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## MEAT & POULTRY

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<b>MEAT &amp; POULTRY</b>			
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## FISH & SEAFOOD

### FISH

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CRAB (BLUE), RAW	632	MARG SPREAD (80% FAT), UNSLTD	665
CRAB (BLUE), STEAMED	633	MARG SPREAD, FAT FREE	666
CRAB (DUNGENESS), RAW	634	MARG STICK, FROM CORN OIL	667
CRAB (DUNGENESS), STEAMED	635	MARG STICK, FROM SOYBEAN OIL	668
CRAB (KING), RAW	636	<b>CHEESE</b>	
CRAB (KING), STEAMED	637	AMERICAN	669
CRAB (QUEEN OR SNOW), RAW	638	AMERICAN, FAT FREE	670
CRAB (QUEEN OR SNOW), STEAMED	639	AMERICAN, LOW FAT	671
CRAB CAKES	640	AMERICAN, REDUCED FAT	672
CRAYFISH, RAW	641	BLEU (INCL. GORGONZOLA)	673
CRAYFISH, STEAMED	642	BRICK	674
LOBSTER (NORTHERN), RAW	643	BRIE	675
LOBSTER (NORTHERN), STEAMED	644	CAMEMBERT	676
LOBSTER (SPINY / ROCK), RAW	645	CHEDDAR	677
LOBSTER (SPINY / ROCK), STEAMED	646	CHEDDAR, DICED	678
MUSSEL (BLUE), RAW	647	CHEDDAR, LOW FAT	679
MUSSEL (BLUE), STEAMED	648	CHEDDAR, LOW SODIUM	680
OYSTER (EASTERN), BREADED, FRD	649	CHESHIRE	681
OYSTER (EASTERN), RAW	650	COLBY	682
OYSTER (EASTERN), STEAMED	651	COLBY, LOW FAT	683
OYSTER (PACIFIC), RAW	652	COLBY, LOW SODIUM	684
OYSTER (PACIFIC), STEAMED	653	COLBY, SHREDDED	685
OYSTER, CANNED	654	EDAM	686
SCALLOP, BREADED, FRIED	655	FETA	687
SCALLOP, RAW	656	FONTINA	688
SHRIMP, BREADED, FRIED	657	GOAT (HARD)	689
SHRIMP, RAW	658	GOAT (SOFT)	690
SHRIMP, STEAMED	659	GOUDA	691
		GRUYERE	692
		LIMBURGER	693
		MONTEREY ("JACK")	694
<b>DAIRY GROUP</b>		MOZZERELLA (PART SKIM MILK)	695
<b>BUTTER AND MARGERINE</b>		MOZZERELLA (WHOLE MILK)	696
BUTTER, UNSALTED	660	MOZZERELLA, NON-FAT	697
BUTTER, WITH SALT	661	MUENSTER	698
BUTTER, WITH SALT, WHIPPED	662	MUENSTER, NON-FAT	699
MARG (60%) / BUTTER (40%) BLEND	663	NEUFCHATEL	700
MARG SPREAD (80% FAT), SALTED	664		

