

ITEM

	CALORIES	TOT FAT GM	SAT FAT GM	TRANS FAT GM	CHOLE. MG	SODIUM MG	CARBS GM	SUGARS GM	PROTEIN GM
BROCCOLI CASSEROLE	256	13	3	0	10	400	25	3	11
BROCCOLI PARMESAN	162	4	2	0	14	187	27	8	10
CARNIVAL CORN	88	2	0	0	0	22	17	3	3
CAULIFLOWER AND BASIL	60	4	1	0	0	76	6	3	2
CAULIFLOWER AND HERB BUTTER	70	6	4	0	15	26	4	2	2
CAULIFLOWER AND PEPPERS	71	4	1	0	0	69	9	4	2
CHEESEY STUFFED TOMATO	162	5	2	0	12	581	21	4	9
DILLED CARROTS	83	6	1	0	0	121	8	4	1
DRUNK MUSHROOMS	45	1	0	0	1	259	6	2	3
GLAZED CARROTS	138	0	0	0	0	58	35	31	1
GLAZED CARROTS AND RAISINS	189	4	2	0	10	60	40	32	1
GREEN BEANS CASSEROLE	222	9	2	0	3	1185	33	7	9
GREEN BEANS PECAN	160	14	1	0	0	5	8	2	3
GRILLED SQUASH MEDLEY	54	4	1	0	0	560	3	2	1
ILLINOIS VEG MEDLEY	53	4	1	0	0	560	3	2	1
MEXICAN CORN	148	6	1	0	0	121	18	0	3
MIXED VEGETABLES	91	6	1	0	0	94	9	3	2
PEAS AND CARROTS	95	5	2	0	0	99	9	3	2
PRINCE CHARLES MEDLEY	183	7	1	0	0	259	30	15	4
SEASONED CORN	122	6	1	0	0	66	18	0	3