

# Lyndon

I N S T I T U T E



## Cafeteria Nutritional Facts

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# Whole Wheat English Muffin

## Ingredients

INGREDIENTS: Water, whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), yeast, wheat gluten, contains less than 2% of the following: soybean oil, sugar, salt, corn meal, calcium propionate, fumaric acid, baking soda, monocalcium phosphate, calcium sulfate, ammonium sulfate  
CONTAINS: WHEAT, SOY

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving size</b>	<b>2.0 oz. (57g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>130</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>1%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 200mg	<b>9%</b>
<b>Total Carbohydrate</b> 24g	<b>9%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 1g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 6g	
Vitamin D 0mcg	<b>0%</b>
Calcium 100mg	<b>8%</b>
Iron 1mg	<b>8%</b>
Potassium 140mg	<b>2%</b>
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

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# Whole Grain French Toast Stick

## Ingredients

BREAD (WHOLE WHEAT FLOUR, WATER, ENRICHED WHEAT FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHEAT GLUTEN, SUGAR, YEAST, SALT, SOYBEAN OIL, CULTURED WHEAT FLOUR, VINEGAR, SOY LECITHIN, ASCORBIC ACID, ENZYME), WATER, WHOLE WHEAT FLOUR, SOYBEAN OIL, SUGAR, ENRICHED YELLOW CORN FLOUR (YELLOW CORN FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS LESS THAN 2% OF THE FOLLOWING: SOY FLOUR, SALT, GUM ARABIC, DRIED YEAST, NATURAL AND ARTIFICIAL FLAVOR, CARRAGEENAN, LEAVENING (BAKING SODA, MONOCALCIUM PHOSPHATE), DEXTROSE, SOY LECITHIN.

<b>Nutrition Facts</b>	
<b>Serving Size</b>	<b>1 Serving (99 grams)</b>
<hr/>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>250</b>
<hr/>	
	<b>% Daily Value*</b>
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 1.5g	<b>8%</b>
<i>Trans Fat</i> NA	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 300mg	<b>13%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars NA	
Includes 7g Added Sugars	<b>14%</b>
<b>Protein</b> 6g	
<hr/>	
Vitamin D 0mcg	<b>0%</b>
Calcium 40mg	<b>4%</b>
Iron 1.90mg	<b>10%</b>
Potassium 150mg	<b>3%</b>
<hr/>	
<small>The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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# Low Fat Strawberry Yogurt

## Ingredients

Cultured Grade A Low Fat Milk, Sugar, Modified Corn Starch. Contains 1% or less of: Corn Starch, Citric Acid, Vegetable Juice (for color), Natural Flavor, Potassium Sorbate Added to Maintain Freshness, Vitamin A Acetate, Vitamin D3.

<b>Nutrition Facts</b>	
<b>Serving Size</b>	<b>1 Serving (170 grams)</b>
<hr/>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>150</b>
<hr/>	
	<b>% Daily Value*</b>
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0.5g	<b>3%</b>
<i>Trans</i> Fat NA	
<b>Cholesterol</b> less than 5mg	<b>2%</b>
<b>Sodium</b> 80mg	<b>3%</b>
<b>Total Carbohydrate</b> 31g	<b>11%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars NA	
Includes 17g Added Sugars	<b>34%</b>
<b>Protein</b> 5g	
<hr/>	
Vitamin D 3.0mcg	15%
Calcium 180mg	15%
Iron 0mg	0%
Potassium 240mg	5%
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<small>The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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# Donut Cake

## Ingredients

INGREDIENTS FOR U.S MARKET: ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), PALM OIL, SUGAR, WATER, SOYBEAN OIL, CONTAINS LESS THAN 2% OF THE FOLLOWING: DEFATTED SOY FLOUR, EGG YOLKS, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA), DEXTROSE, WHEAT STARCH, SALT, SKIM MILK, MODIFIED WHEAT STARCH, POTATO FLOUR, ARTIFICIAL FLAVOR, SODIUM STEAROYL LACTYLATE.

