

## Nutritional Information for Salad Bar Items

| Product Name                      | Serving Size (oz) | Calories | Calories from fat | Total Fat (g) | Sat Fat (g) | Trans fats (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) | Gluten Free | Allergens             |
|-----------------------------------|-------------------|----------|-------------------|---------------|-------------|----------------|------------------|-------------|-----------|-------------------|------------|-------------|-------------|-----------------------|
| <b>Soups</b>                      |                   |          |                   |               |             |                |                  |             |           |                   |            |             |             |                       |
| Broccoli Cheddar                  | 7                 | 219      | 129               | 14.3          | 9.3         | 0.1            | 44               | 1035        | 13.4      | 1                 | 4          | 9.6         | Y           | Milk                  |
| Beef Chili                        | 7                 | 133      | 36                | 4             | 1.5         | 0              | 15.7             | 534         | 15.4      | 3.4               | 5.8        | 8           | Y           |                       |
| Beef Stew                         | 4                 | 93       | 33                | 3.6           | 1           | 0.1            | 14.4             | 600         | 9         | 4                 | 2          | 8.3         | N           | Wheat, Soy            |
| Chicken Noodle                    | 7                 | 96       | 14                | 1.5           | 0.3         | 0              | 32               | 665         | 13.4      | 0.7               | 1.7        | 7           | N           | Wheat, Egg            |
| Chicken Wild Rice                 | 7                 | 133      | 45                | 5             | 3           | 0.1            | 23               | 629         | 15.4      | 0.5               | 2.8        | 6.8         | Y           | Milk                  |
| Chicken Corn Chowder              | 7                 | 169      | 58                | 6.4           | 3.4         | 0.1            | 26               | 566         | 20        | 1.2               | 4          | 9.5         | Y           | Milk                  |
| Chicken Tortilla                  | 7                 | 106      | 23                | 2.6           | 0.5         | 0              | 16               | 559         | 14.5      | 1.5               | 3.5        | 7           | Y           |                       |
| Chicken White Chili               | 7                 | 170      | 11                | 1.2           | 0.4         | 0              | 14               | 340         | 27.6      | 6                 | 0.4        | 13.3        | Y           |                       |
| Chicken & Dumpling                | 7                 | 151      | 35                | 3.9           | 0.9         | 0              | 28               | 413.8       | 23.9      | 0.3               | 0.6        | 5.9         | N           | Wheat, Milk, Eggs     |
| Clam Chowder                      | 7                 | 180      | 73                | 8.2           | 4.8         | 0.1            | 27.4             | 1117        | 17.8      | 1                 | 5.5        | 9           | Y           | Milk, Clams           |
| Gazpacho                          | 7                 | 186      | 49                | 5.5           | 0.2         | 0              | 0                | 568         | 22.8      | 2.7               | 12         | 2.2         | Y           |                       |
| Ham & Beans                       | 7                 | 199      | 12                | 1.3           | 0.5         | 0              | 9                | 640         | 34        | 7.3               | 2          | 13.7        | Y           | Milk                  |
| Lobster Bisque                    | 7                 | 235      | 144               | 16            | 10.5        | 0.1            | 49               | 726         | 14        | 0.3               | 4.5        | 7.7         | Y           | Milk, Shellfish       |
| Spring Vegetable                  | 7                 | 58       | 3                 | 0.3           | 0           | 0              | 0                | 533         | 12.4      | 1.5               | 3.4        | 2           | Y           |                       |
| Sausage & Chicken Gumbo           | 7                 | 106      | 44                | 5             | 1.8         | 0              | 24.8             | 598         | 7.4       | 1                 | 3.2        | 8.2         | Y           | Milk                  |
| Spicy 3 Bean Quinoa               | 7                 | 92       | 10                | 1             | 0.1         | 0              | 0                | 535         | 17.3      | 4                 | 4.5        | 3.8         | Y           |                       |
| Twice Baked Potato                | 7                 | 243      | 137               | 15.2          | 9.3         | 0.1            | 48               | 837         | 17        | 0.7               | 4          | 9.5         | Y           | Milk                  |
