

Scores Rotisseries

nutritional

VQ: Recommended Daily Value

g: gram mg: milligram

Menu	Portion	calories	Fat (g)	Fat% DV	saturated fat (g)	Trans fat (g)	% Saturated fatty VQ + trans:
inputs not included sauces							
Chicken wings (6) and vegetables	108g	210	13	20	3	0	15
Chicken wings (12) and vegetables	216g	420	25	38	6	0.1	31
Cheese Sticks (4) and vegetables	162g	390	18	28	8	0.3	42
Cheese Sticks (8) and vegetables	324g	790	36	55	16	0.5	83
Combo scores	448g	1350	79	122	23	1.5	123
classic Combo	289g	820	46	71	9	0.3	47
Kapow shrimp	150g	500	27	42	2	0	10
Onion Rings (About 16)	165g	540	32	49	3.5	0.1	18
Soups							
Cream of Broccoli	250ml	140	10	15	3	0.2	16
Cream of Celery	250ml	140	10	15	3	0.2	16
Cream of mushroom	250ml	140	10	15	3.5	0.2	19
Cream of cauliflower	250ml	140	10	15	3	0.2	16
Spinach Cream	250ml	140	10	15	3.5	0.2	19
Leek cream	250ml	140	10	15	3	0.2	16
Royal Cream of Chicken	250ml	160	10	15	3	0.2	16
Lentil soup	250ml	170	7	11	1	0.1	6
minestrone soup	250ml	70	2	3	0.5	0	3
Pea soup	250ml	120	2	3	0.3	0	2
Chicken soup and noodles	250ml	80	1.5	2	0.5	0	3
saucses							
Sweet and sour	42ml	60	0	0	0	0	0
Chicken wings	42ml	80	2.5	4	0.2	0	1
BBQ (Children's menu)	60ml	20	0.3	1	0.1	0	1
BBQ	90ml	30	0.4	1	0.2	0	1
chimichurri	70 ml	80	4.5	7	0.5	0	3
ribs	60ml	100	0.1	1	0	0	0
Dijon	42ml	170	14	22	3	0	15

general Tao	30ml	60	1	2	0.1	0	1
chipotle mayonnaise	60ml	430	47	72	3.5	0.5	20
Honey Mustard	42ml	200	17	26	1.5	0.1	8
Piri piri	70 ml	80	6	9	0.5	0	3
Pepper	60ml	30	0.5	1	0.2	0	1
Sriracha	70 ml	60	0.2	1	0	0	0
Tartar	42ml	240	26	40	2	0.4	12
Tartar	60ml	340	37	57	3	0.5	18
Tomato (marinara)	42ml	15	0.5	1	0	0	0
accompaniments							
Fries	200g	810	39	60	3	0.1	16
Fried parmesan and garlic	159g	640	33	51	4	0.2	21
Vegetables	170g	90	4	6	0.5	0	3
Toast (½)	31g	80	1	2	0.2	0	1
Baked potato	235g	200	0.2	1	0.1	0	1
Potato baked garnished	330g	500	25	38	14	0.5	73
Potatoes mashed	200g	150	2	3	0.5	0	3
Rice with vegetables	200g	290	4	6	1	0	5
basmati rice	200g	280	5	8	2.5	0.1	13
Coleslaw	120g	90	5	8	0.5	0.1	3
Coleslaw, toasted bread and BBQ sauce	241g	200	7	11	1	0.1	6
Grill unaccompanied							
Traditional chicken skewer	244g	390	23	35	2.5	0.2	14
Traditional chicken skewer basmati with rice	444g	690	27	42	3	0.3	17
Quebec chicken kebab	332g	610	30	46	9	0.1	46
Quebec chicken kebab basmati with rice	532G	900	34	52	9	0.1	46
Skewer General Tao	280g	390	14	22	2	0	10
Skewer General Tao basmati with rice	478g	670	19	29	4.5	0.1	23
Skewer Montreal smoked meat	331G	590	34	52	7	0.5	38
Skewer Montreal smoked meat basmati with rice	529g	860	39	60	9	0.5	48
Chicken hunter	342G	720	55	85	9	1	50
Chicken hunter basmati with rice	542g	1020	59	91	10	1	55
Swiss chicken and bacon	272g	520	32	49	9	0.5	48
Swiss chicken and bacon basmati with rice	472g	820	36	55	10	0.5	53
Treats from here and elsewhere							
Flank beef (8oz)	167g	350	16	25	6	0	30
Flank beef (8oz) with sautéed mushrooms, pepper sauce and vegetables	517g	670	40	62	9	0.4	47
Chicken fajitas (1 person)	496g	940	55	85	6	1	35

