

Kitchen Fresh Foods Nutritional Values 2013

No.	Description	KFF Healthy Identified	User Defined Code	Weight Watcher		Net Weight (oz)	Portion	CALORIES	CALORIES FROM FAT	% CALORIES FROM FAT	CARB TOTAL	FAT SATURATED	% FAT SATURATED	FAT TOTAL	FAT TRANS	FIBER	PROTEIN	SUGAR	SODIUM	CHOLESTEROL	VITAMIN A	VITAMIN C	IRON	CALCIUM
				Points	Points Plus																			
801	1/4# ALL BEEF CHILI DOG			12	13	7.4	1 EA	510	270	53	34	10	18	30	0	2	22	4	1690	70	15	0	20	6
1024	1/4# ANGRY BURGER			11	12	5.7	1 EA	450	250	54	26	10	20	27	1	0	27	3	1180	75	8	0	15	25
899	1/4# BBQ BURGER			10	11	5.9	1 EA	430	170	38	43	5	10	18	1	2	22	13	1030	45	0	4	20	6
971	1/4# CHEESEBURGER			11	12	6.3	1 EA	460	220	47	37	10	20	24	1	1	24	4	1120	55	4	0	15	15
712	1/4# CHILI CHEESEBURGER			11	13	7.3	1 EA	490	230	46	39	10	18	25	1	2	26	5	1290	60	15	0	20	15
731	1/4# CORN DOG WITH MUSTARD			8	8	6.0	1 EA	310	170	55	25	5	15	19	0	1	10	9	1420	25	0	0	10	0
1023	1/4# CUBAN BURGER			11	12	7.0	1 EA	470	220	46	30	10	19	24	1	1	32	4	1810	80	4	0	20	10
824	1/4# ISLANDER			11	12	5.9	1 EA	460	240	49	38	10	20	25	1	2	22	8	1140	60	0	0	20	6
964	1/4# MUSHROOM AND SWISS			13	14	8.3	1 EA	530	260	48	40	15	25	28	1	1	29	4	1690	75	6	0	15	25
816	1/4# PEPPERONI PIZZABURGER			13	15	7.5	1 EA	570	260	46	48	10	16	29	1	2	31	7	1450	65	10	0	20	20
976	1/4LB ALL BEEF HOT DOG ONIONS			12	13	6.7	1 EA	490	260	53	33	10	18	29	0	1	20	4	1500	65	0	0	15	4
645	ALL AMERICAN BREAKFAST			14	16	7.7	1 EA	560	290	56	46	10	16	35	0	3	20	3	1020	120	0	8	10	6
911	AMERICAN DOG			9	10	4.3	1 EA	360	200	55	28	5	13	22	0	0	12	3	1020	45	2	0	8	10
776	APPLES (WRAPPED)	Yes	FK	0	0	1.0	1 EA	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1014	ASIAN NOODLE SALAD	Yes	FK	14	17	8.5	1 EA	660	180	26	97	1	1	19	0	6	22	15	400	15	10	50	25	4
774	AUGRATIN POTATOES WITH HAM			7	9	10.0	1 EA	330	70	25	52	2	5	9	0	5	11	6	1890	20	4	25	8	4
420	BA APPLE TURNOVER DANISH	K		3	3	5.0	1 EA	110	50	49	13	3	25	6	0	1	2	6	60	5	0	6	4	0
421	BA BEAR CLAW	K		3	3	5.0	1 EA	120	60	53	14	3	23	7	0	1	2	6	60	10	0	0	4	0
426	BA BLUEBERRY CREME	K		12	14	5.0	1 EA	500	260	50	54	15	27	28	0	2	8	16	280	20	0	8	10	4
435	BA CHEESE COFFEE CAKE	K		10	11	4.0	1 EA	400	210	54	42	10	23	24	0	0	6	13	210	50	4	6	10	4
425	BA CHEESE CROISSANT	K		12	14	5.0	1 EA	500	260	54	52	15	27	30	0	2	8	16	260	30	4	8	10	4
422	BA CHEESE N BERRIES	K		3	3	5.0	1 EA	130	70	48	13	4	24	7	0	1	2	4	70	10	0	2	4	0
437	BA CREME CHEESE COFFEE CAKE	K		3	3	4.0	1 EA	110	60	57	13	2	16	7	0	0	2	7	70	20	0	0	2	4
440	BA FRENCH SWEETIE	K		12	15	4.5	1 EA	520	230	47	65	15	26	27	0	2	9	27	20	45	0	4	15	8
424	BA VIENA CREAM	K		3	3	5.0	1 EA	120	60	53	14	4	26	7	0	1	2	5	70	5	0	2	4	0
754	BACN EGG CHEESE ON TEXAS TOAST			6	7	4.6	1 EA	280	90	32	32	4	11	10	0	0	14	2	840	60	4	0	8	10
975	BACON CHEESEBURGER			9	10	4.3	1 EA	360	170	50	25	10	25	20	1	0	20	3	1000	50	2	0	10	10
681	BACON EGG CHEESE CROISSANT			7	8	3.6	1 EA	300	150	48	25	5	15	16	0	1	11	3	630	95	10	0	10	15
757	BAGEL WITH CREAM CHEESE PACKET	K		8	10	6.0	1 EA	380	90	24	64	5	12	10	0	2	11	5	760	30	4	0	20	8
794	BANANA PARFAIT	K		9	11	6.0	1 EA	400	150	38	58	10	23	17	0	1	5	38	480	10	2	0	6	20
985	BBQ BEEF SANDWICH	Yes	F	6	7	4.7	1 EA	280	35	13	47	2	5	4	0	1	13	19	920	15	0	6	15	0
983	BBQ CHICKEN	Yes	FG	6	7	4.7	1 EA	290	35	12	48	1	3	4	0	2	15	20	630	20	0	6	10	0
982	BBQ PORK SANDWICH	Yes	FG	7	8	4.7	1 EA	310	60	20	45	3	9	7	0	1	17	17	720	30	0	6	15	0
961	BBQ RIB SANDWICH			11	13	6.5	1 EA	470	190	42	47	5	10	22	0	3	23	16	1150	35	4	4	20	10
502	BEAN & CHEESE BURRITO			7	9	5.0	1 EA	350	100	28	52	3	8	11	0	4	11	1	680	5	0	0	20	8
792	BEAN AND HAM SOUP	Yes	F	5	5	12.5	1 EA	270	70	23	36	1	2	7	0	24	13	3	1600	10	4	4	10	4
923	BEEF & CHEDDAR ON A BUN	Yes	F	4	6	4.5	1 EA	220	50	20	28	3	10	5	0	2	15	5	950	25	0	0	10	8
1512	BEEF & CHEDDAR STCKS			10	10	4.0	1 EA	360	250	70	2	15	38	28	0	0	24	0	760	100	10	0	4	40
1515	BEEF & PEPPER JACK STICKS			10	10	4.0	1 EA	360	250	70	2	15	38	28	0	0	24	0	740	100	10	0	4	40
1519	BEEF & STRING CHEESE			8	8	4.0	1 EA	300	180	60	2	10	30	20	0	0	26	0	740	70	8	0	4	40
501	BEEF AND BEAN BURRITO			9	10	5.0	1 EA	390	160	39	48	5	12	17	0	3	12	1	620	20	0	2	20	6
840	BEEF RAVIOLI CASSEROLE			6	8	10.3	1 EA	300	90	30	34	5	15	10	0	6	20	7	810	35	6	0	15	8
503	BEEF RED HOT BURRITO			8	10	5.0	1 EA	370	150	39	45	5	12	16	0	2	11	2	790	20	8	4	15	6
791	BEEF VEGETABLE SOUP	Yes	F	3	4	11.8	1 EA	150	30	18	24	1	3	3	0	2	8	4	1290	15	20	8	4	0
614	BELLY BENDER			19	22	15.3	1 EA	850	270	32	90	10	11	30	0	3	49	13	3570	130	10	0	25	30
918	BIG GUY SUB 8"		G	18	20	9.6	1 EA	720	350	50	61	15	19	40	0	1	30	18	2540	120	6	2	15	15
1028	BIG MOUTH CHEESEBURGER			16	17	8.6	1 EA	680	350	50	40	20	26	38	2	4	39	6	1960	110	8	0	30	25