| Vegetable Steak                   | 7                 | 104      | 20                | 2.2           | 0.7         | 0              | 20               | 572         | 12.3      | 1.5               | 3          | 8.6         | Y           |                       |
| Whole Grain Wild Mushroom         | 7                 | 231      | 86                | 9.6           | 4.2         | 0.1            | 17.7             | 685         | 22.7      | 2                 | 3          | 4.4         | N           | Wheat, Milk           |
| <b>Salads-To-Go</b>               |                   |          |                   |               |             |                |                  |             |           |                   |            |             |             |                       |
| Asian Almond Chicken Salad, Small | 11                | 366      | 139               | 15.4          | 2.6         | 1              | 28.1             | 703.4       | 41.5      | 5.1               | 20.4       | 16.5        | N           | Wheat, Nut(Almonds)   |
| Asian Almond Chicken Salad, Large | 15.2              | 493      | 175               | 19.5          | 3.2         | 1              | 33.7             | 1097.4      | 60.7      | 6.5               | 35.4       | 19.6        | N           | Wheat, Nut(Almonds)   |
| Athens Greek Salad, Large         | 10.5              | 202      | 108               | 12            | 5           | 0              | 27               | 744         | 18        | 6                 | 5          | 9           | Y           | Milk                  |
| Bacon Spinach, Small              | 8.3               | 258      | 116               | 12.8          | 3.9         | 0.1            | 110.9            | 911.5       | 20.7      | 3.7               | 14         | 14.5        | Y           | Milk                  |
| Bacon Spinach, Large              | 14                | 457      | 205               | 22.8          | 6.7         | 0.1            | 217.9            | 1550        | 37.6      | 6.3               | 26.9       | 24.7        | Y           | Milk                  |
| Beet-A-Rific, Small               | 8                 | 312      | 216               | 24            | 4.9         | 0              | 22.8             | 512.3       | 18.8      | 4.1               | 11.5       | 8.5         | Y           | Milk, Nut(Walnuts)    |
| Chef Salad, Small                 | 6.5               | 151      | 79                | 9             | 4.5         | 0              | 142              | 270         | 6.5       | 2                 | 3          | 12.5        | Y           | Milk, Eggs            |
| Chef Salad, Large                 | 13                | 382      | 211               | 23            | 12.5        | 0              | 310              | 765         | 12        | 4                 | 6          | 33          | Y           | Milk, Eggs            |
| Smoked Chef Salad, Small          | 7                 | 159      | 69                | 8             | 4           | 0              | 129              | 598         | 7         | 2                 | 3          | 16          | Y           | Milk, Eggs            |
| Smoked Chef Salad, Large          | 12                | 269      | 117               | 13            | 6           | 0              | 244              | 919         | 13        | 4                 | 5          | 26          | Y           | Milk, Eggs            |
| Chicken Cobb Salad, Small         | 10.7              | 574      | 393               | 43.7          | 13.4        | 0.1            | 193.8            | 1280.6      | 7.7       | 2.5               | 3.6        | 26.3        | Y           | Milk, Eggs            |
| Chicken Cobb Salad, Large         | 18.5              | 961      | 684               | 76            | 20.7        | 0.1            | 332.4            | 1937.1      | 14.5      | 5                 | 6.8        | 36.7        | Y           | Milk, Eggs            |
| Craisin Walnut Salad, Small       | 4                 | 238      | 134               | 14.9          | 3.2         | 0              | 15.1             | 376.5       | 22.2      | 1.9               | 16.1       | 3.1         | Y           | Milk, Nut(Walnuts)    |
| Craisin Walnut Salad, Large       | 4                 | 252      | 147               | 16.3          | 3.2         | 0              | 15.1             | 386.5       | 22.3      | 1.9               | 16.2       | 3           | Y           | Milk, Nut(Walnuts)    |
| Garden Veggie Salad, Large        | 12.5              | 312      | 184               | 20.5          | 7           | 0              | 29               | 306         | 22        | 8                 | 7          | 14          | Y           | Milk, Sunflower Seeds |

| Product Name                            | Serving Size (oz) | Calories | Calories from fat | Total Fat (g) | Sat Fat (g) | Trans fats (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) | Gluten Free | Allergens                        |
|---|-------------------|----------|-------------------|---------------|-------------|----------------|------------------|-------------|-----------|-------------------|------------|-------------|-------------|----------------------------------|
