

Nutritional Information Recipe List (values per typical serving)

Recipe Name	Energy (kcal)	Energy (KJ)	Fat (g)	saturates (g)	mono (g)	poly (g)	Carb (g)	Starch (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (mg)
(1 slice) Buttered	111.8	488.1	5.8	3.6	1.8	0.4	12.8	-	1.6	2.6	1.9	143.8
(2 slices) Buttered	223.6	976.1	11.7	7.1	3.6	0.7	25.5	-	3.2	5.2	3.9	287.5
Bagel - Plain	272.9	1142.1	1.6	0.2	0.1	0.7	53.0	0.0	0.0	10.4	2.3	529.9
Bagel & cream cheese	470.7	1969.9	21.4	12.7	5.7	1.4	54.5	0.0	0.1	14.7	2.3	697.7
Bagel bacon and cream cheese	503.2	2105.8	24.6	13.7	7.1	1.8	54.5	0.0	0.1	15.5	2.3	756.7
Bagel vegetarian	475.0	1987.3	21.4	12.7	5.7	1.4	55.4	0.0	0.7	14.9	2.6	699.7
Bbq bean salad	-	-	-	-	-	-	-	-	-	-	-	-
BOSTON CREAM PIE	-	-	-	-	-	-	-	-	-	-	-	-
Bread pudding	162.6	680.0	5.5	1.8	0.1	0.0	21.6	4.2	9.5	7.3	0.5	166.9
Cake	-	-	-	-	-	-	-	-	-	-	-	-
CANTELOUPE	-	-	-	-	-	-	-	-	-	-	-	-
Cappicollo Panini (Bits & Bytes)	650.2	2077.9	27.8	15.9	6.0	1.3	49.4	0.0	2.6	48.9	2.2	1998.5
Cappuccino Medium - English Toffee	90.0	0.0	2.5	2.5	0.0	0.0	14.0	0.0	12.0	2.0	0.0	22.4
Cappuccino Medium - French vanilla	90.0	0.0	2.5	2.5	0.0	0.0	14.0	0.0	12.0	2.0	0.0	22.4
Cappuccino Medium - Irish Creme	90.0	0.0	2.5	2.5	0.0	0.0	14.0	0.0	12.0	2.0	0.0	22.4
cheese & Ham sandwich	323.4	1041.8	16.2	8.2	4.3	1.2	32.0	0.0	3.5	17.1	4.2	757.2
Cheese and Bacon dog	475.6	946.9	30.0	11.0	3.7	2.2	35.0	30.6	4.7	21.5	1.6	1306.1
Cherry danish	-	-	-	-	-	-	-	-	-	-	-	-
Chicken Citrus Salad	519.4	2174.5	38.9	5.6	11.5	18.8	20.0	1.2	11.2	25.8	4.8	593.3
Chicken salad Sandwich	-	-	-	-	-	-	-	-	-	-	-	-
Chili dog	460.8	1031.9	23.2	8.2	2.1	1.4	35.9	23.3	7.9	30.2	3.3	1184.4
Chili Small	-	-	-	-	-	-	-	-	-	-	-	-
CHOCOLATE CREAM PIE	-	-	-	-	-	-	-	-	-	-	-	-
Ckn Souvw/Salad or Rice	-	-	-	-	-	-	-	-	-	-	-	-
COCONUT CREAM PIE	-	-	-	-	-	-	-	-	-	-	-	-
Coffee Medium	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5
Combo Panini (Bits & Bytes)	839.8	3274.3	49.7	24.0	16.5	3.9	50.2	0.1	2.8	47.4	2.2	2458.9
Cookie - Chocolate chip - Large	389.5	1629.5	20.7	6.3	11.1	3.0	50.3	0.0	0.0	3.0	2.7	277.3
Cookie - chocolate chunk	171.0	0.0	7.0	3.0	0.0	0.0	26.0	0.0	15.0	2.0	0.0	161.0
Cookie - Chocolate Macaroon	179.0	0.0	9.0	5.0	0.0	0.0	24.0	0.0	15.0	2.0	0.0	125.0
Cookie - Double fudge	135.0	524.0	1.5	0.5	0.8	0.2	30.0	0.0	0.0	2.0	2.0	66.6
Cookie - Dutch fudge	200.0	0.0	8.0	2.0	0.0	0.0	28.0	0.0	14.0	2.0	2.0	220.0
Cookie - Oat raisin	150.0	610.0	5.2	1.2	6.3	1.8	22.5	0.0	0.0	2.1	0.0	180.0
Cookie - Oat raisin - Large	365.4	1528.8	13.6	2.7	5.8	4.2	57.5	0.0	0.0	5.5	0.0	451.9