<b>Nutrition Facts</b>	
<b>Serving Size</b>	<b>1 Serving (85 grams)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>380</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 23g	<b>29%</b>
Saturated Fat 10g	<b>50%</b>
<i>Trans Fat</i> NA	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 570mg	<b>25%</b>
<b>Total Carbohydrate</b> 39g	<b>14%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars NA	
Includes 13g Added Sugars	<b>26%</b>
<b>Protein</b> 4g	
Vitamin D 0.1mcg	0%
Calcium 10mg	0%
Iron 2.20mg	10%
Potassium 80mg	2%

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# Whole Grain Sausage And Pancake Stick

## Ingredients

Turkey, Mechanically Separated Turkey, water, textured vegetable protein product (soy protein concentrate, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine mononitrate [B1], pyridoxine hydrochloride [B6], riboflavin [B2], and cyanocobalamin [B12]), contains 2% or less: salt, potassium lactate, spices, sodium phosphate, sodium diacetate, sodium lactate, BHA, BHT, citric acid.  
PANCAKE BATTER: Water, whole grain wheat flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, contains 2% or less: soybean oil, salt, dextrose, leavening (sodium acid pyrophosphate, sodium bicarbonate), artificial flavor, dried egg yolk, soy lecithin, nonfat dry milk.  
Cooked in vegetable oil.

<b>Nutrition Facts</b>	
<b>Serving Size</b>	<b>1 Serving (71 grams)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>140</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 1.5g	<b>8%</b>
<i>Trans</i> Fat NA	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 360mg	<b>16%</b>
<b>Total Carbohydrate</b> 16g	<b>6%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars NA	
Includes 6g Added Sugars	<b>12%</b>
<b>Protein</b> 8g	
Vitamin D 0mcg	<b>0%</b>
Calcium 50mg	<b>4%</b>
Iron 1.00mg	<b>6%</b>
Potassium 250mg	<b>5%</b>

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# Whole Grain Blueberry Muffin

## Ingredients

WHOLE WHEAT FLOUR, SUGAR, EGGS, WATER, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BLUEBERRIES, INVERT SUGAR, SOYBEAN OIL, CONTAINS 2% OR LESS OF: PALM OIL, CANOLA OIL, OAT FIBER, LEAVENING (SODIUM ALUMINUM PHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), MODIFIED CORN STARCH, POTASSIUM SORBATE (PRESERVATIVE), PROPYLENE GLYCOL ESTER OF FATTY ACIDS, SODIUM ALGINATE, NATURAL AND ARTIFICIAL FLAVOR, SALT, MONO- AND DIGLYCERIDES, NATURAL BLUEBERRY FLAVOR, SOY LECITHIN, SODIUM STEAROYL LACTYLATE, BLUEBERRY JUICE CONCENTRATE, MALIC ACID, BLACKBERRY JUICE CONCENTRATE, ENZYMES. CONTAINS: EGGS, SOY, WHEAT.

Nutrition Facts	
Serving Size	1 Serving (57 grams)
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>190</b>
	<b>% Daily Value*</b>
Total Fat 6g	8%
Saturated Fat 2g	10%
Trans Fat NA	
Cholesterol 30mg	10%
Sodium 130mg	6%
Total Carbohydrate 30g	11%
Dietary Fiber 2g	7%
Total Sugars NA	
Includes 16g Added Sugars	32%
<b>Protein 3g</b>	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.90mg	6%
Potassium 90mg	2%

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# Chocolate, Chocolate Chip Muffin

## Ingredients

WHOLE WHEAT FLOUR, SUGAR, EGGS, WATER, INVERT SUGAR, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SEMI-SWEET CHOCOLATE CHIPS (SUGAR, UNSWEETENED CHOCOLATE, COCOA BUTTER, DEXTROSE, SOY LECITHIN, VANILLA EXTRACT, MILK), CONTAINS 2% OR LESS OF: COCOA (PROCESSED WITH ALKALI), SOYBEAN OIL, PALM OIL, CANOLA OIL, CARAMEL COLOR (CONTAINS SULFITES), WHEAT GLUTEN, MODIFIED CORN STARCH, PROPYLENE GLYCOL MONO- AND DIESTERS OF FATS AND FATTY ACIDS, LEAVENING (SODIUM ALUMINUM PHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), MONO- AND DIGLYCERIDES, OAT FIBER, POTASSIUM SORBATE (PRESERVATIVE), SALT, SODIUM ALGINATE, SOY LECITHIN, NATURAL NAD ARTIFICIAL FLAVORS, ENZYMES. CONTAINS: EGGS, MILK, SOY, WHEAT.

