

Chicken & Turkey

Item	Serving Size	Servings Per Container	Calories	Calories From Fat	Total Fat (g)	%Daily Value	Saturated Fat	%Daily Value	Cholesterol (mg)	%Daily Value	Sodium (mg)	%Daily Value	Total Carbohydrates (g)	%Daily Value	Dietary Fiber	%Daily Value	Sugar (g)	Protein (g)	Vitamin A %Daily Value	Vitamin C %Daily Value	Calcium %Daily Value	Iron %Daily Value	Points
<a href="#">#190 Fully Cooked Turkey Medallions</a>	3 oz (8 pieces)	9	110	50	6	9	1.5	8	40	13	460	19	1	0	0	0	0	15	0	2	0	2	3
<a href="#">#191 Honey Butter Garlic Chicken Breast Filets</a>	1	6	190	25	3	5	1	5	80	27	620	26	12	4	0	0	4	29	0	0	0	2	4
<a href="#">#457 Chicken Casserole</a>	1 cup (253g)	4	360	150	16	25	6	32	55	18	1090	45	34	11	1	5	5	19	15	4	4	10	8
<a href="#">#491 Turkey Mignon</a>	1	4	220	70	8	12	3	14	85	28	690	29	3	1	0	0	0	35	0	0	0	10	5
<a href="#">#493 Lemon Pepper Chicken</a>	1 Filet (128 g/4.5 oz)	8	180	90	10	15	2.5	11	65	22	600	25	2	1	1	3	1	22	6	2	0	2	4
<a href="#">#495 Breaded Chicken Breast Filets</a>	1 filet (150g)	7	270	100	11	17	2	10	65	21	830	35	15	5	1	5	0	27	0	0	0	2	6
<a href="#">#496 Chicken Breast Meat for Fajitas</a>	3 oz (84g)	9	110	30	3	5	1	5	50	16	380	16	1	0	0	0	1	19	0	2	0	2	2
<a href="#">#497 "E-Z FIX"™ Smoked &amp; Shredded White Chicken Meat</a>	3 oz. (84g)	8	100	20	2	3	1	5	60	20	1000	42	1	0	0	0	0	20	0	0	0	2	2
<a href="#">#498 Southern Style Chicken Filets</a>	1 Filet (98 g/3.5 oz)	11	230	120	13	20	3.5	18	60	20	380	16	13	4	1	3	0	13	2	0	0	6	5
<a href="#">#500 Bar-B-Que Wings</a>	4 pieces (78 g)	9	170	100	11	17	3	15	95	32	280	12	1	0	0	0	1	16	2	0	0	2	4
<a href="#">#501 Crispy Chicken Strips</a>	2 piece (97g)	12	200	60	7	11	1	5	35	12	660	28	18	6	1	4	0	18	0	0	0	0	4
<a href="#">#502 Unbreaded Chicken Breast Filets</a>	1 filet (112 g/ 4 oz)	10	110	15	1.5	3	1	4	60	20	360	15	0	0	0	0	0	23	0	0	2	4	2
<a href="#">#503 Southern Style Chicken Breast Tenderloin Strips</a>	2 tenders (91g)	9	210	80	9	14	1.5	7	30	10	560	24	17	6	0	0	0	23	0	0	2	4	5
<a href="#">#504 Breaded Chicken Breast Patties</a>	1 pattie (84 g/3 oz)	18	220	130	14	22	3	14	40	13	300	12	11	4	1	4	1	12	0	0	0	2	5
<a href="#">#505 Breaded Chicken Breast Tenderloin Strips</a>	3 strips (121g)	11	180	10	1	1	0	0	30	11	740	31	22	7	4	15	1	20	0	0	0	4	3
<a href="#">#507 BONELESS CHICKEN WINGZ™ Buffalo Style</a>	4 pieces (91g)	12	210	110	12	18	3	15	30	9	870	36	15	5	1	4	0	10	0	0	0	0	5
<a href="#">#508 BONELESS CHICKEN WINGZ™ Oriental Style Teriyaki</a>	4 pieces (91g)	12	250	120	14	21	3.5	17	20	7	400	17	22	7	1	5	8	9	0	0	0	0	6
<a href="#">#509 Roasted Chicken Drumsticks</a>	1 drumsticks (w/ skin) (63g)	9	90	30	3	5	1	5	85	28	370	15	1	0	0	0	1	14	0	0	0	0	2
<a href="#">#510 Chicken Pattie Nuggets</a>	6 nuggets (84g)	16	230	140	15	23	3.5	18	45	15	390	16	11	4	1	4	1	13	0	0	0	2	6

<a href="#">#512 Seasoned Stuffed Chicken Breast</a>	1 piece (140 g)	4	240	130	15	23	6	31	75	25	740	31	3	1	1	3	1	24	15	20	20	2	6
<a href="#">#513 Chicken Drumsticks</a>	3 pieces (78g)	15	240	160	17	27	4	20	65	22	400	17	11	4	0	0	0	11	0	0	0	4	6
<a href="#">#514 Diced Chicken Breast Meat</a>	3 oz (84g)	8	90	10	1	2	0	0	55	18	810	34	1	0	0	0	19	0	0	0	6	2	
<a href="#">#515 Mesquite Chicken Breast Filet</a>	1 piece (112g)	8	110	15	2	3	0.5	3	60	20	490	21	3	1	0	0	1	21	0	0	0	0	2
<a href="#">#517 Hot Wings®</a>	4 pieces (78g)	9	170	90	10	15	3	15	100	33	320	13	1	0	0	0	0	19	2	0	0	2	4
<a href="#">#518 Chicken Fries</a>	8	13	150	30	3.5	5	1	4	35	12	730	30	15	5	1	4	1	15	0	2	2	4	3
<a href="#">#523 Roasted Chicken Breast Halves</a>	1 piece (w/skin) (145g)	4	230	80	9	14	3	15	120	41	670	28	1	0	0	0	1	34	0	0	0	2	5
<a href="#">#580 Light Chicken Marco Polo</a>	5	4	150	40	4.5	7	1.5	7	50	17	840	35	6	2	1	4	2	24	4	15	4	4	3
<a href="#">#581 Traditional Chicken Kiev</a>	1 piece (140g)	6	390	280	31	48	16	80	95	32	490	20	12	4	1	4	4	16	8	0	2	4	10
<a href="#">#582 Traditional Cordon Bleu</a>	1 piece (140g)	6	300	170	19	29	7	35	65	22	640	27	11	4	4	4	4	21	4	0	8	4	7
<a href="#">#585 F/C Turkey Breast and Gravy</a>	5	11	110	30	3.5	5	1	5	40	13	800	33	3	1	0	0	1	17	0	0	0	2	2
<a href="#">#588 Chicken Bites</a>	3 oz (84g)	12	160	60	7	10	1.5	6	35	11	560	23	12	4	1	3	1	14	0	0	0	4	4
<a href="#">#590 Hot N' Spicy Chicken Breast Filet</a>	1 piece (112g)	8	220	90	10	15	2	10	40	13	550	23	13	4	1	4	1	19	0	0	0	0	5
<a href="#">#591 Oven Baked Breaded Chicken Breast Pieces</a>	1 Piece (102 g)	11	180	120	7	21	3	16	35	12	550	23	18	6	4	8	1	13	0	0	2	4	3
<a href="#">#592 "E-Z FIX"™ Fire Roasted Chicken Breast Medallions</a>	1 piece (75g)	12	90	20	2	3	0.5	3	45	15	450	19	1	0	0	0	0	17	0	0	0	0	2
<a href="#">#602 Chicken Enchiladas</a>	1 cup (189g)	6	260	90	10	15	4	20	45	15	830	35	26	9	2	8	3	16	10	25	20	8	6
<a href="#">#679 Turkey Pot Pie</a>	1 pot pie (248g)	4	690	380	43	66	14	72	45	15	930	39	57	19	3	14	6	20	25	0	4	25	17
<a href="#">#703 Roasted Turkey and Vegetable Dinner</a>	1 tray (340g)	2	210	80	8	13	2	10	45	15	960	40	15	5	4	14	5	20	180	80	6	6	4
<a href="#">#800 Teriyaki Chicken Breast</a>	1 Filet (112 g/4 oz)	9	120	15	2	3	0.5	3	65	22	380	16	2	1	0	0	1	23	0	0	0	2	3
<a href="#">#801 Blackened Chicken Alfredo with Fettuccini Noodles</a>	1 cup (255g)	4	400	200	22	34	7	37	80	26	970	40	30	10	2	6	2	18	10	2	15	10	9

Beef & Pork

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<a href="#">#391 Breaded Pork Loin Cutlet</a>	1	10	220	130	14	22	4	20	30	10	500	21	10	3	1	4	0	13	0	0	0	6	5
<a href="#">#396 "E-Z FIX"™ Carnita Flavored Shredded Pork</a>	3 oz. (84g)	8	170	100	11	17	4	20	65	21	260	11	1	0	1	3	0	17	0	0	0	8	4
<a href="#">#398 "E-Z Fix" Beef Taco Meat</a>	2	16	130	80	9	14	3.5	18	25	9	370	15	2	1	0	0	0	10	0	0	0	8	3
<a href="#">#400 Pork Roast With Gravy</a>	5 oz. (140g)	10	170	60	7	10	2.5	13	85	28	570	24	2	0	0	0	0	27	0	0	0	6	4
<a href="#">#402 Barbeque Boneless Pork Loin Back Ribs</a>	5 oz. (140g)	6	370	200	22	33	8	41	60	20	660	28	22	7	1	3	19	21	15	0	0	20	9
<a href="#">#405 Black Angus Beef Sirloin Tri-Tip Steak</a>	1 steak (224g)	4	380	210	23	36	11	56	110	37	200	8	0	0	0	0	0	41	0	0	0	30	10
<a href="#">#409 Boneless Pork Loin Chops</a>	(168g/6oz)	8	250	110	12	19	4.5	21	90	30	740	31	2	1	0	0	2	31	0	2	4	6	6
<a href="#">#410 Center Cut Pork Loin Chops</a>	(160g)	8	240	110	12	18	4	20	85	29	710	29	1	0	0	0	1	29	0	2	4	6	6
<a href="#">#412 Diced Beef Tips and Gravy</a>	1 cup (279g)	5	240	60	7	10	2.5	12	60	21	1230	51	9	3	0	0	1	35	0	0	4	20	5
<a href="#">#413 Breaded Beef Steak Fingers</a>	(84g/about 4 slice (12g)	9	190	90	10	15	2	11	20	7	610	26	12	4	0	0	0	12	0	0	0	10	5
<a href="#">#417 Pepper Bacon</a>	slice (12g)	36	70	50	6	9	2	10	10	3	220	9	0	0	0	0	0	4	0	0	0	2	2
<a href="#">#418 Chopped BBQ Beef with Sauce</a>	1/2 cup (124g)	11	200	70	8	12	3	15	50	17	850	35	14	5	6	25	13	18	10	0	4	15	4
<a href="#">#419 Burgundy Peppercorn Beef Sirloin Roast</a>	4 oz. (112g.)	es	120	45	5	7	2	10	45	14	620	26	1	0	0	0	0	18		0	2	15	3
<a href="#">#420 Italian Style Meatballs</a>	6 pieces (85g)	13	250	170	19	29	9	45	55	18	620	26	5	2	3	12	1	14	2	0	4	10	6
<a href="#">#421 "E-Z FIX"™ Seasoned Pork Chops</a>	1 pork chop	6	160	60	7	11	2.5	13	75	25	900	37	1	0	0	0	2	24	0	0	0	2	4
<a href="#">#422 Creamed Chipped Beef</a>	1 cup (262g)	3.5	310	150	17	26	5	25	75	25	1630	68	21	7	1	5	4	21	8	0	25	15	7
<a href="#">#423 Beef Sirloin Steak Tips</a>	4 oz (112g)	8	130	35	4	6	2	10	45	15	125	5	1	0	0	0	0	23	0	0	0	8	3
<a href="#">#424 Fully Cooked Beef Pot Roast with Gravy</a>	5 oz. (140g)	10	140	40	4	6	1.5	8	50	17	790	33	3	1	0	0	1	23	0	0	0	15	3
<a href="#">#425 Quarter Pound Beef Burger</a>	(112g/4oz)	12	200	110	12	19	4.5	23	70	3	70	3	0	0	0	0	0	22				15	5
<a href="#">#430 BIG SAM® Sirloin Steaks</a>	g/6 oz)	8	200	60	6	10	3	15	65	22	190	8	1	0	0	0	0	35	0	0	0	10	5
<a href="#">#431 Sirloin Ball Tip Steaks</a>	(168g/6 oz)	8	260	120	13	20	7	33	75	25	80	3	0	0	0	0	0	35	0	0	0	20	6
<a href="#">#432 Filet Mignon</a>	(140/5oz)	6	140	30	3	5	1.5	8	90	30	50	2	1	0	0	0	0	27	0	0	0	15	3
<a href="#">#434 "E-Z FIX"™ Chopped Beef Steak Burger</a>	oz.)	12	220	140	16	25	7	33	45	15	320	13	0	0	0	0	0	17	0	0	0	8	6
<a href="#">#435 Sirloin Filet Beef Steaks</a>	g/4 oz.)	8	130	35	4	6	2	10	45	15	125	5	1	0	0	0	0	23	0	0	0	8	3
<a href="#">#439 Skinless Franks</a>	1 link (45g)	30	140	110	13	19	5	24	30	9	430	18	1	0	0	0	0	5	0	0	0	0	4
<a href="#">#440 Thick Sliced Bacon</a>	slice (12g)	36	70	50	6	9	2	10	10	3	220	9	0	0	0	0	0	4	0	0	0	2	2
<a href="#">#443 Summer Sausage</a>	2 oz (57g)	17	160	110	13	20	5	24	40	13	680	28	1	0	0	0	1	10	0	0	0	4	4
<a href="#">#444 Premium Pork Sausage Links</a>	(85g)	12	200	150	17	26	6	24	45	15	360	15	1	0	0	0	1	14	0	0	0	4	5
<a href="#">#446 Old Fashioned Wieners</a>	1 link (56g)	20	160	130	14	22	5	27	35	12	590	25	0	0	0	0	0	8				4	4
<a href="#">#447 Polish Sausage</a>	1 link (71g)	16	220	170	19	29	7	35	55	18	600	25	3	1	0	0	1	10	0	0	0	6	6
<a href="#">#448 Sliced Smoked Pit Ham</a>	3oz (84g)	ed	100	40	4	6	1	4	35	11	940	39	2	1	0	0	2	16	0	0	0	6	2
<a href="#">#449 Fresh Bratwurst</a>	1 link (85g)	16	250	200	22	35	8	45	55	18	480	21	1	1	0	0	1	12	0	0	0	4	7
<a href="#">#450 Home Style Meatloaf</a>	3	11	230	120	13	20	5	25	85	28	480	20	11	4	1	4	1	18	2	10	0	10	5
<a href="#">#451 Sandwich Cut Bacon</a>	(14 g)	27	70	60	6	9	2.5	13	20	6	180	8	0	0	0	0	0	4	0	0	0	0	2
<a href="#">#456 Beef Fajita Meat</a>	3 oz. (84g)	8	130	50	6	9	2	10	55	18	420	18	1	0	0	0	1	18	0	0	0	10	3
<a href="#">#458 Black Angus Steak Burger</a>	(150g)	8	440	340	38	58	15	75	115	38	100	4	0	0	0	0	0	25	0	0	0	15	12



