



BAKED GOODS	Servings Per Batch	Serving Size	Calories (kCL)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Chocolate Chunk w/ pecans Cookie		1	555.1	31.1	16.6	0.1	70.3	316.9	12.4	64.7	4.4	35.8	6.7
Chocolate Chip Cookie		1	534.8	24.8	15.3	0.0	78.6	368.0	100.6	72.4	2.9	44.0	4.8
Peanut Butter Cookie		1	526.2	27.5	6.3	4.8	34.4	464.7	145.9	60.5	2.3	37.5	8.4
Peanut Butter w/ chocolate Cookie		1	555.4	28.9	8.4	4.1	31.3	420.5	43.0	64.5	2.9	42.1	8.4
Frosted Sugar Cookie		1	619.2	29.0	4.3	3.3	29.4	309.1	0.2	84.1	1.4	52.1	3.5
Cherry Oatmeal Cookie		1	469.3	17.7	3.4	4.3	38.3	341.4	20.1	71.1	2.8	34.9	5.0
Butterscotch Oatmeal Cookie		1	487.3	20.7	6.1	4.4	38.8	355.9	32.3	68.6	2.6	35.5	5.5
White Chocolate Macadamia Cookie		1	500.3	26.8	17.1	0.0	66.5	333.8	11.2	60.0	1.4	39.9	5.2
Peanut Butter Cup		1	696.0	37.9	10.2	5.8	30.7	481.3	219.0	78.9	3.7	54.6	10.4
Death By Chocolate Cake	8 slices	1 slice	800.9	39.5	13.3	2.7	96.7	597.8	138.4	106.1	4.1	78.4	8.0
Carrot Cake	8 slices	1 slice	756.2	36.0	12.1	1.8	65.3	645.4	65.9	101.3	3.7	72.7	5.3
Mini Carrot Cake		1	602.5	29.2	10.2	1.7	50.1	475.5	48.8	79.8	1.6	56.1	4.1
Turtle Cake		1	1086.7	52.6	19.9	2.6	215.0	1415.4	47.0	135.5	4.1	94.1	16.9
Single Apple Dumpling		1	1409.7	87.0	23.3	24.7	13.7	1262.3	1.0	149.3	7.2	53.3	11.6
Single Apple Dumpling w/ pecans		1	1504.3	96.6	24.4	24.7	13.7	1262.4	1.1	151.9	7.4	53.3	12.7
Fruit Bar (Cherry Crumb Pie)		1	515.6	26.2	13.4	2.5	55.0	241.8	5.0	63.7	2.4	28.7	4.2
Goody Bar		1	897.8	46.6	25.6	0.2	38.4	352.3	172.7	111.7	2.4	81.2	11.7
Peanut Butter Bar		1	1242.9	62.6	19.7	0.0	0.2	590.2	753.7	147.8	9.1	104.3	27.4
Pumpkin Bar		1	567.0	28.4	4.7	2.0	79.2	387.8	20.0	71.5	2.0	51.3	4.6
Lemon Bar		1	1027.0	51.1	16.3	6.5	172.0	619.9	69.0	127.6	1.3	95.5	7.5
Rice Krispy Treat		1	534.7	17.8	11.3	0.0	48.6	660.0	64.6	96.5	0.0	33.5	3.0
Brownie Pie	6 slices	1 slice	807.4	41.4	22.8	0.0	148.1	193.2	146.6	100.7	5.6	76.4	9.3
Frosted Brownie		1	963.8	47.7	1.6	177.9	263.1	142.2	124.3	6.4	97.4	10.4	12.2
Frosted Brownies w/ Pecan		1	989.0	50.2	26.9	1.6	177.9	263.2	142.2	125.0	6.5	97.4	10.6
Brownie w/ powdered sugar		1	853.1	41.5	25.1	0.0	177.7	229.2	142.2	110.0	6.0	84.6	10.0
Banana Nut Bread	6 slices	1 slice	529.7	27.0	3.4	1.1	79.9	449.6	106.8	66.7	2.0	34.3	5.4
Cherry Pecan Bread	6 slices	1 slice	514.3	27.0	3.4	1.1	79.9	449.6	22.3	62.7	1.5	34.5	5.3



BAKED GOODS CONTINUED	Servings Per Batch	Serving Size	Calories (kCL)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Pumpkin Bread	6 slices	1 slice	352.3	13.2	1.2	0.2	46.6	221.6	14.1	52.6	1.6	33.1	3.3
Pumpkin Pecan Bread	6 slices	1 slice	366.8	14.4	1.3	0.2	46.6	221.6	14.1	53.7	1.7	33.9	3.4
Lemon Poppy Seed Bread	6 slices	1 slice	393.1	18.6	2.4	0.2	78.1	401.5	13.1	51.9	1.0	30.5	4.2
Banana Nut Muffin		1	578.6	30.2	3.8	1.5	79.9	469.1	92.3	71.3	2.0	37.6	5.7
Cherry Pecan Muffin		1	515.0	24.0	3.3	1.3	79.9	469.1	39.1	68.3	1.3	37.6	5.0
Blueberry Muffin		1	511.2	24.0	3.3	1.5	79.9	469.1	35.4	68.2	1.3	37.6	4.8
Raspberry Muffin		1	511.3	24.0	3.3	1.5	79.9	469.1	61.4	68.3	1.3	37.6	5.0
Pumpkin Muffin		1	418.3	15.7	1.4	0.2	55.4	263.2	16.8	62.4	2.0	39.3	3.9
Pumpkin w/ pecans Muffin		1	461.9	19.2	1.7	0.2	55.4	263.2	16.8	65.9	2.0	41.9	4.3
Pumpkin w/ cream cheese Muffin		1	519.9	22.4	5.4	0.2	75.4	323.3	16.8	71.6	2.0	48.5	5.2
Double Chocolate Muffin		1	493.9	25.4	7.5	1.1	94.9	462.1	101.7	59.5	3.0	44.5	7.4
Cherry Bran Muffin		1	339.9	12.2	1.9	0.0	15.2	478.4	0.0	54.2	4.1	30.0	4.9
Apple Muffin		1	490.2	21.7	2.9	0.9	79.9	441.5	22.3	68.8	1.6	41.9	4.9
Lemon Poppy Seed Muffin		1	401.7	19.0	2.4	0.2	79.9	410.7	7.9	53.0	1.1	31.1	4.3
Cinnamon Roll		1	816.3	35.3	17.4	2.9	66.1	593.0	4.3	115.7	2.0	71.6	8.1
Maple Cinnamon Roll		1	690.9	22.0	12.7	0.0	53.7	534.9	4.3	115.8	2.1	71.1	7.2
Caramel Pecan Roll		1	385.0	15.0	5.4	0.0	15.0	287.0	1.0	59.0	1.2	36.2	4.2
Cherry Turnover		1	783.8	41.9	10.7	11.8	0.0	460.1	0.0	95.1	2.7	40.2	6.6
Peach Turnover		1	770.2	41.9	10.7	11.8	0.0	460.1	83.5	91.6	2.0	36.6	6.4
Apple Turnover		1	759.5	41.9	10.0	12.6	0.0	615.7	0.0	91.3	3.0	43.6	5.7
Raspberry Turnover		1	772.1	42.2	10.7	11.8	0.0	460.1	78.2	91.8	2.0	35.5	6.3
Blueberry Turnover		1	778.7	42.3	10.7	11.8	0.0	460.1	26.3	93.3	2.0	39.1	5.8
Bavarian Cream Turnover		1	823.5	55.8	17.2	14.4	53.0	505.6	0.0	73.2	3.0	24.8	7.8