<b>Nutrition Facts</b>	
<b>Serving Size</b>	<b>1 Serving (57 grams)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>190</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 2g	<b>10%</b>
<i>Trans Fat</i> NA	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 130mg	<b>6%</b>
<b>Total Carbohydrate</b> 33g	<b>12%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars NA	
Includes NA Added Sugars	<b>NA%</b>
<b>Protein</b> 3g	
Vitamin D NA	NA%
Calcium 40mg	4%
Iron 1.50mg	8%
Potassium NA	NA%

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# Potato Hash Brown

## Ingredients

Potatoes, Vegetable Oil (Contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn). Contains 2% or less of Dehydrated Onion, Dextrose, Natural Flavor, Salt, Sodium Acid Pyrophosphate Added To Maintain Natural Color.

<b>Nutrition Facts</b>	
<b>Serving Size</b>	<b>1 Serving (63 grams)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>110</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat NA	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 280mg	<b>12%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars NA	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> less than 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.20mg	2%
Potassium 180mg	4%

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# Pullman Wheat Bread

## Ingredients

Unbleached Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Wheat Bran, Wheat Gluten, Sugar, Yeast, Whole Wheat Flour, Contains 2% or less of the following: Salt, Honey, Soybean Oil, Calcium Propionate (Preservative), Potassium Sorbate (Preservative), Caramel Color, Wheat Starch, Ascorbic Acid, Enzymes.

<b>Nutrition Facts</b>	
<b>Serving Size</b>	<b>1 Slice (22 grams)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>60</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans Fat</i> NA	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 110mg	<b>5%</b>
<b>Total Carbohydrate</b> 10g	<b>4%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars NA	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.70mg	4%
Potassium 40mg	1%

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# Whole Grain Biscuit

## Ingredients

WHOLE WHEAT FLOUR, ENRICHED FLOUR BLEACHED (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, PALM OIL, PALM KERNEL OIL, SUGAR, CALCIUM ACID PYROPHOSPHATE, BUTTERMILK, SALT, BAKING SODA, POTASSIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE, PECTIN.

<b>Nutrition Facts</b>	
<b>Serving Size</b>	<b>1 Serving (57 grams)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>190</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 6g	<b>30%</b>
<i>Trans Fat</i> NA	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 310mg	<b>13%</b>
<b>Total Carbohydrate</b> 24g	<b>9%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars NA	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 4g	
Vitamin D 0mcg	<b>0%</b>
Calcium 160mg	<b>10%</b>
Iron 1.40mg	<b>8%</b>
Potassium 220mg	<b>5%</b>

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I N S T I T U T E



# Whole Grain Popcorn Chicken

## Ingredients

Chicken, water, textured soy protein concentrate, isolated soy protein with less than 2% lecithin, chicken type flavor [brown sugar, yeast extract, onion powder, maltodextrin, canola oil, carrot powder, garlic powder, silicon dioxide (anti-caking agent), citric acid, spice, salt, vegetable stock (carrot, onion, celery), natural flavor], sodium phosphates. BREADED WITH: Whole wheat flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, salt, sugar, dried onion, dried garlic, torula yeast, spice, dextrose, dried yeast, turmeric extract (color), paprika extract (color). Breeding set in vegetable oil.

<b>Nutrition Facts</b>	
<b>Serving Size</b>	<b>1 Serving (86 grams)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>230</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 13g	<b>17%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat NA	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 350mg	<b>15%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars NA	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 14g	
Vitamin D 0mcg	<b>0%</b>
Calcium 33mg	<b>2%</b>
Iron 2.00mg	<b>10%</b>
Potassium 650mg	<b>14%</b>

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# Whole Grain White Hamburger Bun

## Ingredients

Whole White Wheat Flour, Water, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Yeast, Wheat Gluten, Soybean Oil. Contains 2% Or Less Of The Following: Salt, Calcium Sulfate, Calcium Propionate (Preservative), Sodium Stearoyl Lactylate, Wheat Starch, Ascorbic Acid, Enzymes.