| Grilled Chicken Parmesan Romaine, Small | 8.4               | 447      | 254               | 28.3          | 7.7         | 0              | 56.3             | 1131.4      | 25        | 2.1               | 5.7        | 22.5        | N           | Milk, Wheat, Egg, Soy, Anchovies |
| Grilled Chicken Parmesan Romaine, Large | 14.5              | 672      | 407               | 45.2          | 10.6        | 0              | 82.2             | 1660.4      | 33.7      | 4.3               | 10.4       | 30.5        | N           | Milk, Wheat, Egg, Soy, Anchovies |
| Italian Chicken Salad, Small            | 10.8              | 457      | 259               | 28.7          | 4.4         | 0              | 88.9             | 1415.6      | 19.8      | 2.8               | 15         | 28          | Y           | Milk                             |
| Italian Chicken Salad, Large            | 15                | 671      | 420               | 46.6          | 8.1         | 0              | 73.1             | 2019.4      | 35.7      | 5                 | 28.8       | 24.8        | Y           | Milk                             |
| Patriot Berry Salad, Small              | 6.5               | 155      | 83                | 9             | 3           | 0              | 19               | 141         | 12.5      | 5                 | 5          | 8           | Y           | Milk, Almonds                    |
| Patriot Berry Salad, Large              | 9.5               | 231      | 125               | 14            | 3           | 0              | 19               | 177         | 19        | 8                 | 8          | 11          | Y           | Milk, Almonds                    |
| Smokehouse Chicken, Large               | 15                | 714      | 396               | 44            | 14.5        | 0.2            | 110.4            | 1881.4      | 41.4      | 3.9               | 25.2       | 31.9        | N           | Milk, Wheat, Egg                 |
| Southwest Chicken, Small                | 12.9              | 602      | 295               | 32.8          | 12.6        | 0.2            | 110.1            | 1005.3      | 38.7      | 3.2               | 5          | 24          | Y           | Milk, Egg                        |
| Southwest Chicken, Large                | 17.1              | 634      | 298               | 33.1          | 12.7        | 0.2            | 115.7            | 1109        | 43.1      | 5.3               | 6.1        | 27.5        | Y           | Milk, Egg                        |
| St. Louis Italian Salad, Small          | 5                 | 157      | 92                | 10            | 2           | 0              | 31               | 580         | 6         | 3                 | 2          | 11          | Y           | Milk                             |
| St. Louis Italian Salad, Large          | 9.5               | 337      | 206               | 23            | 3           | 0              | 69               | 1294        | 11        | 5                 | 3          | 23          | Y           | Milk                             |
| <b>Salad Shakers</b>                    |                   |          |                   |               |             |                |                  |             |           |                   |            |             |             |                                  |
| Asian Chop Salad                        | 9.28              | 240      | 74                | 8.2           | 0.6         | 0              | 0                | 200.3       | 33.5      | 7                 | 13.5       | 10.3        | Y           | Soy, Nut(Almond)                 |
| Bulgar Quinoq Chicken                   | 6.5               | 273      | 137               | 15            | 4           | 0              | 20               | 358         | 31        | 5                 | 20         | 8           | N           | Wheat, Nut(Walnut)               |
| Cabbage Patch                           | 8.32              | 300      | 154               | 17.2          | 1.3         | 0              | 0                | 389.7       | 33.6      | 6.6               | 12.1       | 7           | Y           | Nut(Almond)                      |
| Greek                                   | 8                 | 238      | 132               | 14.6          | 2.8         | 0              | 12.1             | 588.4       | 24.8      | 3.4               | 3.9        | 4.5         | Y           | Milk                             |
| Power Protein                           | 9.28              | 373      | 180               | 20            | 2.3         | 0              | 134.9            | 414.5       | 37.7      | 6.2               | 11.1       | 14          | Y           | Soy,Egg, Nut(Almond)             |
| South West Chicken                      | 9.12              | 416      | 225               | 25            | 6           | 0              | 29               | 516         | 43        | 7                 | 27         | 12          | Y           | Soy                              |