Seafood																							
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<a href="#">#522 Blue Hake Prime Cut Loins</a>	4 oz (112g)	16	70	0	0	0	0	0	35	12	60	3	0	0	0	0	0	18	0	0	0	0	1
<a href="#">#529 Unbreaded Catfish Fillets</a>	1 fillet (98g)	8	100	30	3.5	5	1	4	50	16	40	2	0	0	0	4	0	18	0	0	0	2	2
<a href="#">#530 Catfish Fillet Fingers</a>	4 oz raw (112g/about 4 pieces)	12	80	5	0.5	1	0		35	11	95	4	5	2	0	0	0	14	0	0	0	--	2
<a href="#">#531 Breaded Catfish Fillet Portions</a>	4 pieces (111g)	8	200	100	11	16	3	14	80	26	690	29	16	5	0	0	1	10	0	0	0	8	5
<a href="#">#534 Breaded Blue Hake</a>	1 piece (85g)	16	190	80	9	15	2.5	12	15	6	310	13	17	6	0	0	1	9	0	0	0	0	5
<a href="#">#535 Battercrisp® Cod</a>	2 pieces (112g)	14	280	160	18	28	2	10	40	14	460	19	20	7	0	0	0	10	0	0	0	8	7
<a href="#">#536 Breaded Clam Strips</a>	1/2 cup (85 g)	13	270	120	13	20	2	11	15	5	570	24	30	10	1	4	1	9	4	10	2	35	6
<a href="#">#542 Caesar Parmesan Shrimp</a>	3.3 oz (94g/about 13 Shrimp)	5	110	40	4.5	7	1	4	140	46	720	30	2	1	0	0	1	13	4	4	6	15	3
<a href="#">#544 Breaded Round Shrimp</a>	3 Shrimp (112g)	4	150	10	1	2	0	0	70	23	680	28	22	7	1	4	1	11	0	0	8	4	3
<a href="#">#545 Crispy Breaded Cod Nuggets</a>	6	11	210	100	11	17	2	10	15	6	430	18	18	6	0	0	1	9	0	0	0	4	5
<a href="#">#547 Breaded Haddock Sticks</a>	3 sticks (84g) 1 portion	7	140	45	5	8	0.5	3	35	12	270	11	13	4	1	4	1	11	0	0	0	2	3
<a href="#">#548 Breaded Haddock Squares</a>	1 portion (112g)	6	190	60	7	11	1	5	45	15	370	15	18	6	2	8	1	15	0	0	0	4	4
<a href="#">#556 Mahi Mahi Fillets</a>	1 fillet (113g)	6	90	0	0	0	0	0	40	13	95	4	0	0	0	0	0	21	0	0	10	6	2
<a href="#">#559 Alaskan Salmon</a>	4 oz (112g)	8	100	15	2	3	0	0	35	12	430	18	1	0	0	0	1	20	0	0	0	2	2
<a href="#">#560 Lemon Herb Rainbow Trout Fillets</a>	1 fillet (84g/3oz)	6	130	70	8	13	2	10	45	15	360	15	3	1	0	0	1	13	0	2	6	0	3
<a href="#">#562 Alaskan Cod Fillets</a>	4 oz. (112g)	8	90	5	0.5	1	0	0	35	12	85	4	0	0	0	0	0	22	0	0	0	0	2
<a href="#">#563 Alaskan Ocean Perch Fillets</a>	4 oz. (112g)	8	90	20	2	3	0.5	3	60	20	140	6	0	0	0	0	0	17	0	0	0	4	2
<a href="#">#564 Maryland Style Crab Cakes</a>	2 crab cakes (98g)	4	180	90	10	15	2	10	65	22	590	25	6	2	1	2	0	14	2	2	6	4	4
<a href="#">#566 Alaskan Stuffed Sole Monterey</a>	1 stuffed sole (170g)	4	240	100	11	17	3.5	18	85	28	510	21	8	3	0	0	1	23	0	0	6	4	6
<a href="#">#567 Garlic Herb Shrimp</a>	3.3 oz. (94g/about 14 Shrimp)	5	90	30	3	5	0.5	4	120	39	490	20	2	1	1	5	0	13	2	0	2	4	2
<a href="#">#571 Oven Ready Breaded Shrimp</a>	3 oz. (84g/about 10 Shrimp)	8	240	100	11	17	1.5	8	65	21	520	22	24	8	1	3	1	10	2	2	2	8	6
<a href="#">#573 Breaded Calamari Tenders</a>	3 oz. (84g/about 12)	8	220	100	11	17	3	15	55	19	300	12	19	6	1	3	3	10	0	0	0	0	5

#574 Tail-off Jumbo Cooked Shrimp	3 4 oz	5	80	10	1	1	0	0	165	55	190	8	0	0	0	0	0	18	0	0	4	15	2
#576 Hand Breaded Fantail Shrimp	(112g/about 4	8	200	15	1.5	2	0	0	90	30	520	22	33	11	1	4	1	14	2	0	4	10	4
#577 Shrimp Scampi	4	5	310	240	26	41	9	47	145	48	830	34	4	1	1	2	1	13	20	4	6	10	8
#578 Seafood Sampler	4 oz. (112g)	2	90	5	0.5	1	0	0	35	12	85	4	0	0	0	0	0	22	0	0	0	0	2
#921 English Style Fish-N-Chips	1/4 each bag (226g)	4	500	270	30	46	7	35	30	10	980	41	40	13	1	4	5	17	0	0	2	15	12

Sandwiches & Soups		Servings Per Container	Calories	Calories From Fat	Total Fat (g)	%Daily Value	Saturated Fat	%Daily Value	Cholesterol (mg)	%Daily Value	Sodium (mg)	%Daily Value	Total Carbohydrates (g)	%Daily Value	Dietary Fiber	%Daily Value	Sugar (g)	Protein (g)	Vitamin A %Daily Value	Vitamin C %Daily Value	Calcium %Daily Value	Iron %Daily Value	Points
Item	Serving Size																						
<a href="#">#414 "E-Z FIX"™ Chopped Beef Steak with Bacon &amp; Cheese</a>	1 patty (78g)	10	260	190	21	32	9	46	60	20	490	20	1	0	0	0	1	15	4	0	6	6	7
<a href="#">#452 POUCHES® Sausage Breakfast Bagel</a>	1 piece (126g)	6	340	130	14	22	5	27	80	26	610	26	39	13	1	5	5	13	2	0	10	10	8
<a href="#">#453 POUCHES® Philly Steak &amp; Cheese Pastry Wrap</a>	1 pouch (126g)	6	290	110	12	19	5	24	35	12	710	30	33	11	1	6	3	13	6	2	10	6	7
<a href="#">#473 POUCHES® Pepperoni Pastry Wrap</a>	1 pouch (128g)	6	350	150	17	26	6	32	40	13	950	40	35	12	1	6	4	15	6	0	20	6	8
<a href="#">#474 POUCHES® Ham &amp; Cheese Pastry Wrap</a>	1 piece (128g)	6	310	120	13	20	4.5	23	35	11	820	34	33	11	1	5	4	15	6	0	20	6	7
<a href="#">#629 Cheeseburger</a>	1 sandwich (128g)	6	360	170	19	29	8	37	40	14	710	29	29	9	1	5	4	19	0	0	15	20	9
<a href="#">#635 Ranchero Sandwich</a>	1 sandwich (163g)	6	440	170	19	30	9	43	50	17	1500	62	47	16	2	6	5	20	4	0	30	20	10
<a href="#">#638 Bagel Dogs With Cheese</a>	1 piece (128g)	8	360	160	18	24	9	28	35	12	810	33	35	12	2	7	3	14	0	2	2	15	8
<a href="#">#706 Cheesy Broccoli Soup</a>	1 bowl (280g)	2	360	240	27	42	17	87	65	22	1570	66	18	6	5	20	7	11	10	40	30	4	9
<a href="#">#708 Clam Chowder</a>	1 bowl (280g)	2	280	130	15	23	9	45	45	15	1650	70	25	8	6	25	5	12	6	8	10	6	6
<a href="#">#890 Ham and Cheese Lean Pouch®</a>	1	6	250	60	7	10	3	15	25	8	590	25	32	11	1	0	3	15	0	0	0	0	5
<a href="#">#891 Chicken Fajita Lean Pouch®</a>	1	6	220	50	6	9	2	10	20	7	490	20	32	11	2	6	3	12	0	0	0	0	5
<a href="#">#897 GRILLED CHICKEN AND SWISS SANDWICH</a>	1 sandwich (127g)	6	310	100	12	18	4.5	23	55	19	730	30	31	10	1	5	4	20	0	0	25	10	7
<a href="#">#898 BRIGHT STARTS™ SAUSAGE, EGG &amp; CHEESE BISCUIT</a>	1 sandwich (157g)	6	490	300	33	51	12	59	180	59	1180	49	31	10	1	4	6	16	6	0	15	10	12
<a href="#">#919 White Meat Chicken &amp; Three Cheese Quesadilla</a>	1 Quesadilla	4	330	120	13	20	6	30	30	11	840	35	28	9	1	5	1	16	0	2	20	15	7
<a href="#">#943 ROAST BEEF &amp; CHEDDAR SANDWICH</a>	1 sandwich (108g)	6	260	70	8	12	3.5	19	30	10	830	34	31	10	1	5	4	16	0	0	20	15	6

