



Epicenter Supplies LLC
384 Wallis St #2
Eugene, OR 97402

(541) 684-0717 Tel
 (541) 338-9050 Fax

Beef Brisket AmeriQual
Serv. Size 8oz Servings 1
Percentage of U.S. recommended daily allowances per serving
Calories 260 Fat Cal. 60 Total Fat 7g Cholesterol 65mg Sodium 1040mg Total Carbs 14g Protein 32g Vitamin A 2 Vitamin C 2 Calcium 10 Iron 20 Contains: MILK SOY

Beef Enchilada AmeriQual
Serv. Size 8oz Servings 1
Percentage of U.S. recommended daily allowances per serving
Calories 300 Fat Cal. 150 Total Fat 16g Cholesterol 15mg Sodium 690mg Total Carbs 27g Protein 14g Vitamin A 25 Vitamin C 20 Calcium 8 Iron 30 Contains: MILK SOY

Beef Patty AmeriQual
Serv. Size 3.5oz Servings 1
Percentage of U.S. recommended daily allowances per serving
Calories 200 Fat Cal. 100 Total Fat 11g Cholesterol 70mg Sodium 330mg Total Carbs 0g Protein 25g Vitamin A 0 Vitamin C 0 Calcium 0 Iron 15 Contains: SOY

Beef Ravioli AmeriQual
Serv. Size 8oz Servings 1
Percentage of U.S. recommended daily allowances per serving
Calories 320 Fat Cal. 100 Total Fat 11g Cholesterol 30mg Sodium 790mg Total Carbs 37g Protein 14g Vitamin A 10 Vitamin C 15 Calcium 4 Iron 15 Contains: MILK EGG WHEAT SOY

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Chili Mac AmeriQual
Serv. Size 8oz Servings 1
Percentage of U.S. recommended daily allowances per serving
Calories 320 Fat Cal. 140 Total Fat 16g Cholesterol 30mg Sodium 1020mg Total Carbs 24g Protein 19g Vitamin A 6 Vitamin C 8 Calcium 15 Iron 25 Contains: EGG WHEAT

Chili w/ Beans AmeriQual
Serv. Size 8oz Servings 1
Percentage of U.S. recommended daily allowances per serving
Calories 230 Fat Cal. 100 Total Fat 11g Cholesterol 35mg Sodium 780mg Total Carbs 24g Protein 15g Vitamin A 6 Vitamin C 6 Calcium 6 Iron 20 Contains: WHEAT SOY

Meatballs w/ Marinara AmeriQual
Serv. Size 8oz Servings 1
Percentage of U.S. recommended daily allowances per serving
Calories 310 Fat Cal. 160 Total Fat 18g Cholesterol 50mg Sodium 240mg Total Carbs 17g Protein 14g Vitamin A 20 Vitamin C 20 Calcium 6 Iron 15 Contains: MILK EGG WHEAT SOY

Meatloaf w/ Brown Gravy AmeriQual
Serv. Size 8oz Servings 1
Percentage of U.S. recommended daily allowances per serving
Calories 350 Fat Cal. 200 Total Fat 22g Cholesterol 60mg Sodium 510mg Total Carbs 19g Protein 20g Vitamin A 6 Vitamin C 10 Calcium 15 Iron 20 Contains: MILK WHEAT SOY

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Sloppy Joe (BBQ Sauce w/ Beef)	
AmeriQual	
Serv. Size 8oz	
Servings 1	
Percentage of U.S. recommended daily allowances per serving	
Calories 320	
Fat Cal. 160	
Total Fat 17g	
Cholesterol 60mg	
Sodium 660 mg	
Total Carbs 14g	
Protein 19g	
Vitamin A 15	
Vitamin C 20	
Calcium 2	
Iron 15	
Contains:	

Spaghetti w/ Meat Sauce	
AmeriQual	
Serv. Size 8oz	
Servings 1	
Percentage of U.S. recommended daily allowances per serving	
Calories 250	
Fat Cal. 60	
Total Fat 7g	
Cholesterol 20mg	
Sodium 680mg	
Total Carbs 69g	
Protein 13g	
Vitamin A 15	
Vitamin C 45	
Calcium 25	
Iron 36	
Contains: MILK EGG WHEAT	