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Cookie - Peanut butter	160.0	666.0	7.9	1.5	9.6	2.4	19.6	0.0	0.0	9.0	0.0	172.6
Cookie - Peanut butter - Large	400.7	1676.6	19.8	3.8	10.4	4.6	49.5	0.0	26.7	8.1	1.5	348.6
Cookie - Tripple chocolate	160.0	650.0	7.3	2.0	2.5	1.2	23.2	0.0	12.0	1.8	0.7	121.0
Cookie - White chocolate peacan	166.8	698.0	8.8	1.9	3.9	0.8	20.4	0.0	9.4	1.5	0.4	105.6
Croissant Large	-	-	-	-	-	-	-	-	-	-	-	-
Curry Vegetable Bowtie	601.8	2523.3	13.6	1.9	2.7	7.2	103.5	0.4	26.1	18.3	5.4	316.7
Danish pastry large	420.7	1759.9	21.0	3.2	6.7	1.7	54.2	0.0	0.0	6.1	2.2	401.4
Donuts (honey glazed)	192.8	0.0	11.9	5.7	0.0	0.0	22.7	0.0	14.2	2.8	0.6	141.7
EGG CHEESE CRACKERS	-	-	-	-	-	-	-	-	-	-	-	-
ENGLISH MUFFIN TOASTED/BUTTERED	183.8	769.1	6.5	0.8	2.9	2.2	26.9	0.0	0.0	4.4	1.5	358.1
Fritters	221.1	0.0	11.7	5.6	0.0	0.0	13.6	0.0	13.0	0.0	0.6	0.0
Fruit and Choc dip	-	-	-	-	-	-	-	-	-	-	-	-
Genoa Panini (Bits & Bytes)	923.0	3863.3	59.0	26.9	24.4	4.3	50.8	0.0	2.8	47.4	2.2	3061.1
Granola-yogurt-fresh fru	-	-	-	-	-	-	-	-	-	-	-	-
Grilled cheese Sandwich	248.8	729.9	10.4	6.2	1.6	0.5	31.5	0.0	3.5	12.4	4.2	404.3
Ham on a bun	-	-	-	-	-	-	-	-	-	-	-	-
Homestyle potato salad	-	-	-	-	-	-	-	-	-	-	-	-
Hot Chocolate Medium	90.0	0.0	2.5	2.5	0.0	0.0	14.0	0.0	12.0	2.0	0.0	206.5
Hot Dog with cheese	410.6	675.0	23.7	8.9	0.8	1.5	34.9	30.6	4.7	19.9	1.6	1188.0
JELLO	-	-	-	-	-	-	-	-	-	-	-	-
Jumbo Hot Dog	368.1	675.0	20.3	6.8	0.8	1.5	33.2	30.6	4.7	16.5	1.6	1102.9
LEMON MERINGUE PIE	-	-	-	-	-	-	-	-	-	-	-	-
Macaroni & cheese salad	-	-	-	-	-	-	-	-	-	-	-	-
Mixed salad	-	-	-	-	-	-	-	-	-	-	-	-
Mortadella panini (Bits & Bytes)	860.3	3582.7	55.4	26.5	16.4	5.4	50.3	0.3	3.1	40.3	2.2	1965.5
Mousse	-	-	-	-	-	-	-	-	-	-	-	-
Pasta Bits 'N Bytes	-	-	-	-	-	-	-	-	-	-	-	-
Pasta salad	1002.3	4157.4	63.3	10.2	21.6	26.6	85.9	0.5	5.2	22.6	7.9	801.7
PENNE w/MEAT SAUCE	-	-	-	-	-	-	-	-	-	-	-	-
Raisin Toast (1 slice)	-	-	-	-	-	-	-	-	-	-	-	-
RICE	-	-	-	-	-	-	-	-	-	-	-	-
Roast Beef Panini (Bits & Bytes)	696.4	2916.1	31.5	17.1	10.6	1.6	49.4	0.0	2.6	54.1	2.2	1113.0
Roast beef Sandwich	387.2	1674.3	11.8	4.6	6.2	0.8	33.9	0.0	4.2	37.2	5.2	356.0

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ROAST TURKEY BUN	-	-	-	-	-	-	-	-	-	-	-	-
Rye Bread Toasted (1)	73.1	305.9	0.9	0.2	0.4	0.2	13.7	0.0	1.1	2.0	1.6	187.1
Salad Garden	-	-	-	-	-	-	-	-	-	-	-	-
Salad Greek	351.1	1082.4	25.2	9.3	5.2	1.0	17.6	0.3	9.6	15.6	11.4	2261.4
Salmon salad sandwich	400.9	1677.6	15.4	3.1	4.2	6.9	38.4	30.5	3.4	25.6	1.9	692.3
Scones	207.0	865.2	9.4	1.4	3.9	3.5	27.5	0.0	2.0	3.5	0.7	596.5
Seafood Salad & Pasta	-	-	-	-	-	-	-	-	-	-	-	-
Tea medium	0.0	0.1	0.0	0.0	0.0	0.0	0.0	-	0.0	0.0	0.0	0.0
Toast (1 slice) (whole wheat)	86.3	387.8	0.8	0.3	0.6	0.2	16.9	0.0	2.1	3.4	2.6	140.6
Tuna Panini (Bits & Bytes)	645.8	2708.2	27.4	15.0	7.3	3.1	49.4	0.0	2.6	50.7	2.2	1104.2
Turkey Panini (Bits & Bytes)	606.2	2537.7	24.9	14.4	6.8	1.9	52.1	0.0	3.8	44.0	2.2	2063.4
Turkey Sandwich	328.8	1428.7	6.4	2.1	2.6	1.7	37.2	0.0	5.8	31.7	5.1	1589.8
Vegetarian Panini (Bits & Bytes)	457.5	1735.8	21.3	11.7	4.5	2.2	44.8	0.0	7.1	24.4	8.2	696.0