Oreo Cheesecake	10 slices	1 slice	517.1	34.3	19.3	0.0	150.0	379.6	63.0	43.6	0.0	34.7	8.1
Plain Cheesecake	10 slices	1 slice	441.8	32.3	18.8	0.0	167.6	314.8	21.5	30.4	0.0	26.7	8.2
Chocolate Chip Cheesecake	10 slices	1 slice	535.3	36.9	22.1	0.0	156.7	297.6	79.2	43.2	1.1	37.5	37.4
Pumpkin Cheesecake	10 slices	1 slice	369.5	23.8	14.3	0.0	125.6	298.2	53.1	32.5	0.8	28.2	6.9



BAKED GOODS CONTINUED	Servings Per Batch	Serving Size	Calories (kCL)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Turtle Cheesecake	10 slices	1 slice	568.3	39.5	20.4	0.0	169.0	342.7	0.3	45.7	0.9	37.6	9.4
Raspberry Swirl Cheesecake	10 slices	1 slice	480.6	30.4	18.0	0.0	149.3	274.1	41.3	44.7	0.1	35.4	7.8
Blueberry Swirl Cheesecake	10 slices	1 slice	462.5	30.4	18.0	0.0	149.3	284.1	12.6	40.4	0.1	32.9	7.5
Cherry Swirl Cheesecake	10 slices	1 slice	452.5	30.2	18.0	0.0	149.3	287.6	19.0	38.3	0.4	33.3	7.8
Strawberry Swirl Cheesecake	10 slices	1 slice	452.9	30.2	18.0	0.0	149.3	287.3	49.5	38.4	0.0	32.4	7.4
Bailey's Cheesecake	10 slices	1 slice	476.7	34.3	20.9	0.1	179.8	306.9	27.0	33.3	0.0	30.0	7.9
Chocolate Peppermint Cheesecake	10 slices	1 slice	516.8	35.6	20.8	0.0	159.7	296.5	79.2	41.7	1.1	36.0	8.7
Key Lime Cheesecake	10 slices	1 slice	432.9	26.4	15.8	0.0	176.7	257.7	17.7	40.9	0.0	37.5	8.9
Cherry Crumb Cheesecake	10 slices	1 slice	518.5	35.1	19.5	0.8	169.8	346.8	21.5	42.7	0.5	34.2	9.0
Lakeshore Berry Crumb Cheesecake	10 slices	1 slice	577.5	38.1	20.0	1.7	167.6	382.7	33.5	50.0	0.5	37.6	9.0
Cherry Peach Crumb Cheesecake	10 slices	1 slice	577.3	38.1	20.0	1.7	167.6	372.1	30.0	49.8	0.4	37.8	9.2
Ultimate Chocolate Cheesecake	11 slices	2 slice	541.6	41.3	24.7	0.0	161.6	285.2	41.1	40.7	1.9	34.1	8.8
<b>CREAM PIES</b>													
Mini Banana Cream Pie	2 slices	1 slice	586.5	33.7	14.9	6.4	87.8	375.9	152.7	65.2	2.4	29.0	7.0
Banana Cream Pie	6 slices	1 slice	445.5	23.9	10.7	4.2	76.8	282.7	170.0	53.2	2.1	23.9	5.6
Mini Chocolate Cream Pie	2 slices	1 slice	696.5	42.5	20.2	6.4	104.3	406.5	43.0	71.5	3.2	41.0	9.1
Chocolate Cream Pie	6 slices	1 slice	553.9	32.4	15.9	4.3	97.9	321.1	43.0	59.6	2.5	37.0	7.7
Mini Chocolate Mocha Cream Pie	2 slices	1 slice	678.1	42.0	20.0	6.4	98.8	397.3	61.8	70.1	3.3	39.5	8.8
Chocolate Mocha Cream Pie	6 slices	1 slice	539.2	31.8	15.6	4.3	90.6	309.6	42.9	54.4	2.5	35.2	7.4
Mini Coconut Cream Pie	2 slices	1 slice	629.7	42.0	21.9	6.4	104.3	450.6	0.8	71.2	1.9	33.1	8.1
Coconut Cream Pie	6 slices	1 slice	533.0	30.0	15.8	4.2	98.7	394.9	0.7	59.3	4.2	36.0	6.8
Mini Peanut Butter Cream Pie	2 slices	1 slice	726.2	46.5	18.1	6.4	104.3	504.6	128.5	65.4	2.8	35.2	13.1
Peanut Butter Cream Pie	6 slices	1 slice	595.6	37.7	14.2	4.2	95.1	425.6	142.6	53.3	2.4	30.7	12.2
Mini Strawberry Cream Pie	2 slices	1 slice	550.1	28.6	9.4	6.1	96.0	387.4	337.0	68.0	5.7	34.8	8.2
Strawberry Cream Pie	6 slices	1 slice	394.8	22.0	8.8	4.2	80.4	287.7	70.7	44.6	1.8	24.6	5.5
Mini Chocolate Peanut Butter Cream Pie	2 slices	1 slice	706.1	43.8	19.0	6.4	107.0	443.8	64.5	68.9	2.9	38.5	10.8
Chocolate Peanut Butter Cream Pie	6 slices	1 slice	578.0	35.0	15.3	4.3	97.0	363.3	82.0	57.3	2.6	34.5	9.8



CREAM PIES CONTINUED	Servings Per Batch	Serving Size	Calories (kCL)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Mini Butterscotch Cream Pie	2 slices	1 slice	693.6	40.7	20.9	6.5	15.4	432.7	61.4	74.5	1.5	47.2	8.2
Butterscotch Cream Pie	6 slices	1 slice	547.3	30.6	16.4	4.4	99.8	346.0	54.6	61.5	1.0	41.8	6.9
Mini Chocolate Mint Cream Pie	2 slices	1 slice	696.5	42.5	20.2	6.3	104.3	406.5	43.0	71.5	3.2	41.0	9.1
Chocolate Mint Cream Pie	6 slices	1 slice	553.9	32.4	15.9	4.3	97.9	321.1	43.0	59.6	2.5	37.0	7.7
Mini Bailey's Cream Pie	2 slices	1 slice	944.3	57.2	19.1	6.6	116.7	695.2	64.4	98.2	4.4	47.8	9.7
Bailey's Cream Pie	6 slices	1 slice	577.2	33.8	16.8	4.3	123.5	313.6	49.9	60.3	2.7	37.5	7.4
Mini Lemon Meringue Pie	2 slices	1 slice	607.8	24.4	7.0	5.7	109.4	230.3	0.4	90.7	1.1	56.3	4.5
Lemon Meringue Pie	6 slices	1 slice	500.7	17.5	5.4	3.8	109.4	153.5	0.4	80.7	0.9	54.3	3.6
Mini Key Lime Pie	2 slices	1 slice	736.2	36.5	15.2	6.3	233.0	375.2	13.0	89.8	1.3	67.0	14.7
Key Lime Pie	6 slices	1 slice	515.9	25.1	10.6	1.2	169.4	259.6	9.4	63.8	0.9	45.5	10.5
FRUIT PIES													
