

<b>Nutrition Facts</b>	<b>Serving</b>	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbohydrates (g)</b>	<b>Dietary Fiber (g)</b>	<b>Protein (g)</b>	<b>Vitamin A (RE)</b>	<b>Vitamin C (mg)</b>	<b>Calcium (mg)</b>	<b>Iron (mg)</b>
<b>Entrée Items</b>													
Baked Potato w/ Beef Crumbles	Potato w/ 1oz Chs, 1oz Beef	438	18.32	8.77	40	707	51.02	8.19	24.63	95	19.5	272	3.15
Baked Potato w/ Cheese	Potato w/ 2oz Cheese	467	21.85	12.17	58	1113	49.36	6.81	25.19	177	19.5	447	3.26
Baked Potato w/ Diced Chicken	Potato w/ 1oz Chs, 1oz Chx	415	15.15	7.19	57	732	48.91	6.81	27.07	99	19.5	276	3.5
Baked Potato w/ Turkey BBQ	Potato w/ 4.5oz Tky Chopped BBQ	345	3.32	1.45	46	754	55.99	4.44	24.25	24	19.5	101	3.7
Baked Ziti	9.6oz Serving- Ground Beef, Ziti, Cheese	412	12.74	5.27	22	273	50.81	5.44	22.83	83	8.6	172	2.47
Basket, BLT Sandwich	Sdwch, Hard Cooked Egg, Condiments	322	15.77	6.16	252	990	27.87	4.35	20.08	104	5.1	69	2.63
Basket, Burger	Burger, 3oz Crinkles	368	13.11	4.02	55	695	41.31	4.69	21.14	49	12.2	50	3.32
Basket, Cheeseburger	Burger, 3oz Crinkles	413	17.41	6.79	68	725	39.81	4	23.85	68	7.2	132.44	3.13
Basket, Chicken Nugget	5 Nuggets, 3oz Crinkles, Roll, Gravy	505	17.4	3.57	56	1745	63.54	5.77	23.69	21	6.15	56.32	3.92
Basket, Chicken Salad Sandwich	Sdwch, Condiments, Baked Chips	399	15.8	3.02	52	1296	41.26	6.02	22.5	822	9.3	47	2.27
Basket, Chicken Sandwich	Sdwch, 3oz Crinkles, Trimmings	442	19.21	4.02	38	1069	50.98	5.62	17.15	61	54.7	54	2.35
Basket, Chicken Stick	8 Chkn Sticks, Potato Puffs, Roll, Gravy	575	26.61	7.2	92	1685	66.54	5.92	21.48	25	4.49	78	4.79
Basket, Chicken Tender	3 Tenders, 3oz Crinkles, Roll, Gravy	505	17.41	3.57	56	1746	63.55	5.77	23.71	21	6.15	56.34	3.92
Basket, Chopped BBQ Sdwch	BBQ Brisket Sandwich, 3oz Crinkles	409	17.48	5.21	54	1738	40.77	3.16	20.22	0	32.8	67	3.4
Basket, Egg Salad Sandwich	Sdwch, Condiments, Baked Chips	161	6.35	1.06	0	892	22.45	3.71	2.94	52	120	8	0.63
Basket, Fish & Chips	5 Fish Nuggets, 3oz Wedges, Roll	565	21.79	3.07	34	1059	71	4.25	21	0	9	85	2.7
Basket, Hot Wing	3 Hot Wings, 3oz Crinkles, Roll	484	17.79	3.27	37	1180	71.95	5.93	22.08	1	9.14	59.6	3.21
Basket, Philly Cheese Steak	Philly Cheese Steak Sdwch, 3oz Crinkles	449	13.95	6.23	58	1934	52.66	3.37	27.08	85	6.6	263	3.5
Basket, Shrimp Combo	21 Shrimp, 2 Fish Nuggets, 3oz Crinkles, Roll	547	12.17	1.57	66	1487	86.32	6.93	21.83	1	6.15	114.6	3.09
Basket, Spicy Chicken Sandwich	Sdwch, 3oz Crinkles, Trimmings	428	13.64	2.02	60	1213	52.72	5.69	25.43	192	12.2	65	3.49