<b>Nutrition Facts</b>	
<b>Serving Size</b>	<b>2 oz (57g) (57 grams)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>150</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans Fat</i> NA	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 260mg	<b>11%</b>
<b>Total Carbohydrate</b> 28g	<b>10%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars NA	
Includes 4g Added Sugars	<b>8%</b>
<b>Protein</b> 5g	
Vitamin D NA	NA%
Calcium 116mg	8%
Iron 1.00mg	6%
Potassium 85mg	2%

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# Whole Grain Chicken Tenders

## Ingredients

Boneless, skinless chicken breast with rib meat, whole wheat flour, water, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), contains 2% or less of the following: dextrose, dried garlic, dried onion, dried yeast, isolated soy protein, chicken type flavor [brown sugar, onion powder, yeast extract, maltodextrin, carrot powder, garlic powder, canola oil, spices, citric acid, silicon dioxide (anti-caking agent)], paprika extract (color), salt, sodium phosphates, spice, sugar, torula yeast, turmeric extract (color), wheat gluten. Breading set in vegetable oil.

<b>Nutrition Facts</b>	
<b>Serving Size</b>	<b>1 Serving (58 grams)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>110</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans Fat</i> NA	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 200mg	<b>9%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars NA	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 10g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.80mg	4%
Potassium 380mg	8%

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# Whole Grain Low-fat Chicken Corn Dog

## Ingredients

Batter Ingredients: Water, Whole Wheat Flour, Whole Grain Corn, Sugar, Contains Less Than 2% Of Soy Flour, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Soybean Oil, Salt, Ascorbic Acid, Dried Honey, Whole Egg, Natural Flavor. Fried In Vegetable Oil. Chicken Frank Ingredients: Mechanically Separated Chicken, Water, Corn Syrup Solids, Contains Less Than 2% Of Soy Protein Concentrate, Salt, Spices, Sodium Phosphate, Potassium Chloride, Flavorings, Sodium Erythorbate, Sodium Nitrite. Contains: Wheat, Soy, And Eggs.

<b>Nutrition Facts</b>	
<b>Serving Size</b>	<b>1 Serving (112 grams)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>240</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat NA	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 470mg	<b>20%</b>
<b>Total Carbohydrate</b> 30g	<b>11%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars NA	
Includes 7g Added Sugars	<b>14%</b>
<b>Protein</b> 9g	
Vitamin D 0mcg	0%
Calcium 100mg	8%
Iron 1.50mg	8%
Potassium 240mg	5%

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# Beef & Pork Italian Style Meatballs

## Ingredients

Pork, Beef, Water, Seasoning (Bread Crumbs [Wheat Flour, Salt, Yeast], Parmesan/Romano Cheeses Made From Cow's Milk [Pasteurized Milk, Cheese Cultures, Salt, Enzymes], Salt, Dried Onion, Dried Celery, Malt Extract, Garlic Powder, Spices, Rice Flour), Textured Soy Flour (Soy Flour, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate [B1], Pyridoxine Hydrochloride [B6], Riboflavin [B2], Cyanocobalamin [B12]), Soy Protein Concentrate, Tomato Paste. Contains: Milk, Wheat, Soy.

<b>Nutrition Facts</b>	
<b>Serving Size 6 Meatballs (85 grams)</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>240</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 19g	<b>24%</b>
Saturated Fat 7g	<b>35%</b>
<i>Trans</i> Fat NA	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 470mg	<b>20%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars NA	
Includes NA Added Sugars	<b>NA%</b>
<b>Protein</b> 12g	
Vitamin D NA	NA%
Calcium 50mg	4%
Iron 1.10mg	6%
Potassium NA	NA%

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**Lyndon**  
I N S T I T U T E

# 16" Pizza Dough

## Ingredients

INGREDIENTS FOR U.S MARKET: ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, HIGH FRUCTOSE CORN SYRUP, CONTAINS LESS THAN 2% OF THE FOLLOWING: SALT, SOYBEAN OIL, WHEAT GLUTEN, ASCORBIC ACID, ENZYMES.

<b>Nutrition Facts</b>	
<b>Serving Size</b>	<b>1 Serving (61 grams)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>140</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans Fat</i> NA	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 290mg	<b>13%</b>
<b>Total Carbohydrate</b> 28g	<b>10%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars NA	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 5g	
Vitamin D 0.5mcg	<b>2%</b>
Calcium 10mg	<b>0%</b>
Iron 1.80mg	<b>10%</b>
Potassium 50mg	<b>1%</b>

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**Lyndon**  
INSTITUTE

# Ziti Pasta

## Ingredients

SEMOLINA (WHEAT), NIACIN, FERROUS SULFATE (IRON), THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID.  
Contains: Wheat.