Kitchen Fresh Foods Nutritional Values 2013

No.	Description	KFF Healthy Identified	User Defined Code	Weight Watcher		Net Weight (oz)	Portion	CALORIES	CALORIES FROM FAT	% CALORIES FROM FAT	CARB TOTAL	FAT SATURATED	% FAT SATURATED	FAT TOTAL	FAT TRANS	FIBER	PROTEIN	SUGAR	SODIUM	CHOLESTEROL	VITAMIN A	VITAMIN C	IRON	CALCIUM
				Points	Points Plus																			
671	BISCUIT & SAUS COUNTRY GRAVY		K	16	17	8.8	1 EA	620	390	62	45	25	36	43	3	1	11	5	1670	40	0	0	20	4
709	BLUEBERRY BAGEL CREAM CHEESE	Yes	FK	8	10	6.0	1 EA	380	90	24	64	5	12	10	0	2	11	7	690	30	4	0	20	8
722	BLUEBERRY YOGURT PARFAIT	Yes	FK	4	6	8.5	1 EA	220	15	6	44	0	0	2	0	3	8	23	210	4	15	0	4	20
968	BOLOGNA & CHEESE ON WHITE WDG			9	9	4.0	1 EA	340	180	56	27	5	13	21	0	0	11	3	900	40	6	0	10	10
967	BOLOGNA ON WHOLE WHEAT WEDGE		G	8	9	4.1	1 EA	330	180	57	28	5	14	21	0	2	10	3	830	35	2	0	10	4
739	BRAT & HAMBURGER SANDWICH			14	15	6.4	1 EA	580	340	57	32	15	23	37	0	1	25	4	1350	90	6	0	15	20
737	BRAT BURGER			9	9	4.0	1 EA	360	190	50	31	5	13	20	0	1	11	4	630	40	0	0	15	4
738	BRAT BURGER WITH ONIONS & SWISS			10	11	4.8	1 EA	410	230	53	31	10	22	24	0	1	14	5	840	55	2	0	15	15
946	BRATWURST SANDWICH			9	10	4.9	1 EA	380	180	47	31	5	12	20	0	1	15	3	1150	45	0	0	10	4
978	BRAUNSCHWEIGER SANDWICH WEDGE			8	9	4.4	1 EA	340	180	50	30	5	13	19	0	2	12	6	850	105	100	0	30	4
793	BREAD PUDDING			11	14	7.3	1 EA	500	120	23	91	5	9	13	0	1	9	67	410	100	10	0	10	15
666	BREADED CHUCKWAGON			10	11	4.9	1 EA	440	170	37	51	5	9	18	1	3	16	7	1010	20	2	0	15	8
836	BREAKFAST BURRITO			8	10	7.5	1 EA	390	130	35	50	5	12	15	0	4	13	2	860	120	10	25	15	25
714	BROCCOLI CAULIFLOWER PASTA SLD	Yes	FKG	9	12	6.0	1 EA	460	100	20	80	2	4	10	0	3	13	28	520	25	2	30	15	6
706	BROWNIES			10	12	3.8	1 EA	440	180	41	64	10	20	20	0	2	6	40	330	45	0	0	15	0
625	BRUNCH BURGER			10	11	5.4	1 EA	400	190	47	30	10	23	21	1	1	22	5	1000	125	4	0	15	15
1042	BUFFALO CHICKEN SALAD WEDGE	Yes	F	5	6	4.4	1 EA	210	60	26	28	1	4	6	0	1	13	3	410	20	0	0	8	4
827	BUFFALO CHICKEN SANDWICH	Yes	F	8	9	6.1	1 EA	360	120	33	38	3	8	13	0	3	21	6	830	45	2	0	15	6
615	BUFFALO FINGERS			9	11	5.3	1 EA	390	240	62	20	5	12	27	0	3	18	0	1200	45	4	0	10	8
1054	BUFFALO SNACKER			6	7	4.2	1 EA	280	100	32	36	2	5	10	0	1	11	3	700	20	0	0	10	8
609	BURRITO & RICE			9	11	8.5	1 EA	430	150	33	61	5	10	16	0	4	10	2	1030	15	15	10	20	4
1066	CAESAR SLD MM no drs		K	5	6	6.0	1 EA	220	120	53	10	5	18	13	0	2	14	2	550	105	25	4	8	2
690	CAJUN TURKEY SUB			15	18	12.2	1 EA	700	180	27	91	5	6	21	0	3	34	11	2130	95	8	2	20	20
781	CANADIAN HAM EGG CHEESE MUFFIN			6	7	5.0	1 EA	270	90	30	29	4	13	9	0	1	17	3	1040	110	4	0	15	25
676	CANADN HAM EGG & CHEESE CROISS			7	8	5.0	1 EA	310	140	41	26	5	15	14	0	1	16	5	990	110	10	0	10	15
962	CARROT CAKE			8	9	3.4	1 EA	330	150	44	41	5	14	16	0	2	4	26	260	35	6	0	4	4
1037	CARROT SNACK PACK		K	4	4	5.5	1 EA	160	100	62	13	3	14	11	0	3	2	8	240	10	170	15	0	2
945	CHEDDAR CHEESE ON WHOLE WHEAT			10	11	4.2	1 EA	400	210	54	26	15	34	24	0	2	19	2	680	65	15	0	8	45
662	CHEDDARHEAD BRAT			11	12	5.5	1 EA	430	270	63	30	10	21	30	0	1	17	3	1210	65	0	8	10	10
988	CHEESE SANDWICH			9	10	3.8	1 EA	360	180	53	26	10	25	21	0	0	14	2	1080	50	15	0	8	35
947	CHEESE STEAK SANDWICH			10	12	5.4	1 EA	440	210	49	34	10	20	24	1	3	22	4	880	50	2	0	10	20
925	CHEESEBURGER			9	10	4.4	1 EA	360	160	48	29	5	13	19	1	1	19	4	900	45	2	0	15	15
875	CHEESEBURGER CASSEROLE			15	18	8.8	1 EA	690	200	29	89	10	13	22	0	4	29	6	740	50	6	0	25	20
972	CHEESY GRILLWURST			11	12	5.5	1 EA	440	230	53	31	10	20	26	0	1	17	4	1300	60	2	0	10	10
696	CHEF SALAD BWL FRENCH			6	7	9.0	1 EA	260	120	48	13	5	17	14	0	2	22	5	1110	140	15	10	10	20
697	CHEF SALAD BWL RANCH		G	6	7	9.0	1 EA	260	120	48	13	5	17	14	0	2	22	5	1110	140	15	10	10	20
1052	CHEF SALAD MM no drs		K	6	7	7.1	1 EA	260	120	48	11	5	17	14	0	1	21	4	1100	140	30	4	10	20
969	CHEF SALAD WITH FRENCH	Yes	FG	3	3	6.2	1 EA	120	40	30	10	1	8	4	0	1	10	4	540	95	10	10	10	0
959	CHEF SALAD WITH RANCH	Yes	FG	3	3	6.2	1 EA	120	40	30	10	1	8	4	0	1	10	4	540	95	10	10	10	0
1062	CHIC SPNCH MM no drs		K	6	7	5.0	1 EA	280	150	55	13	5	16	17	0	4	19	0	820	115	50	15	20	2
873	CHICAGO STYLE BEEF COMBO			13	13	9.9	1 EA	530	250	48	31	10	17	28	0	1	31	2	2240	95	0	0	20	6
853	CHICAGO STYLE ITALIAN BEEF	Yes	F	9	11	9.6	1 EA	450	70	16	57	2	4	8	0	3	31	5	1610	60	4	20	30	6
854	CHICAGO STYLE ITALIAN SAUSAGE			10	12	6.4	1 EA	430	230	52	34	10	21	25	0	1	16	4	1240	50	4	20	10	8
797	CHICKEN & DUMPLING SOUP	Yes	FK	5	7	13.1	1 EA	260	50	21	39	1	3	6	0	2	14	2	1840	70	20	4	8	0
970	CHICKEN & SWISS WHEAT BUN			9	10	5.2	1 EA	390	190	46	27	10	23	20	0	3	24	3	1070	75	6	0	10	25
664	CHICKEN AND CHEDDAR	Yes	F	8	10	4.6	1 EA	380	130	33	46	4	9	14	0	2	14	5	790	25	0	0	10	10
825	CHICKEN BOWTIE PASTA SALAD		K	12	15	7.0	1 EA	560	210	37	65	5	8	23	0	4	21	6	980	40	4	6	15	10
612	CHICKEN CAESAR WRAP		K	8	11	10.2	1 EA	420	70	17	60	3	5	8	0	5	27	4	690	40	25	6	15	10