Basket, Steak Fingers	4 Steak Fingers, 3oz Crinkles, Roll, Gravy	595	25.6	7.25	38	1821	67.94	5.21	21.93	2	10.15	47.8	4.28
Basket, Tuna Salad Sandwich	Sdwch, Condiments, Baked Chips	468	15.8	2.56	23	1710	53.69	7.91	27.73	833	8.78	66.62	3.59
BBQ Brisket Sandwich	3 1/2oz Beef Brisket on Whole Wheat Bun	353	19.51	6.01	63	1655	21.79	1.16	20.72	0	31.43	67.91	3.33
BBQ Drumsticks	3 Chicken Drumsticks	144	4.5	1.2	42.3	270	7.8	1.08	18	129.3 IU	0.03	30.3	1.41
Beef Brisket, BBQ	1/2 Cup	200	9	3.5	30	760	18	3	12	10%	0.02	0.05	0.1
Beef Lo Mein	9.5 oz Serving	411	11.88	4.43	49	704	57.75	3.13	20.01	5723 IU	10.55	37.68	3.6
Beef Patty, Brd (Chkn Fried Stk)	1 Each (Chicken Fried Steak)	181	9.24	2.98	26.29	479	12.42	1.42	13		0	38.9	2.14
Beef, Ground, 80/20	112 Grams	290	22	9	75	65	0	0	21	0	0	0	0.1
Beef, Ground, Crumbles	2 oz	154	10.67	4.37	17.73	0	4.22	2.76	11.44	0.51	0	0	0
Beef, Meatballs	5 Each	203	15.07	5.95	40.23	252.4	3.421	0.87	13.66	0	2.39	19.81	1.34
Beef, Salisbury Steak	1 Steak	216	15.74	6.2	41.86	492.6	3.305	1.651	15.38	0		36.6	2.027
Beef, Steak Fingers	4 Each	243	12.05	4.01	35.38	468.09	7.68	1.16	15.63		0	54.79	2.19
Biscuit Roll, Scrambler	1 Each	190	10	3	90	560	18	1	7	4%	0	0.08	0.1

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<b>Entrée Items (continued)</b>													
BLT Sandwich	BLT on Whole Wheat	244	10.46	4.53	40	899	27.22	4.32	13.78	19	5.1	44	2.03
Breakfast Kolache, Sausage Link	1 Each	220	8	2.27	30.31	396	27.52	0.96	9.83	205 IU	3.03	29.23	2.09
Breakfast Pizza	1 Each, Sausage	170	7	2.5	10	470	19	1	8	304	0	130	2.6
Breakfast Taco	1 Each, Sausage, Egg & Cheese	201	8.35	3.12	107.49	413	22.26	1.32	8.55	203 IU	0	100	1.95
Breakfast Wrap	Egg Omelet w/ Cheese Wrapped in Tortilla	190	10	4	190	490	16	0	10	365 IU	0	98	1.48
Burrito, Breakfast	1 Each	222	10.6	4.6	75.42	513	22.11	<1	9.05	44.61	2.41	121.95	1.63
Burrito, Chkn, Cheese & Rice	1 Each	402	13.6	4.8	50.96	876.3	47.48	<1	20.78	61.33	1.15	253.63	3.51
Calzone, Pepperoni	1 Each	600	18	8	20	1160	84	8	30	0	0	300	0.16
Calzone, Sausage	1 Each	600	14	6	30	1420	92	8	26	0	0	300	0.2
Cheese Rolls	1 Roll	210	12	5	25	280	16	<1	9	0	0	0.02	0.04
Cheese Sandwich, Breakfast	1oz Cheese on Whole Wheat	175	10.04	5.84	27	553	13.36	1.93	9	82	0	195	1.03
Cheese, American Snack Pack	1 oz	100	9	5	25	430	<1	0	6	6%	0	0.15	0
Cheese, Mozzarella Pizza Dipper	4 Each	320	14	7	30	680	29	<1	19	404 IU	0	422	0.8
Cheeseburger	Burger on Hamburger Bun	323	16.91	6.79	68	435	20.81	2	21.85	68	1.2	132.44	2.77
Chicken Biscuit	1 Each	277	13.6	3.4	16.3	687.6	28.7	1.39	10.3	102.9 IU	0.12	62.3	1.69