SW Beef and Bean	
AmeriQual	
Serv. Size 8oz	
Servings 1	
Percentage of U.S. recommended daily allowances per serving	
Calories 220	
Fat Cal. 70	
Total Fat 8g	
Cholesterol 60mg	
Sodium 840mg	
Total Carbs 18g	
Protein 23g	
Vitamin A 15	
Vitamin C 35	
Calcium 6	
Iron 20	
Contains: SOY	

No Bean Chili	
AmeriQual	
Serv. Size 8oz	
Servings 1	
Percentage of U.S. recommended daily allowances per serving	
Calories 220	
Fat Cal. 90	
Total Fat 10g	
Cholesterol 15mg	
Sodium 1160mg	
Total Carbs 20g	
Protein 15g	
Vitamin A 40	
Vitamin C 0	
Calcium 30	
Iron 30	
Contains: MILK SOY	

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Chicken & Dumplings
AmeriQual
Serv. Size 8oz
Servings 1
Percentage of U.S. recommended daily allowances per serving
Calories 280
Fat Cal. 90
Total Fat 10g
Cholesterol 80mg
Sodium 650mg
Total Carbs 23g
Protein 23g
Vitamin A 20
Vitamin C 2
Calcium 4
Iron 10
Contains: EGG WHEAT

Chicken Fajita
AmeriQual
Serv. Size 8oz
Servings 1
Percentage of U.S. recommended daily allowances per serving
Calories 180
Fat Cal. 25
Total Fat 2.5g
Cholesterol 55mg
Sodium 700mg
Total Carbs 19g
Protein 27g
Vitamin A 6
Vitamin C 4
Calcium 2
Iron 6
Contains: MILK SOY

Chicken Noodles & Vegetables
AmeriQual
Serv. Size 8oz
Servings 1
Percentage of U.S. recommended daily allowances per serving
Calories 270
Fat Cal. 80
Total Fat 9g
Cholesterol 90mg
Sodium 640mg
Total Carbs 19g
Protein 27g
Vitamin A 30
Vitamin C 4
Calcium 4
Iron 10
Contains: EGG

Chicken Pesto Pasta
AmeriQual
Serv. Size 8oz
Servings 1
Percentage of U.S. recommended daily allowances per serving
Calories 360
Fat Cal. 180
Total Fat 20g
Cholesterol 85mg
Sodium 810mg
Total Carbs 16g
Protein 30g
Vitamin A 4
Vitamin C 4
Calcium 20
Iron 10
Contains: MILK EGG WHEAT

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Chicken w/ Tomato and Feta
AmeriQual
Serv. Size 8oz
Servings 1
Percentage of U.S. recommended daily allowances per serving
Calories 210
Fat Cal. 60
Total Fat 7g
Cholesterol 65mg
Sodium 1110mg
Total Carbs 4g
Protein 30g
Vitamin A 2
Vitamin C 10
Calcium 15
Iron 10
Contains: MILK SOY

Turkey Chili
AmeriQual
Serv. Size 8oz
Servings 1
Percentage of U.S. recommended daily allowances per serving
Calories 180
Fat Cal. 25
Total Fat 2.5g
Cholesterol 30mg
Sodium 480mg
Total Carbs 34g
Protein 17g
Vitamin A 6
Vitamin C 0
Calcium 15
Iron 30
Contains: WHEAT SOY

Lentil Stew w/ Ham
MREStar
Serv. Size 8oz
Servings 1
Percentage of U.S. recommended daily allowances per serving
Calories 320
Fat Cal. 40
Total Fat 4.5g
Cholesterol 15mg
Sodium 1110mg
Total Carbs 57g
Protein 15g
Vitamin A 70
Vitamin C 60
Calcium 8
Iron 15
Contains:

Pinto Beans w/ Ham
MREStar
Serv. Size 8oz
Servings 1
Percentage of U.S. recommended daily allowances per serving
Calories 240
Fat Cal. 40
Total Fat 4.5g
Cholesterol 20mg
Sodium 1120mg
Total Carbs 36g
Protein 15g
Vitamin A 4
Vitamin C 30
Calcium 8
Iron 15
Contains:

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Potato Cheddar Soup w/ Bacon
AmeriQual
Serv. Size 5oz
Servings 1
Percentage of U.S. recommended daily allowances per serving
Calories 140
Fat Cal. 80
Total Fat 9g
Cholesterol 20mg
Sodium 720mg
Total Carbs 10g
Protein 5g
Vitamin A 6
Vitamin C 4
Calcium 10
Iron 2
Contains: MILK SOY