<b>DAIRY GROUP</b>	YOGURT, FRUIT BOTTOM, NON-FAT	733
	YOGURT, PLAIN, LOW FAT	734
<b>CHEESE (continued)</b>	YOGURT, PLAIN, W/ SKIM MILK	735
PARMESAN, GRATED	YOGURT, PLAIN, W/ WHOLE MILK	736
PARMESAN, HARD	YOGURT, VANILLA, LOW FAT	737
PARMESAN, SHREDDED		703
PROVOLONE		704
QUESO ANEJO		705
QUESO ASADERO		706
QUESO CHIHUAHUA		707
RICOTTA (PART SKIM)		708
RICOTTA (WHOLE MILK)		709
ROMANO (PECORINO OR CAPRINO)		710
ROQUEFORT		711
SWISS		712
TILSIT		713
<b>EGGS</b>		
EGG, FRIED		714
EGG, HARD-BOILED		715
EGG, OMELET		716
EGG, POACHED		717
EGG, RAW		718
EGG, SCRAMBLED		719
EGG, WHITE ONLY		720
EGG, YOLK ONLY		721
<b>OTHER</b>		
COTTAGE CHEESE, CREAMED		722
COTTAGE CHEESE, LOW FAT (1%)		723
COTTAGE CHEESE, LOW FAT (2%)		724
COTTAGE CHEESE, UNCREAMED		725
CREAM CHEESE		726
CREAM CHEESE, FAT FREE		727
CREAM CHEESE, LOW FAT		728
SOUR CREAM, FAT FREE		729
SOUR CREAM, LIGHT		730
SOUR CREAM, REGULAR		731
YOGURT, FRUIT BOTTOM, LOW FAT		732
	<b>GRAIN GROUP</b>	
	<b>FLOURS AND GRAINS</b>	
	BARLEY FLOUR OR MEAL	738
	BARLEY, PEARLED, COOKED	739
	BARLEY, PEARLED, UNCOOKED	740
	BUCKWHEAT	741
	CORN FLOUR ("MAIZE"), ENRICHED	742
	CORNMEAL, WHITE, DEGERMED	743
	CORNMEAL, YELLOW, DEGERMED	744
	CORNMEAL, YELLOW, WHOLE GRN	745
	CORNSTARCH	746
	COUSCOUS, COOKED	747
	COUSCOUS, DRY	748
	FARINA, COOKED	749
	FARINA, DRY	750
	MILLET, COOKED	751
	MILLET, RAW	752
	OAT BRAN	753
	OAT BRAN, COOKED	754
	RICE BRAN	755
	RYE FLOUR, DARK	756
	RYE FLOUR, LIGHT	757
	RYE FLOUR, MEDIUM	758
	SEMOLINA, UNENRICHED	759
	SOY FLOUR, DEFATTED	760
	SOY FLOUR, FULL FAT	761
	SOY FLOUR, FULL FAT, ROASTED	762
	SOY FLOUR, LOW FAT	763
	SOY MEAL, DEFATTED	764
	TAPIOCA, PEARL	765

WHEAT FLOUR, ALL PURP, BLCHD	766	WHITE, HOME PREP (2% MILK)	801
WHEAT FLOUR, WHITE	767	WHITE, REDUCED CALORIE	802
WHEAT FLOUR, WHOLE GRAIN	768	WHITE, TOASTED	803
<b>BAGELS</b>		WHOLE WHEAT	804
CINNAMON RAISIN	769	WHOLE WHEAT, TOASTED	805
CINNAMON RAISIN, TOASTED	770	<b>BISCUITS AND ROLLS</b>	
EGG	771	BISCUITS, HOME PREP	806
OAT BRAN	772	BISCUITS, STORE PREP	807
PLAIN, POPPY, ONION, OR SESAME	773	DINNER ROLL, EGG	808
PLAIN, POPPY, ONION, OR SESAME, TSTD	774	DINNER ROLL, FRENCH	809
<b>BREADS</b>		DINNER ROLL, RYE	810
BANANA, HOME PREP W/ 2% MILK	775	DINNER ROLL, WHEAT	811
CORNBREAD, HOME PREP W/ 2% MILK	776	DINNER ROLL, WHOLE WHEAT	812
CRACKED WHEAT	777	HAMBURGER ROLL, MXD GRAIN	813
EGG (CHALLAH)	778	HAMBURGER ROLL, PLAIN	814
EGG (CHALLAH), TOASTED	779	HAMBURGER ROLL, RED CAL	815
FRENCH (INCL SOURDOUGH)	780	<b>PASTA AND RICE</b>	
FRENCH (INCL SOURDOUGH), TSTD	781	MACARONI, COOKED	816
IRISH SODA, HOME PREP	782	MACARONI, DRY	817
ITALIAN	783	MACARONI, WHOLE WHT, COOKED	818
MIXED GRAIN	784	MACARONI, WHOLE WHT, UNCKD	819
MIXED GRAIN, TOASTED	785	NOODLES, GLASS, DEHYDRATED	820
OAT BRAN	786	NOODLES, CHOW MEIN	821
OAT BRAN TOASTED	787	NOODLES, EGG, COOKED	822
PITA (WHITE)	788	NOODLES, EGG, UNCOOKED	823
PITA (WHOLE WHEAT)	789	NOODLES, RICE, COOKED	824
PUMPERNICKEL	790	NOODLES, RICE, UNCOOKED	825
PUMPERNICKEL, TOASTED	791	NOODLES, SOBA, COOKED	826
RAISIN	792	NOODLES, SOBA, UNCOOKED	827
RAISIN, TOASTED	793	PASTA, FRESH, COOKED	828
RICE BRAN	794	PASTA, HOMEMADE W/ EGG, CKD	829
RICE BRAN, TOASTED	795	PASTA, HOMEMADE W/O EGG, CKD	830
RYE	796	RICE, BROWN, LONG GRAIN, CKD	831
RYE, REDUCED CALORIE	797	RICE, BRWN, LONG GRAIN, UNCKD	832
RYE, TOASTED	798	RICE, WHITE, LONG GRAIN, CKD	833
WHEAT BRAN	799	RICE, WHITE, PARBOILED, CKD	834
WHITE	800	RICE, WHITE, PARBOILED, UNCKD	835