Kitchen Fresh Foods Nutritional Values 2013

No.	Description	KFF Healthy Identified	User Defined Code	Weight Watcher		Net Weight (oz)	Portion	CALORIES	CALORIES FROM FAT	% CALORIES FROM FAT	CARB TOTAL	FAT SATURATED	% FAT SATURATED	FAT TOTAL	FAT TRANS	FIBER	PROTEIN	SUGAR	SODIUM	CHOLESTEROL	VITAMIN A	VITAMIN C	IRON	CALCIUM
				Points	Points Plus																			
832	CHICKEN CORDONBLEU			12	13	6.4	1 EA	510	230	44	45	5	9	25	0	3	25	3	1490	60	4	0	20	15
887	CHICKEN ENCHILADA WRAP			10	12	7.5	1 EA	450	150	34	51	5	10	17	0	3	24	2	940	55	10	6	15	25
1029	CHICKEN FAJITA SANDWICH			9	10	6.4	1 EA	390	180	44	28	5	12	19	0	2	24	5	820	60	6	20	15	20
718	CHICKEN FINGERS FIREY W/RANCH			14	15	6.3	1 EA	530	380	71	23	5	8	42	0	3	18	2	1410	70	2	0	15	15
720	CHICKEN FINGERS HONEY MUSTARD			16	18	6.3	1 EA	640	430	68	35	10	14	48	0	3	18	13	1420	65	2	0	10	8
719	CHICKEN FINGERS WITH BBQ SAUCE			12	13	6.3	1 EA	500	240	49	46	5	9	27	0	3	18	25	1510	45	2	10	10	8
799	CHICKEN NOODLE SOUP	Yes	F	4	6	10.9	1 EA	210	45	19	32	1	2	5	0	2	12	2	1060	45	15	4	6	0
881	CHICKEN PARMESAN CASSEROLE		K	16	20	10.8	1 EA	760	190	24	107	5	6	20	0	6	35	10	1040	50	15	25	35	20
838	CHICKEN PARMESAN SNACKER			7	9	4.5	1 EA	320	130	39	35	4	10	14	0	2	14	4	830	20	8	0	10	15
834	CHICKEN PATTY SANDWICH			9	11	5.0	1 EA	420	180	43	44	4	9	20	0	3	15	4	860	30	2	0	15	8
657	CHICKEN PEPPERCORN WRAP			10	12	7.0	1 EA	450	220	50	41	5	10	25	0	4	16	4	920	35	4	35	15	20
898	CHICKEN SALAD CROISSANT		G	8	9	5.0	1 EA	350	150	39	37	5	13	15	0	1	15	11	550	35	6	2	8	6
1074	CHICKEN SALAD CROISSANT DELUXE		K	10	11	7.0	1 EA	430	190	42	42	5	10	20	0	2	21	15	740	60	8	4	8	6
1064	CHICKEN SALAD DELUXE		KG	8	10	6.5	1 EA	360	130	35	38	3	8	14	0	3	23	14	740	60	0	2	10	2
920	CHICKEN SALAD WHEAT WEDGE		G	7	8	4.6	1 EA	300	110	36	33	3	9	12	0	2	15	9	620	35	2	0	8	4
771	CHICKEN SALAD WHITE WEDGE			7	8	4.6	1 EA	300	110	36	33	3	9	12	0	0	15	9	630	35	2	0	8	4
759	CHICKEN SNACKER			6	8	3.8	1 EA	280	100	35	36	2	6	11	0	1	10	6	730	15	0	2	10	6
700	CHICKEN SPINACH BOWL SALAD			6	7	5.0	1 EA	280	150	55	13	5	16	17	0	4	19	0	820	115	50	15	20	2
932	CHILI DOG			8	9	5.0	1 EA	350	170	49	30	5	13	19	0	1	13	4	980	40	15	0	10	15
848	CHILI MAC	Yes	FK	8	10	11.9	1 EA	380	80	21	56	3	7	9	0	6	18	5	1130	25	10	15	20	6
847	CHILI WHITE CHICKEN		K	6	6	12.3	1 EA	300	100	33	36	2	5	11	0	20	13	1	1540	15	0	10	10	4
1025	CHIPOTLE BACON BURGER			10	11	4.3	1 EA	400	220	59	26	5	11	26	1	0	18	3	950	40	0	0	10	4
699	CHIX CAESAR BOWL SALAD			5	6	8.1	1 EA	230	120	51	12	5	18	13	0	2	15	4	560	105	15	10	10	2
1027	CHIX CORDON BLEU SNACKER			8	9	4.3	1 EA	340	150	42	33	5	12	16	0	1	15	4	1020	35	6	0	10	15
942	CHIX SALAD ON WHOLE GRAIN BUN	Yes	FG	6	7	4.5	1 EA	280	90	29	33	3	10	9	0	3	17	11	610	35	0	0	6	6
812	CHOCOLATE PEANUTBUTTER PARFAIT		K	10	12	5.9	1 EA	430	180	42	56	10	21	20	0	2	6	39	530	10	0	0	10	10
1059	CHORIZO BISCUIT			12	13	5.3	1 EA	490	280	57	37	20	37	31	0	1	15	4	1280	205	15	0	15	15
667	CHORIZO SAUSAGE			12	13	5.5	1 EA	490	250	50	33	10	18	27	0	2	24	4	1700	60	35	6	15	8
1047	CHORIZO W/SPANISH RICE		K	12	14	10.2	1 EA	530	240	44	50	10	17	26	0	3	20	4	2030	50	50	20	15	8
913	CHUCKWAGON			11	12	5.7	1 EA	450	220	48	37	10	20	24	0	1	20	5	1430	70	8	0	10	30
640	CHUCKWAGON POPPYSEED			11	12	5.0	1 EA	450	210	46	38	10	20	23	0	1	20	5	1450	70	8	0	15	30
643	CHUCKWAGON WEDGE			9	10	4.5	1 EA	350	180	54	28	10	26	21	0	0	13	2	1060	50	6	0	15	10
707	CINN RAISIN BAGEL CREAM CHEESE	Yes	FK	10	13	6.0	1 EA	480	80	21	78	10	19	11	0	1	15	9	820	30	4	15	30	8
886	CINNAMON ROLL		K	11	16	7.0	1 EA	500	290	38	95	5	9	21	5	3	8	22	660	3	15	0	20	4
1038	CLASSIC CHEESE BURGER		G	7	8	4.7	1 EA	310	130	41	29	5	15	14	0	1	15	4	750	35	6	8	15	10
768	CNTRY CLUB HAM & TURKEY FRENCH	Yes	F	10	12	8.4	1 EA	480	80	21	64	2	4	11	0	2	28	8	1630	60	0	0	15	4
1015	COBB SLD MM no drs		KG	8	9	10.2	1 EA	360	170	48	21	5	13	19	0	2	25	4	740	190	40	20	15	4
725	CORNED BEEF ON RYE ROLL			7	9	5.2	1 EA	350	120	33	33	5	13	13	0	3	24	2	1540	65	4	0	10	15
990	CORNED BEEF ON RYE WEDGE	Yes	F	5	6	4.0	1 EA	230	60	27	27	2	8	7	0	2	14	0	930	30	2	0	10	0
798	CREAM OF BROCCOLI SOUP			7	8	10.9	1 EA	300	120	39	43	5	15	13	0	1	5	6	2030	5	4	2	6	30
796	CREAM OF CHICKEN SOUP			7	9	13.7	1 EA	320	120	37	42	5	14	13	0	1	10	7	2220	20	20	4	8	2
740	DELI-COMBO			17	18	8.4	1 EA	700	320	45	63	15	19	35	0	2	30	6	1760	110	8	0	20	30
729	DELI-FAVORITE SUB			14	15	7.7	1 EA	580	290	47	41	15	23	30	0	2	31	3	2250	100	10	0	20	35
741	DELI-SELECT			17	19	8.5	1 EA	730	340	44	58	15	18	36	0	2	36	6	2340	125	8	0	15	35
735	DELUXE COMBO SUB			12	14	8.5	1 EA	540	210	35	46	10	17	21	0	2	36	4	2490	105	10	0	20	40
966	DOUBLE CHEESEBURGER		G	12	13	5.9	1 EA	480	250	53	30	15	28	28	1	1	27	4	1320	75	6	0	15	20
653	DOUBLE CIABATTA BURGER		K	13	15	8.9	1 EA	560	200	39	59	10	16	24	1	3	31	2	1510	60	10	15	25	8
678	EGG SALAD CROISSANT			8	9	4.8	1 EA	320	150	45	34	5	14	16	0	1	11	8	530	205	10	0	15	10