### Nutrition Facts

Serving Size 2/3 Cup Dry (56 grams)

Amount Per Serving

**Calories** **200**

% Daily Value\*

Total Fat 1g 1%

Saturated Fat 0g 0%

Trans Fat NA

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 42g 15%

Dietary Fiber 2g 7%

Total Sugars NA

Includes 0g Added Sugars 0%

Protein 7g

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 1.80mg 10%

Potassium 110mg 2%

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Lyndon**  
INSTITUTE



# Whole Grain Elbow Pasta

## Ingredients

WHOLE GRAIN DURUM WHEAT FLOUR.

### Nutrition Facts

Serving Size 1 Serving (57 grams)

Amount Per Serving

**Calories 180**

% Daily Value\*

Total Fat 1.5g 2%

Saturated Fat 0g 0%

Trans Fat NA

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 39g 14%

Dietary Fiber 6g 21%

Total Sugars NA

Includes NA Added Sugars NA%

Protein 8g

Vitamin D NA NA%

Calcium 0mg 0%

Iron 3.60mg 20%

Potassium NA NA%

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Lyndon**  
INSTITUTE



# 3/8" Potato Fry

## Ingredients

Potatoes, Vegetable Oil (Contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn). Contains 2% or less of Dextrose, Sodium Acid Pyrophosphate Added To Maintain Color.

<b>Nutrition Facts</b>	
<b>Serving Size</b>	<b>3 oz (85g / about 14 pieces) (85 grams)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>100</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 0.5g	<b>3%</b>
<i>Trans Fat</i> NA	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 20mg	<b>1%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars NA	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	<b>0%</b>
Calcium 10mg	<b>0%</b>
Iron 0.30mg	<b>2%</b>
Potassium 270mg	<b>6%</b>

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Lyndon**  
I N S T I T U T E

# Chicken Breast Patties

## Ingredients

Chicken Breast With Rib Meat, Salt, Sodium Phosphates. Battered And Breaded With: Bleached Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Contains 2% Or Less Of: Spices, Salt, Corn Starch, Dextrose, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate, Monocalcium Phosphate), Flavor, Caramelized Sugar, Maltodextrin, Yellow Corn Flour, Buttermilk Solids, Guar Gum, Methylcellulose, Extractives Of Turmeric (Color). Set In Vegetable Oil.

<b>Nutrition Facts</b>	
<b>Serving Size</b>	<b>1 Serving (84 grams)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>220</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 14g	<b>18%</b>
Saturated Fat 3g	<b>15%</b>
<i>Trans Fat</i> NA	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 460mg	<b>20%</b>
<b>Total Carbohydrate</b> 13g	<b>5%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars NA	
Includes NA Added Sugars	<b>NA%</b>
<b>Protein</b> 12g	
Vitamin D NA	NA%
Calcium 20mg	2%
Iron 2.00mg	10%
Potassium NA	NA%

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Lyndon**  
INSTITUTE

# Potato Tater Tots

## Ingredients

INGREDIENTS: Potatoes, Vegetable Oil (Contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn). Contains 2% or less of Dextrose, Natural Flavor, Salt, Sodium Acid Pyrophosphate Added To Maintain Color.

<b>Nutrition Facts</b>	
<b>Serving Size</b>	<b>9 pieces (85g) (85 grams)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>130</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat NA	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 370mg	<b>16%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars NA	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.20mg	2%
Potassium 250mg	5%

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**Lyndon**  
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# 1/2" Crinkle Potato Fry

## Ingredients

Potatoes, Vegetable Oil (Contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn). Contains 2% or less of Annatto Extract (color), Caramel Color, Sodium Acid Pyrophosphate Added To Maintain Color.

<b>Nutrition Facts</b>	
<b>Serving Size</b>	<b>3 oz (85g / about 13 pieces) (85 grams)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>100</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 0.5g	<b>3%</b>
<i>Trans</i> Fat NA	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 20mg	<b>1%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars NA	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.30mg	2%
Potassium 270mg	6%

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**Lyndon**  
I N S T I T U T E



# Whole Grain Brown Rice

## Ingredients

Long grain parboiled brown rice.

