

Nutrition Label

Bagel, 8-grain

Nutrition Facts	
Serving Size 4 oz (113 g/4 oz)	
Servings Per Container 376	
Amount Per Serving	
Calories 300	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 420mg	17%
Total Carbohydrate 59g	20%
Dietary Fiber 3g	13%
Sugars 6g	
Protein 10g	
Vitamin A 0% • Vitamin C 6%	
Calcium 4% • Iron 30%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories 2,000 2,500	
Total Fat	Less than 65 g 80 g
Sat Fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Total Carbohydrate	300 g 375 g Dietary
Fiber	25 g 30 g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Potassium Bromate, Thiamine Mononitrate, Riboflavin, Folic Acid,, Water, Sugar, Barley Flakes, Yellow Corn Meal, Oat Meal, Salt, Whole Grain Rye Meal, Malted Barley Flour, Wheat Bran, Millet, Molasses Powder, Rye Flour, Sesame Seeds, and 2% or Less of: Soybean Oil, Caramel Color, Mono- And Diglycerides, Ammonium Chloride, Enriched Wheat Flour, Ascorbic Acid, L-Cysteine Hydrochloride, Calcium Sulfate, Enzymes, Molasses, Sunflower Kernels Roasted in Peanut/Cottonseed Oil, Salt, Sugars, Brown, Yeast Bakers Fresh

Nutrition Label

Bagel, Pumpernickel

Nutrition Facts	
Serving Size 4 oz (113 g/4 oz)	
Servings Per Container 1	
Amount Per Serving	
Calories 280	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 440mg	18%
Total Carbohydrate 55g	18%
Dietary Fiber 3g	13%
Sugars 4g	
Protein 10g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 0%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65 g 80 g
Sat Fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Total Carbohydrate	300 g 375 g
Dietary Fiber	25 g 30 g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Flour High Gluten, Water, Pumpernickel Flour, Brown Sugar, Caraway Seeds, Caramel Color, Salt, Yeast Fresh

Nutrition Label Breadstick

Nutrition Facts	
Serving Size 2 oz (57 g/2 oz)	
Servings Per Container 752	
Amount Per Serving	
Calories 150	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 29g	10%
Dietary Fiber 2g	6%
Sugars 3g	
Protein 5g	
Vitamin A 0% • Vitamin C 2%	
Calcium 2% • Iron 15%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories 2,000 2,500	
Total Fat	Less than 65 g 80 g
Sat Fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Total Carbohydrate	300 g 375 g Dietary
Fiber	25 g 30 g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Potassium Bromate, Thiamine Mononitrate, Riboflavin, Folic Acid,, Water, Tap, Municipal, Sugar, Barley Flakes, Yellow Corn Meal, Oat Meal, Salt, Whole Grain Rye Meal, Malted Barley Flour, Wheat Bran, Millet, Molasses Powder, Rye Flour, Sesame Seeds, and 2% or Less of: Soybean Oil, Caramel Color, Mono- And Diglycerides, Ammonium Chloride, Enriched Wheat Flour, Ascorbic Acid, L-Cysteine Hydrochloride, Calcium Sulfate, Enzymes, Molasses, Sunflower Kernels Roasted in Peanut/Cottonseed Oil, Salt, Sugars, Brown, Yeast Bakers Fresh

Nutrition Label

Bagel, Cinnamon Raisin

Nutrition Facts	
Serving Size 4 oz (113 g/4 oz)	
Servings Per Container 1	
Amount Per Serving	
Calories 280	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 400mg	17%
Total Carbohydrate 57g	19%
Dietary Fiber 2g	10%
Sugars 7g	
Protein 10g	
Vitamin A 0% • Vitamin C 0%	
Calcium 2% • Iron 2%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65 g 80 g
Sat Fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Total Carbohydrate	300 g 375 g
Dietary Fiber	25 g 30 g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Flour High Gluten, Water, Raisins, Seedless, Brown Sugar, Yeast Fresh, Salt, Spices, Cinnamon, Ground, Caramel Color