Chicken fajitas with cheese, pico de gallo, guacamole and sour cream (1 person)	847g	1410	92	142	25	1.5	133
Fajitas with vegetables (1 person)	608g	820	46	71	5	0.5	28
Fajitas with vegetables with cheese, pico de gallo, guacamole, sour cream (1 person)	961g	1310	87	134	24	1.5	128
Fish & chips	409g	1260	63	97	5	0.1	26
Fish & chips with tartar sauce	449g	1490	87	134	7	0.5	38
Norwegian Cod en Papillote	230g	150	1.5	2	0	0	0
Roasted chicken breast cacciatore	495g	820	36	55	10	0.5	53
Chicken Cornish hen I (Half chicken) without sauce	434g	930	34	52	10	0.2	51
Chicken Cornish hen (Whole chicken) without sauce	768g	1560	60	92	17	0.3	87
Salmon on cedar plank with basmati rice	384g	760	28	43	8	0.1	41
Skillet Chicken Cornish hen lemon and herbs	616g	1180	67	103	28	1.5	148
Fish tacos	388g	880	54	83	6	0.3	32
Tender chicken fillets (3) without sauce	150g	410	24	37	2.5	0.1	13
Tender chicken fillets (5) without sauce	250g	690	40	62	4	0.1	21
Roast chicken unaccompanied							
Half Chicken	348g	800	43	66	12	0.2	61
Quarter chicken (thigh)	138g	400	26	40	7	0.1	36
Quarter chicken (chest)	210g	400	17	26	5	0.1	26
Meals thighs	276g	790	52	80	14	0.2	71
ribs unaccompanied							
ribs	184g	540	32	49	11	0.2	56
Half lifted coast	92g	270	16	25	5	0.1	26
Leg quarter and half lifted coast	230g	670	42	65	12	0.2	61
Quarter chest and lifted half-ribs	302g	670	33	51	10	0.2	51
Tender chicken breast fillets and lifted half-ribs	292g	820	48	74	9	0.2	46
sandwiches sensational unaccompanied							
Club sandwich	391g	770	29	45	8	0.2	41
Club sandwich mayonnaise with 2 portions	425g	990	53	82	12	0.3	62
Nanwich chicken and avocado	391g	850	51	78	9	0.5	48
Flatbread Grilled Chicken	582g	970	52	80	12	1	65
Sandwich and waffle fried chicken	415g	1310	73	112	25	0.3	127
Burgers and poutine unaccompanied							

Beef Burger	420g	1200	82	126	19	1.5	103
Burger crispy chicken breast fillets	289g	770	47	72	4.5	0.4	25
The gourmet burger	297g	820	52	80	9	0.4	47
Poutine Chicken	535g	1390	73	112	24	1	125
Poutine chicken Cornish Hen	772G	1880	88	135	26	1	135
Poutine classic	420g	1220	71	109	23	1	120
Poutine General Tao	525g	1720	92	142	25	1	130
Poutine Montreal smoked meat	432G	1270	82	126	27	1.5	143
Midi + unaccompanied							
Traditional chicken skewer	244g	390	23	35	2.5	0.2	14
Traditional chicken skewer with rice	444g	690	27	42	3	0.3	17
Half lifted coast	92g	270	16	25	5	0.1	26
Fish & chips	409g	1260	63	97	5	0.1	26
Fish & chips with tartar sauce	449g	1490	87	134	7	0.5	38
Grilled cheese Roastisserie Chicken	421g	1190	72	111	24	1	125
Hot chicken with peas and sauce	610g	620	7	11	2	0	10
Linguine with butterfly shrimp and sauce	543G	850	35	54	15	1	80
Poutine ribs	547g	1550	87	134	29	1	150
Quarter chicken (thigh)	138g	400	26	40	7	0.1	36
Quarter chicken (breast)	210g	400	17	26	5	0.1	26
Trendres chicken breast (3)	150g	410	24	37	2.5	0.1	13
Sandwich with chicken salad	325g	850	48	74	4.5	0.5	25
Chipotle Chicken Wrap	374g	1070	69	106	17	1	90
Chipotle Chicken Wrap with mayonnaise	434g	1500	115	177	21	1.5	113
Caesar Wrap with chicken and bacon	336g	700	37	57	7	0.2	36
Dessert							
Avalanche carrot	69g	220	9	14	2	0.1	11
Crispy Lemon-Lime	52g	130	6	9	3	0.5	18
Crispy yogurt and fruit	50g	140	7	11	3.5	0.2	19
Gentle apple	56g	160	8	12	2.5	0.1	13
Duo chocolate	62g	200	13	20	4	0.1	21
Cake cappuccino	57g	200	12	18	3	0.2	16
Children's Menu unaccompanied							
Accompanying fries	105g	430	21	32	1.5	0.1	8
Honey	21ml	70	0	0	0	0	0
sauce Cherry	60ml	100	0	0	0	0	0
Burger with tender chicken breast	176g	430	22	34	2	0.1	11
roasted chicken thigh	138g	400	26	40	7	0.1	36
Kool-Aid	360ml	110	0	0	0	0	0