### Nutrition Facts

Serving Size 1/4 Cup Dry (1 Cup Prepared) (47 grams)

Amount Per Serving

**Calories 170**

% Daily Value\*

Total Fat 1.5g 2%

Saturated Fat 0g 0%

Trans Fat NA

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 36g 13%

Dietary Fiber 2g 7%

Total Sugars NA

Includes 0g Added Sugars 0%

Protein 4g

Vitamin D 0mcg 0%

Calcium 5mg 0%

Iron 1.00mg 6%

Potassium 105mg 2%

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Lyndon**  
INSTITUTE

# Garlic Breadstick

## Ingredients

Enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, liquid margarine (soybean oil, water, salt, hydrogenated soybean oil, mono and diglycerides, soybean lecithin (soy), sodium benzoate (preservatives), artificial butter flavor, colored with beta carotene, vitamin a palmitate added), water, liquid sugar, garlic, soybean oil, salt (salt, yellow prussiate of soda), monoglycerides (water, monoglycerides and 2% or less of each of the following: preservatives (propionic acid, phosphoric acid), dried oregano, calcium propionate, dough conditioner (wheat flour, ascorbic acid, enzymes), salt, dry yeast (inactive), vegetable oil blend (soybean oil, soy lecithin). Contains: wheat, soy.

<b>Nutrition Facts</b>	
<b>Serving Size</b>	<b>1 breadstick (1.75 oz) (50 grams)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>160</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1.5g	8%
Trans Fat NA	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 260mg	<b>11%</b>
<b>Total Carbohydrate</b> 19g	<b>7%</b>
Dietary Fiber 1g	4%
Total Sugars NA	
Includes 1g Added Sugars	2%
<b>Protein</b> 3g	
Vitamin D 0.0mcg	0%
Calcium 9mg	0%
Iron 1.00mg	6%
Potassium 40mg	1%

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**Lyndon**  
I N S T I T U T E

# Wheat Tortilla Wrap

## Ingredients

Whole Wheat Tortilla Ingredients: Whole Wheat Flour, Enriched Unbleached Malted Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate [Vitamin B1], Riboflavin [Vitamin B2], Folic Acid [Vitamin B9]), Water, Sunflower Oil, Salt, Soy Lecithin, Mono & Diglycerides, Leavenings (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate), Calcium Propionate (To Preserve Freshness), Fumaric Acid, Wheat Gluten, Corn Starch, Xanthan Gum, Locust Bean Gum. Contains Wheat from Wheat Flour, Soy from Soy Lecithin.

<b>Nutrition Facts</b>	
<b>Serving Size</b>	<b>1 Tortilla (73 grams)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>240</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat NA	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 240mg	<b>11%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars NA	
Includes NA Added Sugars	<b>NA%</b>
<b>Protein</b> 7g	
Vitamin D NA	NA%
Calcium 60mg	4%
Iron 1.80mg	10%
Potassium NA	NA%

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**Lyndon**  
INSTITUTE



# Beef Patty

## Ingredients

Boneless Beef

### Nutrition Facts

Serving Size 4 Ounces (113 grams)

Amount Per Serving

**Calories 290**

% Daily Value\*

**Total Fat** 22g 28%

Saturated Fat 9g 45%

*Trans Fat* NA

**Cholesterol** 75mg 25%

**Sodium** 65mg 3%

**Total Carbohydrate** 0g 0%

Dietary Fiber 0g 0%

Total Sugars NA

Includes NA Added Sugars NA%

**Protein** 21g

Vitamin D NA NA%

Calcium 0mg 0%

Iron 1.80mg 10%

Potassium NA NA%

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**Lyndon**  
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# Pizza Sauce

## Ingredients

Tomato Puree (Water, Tomato Paste), less than 2% of: Salt, Dried Onions, Extra Virgin Olive Oil, Crushed Garlic, Dried Basil, Black Pepper, Dried Oregano, Citric Acid\*. \*Naturally Derived

<b>Nutrition Facts</b>	
<b>Serving Size 1/4 cup (63g) (63 grams)</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>30</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat NA	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 260mg	<b>11%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars NA	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	
<b>Vitamin D</b> 0mcg	<b>0%</b>
<b>Calcium</b> 0mg	<b>0%</b>
<b>Iron</b> 0.50mg	<b>2%</b>
<b>Potassium</b> 250mg	<b>5%</b>
<small>The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

**Lyndon**  
I N S T I T U T E

# Tortilla Chips

## Ingredients

Corn, Vegetable Oil (Corn, Canola, And/Or Sunflower Oil), And Salt.