Maple Sausage (Pork Patty)
AmeriQual
Serv. Size 3.5oz
Servings 1
Percentage of U.S. recommended daily allowances per serving
Calories 270
Fat Cal. 170
Total Fat 19g
Cholesterol 70mg
Sodium 830mg
Total Carbs 9g
Protein 14g
Vitamin A 2
Vitamin C 0
Calcium 2
Iron 4
Contains:

Omelet w/ Cheese & Vegetables
AmeriQual
Serv. Size 8oz
Servings 1
Percentage of U.S. recommended daily allowances per serving
Calories 310
Fat Cal. 160
Total Fat 18g
Cholesterol 435mg
Sodium 1130mg
Total Carbs 12g
Protein 21g
Vitamin A 35
Vitamin C 6
Calcium 30
Iron 15
Contains: MILK EGG SOY

Sausage with Gravy
AmeriQual
Serv. Size 8oz
Servings 1
Percentage of U.S. recommended daily allowances per serving
Calories 210
Fat Cal. 110
Total Fat 12g
Cholesterol 40mg
Sodium 690mg
Total Carbs 14g
Protein 10g
Vitamin A 2
Vitamin C 0
Calcium 2
Iron 6
Contains: MILK WHEAT SOY

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Beans w/ Potatoes
AmeriQual
Serv. Size 8oz
Servings 1
Percentage of U.S. recommended daily allowances per serving
Calories 560
Fat Cal. 150
Total Fat 16g
Cholesterol 0mg
Sodium 730mg
Total Carbs 87g
Protein 15g
Vitamin A 8
Vitamin C 15
Calcium 10
Iron 30
Contains: SOY

Cheese Tortellini
AmeriQual
Serv. Size 8oz
Servings 1
Percentage of U.S. recommended daily allowances per serving
Calories 280
Fat Cal. 90
Total Fat 10g
Cholesterol 25mg
Sodium 760mg
Total Carbs 37g
Protein 12g
Vitamin A 25
Vitamin C 25
Calcium 20
Iron 10
Contains: MILK EGG WHEAT SOY

Lentils & Vegetables
AmeriQual
Serv. Size 9oz
Servings 1
Percentage of U.S. recommended daily allowances per serving
Calories 560
Fat Cal. 140
Total Fat 15g
Cholesterol 0mg
Sodium 730mg
Total Carbs 91g
Protein 14g
Vitamin A 15
Vitamin C 6
Calcium 4
Iron 20
Contains: SOY

Pasta Marinara
MREStar
Serv. Size 8oz
Servings 1
Percentage of U.S. recommended daily allowances per serving
Calories 300
Fat Cal. 60
Total Fat 6g
Cholesterol 0mg
Sodium 900mg
Total Carbs 43g
Protein 16g
Vitamin A 25
Vitamin C 20
Calcium 15
Iron 35
Contains: EGG WHEAT

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Penne Pasta
AmeriQual
Serv. Size 8oz
Servings 1
Percentage of U.S. recommended daily allowances per serving
Calories 200
Fat Cal. 20
Total Fat 2g
Cholesterol 0mg
Sodium 740mg
Total Carbs 32g
Protein 11g
Vitamin A 15
Vitamin C 15
Calcium 4
Iron 10
Contains: EGG WHEAT SOY

Vegetable Lasagna
AmeriQual
Serv. Size 8oz
Servings 1
Percentage of U.S. recommended daily allowances per serving
Calories 260
Fat Cal. 50
Total Fat 6g
Cholesterol 5mg
Sodium 850mg
Total Carbs 40g
Protein 12g
Vitamin A 15
Vitamin C 15
Calcium 15
Iron 15
Contains: MILK EGG WHEAT SOY

Vegetarian Chili
MREStar
Serv. Size 8oz
Servings 1
Percentage of U.S. recommended daily allowances per serving
Calories 190
Fat Cal. 5
Total Fat 1g
Cholesterol 0mg
Sodium 840mg
Total Carbs 32g
Protein 18g
Vitamin A 15
Vitamin C 10
Calcium 10
Iron 25
Contains: SOY

Veggie Burger
AmeriQual
Serv. Size 5oz
Servings 1
Percentage of U.S. recommended daily allowances per serving
Calories 260
Fat Cal. 120
Total Fat 13g
Cholesterol 0mg
Sodium 780mg
Total Carbs 13g
Protein 26g
Vitamin A 4
Vitamin C 4
Calcium 2
Iron 15
Contains: MILK EGG WHEAT SOY

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