Nutrition Label

Bagel, Pro Roll

Nutrition Facts	
Serving Size 4 oz (113 g/4 oz)	
Servings Per Container 1	
Amount Per Serving	
Calories 320	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 0.5g	3%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 380mg	16%
Total Carbohydrate 60g	20%
Dietary Fiber 3g	14%
Sugars 12g	
Protein 10g	
Vitamin A 0% • Vitamin C 4%	
Calcium 4% • Iron 20%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories	2,000 2,500
Total Fat	Less than 65 g 80 g
Sat Fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Total Carbohydrate	300 g 375 g
Dietary Fiber	25 g 30 g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Wheat Flour, White (industrial), 13% Protein, Bleached, Enriched, Water, Great Grain Mix, Molasses, Seeds, Sunflower Seed Kernels, Dry Roasted, With Salt Added, Raisins, Seedless, Brown Sugar, Nuts, Walnuts, English, Cranberries, Dried, Sweetened, Yeast Fresh

CONTAINS: Nuts, Wheat

Nutrition Label

Bagel, Plain

Nutrition Facts	
Serving Size 4 oz (113 g/4 oz)	
Servings Per Container 1	
Amount Per Serving	
Calories 270	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 350mg	15%
Total Carbohydrate 54g	18%
Dietary Fiber 2g	7%
Sugars 3g	
Protein 10g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories	2,000 2,500
Total Fat	Less than 65 g 80 g
Sat Fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Total Carbohydrate	300 g 375 g
Dietary Fiber	25 g 30 g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Flour High Gluten, Water, Brown Sugar, Salt, Yeast Fresh

Nutrition Label

Veggie Cream Cheese

Nutrition Facts	
Serving Size 1 1/2 oz (43 g/1.5 oz)	
Servings Per Container 1	
Amount Per Serving	
Calories 120	Calories from Fat 90
% Daily Value*	
Total Fat 10g	16%
Saturated Fat 7g	34%
<i>Trans Fat</i> 0g	
Cholesterol 35mg	11%
Sodium 115mg	5%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 2g	
Vitamin A 4% • Vitamin C 2%	
Calcium 2% • Iron 0%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories	2,000 2,500
Total Fat	Less than 65 g 80 g
Sat Fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Total Carbohydrate	300 g 375 g Dietary
Fiber	25 g 30 g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Pasteurized Milk and Cream, Cheese Culture, Salt, Stabilizers (Carob Bean and/or Xanthan and/or Guar Gums), Shredded Carrots, Shredded Radishes, Scallions

CONTAINS: MILK

Nutrition Label

Strawberry Cream Cheese

Nutrition Facts	
Serving Size 1 1/2 oz (43 g/1.5 oz)	
Servings Per Container 1	
Amount Per Serving	
Calories 130	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 7g	33%
<i>Trans</i> Fat 0g	
Cholesterol 35mg	11%
Sodium 105mg	4%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Sugars 3g	
Protein 2g	
Vitamin A 4% • Vitamin C 0%	
Calcium 2% • Iron 0%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories	2,000 2,500
Total Fat	Less than 65 g 80 g
Sat Fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Total Carbohydrate	300 g 375 g Dietary
Fiber	25 g 30 g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Pasteurized Milk and Cream, Cheese Culture, Salt, Stabilizers (Carob Bean and/or Xanthan and/or Guar Gums), Water, High Fructose Corn Syrup, Food Starch-Modified, Salt, Artificial Flavor, Citric Acid, Sodium Benzoate and Potassium Sorbate (preservatives), Artificial Color (red 40) Sodium Citrate, Sugars, Granulated, Strawberries, High Fructose Corn Syrup, Corn Syrup, Sugar, Pectin, Citric Acid, Potassium Citrate