Kitchen Fresh Foods Nutritional Values 2013

No.	Description	KFF Healthy Identified	User Defined Code	Weight Watcher		Net Weight (oz)	Portion	CALORIES	CALORIES FROM FAT	% CALORIES FROM FAT	CARB TOTAL	FAT SATURATED	% FAT SATURATED	FAT TOTAL	FAT TRANS	FIBER	PROTEIN	SUGAR	SODIUM	CHOLESTEROL	VITAMIN A	VITAMIN C	IRON	CALCIUM
				Points	Points Plus																			
1073	EGG SALAD CROISSANT DELUXE		K	10	11	7.0	1 EA	410	200	48	37	10	22	22	0	1	16	10	760	360	15	2	20	15
1063	EGG SALAD DELUXE		K	10	11	7.9	1 EA	430	180	40	40	5	10	19	0	3	21	12	920	440	15	0	25	10
1070	EGG SALAD ON RYE DELUXE		K	8	10	6.5	1 EA	370	130	34	44	4	9	14	0	3	17	5	1140	290	8	0	20	10
903	EGG SALAD SANDWICH WEDGE		G	7	7	4.4	1 EA	280	110	39	30	4	13	12	0	0	11	6	610	205	8	0	15	8
783	EGG SALAD WHEAT WEDGE		G	6	7	4.4	1 EA	280	110	39	30	4	13	12	0	2	11	6	600	205	8	0	15	8
993	EGG-N-MUFFIN	Yes	FG	5	6	4.0	1 EA	210	60	26	28	2	6	6	0	1	11	2	440	160	4	0	15	20
613	ELIMINATOR			24	28	14.2	1 EA	1020	500	49	91	15	13	56	0	3	38	6	2420	115	4	4	25	30
1016	ENCHILADA CHICKEN		K	10	11	10.2	1 EA	440	210	47	32	10	20	23	0	5	24	2	1450	70	25	15	10	20
1076	EVERYTHING BAGEL W/CRM CHS	Yes		11	14	6.0	1 EA	530	90	17	96	5	8	10	0	4	17	6	770	30	4	0	25	15
748	FARMERS BREAKFAST		K	9	10	8.0	1 EA	400	210	52	29	10	23	23	0	3	18	0	480	260	15	35	8	15
619	FIESTA BURGER			15	16	8.8	1 EA	610	340	56	39	15	22	38	2	1	27	5	1080	90	6	6	20	20
977	FISH & CHEESE/TARTAR PACKET	Yes	F	9	10	5.1	1 EA	360	150	40	39	3	8	16	0	0	15	5	990	40	2	0	10	10
803	FRENCH DIP	Yes	FK	7	8	7.8	1 EA	310	50	17	41	2	4	6	0	1	20	2	1270	40	0	0	20	4
715	FRENCH ONION BURGER			8	10	4.2	1 EA	340	170	53	26	10	26	20	1	0	17	4	730	50	2	0	10	4
1061	FRIED BOLOGNA SANDWICH			9	10	4.5	1 EA	360	200	55	31	5	13	22	0	1	12	5	930	45	0	0	10	4
652	FRUIT CUP	Yes	FKG	1	2	6.0	1 EA	80	0	0	20	0	0	0	0	1	1	19	30	0	45	60	2	0
1046	FRUIT TRAY W/YOGURT DIP	Yes	FK	2	3	11.2	1 EA	130	0	0	32	0	0	0	0	4	3	25	30	0	10	70	0	6
862	GARDEN PASTA SALAD	Yes	FK	6	9	6.0	1 EA	340	30	8	64	1	1	3	0	4	12	7	520	3	10	25	15	4
745	GARLIC & PESTO CHIX WRAP			10	12	9.4	1 EA	470	130	27	63	4	8	14	0	5	23	2	990	50	6	20	20	10
703	GERMAN CHOCOLATE CAKE			8	10	3.9	1 EA	350	130	41	50	4	9	16	0	2	5	30	540	35	4	0	10	4
1048	GOURMET CORNED BEEF ON RYE			10	11	7.8	1 EA	460	130	29	46	5	10	15	0	4	31	1	1950	60	4	0	20	30
843	GOURMET COUNTRY CLUB		K	13	16	12.6	1 EA	630	90	19	89	2	3	13	0	4	37	10	2050	75	10	25	25	6
658	GOURMET CUT HAM	Yes	FK	10	12	7.9	1 EA	470	150	31	48	4	7	16	0	5	29	17	1930	70	6	10	15	10
659	GOURMET CUT TURKEY	Yes	FK	9	11	7.9	1 EA	430	70	19	63	3	5	9	0	5	27	18	1760	60	6	10	15	10
1020	GOURMET HAM & PROV MARBLE RYE		K	11	13	9.1	1 EA	510	210	39	44	5	9	22	0	4	33	5	2470	80	4	0	20	20
1049	GOURMET ITALIAN SUB		K	24	26	13.2	1 EA	1010	490	48	74	20	18	54	0	3	51	6	3860	140	10	0	30	25
819	GOURMET SMKD TRKY CHIPOTLE WED		K	11	13	7.6	1 EA	480	260	53	37	10	19	28	0	3	26	5	1190	50	15	15	15	20
1021	GOURMET TRKEY & CHEDDAR WHEAT		K	12	14	9.4	1 EA	530	200	39	48	5	8	23	0	2	30	8	2190	95	6	0	15	25
864	GOURMET TURKEY & CHEDDAR WRAP		K	13	16	12.2	1 EA	620	190	32	71	10	15	22	0	4	34	10	2630	110	15	4	15	30
743	GRAPES & CHEESE		K	7	8	6.8	1 EA	300	130	45	31	10	30	15	0	1	13	24	340	45	10	25	4	30
831	GRILLED CHEESE			10	10	4.4	1 EA	400	200	50	30	10	23	22	1	0	16	2	1110	50	15	0	8	35
677	GRILLED CHICKEN & SWISS CROISS			10	11	5.5	1 EA	440	230	49	26	10	20	24	0	3	24	4	1030	70	10	0	15	25
637	GRILLED CHICKEN BREAST			9	10	5.2	1 EA	390	190	46	26	10	23	20	0	2	25	4	1060	70	6	0	10	20
785	GRILLED CHIX & HONEY MUSTARD			10	11	6.3	1 EA	430	190	44	40	5	10	21	0	4	21	10	940	55	2	0	15	6
851	GRILLED CHIX WITH BBQ & ONIONS	Yes	F	8	9	6.3	1 EA	380	110	28	44	3	7	12	0	4	21	14	850	40	2	4	15	6
981	GRILLED CHIXSWISS RYE BUN			9	10	5.4	1 EA	410	180	42	33	10	22	19	0	4	25	2	1150	75	6	0	8	20
829	GRILLED HAM & CHEESE			9	10	6.0	1 EA	380	160	40	30	5	12	17	1	0	24	5	1660	65	6	0	15	20
936	GRILLED MONSTER BURGER			16	18	9.1	1 EA	670	310	46	56	15	20	34	2	0	35	8	1490	75	0	4	30	15
1039	GRILLED PATTY MELT W/ONIONS			10	11	4.8	1 EA	400	210	54	28	10	23	24	2	2	19	0	960	50	2	0	10	10
654	GRILLED TUNA MELT			9	12	5.7	1 EA	440	160	35	54	4	8	17	1	5	20	13	830	30	4	2	10	10
830	GRILLED TURKEY & CHEESE			9	10	6.0	1 EA	380	140	38	35	5	12	16	1	0	22	3	1710	60	6	0	10	20
730	GYRO SUB		K	11	13	7.5	1 EA	480	180	38	52	10	19	20	0	3	23	6	910	95	6	20	15	6
660	GYRO WRAP			6	7	5.6	1 EA	260	130	48	21	5	17	14	0	3	14	1	550	70	8	20	15	10
641	HAM & CHEESE 8" TLC SUB			10	11	8.4	1 EA	440	130	29	48	5	10	14	0	2	28	8	1930	70	15	15	10	15
1022	HAM & CHEESE BISCUIT			11	12	5.3	1 EA	440	220	51	35	15	31	25	0	1	17	5	1790	45	2	0	15	10
814	HAM & CHEESE CROISSANT			9	10	5.7	1 EA	370	170	44	29	10	24	18	0	1	21	6	1510	60	10	0	15	20
910	HAM & CHEESE SUB 8" WHEAT	Yes	F	11	13	7.9	1 EA	480	160	34	54	5	9	18	0	3	26	17	1990	70	8	0	20	20
728	HAM & HARD SALAMI SUB			15	16	7.6	1 EA	620	270	44	57	10	15	30	0	1	26	18	2220	80	0	0	10	2

