

2008 Supercase Nutritional Analysis



Name of Item	Type	Weight grams	Calories	Fat (g) Grams	Saturated Fat Grams	Transfat Grams	Cholesterol Milligrams	Sodium milligrams	Carbohydrate Grams	Fibre Grams	Sugars Grams	Protein Grams	Vitamin A %	Vitamin C %	Calcium %	Iron %
Menu 1 X 1 per Case - Chili With Beans																
Chili With Beans	Entrée	227	240	10.0	4.5	-	35	990	22	4	5	16	35	25	6	20
Mexican Rice	Side	142	200	4.0	0.5	-	-	440	36	2	-	6	15	4	2	10
Lemon Poppy Seed Cake	Desert	71	300	14.0	3.0	-	30	250	40	-	22	3	-	2	2	8
WheatBread	Bread	57	180	6.0	1.5	1.5	-	350	30	2	3	4	-	-	20	10
Blackberry Jam	Jam	28	70	-	-	-	-	-	17	-	16	-	-	-	-	-
IceTea	Beverage Cold	16	60	-	-	-	-	-	16	-	16	-	-	-	-	-
Cocoa Beverage (Hot Chocolate)	Beverage Hot	43	180	5.0	1.5	2.0	-	90	32	1	23	2	8	-	-	6
Instant Coffee	Beverage Hot															
Total		584	1,230	39.0	11.0	3.5	65	2,120	193	9	85	31	58	31	30	54

Menu 2 X 1 per Case - Pene Pasta with Vegetables																
Penne with Vegetable Sausage																
Crumbles	Entrée	227	320	4.5	-	-	-	710	54	5	7	16	15	10	10	20
Fried Rice	Side	142	220	3.0	0.5	-	-	490	43	2	2	5	25	15	4	25
Lemon Poppy Seed Cake	Desert	71	300	14.0	3.0	-	30	250	40	-	22	3	-	2	2	8
WheatBread	Bread	57	180	6.0	1.5	1.5	-	350	30	2	3	4	-	-	20	10
Grape Jelly	Jam	28	70	-	-	-	-	-	17	-	11	-	-	-	-	-
Lemon Lime	Beverage Cold	34	130	-	-	-	-	20	33	-	20	-	-	100	-	-
Cocoa Beverage (Hot Chocolate)	Beverage Hot	43	180	5.0	1.5	2.0	-	90	32	1	23	2	8	-	-	6
Instant Coffee	Beverage Hot															
Total		602	1,400	32.5	6.5	3.5	30	1,910	249	10	88	30	48	127	36	69

Menu 3 X 2 per Case - Beef Ravioli																
Beef Ravioli in Meat Sauce	Entrée	227	280	8.0	3.5	-	25	670	34	2	5	16	6	10	8	15
Fried Rice	Side	142	220	3.0	0.5	-	-	490	43	2	2	5	25	15	4	25
Fudge Brownie	Dessert	85	320	17.0	6.0	4.0	40	115	43	2	28	4	-	-	2	15
WheatBread	Bread	57	180	6.0	1.5	1.5	-	350	30	2	3	4	-	-	20	10
Blackberry Jam	Jam	28	70	-	-	-	-	-	17	-	16	-	-	-	-	-
Lemon Lime	Beverage Cold	34	130	-	-	-	-	20	33	-	20	-	-	100	-	-
Cocoa Beverage (Hot Chocolate)	Beverage Hot	43	180	5.0	1.5	2.0	-	90	32	1	23	2	8	-	-	6
Instant Coffee	Beverage Hot															
Total		616	1,380	39.0	13.0	7.5	65	1,735	232	9	97	31	39	125	34	71

Menu 4 X 2 per Case -Vegetable lasagna																
Vegetable Lasagna	Entrée	227	250	4.5	1.5	-	5	840	44	5	7	11	8	15	10	15
Mixed Fruit	Side	128	120	-	-	-	-	60	28	-	25	1	4	100	-	-
Shortbread Cookie	Dessert	44	210	11.0	3.0	-	10	200	25	1	7	3	-	-	2	6
WheatBread	Bread	57	180	6.0	1.5	1.5	-	350	30	2	3	4	-	-	20	10
Strawberry Jam	Jam	28	70	-	-	-	-	-	17	-	16	-	-	-	-	-
IceTea	Beverage Cold	16	60	-	-	-	-	-	16	-	16	-	-	-	-	-
Cocoa Beverage (Hot Chocolate)	Beverage Hot	43	180	5.0	1.5	2.0	-	90	32	1	23	2	8	-	-	6
Instant Coffee	Beverage Hot															
Total		543	1,070	26.5	7.5	3.5	15	1,540	192	9	97	21	20	115	32	37