Chocolate milk	278ml	210	6	9	4	0.2	21
Mini burger	76g	230	12	18	6	0.4	32
Chicken nuggets (5)	85g	270	19	29	2.5	0.1	13
Cheese tortellini	340g	580	12	18	1.5	0.2	9
Salad Bar - Salads							
iceberg lettuce	100g	15	0.1	1	0	0	0
Romaine lettuce	100g	15	0.3	1	0	0	0
Thai Asian salad and peas	100g	90	2	3	0.3	0	2
Beet salad	100 g	30	0	0	0	0	0
Carrot Salad	100g	120	5	8	1.5	0	8
Coleslaw	100g	80	4.5	7	0.5	0	3
fried cauliflower salad	100g	160	13	20	1.5	0.1	8
Salad Shrimp	100g	100	7	11	1	0	5
Salad with farfalle	100g	220	10	15	1	0	5
fennel salad and poppy	100g	90	3.5	5	0.5	0	3
Bean Salad and Feta	100g	110	8	12	2	0	10
Kale salad and citrus	100g	100	4	6	1.5	0	8
roasted corn salad	100g	90	1	2	0	0	0
Chickpea Salad	100g	170	10	15	1	0.2	6
potato salad and bacon bell	100g	130	5	8	1	0.1	6
Traditional potato salad	100g	170	13	20	1	0.2	6
Red Quinoa Salad	100g	100	4.5	7	0.4	0	2
Salad tabouleh	100g	60	1	2	0.1	0	1
Greek salad and cherry tomatoes	100g	35	2	3	0.3	0	2
Barley Salad and Pesto	100g	160	8	12	1	0	5
Salad Bar - Salads "season" (Available for a limited time)							
Chickpea Salad with Roasted Cauliflower	100g	160	10	15	1	0	5
Red Quinoa Salad (With carrots, yellow beets and cranberries)	100g	150	4.5	7	0.4	0	2
Salad bar - Dressings							
Olive oil	30ml	250	29	45	4	0	20
dip dijon	30ml	120	10	15	2	0	10
Balsamic vinegar	30ml	20	0	0	0	0	0
balsamic vinaigrette	30ml	70	7	11	1	0.1	6
Caesar dressing	30ml	140	15	23	1	0.1	6
Greek dressing	30ml	100	10	15	1.5	0.2	9
Italian dressing	30ml	80	8	12	0.5	0.1	3
Italian dressing light	30ml	20	1	2	0.1	0	1
house dressing	30ml	150	15	23	1	0.1	6
Honey mustard vinaigrette	30ml	150	12	18	1	0.1	6
ranch dressing	30ml	120	13	20	2	0.2	11
Salad bar - Vegetables							
Broccoli	100g	35	0.4	1	0	0	0
Carrot	100g	40	0	0	0	0	0

Celery	100g	15	0.2	1	0	0	0
Red cabbage	100g	30	0.2	1	0	0	0
Mushrooms	100g	20	0.3	1	0.1	0	1
Cucumber	100g	10	0.2	1	0	0	0
Zucchini	100g	15	0.3	1	0.1	0	1
edamame	100g	130	6	9	1	0	5
Bean sprouts	100g	30	0.2	1	0	0	0
Red onion	100g	40	0.1	1	0	0	0
Red bell pepper	100g	30	0.3	1	0	0	0
Radish (4 radish)	100g	15	0.1	1	0	0	0
Tomato	100g	20	0.2	1	0	0	0