CONTAINS: MILK

Nutrition Label

Scallion Cream Cheese

Nutrition Facts	
Serving Size 1 1/2 oz (43 g/1.5 oz)	
Servings Per Container 1	
Amount Per Serving	
Calories 150	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 9g	44%
<i>Trans Fat</i> 0g	
Cholesterol 45mg	15%
Sodium 140mg	6%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 3g	
Vitamin A 6% • Vitamin C 0%	
Calcium 4% • Iron 0%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories	2,000 2,500
Total Fat	Less than 65 g 80 g
Sat Fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Total Carbohydrate	300 g 375 g Dietary
Fiber	25 g 30 g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Pasteurized Milk and Cream, Cheese Culture, Salt, Stabilizers (Carob Bean and/or Xanthan and/or Guar Gums), Scallions

CONTAINS: MILK

Nutrition Label

Plain Cream Cheese

Nutrition Facts	
Serving Size 1 1/2 oz (43 g/1.5 oz)	
Servings Per Container 1	
Amount Per Serving	
Calories 150	Calories from Fat 110
% Daily Value*	
Total Fat 12g	19%
Saturated Fat 8g	41%
<i>Trans Fat</i> 0g	
Cholesterol 40mg	14%
Sodium 135mg	6%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 3g	
Vitamin A 6% • Vitamin C 0%	
Calcium 4% • Iron 0%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories	2,000 2,500
Total Fat	Less than 65 g 80 g
Sat Fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Total Carbohydrate	300 g 375 g Dietary
Fiber	25 g 30 g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Pasteurized Milk and Cream, Cheese Culture, Salt, Stabilizers (Carob Bean and/or Xanthan and/or Guar Gums), Non Fat Milk, Vitamin A Palmitate, Vitamin D3

CONTAINS: MILK

Nutrition Label

Nova Cream Cheese

Nutrition Facts	
Serving Size 1 1/2 oz (43 g/1.5 oz)	
Servings Per Container 1	
Amount Per Serving	
Calories 140	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 8g	39%
<i>Trans Fat</i> 0g	
Cholesterol 40mg	14%
Sodium 190mg	8%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 4g	
Vitamin A 6% • Vitamin C 0%	
Calcium 2% • Iron 0%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories	2,000 2,500
Total Fat	Less than 65 g 80 g
Sat Fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Total Carbohydrate	300 g 375 g Dietary
Fiber	25 g 30 g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Pasteurized Milk and Cream, Cheese Culture, Salt, Stabilizers (Carob Bean and/or Xanthan and/or Guar Gums), Salmon, Salt, Sugar, Natural Green Tea Extract, Sodium Nitrite, Nisin, Natural Hardwood Smoke

CONTAINS: MILK

Offerdahl's Cafe Grill

Nutrition Label

Mom's Vinaigrette

11:54am 04/11/2017

Nutrition Facts	
Serving Size 1 1/2 oz (43 g/1.5 oz)	
Servings Per Container 1	
Amount Per Serving	
Calories 210	Calories from Fat 180
% Daily Value*	
Total Fat 20g	31 %
Saturated Fat 2g	10 %
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0 %
Sodium 360mg	15 %
Total Carbohydrate 5g	2 %
Dietary Fiber 0g	0 %
Sugars 3g	
Protein 0g	
Vitamin A 0% • Vitamin C 0%	
Calcium 2% • Iron 2%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65 g 80 g
Sat Fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Total Carbohydrate	300 g 375 g
Dietary Fiber	25 g 30 g
Calories per gram:	
Fat 9 □ Carbohydrate 4 □ Protein 4	

INGREDIENTS: Canola Oil, Olive Oil, Red Wine Vinegar, Shallots, Water, Mustard Seed, Salt, White Wine Vinegar, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Honey, Garlic, Phosphoric Acid and Sodium Benzoate (Preservative), Wheat, Soybeans, Salt, Lactic Acid, Sodium Benzoate Black Pepper