Complete Meals

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Item	Serving Size	Servings Per Container	Calories	Calories From Fat	Total Fat (g)	%Daily Value	Saturated Fat	%Daily Value	Cholesterol (mg)	%Daily Value	Sodium (mg)	%Daily Value	Total Carbohydrates (g)	%Daily Value	Dietary Fiber	%Daily Value	Sugar (g)	Protein (g)	Vitamin A %Daily Value	Vitamin C %Daily Value	Calcium %Daily Value	Iron %Daily Value	Points
<a href="#">#457 Chicken Casserole</a>	1 cup (253g)	4	360	150	16	25	6	32	55	18	1090	45	34	11	1	5	5	19	15	4	4	10	8
<a href="#">#459 Homestyle Beef Goulash</a>	1 cup (227g)	4.5	280	110	12	19	5	25	40	13	830	35	31	10	3	14	5	15	8	8	4	15	6
<a href="#">#464 Macaroni and Cheese</a>	1 cup (227g)	5	370	160	18	28	11	55	40	13	1130	47	36	12	3	12	9	16	6	0	30	6	8
<a href="#">#480 Beef Shepherd's Pie</a>	1 cup (213g)	about 5	250	110	12	18	4	19	45	15	820	34	22	7	3	14	4	14	15	8	6	15	5
<a href="#">#482 Oven Gourmet Chicken Parmesan</a>	1/4 bag	4	480	170	19	29	6	31	45	15	1020	42	46	15	5	22	3	30	6	0	20	10	10
<a href="#">#524 Oven Gourmet Savory Chicken and Vegetables</a>	1/4 bag (284g)	4	210	40	4.5	7	2	10	40	13	770	32	17	6	5	21	5	25	6	35	0	0	4
<a href="#">#589 Marinated Chicken with Asian Style Sauce</a>	4-Jan	8	50	10	1	2	0	0	10	4	440	18	6	2	0	0	3	5	0	4	0	4	1
<a href="#">#593 Lasagna with Meat Sauce</a>	1 cup	8	310	110	12	18	6	30	25	8	700	29	34	11	5	20	6	18	6	10	20	25	6
<a href="#">#594 Vegetable Lasagna</a>	1 cup	8	250	60	7	11	4	20	15	5	530	22	34	11	4	16	6	13	25	20	20	15	5
<a href="#">#600 Tamales</a>	1 tamale (112g)	6	210	90	10	16	1.5	8	15	4	630	26	21	7	3	11	0	10	6	4	4	15	4
<a href="#">#672 Potsticker and Vegetable Meal Kit</a>	4-Jan	4	260	40	4.5	0	1.5	0	10	0	540	0	46	0	6	0	21	9	0	0	0	0	5
<a href="#">#674 Sweet &amp; Spicy Chicken With Japanese Style Noodles Meal Kit.</a>	1/4 bag (227g)	4	250	30	3.5	5	0.5	3	35	11	780	32	43	14	4	14	12	17	25	45	2	8	4
<a href="#">#678 Chicken Pot Pie</a>	1 pie (284g)	4	670	370	41	63	11	55	35	12	1050	44	58	19	5	20	7	17	40	0	2	30	16
<a href="#">#679 Turkey Pot Pie</a>	1 pot pie (248g)	4	690	380	43	66	14	72	45	15	930	39	57	19	3	14	6	20	25	0	4	25	17
<a href="#">#688 Shrimp And Broccoli Alfredo Meal Kit</a>	1/4 package (227g)	4	270	120	13	20	8	40	95	32	690	29	23	8	4	16	2	13	2	35	10	10	6
<a href="#">#695 Cheesy Chicken &amp; Broccoli w/Rice Meal Kit</a>	1 cup (227g)	4	260	70	8	13	4	19	45	14	760	32	27	9	2	6	4	19	15	25	20	8	5
<a href="#">#696 Chicken Alfredo Rigatoni Meal Kit</a>	1/4 package (227g)	4	270	140	15	23	9	45	60	20	700	29	13	4	4	16	5	17	25	30	10	8	6
<a href="#">#697 Chicken &amp; Dumplings Meal Kit</a>	1 cup (227g)	4	200	70	8	12	2	11	35	12	1710	71	20	7	2	8	3	14	70	6	8	8	4
<a href="#">#699 Potato, Sausage and Egg Meal Kit</a>	frozen (183g) (makes 1 cup)	5	280	150	16	25	5	25	175	59	590	25	23	8	3	11	1	12	6	10	4	10	6
<a href="#">#701 Chicken Fajita Meal Kit</a>	7.13	4	320	100	11	17	4.5	22	85	21	550	23	33	11	3	11	3	23	10	30	15	15	7



<a href="#">#702 Beef Santa Fe with Rice &amp; Vegetables</a>	1 tray (340g)	2	320	40	4.5	7	1.5	8	40	14	940	39	50	17	2	9	9	27	15	60	6	30	6
<a href="#">#703 Roasted Turkey and Vegetable Dinner</a>	1 tray (340g)	2	210	80	8	13	2	10	45	15	960	40	15	5	4	14	5	20	180	80	6	6	4
<a href="#">#704 Glazed Chicken with Rice and Green Bean Medley</a>	1 tray	2	330	50	6	9	1	6	60	20	820	34	49	16	4	14	13	21	4	6	6	10	6
<a href="#">#706 Cheesy Broccoli Soup</a>	1 bowl (280g)	2	360	240	27	42	17	87	65	22	1570	66	18	6	5	20	7	11	10	40	30	4	9
<a href="#">#708 Clam Chowder</a>	1 bowl (280g)	2	280	130	15	23	9	45	45	15	1650	70	25	8	6	25	5	12	6	8	10	6	6
<a href="#">#729 Sirloin Beef Pot Pie</a>	1 pot pie (284g)	4	620	320	35	54	9	45	30	10	1170	49	58	19	4	16	5	17	30	4	2	15	15
<a href="#">#734 Sliced Beef and Mashed Potatoes</a>	1/4 tray (255g)	4	310	130	15	23	2	19	35	12	1060	44	25	8	2	8	3	17	10	10	6	15	7
<a href="#">#737 Beef Pot Roast with Noodles</a>	1/4 tray (255g)	4	180	25	2.5	4	1	5	35	11	1140	48	23	8	2	7	3	21	100	6	2	25	3
<a href="#">#801 Blackened Chicken Alfredo with Fettuccini Noodles</a>	1 cup (255g)	4	400	200	22	34	7	37	80	26	970	40	30	10	2	6	2	18	10	2	15	10	9
<a href="#">#846 Six Cheese Tortellini</a>	1	9	220	35	4	6	2	10	40	13	370	15	33	0	2	7	1	12	2	2	10	10	4
<a href="#">#878 Chicken Lo Mein Express Bowl</a>	340	2	430	120	13	21	2	10	25	9	1350	56	57	19	3	13	15	18	60	15	4	15	9
<a href="#">#885 Cheese Ravioli with Marinara Sauce</a>	and 1 pouch of Ravioli (340g)	2	380	120	13	20	5	25	55	18	1230	51	51	17	3	12	11	17	15	35	35	15	8
<a href="#">#886 Spaghetti &amp; Meatballs Express Bowl</a>	340	2	380	130	14	22	5	24	65	22	1390	58	48	16	3	11	15	18	8	15	10	25	8
<a href="#">#887 Thai Vegetable Express Bowl</a>	340	2	340	40	4.5	7	2.5	11	0	0	1140	48	64	21	5	20	16	11	120	15	6	15	6
<a href="#">#888 Chicken and Broccoli Express Bowl</a>	340	2	410	100	11	17	6	31	50	17	1350	56	52	17	2	7	8	23	4	25	15	10	9
<a href="#">#889 Chicken Teriyaki Express Bowl</a>	1 bowl (340g)	2	370	30	3.5	5	0.5	4	25	9	2270	95	65	22	2	9	19	17	90	25	4	15	7
<a href="#">#895 Beef Kebabs with seasoned vegetables</a>	106	4	180	90	10	16	4	19	50	16	520	22	1	0	0	0	1	20	0	0	2	10	4
<a href="#">#896 Chicken Kebabs with seasoned vegetables</a>	1 kebab	4	180	60	6	10	1.5	8	80	27	400	17	2	1	0	0	1	0	0	0	0	0	4
<a href="#">#943 ROAST BEEF &amp; CHEDDAR SANDWICH</a>	1 sandwich (108g)	6	260	70	8	12	3.5	19	30	10	830	34	31	10	1	5	4	16	0	0	20	15	6
<a href="#">#951 Oriental Beef and Broccoli with Rice</a>	1	4.5	290	50	6	0	2	0	25	0	410	0	45	0	2	0	7	17	0	0	0	0	6
<a href="#">#952 Sweet and Sour Chicken with Rice</a>	1	5	240	10	1	0	0	0	15	0	440	0	48	0	1	0	20	10	0	0	0	0	5
<a href="#">#956 Wild Rice Pilaf Express Bowl</a>	1/2 bowl (156g)	4	310	140	16	25	3	15	0	0	680	28	37	12	1	5	1	5	2	2	2	8	7
<a href="#">#958 Family Size Italian Style Lasagna</a>	1/12 (227g)	12	330	120	13	20	7	37	30	10	800	33	33	11	5	20	7	19	10	30	25	15	7

[#959 Italian Style Lasagna](#)

1 cup (226g)

6 340 150 16 25 8 40 45 15 780 33 28 9 1 4 12 19 15 15 20 8 8

Item	Serving Size	Servings Per Container	Calories	Calories From Fat	Total Fat (g)	%Daily Value	Saturated Fat	%Daily Value	Cholesterol (mg)	%Daily Value	Sodium (mg)	%Daily Value	Total Carbohydrates (g)	%Daily Value	Dietary Fiber	%Daily Value	Sugar (g)	Protein (g)	Vitamin A %Daily Value	Vitamin C %Daily Value	Calcium %Daily Value	Iron %Daily Value	Points
<a href="#">#596 Chicken &amp; Cheese Quesadilla</a>	1 Quesadilla (98g)	6	230	80	9	14	4	20	20	7	550	23	25	8	1	5	2	10	10	10	10	10	5
<a href="#">#597 Five Cheese Garlic French Bread</a>	1 piece (96g)	6	330	180	20	30	8	38	25	8	660	27	26	9	1	5	1	12	10	6	25	20	8
<a href="#">#599 Beef Taquito</a>	5 taquitos (140g)	4	340	110	12	0	2	0	25	8	590	25	43	14	7	29	0	17	8	2	8	30	7
<a href="#">#600 Tamales</a>	1 tamale (112g)	6	210	90	10	16	1.5	8	15	4	630	26	21	7	3	11	0	10	6	4	4	15	4
<a href="#">#618 Vegetable Egg Rolls</a>	2 egg rolls (113g)	8	190	70	8	13	2	10	5	1	770	32	26	9	2	8	3	4	45	20	4	10	4
<a href="#">#619 Pork Egg Rolls</a>	2 pieces (113g)	8	240	110	12	19	3.5	17	20	6	580	24	25	8	2	9	3	9	25	20	4	10	5
<a href="#">#620 Apple Flautas</a>	1 flauta (57g)	21	160	50	6	9	1.5	7	0	0	160	7	24	8	0	0	12	2	0	0	2	4	4
<a href="#">#670 Wonton Rolls® Pizza Flavored</a>	5 pieces (142g)	6	410	160	18	28	5	27	35	11	860	36	45	15	3	10	3	17	6	6	10	20	9
<a href="#">#673 Chicken Egg Rolls</a>	2 Pieces (113g)	8	220	70	8	13	2	10	20	6	490	21	27	9	2	9	3	10	40	20	4	10	5
<a href="#">#675 Southwest Chicken Egg Rolls</a>	2 pieces (113g)	8	260	80	9	14	3	16	20	6	450	19	35	12	2	9	4	10	25	6	10	15	6
<a href="#">#696 Chicken Alfredo Rigatoni Meal Kit</a>	1/4 package (227g)	4	270	140	15	23	9	45	60	20	700	29	13	4	4	16	5	17	25	30	10	8	6
<a href="#">#958 Family Size Italian Style Lasagna</a>	1/12 (227g)	12	330	120	13	20	7	37	30	10	800	33	33	11	5	20	7	19	10	30	25	15	7
<a href="#">#959 Italian Style Lasagna</a>	1 cup (226g)	6	340	150	16	25	8	40	45	15	780	33	28	9	1	4	12	19	15	15	20	8	8