Salad bar - Fruit

Pineapple	100g	50	0.1	1	0	0	0
Cantaloupe	100g	35	0.2	1	0.1	0	1
Clementine	100g	45	0.2	1	0	0	0
Kiwi	100g	60	0.5	1	0	0	0
Mandarin	100g	110	0	0	0	0	0
Watermelon	100g	30	0	0	0	0	0
Honeydew melon	100g	35	0.1	1	0	0	0
Orange	100g	45	0.1	1	0	0	0
Pear	100g	60	0.1	1	0	0	0
Apple	100g	50	0.2	1	0	0	0
Plum	100g	45	0.3	1	0	0	0
grapes	100g	70	0.2	1	0.1	0	1

Salad bar - Miscellaneous

soda crackers	2 cookies	45	1	2	0.2	0	1
Chili Beef and Beans	100g	90	4.5	7	1.5	0.1	8
Chorizo, diced	55g	160	14	22	5	0	25
Palm heart	30g	10	0	0	0	0	0
Pickles	30g	4	0	0	0	0	0
Pita Chips	50g	200	2	3	0	0	0
nachos chips	50g	210	10	15	1.5	0.4	10
croutons Caesar	10g	40	0.5	1	0.1	0	1
Blue cheese	30g	110	9	14	6	0.3	32
cheddar cheese	30g	120	10	15	6	0.3	32
cottage cheese 2%	30g	25	0.5	1	0.4	0	2
cheese nachos	30g	25	0.5	1	0.3	0	2
Parmesan cheese	30g	120	7	11	5	0.4	27
guacamole	30g	45	4	6	0.5	0	3
hummus house	30g	60	4.5	7	0.4	0.1	3
Hummus house with caramelized onions (With tahini)	30g	70	5	8	0.5	0.1	3
Pickled vegetables	30g	20	0	0	0	0	0
Seed Mix	30g	170	11	17	10	0	50
Bacon bits	10g	45	2	3	0.3	0	2
fried noodles	30g	120	3	5	0.3	0	2
cooked egg (1)	50g	70	5	8	1.5	0	8
kalamata olives	15g	30	2	3	0.5	0	3

Black olives	15g	15	1.5	2	0.2	0	1
Green olives	15g	20	2.5	4	0.3	0	2
Pico de Gallo	30g	10	0.3	1	0	0	0
pepper peperoncini	30g	10	0	0	0	0	0
tzatziki	30g	50	4	6	2.5	0.1	13

Salad bar - Proteins unaccompanied

Grilled chicken breast	112g	170	6	9	1	0	5
Grilled chicken breast thaie	146g	260	6	9	1	0	5

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Mud pie Turtles® (Espresso cup)	68 g	250	16	25	6	0.3	32
Mud pie Turtles® (Cappuccino cup)	135g	500	32	49	12	0.5	63
meatball stew	200g	220	10	15	4	0.3	22
meatpie without sauce	75g	230	15	23	4.5	3	38
mustard DuPuy lentil salad	100g	100	0.5	1	0	0	0
candy cane Zucchini Salad	100g	45	2	3	0.2	0	1
chai	223g	160	3.5	5	2	0.2	11
Latte with Turtles®	313g	350	11	17	8	0.2	41
hot chocolate with Turtles®	253g	400	14	22	11	0.2	56
Roasted Pepper Hummus	30g	60	4	6	0.3	0.1	2
Hummus with tahini	30g	70	5	8	0.5	0.1	3

desserts

hot donuts (5)	203g	670	27	42	12	0.3	62
decadent brownie	249g	760	36	55	17	0.4	87
Sundae (Sundae Scores)	387g	840	36	55	21	0.5	108
Chocolate cake	223g	790	49	75	23	0.5	118
Cheesecake Carrot	197g	630	31	48	13	0.1	66
Soft caramel chocolate fondant	219g	640	27	42	16	0.5	83
pudding unemployed	150g	400	15	23	2.5	0.1	13
Lemon pie	164g	610	23	35	14	0.5	73

beverages

soft drink (Coke)	453ml	200	0	0	0	0	0
soft drink (Diet Coke)	453ml	1	0	0	0	0	0
Vegetable juice (small)	224ml	45	0	0	0	0	0
Vegetable juice (large)	336ml	70	0	0	0	0	0
Tomato juice (small)	224ml	45	0	0	0	0	0
Tomato juice (large)	336ml	60	0	0	0	0	0
2% milk (small)	227ml	110	4.5	7	2.5	0.2	14
2% milk (large)	340ml	170	7	11	4	0.3	22
Orange juice (small)	227ml	110	0	0	0	0	0
Orange juice (large)	340ml	160	0	0	0	0	0
Apple juice (small)	227ml	90	0	0	0	0	0
Apple juice (large)	340ml	140	0	0	0	0	0

Notes:

Nutritional values come from laboratory analyzes, data providers and a database.