CONTAINS: SOY, WHEAT

Nutrition Label

Honey Vinaigrette

Nutrition Facts	
Serving Size 1 1/2 oz (43 g/1.5 oz)	
Servings Per Container 1	
Amount Per Serving	
Calories 170	Calories from Fat 150
% Daily Value*	
Total Fat 17g	26%
Saturated Fat 1.5g	8%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Sugars 3g	
Protein 0g	
Vitamin A 0% • Vitamin C 2%	
Calcium 2% • Iron 2%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories 2,000 2,500	
Total Fat	Less than 65 g 80 g
Sat Fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Total Carbohydrate	300 g 375 g Dietary
Fiber	25 g 30 g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Cider Vinegar, White Vinegar, Caramel Color, Water, Canola Oil, Olive Oil, Honey, Garlic, Raw Mustard Seed, Salt, White Wine Vinegar, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Black Pepper,

Nutrition Label

Greek Dressing

Nutrition Facts	
Serving Size 1 1/2 oz (43 g/1.5 oz)	
Servings Per Container 1	
Amount Per Serving	
Calories 210	Calories from Fat 190
% Daily Value*	
Total Fat 22g	33%
Saturated Fat 3g	15%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 810mg	34%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 0g	
Vitamin A 0% • Vitamin C 0%	
Calcium 2% • Iron 2%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories	2,000 2,500
Total Fat	Less than 65 g 80 g
Sat Fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Total Carbohydrate	300 g 375 g Dietary
Fiber	25 g 30 g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Olive Oil, Wine Vinegar, Grape Must, Caramel, CONTAINS NATURAL SULFITES, Raw Garlic, Salt, Water, Vinegar, Mustard Seed, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Garlic Powder, Black Pepper, Onion Powder, Oregano, Dried, Basil, Fresh

Nutrition Label

Ginger Slaw Dressing

Nutrition Facts	
Serving Size 8 oz (227 g/8 oz)	
Servings Per Container 1	
Amount Per Serving	
Calories 810	Calories from Fat 650
% Daily Value*	
Total Fat 74g	114%
Saturated Fat 10g	50%
<i>Trans Fat</i> 0g	
Cholesterol 100mg	34%
Sodium 2730mg	114%
Total Carbohydrate 48g	16%
Dietary Fiber 0g	0%
Sugars 47g	
Protein 0g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 0%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories	2,000 2,500
Total Fat	Less than 65 g 80 g
Sat Fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Total Carbohydrate	300 g 375 g Dietary
Fiber	25 g 30 g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Soybean Oil, Sugar, Water, Cider Vinegar, Distilled Vinegar, Egg Yolk, Salt, Contains less than 2% of: Spice, Polysorbate 60, Xanthan Gum, Calcium Disodium EDTA to protect flavor, Ginger, Water, Rice Vinegar, Sugar, Salt, Potassium Sorbate (as a preservative), Red #40

CONTAINS: EGGS

Nutrition Label

Dijon Mustard Dressing

Nutrition Facts	
Serving Size 1 1/2 oz (43 g/1.5 oz)	
Servings Per Container 1	
Amount Per Serving	
Calories 180	Calories from Fat 140
% Daily Value*	
Total Fat 16g	24%
Saturated Fat 2g	11%
<i>Trans Fat</i> 0g	
Cholesterol 20mg	7%
Sodium 260mg	11%
Total Carbohydrate 9g	3%
Dietary Fiber 0g	0%
Sugars 9g	
Protein 0g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 0%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories	2,000 2,500
Total Fat	Less than 65 g 80 g
Sat Fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Total Carbohydrate	300 g 375 g Dietary
Fiber	25 g 30 g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Soybean Oil, High Fructose Corn Syrup, Vinegar, Water, Dijon Mustard (Distilled Vinegar and Water, Mustard Seed, Salt, White Wine, Citric Acid, Tartaric Acid, Spices) Honey, Sugar, Egg Yolk, Contains less than 2% of : Spice, Salt, Natural Flavor, Xanthan Gum, Paprika, Calcium Disodium EDTA to protect flavor, Yellow #5