Appetizers & Snacks

Item	Serving Size	Servings Per Container	Nutritional Information																		Points		
			Calories	Calories From Fat	Total Fat (g)	%Daily Value	Saturated Fat	%Daily Value	Cholesterol (mg)	%Daily Value	Sodium (mg)	%Daily Value	Total Carbohydrates (g)	%Daily Value	Dietary Fiber	%Daily Value	Sugar (g)	Protein (g)	Vitamin A %Daily Value	Vitamin C %Daily Value		Calcium %Daily Value	Iron %Daily Value
<a href="#">#92 Soft Stuffed Pretzels With Cheese</a>	3 pieces (75g)	12	210	45	5	7	2.5	13	15	5	390	16	34	11	1	6	2	7	8	0	6	10	4
<a href="#">#500 Bar-B-Que Wings</a>	4 pieces (78 g)	9	170	100	11	17	3	15	95	32	280	12	1	0	0	0	1	16	2	0	0	2	4
<a href="#">#508 BONELESS CHICKEN WINGZ™ Oriental Style Teriyaki</a>	4 pieces (91g)	12	250	120	14	21	3.5	17	20	7	400	17	22	7	1	5	8	9	0	0	0	0	6
<a href="#">#510 Chicken Pattie Nuggets</a>	6 nuggets (84g)	16	230	140	15	23	3.5	18	45	15	390	16	11	4	1	4	1	13	0	0	0	2	6
<a href="#">#513 Chicken Drumsticks</a>	3 pieces (78g)	15	240	160	17	27	4	20	65	22	400	17	11	4	0	0	0	11	0	0	0	4	6
<a href="#">#517 Hot Wings®</a>	4 pieces (78g)	9	170	90	10	15	3	15	100	33	320	13	1	0	0	0	0	19	2	0	0	2	4
<a href="#">#518 Chicken Fries</a>	8	13	150	30	3.5	5	1	4	35	12	730	30	15	5	1	4	1	15	0	2	2	4	3
<a href="#">#545 Crispy Breaded Cod Nuggets</a>	6 (84g/about 12 pieces)	11	210	100	11	17	2	10	15	6	430	18	18	6	0	0	1	9	0	0	0	4	5
<a href="#">#573 Breaded Calamari Tenders</a>	8	8	220	100	11	17	3	15	55	19	300	12	19	6	1	3	3	10	0	0	0	0	5
<a href="#">#588 Chicken Bites</a>	3 oz (84g)	12	160	60	7	10	1.5	6	35	11	560	23	12	4	1	3	1	14	0	0	0	4	4
<a href="#">#590 Hot N' Spicy Chicken Breast Filet</a>	1 piece (112g)	8	220	90	10	15	2	10	40	13	550	23	13	4	1	4	1	19	0	0	0	0	5
<a href="#">#597 Five Cheese Garlic French Bread</a>	1 piece (96g)	6	330	180	20	30	8	38	25	8	660	27	26	9	1	5	1	12	10	6	25	20	8
<a href="#">#599 Beef Taquito</a>	5 taquitos (140g)	4	340	110	12	0	2	0	25	8	590	25	43	14	7	29	0	17	8	2	8	30	7
<a href="#">#604 Chipotle Chicken Mini Tacos</a>	4 mini tacos (78g)	7	170	45	5	8	1	4	20	6	480	20	20	7	2	8	0	10	4	0	2	6	3
<a href="#">#618 Vegetable Egg Rolls</a>	2 egg rolls (113g)	8	190	70	8	13	2	10	5	1	770	32	26	9	2	8	3	4	45	20	4	10	4
<a href="#">#619 Pork Egg Rolls</a>	2 pieces (113g)	8	240	110	12	19	3.5	17	20	6	580	24	25	8	2	9	3	9	25	20	4	10	5
<a href="#">#624 Pork Pot Stickers</a>	4 Potstickers (134g)	6	300	110	12	19	3.5	18	25	9	1290	54	34	11	2	8	5	13	0	10	4	15	7
<a href="#">#634 Cheese Stuffed Breadstick</a>	1 breadstick (55g)	12	160	60	7	11	3	14	10	4	360	15	18	6	0	1	6	4	2	10	2	4	4
<a href="#">#639 Mini Corn Dogs</a>	4 pieces (96g)	9	290	160	18	28	5	27	30	9	660	27	26	9	1	3	6	8	0	0	2	6	7

<a href="#">#641 Sweet Cream Cheese Stuffed Pretzel</a>	1 pretzel (99g) (56g/about a 3" wedge)	8	280	60	6	10	4.5	21	15	5	330	14	46	15	2	7	4	8	4	0	2	15	6
<a href="#">#647 Cheese Stuffed Bread With Sauce</a>	(unpopped) (35g) (makes 4 box)	24 / 30	160	45	5	8	2.5	13	10	3	370	15	20	7	1	4	6	8	0	2	15	4	3
<a href="#">#659 Matinee Style Buttered Popcorn</a>		24 / 30	pop ped	10	pop	% pop	2	% pop	0	0	310	% pop	18	pop ped	3	% pop	0	3	0	0	0	6	1
<a href="#">#661 American Processed Cheese</a>	1 slice (19g)	72	70	50	6	9	3.5	19	20	7	300	13	1	0	0	0	0	4	4	0	10	0	2
<a href="#">#664 Global Creations Appetizer Platter</a>	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
<a href="#">#669 Mini Pork Egg Rolls</a>	4 mini egg rolls (91g)	3	200	90	10	15	2.5	14	15	5	420	18	22	7	2	6	2	6	15	6	4	8	4
<a href="#">#670 Wonton Rolls® Pizza Flavored</a>	5 pieces (142g)	6	410	160	18	28	5	27	35	11	860	36	45	15	3	10	3	17	6	6	10	20	9
<a href="#">#671 Breaded Mozzarella Sticks</a>	5 sticks (90 grams)	10	280	150	17	26	6	28	20	6	650	27	19	6	1	3	2	12	6	0	30	4	7
<a href="#">#673 Chicken Egg Rolls</a>	2 Pieces (113g)	8	220	70	8	13	2	10	20	6	490	21	27	9	2	9	3	10	40	20	4	10	5
<a href="#">#675 Southwest Chicken Egg Rolls</a>	2 pieces (113g)	8	260	80	9	14	3	16	20	6	450	19	35	12	2	9	4	10	25	6	10	15	6
<a href="#">#746 Avocado Halves with Seasoned Vegetables</a>	2	15	60	45	5	0	1	0	0	0	135	0	4	0	2	0	1	1	0	0	0	0	1
<a href="#">#762 Breaded Onion Rings</a>	4 medium onion rings (95g)	10	270	130	14	22	2.5	13	0	0	620	26	30	10	1	5	0	4	0	0	4	2	6
<a href="#">#765 CHEDDAR CHEESE &amp; BACON POTATO SKINS</a>	1 potato skin (57g)	8	250	140	9	14	3.5	17	15	4	200	8	9	3	2	8	1	4	2	10	10	4	5
<a href="#">#784 Cream Cheese Stuffed Jalapeño Peppers</a>	3 pieces (85g)	8	230	140	15	24	6	28	20	7	540	23	20	7	1	3	2	4	20	35	2	4	6
<a href="#">#788 Breaded Mushrooms</a>	8 pieces (85g)	11	160	70	7	11	1	8	0	0	290	8	20	8	2	8	1	4	0	0	2	6	3
<a href="#">#919 White Meat Chicken &amp; Three Cheese Quesadilla</a>	1 Quesadilla	4	330	120	13	20	6	30	30	11	840	35	28	9	1	5	1	16	0	2	20	15	7
<a href="#">#941 Spinach and Five Cheese Puff Pastry</a>	4 pieces (80g)	6	260	150	17	26	5	25	15	5	320	13	19	6	1	4	1	6	2	2	8	6	6
<a href="#">#942 Mediterranean Style Bruschetta</a>	3	8	170	60	7	10	2.5	12	10	3	490	21	20	7	1	4	2	8	0	0	0	0	4
<a href="#">#954 Spinach &amp; Artichoke Mini Bread Bowls</a>	3	8	240	120	13	21	5	27	30	9	460	19	19	6	0	0	1	12	0	0	0	0	6
<a href="#">#961 Krunchie Potato Wedges</a>	3 oz (84g/ about 8 pieces)	10	140	50	6	9	1.5	7	0	0	430	18	18	6	2	8	0	2	0	8	0	4	3
<a href="#">#962 Potato Onion Swirls</a>	3 oz (84g/ about 6 swirls)	11	160	70	7	11	2	10	0	0	420	17	23	9	1	6	1	2	0	0	0	2	4

Item	Serving Size	Servings Per Container	Calories	Calories From Fat	Total Fat (g)	%Daily Value	Saturated Fat	%Daily Value	Cholesterol (mg)	%Daily Value	Sodium (mg)	%Daily Value	Total Carbohydrates (g)	%Daily Value	Dietary Fiber	%Daily Value	Sugar (g)	Protein (g)	Vitamin A %Daily Value	Vitamin C %Daily Value	Calcium %Daily Value	Iron %Daily Value	Points
<a href="#">#606 Special Recipe™ Sausage</a>	1/4 pizza (128g)	4	370	210	24	36	8	42	30	10	680	28	26	9	1	6	2	14	6	2	20	10	9
<a href="#">#607 Special Recipe™ Pepperoni</a>	1/3 pizza (154g)	3	460	260	29	45	11	53	40	13	900	37	34	11	1	6	3	18	10	2	25	15	11
<a href="#">#610 5" Single Serve Deep Dish Pepperoni</a>	1 pizza (170g)	6	480	230	25	39	8	42	30	11	990	41	46	15	2	8	4	18	4	0	20	15	11
<a href="#">#611 5" Single Serve Deep Dish Supreme</a>	1 pizza (170g)	6	450	210	23	35	8	38	25	9	840	35	43	14	2	9	3	17	4	0	20	15	11
<a href="#">#612 5" Single Serve Deep Dish Cheese Pizza</a>	1 pizza (168g)	6	450	190	21	33	7	37	25	8	780	33	46	15	2	8	4	18	6	0	30	15	10
<a href="#">#613 Schwans 12" Mexican Style Supreme</a>	1/3 pizza (130g)	5	360	170	19	29	9	43	35	12	680	29	33	11	2	9	3	14	10	0	25	10	8
<a href="#">#614 SPECIAL RECIPE™ Canadian Bacon</a>	1/3 pizza (158g)	3	420	220	24	37	9	44	35	11	880	37	34	11	1	6	3	18	10	2	25	15	10
<a href="#">#615 SPECIAL RECIPE™ Sausage and Pepperoni</a>	1/4 pizza (126g)	4	380	220	24	37	9	43	35	11	720	30	26	9	1	6	2	14	6	2	20	10	9
<a href="#">#616 SPECIAL RECIPE™ Supreme</a>	1/3 pizza (130g)	4	360	210	23	35	8	41	30	10	660	28	26	9	1	6	2	14	6	2	20	10	9
<a href="#">#617 SPECIAL RECIPE™ Four Cheese</a>	1/3 pizza (140g)	3	400	210	23	36	9	44	25	9	650	27	33	11	1	6	3	15	10	2	30	10	10
<a href="#">#900 12" Four Cheese Self-Rising</a>	1/3 pizza (152g)	5	410	160	18	27	8	39	35	12	820	34	46	15	2	7	5	16	8	2	30	15	9
<a href="#">#901 12" Pepperoni Self-Rising</a>	1/3 pizza (133g)	6	380	170	19	29	7	36	35	12	870	36	38	13	1	6	4	14	8	2	20	15	9
<a href="#">#905 Roasted Vegetable Pizza</a>	1 pizza	2	240	35	4	6	1	6	5	2	570	24	37	12	4	18	4	15	0	0	0	0	4
<a href="#">#906 Margherita-Style Tomato Basil Pizza</a>	1 pizza	2	240	45	5	8	1.5	8	10	3	490	20	36	12	5	18	4	14	20	2	20	15	4
<a href="#">#908 Schwan's Mega Meat-Trio™ Pizza</a>	1/3 pizza (133g)	5	370	170	19	29	10	51	35	12	840	35	31	10	2	8	3	17	8	0	25	15	9
<a href="#">#910 Xtra Pepperoni Pizza</a>	1/3 pizza (128g)	5	360	190	21	32	8	39	35	12	870	36	29	10	1	5	3	16	6	0	25	10	9
<a href="#">#912 SCHWAN'S® Fire Baked Spinach and Mushroom Pizza</a>	4-Jan	4	290	90	10	0	3.5	0	15	0	660	0	39	0	2	0	3	12	0	0	0	0	6
<a href="#">#913 Schwan's Fire Baked Pepperoni Pizza</a>	4-Jan	4	400	180	20	0	8	0	40	0	1150	0	36	0	1	0	2	19	0	0	0	0	9
<a href="#">#922 Pepperoni Mini Deep Dish</a>	4 mini pizzas (157g)	6	470	240	27	41	9	44	30	11	990	41	41	14	2	7	4	16	4	0	20	15	11
<a href="#">#923 Mini Deep Dish Cheese</a>	4 mini pizzas (154g)	6	430	200	22	34	7	36	20	7	760	32	41	14	2	7	4	16	4	0	30	15	10