Kitchen Fresh Foods Nutritional Values 2013

No.	Description	KFF Healthy Identified	User Defined Code	Weight Watcher		Net Weight (oz)	Portion	CALORIES	CALORIES FROM FAT	% CALORIES FROM FAT	CARB TOTAL	FAT SATURATED	% FAT SATURATED	FAT TOTAL	FAT TRANS	FIBER	PROTEIN	SUGAR	SODIUM	CHOLESTEROL	VITAMIN A	VITAMIN C	IRON	CALCIUM
				Points	Points Plus																			
870	HAM & SWISS PRETZEL		K	11	13	8.0	1 EA	510	150	28	56	10	18	16	1	2	31	11	1820	80	4	0	25	20
644	HAM & TURKEY 8" TLC SUB	Yes	F	7	9	7.0	1 EA	330	45	14	51	1	3	5	0	2	20	7	1390	35	8	15	10	2
997	HAM & TURKEY ON RYE WEDGE	Yes	F	5	6	4.6	1 EA	240	60	26	28	2	6	7	0	2	16	2	1290	40	2	0	8	0
915	HAM & TURKEY SUB 8"	Yes	F	9	11	7.6	1 EA	420	90	21	61	2	4	10	0	2	23	19	1910	55	0	0	8	2
909	HAM & TURKEY SUB 8" WHEAT			8	11	7.6	1 EA	400	90	23	58	2	5	10	1	4	23	17	1840	55	0	0	20	4
760	HAM & TURKEY WHEAT BAGEL	Yes	F	5	6	8.4	1 EA	260	30	10	39	0	0	3	0	2	17	11	1080	40	0	0	15	0
939	HAM AND CHEESE DELUXE			10	11	8.4	1 EA	440	130	29	47	5	10	14	0	2	29	9	2040	70	6	10	10	15
906	HAM AND CHEESE ON A BUN			5	6	3.6	1 EA	220	70	29	24	3	10	7	0	0	14	5	970	35	2	0	10	10
656	HAM AND CHEESE ON WHEAT WEDGE			6	7	4.0	1 EA	260	90	35	26	4	12	10	0	2	14	3	1040	35	6	0	10	10
998	HAM AND CHEESE RYE WEDGE			6	7	4.0	1 EA	260	100	35	26	4	14	10	0	2	14	2	1090	35	6	0	8	8
916	HAM AND CHEESE SUB 8"	Yes	F	11	13	8.5	1 EA	510	170	32	57	5	9	18	0	2	28	19	2240	80	8	0	10	15
905	HAM AND CHEESE WHITE WEDGE			6	7	4.1	1 EA	260	100	35	26	4	14	10	0	0	14	4	1070	35	6	0	10	10
995	HAM AND SWISS ON A BUN	Yes	F	5	6	3.8	1 EA	230	80	31	25	3	12	8	0	0	15	5	1010	35	2	0	10	10
891	HAM AND TURKEY CROISSANT			7	8	5.5	1 EA	300	100	30	33	4	11	10	0	1	18	6	1380	45	6	2	15	6
777	HAM BACON MELT			7	8	4.1	1 EA	290	100	34	30	4	12	11	0	1	18	4	1210	40	4	0	15	8
951	HAM CHEESE ON MULTIGRAIN			6	8	4.5	1 EA	290	110	37	32	4	12	12	0	2	18	6	1070	35	6	0	15	8
692	HAM DELI WRAP	Yes	F	8	9	6.3	1 EA	370	120	34	39	3	6	14	0	2	16	11	1470	40	0	0	15	10
784	HAM EGG & CHEESE BAGEL	Yes	F	8	10	7.4	1 EA	400	80	18	63	3	7	8	0	2	19	5	1320	105	4	0	25	15
929	HAM EGG CHEESE MUFFIN			5	6	4.4	1 EA	250	80	29	27	3	11	8	0	1	15	2	900	105	4	0	15	25
752	HAM EGG CHEESE ON TEXAS TOAST			7	8	6.4	1 EA	300	80	27	31	3	8	9	0	0	23	4	1430	85	4	0	10	10
1077	HAM HAVARTI ON PRETZEL BRD			9	10	8.2	1 EA	410	120	29	43	4	8	13	0	2	25	9	1580	45	6	15	10	10
958	HAM MACARONI		K	13	16	7.0	1 EA	620	180	29	88	5	7	20	0	4	19	21	1060	55	2	2	20	10
823	HAM MULTIGRAIN WHEAT WED	Yes	F	5	7	4.5	1 EA	250	80	29	32	2	5	8	0	2	17	7	1050	30	2	0	15	0
954	HAM ON RYE	Yes	F	5	6	4.0	1 EA	230	70	27	26	2	6	7	0	2	14	2	1070	30	2	0	8	0
996	HAM ON WHITE	Yes	F	5	6	4.1	1 EA	230	70	27	26	2	6	7	0	0	14	4	1050	30	2	0	10	4
859	HAM ONION ROLL STACKER			7	8	6.2	1 EA	330	90	27	32	3	7	10	0	2	26	6	1770	65	2	0	15	10
1075	HAM SALAD CROISSANT DELUXE		K	10	11	7.0	1 EA	430	210	46	41	5	10	22	0	1	16	17	1550	60	6	4	15	6
1071	HAM SALAD DELUXE		K	9	10	6.5	1 EA	370	150	41	39	4	9	17	0	0	17	14	1610	60	0	0	10	4
1520	HAM STICK & CHEDDAR COMBO		K	17	18	6.0	1 EA	640	460	73	4	25	35	52	0	0	41	2	1450	160	25	0	0	70
1523	HAM STICK & RANCH CURD COMBO		K	17	18	6.0	1 EA	640	460	73	4	25	35	52	0	0	41	2	1450	160	25	0	0	70
904	HAM SWISS ON RYE WEDGE			7	8	4.1	1 EA	320	140	39	26	5	14	14	0	2	17	2	1340	50	8	0	8	15
979	HAM&TRKY MULTIGRAIN WED	Yes	F	6	8	5.1	1 EA	270	80	30	34	2	5	9	0	2	19	7	1270	40	2	0	15	0
908	HAMBURGER			7	8	4.0	1 EA	310	130	44	29	5	15	15	1	1	16	4	710	35	0	0	15	6
894	HARD BOILED EGG PACK		KG	5	6	4.7	1 EA	220	110	49	10	5	18	12	0	0	17	0	330	455	15	0	15	8
618	HOMESTEAD BURGER			18	19	9.4	1 EA	730	390	53	46	15	18	43	2	1	36	7	1880	115	2	0	25	15
933	HOT DOG			8	9	3.9	1 EA	310	160	52	28	5	15	18	0	0	10	3	830	35	0	0	8	4
938	HOT HAM CHEESE SUB 8"			10	11	6.9	1 EA	430	130	29	45	5	10	14	0	1	28	8	1920	70	6	0	10	15
960	HOT ROAST BEEF SAND			12	13	6.7	1 EA	520	210	36	47	15	26	21	0	1	31	5	1950	90	10	0	10	35
924	HOT ROAST BEEF SUB 6"			11	12	5.7	1 EA	450	200	42	34	10	20	21	0	1	27	3	1700	80	10	0	15	40
724	HOT TURKEY & GRAVY SANDWICH	Yes	F	6	7	6.4	1 EA	290	35	12	44	0	0	4	0	1	16	7	1500	35	0	0	15	4
1058	ITALIAN BOMBER			7	9	7.3	1 EA	360	80	20	44	3	6	8	0	2	27	5	1060	40	6	20	20	15
750	ITALIAN CHICKEN BREAST			8	10	4.9	1 EA	360	150	43	31	5	13	17	0	2	22	2	890	45	0	0	15	10
1053	ITALIAN WRAP		K	21	23	10.4	1 EA	860	460	53	54	20	21	51	0	3	42	4	3590	115	15	0	25	35
1524	JAL CHED BEEF STK RNCH CRD		K	14	14	6.0	1 EA	520	360	69	5	20	35	40	0	0	36	0	1140	130	20	0	6	60
780	JALAPENO POLISH SAUSAGE			10	11	5.5	1 EA	420	220	54	30	10	21	25	0	1	17	2	1170	55	0	0	10	6
866	JELLO CAKE		G	7	8	6.0	1 EA	290	90	34	44	5	16	11	0	1	4	29	400	25	0	15	0	0
863	JELLO FLUFF			4	3	4.7	1 EA	150	80	48	11	10	60	8	0	0	1	6	10	0	0	20	0	0
682	JOHNSONVILLE BRAT			12	12	5.3	1 EA	470	260	54	31	10	19	28	0	1	17	3	1270	50	0	0	10	4

Kitchen Fresh Foods Nutritional Values 2013

No.	Description	KFF Healthy Identified	User Defined Code	Weight Watcher		Net Weight (oz)	Portion	CALORIES	CALORIES FROM FAT	% CALORIES FROM FAT	CARB TOTAL	FAT SATURATED	% FAT SATURATED	FAT TOTAL	FAT TRANS	FIBER	PROTEIN	SUGAR	SODIUM	CHOLESTEROL	VITAMIN A	VITAMIN C	IRON	CALCIUM
				Points	Points Plus																			
726	JUMBO MEATBALL HOAGIE			13	15	7.8	1 EA	560	240	42	51	10	16	26	0	3	30	6	1590	45	15	10	20	30
721	KLEMENTS TWIN HOT DOGS			14	15	7.0	1 EA	560	270	47	54	10	16	29	0	0	18	6	1440	50	0	0	10	8
895	LASAGNA		K	9	10	9.8	1 EA	390	140	35	43	5	12	15	0	1	19	10	960	50	20	35	15	30
844	LOADED BEEF BURRITO		K	11	13	10.5	1 EA	490	160	33	65	10	18	18	0	6	17	4	1630	20	20	10	45	25
1044	LOADED CHICKEN BURRITO	Yes	FK	10	12	10.5	1 EA	470	130	29	61	5	10	15	0	7	24	3	1410	35	15	20	20	25
1057	LOADED PORK BURRITO			11	13	8.5	1 EA	500	180	36	58	10	18	20	0	5	21	7	1190	40	10	15	15	30
1739	LSL BRAT & HAMBURGER SANDWICH			14	15	6.4	1 EA	580	340	57	32	15	23	37	0	1	25	4	1350	90	6	0	15	20
1925	LSL CHEESEBURGER		K	9	10	4.4	1 EA	360	160	48	29	5	13	19	1	1	19	4	900	45	2	0	15	15
1664	LSL CHICKEN AND CHEDDAR	Yes	F	8	10	4.6	1 EA	380	130	33	46	4	9	14	0	2	14	5	790	25	0	0	10	10
1920	LSL CHICKEN SALAD WHEAT WEDGE		K	7	9	5.2	1 EA	330	130	38	35	4	10	14	0	3	17	10	690	45	2	0	8	4
1913	LSL CHUCKWAGON			11	12	5.5	1 EA	450	220	48	37	10	20	24	0	1	20	5	1430	70	8	0	10	30
1740	LSL CHUCKWAGON POPPYSEED			11	12	5.0	1 EA	450	210	46	38	10	20	23	0	1	20	5	1450	70	8	0	15	30
1820	LSL COLD CUT SUB		K	13	16	10.8	1 EA	630	130	20	82	5	7	14	0	3	39	5	2040	90	8	0	25	20
1966	LSL DOUBLE CHEESEBURGER			12	13	5.9	1 EA	480	250	53	30	15	28	28	1	1	27	4	1320	75	6	0	15	20
1903	LSL EGG SALAD SANDWICH WEDGE		K	8	8	5.1	1 EA	320	140	42	31	5	13	15	0	0	13	7	700	270	10	0	15	8
1783	LSL EGG SALAD WHEAT WEDGE		KG	7	8	5.1	1 EA	320	140	42	31	5	13	15	0	2	13	7	690	270	10	0	15	8
1677	LSL GRILLED CHICKEN SWISS CROI			9	10	5.5	1 EA	380	190	47	26	10	24	20	0	3	21	4	820	55	10	0	15	15
1905	LSL HAM & CHEESE WEDGE			7	7	4.5	1 EA	280	100	35	26	4	11	11	0	0	17	4	1250	45	6	0	10	10
1904	LSL HAM SWISS ON RYE WEDGE			7	8	4.5	1 EA	330	140	41	26	5	14	15	0	2	20	2	1510	60	8	0	8	15
1501	LSL JUMBO HAM & CHEESE WEDGE		K	10	11	7.0	1 EA	410	140	35	40	5	11	16	0	0	26	7	1980	70	8	0	20	20
1503	LSL JUMBO TURKEY&CHEESE WEDGE		K	9	11	7.0	1 EA	410	120	31	46	5	11	14	0	0	24	5	2030	70	8	0	15	20
1971	LSL QUARTER POUND CHEESEBURGER		K	15	16	6.9	1 EA	590	330	56	35	15	23	37	2	1	25	6	1030	85	2	0	20	15
1965	LSL ROAST BEEF & CHEESE WEDGE			6	7	4.5	1 EA	280	100	35	27	5	14	11	0	2	16	2	1030	40	6	0	10	10
1901	LSL SANDWICH SPREAD WEDGE			8	9	5.1	1 EA	330	140	44	34	4	10	16	0	0	13	11	1300	45	2	0	10	4
1937	LSL SAUSAGE EGG & CHEESE MUFFN		K	10	11	5.4	1 EA	430	240	52	29	10	21	25	0	1	17	1	900	130	4	0	15	25
1914	LSL SUBMARINE			10	11	5.3	1 EA	410	180	46	34	10	22	21	0	1	20	3	1310	65	6	0	15	20
1779	LSL TURKEY ON WHEAT WEDGE	Yes	FK	5	6	4.6	1 EA	240	50	23	31	2	6	6	0	2	15	3	1280	35	2	0	10	4
1723	LSL TURKEY&CHEESE WHITE WEDGE			6	7	4.5	1 EA	270	80	33	30	4	12	10	0	0	15	3	1290	40	6	0	10	10
522	LUNCHABLE HAM & CHEDDAR			8	9	4.5	1 EA	340	170	50	24	10	26	19	1	1	20	6	1020	70	10	30	8	30
520	LUNCHABLE HAM & SWISS			8	9	4.5	1 EA	340	170	48	24	10	26	18	1	1	20	6	1050	70	8	15	8	35
521	LUNCHABLE TURKEY AND CHEDDAR			8	9	4.5	1 EA	330	170	49	25	10	27	18	1	1	18	6	900	65	10	0	8	30
826	MACARONI & CHEESE CASSEROLE			15	18	8.5	1 EA	720	120	16	120	5	6	13	0	6	23	8	840	15	6	0	25	15
984	MEATBALL SUB SANDWICH			14	16	5.8	1 EA	600	300	48	45	10	15	32	1	5	31	6	1850	50	10	0	20	15
665	MEATLOAF ON A BUN			6	7	4.0	1 EA	280	90	29	33	3	8	9	0	2	15	6	530	30	0	2	15	6
952	MEATLOAF WHITE WEDGE		G	7	8	4.1	1 EA	300	110	36	31	4	12	12	0	1	15	3	580	30	4	2	15	6
764	MINI GUY			7	8	4.4	1 EA	310	90	29	39	3	9	10	0	1	14	2	640	30	0	0	10	6
1069	MIXBERRY YOGURT PARFAIT		K	4	6	8.5	1 EA	210	15	6	44	0	0	2	0	3	7	23	210	4	15	15	4	20
767	MONSTER SUB			20	22	11.2	1 EA	880	340	38	83	20	20	37	0	3	45	7	2710	150	15	0	25	50
1030	MONTEREY CHICKEN WRAP			9	10	6.5	1 EA	400	160	41	38	10	23	18	0	3	20	3	740	50	8	10	10	20
949	NACHO BURGER			8	9	4.8	1 EA	330	140	44	31	5	14	16	1	1	16	5	960	35	0	0	15	8
620	NACHO DOG			8	8	4.7	1 EA	310	150	46	30	5	15	16	0	0	9	4	1030	25	0	0	6	6
789	NY BERRY CHEESECAKE		K	12	13	5.5	1 EA	470	260	56	52	20	38	29	0	1	5	43	340	65	15	15	4	6
756	ONION BAGEL WITH CREAM CHEESE		KG	8	10	6.0	1 EA	380	90	24	64	5	12	10	0	2	11	5	740	30	4	0	20	8
778	ORANGES (WRAPPED)	Yes	FK	0	0	1.0	1 EA	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2	0	0
607	OREO PUDDING PARFAIT		K	10	12	5.9	1 EA	440	160	37	65	10	20	18	0	2	4	46	480	10	0	0	10	8
508	OTIS BANANA NUT MUFFIN 6.5OZ		K	10	20	6.5	1 EA	360	160	90	96	5	13	36	0	2	10	52	660	80	4	0	15	10
535	OTIS CHEESE STREUSEL 6.5OZ		K	9	20	6.5	1 EA	360	140	75	102	10	25	30	0	2	10	56	540	80	4	0	20	10
507	OTIS CHOC CHIP MUFFIN 6.5OZ		K	4	5	6.5	1 EA	180	80	45	23	2	10	9	0	1	3	14	150	25	0	0	4	0