Mini Pecan Pie	2 slices	1 slice	857.5	46.8	13.2	6.1	170.8	349.4	42.9	102.8	2.6	58.7	8.7
Pecan Pie	6 slices	1 slice	664.1	37.2	10.0	4.1	130.9	246.3	32.9	77.2	2.8	45.2	6.9
Mini Chocolate Pecan Pie	2 slices	1 slice	938.6	54.2	17.8	6.1	170.8	351.2	42.9	106.4	4.7	58.8	10.8
Chocolate Pecan Pie	6 slices	1 slice	745.2	44.6	14.6	4.1	130.9	248.1	32.9	80.9	4.3	45.3	9.0
Mini Pumpkin Pecan Pie	2 slices	1 slice	526.2	28.1	7.4	6.4	57.1	521.8	134.5	61.9	4.2	34.3	8.3
Pumpkin Pecan Pie	6 slices	1 slice	390.0	19.4	5.4	4.2	50.1	407.3	118.2	48.5	3.4	29.6	6.6
Mini Pumpkin Pie	2 slices	1 slice	761.4	45.0	11.8	12.5	57.1	738.0	134.5	80.6	5.4	32.1	10.6
Pumpkin Pie	6 slices	1 slice	361.0	17.1	5.2	4.2	50.1	407.2	118.2	46.2	3.3	27.9	6.3
Pecan Crusted Sweet Potato Pie	2 slices	1 slice	649.9	29.1	6.1	6.0	77.8	378.1	62.1	93.9	1.7	67.3	5.5
Sweet Potato Pie	6 slices	1 slice	462.8	23.3	5.7	6.3	48.7	284.5	60.4	58.4	1.7	40.7	4.1
Mini Caramel Apple Crumb Pie	2 slices	1 slice	1063.7	52.0	10.6	11.6	1.8	654.5	0.0	139.7	4.7	85.2	6.7
Caramel Apple Crumb Pie	6 slices	1 slice	864.4	41.2	8.5	9.2	1.2	517.0	0.0	114.6	3.2	70.6	5.2
Mini Apple Crumb Pie	2 slices	1 slice	907.6	40.0	8.3	11.6	0.0	615.6	0.0	129.2	3.7	78.6	4.8
Apple Crumb Pie	6 slices	1 slice	760.3	33.2	7.0	9.2	0.0	491.0	0.0	107.6	2.5	66.2	3.9
Mini Blueberry Crumb Pie	2 slices	1 slice	921.3	41.3	8.7	11.2	0.0	460.0	75.0	129.2	2.0	63.6	5.0
Blueberry Crumb Pie	6 slices	1 slice	762.5	33.8	6.9	9.2	0.0	384.0	50.0	107.2	1.7	56.1	4.0



FRUIT PIES CONTINUED	Servings Per Batch	Serving Size	Calories (kCL)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Mini Cherry Crumb Pie	2 slices	1 slice	930.5	40.0	8.7	11.2	0.0	460.0	0.0	132.5	4.1	75.2	7.2
Cherry Crumb Pie	6 slices	1 slice	773.2	33.2	7.0	9.2	0.0	387.3	0.0	109.4	3.1	62.9	5.4
Mini Mountain Berry Crumb Pie	2 slices	1 slice	888.1	35.7	7.8	9.6	0.0	387.0	231.4	134.8	2.9	67.6	6.6
Mountain Berry Crumb Pie	6 slices	1 slice	737.7	28.5	6.0	7.6	0.0	312.5	182.1	114.3	2.6	60.4	5.4
Mini Raspberry Apple Crumb Pie	2 slices	1 slice	917.4	40.3	8.6	11.2	0.0	460.0	48.9	130.2	3.0	74.9	5.2
Raspberry Apple Crumb Pie	6 slices	1 slice	771.4	33.4	7.0	9.2	0.0	387.3	32.6	110.1	2.5	65.2	4.2
Mini Lakeshore Berry Crumb Pie	2 slices	1 slice	913.9	40.2	8.7	11.2	0.0	460.0	91.0	129.2	2.7	71.4	5.3
Lakeshore Berry Crumb Pie	6 slices	1 slice	770.8	33.3	6.9	9.2	0.0	387.3	60.0	109.9	2.3	62.8	4.2
Mini Cherry Apple Crumb Pie	2 slices	1 slice	917.8	40.0	8.7	11.2	0.0	460.0	0.0	130.4	3.5	78.3	5.4
Cherry Apple Crumb Pie	6 slices	1 slice	771.7	33.2	7.0	9.2	0.0	387.3	0.0	110.2	2.8	67.5	4.3
Mini Apple Pie	2 slices	1 slice	784.1	41.7	10.1	12.5	2.8	653.8	0.3	98.2	4.0	48.1	5.6
Apple Pie	6 slices	1 slice	573.4	27.4	6.6	8.2	1.8	500.9	0.2	78.8	2.8	44.7	3.8
Mini Splenda Apple Pie	2 slices	1 slice	632.4	41.2	9.8	12.5	1.3	440.3	0.1	62.6	3.9	14.6	5.4
Splenda Apple Pie	6 slices	1 slice	447.7	27.4	6.6	8.2	1.7	489.4	0.2	48.3	2.8	14.4	3.7
Mini Natural Apple Pie	2 slices	1 slice	665.5	41.9	10.2	12.6	2.6	457.2	0.3	67.5	4.7	16.6	5.8
Natural Apple Pie	6 slices	1 slice	446.9	27.5	6.7	8.2	1.7	301.4	0.2	46.7	3.3	12.8	3.8
Mini Michigan ABC Pie	2 slices	1 slice	856.8	41.5	10.6	11.5	2.5	440.1	22.8	113.6	3.3	52.4	6.8
Michigan ABC Pie	6 slices	1 slice	613.9	27.7	7.1	7.6	1.7	293.4	16.4	85.9	2.4	43.0	4.8
Mini Michigan ABC Crumb Pie	2 slices	1 slice	914.6	40.4	8.7	11.2	0.0	460.0	22.5	128.8	3.2	70.1	5.8
Michigan ABC Crumb Pie	6 slices	1 slice	762.0	33.5	7.0	9.2	0.0	387.3	13.8	107.2	2.5	61.0	4.6
Mini Blueberry Pie	2 slices	1 slice	802.4	43.0	10.7	11.6	2.5	446.8	75.3	98.5	1.9	32.7	5.8
Blueberry Pie	6 slices	1 slice	580.3	28.2	7.1	7.6	1.7	293.5	50.2	77.5	1.3	32.2	4.0
Mini Cherry Pie	2 slices	1 slice	909.2	42.6	11.0	11.9	2.5	456.7	0.3	123.1	4.2	57.1	8.4
Cherry Pie	6 slices	1 slice	643.4	27.7	7.1	7.7	1.7	296.7	0.2	92.6	3.1	46.2	5.8
Mini Splenda Cherry Pie	2 slices	1 slice	737.1	42.6	11.0	11.9	2.5	449.2	0.3	81.4	4.2	25.5	8.2
Splenda Cherry Pie	6 slices	1 slice	510.4	27.7	7.1	7.7	1.7	296.7	0.2	60.3	3.1	21.3	5.8
Mini Natural Cherry Pie	2 slices	1 slice	684.6	42.6	10.3	12.7	2.5	457.1	0.3	70.7	4.9	18.4	7.9



FRUIT PIES CONTINUED	Servings Per Batch	Serving Size	Calories (kCL)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Natural Cherry Pie	6 slices	1 slice	456.9	27.7	6.7	8.3	1.7	297.0	0.2	48.8	3.4	13.9	5.4