Breakfast Foods			Servings Per Container																				
Item	Serving Size	Calories	Calories From Fat	Total Fat (g)	%Daily Value	Saturated Fat	%Daily Value	Cholesterol (mg)	%Daily Value	Sodiu (mg)	%Daily Value	Total Cabohydrates (g)	%Daily Value	Dietary Fiber	%Daily Value	Sugar (g)	Protien (g)	Vitamin A %Daily Value	Vitamin C %Daily Value	Calcium %Daily Value	Iron %Daily Value	Points	
<a href="#">#411 Fully Cooked Sausage Links</a>	3 links (80g)	11	250	220	24	37	8	41	45	18	440	18	1	0	0	0	1	8	0	0	2	2	7
<a href="#">#417 Pepper Bacon</a>	1 skillet cooked slice (12g)	36	70	50	6	9	2	10	10	3	220	9	0	0	0	0	4	0	0	0	0	2	2
<a href="#">#440 Thick Sliced Bacon</a>	1 skillet cooked slice (12g)	36	70	50	6	9	2	10	10	3	220	9	0	0	0	0	4	0	0	0	0	2	2
<a href="#">#441 Country Sausage Patties</a>	1 pattie (57g)	24	230	200	22	34	8	40	45	15	340	14	0	0	0	0	7	0	0	0	0	2	6
<a href="#">#444 Premium Pork Sausage Links</a>	(85g)	12	200	150	17	26	6	24	45	15	360	15	1	0	0	0	1	14	0	0	0	4	5
<a href="#">#452 POUCHES® Sausage Breakfast Bagel</a>	1 piece (126g)	6	340	130	14	22	5	27	80	26	610	26	39	13	1	5	5	13	2	0	10	10	8
<a href="#">#468 Fully Cooked Breakfast Sausage Patties</a>	68	10	260	220	25	38	9	45	50	17	490	20	0	0	0	0	11	0	0	0	0	2	7
<a href="#">#471 Spinach Quiche</a>	(160g)	6	400	270	30	45	9	43	150	50	380	16	20	7	1	2	1	15	30	10	15	6	10
<a href="#">#481 Buttermilk Pancakes</a>	(120g)	8	250	35	4	6	1	4	5	2	430	18	49	16	6	23	13	6	0	0	20	20	5
<a href="#">#486 Deluxe Triple Meat Omelet</a>	(106g)	6	230	160	17	27	6	32	265	89	570	24	4	1	0	0	1	13	15	0	15	6	6
<a href="#">#488 BRIGHT STARTS® Singles (Bacon) Breakfast Pizza</a>	1 piece (155g)	8	410	200	23	35	8	40	85	29	830	34	33	11	2	7	4	18	6	2	25	15	10
<a href="#">#489 BRIGHT STARTS® Minis Breakfast Pizza</a>	4 minis (154g)	6	440	170	19	29	7	34	80	27	880	37	50	17	2	6	5	17	4	0	20	15	10
<a href="#">#506 SCHWAN'S® Deluxe Ham &amp; Cheese Omelet</a>	g)	6	220	150	16	25	6	30	270	90	770	32	4	1	0	0	2	13	10	0	15	4	6
<a href="#">#628 Mini Cinnamon Rolls</a>	2 rolls (56g)	12	160	45	5	8	1	6	0	0	350	14	27	9	2	10	9	4	0	8	4	10	3
<a href="#">#633 Country Sausage &amp; Biscuit</a>	(92g)	8	340	200	22	34	7	37	40	13	710	29	22	7	1	5	2	13	0	0	8	8	8
<a href="#">#645 Homestyle Toaster Waffle</a>	2 Waffles (76g)	12	170	40	4.5	7	0.5	3	0	0	300	13	29	0	1	4	3	3	20	0	20	10	4
<a href="#">#656 Apple Cinnamon Flavored French Toast Sticks</a>	5 sticks (107g)	8	390	190	21	33	6	29	10	4	390	16	44	15	1	3	14	5	0	0	4	10	9
<a href="#">#668 Southern Style Biscuits</a>	1 biscuit (62 g)	18	200	90	10	15	2.5	13	0	0	610	25	23	8	1	2	2	4	0	0	2	6	5
<a href="#">#682 Pigs in a Blanket</a>	4 pieces (96g) frozen (183g)	9	310	190	22	33	6	28	40	13	530	22	21	7	1	2	6	10	0	0	2	8	8
<a href="#">#699 Potato, Sausage and Egg Meal Kit</a>	(makes 1 cup)	5	280	150	16	25	5	25	175	59	590	25	23	8	3	11	1	12	6	10	4	10	6
<a href="#">#753 Shredded Hash Browns</a>	3 ounces (84g)	13	60	0	0	0	0	0	0	0	270	11	13	4	1	4	0	0	15	0	2	2	1
<a href="#">#879 PECAN CARAMEL ROLL</a>	135g/4.7oz	6	370	130	14	22	6	30	35	12	370	15	56	19	2	8	28	6	6	0	4	8	8
<a href="#">BISCUIT</a>	(157g)	6	490	300	33	51	12	59	180	59	1180	49	31	10	1	4	6	16	6	0	15	10	12
<a href="#">#966 Hearty Potato, Egg &amp; Sausage Express Bowl</a>	1 bowl (248g)	2	370	190	21	32	8	41	260	87	870	36	26	9	2	10	3	17	8	25	10	15	9
<a href="#">#967 French Toast, Scrambled Eggs and Sausage Breakfast Express Bowl</a>	1 bowl (189g)	2	500	310	34	52	14	69	295	99	830	35	31	10	1	4	9	14	6	0	8	15	13





Fruits

Item	Serving Size	Servings Per Container	Calories	Calories From Fat	Total Fat (g)	%Daily Value	Saturated Fat	%Daily Value	Cholesterol (mg)	%Daily Value	Sodium (mg)	%Daily Value	Total Carbohydrates (g)	%Daily Value	Dietary Fiber	%Daily Value	Sugar (g)	Protein (g)	Vitamin A %Daily Value	Vitamin C %Daily Value	Calcium %Daily Value	Iron %Daily Value	Points
<a href="#">#741 Triple Berry Blend</a>	1 cup (126g)	7	70	0	0	0	0	0	0	0	15	1	17	6	3	10	11	1	2	20	6	4	1
<a href="#">#742 Whole Raspberries</a>	2/3 cup	5	90	0	0	0	0	0	0	0	10	0	21	7	10	0	8	2	0	0	0	0	1
<a href="#">#743 Golden Fruit Blend</a>	1/2 cup (113g)	8	50	0	0	0	0	0	0	0	0	0	14	5	1	3	12	1	30	100	2	4	1
<a href="#">#744 Roasted Apples</a>	1 cup (140g)	6	90	0	0	0	0	0	0	0	55	2	23	8	2	9	19	0	0	0	0	0	1
<a href="#">#745 Whole Strawberries</a>	1 cup (101g)	9	35	0	0	0	0	0	0	0	0	0	8	3	1	5	7	0	2	100	2	6	1
<a href="#">#747 Whole Blueberries</a>	3/4 cup	5	80	0	0	0	0	0	0	0	10	0	18	6	6	23	11	0	0	0	0	0	1

Vegetables			Servings Per Container																				
Item	Serving Size	Calories	Calories From Fat	Total Fat (g)	%Daily Value	Saturated Fat	%Daily Value	Cholesterol (mg)	%Daily Value	Sodium (mg)	%Daily Value	Total Carbohydrates (g)	%Daily Value	Dietary Fiber	%Daily Value	Sugar (g)	Protein (g)	Vitamin A %Daily Value	Vitamin C %Daily Value	Calcium %Daily Value	Iron %Daily Value	Points	
<a href="#">#763 Creamy Mashed Potatoes</a>	5	8	150	45	5	0	3.5	0	15	0	520	0	21	0	1	0	1	3	4	20	4	4	3
<a href="#">#764 California Blend</a>	1 cup (85g)	11	29	0	0	0	0	0	0	0	33	1	5	1	2	8	2	1	12	35	1	0	0
<a href="#">#766 Green Peas</a>	2/3 cup (89g)	13	70	5	0.5	1	0	0	0	0	105	4	12	4	4	16	6	5	6	15	0	4	1
<a href="#">#767 Mini Bow Tie Pasta and Vegetable Blend</a>	1 cup (112g)	8	120	10	1	2	0	--	15	6	15	1	24	8	3	11	3	5	25	20	2	6	2
<a href="#">#769 Mixed Vegetables</a>	3/4 Cup (85g)	11	60	0	0	0	0	0	0	0	40	2	11	4	3	11	3	2	25	15	2	4	1
<a href="#">#772 GARLIC RED SKIN MASHED POTATOES</a>	10 pieces (5oz)	8	140	40	4.5	7	1.5	7	5	1	600	25	23	8	2	9	3	3	0	2	4	4	3
<a href="#">#773 Super Sweet Cut Corn</a>	2/3 cup (90g)	13	100	10	1	2	0	0	0	0	0	0	21	7	1	4	5	3	0	6	0	0	2
<a href="#">#775 Mini Super Sweet Corn On The Cob</a>	1 cob (82g)	10	90	5	0.5	1	0	0	0	0	0	0	19	6	2	9	3	2	0	8	0	2	1
<a href="#">#776 Broccoli Florets</a>	1 cup (85g)	8	30	0	0	0	0	0	0	0	20	1	4	1	2	8	2	1	0	50	2	0	0
<a href="#">#779 Asparagus Spears</a>	6 spears (85g)	8	25	0	0	0	0	0	0	0	0	0	5	2	2	6	2	1	8	20	2	4	0
<a href="#">#780 Herb Garlic Roasted Yukon Gold Potato &amp; vegetable Blend</a>	1 cup (105g)	8	90	15	2	3	0	0	0	0	110	5	15	5	2	9	2	2	20	30	2	2	2
<a href="#">#781 Glazed Natural Baby Carrots</a>	3/4 cup (110g)	8	70	30	3.5	5	0.5	3	0	0	250	11	9	3	3	11	4	1	90	6	2	2	1
<a href="#">#782 Sugar Snap Peas</a>	2/3 cup (83g)	8	40	0	0	0	0	0	0	0	0	0	7	2	2	8	3	2	8	35	4	4	0
<a href="#">#783 Green Beans</a>	2/3 cup (81g)	11	30	0	0	0	0	0	0	0	0	0	6	2	2	9	1	1	4	15	4	4	0
<a href="#">#797 Fire Roasted Vegetable Blend</a>	3/4 cup (85g)	11	60	15	1.5	2	0	0	0	0	80	3	9	3	2	8	1	2	4	25	2	4	1
<a href="#">#847 BROCCOLI &amp; CHEESE</a>	1	6	90	40	4	7	2	11	10	3	460	19	6	2	2	7	2	5	10	60	10	0	2
<a href="#">#848 MEDITERRANEAN VEGETABLE BLEND</a>	1	9	50	20	2	3	0	0	0	0	160	7	7	2	2	9	3	1	20	15	2	4	1
<a href="#">#849 Stir Fry Vegetable Blend with Sauce</a>	1	8	100	15	1.5	3	0	0	0	0	310	13	18	6	3	11	11	5	20	40	6	6	2
<a href="#">#956 Wild Rice Pilaf Express Bowl</a>	1/2 bowl (156g)	4	310	140	16	25	3	15	0	0	680	28	37	12	1	5	1	5	2	2	2	8	7

Potato Specialties

Item	Serving Size	Servings Per Container	Nutritional Information																		Points		
			Calories	Calories From Fat	Total Fat (g)	%Daily Value	Saturated Fat	%Daily Value	Cholesterol (mg)	%Daily Value	Sodium (mg)	%Daily Value	Total Carbohydrates (g)	%Daily Value	Dietary Fiber	%Daily Value	Sugar (g)	Protein (g)	Vitamin A %Daily Value	Vitamin C %Daily Value		Calcium %Daily Value	Iron %Daily Value
<a href="#">#752 Seasoned Potato Curls</a>	3 oz. (84g)	13	160	80	9	13	2	10	0	0	480	20	20	7	2	9	0	2	0	10	0	6	4
<a href="#">#753 Shredded Hash Browns</a>	3 ounces (84g)	13	60		0	0	0	0	0	0	270	11	13	4	1	4	0		0	15	0	2	1
<a href="#">#758 Stuffed Potatoes</a>	1 potato (142g)	8	180	70	8	12	3.5	16	5	2	300	13	24	8	3	13	3	3	6	35	4	6	4
<a href="#">#759 Roasted Sweet Potatoes with Maple Flavored Glaze</a>	3 13 pieces (85g)	11	120	25	2.5	4	0	0	0	0	140	6	22	7	1	6	16	1	260	10	2	2	2
<a href="#">#760 QUIK TATERS® Potato Nuggets</a>	13 pieces (85g)	13	180	100	11	17	2.5	13	0	0	180	7	19	6	3	11	0	1	0	10	0	2	4
<a href="#">#763 Creamy Mashed Potatoes</a>	5 (85g/about 15 pieces)	8	150	45	5	0	3.5	0	15	0	520	0	21	0	1	0	1	3	4	20	4	4	3
<a href="#">#770 Quick Bake French Fries</a>	1 croquette (85g)	13	200	80	9	14	2	10	0	0	230	10	26	9	2	8	0	3	0	10	2	4	4
<a href="#">#771 Potato Croquettes</a>	1 croquette (85g)	12	150	70	8	11	1.5	7	0	0	260	10	18	6	2	6	2	2	0	0	2	0	3
<a href="#">#772 GARLIC RED SKIN MASHED POTATOES</a>	10 pieces (5oz)	8	140	40	4.5	7	1.5	7	5	1	600	25	23	8	2	9	3	3	0	2	4	4	3
<a href="#">#778 Pierogies</a>	3 pierogies (120g)	8	180	25	2.5	4	1	4	10	3	570	24	33	11	1	6	2	6	2	2	4	10	4
<a href="#">#780 Herb Garlic Roasted Yukon Gold Potato &amp; vegetable Blend</a>	1 cup (105g)	8	90	15	2	3	0	0	0	0	110	5	15	5	2	9	2	2	20	30	2	2	2
<a href="#">#960 QUIK TATERS® Cheesy Potato Nuggets</a>	3 oz (85g/ about 5 pieces)	11	200	100	11	20	5	29	15	5	470	23	19	8	3	14	1	5	4	0	10	2	4
<a href="#">#961 Krunchie Potato Wedges</a>	3 oz (84g/ about 8 pieces)	10	140	50	6	9	1.5	7	0	0	430	18	18	6	2	8	0	2	0	8	0	4	3
<a href="#">#963 Ranch Seasoned Potato Wedges</a>	3 oz (84g/ about 8 pieces)	11	120	45	5	8	1.5	8	0	0	200	8	17	6	2	8	1	2	0	8	0	2	2
<a href="#">#964 Sour Cream Seasoned Potato Wedges</a>	3 oz (84g/ about 8 pieces)	10	130	45	5	8	1.5	7	0	0	270	11	19	6	3	12	0	2	0	4	0	4	2