Menu 5 X 1 per Case - Cheese Tortellini in Tomato Sauce																
Cheese Tortellini in Tomato Sauce	Entrée	227	240	6.0	1.0	-	25	510	37	2	4	9	2	2	10	10
Pineapple	Side	128	80	-	-	-	-	90	21	1	19	-	-	130	-	-
Fig Bar	Dessert	57	210	4.5	1.0	1.0	-	250	41	1	22	2	-	-	2	6
WheatBread	Bread	57	180	6.0	1.5	1.5	-	350	30	2	3	4	-	-	20	10
Apple Jelly	Jam	28	70	-	-	-	-	-	19	-	12	-	-	-	-	-
Lemon Lime	Beverage Cold	34	130	-	-	-	-	20	33	-	20	-	-	100	-	-
Cocoa Beverage (Hot Chocolate)	Beverage Hot	43	180	5.0	1.5	2.0	-	90	32	1	23	2	8	-	-	6
Instant Coffee	Beverage Hot															
Total		574	1,090	21.5	5.0	4.5	25	1,310	213	7	103	17	10	232	32	32

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Menu 6 X 2 per Case - Cheese Omelet																
Cheese Omelet with Vegetables	Entrée	227	290	17.0	6.0	-	550	700	11	1	1	23	20	8	20	15
Mixed Fruit	Side	128	120	-	-	-	-	60	28	-	25	1	4	100	-	-
Toaster Pastry	Dessert	52	210	9.0	3.0	-	-	180	37	-	16	2	10	-	-	10
WheatBread	Bread	57	180	6.0	1.5	1.5	-	350	30	2	3	4	-	-	20	10
Orange Drink Crystals	Beverage Cold	24	90	-	-	-	-	150	22	-	22	-	-	-	-	-
Blackberry Jam	Jam	28	70	-	-	-	-	-	17	-	16	-	-	-	-	-
Cocoa Beverage (Hot Chocolate)	Beverage Hot	43	180	5.0	1.5	2.0	-	90	32	1	23	2	8	-	-	6
Instant Coffee	Beverage Hot															
Total		558	1,140	37	12	4	550	1,530	177	4	106	32	42	108	40	41
Menu 7 X 2 per Case - Oatmeal																
Apple Maple Rolled Oats	Entrée	227	220	1.5	-	-	-	135	46	3	10	4	-	2	4	10
Mixed Fruit	Side	128	120	-	-	-	-	60	28	-	25	1	4	100	-	-
Toaster Pastry	Dessert	52	210	9.0	3.0	-	-	180	37	-	16	2	10	-	-	10
WheatBread	Bread	57	180	6.0	1.5	1.5	-	350	30	2	3	4	-	-	20	10
Strawberry Jam	Jam	28	70	-	-	-	-	-	17	-	16	-	-	-	-	-
Orange Drink Crystals	Beverage Cold	24	90	-	-	-	-	150	22	-	22	-	-	-	-	-
Cocoa Beverage (Hot Chocolate)	Beverage Hot	43	180	5.0	1.5	2.0	-	90	32	1	23	2	8	-	-	6
Instant Coffee	Beverage Hot															
Total		558	1,070	22	6	4	-	965	212	6	115	13	22	102	24	36
Menu 8 X 1 per Case- Spaghetti With Meat Sauce																
Spaghetti W Meat and Sauce	Entrée	227	300	8.0	3.5	-	25	670	42	3	7	16	10	15	8	20
Mexican Rice	Side	142	200	4.0	0.5	-	-	440	36	2	-	6	15	4	2	10
Fudge Brownie	Dessert	85	320	17.0	6.0	4.0	40	115	43	2	28	4	-	-	2	15
WheatBread	Bread	57	180	6.0	1.5	1.5	-	350	30	2	3	4	-	-	20	10
Blackberry Jam	Jam	28	70	-	-	-	-	-	17	-	16	-	-	-	-	-
IceTea	Beverage Cold	16	60	-	-	-	-	-	16	-	16	-	-	-	-	-
Cocoa Beverage (Hot Chocolate)	Beverage Hot	43	180	5.0	1.5	2.0	-	90	32	1	23	2	8	-	-	6
Instant Coffee	Beverage Hot															
Total		598	1,310	40.0	13.0	7.5	65	1,665	216	10	93	32	33	19	32	61
AVG Menu Totals (Per Meal)		575	1,196	32	9	5	120	1,545	208	8	100	25	33	109	33	49