CONTAINS: EGGS, SOY

Nutrition Label

Chipotle Ranch Dressing

Nutrition Facts	
Serving Size 1 1/2 oz (43 g/1.5 oz)	
Servings Per Container 1	
Amount Per Serving	
Calories 200	Calories from Fat 180
% Daily Value*	
Total Fat 20g	31%
Saturated Fat 3g	14%
<i>Trans Fat</i> 0g	
Cholesterol 5mg	2%
Sodium 330mg	14%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	0%
Sugars 3g	
Protein 0g	
Vitamin A 2% • Vitamin C 0%	
Calcium 2% • Iron 0%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories	2,000 2,500
Total Fat	Less than 65 g 80 g
Sat Fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Total Carbohydrate	300 g 375 g Dietary
Fiber	25 g 30 g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Soybean Oil, Water, Distilled Vinegar, Corn Syrup, Chipotle Pepper Sauce (Red Jalapeno Peppers, Vinegar, Sugar, Salt, Onions), Buttermilk Solids, High Fructose Corn Syrup, Modified Food Starch, Coffee, Onion. Molasses, Xanthan Gum, Natural Flavor (Milk) Caramel Color, Calcium Disodium EDTA to protect flavor, Tamarind, Turmeric

CONTAINS: EGGS, SOY

Nutrition Label

Caesar Dressing

Nutrition Facts	
Serving Size 1 1/2 oz (43 g/1.5 oz)	
Servings Per Container 85.3	
Amount Per Serving	
Calories 140	Calories from Fat 120
% Daily Value*	
Total Fat 14g	21%
Saturated Fat 2.5g	13%
<i>Trans Fat</i> 0g	
Cholesterol 20mg	6%
Sodium 390mg	16%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 1g	
Vitamin A 0% • Vitamin C 0%	
Calcium 6% • Iron 0%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories	2,000 2,500
Total Fat	Less than 65 g 80 g
Sat Fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Total Carbohydrate	300 g 375 g Dietary
Fiber	25 g 30 g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Soybean Oil, Vinegar, Water, Romano and Parmesan Cheese (Cultured Milk, Salt, Enzymes), Egg Yolk, High Fructose Corn Syrup, GARlic, Contains Less Than 2% of: Salt, Sugar, Modified Food Starch, Spices, Corn Syrup, Solids, NATural Flavor (Milk) Xanthan Gum, Anchovies (Fish), Lactic Acid, Polysorbate 60, Onion, Sodium Benzoate and Calcium Disodium EDTA and preservative. Maltodextrin, Soy Sauce Solids (Soy, Wheat) Tamarind, Hydrolyzed Vegetable Protein, Autolyzed Yeast Extract.

CONTAINS: EGGS, FISH, MILK, SOY, WHEAT

Nutrition Label

Secret O Sauce

Nutrition Facts	
Serving Size 1 1/2 oz (43 g/1.5 oz)	
Servings Per Container 1	
Amount Per Serving	
Calories 130	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3.5g	17%
<i>Trans</i> Fat 0g	
Cholesterol 15mg	4%
Sodium 440mg	18%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Sugars 3g	
Protein 1g	
Vitamin A 10% • Vitamin C 0%	
Calcium 2% • Iron 0%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories	2,000 2,500
Total Fat	Less than 65 g 80 g
Sat Fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Total Carbohydrate	300 g 375 g Dietary
Fiber	25 g 30 g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Cultured Cream, Contains Less Than 2% of: Food Starch-Modified Gum, Guar Gum, Carrageenan, Potassium Sorbate (To Preserve Freshness), Water, Soybean, and/or Canola Oil, Egg Yolk, Modified Food Starch, Vinegar, Salt, Corn Syrup, Spice. Potassium Sorbate and Sodium Benzoate added as Preservatives, Lemon Juice Concentrate, Dehydrated Onion, Paprika, Calcium Disodium EDTA used to protect flavors and Natural Flavors, Vegetable Oil (Corn Oil & Palm Oil), Garlic Powder, Chili Pepper, Salt, Sugar, Onion Powder, Spice, Sriracha Sauce Powder (Red Chili peppers, Distilled Vinegar, Garlic Powder, Sugar, Salt, Spice) Contains % or less of Cayenne Pepper Sauce, Powdered (Aged Red Pepper, Distilled Vinegar, Salt, Garlic, Tomato Concentrate, Tomato Powder, Lime Oil, Brown Sugar, White Distilled Vinegar Solids, Natural & Artificial Flavors, Natural Smoke Flavor, Extract of Paprika, (color) Malic Acid, Lactose, Disodium Nosinate,