Breads			Servings Per Container																				
Item	Serving Size	Calories	Calories From Fat	Total Fat (g)	%Daily Value	Saturated Fat	%Daily Value	Cholesterol (mg)	%Daily Value	Sodium (mg)	%Daily Value	Total Carbohydrates (g)	%Daily Value	Dietary Fiber	%Daily Value	Sugar (g)	Protein (g)	Vitamin A %Daily Value	Vitamin C %Daily Value	Calcium %Daily Value	Iron %Daily Value	Points	
<a href="#">#597 Five Cheese Garlic French Bread</a>	1 piece (96g)	6	330	180	20	30	8	38	25	8	660	27	26	9	1	5	1	12	10	6	25	20	8
<a href="#">#627 Multi Grain Loaf</a>	1/2 loaf	12	120	20	2.5	4	0	0	0	0	320	13	20	7	2	6	3	5	0	0	2	4	2
<a href="#">#631 ButterFlake Dinner Roll</a>	1 roll	12	200	100	11	16	6	28	20	7	350	14	22	7	1	4	4	4	6	0	2	0	5
<a href="#">#634 Cheese Stuffed Breadstick</a>	1 breadstick (55g)	12	160	60	7	11	3	14	10	4	360	15	18	6	0	1	6	4	2	10	2	4	
<a href="#">#640 Frozen Bread Dough</a>	g/about 1/8 loaf)	16	140	15	1.5	2	0	0	0	0	250	11	27	9	1	4	2	5	0	0	2	10	3
<a href="#">#643 Garlic Texas Toast</a>	1 slice (57g)	12	190	90	10	16	3	14	5	2	310	13	20	7	1	4	1	4	0	0	0	0	4
<a href="#">#647 Cheese Stuffed Bread With Sauce</a>	(56g/about a 3" wedge)	24	160	45	5	8	2.5	13	10	3	370	15	20	7	1	4	6	8	0	2	15	4	3
<a href="#">#663 Cheese And Herb Biscuits</a>	1 biscuit (34g)	18	110	50	6	9	2	10	5	2	430	18	11	4	0	1	3	2	0	4	4	3	
<a href="#">#667 French Baguette Bread</a>	1/4 loaf (49g)	12	120	0	0	0	0	0	0	0	400	17	25	8	1	4	1	5	0	6	0	8	2
<a href="#">#668 Southern Style Biscuits</a>	1 biscuit (62 g)	18	200	90	10	15	2.5	13	0	0	610	25	23	8	1	2	2	4	0	0	2	6	5
<a href="#">#941 Spinach and Five Cheese Puff Pastry</a>	4 pieces (80g)	6	260	150	17	26	5	25	15	5	320	13	19	6	1	4	1	6	2	2	8	6	6

Ice Cream

Item	Serving Size	Servings Per Container																				Points	
		Calories	Calories From Fat	Total Fat (g)	%Daily Value	Saturated Fat	%Daily Value	Cholesterol (mg)	%Daily Value	Sodiu (mg)	%Daily Value	Total Cabohydrates (g)	%Daily Value	Dietary Fiber	%Daily Value	Sugar (g)	Protien (g)	Vitamin A %Daily Value	Vitamin C %Daily Value	Calcium %Daily Value	Iron %Daily Value		
<a href="#">#101 Vanilla</a>	1/2 cup (65g)	16	140	70	7	11	5	24	30	10	55	2	16	5	0	0	12	3	6	0	10	0	3
<a href="#">#102 Strawberry</a>	1/2 cup (65g)	16	130	60	6	10	4	21	25	8	45	2	16	5	0	0	12	2	4	0	8	0	3
<a href="#">#103 Chocolate</a>	1/2 cup (65g)	16	140	60	7	11	4.5	23	25	9	65	3	17	6	0	0	12	2	4	0	8	0	3
<a href="#">#105 Maple Nut</a>	1/2 cup (65g)	16	150	80	9	14	5	24	30	9	70	3	15	5	0	0	11	3	6	0	10	0	4
<a href="#">#106 Chocolate Chip</a>	1/2 cup (65g)	16	150	70	8	12	5	27	30	9	55	2	17	6	0	0	13	2	6	0	10	0	4
<a href="#">#107 Banana Nut</a>	1/2 cup (65g)	16	150	70	8	12	4	21	25	8	50	2	18	6	0	0	13	3	4	0	10	0	4
<a href="#">#111 Chocolate Almond</a>	1/2 cup (65g)	16	150	70	8	12	4.5	23	25	8	80	3	17	6	1	3	12	3	4	0	8	2	3
<a href="#">#112 Butter Crunch</a>	1/2 cup (65g)	16	150	70	8	12	5	25	30	9	60	2	17	6	0	0	14	2	6	0	10	0	4
<a href="#">#113 Cherry Nut</a>	1/2 cup (65g)	16	140	60	7	11	4.5	22	25	9	55	2	17	6	0	0	12	2	4	0	10		3
<a href="#">#115 Chocolate Malt Twist</a>	2-Jan	16	140	60	7	10	4	21	25	9	55	2	17	6	0	0	12	3	4	0	8	0	3
<a href="#">#120 Chocolate Fudge Ripple</a>	1/2 cup (65g)	16	140	60	7	10	4.5	22	25	9	55	2	18	6	0	0	13	2	4	0	10	0	3
<a href="#">#149 Race Trax™ Ice Cream</a>	2-Jan	16	160	70	8	12	5	25	25	8	60	2	20	7	0	0	15	3	0	0	0	0	4
<a href="#">#200 Vanilla Bean</a>	1/2 cup (68g)	14	140	70	8	13	5	27	35	11	35	1	15	5	0	0	13	2	6	0	8	0	3
<a href="#">#203 Dulce De Leche</a>	1/2 cup (65g)	14	150	60	7	11	4.5	23	25	9	60	3	19	6	0	0	16	3	4	0	10	0	4
<a href="#">#204 Neapolitan Supreme Ice Cream</a>	1/2 cup (68g)	14	140	70	8	12	5	26	30	10	35	1	16	5	0	0	13	2	6	0	8	0	3
<a href="#">#206 Tin Roof Sundae Sqround</a>	2-Jan	14	150	70	8	12	4.5	22	25	8	70	3	18	6	0	0	12	3	4	0	8	0	4

<a href="#">#209 Chip And Mint</a>	1/2 cup (65g)	14	150	70	8	12	5	27	30	9	55	2	17	6	0	0	13	2	6	0	10	0	4
<a href="#">#210 Chocolate Marshmallow Ripple</a>	1/2 cup (65g)	14	140	50	6	9	4	19	25	8	70	3	21	7	0	0	16	2	4	0	8	0	3
<a href="#">#212 Pink Divinity</a>	½ cup (65g)	14	150	60	7	11	4	19	25	8	45	2	19	6	0	0	12	3	4	0	8	0	4
<a href="#">#214 Rocky Road</a>	1/2 cup (65g)	14	150	60	7	10	4	21	25	8	75	3	21	7	0	0	15	2	4	0	8	0	4
<a href="#">#215 Smores Premium</a>	1/2 cup	14	150	60	7	10	4.5	22	25	8	40	2	20	7	0	0	13	3	4	0	8	0	4
<a href="#">#217 Peppermint Stick Ice Cream</a>	1/2 cup (65g)	14	150	60	7	11	4.5	23	25	9	50	2	18	6	0	0	14	2	6	0	10	0	4
<a href="#">#219 Butter Pecan</a>	1/2 cup (65g)	14	150	80	9	14	5	24	30	9	80	3	15	5	0	0	11	3	6	0	10	0	4
<a href="#">#222 Autumn Treat</a>	½ Cup (65g)	14	150	60	7	11	4	21	25	8	65	3	20	7	0	0	15	2	6	0	8	0	4
<a href="#">#226 Chocolate Chip Cookie Dough</a>	1/2 cup (65g)	14	150	70	8	12	4.5	23	25	9	60	2	19	6	0	0	15	3	4	0	8	0	4
<a href="#">#230 Cookies &amp; Cream</a>	1/2 cup (65g)	14	160	70	8	12	4.5	24	25	9	70	3	18	6	0	0	13	3	4	0	8	0	4
<a href="#">#232 Dark Sweet Cherry</a>	1/2 cup (65g)	14	140	60	6	10	4.5	22	25	9	50	2	17	6	0	0	13	2	4	0	8	0	3
<a href="#">#234 Orange Sherbet</a>	½ cup (86g)	14	120	10	1	2	0.5	4	5	1	35	9	28	9	0	0	21	1	0	0	2	0	2
<a href="#">#236 Confetti Cake™</a>	1/2 cup (65g)	14	140	60	7	10	4	21	30	10	55	2	20	7	0	0	15	2	4	0	8	0	3
<a href="#">#237 Rainbow Sherbet</a>	1/2 cup (85g)	14	120	10	1	2	0.5	4	5	1	30	9	27	6	0	0	21	1	0	0	2	0	2
<a href="#">#238 Passion Punch Sherbet</a>	1/2 cup (87g)	14	130	10	1	2	0.5	4	5	1	35	9	28	6	0	0	22	1	0	0	2	0	3
<a href="#">#239 Pecan Praline Sundae</a>	1/2 cup (65g)	14	150	70	7	11	4.5	23	25	9	80	3	19	6	0	0	15	2	6	0	8	0	4
<a href="#">#240 Watermelon Sherbet</a>	1/2 cup	14	130	10	1	2	1	4	5	1	25	1	29	10	0	0	22	1	0	0	2	0	3
<a href="#">#254 Chocolate Chip</a>	1/2 cup (65g)	32	150	70	8	12	5	27	30	9	55	2	17	6	0	0	13	2	6	0	10	0	4
<a href="#">#264 Rocky Road</a>	1/2 cup (65g)	32	150	60	7	10	4	21	25	8	75	3	21	7	0	0	15	2	4	0	8	0	4
<a href="#">#309 SCHWAN'S HEAVENLY CREAMS™ Black Raspberry Supreme Pint</a>	1/2 cup	4	240	120	14	21	7	36	45	14	55	2	26	9	1	3	21	3	8	0	10	0	6
<a href="#">#311 SCHWAN'S HEAVENLY CREAMS™ Caramel Cashew Ice Cream Pint</a>	2-Jan	4	260	140	15	23	9	45	45	15	105	4	28	9	0	0	23	4	8	0	10	0	6
<a href="#">#312 SCHWAN'S HEAVENLY CREAMS™ Coffee flavored Ice Cream</a>	2-Jan	4	220	120	13	20	9	43	50	17	45	2	23	8	0	0	19	3	10	0	10	0	5
<a href="#">#335 Limited Edition French Vanilla</a>	1/2 cup (79g)	32	170	80	9	14	6	29	70	23	65	3	20	7	0	0	15	3	6	0	10	0	4
<a href="#">#361 Raspberry Rumble® Premium Plus</a>	½ cup (68g)	14	160	70	8	12	5	27	25	8	50	2	21	7	0	0	17	2	4	0	8	0	4
<a href="#">#362 Blackjack Cherry Premium Plus</a>	1/2 cup (68g)	14	160	70	8	12	5	27	25	9	55	2	19	6	0	0	15	2	4	0	8	0	4
<a href="#">#364 Chocolate Double Fudge Brownie Premium Plus</a>	1/2 cup (68g)	14	160	70	7	11	5	24	25	8	75	3	22	7	0	0	15	3	4	0	8	2	4