GRAIN GROUP		NUTS AND LEGUMES	
<b>PASTA AND RICE (continued)</b>		<b>NUTS</b>	
RICE, WHITE, LONG GRAIN, UNCKD	836	ALMONDS	869
RICE, WILD, COOKED	837	ALMONDS, DRY RSTD, SALTED	870
RICE, WILD, UNCOOKED	838	ALMONDS, DRY RSTD, UNSALTED	871
SPAGHETTI, COOKED W/ SALT	839	ALMONDS, HNY RSTD, UNBLANCHED	872
SPAGHETTI, COOKED W/O SALT	840	BRAZILNUTS, DRIED, UNBLANCHED	873
SPAGHETTI, UNCOOKED	841	BUTTERNUTS, DRIED	874
SPAGHETTI, WHOLE WHEAT, CKD	842	CASHEWS, DRY ROASTED, SALTED	875
SPAGHETTI, WHOLE WHEAT, UNCKD	843	CASHEWS, DRY ROASTED, UNSLTD	876
<b>OTHER BREAD PRODUCTS</b>		CASHEWS, RAW	877
BREAD CRUMBS, DRY, PLN, GRATED	844	CHESTNUTS, BLD & STMD	878
BREAD CRUMBS, DRY, SEASONED	845	CHESTNUTS, SHELLED	879
BREAD STICKS, PLAIN	846	CHESTNUTS, SHELLED, DRIED	880
CRACKERS, MATZO, EGG	847	HAZELNUTS (FILBERTS)	881
CRACKERS, MATZO, PLAIN	848	HAZELNUTS (FILBERTS), BLANCHED	882
CRACKERS, MATZO, WHOLE WHT	849	HAZELNUTS, DRY ROASTED	883
CRACKERS, MELBA, TOAST	850	HICKORYNUTS, DRIED	884
CRACKERS, SALTINES, NO FAT, LOW SO	851	MACADAMIA NUTS	885
CRACKERS, SALTINES, LOW SODIUM	852	MACADAMIA, DRY RSTD, SALTED	886
CRACKERS, WHOLE WHEAT	853	MACADAMIA, DRY RSTD, UNSLTD	887
CRACKERS, WHOLE WHT, LOW SO	854	MIXED NUTS, DRY RSTD, SALTED	888
CROUTONS, PLAIN	855	MIXED NUTS, DRY RSTD, UNSLTD	889
CROUTONS, SEASONED	856	MIXED NUTS, OIL RSTD, SALTED	890
FRENCH TOAST, HOME PREP(2% MILK)	857	MIXED NUTS, OIL RSTD, UNSALTED	891
GRANOLA, HOMEMADE	858	PEANUTS, DRY RSTD, SALTED	892
PANCAKES, BLUEBERRY, HOME PREP	859	PEANUTS, DRY RSTD, UNSALTED	893
PANCAKES, HOME PREP	860	PEANUTS, RAW	894
POPCORN, AIR-POPPED	861	PECANS	895
POPCORN, LOW FAT/SOD, MICRO	862	PECANS, DRY ROASTED, SALTED	896
POTATO PANCAKES	863	PECANS, DRY ROASTED, UNSLTD	897
PRETZEL, HARD W/ SALT	864	PINE NUTS, DRIED	898
PRETZEL, HARD, WHOLE WHEAT	865	PISTACHIOS	899
TACO SHELLS, BAKED W/O SALT	866	PISTACHIOS, DRY RSTD, SALTED	900
TORTILLAS, CORN	867	PISTACHIOS, DRY RSTD, UNSLTD	901
TORTILLAS, FLOUR	868	WALNUTS (BLACK)	902