Kitchen Fresh Foods Nutritional Values 2013

No.	Description	KFF Healthy Identified	User Defined Code	Weight Watcher		Net Weight (oz)	Portion	CALORIES	CALORIES FROM FAT	% CALORIES FROM FAT	CARB TOTAL	FAT SATURATED	% FAT SATURATED	FAT TOTAL	FAT TRANS	FIBER	PROTEIN	SUGAR	SODIUM	CHOLESTEROL	VITAMIN A	VITAMIN C	IRON	CALCIUM
				Points	Points Plus																			
504	OTIS WILD BLUEBERRY 6.5OZ		K	4	4	6.5	1 EA	160	60	39	23	1	6	7	0	0	2	13	200	20	0	0	4	0
617	PASTRAMI ON MARBLE RYE			11	13	8.6	1 EA	490	220	44	47	4	7	24	0	4	25	1	2380	55	0	0	20	4
944	PASTRAMI REUBEN			21	23	11.6	1 EA	870	510	56	56	15	16	54	1	6	36	8	3420	110	10	8	20	40
1067	PEACH YOGURT PARFAIT		K	4	6	8.5	1 EA	210	15	6	43	0	0	2	0	2	8	22	210	4	20	80	4	20
670	PEANUT BUTTER AND GRAPE JELLY			8	9	3.5	1 EA	350	140	41	42	3	8	16	0	2	9	14	400	0	0	0	10	6
820	PEPPER BACN EGG CHEESE MUFFIN			6	7	3.8	1 EA	280	70	35	28	5	14	11	0	1	15	2	870	100	4	0	10	25
601	PEPPERONI FRENCH BREAD PIZZA			18	21	12.2	1 EA	800	270	33	89	15	17	29	0	3	44	8	1410	65	25	25	20	70
788	PEPPERONI MELT			9	11	6.1	1 EA	390	160	42	38	5	12	18	0	2	21	6	1040	35	15	20	15	25
746	PEPPERONI PASTA		K	12	14	6.0	1 EA	550	200	36	70	5	7	22	0	3	15	5	570	10	2	20	15	6
1011	PEPPERONI PIZZA			5	7	4.6	1 EA	270	80	30	33	3	10	9	0	4	15	5	810	15	10	0	30	20
1026	PHILLY BURGER			8	9	5.1	1 EA	340	160	48	27	5	13	18	1	0	19	5	770	45	2	20	10	15
603	PHILLY STEAK SANDWICH	Yes	F	7	9	6.8	1 EA	340	70	19	44	3	7	7	0	2	25	4	960	40	2	30	20	10
807	PLAIN PANCAKES WITH SAUSAGE		K	13	16	7.2	1 EA	570	250	44	69	10	16	28	0	2	12	24	960	50	8	0	15	4
833	POLISH & KRAUT CASSEROLE			6	6	6.4	1 EA	240	170	71	6	5	19	19	0	4	10	4	1350	45	0	15	0	0
973	POLISH AND KRAUT ON BRAT BUN			9	10	5.9	1 EA	390	190	48	31	5	12	21	0	2	15	3	1190	45	0	4	10	4
999	POLISH PLAIN			9	10	4.9	1 EA	380	190	50	30	5	12	21	0	1	15	2	1020	45	0	0	10	4
1041	POLISH REUBEN			12	13	6.9	1 EA	500	280	56	35	10	18	31	0	2	18	5	1530	60	4	4	10	10
841	PRETZEL AND CHEESE	Yes	F	7	8	5.5	1 EA	320	50	17	57	3	7	6	0	2	10	3	730	0	0	0	20	4
842	PRETZEL BITES	Yes	F	7	10	5.9	1 EA	350	50	15	68	3	6	6	0	2	9	4	740	0	0	0	20	4
787	RANCHWAGON			11	12	5.9	1 EA	470	240	50	31	10	19	26	0	1	27	4	1920	95	8	0	15	25
802	REG FRENCH TOAST		G	10	12	6.4	1 EA	450	130	30	68	5	10	15	0	2	9	24	760	70	8	0	15	8
987	RELISH DOG SANDWICH			8	9	4.2	1 EA	330	160	49	31	5	14	18	0	0	10	5	890	35	0	0	8	4
691	ROAST BEEF & HONEY HAM SUB			13	16	11.8	1 EA	630	140	21	89	4	5	15	0	3	32	13	1290	60	2	2	20	6
965	ROAST BEEF AND CHEESE WEDGE			6	7	4.0	1 EA	260	90	35	27	5	16	10	0	2	13	2	890	30	6	0	10	10
1078	ROAST BEEF CHEDDAR BAGUETTE			13	14	8.9	1 EA	550	210	38	56	10	16	23	0	2	28	1	1400	75	15	20	25	20
749	ROAST BEEF CIABATTA	Yes	FK	9	11	8.4	1 EA	420	90	24	58	2	3	11	0	3	23	2	1340	40	6	15	25	0
693	ROAST BEEF DELI WRAP	Yes	F	7	9	6.3	1 EA	340	120	34	41	4	9	13	0	3	15	5	1180	35	0	0	15	10
896	ROAST BEEF ONION ROLL STACKER			8	9	5.8	1 EA	370	130	32	33	5	12	13	0	2	25	3	1500	65	4	0	15	20
805	ROTINI WITH GRAVY & TURKEY	Yes	F	10	13	12.0	1 EA	540	40	7	96	0	0	4	0	5	21	8	1140	15	6	0	25	2
950	SALAMI & CHEESE ON WHEAT WEDGE			7	8	4.0	1 EA	300	130	45	27	5	15	15	0	2	12	2	940	45	6	0	15	10
917	SALAMI AND CHEESE SUBMARINE			12	14	7.5	1 EA	530	210	39	59	10	17	23	0	2	21	16	1730	80	8	2	10	15
940	SALAMI ON RYE WEDGE			6	7	4.0	1 EA	280	120	42	28	5	14	13	0	2	12	0	930	45	2	0	10	0
782	SALAMI ON WHITE			6	7	4.1	1 EA	270	120	43	28	5	15	13	0	0	12	2	910	45	2	0	15	4
679	SANDWICH SPREAD CROISSANT			8	9	5.0	1 EA	340	160	45	37	5	13	17	0	1	12	12	1040	40	6	2	10	6
673	SANDWICH SPREAD WHEAT WEDGE			7	8	4.5	1 EA	300	120	42	33	4	11	14	0	2	12	10	1100	40	2	0	10	4
901	SANDWICH SPREAD WHITE WEDGE			7	8	4.5	1 EA	300	120	42	33	4	11	14	0	0	12	10	1110	40	2	0	10	4
747	SAUSAGE BISCUIT			15	16	5.3	1 EA	570	380	66	36	25	39	42	0	1	13	4	1350	45	0	0	15	4
786	SAUSAGE EGG & CHEESE BAGEL			11	12	7.4	1 EA	460	210	43	47	10	20	22	0	1	17	3	1050	115	4	0	20	15
675	SAUSAGE EGG & CHEESE CROISSANT			12	12	5.4	1 EA	470	290	59	27	15	29	31	0	1	16	3	850	130	10	0	15	15
937	SAUSAGE EGG AND CHEESE MUFFIN			10	11	5.4	1 EA	430	240	52	29	10	21	25	0	1	17	1	900	130	4	0	15	25
710	SAUSAGE EGG CHEESE BISCUIT			16	17	6.3	1 EA	630	400	61	38	25	36	43	0	1	16	3	1510	130	4	0	15	15
751	SAUSAGE EGG CHEESE TEXAS TOAST			11	12	6.4	1 EA	460	230	49	34	10	20	25	0	0	19	2	1060	95	4	0	10	10
1060	SAUSAGE EGG CHS BISCUIT TWINS			8	9	3.7	1 EA	310	180	61	22	5	15	21	2	2	10	3	900	70	0	0	6	2
606	SAUSAGE FRENCH BREAD PIZZA			18	21	12.3	1 EA	790	260	32	89	15	17	28	0	3	43	8	1230	65	20	25	20	70
1013	SAUSAGE PIZZA			8	10	5.8	1 EA	370	140	36	42	5	12	15	0	2	18	6	990	20	15	0	35	30
810	SCRAMBLED EGGS AND BACON		KG	7	7	5.4	1 EA	300	110	42	17	5	14	14	0	1	22	2	740	485	15	0	15	4
821	SCRAMBLED EGGS HAM BAGEL		G	7	8	7.0	1 EA	310	120	38	19	5	13	13	0	1	25	4	760	500	15	0	15	4
610	SEAFOOD SALAD WEDGE			8	9	4.6	1 EA	320	120	39	43	3	8	14	0	0	7	13	830	20	2	0	10	4