Mini Cherry Berry Pie	2 slices	1 slice	893.6	42.2	10.7	11.6	2.5	446.8	98.1	121.3	3.4	50.0	7.9
Cherry Berry Pie	6 slices	1 slice	629.4	27.6	7.1	7.6	1.7	293.4	49.1	89.9	2.4	41.1	5.4
Mini Blackberry Pie	2 slices	1 slice	878.8	41.7	10.7	11.6	2.5	446.8	202.8	118.7	2.2	41.7	7.6
Blackberry Pie	6 slices	1 slice	653.5	27.7	7.1	7.6	1.7	293.4	0.2	95.0	6.3	51.7	5.8
Mini Raspberry Pie	2 slices	1 slice	872.9	42.9	10.7	11.6	2.5	446.8	244.8	116.0	2.2	41.7	7.5
Raspberry Pie	6 slices	1 slice	647.9	28.2	7.1	7.6	1.7	293.4	163.2	93.5	1.6	41.5	5.2
Mini Strawberry Rhubarb Crumb Pie	2 slices	1 slice	880.8	40.0	8.7	11.2	0.0	460.0	166.0	119.9	2.1	61.0	5.9
Strawberry Rhubarb Crumb Pie	6 slices	1 slice	740.5	33.2	7.0	9.2	0.0	387.3	111.5	101.5	1.7	54.5	4.6
Mini Strawberry Rhubarb Pie	2 slices	1 slice	837.3	41.7	10.7	11.6	2.5	446.8	166.3	106.9	2.2	43.9	7.1
Strawberry Rhubarb Pie	6 slices	1 slice	590.6	27.4	7.1	7.6	1.7	293.4	111.7	79.8	1.5	36.5	4.8
Mini Peach Pie	2 slices	1 slice	788.9	41.7	10.7	11.6	2.5	446.8	278.7	96.6	2.0	29.3	7.3
Peach Pie	6 slices	1 slice	577.1	27.4	7.1	7.6	1.7	293.4	213.6	77.6	1.4	29.2	5.1
Mini Blackberry Peach Crumb Pie	2 slices	1 slice	918.5	40.0	8.7	11.2	0.0	460.0	248.1	130.1	2.1	61.0	6.5
Blackberry Peach Crumb Pie	6 slices	1 slice	770.7	33.2	7.0	9.2	0.0	387.3	195.8	109.7	1.7	54.5	5.1
Mini Cherry Peach Crumb Pie	2 slices	1 slice	916.9	40.0	8.7	11.2	0.0	460.0	167.1	129.4	2.9	67.8	6.8
Cherry Peach Crumb Pie	6 slices	1 slice	679.8	29.3	6.3	8.2	0.0	339.3	148.5	96.8	2.0	50.5	4.9
Mini Peach Crumb Pie	2 slices	1 slice	908.4	40.0	8.7	11.1	0.0	460.0	278.4	127.6	2.1	61.0	6.4
Peach Crumb Pie	6 slices	1 slice	764.8	33.2	6.9	9.2	0.0	387.3	213.5	108.2	1.7	54.5	5.1
Mini Peach Strawberry Pie	2 slices	1 slice	776.4	41.2	10.4	11.6	1.3	443.1	239.4	94.3	2.0	29.3	6.8
Peach Strawberry Pie	6 slices	1 slice	610.0	27.4	7.1	7.6	1.7	293.4	190.8	85.1	1.5	36.5	5.0
Mini Blueberry Peach Pie	2 slices	1 slice	869.5	42.2	10.7	11.6	2.5	446.8	197.3	115.0	2.2	43.9	7.1
Blueberry Peach Pie	6 slices	1 slice	617.6	27.7	7.1	7.6	1.7	293.4	166.2	86.7	1.5	36.5	5.0
Mini Rhubarb Pie	2 slices	1 slice	248.6	41.2	10.4	11.6	1.3	443.1	156.4	105.6	2.8	43.9	7.6
Rhubarb Pie	6 slices	1 slice	624.9	27.4	7.1	7.6	1.7	293.4	104.3	87.8	1.6	43.7	5.3
Mini Lakeshore Berry Pie	2 slices	1 slice	794.9	41.8	10.7	11.6	2.5	446.8	91.2	98.5	2.6	40.5	6.1
Lakeshore Berry Pie	6 slices	1 slice	619.2	27.0	6.7	7.6	0.4	289.7	73.5	89.2	1.9	46.4	4.4



<b>FRUIT PIES CONTINUED</b>	<b>Servings Per Batch</b>	<b>Serving Size</b>	<b>Calories (kCL)</b>	<b>Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>	<b>Protein (g)</b>
Apple Dumpling Pie	6 slices	1 slice	579.2	27.6	6.8	8.4	1.8	789.0	0.2	79.1	4.2	43.6	3.9
Apple Dumpling Pie w/ Caramel	6 slices	1 slice	612.3	28.5	7.6	8.4	3.0	815.0	0.2	84.8	4.2	47.6	4.1
Mini Fresh Strawberry Pie	2 slices	1 slice	538.2	24.1	7.9	6.3	0.0	283.3	216.9	78.8	4.2	41.1	3.9
Fresh Strawberry Pie	6 slices	1 slice	361.8	16.1	5.3	4.2	0.0	189.0	159.0	53.3	3.0	27.9	2.7
Cherry Mincemeat Pie	6 slices	1 slice	589.4	27.2	6.2	8.2	0.1	438.6	20.9	81.1	2.5	40.1	3.6
<b>TOPPING AND MORE</b>													
Whipped Cream Topping	4 TBSP	1	40.0	3.0	3.0	0.0	0.0	0.0	0.0	2.0	0.0	2.0	0.0
Vanilla Ice Cream	4 oz.	1	226.8	12.2	7.0	0.0	43.6	78.5	0.0	26.2	0.0	19.2	3.5
Pie Buddies		1	27.4	1.8	0.4	0.6	0.0	19.7	0.0	2.6	0.1	0.6	0.2
Milk Chocolate Covered Cherries	2.33 oz.	1	325.7	16.3	8.1	0.0	0.0	17.4	0.0	57.0	2.3	50.0	2.3
Red Chocolate Covered Cherries	2.33 oz.	1	369.5	16.5	12.7	0.1	2.7	51.2	0.0	53.4	2.1	51.3	2.0
Dark Chocolate Covered Cherries	2.33 oz.	1	380.4	18.4	11.6	0.1	1.1	13.4	0.0	50.7	5.0	36.3	3.2
Yogurt Covered Cherries	2.33 oz	1	373.1	16.6	15.6	0.2	1.1	36.6	0.0	53.4	1.6	50.2	2.2
Dried Cherries	2.33 oz.	1	269.4	0.4	0.4	0.4	0.8	3.0	133.8	66.5	1.6	45.8	0.2
Hazelnut Syrup	1 pump	1	24.8	0.0	0.0	0.0	0.0	0.0	0.0	5.8	0.0	5.6	0.0
Vanilla Syrup	1 pump	1	21.7	0.0	0.0	0.0	0.0	0.0	0.0	5.6	0.0	5.6	0.0
Strawberry Syrup	1 pump	1	21.7	0.0	0.0	0.0	0.0	1.9	0.0	5.6	0.0	5.6	0.0
Amaretto Syrup	1 pump	1	21.7	0.0	0.0	0.0	0.0	1.9	0.0	5.6	0.0	5.6	0.0
Carmel Syrup	1 pump	1	24.8	0.0	0.0	0.0	0.0	0.0	0.0	5.9	0.0	5.6	0.0
Sugar Free Carmel Syrup	1 pump	1	0.0	0.0	0.0	0.0	0.0	3.1	0.0	0.0	0.0	0.0	0.0