Chicken Bites, Teriyaki	4 Each	164	6.8	23	46.64	576.8	7.6	<1	18	89.6 IU	0	26	1.32
Chicken Bitz with Orange Sauce	6oz Serving	258	9.74	2.19	27	825	33.47	2.28	9.23	11	0.7	10	1.23
Chicken Crisпитos	2 Each	360	14	5	30	560	44	2	18	0	0	16	12
Chicken Fajita Strips	2.3 oz	107	4.1		50	172.5	0.28		16.2			7.6	0.06
Chicken Giggles	2 Each	290	19	4.5	30	500	14	1	16	0	0	0	0.2
Chicken Hip Dipper	1 Each	250	14	3	30	350	16	0	15	0	0	0	8
Chicken Milano	Grilled Chkn Patty w/ Gr Beans & Tomatoes	226	12.52	3.58	38	639	12.24	3.2	18.36	136	19.1	330	4.22
Chicken Nugget Parmesan	5 Chicken Nuggets w/ ½ cup Spaghetti	445	31.06	4.09	60	1250	45.06	3.08	26.41	109	9.59	142.6	4.1
Chicken Nuggets	5 Nuggets	230	13	3	55	730	12	1	16	2%	0	0.02	0.1
Chicken Parmesan	Brd Chkn Patty w/ ½ cup Spaghetti	449	15.55	4.16	61	1200	50.38	3.52	26.75	416	5.14	142.19	4.16
Chicken Patty on a Bun	Chkn Patty on Whole Wheat Bun	343	15.19	3.04	56	931	32.18	3.02	20.23	40	1.2	60	2.91
Chicken Patty, Breaded	1 Patty	230	13	3	55	730	12	1	16	2%	0	0.02	0.1
Chicken Patty, Grilled	1 Patty	176	12	3.5	38	275	1	0	16	0	0	27	1.5
Chicken Patty, Grilled Fajita	1 Patty	131	3.11	0.8695	42.61	1192	6.97	1.193	18.72	60 IU	0.2009	26.64	1.188
Chicken Patty, Hot & Spicy	1 Patty	220	11	2	60	560	12	1	19	15%	0	0.02	0.1
Chicken Patty, Teriyaki Glazed	1 Patty	165	6.7	1.9	46.62	576.8	7.4	0.9	17.9	89.7	0	26	1.34
Chicken Spaghetti	2.5oz Chicken w/ 1 cup Spaghetti	366	9.72	3.38	59	394	42.28	1.36	25.58	55	0.1	87	2.95
Chicken Sticks	8 Sticks	210	11	2.5	40	560	10	0	18	0	0	0.02	0.06

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<b>Entrée Items (continued)</b>													
Chicken StirFry	Oriental Rice w/ 4 Chkn Teriyaki Bites	352	7.29	2	47	1134	50.09	1.87	21.95	57	1.2	68	3.11
Chicken Tenders	3 Tenders	230	13	3	55	730	12	1	16	2%	0	0.02	0.1
Chicken Tetrazzini	6x4 Serving-Chkn, Spaghetti, M. Veggies	323	9.48	4.01	51	364	36.83	2.3	21.96	203	3.13	113.39	2.66
Chili Mac	3/4 cup- Ground Beef, Macaroni	260	8.74	3.25	46	157	27.6	2.22	17.81	73	15.5	32	3.02
Chimichangas, Beef & Cheese	1 Each	360	17	5	10	590	35	5	17		0	90	2.63
Corn Dog, Turkey	1 Each	280	15	4	50	1190	26	1	10	0	0	0	0
Corn Dogs, Mini (Turkey)	6 Each	310	17	4	45	790	31	2	9	0	0	0	1.8
Egg N' Cheese Biscuit	Egg Patty & 1/2oz Cheese on Biscuit	293	13.97	6.45	56	912	29.74	0.94	11.51	53	0.22	327.23	1.92
Egg Patty, Grilled	100 Grams	200	16	3.5	310	300	3	0	9	500 IU	0	40	0
Egg Roll, Turkey and Vegetable	1 Each	240	10	2.5	120	600	25	2	13	500 IU	4.8	40	2.7