### Nutrition Facts

Serving Size Per serving (28 grams)

Amount Per Serving

**Calories 150**

% Daily Value\*

Total Fat 7g 9%

Saturated Fat 1g 5%

Trans Fat NA

Cholesterol 0mg 0%

Sodium 115mg 5%

Total Carbohydrate 18g 7%

Dietary Fiber 1g 4%

Total Sugars NA

Includes NA Added Sugars NA%

Protein 2g

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 0.30mg 2%

Potassium 40mg 1%

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**Lyndon**  
INSTITUTE



# Nacho Cheese Sauce

## Ingredients

WATER, VEGETABLE OIL (CONTAINS ONE OR MORE OF CANOLA OIL, SOYBEAN OIL, SUNFLOWER OIL), MODIFIED CORN STARCH, CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, ANNATTO[COLOR]), NONFAT DRY MILK, CORNSTARCH, CONTAINS LESS THAN 2% OF WHEY, SALT, SODIUM PHOSPHATE, TOMATO POWDER, LACTIC ACID, YEAST EXTRACT, MONO- AND DIGLYCERIDES, MILKFAT, JALAPENO PEPPERS, ANNATTO COLOR, SODIUM HEXAMETAPHOSPHATE, TURMERIC COLOR, MALTODEXTRIN, YELLOW 6, NATURAL AND ARTIFICIAL FLAVORS, ACETIC ACID. CONTAINS: MILK.

<b>Nutrition Facts</b>	
<b>Serving Size</b>	<b>1/4 Cup (62 grams)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>70</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 4.5g	<b>6%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans Fat</i> NA	
<b>Cholesterol</b> less than 5mg	<b>2%</b>
<b>Sodium</b> 460mg	<b>20%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars NA	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	<b>0%</b>
Calcium 50mg	<b>4%</b>
Iron 0mg	<b>0%</b>
Potassium 0mg	<b>0%</b>

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**Lyndon**  
INSTITUTE

# Red Diced Potato

## Ingredients

POTATOES, DEXTROSE, DISODIUM PYROPHOSPHATE (ADDED TO MAINTAIN COLOR), POTASSIUM SORBATE (ADDED TO MAINTAIN FRESHNESS)

<b>Nutrition Facts</b>	
<b>Serving Size</b>	<b>2/3 cup (110 grams)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>80</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat NA	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 65mg	<b>3%</b>
<b>Total Carbohydrate</b> 18g	<b>7%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars NA	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.40mg	2%
Potassium 360mg	8%

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Lyndon**  
INSTITUTE

# 1% Lowfat Milk

## Nutrition Facts

**Serving Size** 1 cup (245 grams)

**Amount Per Serving**

**Calories** **100**

**% Daily Value\***

**Total Fat** 2.5g **3%**

Saturated Fat 1.5g **7%**

*Trans Fat* NA

**Cholesterol** 10mg **3%**

**Sodium** 125mg **6%**

**Total Carbohydrate** 12g **4%**

Dietary Fiber 0g **0%**

Total Sugars NA

Includes NA Added Sugars **NA%**

**Protein** 8g

Vitamin D 2.4mcg **10%**

Calcium 314mg **25%**

Iron 0.12mg **0%**

Potassium 400mg **8%**

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Lyndon**  
I N S T I T U T E



# Pina Colada Smoothie

## Ingredients

Reconstituted Pineapple Juice (Water, Pineapple Juice Concentrate), Coconut Milk, Cane Sugar, Pineapple Juice Concentrate, Pectin, Xanthan Gum, Ascorbic Acid (Vitamin C), Natural Flavor. CONTAINS TREE NUTS (COCONUT).

<b>Nutrition Facts</b>	
<b>Serving Size</b>	<b>100 Gram (100 grams)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>210</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 6g	<b>29%</b>
<i>Trans Fat</i> NA	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 10mg	<b>1%</b>
<b>Total Carbohydrate</b> 36g	<b>13%</b>
Dietary Fiber 0g	<b>2%</b>
Total Sugars NA	
Includes NA Added Sugars	<b>NA%</b>
<b>Protein</b> less than 1g	
Vitamin D NA	NA%
Calcium 14mg	2%
Iron 0.70mg	4%
Potassium NA	NA%

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Lyndon**  
INSTITUTE

# Strawberry Smoothie

## Ingredients

Strawberry Puree, Water, Cane Sugar, Contains less than 1% of the following: Pectin, Fruit and Vegetable Juice for Color, Lemon Juice Concentrate, Lime Juice Concentrate, Citric Acid, Natural Flavor, Malic Acid, Ascorbic Acid (Vitamin C).