Sugar Free Vanilla Syrup	1 pump	1	0.0	0.0	0.0	0.0	0.0	3.1	0.0	0.0	0.0	0.0	0.0
Blueberry Applesauce		1	76.3	0.1	0.0	0.0	7.6	7.9	18.6	1.5	13.7	0.0	0.0
Au Ju	3 oz.	1	0.0	0.0	0.0	0.0	0.0	600.0	0.0	0.0	0.0	0.0	0.0
Pesto Mayo Sauce	1 oz.	1	186.7	20.2	3.0	0.0	8.9	147.4	0.0	0.3	0.0	0.0	0.1
Coleslaw	3.5 oz	1	171.3	7.1	1.0	0.0	12.1	217.3	0.0	24.6	6.4	18.2	2.7
Salsa Ranch Sauce	2 oz.	1	137.1	13.5	2.9	0.0	15.4	324.3	21.4	2.7	0.0	1.6	0.6



BREAKFAST													
Bacon, Egg & Cheese Sandwich		1	956.7	63.7	20.7	0.0	510.2	1744.4	0.0	56.3	4.0	6.1	34.0
Ham, Egg & Cheese Sandwich		1	885.8	58.7	16.6	0.0	507.8	1873.2	0.0	56.3	4.0	6.1	36.3
Egg & Cheese Sandwich		1	828.1	55.9	14.8	0.0	484.2	1184.4	0.0	56.3	4.0	6.1	28.0
Ham & Cheese Scramble Wrap		1	513.1	24.5	10.0	0.0	348.2	1487.1	278.9	35.3	1.0	5.3	34.0
Sausage & Roasted Red Pepper Wrap		1	585.3	31.6	12.4	0.0	356.9	156.7	278.9	36.4	1.1	5.7	34.5
Ham & Bacon Breakfast Quiche		1	548.7	39.4	15.5	6.1	218.9	911.9	5.8	26.3	0.9	3.2	18.7
Sausage Pepper Breakfast Quiche		1	521.9	39.5	14.5	6.1	207.0	657.9	10.6	27.6	1.5	3.8	15.8
3 Cheese Breakfast Quiche		1	641.7	49.2	21.3	6.1	239.2	674.5	5.8	27.8	1.3	3.2	26.9
Spinach Artichoke Breakfast Quiche		1	479.4	34.7	12.8	6.1	199.2	567.1	5.9	27.3	1.6	3.2	13.6
Whole Grain Oatmeal		1	217.0	11.5	1.1	0.0	0.0	334.7	15.1	27.2	2.9	4.0	4.4
Fruit Cup		1	53.6	0.2	0.0	0.0	0.0	18.7	241.9	13.6	1.5	11.6	0.9
Yogurt Parfaits (with Honey Granola)		1	254.3	3.6	1.7	0.0	12.0	120.2	435.1	48.3	1.7	33.5	9.5
BAGELS AND CREAM CHEESE													
Plain Bagel		1	260.8	2.0	0.0	0.0	0.0	451.3	0.0	50.1	2.0	2.0	10.0
Salt Bagel		1	260.8	2.0	0.0	0.0	0.0	6211.3	0.0	50.1	2.0	2.0	10.0
Poppy Seed Bagel		1	287.3	4.2	0.1	0.0	0.0	452.4	34.9	51.3	2.5	2.0	10.9
Sesame Seed Bagel		1	307.8	6.0	0.6	0.0	0.0	454.3	33.0	50.9	2.2	2.0	12.0
Cherry Topped Bagel		1	485.9	11.6	1.7	2.6	0.0	568.6	0.0	82.0	2.6	22.5	11.1
Multigrain Bagel		1	280.8	5.0	0.5	0.0	0.0	341.0	0.0	51.2	4.0	6.0	11.0
Cinnamon Raisin Bagel		1	260.8	2.0	0.0	0.0	0.0	391.2	0.0	51.2	2.0	6.0	10.0
Cinnamon Vanilla Bagel		1	317.1	2.0	0.0	0.0	0.0	451.3	0.0	65.2	2.0	17.0	10.0
Blueberry Bagel		1	270.8	1.5	0.0	0.0	0.0	371.1	0.0	54.2	2.0	9.0	9.0
Asiago Cheese Bagel		1	300.8	8.0	3.5	0.0	5.0	702.1	0.0	46.1	0.0	2.0	15.0
Onion Bagel		1	250.7	2.0	0.0	0.0	0.0	431.3	0.0	50.1	2.0	3.0	10.0
Sun Dried Tomato Bagel		1	250.7	2.0	0.0	0.0	0.0	692.0	0.0	49.1	2.0	3.0	10.0
Everything Bagel		1	279.9	3.0	0.1	0.0	0.0	1338.6	10.4	52.3	2.1	2.9	10.5
Veggie Cream Cheese	2 oz.	1	138.4	13.4	8.0	0.0	40.0	155.3	17.8	2.2	0.2	1.8	2.8
Honey Brown Sugar Cream Cheese	2 oz.	1	190.1	14.5	8.7	0.0	43.6	130.9	0.0	13.4	0.0	13.1	2.9
Cherry Crumb Cream Cheese	2 oz.	1	180.3	15.8	9.0	0.4	44.6	145.5	0.0	7.0	0.2	4.9	3.3



KIDS MENU	Servings Per Batch	Serving Size	Calories (kCL)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Peanut Butter & Jelly		1	530.0	18.0	3.5	0.0	0.0	570.0	0.0	80.0	8.0	25.0	18.0
Grilled Cheese		1	523.5	26.3	8.7	0.2	37.5	703.8	0.1	60.0	6.0	10.0	17.5
Cheese Quesadilla		1	510.0	28.0	15.0	0.0	90.0	740.0	0.0	39.0	2.0	0.0	27.0
Mac & Cheese		1	340.0	11.0	3.0	0.0	25.0	830.0	11.0	48.0	2.0	11.0	12.0
<b>SALADS &amp; DRESSING (average dressing included)</b>													
Fresh Pear Chicken Salad		1	493.0	27.2	5.6	0.0	62.4	1380.0	33.3	40.1	3.7	28.0	24.7
Spinach Salad w/ Goat Cheese		1	548.1	39.9	8.8	0.0	38.7	724.0	585.6	41.5	4.9	32.2	6.2
Chicken Fiesta Salad		1	873.8	62.9	15.6	0.0	125.9	1768.9	62.3	40.5	6.4	11.2	35.2
Greek Salad		1	495.9	41.6	7.2	0.0	18.7	1940.0	535.4	24.9	5.9	11.4	9.5
Chicken Caesar Salad		1	562.7	46.8	7.8	0.4	76.1	1577.7	35.1	14.4	2.9	5.1	24.4
Caesar Salad		1	443.6	41.7	6.9	0.4	25.9	914.5	35.1	14.4	2.9	5.1	6.1
Cherry Chicken Salad		1	568.2	21.9	5.2	0.1	52.7	1187.8	568.3	71.6	5.3	49.3	27.1
Strawberry Fields Salad		1	368.5	19.1	3.0	0.0	0.0	440.9	278.6	48.7	4.6	38.1	5.5
House Salad		1	327.3	17.5	4.5	0.0	4.2	559.9	580.4	39.6	4.9	26.5	9.7
Honey Mustard Vinaigrette	3 oz	1	376.2	34.1	5.2	0.0	28.6	549.5	0.4	18.9	0.1	18.8	0.1
Berry Cherry Vinaigrette Dressing	3 oz.	1	169.5	10.4	1.5	0.0	0.0	367.7	31.5	19.4	0.4	18.0	0.3
Fat Free Raspberry Vinaigrette Dressing	1.5 oz.	1	44.5	0.0	0.0	0.0	0.0	108.8	0.0	11.9	0.0	9.9	0.0
House-made Ranch Dressing	3 oz.	1	320.2	33.7	7.2	0.0	38.5	350.7	53.5	2.4	0.1	1.9	1.5