The percent daily value (% DV) are based on the average energy needs of an adult (2000 cal / day)

Cholesterol (mg)	Sodium (mg)	% DV Sodium	Carbohydrates (g)	Carbohydrates% DV	Fiber (g)	% Daily Fiber	Sugars (g)	Protein (g)
115	580	24	3	1	1	4	1	21
230	1160	48	5	2	1	4	3	42
40	1730	72	36	12	2	8	2	21
80	3460	144	73	24	4	16	4	42
210	2990	125	88	29	3	12	12	70
105	1910	80	63	21	2	8	3	38
130	1650	69	45	15	1	4	4	18
5	920	38	58	19	2	8	4	7
10	430	18	12	4	1	4	1	2
10	440	18	11	4	1	4	1	2
10	480	20	11	4	1	4	1	2
10	430	18	11	4	1	4	1	2
10	440	18	11	4	1	4	1	2
10	430	18	13	4	1	4	2	2
20	430	18	13	4	1	4	1	5
5	390	16	20	7	8	32	2	7
5	610	25	11	4	1	4	3	2
0	380	16	20	7	5	20	4	6
20	580	24	8	3	1	4	1	8
0	150	6	15	5	0	0	13	0.1
0	470	20	12	4	0	0	10	1
0	410	17	4	1	0	0	0	0.3
0	610	25	6	2	0	0	1	0.4
0	750	31	9	3	0	0	2	0
0	260	11	24	8	0	0	21	0.5
15	240	10	8	3	0	0	7	1

0	320	13	12	4	0	0	8	1
25	390	16	1	1	0	0	1	1
15	250	10	11	4	0	0	10	1
0	680	28	7	2	0	0	5	0
0	420	18	5	2	0	0	2	1
0	1380	58	12	4	2	8	5	0
20	230	10	1	1	0	0	1	1
30	330	14	1	1	0	0	1	1
0	250	10	2	1	0	0	1	0.3
0	840	35	107	36	9	36	0	8
10	810	34	77	26	6	24	0	9
0	310	13	12	4	3	12	5	2
0	160	7	15	5	1	4	2	3
0	10	1	47	16	4	16	2	4
65	540	23	50	17	4	16	4	19
0	700	29	30	10	3	12	0	3
0	560	23	58	19	2	8	1	5
15	45	2	51	17	2	8	0	6
5	210	9	10	3	3	12	7	1
5	990	41	30	10	3	12	9	4
110	1410	59	7	2	1	4	2	41
110	1970	82	65	22	3	12	3	46
150	3130	130	30	10	2	8	21	54
150	3690	154	88	29	3	12	22	59
110	1800	75	25	8	1	4	14	42
120	1840	77	75	25	3	12	14	48
155	1850	77	16	5	1	4	10	55
170	1900	79	66	22	2	8	10	61
115	1930	80	22	7	3	12	4	37
115	2490	104	80	27	4	16	5	42
130	1620	68	19	6	2	8	12	42
130	2180	91	77	26	3	12	14	47
145	200	8	0	0	0	0	0	49
145	1370	57	24	8	5	20	10	54
85	3030	126	78	26	7	28	14	39

