

Item Description	Portion Size	Cals	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
BBQ SAUCE, HEINZ	1 OZ	40	*N/A*	0	10	0	0
HONEY MUSTARD, KEN'S	1.5 OZ EACH	190	*N/A*	0	6	18	3
HONEY MUSTARD LIGHT, NATURALLY FRESH	1 OZ EACH	70	4	1	5	5	1
JELLY, ASSORTED PACKS, SMUCKERS	.5 OZ EACH	36	8	0	9	0	0
KETCHUP, HEINZ	1 PACKET (9g)	10	*N/A*	0	3	0	0
MAYONNAISE, MONARCH	1 PACKET (12g)	40	*N/A*	0	2	3.5	0.5
MUSTARD, MONARCH	1 PACKET (5.5g)	5	*N/A*	1	1	0	0
RANCH DRESSING (FF) PACKET	1 EACH (12g)	15	1	0	4	0	0
RANCH DRESSING	1 OZ	57	0.7	0.5	1.7	5.3	1.1
RASPBERRY VINAIGRETTE, FF DRESSING	1.5 OZ EACH	25	6	0	7	0	0
SYRUP, MONARCH	1.5 OZ EACH	120	*N/A*	0	31	0	0
SYRUP, SUGAR FREE, MONARCH	1 OZ EACH	25	0	0	10	0	0

**Please note portion, product guidelines, variations in serving sizes and ingredient content changes may occur. Nutritional information is provided by product manufactures and USDA and is subject to change periodically.**