CONTAINS: EGGS, MILK

Nutrition Label

Thai Peanut Sauce

Nutrition Facts	
Serving Size 1 1/2 oz (43 g/1.5 oz)	
Servings Per Container 1	
Amount Per Serving	
Calories 100	Calories from Fat 60
% Daily Value*	
Total Fat 7g	10%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 660mg	27%
Total Carbohydrate 7g	2%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 3g	
Vitamin A 0% • Vitamin C 2%	
Calcium 0% • Iron 0%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories	2,000 2,500
Total Fat	Less than 65 g 80 g
Sat Fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Total Carbohydrate	300 g 375 g Dietary
Fiber	25 g 30 g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Water, Wheat, Soybeans, Salt, Lactic Acid, Sodium Benzoate: Peanuts, Sugar, Hydrogenated Vegetable Oil (Rapeseed and Cottonseed), White Wine Vinegar, Grape Must, Caramel, CONTAINS NATURAL SULFITES, Honey, Ginger, Rice Vinegar, Potassium Sorbate, Red #40, Garlic, Canola Oil, Sesame Oil, Red Pepper Flakes

CONTAINS: SOY, WHEAT

Nutrition Label

Teriyaki Sauce

Nutrition Facts	
Serving Size 1 1/2 oz (43 g/1.5 oz)	
Servings Per Container 1	
Amount Per Serving	
Calories 70	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 510mg	21%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Sugars 14g	
Protein 1g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 0%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories	2,000 2,500
Total Fat	Less than 65 g 80 g
Sat Fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Total Carbohydrate	300 g 375 g Dietary
Fiber	25 g 30 g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Water, Granulated Sugar, Wheat, Soybeans, Salt, Lactic Acid, Sodium Benzoate: Honey, Cornstarch, Rice Wine Vinegar, Sugar, Natural Flavors, Salt, Potassium Metabisulfite, Ground Ginger

CONTAINS: SOY, WHEAT

Nutrition Label

Tangy Lemon

Nutrition Facts	
Serving Size 1 1/2 oz (43 g/1.5 oz)	
Servings Per Container 1	
Amount Per Serving	
Calories 130	Calories from Fat 120
% Daily Value*	
Total Fat 13g	21%
Saturated Fat 2g	10%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 0g	
Vitamin A 0% • Vitamin C 20%	
Calcium 0% • Iron 0%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories	2,000 2,500
Total Fat	Less than 65 g 80 g
Sat Fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Total Carbohydrate	300 g 375 g Dietary
Fiber	25 g 30 g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Fresh Lemon Juice, Olive Oil, Distilled White Vinegar, Raw Garlic, Water, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Fresh Parsley, Garlic Salt, Garlic Powder, Black Pepper,