House-made Chipotle Ranch Dressing	3 oz.	1	316.2	33.0	7.0	0.0	37.3	391.4	60.6	3.0	0.2	2.0	1.5
Fat Free Ranch Dressing	1.5 oz.	1	40.0	0.0	0.0	0.0	0.0	530.0	0.0	10.0	1.0	3.0	0.0
Honey French Dressing	1.5 oz.	1	210.0	18.0	2.5	0.0	0.0	310.0	0.0	14.0	0.0	13.0	0.0
Thousand Island Dressing	1.5 oz.	1	217.6	20.8	3.0	0.0	19.8	346.1	0.0	6.0	0.0	6.0	0.0
Mediterranean Feta Dressing	3 oz.	1	281.9	29.6	5.1	0.0	6.2	1055.1	49.3	3.1	0.8	1.4	2.0
Balsamic Vinaigrette Dressing	3 oz.	1	287.8	29.7	4.3	0.0	0.0	658.0	1.4	5.6	0.2	5.1	0.2
Bleu Cheese Dressing	1.5 oz.	1	230.0	24.0	4.5	0.0	25.0	440.0	0.0	2.0	0.0	2.0	2.0
Lite Italian Dressing	1.5 oz.	1	20.0	1.0	0.0	0.0	0.0	770.0	0.0	2.0	0.0	2.0	0.0



SANDWICHES CONTINUED	Servings Per Batch	Serving Size	Calories (kCL)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Smoked Ham & Havarti Sandwich		1	645.0	23.0	9.3	0.0	72.3	2417.1	125.0	69.6	4.6	6.0	32.6
Grilled Lighthouse Turkey Cheddar Sandwich		1	819.6	46.1	12.4	0.2	107.2	1957.0	306.5	63.5	6.4	12.6	37.7
Grilled Manitou Sandwich		1	910.5	52.0	16.0	0.2	111.5	2394.2	186.9	63.4	6.4	11.7	40.7
Turkey Reuben Sandwich		1	800.1	37.7	8.3	0.0	79.4	1936.1	239.2	71.8	8.0	15.1	35.2
Grilled Reuben Sandwich		1	701.9	36.7	9.2	0.2	63.0	2157.8	0.1	55.7	5.0	2.0	31.7
Mediterranean Veggie Sandwich		1	524.5	15.5	3.4	0.1	12.5	1399.8	337.7	79.8	8.2	7.2	16.7
Caprese Sandwich		1	731.0	41.5	15.8	0.9	65.1	2005.5	729.3	59.7	6.3	6.2	29.5
Turkey Cheddar Sandwich		1	694.8	33.8	10.1	0.0	110.9	2012.6	306.4	55.1	2.4	2.6	37.3
BLT Sandwich		1	567.0	53.2	16.8	0.2	72.3	1716.8	134.5	54.4	2.8	1.6	22.6
Grilled Chicken Focaccia Sandwich		1	650.8	31.2	12.1	0.0	107.8	2375.1	17.8	49.5	2.0	2.6	38.8
French Dip Sandwich		1	702.3	24.9	8.8	0.6	101.4	1807.5	186.2	71.2	5.1	4.3	45.9
Chicken & Cheese Quesadilla		1	778.9	46.6	18.9	0.0	146.6	1731.1	189.4	44.5	2.9	3.4	46.5
Grand Traverse Club Sandwich		1	762.0	34.9	12.4	0.0	114.6	2329.1	306.4	56.4	2.5	2.7	42.3
GT Grilled Cheese w/Bacon & Tomato		1	868.5	52.3	25.2	0.2	114.0	2017.9	67.4	53.1	2.3	0.7	35.7
Egg Salad		1	551.9	23.1	5.3	0.0	498.5	987.9	0.0	64.7	6.1	13.8	23.9
Italian Sandwich		1	628.7	27.6	6.0	0.1	43.6	2103.9	229.1	40.5	5.7	5.2	22.4
Chicken Pesto w/ Roasted Red Pepper Sandwich		1	547.3	26.6	4.6	0.0	66.8	2229.1	0.0	51.6	2.8	3.9	27.4
Turkey w/ Cherry Wood Smoked Bacon Sandwich		1	609.8	19.0	11.0	0.0	109.2	2859.7	239.2	56.9	2.2	8.4	39.7
Fresh Dill Tuna Salad Sandwich		1	637.6	29.5	5.8	0.0	83.5	1462.6	85.5	62.8	6.6	12.3	32.1
GT Chicken Salad Sandwich		1	636.8	42.5	8.4	5.0	56.7	1739.1	63.2	44.1	1.5	13.3	20.5
<b>COMFORT FOOD</b>													
Prime Rib Pot Pie 6"	2 slices	1 slice	723.0	49.3	12.9	12.9	25.7	1095.0	83.1	57.2	4.5	1.3	12.8
Prime Rib Pot Pie 9"	6 slices	1 slice	547.0	36.4	10.1	8.7	29.3	1052.1	0.0	41.7	3.8	1.5	11.7
Chicken Pot Pies 6"	2 slices	1 slice	668.2	42.7	10.7	11.1	28.4	1083.8	0.0	52.2	2.9	1.6	18.0
Chicken Pot Pie 9"	6 slices	1 slice	495.7	29.6	7.5	7.2	31.8	1019.5	0.0	38.6	2.4	1.6	17.7
Sheperd's Pot Pie 6"	6 slices	1 slice	779.5	51.5	14.5	11.6	22.1	1306.2	60.3	64.2	5.7	1.9	10.8
Sheperd's Pot Pie 9"	6 slices	1 slice	544.3	35.6	10.1	7.7	17.2	967.9	46.9	45.0	4.2	1.4	7.8



COMFORT FOOD CONTINUED	Servings Per Batch	Serving Size	Calories (kCL)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Taco Pot Pie 6"	2 slices	1 slice	747.9	51.8	14.7	12.5	31.2	1482.1	0.0	56.1	3.9	5.7	16.0
Taco Pot Pie 9"	6 slices	1 slice	544.2	37.9	11.5	8.2	32.5	1021.7	0.0	38.2	3.0	2.9	14.2
Quiche Lorraine 9"	6 slices	1 slice	366.7	26.7	10.7	4.1	171.9	498.6	5.3	18.7	0.7	2.8	14.2
Quiche Lorraine 6"	2 slices	1 slice	504.7	36.9	14.2	6.1	208.5	663.0	3.0	26.7	0.9	3.3	18.6
Spinach Mushroom Quiche 9"	6 slices	1 slice	388.3	28.6	11.9	4.0	174.3	442.5	120.3	20.1	1.8	3.0	15.5
Spinach Mushroom Quiche 6"	2 slices	1 slice	492.6	36.2	13.9	6.1	201.7	499.9	129.8	27.8	2.0	3.6	16.7
Sausage Quiche 6"	2 slices	1 slice	523.6	39.9	14.9	6.1	206.8	585.7	52.8	27.1	1.4	3.4	16.4
Broccoli Cheddar Quiche 9"	6 slices	1 slice	363.3	26.7	10.4	4.1	168.5	416.1	75.5	19.9	1.6	3.1	12.4
Broccoli Cheddar Quiche 6"	2 slices	1 slice	500.2	36.8	13.9	6.1	204.0	553.7	91.1	28.3	2.2	3.7	16.1
<b>SOUP</b>													
Stuffed Pepper Soup Bowl	12 oz	1	146.0	6.9	1.7	0.1	4.8	1308.7	0.0	15.4	2.0	2.3	6.6