WALNUTS (ENGLISH)	903	<b>OTHER</b>	
<b>BEANS</b>		<b>HERBS AND SPICES</b>	
BLACK BEANS, BOILED	904	ALLSPICE, GROUND	937
BLACK BEANS, RAW	905	BASIL, DRIED	938
BLACK EYED PEAS, BOILED	906	BASIL, FRESH	939
BLACK EYED PEAS, RAW	907	BAY LEAF	940
CHICKPEAS (GARBANZO), BOILED	908	CARAWAY SEED	941
CHICKPEAS (GARBANZO), RAW	909	CARDAMOM	942
FAVA BEANS, BOILED	910	CELERY SEED	943
FAVA BEANS, RAW	911	CHILI POWDER	944
GREAT NORTHERN BEANS, BOILED	912	CILANTRO OR CORIANDER, RAW	945
GREAT NORTHERN BEANS, RAW	913	CILANTRO OR CORIANDER, DRIED	946
HUMMUS, HOME PREPARED	914	CINNAMON, GROUND	947
KIDNEY BEANS, BOILED	915	CLOVES, GROUND	948
KIDNEY BEANS, RAW	916	CORIANDER SEED	949
LENTILS, BOILED	917	CUMIN SEED	950
LENTILS, RAW	918	CURRY POWDER	951
LIMA BEANS, BOILED	919	DILL SEED	952
LIMA BEANS, RAW	920	DILL WEED, DRIED	953
NAVY BEANS, BOILED	921	DILL WEED, FRESH	954
NAVY BEANS, RAW	922	FENNEL SEED	955
PINK BEANS, BOILED	923	GARLIC POWDER	956
PINK BEANS, RAW	924	MUSTARD SEED	957
PINTO BEANS, BOILED	925	NUTMEG, GROUND	958
PINTO BEANS, RAW	926	ONION POWDER	959
SOYBEANS, BOILED	927	OREGANO, DRIED	960
SOYBEANS, RAW	928	PAPRIKA	961
TOFU, FIRM	929	PARSLEY, DRIED	962
TOFU, FRIED	930	PARSLEY, FRESH	963
TOFU, REGULAR	931	PEPPER, BLACK	964
TOFU, SOFT	932	PEPPER, RED OR CAYENNE	965
WHITE BEANS, BOILED	933	PEPPER, WHITE	966
WHITE BEANS, RAW	934	PEPPERMINT, FRESH	967
YELLOW, BOILED	935	POPPY SEED	968
YELLOW, RAW	936	ROSEMARY, DRIED	969
		ROSEMARY, FRESH	970

## OTHER

### HERBS AND SPICES (continued)

SAFFRON	971
SAGE, GROUND	972
SALT (TABLE)	973
SPEARMINT, FRESH	974
TARRAGON, DRIED	975
THYME, DRIED	976
VANILLA EXTRACT	977

### OILS

CANOLA OIL	978
COD LIVER OIL	979
CORN OIL	980
COTTONSEED OIL	981
OLIVE OIL	982
PEANUT OIL	983
SAFFLOWER OIL	984
SALAD DRESSING, FRENCH	985
SALAD DRESSING, OIL & VINEGAR	986
SESAME OIL	987
SOYBEAN OIL	988
SUNFLOWER OIL	989

### BEVERAGES

BEER, FULL CALORIE	990
BEER, LIGHT	991
MILK, LOW FAT (1%)	992
MILK, REDUCED FAT (2%)	993
MILK, SKIM OR FAT FREE (0%)	994
MILK, SOY	995
MILK, WHOLE (3.25%)	996
SPIRITS (ALL 80 PROOF VARIETIES)	997
WINE, RED	998
WINE, WHITE	999