Nutrition Label

Pesto Sauce

Nutrition Facts	
Serving Size 1 1/2 oz (43 g/1.5 oz)	
Servings Per Container 1	
Amount Per Serving	
Calories 250	Calories from Fat 240
% Daily Value*	
Total Fat 27g	42%
Saturated Fat 3.5g	19%
<i>Trans</i> Fat 0g	
Cholesterol 20mg	7%
Sodium 230mg	9%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 1g	
Vitamin A 2% • Vitamin C 0%	
Calcium 2% • Iron 0%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories 2,000 2,500	
Total Fat	Less than 65 g 80 g
Sat Fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Total Carbohydrate	300 g 375 g Dietary
Fiber	25 g 30 g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Soybean Oil, Egg, Vinegar, Water, Egg Yolk, Sugar, Salt, Lemon Juice Concentrate, Calcium Disodium EDTA (to protect flavor), Natural Flavor, Oleoresin Paprika, Basil, Canola Oil Parmesan Cheese
 (Pasteurized part-skim cows' milk, cheese culture, salt enzymes), Granulated Garlic,

CONTAINS: EGGS, MILK

Nutrition Label

Honey Butter

Nutrition Facts	
Serving Size 1 1/2 oz (43 g/1.5 oz)	
Servings Per Container 1	
Amount Per Serving	
Calories 250	Calories from Fat 220
% Daily Value*	
Total Fat 25g	38%
Saturated Fat 10g	50%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	11%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 0g	
Vitamin A 40% • Vitamin C 0%	
Calcium 0% • Iron 0%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories 2,000 2,500	
Total Fat	Less than 65 g 80 g
Sat Fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Total Carbohydrate	300 g 375 g Dietary
Fiber	25 g 30 g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Palm Oil, Water, Soybean Oil, Salt, Contains Less Than 2% of Butter (cream, Salt) Whey, Vegetable Mono & Diglycerides, Soy Lecithin, Potassium Sorbate (A Preservative), Buttermilk, Citric Acid, Natural & Artificial Flavor, Beta Carotene (Color), Vitamin A Palmitate Added, Honey

CONTAINS: MILK, SOY

Nutrition Label

Chipotle Fennel

Nutrition Facts

Serving Size 1 1/2 oz (43 g/1.5 oz)

Servings Per Container 315

Amount Per Serving

Calories 130 Calories from Fat 110

% Daily Value*

Total Fat 12g **19%**

Saturated Fat 2.5g **12%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 380mg **16%**

Total Carbohydrate 4g **1%**

Dietary Fiber 0g **0%**

Sugars 3g

Protein 0g

Vitamin A 0% • Vitamin C 2%

Calcium 0% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories 2,000 2,500

Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate	300 g	375 g	Dietary
Fiber	25 g	30 g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Water, Soybean, and/or Canola Oil, Egg Yoke, Modified Food Starch, Vinegar, Salt, Corn Syrup, Spice. Potassium Sorbate and Sodium Benzoate added as Preservatives, Lemon Juice Concentrate, Dehydrated Onion, Paprika, Calcium Disodium EDTA used to protect flavors and Natural Flavors, Distilled White Vinegar, Molasses, Sugar, Water, Salt, Onions, Anchovies, Garlic, Cloves, Tamarind Extract, Natural Flavorings, Chili Pepper Extract, Lemon Juice from Concentrate (Water, Concentrated Lemon Juice), Sodium Bisulfite (Preservative), Citric Acid Sodium Benzoate (Preservative) and Lemon Oil, Pepper, Lemon, Spices, Fennel Ground, Salt, Garlic, Spices, Garlic Powder