Stuffed Pepper Soup Cup	8 oz.	1	97.3	4.6	1.2	0.0	3.2	872.5	0.0	10.3	1.3	1.5	4.4
Butternut Squash Soup Bowl	12 oz	1	388.8	23.6	11.1	0.0	55.5	847.0	0.0	43.0	0.0	25.0	5.6
Butternut Squash Soup Cup	8 oz.	1	259.2	15.7	7.4	0.0	37.0	564.7	0.0	28.7	0.0	16.7	3.7
French Onion Soup Bowl	12 oz	1	180.5	12.5	4.9	0.0	20.8	1458.0	0.0	13.9	1.4	5.6	2.8
French Onion Soup Cup	8 oz.	1	120.3	8.3	3.2	0.0	13.9	972.0	0.0	9.3	0.9	3.7	1.9
White Chicken Chili Soup Bowl	12 oz	1	270.0	6.8	0.8	0.0	22.5	2160.0	0.0	37.5	10.5	4.5	19.5
White Chicken Chili Soup Cup	8 oz.	1	180.0	4.5	0.5	0.0	15.0	1440.0	0.0	25.0	7.0	3.0	13.0
Chicken w/ Wild Rice Soup Bowl	12 oz	1	180.0	6.0	2.3	0.0	15.0	2115.0	0.0	27.0	0.0	4.5	7.5
Chicken w/ Wild Rice Soup Cup	8 oz.	1	120.0	4.0	1.5	0.0	10.0	1410.0	0.0	18.0	0.0	3.0	5.0
Chili w/ Beans Soup Bowl	12 oz	1	330.0	15.0	6.0	0.0	52.5	1530.0	0.0	27.0	7.5	6.0	21.0
Chili w/ Beans Soup Cup	8 oz.	1	220.0	10.0	4.0	0.0	35.0	1020.0	0.0	18.0	5.0	4.0	14.0
Cream of Potato Soup Bowl	12 oz	1	362.2	24.2	12.2	0.0	102.8	1049.5	0.0	29.5	1.9	3.7	7.7
Cream of Potato Soup Cup	8 oz.	1	241.5	16.1	8.2	0.0	68.6	699.7	0.0	19.7	1.3	1.3	2.5
Tomato Basil Soup Bowl	12 oz	1	467.5	37.4	21.3	0.0	123.4	1900.5	41.1	25.7	5.4	16.1	7.9
Tomato Basil Soup Cup	8 oz.	1	311.1	25.0	14.2	0.0	82.3	1266.9	21.1	17.0	3.6	10.6	5.2
Cream of Broccoli Soup Bowl	12 oz	1	272.3	17.5	11.6	0.0	69.2	1385.8	0.0	21.1	2.0	8.2	7.4



SOUPS CONTINUED	Servings Per Batch	Serving Size	Calories (kCL)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Cream of broccoli Soup Cup	8 oz.	1	181.6	11.6	7.7	0.0	46.1	923.8	0.0	14.1	1.3	5.5	4.9
Italian Wedding Soup Bowl	12 oz	1	143.1	2.5	0.6	0.0	8.9	1339.5	0.0	23.4	1.1	1.4	6.8
Italian Wedding Soup Cup	8 oz.	1	95.4	1.7	0.4	0.0	5.9	893.0	0.0	15.6	0.7	0.9	4.6
Clam Chowder Soup Bowl	12 oz	1	273.5	11.7	5.4	0.0	36.2	1215.8	0.0	58.4	2.7	7.3	6.3
Clam Chowder Soup Cup	8 oz.	1	182.3	7.8	3.6	0.0	24.2	810.6	0.0	38.9	1.8	4.9	4.2
Chicken & Dumpling Soup Bowl	12 oz	1	285.2	9.2	2.3	0.1	65.7	1604.5	0.0	28.6	0.8	3.0	14.7
Chicken & Dumpling Soup Cup	8 oz.	1	172.1	6.1	1.5	0.1	43.8	1069.7	0.0	19.1	0.5	2.0	9.8
Chicken Noodle Soup Bowl	12 oz	1	148.9	5.4	2.2	0.1	34.8	1709.0	0.0	16.9	1.2	1.4	8.5
Chicken Noodle Soup Cup	8 oz.	1	99.3	3.6	1.5	0.1	23.2	1139.3	0.0	11.3	0.8	1.0	5.7
Beef Vegetable Soup Bowl	12 oz	1	255.0	12.0	4.5	0.0	52.5	1890.0	0.0	21.0	3.0	3.0	15.0
Beef Vegetable Soup Cup	8 oz.	1	170.0	8.0	3.0	0.0	35.0	1260.0	0.0	14.0	2.0	2.0	10.0
Vegetarian Black Bean Soup Bowl	12 oz	1	269.3	7.1	0.8	0.1	0.0	1412.6	0.0	38.5	12.0	2.2	11.9
Vegetarian Black Bean Soup Cup	8 oz.	1	179.5	4.7	0.6	0.1	0.0	941.7	0.0	25.7	8.0	1.5	7.9
Minestrone Soup Bowl	12 oz	1	150.0	4.5	0.0	0.0	0.0	990.0	0.0	22.5	4.5	4.5	6.0
Minestrone Soup Cup	8 oz.	1	100.0	3.0	0.0	0.0	0.0	660.0	0.0	15.0	3.0	3.0	4.0
Beef Barley Soup Bowl	12 oz	1	165.3	4.8	1.7	0.0	17.5	1221.6	0.0	22.7	4.0	2.6	9.4
Beef Barley Soup Cup	8 oz.	1	110.2	3.2	1.1	0.0	11.7	814.4	0.0	15.1	2.7	1.7	6.3
Tomato Tortellini Soup Bowl	12 oz	1	300.0	15.0	9.0	0.0	45.0	990.0	0.0	34.5	0.0	7.5	6.0
Tomato Tortellini Soup Cup	8 oz.	1	200.0	10.0	6.0	0.0	30.0	660.0	0.0	23.0	0.0	5.0	4.0
Potato Cheese Soup Bowl	12 oz	1	321.6	15.0	9.4	0.0	50.8	2133.7	0.0	30.2	1.7	9.1	16.2
Potato Cheese Soup Cup	8 oz.	1	214.4	10.0	6.2	0.0	33.9	1422.5	0.0	20.1	1.1	6.1	10.8
Broccoli & Cheese Soup Bowl	12 oz	1	270.0	16.5	9.0	0.0	45.0	1845.0	0.0	19.5	0.0	6.0	15.0
Broccoli & Cheese Soup Cup	8 oz.	1	180.0	11.0	6.0	0.0	30.0	1230.0	0.0	13.0	0.0	4.0	10.0
Bean & Sausage Soup Bowl	12 oz	1	285.0	15.0	3.8	0.0	30.0	1215.0	0.0	28.5	7.5	3.0	9.0
Bean & Sausage Soup Cup	8 oz.	1	190.0	10.0	2.5	0.0	20.0	810.0	0.0	19.0	5.0	2.0	6.0
Shrimp & Corn Chowder Soup Bowl	12 oz	1	375.0	20.4	7.2	0.1	88.0	1063.4	0.0	36.7	2.7	10.4	11.8



SOUPS CONTINUED	Servings Per Batch	Serving Size	Calories (kCL)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Shrimp & Corn Chowder Soup Cup	8 oz.	1	250.0	13.6	4.8	0.1	58.7	709.9	0.0	24.5	1.8	7.0	7.9
Lobster Bisque Soup Bowl	12 oz	1	441.6	32.6	18.6	0.0	139.3	1390.1	0.0	22.7	0.3	8.3	12.0
Lobster Bisque Soup Cup	8 oz.	1	294.4	21.7	12.4	0.0	92.9	926.7	0.0	15.1	0.2	5.6	8.0
Vegetarian Vegetable Soup Bowl	12 oz	1	165.0	6.0	0.8	0.0	0.0	1275.0	0.0	24.0	3.0	4.5	4.5