| <b>Salads/Dips/Miscellaneous</b>        |                   |          |                   |               |             |                |                  |             |           |                   |            |             |             |                                  |
| Ambrosia                                | 4                 | 188      | 93                | 10.4          | 8.5         | 0              | 12               | 38          | 23        | 0.7               | 19         | 0.8         | Y           | Milk,Coconut                     |
| Ancient Grain Power Salad               | 4                 | 251      | 62                | 6.9           | 0.4         | 0              | 0                | 162.6       | 36.3      | 3.9               | 7.1        | 6.7         | N           | Wheat                            |
| Antioxidant Superfood Veggie            | 4                 | 177      | 99                | 11            | 0.8         | 0              | 0                | 237.6       | 14.7      | 2                 | 7          | 3.3         | Y           | Sunflower Seed                   |
| Apple Cranberry Autumn Slaw             | 4                 | 125      | 50                | 5.5           | 1           | 0              | 12.4             | 132.8       | 15.3      | 2.4               | 11.3       | 3.5         | Y           | Pumpkin Seed                     |
| Asian 5 Grain                           | 4                 | 229      | 109               | 12            | 1.3         | 0              | 0                | 125         | 28        | 3.5               | 5          | 3.8         | N           | Wheat, Soy                       |
| Asian Noodle                            | 4                 | 190      | 50                | 5.5           | 1.7         | 0              | 0                | 195         | 29.4      | 2.5               | 5.9        | 5.8         | N           | Wheat, Soy, Nuts                 |
| Beets, Pickled, Sliced                  | 4                 | 108      | 10                | 1.2           | 0.2         | 0              | 0                | 155         | 23        | 0.6               | 22         | 0           | Y           |                                  |
| Capellini Asiago                        | 4                 | 286      | 137               | 15.2          | 3.8         | 0              | 12.7             | 366.8       | 25.4      | 1.6               | 0.7        | 6.9         | N           | Wheat, Milk                      |
| Caprese Pasta                           | 4                 | 199      | 92                | 10.2          | 1.5         | 0              | 0.4              | 138         | 22.4      | 1.3               | 2.6        | 4           | N           | Wheat, Milk, Nuts                |
| Caramel Apple Dipper                    | 5.92              | 259      | 105               | 11.6          | 7.3         | 0.4            | 35.7             | 111.4       | 38.6      | 2.9               | 34.1       | 1.3         | Y           | Milk                             |
| Caramel Cheesecake Layered Dessert Dip  | 1                 | 88       | 51                | 5.6           | 3.9         | 0.1            | 15               | 55.4        | 9.1       | 0                 | 8.1        | 0.7         | Y           | Milk, Egg                        |
| Caramel Cheesecake Layered Apple Dipper | 4                 | 162      | 69                | 7.7           | 5.2         | 0.1            | 20               | 74.6        | 22.6      | 2                 | 18.3       | 1.1         | Y           | Milk, Egg                        |
| Caramel Dessert Sauce                   | 1                 | 101      | 53                | 5.9           | 3.8         | 0.2            | 18.6             | 57.4        | 11.9      | 0                 | 11.8       | 0.5         | Y           | Milk                             |
| Cheesecake Dip                          | 4                 | 369      | 244               | 27            | 18          | 0              | 71.8             | 271         | 28.5      | 0                 | 24.5       | 3.8         | Y           | Milk                             |
| Cranberry Ambrosia                      | 4                 | 347      | 107               | 11.9          | 6.7         | 0              | 30               | 25.7        | 20.4      | 1.5               | 14.7       | 3.5         | Y           | Milk                             |
| Cranberry Relish                        | 4                 | 164      | 1                 | 0.1           | 0           | 0              | 0                | 2.1         | 42.2      | 2.5               | 37.7       | 0.6         | Y           |                                  |

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|--|-------------------|----------|-------------------|---------------|-------------|----------------|------------------|-------------|-----------|-------------------|------------|-------------|-------------|-------------------------|
| Dill Dip                                   | 1                 | 111      | 93                | 10.3          | 3.5         | 0              | 18.8             | 124.1       | 1         | 0.1               | 0.1        | 0.7         | Y           | Milk, Egg               |