170	3800	158	94	31	13	52	22	57
0	2080	87	95	32	10	40	23	13
85	2850	119	111	37	16	64	32	32
80	2130	89	139	46	13	52	4	34
100	2350	98	140	47	13	52	5	35
60	1240	52	3	1	1	4	1	31
185	1230	51	51	17	4	16	4	77
285	1580	66	55	18	2	8	2	101
575	2610	109	59	20	2	8	2	194
115	910	38	82	27	2	8	27	42
385	2170	90	46	15	4	16	4	99
95	2190	91	71	24	9	36	12	31
55	490	20	24	8	0	0	0	25
95	820	34	40	13	0	0	0	42
345	1150	48	2	1	0	0	0	101
160	580	24	0	0	0	0	0	41
185	570	24	2	1	0	0	0	60
315	1150	48	0	0	0	0	0	81
205	820	34	19	6	0	0	13	44
105	410	17	10	3	0	0	6	22
260	990	41	10	3	0	0	6	63
290	980	41	11	4	0	0	6	82
180	1070	45	41	14	0	0	6	56
165	1210	50	57	19	4	16	6	70
175	1370	57	57	19	4	16	7	70
95	1790	75	62	21	7	28	5	38
125	2470	103	79	26	9	36	10	45
95	1620	68	127	42	8	32	52	40

145	1840	77	73	24	7	28	11	43
50	1240	52	63	21	5	20	7	25
170	1590	66	41	14	2	8	8	47
175	2470	103	117	39	9	36	1	78
335	4310	180	151	50	10	40	4	130
70	2370	99	117	39	9	36	1	40
110	3160	132	174	58	9	36	32	59
120	2460	103	94	31	6	24	8	52
110	1410	59	7	2	1	4	2	41
110	1970	82	65	22	3	12	3	46
105	410	17	10	3	0	0	6	22
80	2130	89	139	46	13	52	4	34
100	2350	98	140	47	13	52	5	35
230	1880	78	65	22	3	12	6	70
170	2340	98	65	22	6	24	7	75
235	1080	45	95	32	6	24	3	37
175	2930	122	141	47	9	36	20	63
160	580	24	0	0	0	0	0	41
185	570	24	2	1	0	0	0	60
55	490	20	24	8	0	0	0	25
115	1300	54	60	20	3	12	6	44
100	1730	72	72	24	3	12	4	40
125	2110	88	73	24	3	12	5	41
85	1770	74	56	19	4	16	3	36
30	115	5	30	10	1	4	19	3
20	35	1	16	5	0	0	9	2
20	30	1	18	6	0	0	10	2
5	70	3	23	8	1	4	15	1
20	70	3	20	7	1	4	15	1
25	105	4	20	7	0	0	15	2
0	440	18	56	19	5	20	0	4
0	0	0	17	6	0	0	14	0
0	40	2	24	8	0	0	22	0
30	670	28	46	15	1	4	12	14
160	580	24	0	0	0	0	0	41
0	20	1	28	9	0	0	28	0

20	130	5	30	10	1	4	30	10
60	260	11	14	5	1	4	3	15
35	450	19	13	4	0	0	0	11
10	1750	73	98	33	6	24	11	17
0	10	1	3	1	1	4	2	1
0	10	1	3	1	2	8	1	1
0	140	6	16	5	2	8	7	3
0	190	8	7	2	1	4	5	0.2
5	100	4	19	6	3	12	13	2
5	180	8	8	3	2	8	6	1
0	150	6	8	3	0	0	0	2
5	330	14	5	2	1	4	2	5
0	170	7	26	9	2	8	2	5
0	95	4	15	5	2	8	12	1
5	200	8	8	3	2	8	4	3
5	360	15	13	4	2	8	8	3
0	160	7	18	6	2	8	4	2
0	115	5	16	5	3	12	2	4
5	200	8	15	5	1	4	1	3
5	110	5	12	4	1	4	1	2
0	540	23	14	5	2	8	1	3
0	400	17	13	4	3	12	1	2
0	50	2	5	2	1	4	2	1
0	320	13	21	7	4	16	1	4
0	290	12	15	5	3	12	1	4
0	340	14	25	8	2	8	6	4
0	0	0	0	0	0	0	0	0
10	170	7	6	2	0	0	5	1
0	0	0	6	2	0	0	0	0
0	310	13	3	1	0	0	3	0.1
10	170	7	0	0	0	0	0	0.2
0	270	11	3	1	0	0	1	0.3
0	280	12	2	1	0	0	1	0
0	350	15	2	1	0	0	2	0
0	270	11	3	1	0	0	3	0.2
10	210	9	9	3	0	0	8	1
5	180	8	2	1	0	0	1	0.4
0	35	1	7	2	3	12	2	3
0	75	3	9	3	3	12	6	1