<b>Nutrition Facts</b>	
<b>Serving Size</b>	<b>1 Serving (1 grams)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>120</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans Fat</i> NA	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 30g	<b>11%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars NA	
Includes 25g Added Sugars	<b>50%</b>
<b>Protein</b> 0g	
Vitamin D NA	NA%
Calcium 0mg	0%
Iron 0.30mg	2%
Potassium 30mg	1%

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Lyndon**  
INSTITUTE

# Soft Pretzel

## Ingredients

PRETZEL: ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, CORN SYRUP, YEAST, BICARBONATES AND CARBONATES OF SODA.

<b>Nutrition Facts</b>	
<b>Serving Size</b>	<b>1 pretzel with 1/2 tsp (2g) salt (144g) (144 grams)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>380</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans Fat</i> NA	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 1030mg	<b>45%</b>
<b>Total Carbohydrate</b> 78g	<b>28%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars NA	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 12g	
Vitamin D 0mcg	<b>0%</b>
Calcium 20mg	<b>2%</b>
Iron 5.10mg	<b>30%</b>
Potassium 150mg	<b>3%</b>

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Lyndon**  
INSTITUTE



# Sugar Cookie

## Ingredients

Wheat flour (unbleached & enriched with niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, vegetable oil blend ([soybean, palm & olive oils], water, salt, milk, mono & diglycerides, soy lecithin, potassium sorbate[preservative], natural & artificial flavors, vitamin A palmitate, beta carotene for color), butter, pasteurized whole eggs, margarine (partially hydrogenated soybean oil, water, salt, milk powder, soy lecithin, mono & diglycerides, potassium sorbate, beta carotene for color, artificial flavor, vitamin A palmitate), invert sugar, soy flour, salt, natural & artificial vanilla flavors, baking soda CONTAINS: EGGS, MILK, SOY, WHEAT

<b>Nutrition Facts</b>	
<b>Serving Size</b>	<b>1 Serving (43 grams)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>190</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 4g	<b>20%</b>
<i>Trans Fat</i> NA	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 230mg	<b>10%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars NA	
Includes NA Added Sugars	<b>NA%</b>
<b>Protein</b> 2g	
Vitamin D NA	NA%
Calcium 26mg	2%
Iron 0.72mg	4%
Potassium NA	NA%

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Lyndon**  
I N S T I T U T E

# Chocolate Chip Cookie

## Ingredients

SUGAR, ENRICHED WHEAT FLOUR (CONTAINS BARLEY), PALM OIL SPREAD (PALM OIL, WATER, BUTTER [MILK], SALT, NATURAL FLAVOUR [CONTAINS MILK], CITRIC ACID, VITAMIN A PALMITATE, BETA CAROTENE [COLOUR]), WHITE CHOCOLATE CHIPS (SUGAR, WHOLE MILK POWDER, COCOA BUTTER, SOY LECITHIN, ARTIFICIAL FLAVOUR), SEMI-SWEET CHOCOLATE CHIPS (SUGAR, UNSWEETENED CHOCOLATE, COCOA BUTTER, SOY LECITHIN, NATURAL FLAVOUR), LIQUID WHOLE EGGS, COCOA (PROCESSED WITH ALKALI), BLACKSTRAP MOLASSES, WATER, ARTIFICIAL FLAVOUR, SODIUM BICARBONATE, SALT. CONTAINS: BARLEY, EGGS, MILK, SOY, WHEAT. MAY CONTAIN: PEANUTS, ALMONDS, COCONUT, MACADAMIA NUTS, PECANS, WALNUTS.

### Nutrition Facts

Serving Size 1 Serving (38 grams)

Amount Per Serving

**Calories 170**

% Daily Value\*

Total Fat 8g 10%

Saturated Fat 4.5g 23%

Trans Fat NA

Cholesterol 10mg 3%

Sodium 140mg 6%

Total Carbohydrate 23g 8%

Dietary Fiber 1g 4%

Total Sugars NA

Includes NA Added Sugars NA%

Protein 2g

Vitamin D NA NA%

Calcium 10mg 0%

Iron 1.60mg 8%

Potassium NA NA%

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Lyndon**  
INSTITUTE