| Edamame, Corn, Black Bean                  | 4                 | 132      | 57                | 6.4           | 0.5         | 0              | 0                | 394         | 14.7      | 4.2               | 3.8        | 5.4         | Y           |                         |
| Egg Salad                                  | 4                 | 333      | 282               | 31.4          | 6.3         | 0              | 275              | 484         | 3.2       | 0.3               | 2.5        | 8.7         | Y           | Egg                     |
| Four Bean                                  | 4                 | 142      | 43                | 4.8           | 0.8         | 0              | 0                | 585         | 22.3      | 2.9               | 15.7       | 2.4         | Y           |                         |
| Fresh & Crisp Green Beans                  | 4                 | 65       | 23                | 2.6           | 0.3         | 0              | 0                | 267         | 8.7       | 3                 | 3.6        | 2           | Y           |                         |
| Fresh Whole Grain Bulgur Quinoa            | 4                 | 124      | 23                | 2.5           | 0.3         | 0              | 0                | 235         | 23        | 4.9               | 2.2        | 4.3         | N           | Wheat                   |
| Fruit & Nut Mixture                        | 1                 | 105      | 34                | 3.8           | 0.3         | 0              | 0                | 1.5         | 18        | 2                 | 13.8       | 1.3         | Y           | Almonds, Pecans         |
| Garden Spiral Pasta                        | 4                 | 215      | 73                | 8.1           | 1.1         | 0              | 0.3              | 484         | 26.2      | 1.5               | 3.3        | 4.5         | N           | Wheat                   |
| Grilled, Asparagus                         | 4                 | 58       | 33                | 3.7           | 0.6         | 0              | 0                | 2.7         | 5.2       | 2.8               | 2.5        | 3           | Y           |                         |
| Grilled, Pineapple                         | 4                 | 78       | 21                | 2.4           | 0.3         | 0              | 0                | 1.2         | 15.2      | 1.6               | 11.4       | 0.6         | Y           |                         |
| Grilled, Zucchini, Squash, Peppers & Onion | 4                 | 79       | 49                | 5.5           | 0.5         | 0              | 0                | 6.6         | 7.5       | 1.8               | 4.6        | 1.6         | Y           |                         |
| Greek Veggie Pasta                         | 4                 | 184      | 105               | 11.6          | 2.3         | 0              | 10.1             | 399         | 18        | 0.9               | 2.6        | 3.4         | N           | Wheat, Milk             |
| Iron Man Kale                              | 4                 | 179      | 84                | 9.3           | 1.1         | 0              | 0                | 75          | 20.1      | 4.7               | 11.9       | 7.1         | Y           | Peanuts, Sunflower Seed |
| Juliened Veggies                           | 4                 | 94       | 73                | 8.1           | 0.6         | 0              | 0                | 14.5        | 5.7       | 1.8               | 3.8        | 1.2         | Y           |                         |
| Lemon Orzo                                 | 4                 | 196      | 80                | 8.9           | 2.3         | 0              | 11.8             | 350         | 24        | 2.1               | 2.7        | 6.5         | N           | Wheat, Milk, Pinenuts   |
| Macaroni Salad                             | 4                 | 239      | 121               | 13.5          | 1.6         | 0              | 11.4             | 484         | 29.6      | 1                 | 8.3        | 3.2         | N           | Wheat,Eggs              |
| Marinated Veggie                           | 4                 | 54       | 27                | 3             | 0.3         | 0              | 0                | 58          | 7.1       | 1                 | 3.9        | 0.8         | Y           |                         |
| PecanChocCheesecake Layer Dessert          | 1                 | 103      | 62                | 6.9           | 4           | 0.1            | 16.6             | 56.3        | 10.1      | 0.2               | 9.3        | 0.8         | Y           | Milk, Soy,Pecans        |
| PecanChocCheesecake Apple Dipper           | 4                 | 181      | 85                | 9.4           | 5.4         | 0.1            | 22.1             | 75.8        | 23.9      | 2.2               | 20         | 1.3         | Y           | Milk, Soy,Pecans        |
| Pesto Pasta Salad (CK made)                | 4                 | 351      | 193               | 21.4          | 3           | 0              | 6.8              | 342.2       | 25.3      | 1.2               | 1.6        | 6.1         | N           | Milk, Almonds           |