Kitchen Fresh Foods Nutritional Values 2013

No.	Description	KFF Healthy Identified	User Defined Code	Weight Watcher		Net Weight (oz)	Portion	CALORIES	CALORIES FROM FAT	% CALORIES FROM FAT	CARB TOTAL	FAT SATURATED	% FAT SATURATED	FAT TOTAL	FAT TRANS	FIBER	PROTEIN	SUGAR	SODIUM	CHOLESTEROL	VITAMIN A	VITAMIN C	IRON	CALCIUM
				Points	Points Plus																			
907	SLOPPY JOE	Yes	FG	6	7	4.5	1 EA	260	80	31	36	3	9	9	0	1	10	11	700	25	10	0	10	6
811	SLOPPY JOE W/ CHEESE			7	8	4.9	1 EA	310	110	38	36	5	15	13	0	1	12	11	890	35	15	0	10	15
980	SMOKED TURKEY SALAD CROISSANT			9	10	5.0	1 EA	370	200	54	34	5	12	22	0	1	11	5	1020	35	6	6	10	6
808	SMORES CUP	Yes	FK	7	9	6.3	1 EA	320	50	17	62	3	7	6	0	1	5	40	600	15	2	0	4	15
1019	SMOTHERED BURGER BURRITO		K	15	18	12.0	1 EA	650	320	51	51	15	21	37	1	5	32	2	1880	75	10	10	25	45
651	SMOTHERED STEAK SANDWICH			12	13	7.0	1 EA	510	240	46	44	10	18	26	1	4	25	5	1010	55	4	4	10	25
1018	SMOTHERED TOP RND WITH HASH		K	7	7	7.3	1 EA	290	130	47	18	5	16	15	0	2	18	0	1270	50	4	8	10	10
602	SOFT SHELL TACOS			9	11	8.3	1 EA	420	200	47	38	15	32	22	0	4	22	1	1200	45	20	2	25	35
934	SOUTHERN FRIED CHICKEN		G	10	12	4.9	1 EA	430	190	46	41	5	10	22	0	2	19	2	780	30	2	0	10	0
1017	SOUTHERN FRIED CHKN & BISCUIT		K	17	19	9.9	1 EA	680	390	58	55	20	26	44	3	2	17	5	1780	30	2	0	15	4
800	SOUTHWEST CHICKEN SALAD WEDGE		G	8	10	4.5	1 EA	350	200	59	28	5	12	23	0	3	12	3	680	30	4	2	10	4
849	SPAGHETTI MEATBALLS CASSEROLE			18	21	9.5	1 EA	810	260	30	104	10	11	27	1	7	34	14	1590	40	15	30	35	8
672	SPICY CHICKEN SANDWICH			9	10	5.0	1 EA	390	150	39	43	4	8	17	0	3	16	4	1000	35	2	0	20	10
753	STEAK & EGGS			11	12	6.4	1 EA	440	300	70	5	15	31	34	1	2	29	1	690	420	15	0	8	30
813	STRAWBERRY SHORTCAKE		K	7	9	5.7	1 EA	330	100	30	53	5	14	11	0	2	2	40	260	15	0	45	2	2
1068	STRAWBERRY YOGURT PARFAIT		K	4	6	8.5	1 EA	210	15	6	43	0	0	2	0	2	7	23	210	4	15	25	4	20
1513	STRING CHEESE STICKS		K	8	9	4.0	1 EA	320	180	56	4	10	28	20	0	0	32	0	680	60	15	0	0	80
914	SUBMARINE			10	11	5.3	1 EA	410	180	46	34	10	22	21	0	1	20	3	1310	65	6	0	15	20
669	SUMMER SAUSAGE WEDGE			9	10	4.1	1 EA	360	190	55	27	5	13	22	0	0	14	2	1030	40	2	0	10	4
773	SUPER SUB			19	21	10.8	1 EA	780	420	52	51	20	23	45	0	1	39	10	3000	155	15	0	10	50
822	SWEDISH MEATBALLS CASSEROLE			17	21	11.4	1 EA	810	180	22	126	10	11	20	1	7	30	8	1580	25	0	2	35	2
992	SWISS BURGER SANDWICH			9	10	4.5	1 EA	360	170	48	29	10	25	19	1	1	19	4	930	50	2	0	15	15
991	SWISS DOG SANDWICH			9	10	4.4	1 EA	360	200	58	29	10	25	23	0	0	13	3	1040	50	4	0	8	10
922	TACO BOWL SALAD		K	7	8	10.0	1 EA	300	180	60	17	10	30	20	1	3	11	6	700	25	20	15	10	15
727	TACO GRINDER			10	12	8.2	1 EA	450	170	36	49	10	20	18	0	2	25	6	1500	60	8	0	20	20
668	TACO JOE WITH CHEESE			7	8	4.7	1 EA	300	120	39	31	10	30	13	0	2	15	4	800	30	10	0	20	15
1525	TERI BEEF STK CHED CRD CMB		K	15	15	6.0	1 EA	550	380	69	5	20	33	42	0	0	36	0	1170	145	20	0	6	60
921	TEXAS BLT SANDWICH	Yes	F	7	8	4.9	1 EA	290	110	37	36	3	9	12	0	1	10	6	780	15	6	15	10	4
1043	TEXMEX BREAKFAST SANDWICH			9	10	6.5	1 EA	390	180	46	35	5	12	20	1	1	17	3	1070	185	20	4	15	25
953	THE WORKS CHEESEBURGER			9	11	5.4	1 EA	390	180	48	34	10	23	21	1	1	19	8	1130	50	6	0	15	15
716	THREE MELON CUP	Yes	FKG	1	2	6.0	1 EA	60	0	0	16	0	0	0	0	1	1	15	30	0	45	60	2	0
860	TIJUANA MEXICAN BRKFST BAGEL			11	13	8.5	1 EA	480	210	43	49	10	19	23	0	2	18	4	1060	120	8	6	20	15
941	TOSSSED SALAD WITH FRENCH	Yes	F	0	1	4.6	1 EA	25	0	0	5	0	0	0	0	1	1	3	15	0	8	10	2	0
956	TOSSSED SALAD WITH RANCH	Yes	F	0	1	4.6	1 EA	25	0	0	5	0	0	0	0	1	1	3	15	0	8	10	2	0
1050	TRIPLE DECKER CLUB		K	20	22	11.3	1 EA	810	420	53	53	15	17	48	0	2	44	9	2540	130	10	0	20	45
736	TRKY DELITE ON WHEAT SUB	Yes	F	5	6	4.6	1 EA	240	60	26	32	2	8	7	0	2	13	8	1010	30	0	0	8	6
779	TRKY MULTIGRAIN WHEAT WED	Yes	F	5	7	4.5	1 EA	250	70	25	35	2	5	7	0	2	16	6	1080	30	2	0	10	0
957	TUNA MACARONI	Yes	FK	11	14	7.0	1 EA	530	130	25	79	3	5	15	0	4	18	19	770	40	0	4	15	0
897	TUNA SALAD CROISSANT		G	7	9	5.0	1 EA	310	130	41	38	5	13	14	0	2	11	11	510	20	6	4	10	6
1072	TUNA SALAD CROISSANT DELUXE		K	9	10	7.0	1 EA	380	160	40	43	5	12	17	0	2	16	15	690	30	8	6	10	6
1065	TUNA SALAD DELUXE		K	8	10	7.9	1 EA	390	120	32	48	3	6	14	0	4	21	18	840	40	0	6	15	4
762	TUNA SALAD FRENCH BREAD	Yes	F	6	8	5.4	1 EA	300	60	21	47	1	3	7	0	2	14	8	390	20	0	2	10	4
628	TUNA SALAD ON WHEAT SUB	Yes	F	5	7	4.4	1 EA	250	70	29	33	2	7	8	0	3	13	11	570	20	0	2	8	6
928	TUNA SALAD WHEAT WEDGE		G	6	7	4.5	1 EA	270	90	33	34	3	8	10	0	3	11	9	580	20	4	2	10	4
902	TUNA SALAD WHITE WEDGE		G	6	7	4.5	1 EA	270	90	33	34	3	8	10	0	1	11	9	590	20	4	2	10	4
642	TURKEY & CHEESE 8" TLC SUB			9	12	8.4	1 EA	440	110	27	54	5	10	13	0	2	27	7	1980	70	15	15	8	15
806	TURKEY & CHEESE CROISSANT			9	10	5.8	1 EA	380	150	40	35	10	24	17	0	1	20	5	1590	60	10	0	10	20
723	TURKEY & CHEESE WHITE WEDGE			6	7	4.0	1 EA	260	80	31	29	4	12	9	0	0	13	3	1080	35	6	0	10	10