0	80	3	3	1	1	4	2	1
0	25	1	7	2	2	8	4	1
0	5	1	3	1	1	4	2	3
0	2	1	2	1	1	4	1	1
0	10	1	3	1	1	4	2	1
0	0	0	8	3	5	20	1	13
0	5	1	6	2	2	8	4	3
0	4	1	9	3	2	8	4	1
0	4	1	6	2	2	8	4	1
0	40	2	3	1	2	8	2	1
0	5	1	4	1	1	4	3	1
0	1	1	13	4	1	4	10	1
0	15	1	8	3	1	4	7	1
0	1	1	12	4	2	8	9	1
0	3	1	15	5	3	12	9	1
0	20	1	25	8	1	4	21	1
0	4	1	10	3	1	4	9	0.4
0	20	1	9	3	1	4	8	1
0	0	0	12	4	2	8	9	1
0	1	1	15	5	3	12	10	0.4
0	1	1	14	5	2	8	10	0.3
0	0	0	11	4	1	4	10	1
0	2	1	18	6	1	4	15	1
0	125	5	8	3	0	0	0	1
10	350	15	10	3	3	12	2	6
35	520	22	1	1	0	0	0	8
0	85	4	1	1	0	0	0	0.5
0	240	10	1	1	0	0	0	0
0	340	14	36	12	2	8	2	7
0	60	3	27	9	3	12	1	3
0	45	2	8	3	1	4	1	1
25	410	17	1	1	1	4	1	6
25	230	10	0	0	0	0	0	7
0	95	4	2	1	0	0	1	4
0	160	7	4	1	0	0	1	0.2
30	640	27	4	1	0	0	0	10
0	115	5	3	1	2	8	1	1
0	95	4	5	2	1	4	0	1
0	80	3	5	2	1	4	0	2
0	310	13	1	1	2	8	1	1
0	20	1	10	3	3	12	5	8
0	75	3	3	1	1	4	1	4
5	300	13	19	6	1	4	0	3
200	70	3	1	1	0	0	0	6
0	240	10	0	0	1	4	0	0.3

0	110	5	1	1	0	0	0	0.1
0	230	10	1	1	0	0	0	0.2
0	30	1	1	1	0	0	1	0.3
0	190	8	2	1	1	4	0	0.3
15	260	11	2	1	0	0	2	1
 								
85	960	40	2	1	0	0	0	28
85	1350	56	19	6	0	0	16	28
 								
45	95	4	24	8	1	4	18	3
95	190	8	48	16	2	8	36	6
75	420	18	9	3	0	0	3	23
30	260	11	11	4	1	4	1	10
0	590	25	14	5	7	28	2	6
 								
0	95	4	6	2	2	8	4	1
15	75	3	26	9	0	0	27	6
15	390	16	58	19	0	0	53	6
15	330	14	61	20	1	4	55	7
 								
0	85	4	5	2	1	4	0	1
0	90	4	5	2	1	4	0	2
 								
0	380	16	103	34	3	12	64	8
65	240	10	106	35	4	16	74	9
130	380	16	122	41	1	4	75	7
70	520	22	86	29	6	24	56	9
25	620	26	72	24	2	8	50	9
 								
120	160	7	97	32	4	16	71	7
45	270	11	67	22	0	0	57	3
45	260	11	72	24	1	4	59	8
 								
0	10	1	51	17	0	0	54	0
0	20	1	0	0	0	0	0	0
0	550	23	10	3	0	0	9	2
0	820	34	15	5	0	0	14	3
0	520	22	9	3	1	4	6	1
0	780	33	13	4	2	8	9	2
20	95	4	11	4	0	0	11	7
25	140	6	16	5	0	0	17	11
0	20	1	26	9	0	0	23	0
0	25	1	39	13	0	0	34	0
0	15	1	24	8	0	0	22	0
0	20	1	35	12	0	0	33	0

% DV Vitamin A	% DV vitamin C	% DV Calcium	% DV Iron
25	2	4	8
50	4	6	15
40	2	45	15
80	6	90	25
25	2	60	50
8	2	25	25
0	0	10	10
0	4	6	15
15	20	2	4
10	2	2	4
10	2	2	4
10	10	2	4
30	8	4	6
15	4	2	6
15	4	2	4
4	10	2	15
15	25	2	4
8	4	4	15
8	0	2	4
0	2	0	0
2	2	0	2
2	0	0	0
2	0	0	0
4	4	2	4
0	4	2	4
2	0	0	0