| Potato, Creamy Red                         | 4                 | 273      | 176               | 19.5          | 3.8         | 0              | 82.5             | 316         | 16.7      | 1.7               | 1.4        | 3.5         | Y           | Eggs                    |
| Potato, Grandma                            | 4                 | 141      | 32                | 3.6           | 0.8         | 0              | 1.4              | 272         | 24.7      | 2.3               | 10.5       | 3           | Y           | Milk                    |
| Potato, Kosher                             | 4                 | 271      | 166               | 18.5          | 3.5         | 0              | 65               | 271         | 19        | 1.3               | 3.4        | 3           | Y           | Eggs                    |
| Pumpkin Mousse                             | 4                 | 203      | 85                | 9.5           | 8.3         | 0              | 7                | 21          | 31        | 1.6               | 28         | 0.9         | Y           | Milk                    |
| Quinoa Tabouleh                            | 4                 | 211      | 78                | 8.7           | 0.6         | 0              | 0                | 242         | 21.3      | 2.5               | 1.5        | 3           | Y           |                         |
| Quinoa Power (Wild West Superfood)         | 4                 | 116      | 26                | 2.9           | 0.2         | 0              | 0                | 401.5       | 23.6      | 2.8               | 4.9        | 3.9         | Y           |                         |
| Shoepeg Corn                               | 4                 | 130      | 13                | 1.5           | 0.2         | 0              | 0                | 72          | 28        | 2                 | 20         | 2           | Y           |                         |
| Signature Trio Dip Cube                    | 4                 | 187      | 74                | 8.2           | 5.6         | 0              | 18.2             | 97          | 27.9      | 1.8               | 22.9       | 1.5         | Y           | Soy, Milk, Coconut, Egg |
| Simply Caramel Dessert Dip                 | 1                 | 74       | 22                | 2.4           | 1.6         | 0              | 6.1              | 50.7        | 12.9      | 0                 | 11.7       | 0.5         | Y           | Milk                    |
| Slaw-Creamy                                | 4                 | 175      | 108               | 12            | 2.3         | 0              | 11.3             | 367         | 13.6      | 2                 | 11.3       | 1.3         | Y           | Eggs,Milk               |
| Slaw-Oil & Vinegar                         | 4                 | 123      | 16                | 1.8           | 0.3         | 0              | 0                | 317         | 26.6      | 1.7               | 24.4       | 1           | Y           |                         |
| Spaghetti Salad                            | 4                 | 182      | 82                | 9             | 1.5         | 0              | 1                | 353         | 21.3      | 1.5               | 1.6        | 3.7         | N           | Wheat, Milk,Soy         |
| Spring Pea                                 | 4                 | 328      | 247               | 27.4          | 5.5         | 0              | 91.7             | 558         | 7.5       | 2.4               | 2.7        | 6.4         | Y           | Milk, Egg               |
| Superfood Mixed Bean                       | 4                 | 162      | 72                | 8             | 0.7         | 0              | 0                | 272         | 17        | 4.7               | 5.4        | 5.3         | Y           | Soy                     |
| Thai Peanut Pasta                          | 4                 | 207      | 43                | 4.8           | 0.9         | 0              | 0                | 412         | 36        | 2                 | 19         | 4.8         | N           | Wheat,Soy,Peanuts       |
| Whole Grain Apple Cinnamon                 | 4                 | 236      | 44                | 5             | 0.5         | 0              | 0                | 52          | 47.6      | 4.8               | 26         | 3.8         | N           | Wheat, Soy, Almonds     |
| Tuna Mac                                   | 4                 | 202      | 97                | 10.8          | 2.1         | 0              | 23               | 390.2       | 18.2      | 0.9               | 2.8        | 7.8         | N           | Wheat,Egg,Milk          |

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|--------------|-------------------|----------|-------------------|---------------|-------------|----------------|------------------|-------------|-----------|-------------------|------------|-------------|-------------|-----------|
| Watergate    | 4                 | 229      | 48                | 5.4           | 2.7         | 0              | 9.8              | 148         | 29.7      | 0.2               | 17         | 1.4         | Y           | Milk,Nuts |