Kitchen Fresh Foods Nutritional Values 2013

No.	Description	KFF Healthy Identified	User Defined Code	Weight Watcher		Net Weight (oz)	Portion	CALORIES	CALORIES FROM FAT	% CALORIES FROM FAT	CARB TOTAL	FAT SATURATED	% FAT SATURATED	FAT TOTAL	FAT TRANS	FIBER	PROTEIN	SUGAR	SODIUM	CHOLESTEROL	VITAMIN A	VITAMIN C	IRON	CALCIUM
				Points	Points Plus																			
943	TURKEY & SWISS MULTIGRAIN			6	8	4.5	1 EA	290	100	34	35	4	12	11	0	2	17	6	1100	35	4	0	10	8
680	TURKEY & SWISS ON RYE WEDGE			7	8	4.0	1 EA	310	130	38	29	5	15	13	0	2	16	1	1340	50	8	0	6	15
627	TURKEY AND CHEESE ON 6" SEEDED			9	10	5.8	1 EA	380	140	38	39	5	12	16	0	1	21	7	1610	65	6	0	10	20
713	TURKEY AND CHEESE ON BUN	Yes	F	5	6	3.6	1 EA	220	60	29	27	3	10	7	0	0	13	4	1000	35	2	0	8	10
763	TURKEY BACON MELT			14	15	7.3	1 EA	610	190	31	62	10	15	21	0	2	34	3	1980	90	10	0	15	40
1056	TURKEY BURGER W/BLK BN SALSA			7	8	5.7	1 EA	320	100	31	32	4	11	11	0	2	24	3	800	60	4	6	20	8
688	TURKEY DELI WRAP	Yes	F	8	9	6.3	1 EA	350	110	33	44	3	8	13	0	2	14	7	1490	45	0	0	15	10
1055	TURKEY KAISER	Yes		6	8	6.1	1 EA	300	45	15	44	1	3	5	0	1	18	7	1530	40	0	4	15	6
621	TURKEY PASTRAMI REUBEN SUB			13	15	8.9	1 EA	570	250	44	50	10	16	28	0	4	31	10	1820	70	4	4	20	30
765	TURKEY SALAD WEDGE			8	9	4.5	1 EA	330	160	52	30	4	10	19	0	2	11	3	1070	35	2	4	10	4
1045	TWIN BISCUITS			7	8	3.1	1 EA	300	180	57	25	5	15	19	2	2	9	4	850	20	0	0	8	0
761	TWIN CHEESEBURGERS			17	19	7.4	1 EA	710	290	41	71	15	19	32	1	0	35	9	1780	75	6	0	25	20
931	TWIN CHILI DOG			17	19	10.0	1 EA	700	350	49	61	15	19	38	0	2	26	7	1950	75	30	0	20	25
769	ULTIMATE HAM AND SWISS SUB			15	16	8.5	1 EA	650	260	36	61	10	14	26	0	2	36	8	2120	105	10	0	20	40
795	VEGETABLE SOUP	Yes	F	3	5	13.4	1 EA	190	35	19	34	0	0	4	0	4	5	5	1220	0	25	20	4	15
734	VEGETABLE SUB		K	9	11	10.6	1 EA	410	160	40	56	4	9	18	1	6	11	10	600	15	15	70	20	6
809	VEGGIE WRAP		K	10	12	9.7	1 EA	470	170	34	65	10	19	18	0	6	14	8	810	45	50	70	15	15
893	VEGGIES W/DILL		KG	6	7	6.7	1 EA	250	190	72	14	5	16	20	0	4	4	8	340	20	130	80	2	4
880	VEGGIES W/RANCH		KG	5	6	8.3	1 EA	220	140	61	16	4	14	15	0	5	5	9	300	15	160	100	2	6
1012	WESTERN BREAKFAST BAGEL	Yes		8	11	9.1	1 EA	390	110	30	48	5	10	13	0	2	23	4	1320	370	15	15	25	15
852	WESTERN BREAKFAST GRILL			10	11	7.8	1 EA	410	180	44	34	5	11	20	1	0	24	4	1280	410	15	15	15	15
758	WHEAT BAGEL WITH CREAM CHEESE		K	5	7	6.0	1 EA	250	90	36	32	5	18	10	0	2	7	3	100	30	4	0	10	0
616	WHOLE WHEAT TRIPLE DECKER			12	14	12.5	1 EA	560	120	21	72	2	3	13	0	3	32	14	2930	80	0	0	25	10
1040	WORKS DOG			8	9	4.2	1 EA	340	170	50	28	5	13	19	0	0	11	4	970	40	4	0	6	10
1529	WRMR ALL AMRCN BREAKFAST GRILL		K	14	16	7.3	1 EA	590	330	55	46	10	15	36	1	2	16	2	1130	50	4	8	15	10
1544	WRMR BBQ RIB SANDWICH			11	13	6.8	1 EA	500	210	41	47	10	18	23	0	3	23	16	1240	40	4	4	20	10
1547	WRMR CAN HAM EGG CHS CROISSANT		K	7	8	5.0	1 EA	310	140	41	26	5	15	14	0	1	16	5	990	110	10	0	10	15
1548	WRMR CHICKEN & CHEDDAR			11	12	5.0	1 EA	450	260	58	25	10	20	29	0	1	23	1	790	60	8	0	4	20
1528	WRMR CHUCKWAGON POPPYSEED			10	11	5.5	1 EA	440	190	41	42	10	20	20	0	1	19	6	1360	65	6	0	15	20
1531	WRMR HAM EGG CHEESE MUFFIN		K	5	6	4.2	1 EA	230	70	31	24	4	14	8	0	1	15	3	870	95	4	0	10	20
1536	WRMR JUMBO EGG CHEESE BCN BRRT		K	10	11	7.1	1 EA	420	170	43	40	5	11	20	0	2	19	2	1510	395	15	4	20	20
1540	WRMR SAUSAGE EGG CHEESE BISCUIT		K	16	17	6.3	1 EA	630	400	61	38	25	36	43	0	1	16	3	1510	130	4	0	15	15
1538	WRMR SAUSAGE EGG CHEESE BAGEL		K	11	12	7.4	1 EA	460	210	43	47	10	20	22	0	1	17	3	1050	115	4	0	20	15
1530	WRMR SAUSAGE EGG CHEESE MUFFIN		K	10	11	5.4	1 EA	430	240	52	29	10	21	25	0	1	17	1	900	130	4	0	15	25
1545	WRMR WORKS BURGER			9	10	5.0	1 EA	360	210	58	18	10	25	23	1	0	21	5	1130	60	8	0	10	10
566	YOGURT DANNON 6OZ		K	2	2	6.0	1 EA	80	0	0	15	0	0	0	0	0	5	11	80	5	15	15	0	15