CONTAINS: ANCHOVIES, EGGS, SOY

Nutrition Label

Hummus

Nutrition Facts																									
Serving Size 1 1/2 oz (43 g/1.5 oz)																									
Servings Per Container 1																									
Amount Per Serving																									
Calories 100	Calories from Fat 60																								
% Daily Value*																									
Total Fat 7g	11%																								
Saturated Fat 1g	5%																								
<i>Trans Fat</i> 0g																									
Cholesterol 0mg	0%																								
Sodium 190mg	8%																								
Total Carbohydrate 6g	2%																								
Dietary Fiber 2g	7%																								
Sugars 0g																									
Protein 2g																									
Vitamin A 0% • Vitamin C 2%																									
Calcium 2% • Iron 4%																									
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.																									
<table style="margin: auto;"> <tr> <td>Calories</td> <td>2,000</td> <td>2,500</td> </tr> </table>		Calories	2,000	2,500																					
Calories	2,000	2,500																							
<table style="width: 100%; border-collapse: collapse;"> <tr> <td>Total Fat</td> <td>Less than</td> <td>65 g</td> <td>80 g</td> </tr> <tr> <td>Sat Fat</td> <td>Less than</td> <td>20 g</td> <td>25 g</td> </tr> <tr> <td>Cholesterol</td> <td>Less than</td> <td>300 mg</td> <td>300 mg</td> </tr> <tr> <td>Sodium</td> <td>Less than</td> <td>2,400 mg</td> <td>2,400 mg</td> </tr> <tr> <td>Total Carbohydrate</td> <td></td> <td>300 g</td> <td>375 g Dietary</td> </tr> <tr> <td>Fiber</td> <td></td> <td>25 g</td> <td>30 g</td> </tr> </table>		Total Fat	Less than	65 g	80 g	Sat Fat	Less than	20 g	25 g	Cholesterol	Less than	300 mg	300 mg	Sodium	Less than	2,400 mg	2,400 mg	Total Carbohydrate		300 g	375 g Dietary	Fiber		25 g	30 g
Total Fat	Less than	65 g	80 g																						
Sat Fat	Less than	20 g	25 g																						
Cholesterol	Less than	300 mg	300 mg																						
Sodium	Less than	2,400 mg	2,400 mg																						
Total Carbohydrate		300 g	375 g Dietary																						
Fiber		25 g	30 g																						
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4																									

INGREDIENTS: Chickpeas Water, Salt, Disodium EDTA, Oil, Olive Pomace, Ground Sesame Seed, Lemon Juice from Concentrate (Water, Concentrated Lemon Juice), Sodium Bisulfite (Preservative). Citric Acid Sodium Benzoate (Preservative) and Lemon Oil, Garlic, Raw, Roasted Garlic Puree, Salt, Dried Roasted Garlic, Canola Oil, Sugar, Sugars, Granulated, Salt, Table

Nutrition Label

Curry Sauce

Nutrition Facts	
Serving Size 1 1/2 oz (43 g/1.5 oz)	
Servings Per Container 1	
Amount Per Serving	
Calories 120	Calories from Fat 100
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 2.5g	12%
<i>Trans Fat</i> 0g	
Cholesterol 25mg	8%
Sodium 260mg	11%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	2%
Sugars 2g	
Protein 0g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 2%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories	2,000 2,500
Total Fat	Less than 65 g 80 g
Sat Fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Total Carbohydrate	300 g 375 g Dietary
Fiber	25 g 30 g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Water, Soybean, and/or Canola Oil, Egg Yoke, Modified Food Starch, Vinegar, Salt, Corn Syrup, Spice. Potassium Sorbate and Sodium Benzoate added as Preservatives, Lemon Juice Concentrate, Dehydrated Onion, Paprika, Calcium Disodium EDTA used to protect flavors and Natural Flavors, Water, Tap, Municipal, Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice, Spices, Curry Powder

CONTAINS: EGGS

Nutrition Label

Bbq Sauce

Nutrition Facts	
Serving Size 1 1/2 oz (43 g/1.5 oz)	
Servings Per Container 1	
Amount Per Serving	
Calories 15	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Sugars 4g	
Protein 0g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 0%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories	2,000 2,500
Total Fat	Less than 65 g 80 g
Sat Fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Total Carbohydrate	300 g 375 g Dietary
Fiber	25 g 30 g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Vinegar, Water, Sugar, Tomato Paste, Natural Smoke Flavor, High Fructose Corn Syrup, Modified Food Starch, Contains less than 2% of: Salt, Spices, Vegetable Oil (Soybean and/or Canola), Caramel Color, Fermented Wheat Protein, Yeast Extract, Maltodextrin, Lemon Juice Concentrated, Onion, Xanthan Gum, Garlic, Turmeric

CONTAINS: WHEAT