0	0	0	0
2	2	0	2
0	0	0	2
4	0	0	2
0	0	2	2
20	30	0	4
2	2	0	2
2	4	0	2
0	0	2	2



0	100	4	15
8	80	10	15
15	70	4	6
0	0	2	6
0	30	2	6
25	30	35	6
2	0	2	4
6	25	4	20
4	0	4	25
2	60	4	4
6	60	6	10



2	20	0	6
6	40	4	30
2	20	4	15
8	45	6	35
2	20	0	8
6	20	4	30
2	20	0	15
6	20	4	40
15	70	15	15
20	90	20	35
8	35	25	10
15	60	25	35



0	0	4	20
15	80	10	40
25	115	30	35

70	145	80	40
40	225	30	40
80	260	80	45
0	100	8	25
2	110	8	25
6	45	2	4
25	10	25	35
4	4	25	40
8	6	30	50
10	20	8	35
35	50	8	30
10	50	15	25
0	0	0	15
0	0	0	20
4	0	6	15
4	0	4	8
2	0	2	8
6	0	8	20
0	0	6	20
0	0	2	10
4	0	6	20
2	0	6	20
0	0	2	30
25	15	8	40
25	15	10	40
15	60	25	30
30	60	25	40
35	35	8	45

8	25	25	50
0	30	6	25
6	6	10	20
25	100	80	25
30	90	80	60
25	100	80	15
25	100	70	25
25	70	70	20

2	20	0	6
6	40	4	30
0	0	2	10
0	100	8	25
2	110	8	25
70	10	60	45
25	35	10	40
35	10	10	50
25	100	80	30
4	0	4	8
2	0	2	8
0	0	0	15
10	4	4	35
25	40	50	35
25	40	50	40
80	8	25	35

15	2	4	6
4	2	2	2
4	2	2	2
2	2	2	4
2	2	2	8
2	2	2	4
0	50	2	8
0	0	0	0
0	0	0	0
6	6	4	20
4	0	4	8
0	0	4	0

35	20	25	10
4	0	8	10
0	0	0	8
0	0	20	15
6	4	2	2
90	6	2	6
6	45	2	8
0	15	4	10
130	10	2	8
2	50	4	4
0	40	4	6
6	35	2	2
6	8	2	10
6	20	6	6
8	15	6	6
40	90	6	6
2	10	0	8
2	10	2	6
2	20	0	4
2	15	2	2
10	35	2	10
20	70	4	10
6	20	2	4
2	10	2	6
2	20	4	8
20	10	2	15
0	0	0	0
2	0	0	0
0	0	0	0
0	0	0	0
0	0	0	0
0	0	0	0
0	0	0	0
0	0	0	0
0	0	0	0
0	0	0	2
0	0	0	0
6	150	4	6
70	15	2	4

4	6	4	2
10	100	4	6
0	4	0	4
0	6	2	2
2	30	2	2
2	10	8	20
0	20	2	6
0	10	2	2
30	210	0	4
0	25	2	2
8	25	0	2
0	80	2	2
35	60	0	2
0	80	2	2
0	150	4	2
2	45	2	2
4	8	0	2
0	30	0	2
2	90	4	0
0	8	0	2
0	8	0	0
4	15	0	2
0	6	0	2
0	0	0	4
2	6	4	8
2	0	2	4
0	4	2	0
2	2	2	2
0	0	4	0
0	2	4	6
0	0	0	4
10	0	15	0
10	0	20	0
0	0	4	0
0	2	2	0
4	0	30	0
0	8	0	0
0	2	0	2
0	2	0	2
6	0	4	4
2	0	2	10
0	0	2	4
0	0	0	6
10	0	2	8
0	0	0	0

0	0	2	4
0	0	0	0
4	25	0	0
0	0	0	0
4	0	4	0
0	0	0	4
2	2	0	4
0	0	2	8
0	0	4	15
0	2	4	15
0	2	2	10
4	10	2	10
25	20	2	4
10	0	20	0
8	0	20	10
10	0	20	15
2	6	0	2
0	2	0	2
0	0	4	120
15	4	15	40
10	0	20	40
10	0	8	6
90	4	6	6
15	2	8	50
2	0	2	6
6	2	20	4
0	0	0	0
0	0	0	0
4	90	2	4
6	140	2	6
6	20	2	10
8	30	4	15
10	0	25	0
20	2	35	0
0	90	2	2
0	140	2	2
0	90	0	2
0	140	0	2