<a href="#">#366 Pecan Caramel Quake Premium Plus</a>	1/2 cup (71g)	14	180	90	9	14	5	25	25	8	90	4	20	7	0	0	15	3	4	0	10	0	4
<a href="#">#368 Strawberry Cheesecake Premium Plus</a>	½ cup (68g)	14	150	60	7	11	4.5	23	30	10	60	3	20	7	0	0	16	2	4	0	8	0	4
<a href="#">#369 Chocolate Peanut Butter Premium Plus</a>	½ cup (68g)	14	190	100	11	17	6	31	25	8	105	4	20	7	0	0	15	3	4	0	8	2	5
<a href="#">#371 Vanilla Light</a>	1/2 cup (67g)	14	120	30	3.5	5	2.5	11	15	5	50	2	18	6	0	0	13	3	6	0	10	0	3
<a href="#">#372 Strawberry Light</a>	1/2 cup (67g)	14	110	25	3	5	2	10	15	4	45	2	18	6	0	0	14	2	6	0	10	0	2
<a href="#">#373 Chocolate Light</a>	1/2 cup (67g)	14	110	30	3	5	2	10	15	4	55	2	17	6	0	0	12	3	6	0	10	0	2
<a href="#">#378 Carb Comfort™ Butter Pecan Ice Cream</a>	2-Jan	14	130	70	8	13	4.5	22	25	9	80	3	15	5	6	23	4	2	4	0	8	0	2
<a href="#">#380 Caramel Low Fat Frozen Yogurt Sground</a>	2-Jan	14	140	25	3	5	1.5	9	10	3	100	4	25	8	0	0	16	3	2	0	10	0	3
<a href="#">#381 Blueberry Frozen Yogurt</a>	2-Jan	14	120	20	2.5	4	1.5	8	10	3	65	3	21	7	0	0	14	3	0	0	10	0	3
<a href="#">#382 Peach Yogurt</a>	½ cup (72g)	14	110	20	2	3	1.5	7	10	3	65	3	22	7	0	0	15	2	2	0	6	0	2
<a href="#">#383 Vanilla Frozen Yogurt</a>	1/2 cup (72g)	14	110	25	3	4	2	10	10	4	60	3	19	6	0	0	13	3	2	0	10	0	2
<a href="#">#384 Chocolate Frozen Yogurt</a>	1/2 cup (72g)	14	120	25	3	4	2	10	10	4	60	2	20	7	0	0	13	3	2	0	10	0	3
<a href="#">#385 Wild Berry Frozen Yogurt</a>	1/2 cup (72g)	14	120	20	2.5	4	1.5	8	10	3	65	3	23	8	0	0	16	2	0	0	6	0	3
<a href="#">#386 Orange Pineapple Frozen Yogurt</a>	1/2 cup (72g)	14	110	20	2.5	4	1.5	8	10	3	75	3	22	7	0	0	14	2	0	0	8	0	2
<a href="#">#387 Black Cherry Frozen Yogurt</a>	1/2 cup (72g)	14	120	20	2.5	4	1.5	8	10	3	65	3	22	7	0	0	15	2	0	0	6	0	3
<a href="#">#388 Chocolate Fudge Brownie Frozen Yogurt</a>	1/2 cup (72g)	14	130	25	3	5	2	10	10	4	90	4	24	8	0	0	16	3	2	0	10	0	3

Healthy Selections

Item	Serving Size	Servings Per Container	Calories	Calories From Fat	Total Fat (g)	%Daily Value	Saturated Fat	%Daily Value	Cholesterol (mg)	%Daily Value	Sodium (mg)	%Daily Value	Total Carbohydrates (g)	%Daily Value	Dietary Fiber	%Daily Value	Sugar (g)	Protein (g)	Vitamin A %Daily Value	Vitamin C %Daily Value	Calcium %Daily Value	Iron %Daily Value	Points
<a href="#">#24 Strawberry Fruit Bars</a>	1 bar (52g)	24	40	0	0	0	0	0	0	0	5	0	11	4	0	0	9	0	0	15	0	0	1
<a href="#">#32 Schwan's® Pops</a>	1 pop (52g)	24	15	0	0	0	0	0	0	0	5	0	4	1	0	0	1	0	0	0	0	0	0
<a href="#">#39 Trim Creations® Chocolate Fudge Sticks</a>	1 bar (53g)	24	50	0	0	0	0	0	0	0	45	2	14	5	0	0	4	3	0	0	8	0	1
<a href="#">#40 Raspberry and Orange Healthy Creations® Creme Bars</a>	1 bar (64g)	12	70	0	0	0	0	0	0	0	35	1	18	6	0	0	2	2	10	0	4	0	1
<a href="#">#371 Vanilla Light</a>	1/2 cup (67g)	14	120	30	3.5	5	2.5	11	15	5	50	2	18	6	0	0	13	3	6	0	10	0	3
<a href="#">#372 Strawberry Light</a>	1/2 cup (67g)	14	110	25	3	5	2	10	15	4	45	2	18	6	0	0	14	2	6	0	10	0	2
<a href="#">#373 Chocolate Light</a>	1/2 cup (67g)	14	110	30	3	5	2	10	15	4	55	2	17	6	0	0	12	3	6	0	10	0	2
<a href="#">#380 Caramel Low Fat Frozen Yogurt Sqround</a>	2-Jan	14	140	25	3	5	1.5	9	10	3	100	4	25	8	0	0	16	3	2	0	10	0	3
<a href="#">#381 Blueberry Frozen Yogurt</a>	2-Jan	14	120	20	2.5	4	1.5	8	10	3	65	3	21	7	0	0	14	3	0	0	10	0	3
<a href="#">#382 Peach Yogurt</a>	½ cup (72g)	14	110	20	2	3	1.5	7	10	3	65	3	22	7	0	0	15	2	2	0	6	0	2
<a href="#">#383 Vanilla Frozen Yogurt</a>	1/2 cup (72g)	14	110	25	3	4	2	10	10	4	60	3	19	6	0	0	13	3	2	0	10	0	2
<a href="#">#384 Chocolate Frozen Yogurt</a>	1/2 cup (72g)	14	120	25	3	4	2	10	10	4	60	2	20	7	0	0	13	3	2	0	10	0	3
<a href="#">#385 Wild Berry Frozen Yogurt</a>	1/2 cup (72g)	14	120	20	2.5	4	1.5	8	10	3	65	3	23	8	0	0	16	2	0	0	6	0	3
<a href="#">#386 Orange Pineapple Frozen Yogurt</a>	1/2 cup (72g)	14	110	20	2.5	4	1.5	8	10	3	75	3	22	7	0	0	14	2	0	0	8	0	2
<a href="#">#387 Black Cherry Frozen Yogurt</a>	1/2 cup (72g)	14	120	20	2.5	4	1.5	8	10	3	65	3	22	7	0	0	15	2	0	0	6	0	3
<a href="#">#388 Chocolate Fudge Brownie Frozen Yogurt</a>	1/2 cup (72g)	14	130	25	3	5	2	10	10	4	90	4	24	8	0	0	16	3	2	0	10	0	3



Frozen Treats

Item	Serving Size	Servings Per Contain	Calories	Calories From Fat	Total Fat (g)	%Daily Value	Saturated Fat	%Daily Value	Cholesterol (mg)	%Daily Value	Sodlu (mg)	%Daily Value	Total Cabohydrates (g)	%Daily Value	Dietary Fiber	%Daily Value	Sugar (g)	Protien (g)	Vitamin A %Daily Value	Vitamin C %Daily Value	Calcium %Daily Value	Iron %Daily Value	Points
<a href="#">#1 Double Berry Float Cup</a>	1/2 cup (109g)	2	130	30	3.5	5	2	10	15	4	50	2	24	8	0	0	22	1	2	0	4	0	3
<a href="#">#2 Chocolate Sundae Crunch® Bars</a>	1 BAR (62g)	24	180	80	9	14	3.5	17	10	4	85	3	22	7	0	0	13	2	2	0	4	0	4
<a href="#">#3 Caramel Premium Ice Cream Bars</a>	1 bar (64 g)	12	210	120	14	21	9	46	20	7	65	3	20	7	0	0	17	3	4	0	10	0	5
<a href="#">#4 English Toffee Bars</a>	1 BAR (62g)	24	200	120	13	21	10	51	20	7	65	3	18	6	0	0	16	2	4	0	8	0	5
<a href="#">#5 SCHWAN'S® Ice Cream Bars</a>	1 bar (65g)	24	190	120	14	21	11	53	20	7	50	2	17	6	0	0	13	2	4	0	8	2	5
<a href="#">#6 Vanilla Ice Cream Cups</a>	1 sundae cup (54g)	24	110	50	6	9	4	20	25	8	45	2	13	4	0	0	10	2	4	0	8	0	3
<a href="#">#7 Vanilla Sundae Cones</a>	1 sundae cone (73g)	24	220	90	10	16	7	34	25	8	95	4	28	9	0	3	17	4	4	0	8	0	5
<a href="#">#8 Ice Cream Sandwiches</a>	1 sandwich (63g)	24	170	60	7	11	4	19	20	7	150	6	25	8	0	0	13	3	4	0	6	2	4
<a href="#">#10 Chocolate Malt Push-Ems®</a>	1 PUSH-EMS® (55g)	24	90	25	2.5	4	1.5	8	10	3	45	2	15	5	0	0	10	2	4	0	8	0	2
<a href="#">#11 Chocolate Fudge Sticks</a>	1 bar (79g)	24	110	10	1.5	2	1	4	5	2	80	3	22	7	0	0	16	3	0	0	10	0	2
<a href="#">#13 Orange Sherbet Push-Ems®</a>	1 PUSH-EMS® (64g)	24	90	5	1	1	0.5	3	5	1	25	1	20	7	0	0	16	0	0	0	0	0	2
<a href="#">#14 Twin Pops™</a>	1 pop (92g)	24	60	0	0	0	0	0	0	0	10	0	16	5	0	0	15	0	0	0	0	0	1
<a href="#">#16 Vanilla Fudge Chocolate Sundae Cones</a>	1 sundae cone (85g)	12	260	100	11	17	8	39	20	7	85	4	37	12	1	4	23	4	4	0	8	4	6
<a href="#">#17 Pecan Praline Sundae Cones</a>	1 sundae cone (86g)	12	260	110	12	19	7	37	25	8	130	5	36	12	0	0	23	4	4	0	10	0	6
<a href="#">#19 Rocky Road Sundae Cones</a>	1 Sundae Cone (84 g)	12	260	100	11	17	7	35	20	7	105	4	39	13	2	7	25	4	4		8	4	6

