29	0	0	40
119458	PEAS & CARROT 12-2.5# GFS	AP	0.67 CUP	60	2	0.0	0.0	0.0	0	9	2.7	4	60	0.90	5	1500	0
437972	SAUCE SPAGHETTI TRAD 6-10 RAGU	AP	0.5 CUP	78	3	2.5	0.0	0.0	0	11	2.5	8	479	1.25	11	678	24
175706	CARROT SLCD C/C 12-2# GFS	AP	0.5 CUP	23	1	0.0	0.0	0.0	0	5	1.9	3	44	0.00	2	7195	23
515892	DOUGH CKY CHOC FLVR CHP 240-1Z RICH	EP	1 EACH	109	1	4.4	1.3	1.6	2	16	0.3	10	114	0.52	0	2	5
285730	PEAS & CARROT 30# GFS	AP	0.67 CUP	60	2	0.0	0.0	0.0	0	9	2.7	4	60	0.90	5	1500	0
610372	PEACH DCD IN JCE 6-10 GFS	AP	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	300	0
610364	PEAR DCD IN JCE 6-10 GFS	AP	0.5 CUP	60	0	0.0	0.0	0.0	0	14	2.5	10	5	0.00	1	0	0
610232	FRUIT COCKTAIL IN JCE 6-10 GFS	AP	0.5 CUP	60	0	0.0	0.0	0.0	0	14	1.2	12	10	0.00	1	200	0
189952	PINEAPPLE CHUNKS IN JCE 6-10 GFS	AP	0.5 CUP	80	0	0.0	0.0	0.0	0	20	2.7	19	11	1.33	12	200	20
610283	APPLESAUCE IN JCE NSA 6-10 GFS	AP	0.5 CUP	50	0	0.0	0.0	0.0	0	12	1.2	9	13	0.00	7	0	5
117897	ORANGES MAND WHL L/S 6-10 GFS	AP	0.5 CUP	90	1	0.0	0.0	0.0	0	20	0.0	20	10	0.00	18	400	20
806350	MILK CHOC 1% 40-8FLZ RGNLBRND	AP	1 EACH	170	7	2.4	2.4	0.0	10	31	0.0	29	211	0.00	2	499	300
806360	MILK WHT FF SKIM 40-8FLZ RGNLBRND	AP	1 EACH	85	7	0.0	0.0	0.0	5	12	0.0	12	123	0.00	2	543	295
170879	MILK NO LACT 12-8FLZ DAIRY EASE	AP	8 FLOZ	90	10	0.0	0.0	0.0	0	12	0.0	12	129	0.00	0	500	300
THURSDAY																	
652370	FRENCH TST STIX WGRAIN 6-2# RICH	AP	3 EACH	300	7	10.0	1.1	0.0	0	47	2.2	11	561	3.33	3	500	150
841684	FRENCH TST STIX 175CT 10# AJ	AP	4 EACH	310	5	12.5	2.9	0.0	0	45	0.0	14	410	1.92	0	0	60
160090	SYRUP PANCK CUP 200-1.5Z GFS	AP	1 EACH	120	0	0.0	0.0	0.0	0	31	0.0	23	0	0.00	0	0	0
232068	SYRUP PANCK MAPL 2% 4-1GAL GFS	AP	2 FLOZ	230	0	0.0	0.0	0.0	0	57	0.0	37	25	0.00	0	0	0
240080	EGG OMELET CHS COLBY 144-2.1Z	AP	1 EACH	210	12	17.3	6.0	0.0	305	3	0.0	1	500	1.19	0	500	150
551775	HASHBROWN PTY OVAL 2.25Z 12-20CT LAMB	AP	1 EACH	140	2	8.3	1.9	0.0	0	15	1.9	0	270	0.64	3	0	0
152056	KETCHUP CAN 29% XTHK 6-10 GFS	AP	1 TBSP	15	0	0.0	0.0	0.0	0	4	0.2	4	160	0.17	1	75	2
819492	KETCHUP DISPENSER PK 2-1.5GAL HNZ	AP	1 TBSP	15	0	0.0	0.0	0.0	0	4	0.0	4	190	0.00	0	100	0