Vegetarian vegetable Soup Cup	8 oz.	1	110.0	4.0	0.5	0.0	0.0	850.0	0.0	16.0	2.0	3.0	3.0
Chicken Tortilla Soup Bowl	12 oz	1	210.0	6.8	1.5	0.0	22.5	1425.0	0.0	27.0	3.0	3.0	12.0
Chicken Tortilla Soup Cup	8 oz.	1	140.0	4.5	1.0	0.0	15.0	950.0	0.0	18.0	2.0	2.0	8.0
<b>BEVERAGES</b>													
Fruit Pie Smoothie (Cherry Crumb Pie)	16 oz.	1	471.7	7.0	1.7	2.1	5.4	375.6	0.0	96.0	1.2	81.0	14.4
Cream Pie Smoothie (Chocolate Cream Pie)	16 oz.	1	557.0	16.2	7.9	2.1	49.0	456.2	21.5	95.1	1.3	80.7	16.3
Strawberry Fruit Smoothie	16 oz.	1	425.5	0.0	0.0	0.0	0.0	420.4	115.6	99.7	0.0	88.5	17.7
Raspberry Fruit Smoothie	16 oz.	1	451.2	0.8	0.0	0.0	0.0	420.4	156.5	105.8	0.0	88.5	18.5
Peach Fruit Smoothie	16 oz.	1	442.5	0.0	0.0	0.0	0.0	427.0	167.1	104.3	0.0	89.9	18.7
Cherry Fruit Smoothie	16 oz.	1	452.4	0.0	0.0	0.0	0.0	420.4	0.0	106.5	1.4	99.3	19.1
Strawberry Banana Fruit Smoothie	16 oz.	1	444.0	0.0	0.0	0.0	0.0	374.4	362.0	105.6	2.2	78.8	16.5
Mocha Smoothie	16 oz.	1	527.7	0.5	0.0	0.0	0.0	484.1	0.0	123.7	2.0	116.6	21.3
Chocolate Cherry Smoothie	16 oz.	1	494.0	0.0	0.0	0.0	0.0	405.7	0.0	117.4	1.4	107.0	17.7
Coffee & Flavor Smoothie	16 oz.	1	492.0	0.0	0.0	0.0	0.0	506.1	0.0	114.7	0.0	109.2	21.2
Dr. Smoothie Strawberry Banana Smoothie	16 oz.	1	417.0	9.0	6.0	0.0	30.0	30.0	228.0	79.8	2.4	77.4	3.0
Dr. Smoothie Peach Pear Plus Smoothie	16 oz.	1	417.0	9.0	6.0	0.0	30.0	30.0	180.0	82.2	4.8	77.4	3.0
Dr. Smoothie Pineapple Paradise Smoothie	16 oz.	1	417.0	9.0	6.0	0.0	30.0	30.0	216.0	79.8	2.4	67.8	3.0
Dr. Smoothie Cherry Cranberry Smoothie	16 oz.	1	417.0	9.0	6.0	0.0	30.0	30.0	216.0	79.8	0.0	72.6	3.0
Ja Mocha Smoothie	16 oz.	1	372.5	12.0	5.8	2.0	26.3	320.0	400.0	63.0	2.0	51.0	8.0
Cocoaccino Smoothie	16 oz.	1	337.0	9.0	4.5	2.0	17.5	318.0	320.0	58.0	2.0	52.0	6.0
Hot Chocolate Small (2%)	16 oz.	1	367.5	9.8	5.8	0.0	40.0	225.0	640.5	55.0	0.0	47.0	14.0
Hot Chocolate Large (2%)	20 oz.	1	466.3	11.6	6.9	0.0	47.5	309.4	777.8	72.4	0.0	61.5	17.0
Caramel Apple Mocha Small (2%)	16 oz.	1	447.0	7.8	4.6	0.0	31.7	217.3	457.5	82.4	0.0	71.9	10.0
Caramel Apple Mocha Large (2%)	20 oz.	1	480.5	9.1	5.3	0.0	36.7	252.5	549.0	85.6	0.0	74.9	12.0
Chai Tea Small (2%)	16 oz.	1	286.0	5.0	3.0	0.0	20.0	141.0	366.0	51.0	0.0	50.0	8.0



BEVERAGES CONTINUED	Servings Per Batch	Serving Size	Calories (kCL)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Chai Tea Large (2%)	20 oz.	1	357.5	6.3	3.8	0.0	25.0	176.3	457.5	63.8	0.0	62.5	10.0
Cappuccino/Latte Small (2%)	16 oz.	1	197.0	7.5	4.5	0.0	30.0	195.5	549.0	19.5	0.0	18.0	12.0
Cappuccino/Latte Large (2%)	20 oz.	1	262.0	10.0	6.0	0.0	40.0	258.0	732.0	26.0	0.0	24.0	16.0
Mocha Small (2%)	16 oz.	1	272.0	6.0	3.5	0.0	25.0	164.3	366.0	45.3	0.0	38.0	8.0
Mocha Large (2%)	20 oz.	1	370.8	7.9	4.6	0.0	32.5	223.6	503.3	62.6	0.0	52.5	11.0
Americano Small (2%)	16 oz.	1	3.0	0.0	0.0	0.0	0.0	12.0	0.0	0.0	0.0	0.0	0.0
Americano Large (2%)	20 oz.	1	3.0	0.0	0.0	0.0	0.0	12.0	0.0	0.0	0.0	0.0	0.0
<b>SHIPPED CREAM PIES</b>	<b>**Culinary Cream has been added so pies will hold up when frozen**</b>												
Mini Chocolate Cream Pie	2 slices	1 slice	754.4	42.0	19.9	6.5	91.1	414.5	144.4	87.2	2.9	56.8	8.5
Chocolate Cream Pie	6 slices	1 slice	608.3	31.9	15.6	4.3	85.5	328.7	138.1	74.3	2.4	51.9	7.1
Mini Chocolate Mocha Cream Pie	2 slices	1 slice	733.1	41.5	19.7	6.5	86.3	405.0	157.8	85.0	3.0	54.4	8.2
Chocolate Mocha Cream Pie	6 slices	1 slice	589.5	31.4	15.3	4.3	79.1	316.6	130.9	71.0	2.4	48.9	6.8
Mini Coconut Cream Pie	2 slices	1 slice	750.6	41.5	21.6	6.5	91.1	458.7	102.2	86.9	1.6	48.9	7.4
Coconut Cream Pie	6 slices	1 slice	587.9	29.6	15.5	4.3	86.3	402.6	97.8	74.2	4.1	51.0	6.2
Mini Chocolate Peanut Butter Cream Pie	2 slices	1 slice	765.5	43.4	18.7	6.5	93.5	452.1	168.5	85.0	2.6	54.7	10.1
Chocolate Peanut Butter Cream Pie	6 slices	1 slice	631.9	34.7	15.0	4.3	84.7	370.8	176.4	71.9	2.4	49.2	9.2
Mini Butterscotch Cream Pie	2 slices	1 slice	751.6	40.2	20.6	6.6	92.2	440.8	162.8	90.1	1.2	63.0	7.6
Butterscotch Cream Pie	6 slices	1 slice	602.2	30.1	16.1	4.5	87.3	353.7	150.7	76.4	0.8	56.8	6.3
Mini Chocolate Mint Cream Pie	2 slices	1 slice	754.4	42.0	20.0	6.5	91.1	414.5	144.4	87.2	2.9	56.8	8.5
Chocolate Mint Cream Pie	6 slices	1 slice	608.3	31.9	15.6	4.3	85.5	328.7	138.1	74.3	2.4	51.9	7.1