<a href="#">#22 Caramel Cappuccino Cups</a>	1 café cup (119g)	6	300	140	15	24	11	56	40	14	120	5	35	12	0	0	28	4	8	0	15	0	7
<a href="#">#24 Strawberry Fruit Bars</a>	1 bar (52g)	24	40	0	0	0	0	0	0	0	5	0	11	4	0	0	9	0	0	15	0	0	1
<a href="#">#25 Mississippi Mud Ice Cream Sandwiches</a>	1 sandwich (66g)	24	200	70	8	12	4	20	20	6	160	7	28	9	2	8	13	4	4	0	8	6	4
<a href="#">#26 Chocolate Fudge Sundae Ice Cream Cups</a>	1 sundae cup (55g)	24	120	45	5	8	3.5	17	20	7	50	2	17	6	0	0	12	2	4	0	8	0	3
<a href="#">#27 Strawberry Sundae Ice Cream Cups</a>	1 sundae cup (55g)	24	120	45	5	8	3.5	17	20	7	40	2	16	5	0	0	13	2	4	0	6	0	3
<a href="#">#28 Gold 'N' Nugit® Bars</a>	1 bar (67g)	12	250	150	16	25	9	46	20	6	70	3	23	8	0	0	19	4	4	0	8	2	6
<a href="#">#29 BOMB POP JR. ® Ice Pops</a>	1 POP (52 g)	18	50	0	0	0	0	0	0	0	5	0	11	4	0	0	9	0	0	0	0	0	1
<a href="#">#31 Banana Fudge Sundae Cone</a>	1 Sundae Cone (83g)	12	250	100	11	17	7	37	20	7	125	5	35	12	1	3	21	4	4	0	8	4	6
<a href="#">#32 Schwan's® Pops</a>	1 pop (52g)	24	15	0	0	0	0	0	0	0	5	0	4	1	0	0	1	0	0	0	0	0	0
<a href="#">#33 Confetti™ Ice Cream Cups</a>	1 sundae cup (55g)	24	140	60	7	11	5	24	20	7	40	2	18	6	0	0	11	2	4	0	6	0	3
<a href="#">#34 Premium Ice Cream Bars</a>	1 bar (64g)	12	210	140	15	23	10	52	20	7	50	2	18	6	0	0	14	3	4	0	10	2	5
<a href="#">#35 Silver Mint™ Bars</a>	1 bar (46g)	18	150	90	10	16	7	33	15	5	35	2	14	5	0	0	12	2	2	0	6	0	4
<a href="#">#36 Vanilla Mini Lite Ice Cream Sandwich</a>	1	18	100	20	2	3	1.5	6	5	2	95	4	18	6	0	0	9	2	0	0	0	0	2
<a href="#">#37 Chocolate Mini Lite Ice Cream Sandwich</a>	1	18	100	15	2	3	1	6	5	2	100	4	18	6	0	0	9	2	0	0	0	0	2
<a href="#">#39 Trim Creations® Chocolate Fudge Sticks</a>	1 bar (53g)	24	50	0	0	0	0	0	0	0	45	2	14	5	0	0	4	3	0	0	8	0	1
<a href="#">#40 Raspberry and Orange Healthy Creations® Creme Bars</a>	1 bar (64g)	12	70	0	0	0	0	0	0	0	35	1	18	6	0	0	2	2	10	0	4	0	1
<a href="#">#41 Neapolitan Ice Cream Sandwich</a>	1 sandwich (62g)	12	160	60	7	10	3.5	19	20	7	135	6	23	8	0	0	12	3	4	0	6	2	4
<a href="#">#42 Race Trax™ Ice Cream Sandwich</a>	1 sandwich	12	210	90	10	16	4.5	22	20	6	210	9	27	9	1	2	15	4	4	0	6	4	5
<a href="#">#43 Rainbow Healthy Creations® Bars</a>	1 bar (64g)	12	60	0	0	0	0	0	0	0	15	1	19	6	0	0	1	1	15	0	0	0	1
<a href="#">#44 Chocolate Chip Cookie Ice Cream Sandwiches</a>	1 sandwich (83g)	6	260	110	13	19	6	30	30	10	170	7	33	11	0	0	21	4	4	0	8	4	6
<a href="#">#46 Race Trax™ Sundae Cone</a>	1	12	270	120	14	21	8	41	20	6	160	7	35	12	1	3	20	5	0	0	0	0	6
<a href="#">#47 Rainbow Push-ems®</a>	1 Push-Ems® (64g)	12	90	5	1	1	0.5	3	5	1	25	1	20	7	0	0	15	0	0	0	0	0	2
<a href="#">#49 Chip &amp; Mint Sundae Cones</a>	1 SUNDAE CONE (88 g)	12	260	100	11	17	8	39	20	7	110	5	36	12	0	0	23	4	4	0	8	0	6
<a href="#">#50 Healthy Creations® Fudge Swirl Sundae Cups</a>	1 sundae cup (79g)	12	100	0	0	0	0	0	0	0	60	3	25	8	1	3	5	3	6	0	10	0	2
<a href="#">#51 Irish Crème Flavored Ice Cream Cup</a>	1 cup (114g)	6	270	140	16	24	11	56	40	14	85	3	28	9	0	0	21	4	8	0	15	0	7
<a href="#">#54 Healthy Creations® Strawberry Sundae Cups</a>	1sundae cup (74g)	12	70	0	0	0	0	0	0	0	60	3	20	7	0	0	5	3	6	4	10	0	1
<a href="#">#55 Lemon Freeze Cups</a>	1/2 cup (106g) per box	130	0	0	0	0	0	0	0	0	15	1	32	11	0	0	23	0	0	6	0	0	3

<a href="#">#56 Cherry Freeze Cups</a>	1/2 cup (106g)	per box	130	0	0	0	0	0	0	0	15	1	33	11	0	0	23	0	0	0	0	0	3	
<a href="#">#58 Frozen Hot Chocolate Cups</a>	1/2 cup (75g)		12	160	70	8	12	5	25	30	10	50	2	23	8	0	0	13	2	6	0	8	0	4
<a href="#">#59 Root Beer Float Cups</a>	1/2 (109 g)		12	140	30	3.5	5	2.5	12	15	5	25	1	25	8	0	0	23	1	2	0	4	0	3
<a href="#">#60 Strawberry Sundae Crunch® Bars</a>	1 bar (61g)		24	170	70	8	13	3.5	17	10	4	80	3	21	7	0	0	14	2	2	0	4	0	4
<a href="#">#65 Apple Pie A-La-Mode</a>	½ Cup (106g)		8	260	90	10	16	6	29	30	10	115	5	35	13	1	3	28	3	8	0	10	0	6
<a href="#">#68 Brownie 'A La Mode</a>	½ cup (105 g)		8	280	120	13	20	7	35	45	15	110	5	36	12	1	4	26	4	8	0	10	0	6
<a href="#">#73 Strawberry Shortcake Dessert for One™</a>	1		6	270	100	12	18	6	31	40	14	110	4	39	13	1	4	26	4	8	15	15	2	6
<a href="#">#74 Tiramisu Dessert For One</a>	1		6	320	110	12	18	7	35	45	15	150	6	49	16	0	0	39	4	8	0	15	8	7
<a href="#">#331 Reese's® Pie Slices</a>	2.5		2	310	170	19	29	8	42	5	2	200	8	31	10	1	5	22	5	0	0	6	4	8

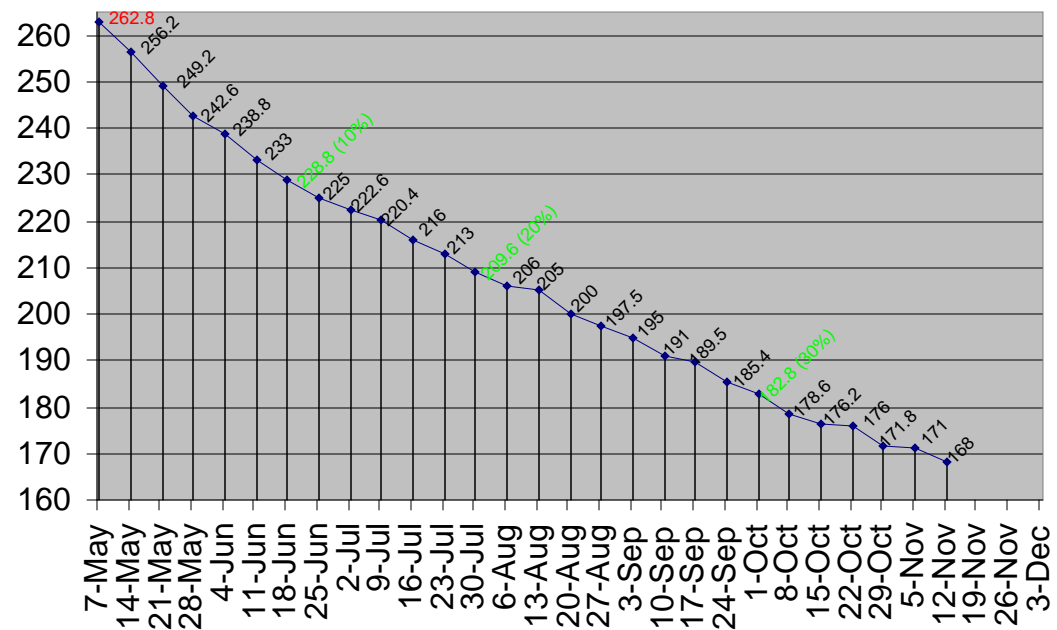
Cakes & Pies

Item	Serving Size	Servings Per Container	Calories	Calories From Fat	Total Fat (g)	%Daily Value	Saturated Fat	%Daily Value	Cholesterol (mg)	%Daily Value	Sodium (mg)	%Daily Value	Total Carbohydrates (g)	%Daily Value	Dietary Fiber	%Daily Value	Sugar (g)	Protein (g)	Vitamin A %Daily Value	Vitamin C %Daily Value	Calcium %Daily Value	Iron %Daily Value	Points
<a href="#">#62 DOUBLE DIVINE™ Chocolate Cake</a>	1/9 cake (79 g / 2.8 oz.)	9	300	110	13	19	4.5	23	20	6	270	11	46	15	2	6	35	3	0	0	4	8	7
<a href="#">#64 SCHWANN'S Triple Berry, Apple, Rhubarb Pie with Vanilla Sauce</a>	1/12 Pie (116g/4/1oz)	12	280	120	13	20	2.5	13	0	0	380	16	14	14	2	7	20	2	4	0	4	6	6
<a href="#">#66 Peach Crisp</a>	1/6 crisp	6	270	50	6	9	1.5	6	0	0	140	6	53	18	2	8	34	3	10	0	2	6	6
<a href="#">#83 Pumpkin Pie</a>	4.6	8	270	110	13	19	3	15	40	14	330	14	35	12	2	7	18	5	100	0	8	6	6
<a href="#">#85 Old-Fashioned Apple Pie</a>	1/12 of pie (116g / 4.1 oz.)	12	280	120	13	20	2.5	13	0	0	400	17	40	13	2	7	20	2	4	0	0	0	6
<a href="#">#86 Peach Pie</a>	1/10 of pie (133g)	10	320	130	14	22	3	14	0	0	420	17	47	16	2	8	23	3	8	0	0	2	7
<a href="#">#91 Key Lime Pie</a>	1/8 pie (128g)	8	450	190	22	33	15	73	50	17	310	13	58	19	0	0	47	6	10	6	20	4	11
<a href="#">#95 New York Style Cheesecake Slices</a>	1 piece (79g)	2	290	180	20	30	8	40	65	22	290	12	24	8	1	3	11	5	6	0	4	4	7
<a href="#">#96 Pecan Pie</a>	1/8 pie (119g)	8	500	200	22	34	5	24	45	15	570	24	62	21	1	3	33	3	4	0	2	6	12
<a href="#">#97 Strawberry Swirl Cheesecake Slices</a>	1 piece (91 g)	2	320	180	20	31	8	41	65	22	240	10	32	11	1	2	17	4	6	0	4	4	8
<a href="#">#331 Reese's® Pie Slices</a>	2.5	2	310	170	19	29	8	42	5	2	200	8	31	10	1	5	22	5	0	0	6	4	8
<a href="#">#620 Apple Flautas</a>	1 flauta (57g)	21	160	50	6	9	1.5	7	0	0	160	7	24	8	0	0	12	2	0	0	2	4	4
<a href="#">#927 Chocolate French Silk Pie</a>	1/9 pie (126g)	9	540	320	35	54	16	81	55	18	320	13	53	18	2	7	35	5	6		6	4	13
<a href="#">#935 Mint Creme Pie</a>	1 Piece (139g)	6	510	250	28	43	19	96	10	3	310	13	59	20	1	5	43	5	0	0	0	0	12

Cookies		Servings Per Container																				Points	
Item	Serving Size	Calories	Calories From Fat	Total Fat (g)	%Daily Value	Saturated Fat	%Daily Value	Cholesterol (mg)	%Daily Value	Sodium (mg)	%Daily Value	Total Carbohydrates (g)	%Daily Value	Dietary Fiber	%Daily Value	Sugar (g)	Protein (g)	Vitamin A %Daily Value	Vitamin C %Daily Value	Calcium %Daily Value	Iron %Daily Value	Points	
<a href="#">#332 Chocolate Mint Brownie Cookie Dough</a>	1 cookie (43g)	32	180	80	9	13	5	25	30	10	130	5	24	8	1	4	13	2	2	0	2	6	4
<a href="#">#644 Chocolate Chip Cookie Dough</a>	1 cookie (28g)	40	120	50	6	9	2	9	10	3	105	4	17	6	1	2	10	1	0	0	0	4	3
<a href="#">#650 Macadamia Nut Cookie Dough</a>	1 cookie (28g)	40	140	70	8	12	3.5	17	15	5	105	4	15	5	0	0	7	2	2	0	2	2	3
<a href="#">#652 Oatmeal Raisin Cookie Dough</a>	1	40	110	35	4	0	1.6	0	10	0	115	0	18	0	1	0	11	1	0	0	0	0	2
<a href="#">#655 Peanut Butter Chocolate Fudge Crunk Supreme Cookies</a>	1 cookie (43g)	32	190	90	10	16	3	16	15	5	250	10	22	7	1	5	15	4	0	0	0	6	4

Ken (GOAL=178)

7-May	262.8	
14-May	256.2	-7
21-May	249.2	-7
28-May	242.6	-7
4-Jun	238.8	-4
11-Jun	233	-6
18-Jun	228.8	-4
25-Jun	225	-4
2-Jul	222.6	-2
9-Jul	220.4	-2
16-Jul	216	-4
23-Jul	213	-3
30-Jul	209	-4
6-Aug	206	-3
13-Aug	205	-1
20-Aug	200	-5
27-Aug	197.5	-3
3-Sep	195	-3
10-Sep	191	-4
17-Sep	189.5	-2
24-Sep	185.4	-4
1-Oct	182.8	-3
8-Oct	178.6	-4
15-Oct	176.2	-2
22-Oct	176	-0
29-Oct	171.8	-4
5-Nov	171	-1
12-Nov	168	-3
19-Nov		
26-Nov		
3-Dec		
10-Dec		
Total Loss	-95	###



262 | 17