118921	JUICE APPLE 100% FRSH 72-4FLZ SNCUP	AP	1 EACH	61	0	0.0	0.0	0.0	0	14	0.0	0	0	0.00	61	0	11
118930	JUICE ORNG 100% FRSH 72-4FLZ SNCUP	AP	1 EACH	61	0	0.0	0.0	0.0	0	14	0.0	0	0	0.00	62	188	10
118940	JUICE GRAPE 100% FRSH 72-4FLZ SNCUP	AP	1 EACH	60	0	0.0	0.0	0.0	0	16	0.0	0	0	0.00	60	0	10
806350	MILK CHOC 1% 40-8FLZ RGNLBRND	AP	1 EACH	170	7	2.4	2.4	0.0	10	31	0.0	29	211	0.00	2	499	300
806360	MILK WHT FF SKIM 40-8FLZ RGNLBRND	AP	1 EACH	85	7	0.0	0.0	0.0	5	12	0.0	12	123	0.00	2	543	295
170879	MILK NO LACT 12-8FLZ DAIRY EASE	AP	8 FLOZ	90	10	0.0	0.0	0.0	0	12	0.0	12	129	0.00	0	500	300
FRIDAY																	
436820	BREAD WHEAT WHL SLCD 1/2 6-32Z GFS	AP	1 SLICE	106	4	1.6	0.4	0.4	0	20	3.2	2	198	1.20	0	2	29
164216	CHEESE AMER 120CT SLCD 4-5# GFS	AP	1 EACH	70	4	6.1	4.0	0.0	15	1	0.0	0	240	0.00	0	300	100
228818	POTATO SMILES 26/# 6-4# OREI	AP	4 EACH	130	2	4.8	0.7	0.0	0	20	2.0	0	180	0.68	3	0	0
526401	POTATO SPUDSTER 4-5# SIMPL	AP	5 EACH	150	2	5.9	1.7	0.0	0	23	1.7	0	380	1.70	24	0	20
732478	BROCCOLI FLORET REG CUT 4-3# RSS	AP	0.5 CUP	12	1	0.0	0.0	0.0	0	2	0.0	0	12	0.44	41	1320	21
844730	DRESSING RNCH CRMY CUP 100-1Z GFS	AP	1 OZ	131	0	13.3	2.0	0.0	8	3	0.0	2	275	0.00	0	10	9
426598	DRESSING RNCH BTRMLK 4-1GAL GFS	AP	2 TBSP	160	0	18.0	3.0	0.0	5	1	0.0	1	260	0.00	0	0	0
859570	TREAT RICE KRISPIE MINI 600-.39Z KELL	AP	4 EACH	180	1	4.4	1.3	0.0	0	34	0.0	15	210	0.88	0	400	0
806350	MILK CHOC 1% 40-8FLZ RGNLBRND	AP	1 EACH	170	7	2.4	2.4	0.0	10	31	0.0	29	211	0.00	2	499	300
806360	MILK WHT FF SKIM 40-8FLZ RGNLBRND	AP	1 EACH	85	7	0.0	0.0	0.0	5	12	0.0	12	123	0.00	2	543	295
170879	MILK NO LACT 12-8FLZ DAIRY EASE	AP	8 FLOZ	90	10	0.0	0.0	0.0	0	12	0.0	12	129	0.00	0	500	300

The nutrition printed is the most up to date information as provided to GFS as of August 2011. Please be aware that manufacturers may change formulations, which can affect the nutritional content of products. It is a good practice to verify nutrition information on the actual label of each product. If you have any questions regarding this information, please contact the Nutrition Resource Center at 1-800-968-4426 or nrc@gfs.com