Egg Salad Sandwich	1/3c Egg Salad on Whole Wheat	324	3.24	16.01	248	638	33.66	1.75	13.69	106	1.1	83	3.03
Egg, Hard Cooked	100 Grams	160	11	3.5	420	140	1	0	13	500 IU	0	40	1.1
Enchiladas	3 Each	464	19.2	9.23	52	1124	53.49	7.19	23.05	236	6	379.62	3.61
Enchiladas, Beef	1 Each	108	3.2	1.1	8.24	140.7	15.54	2.07	5.19	7.65	0.23	63.39	0.86
Fettucini Alfredo	1 Chicken Patty w/ 1/2 cup Noodles	500	27.5	8.09	100	682	37.49	1.69	26.01	106 IU	0.32	412.29	4.86
Fish Fillet	1 Fillet	160	5	1	30	210	13	1	17	0	0	0	0.02
Fish Nuggets, Breaded	5 Nuggets	288	16	2	24	305	16	1	15	0	0	0.02	0.08
Fish Sandwich	Fish Patty w/ 1/2oz Cheese on Whole Wheat	323	11.43	3.79	43	60	33.23	3	24.14	61	1.2	127	1.5
Fish Sticks, Baja Flavor	4 Sticks	240	11	1.5	50	430	21	1	15	2%	0.02	0.02	0.04
French Toast with Cinnamon Glaze	1 Each	240	8	1.5	105	370	34	1	8	4%	0	6%	10%
Frito Pie	1c Corn Chips, Ground Beef, 1/2oz Cheese	282	16.69	4.61	40	304	17.87	2.17	15.9	97	5.1	155	1.9
Fun Pack	1oz Cheese Pack, Sliced Turkey, Crackers	670	26.28	9.43	72	3051	72.55	2.97	33.62	66	0	277	5.4
Garden Burger	Burger on Whole Wheat Bun	240	6.5	0	0	520	28	6	19	20	1.2	40	1.08
Grab N' Go Sandwich	Tky Ham & Cheese on 6" Steak Bun	345	13.49	6.92	59	1275	37.86	2.87	21.03	118	93	242	6.39
Grilled Cheese Sandwich	2oz Cheese on Whole Wheat	350	20.07	11.68	53	1106	26.72	3.86	17.99	164	0	390	2.07
Grilled Cheese Sandwich (Bkfst)	1 Sandwich	288	12.94	6.09	20.25	724.3	31.62	1.23	10.07	77.14	0	80.92	1.61
Grilled Cheese Sandwich (Lunch)	1 Sandwich, Reduced Fat, Whole Grain	358	11.77	7.56	34.77	1064	44.58	4.06	20.82	0	0	4.824	1.99
Grilled Chicken Sandwich	Grilled Chkn Patty on Whole Wheat Bun	286	14	3.5	38	465	21	2	20	20	1.2	310	3.78
Ham & Cheese Sandwich	Tky Ham & Cheese on Whole Wheat (2sl)	298	13.03	6.64	56	1113	27.68	3.86	19.11	90	0	218.13	2.41
Ham & Cheese Sandwich, Bkfst	Tky Ham & Cheese on Whole Wheat (1sl)	155	6.4	3.39	31	608	14.01	1.93	10.48	46	0	109	1.26
Hamburger	Burger on Whole Wheat Bun	269	12.48	4	55	232	20.58	2	18.71	27	1.2	45	2.71
Hot Dog On A Bun	6" Frank on Whole Wheat Bun	225	13.94	4.85	22	694	19.68	3	10.19	0	1	50	1.24
Hot Dog Wrap	1 Wrap- Frank Wrapped in Dough	307	16.24	5.36	25	788	30.01	1.22	9.86	13	0.4	38	2.3

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<b>Entrée Items (continued)</b>													
Hot Turkey Sandwich	Sdwch w/ 1/2c M. Potatoes & Gravy	255	4.04	1.03	44	1825	25.82	3.86	29.49	0	0	48	2.28
Italian Chicken Sub	3 Chicken Tenders w/ Sauce on Hoagie Bun	465	34.23	4.58	63	1808	44.55	3.82	27.45	160	14.7	232	4.9
Italian Mac	3/4 cup- Ground Beef, Macaroni	327	14.48	23	22	66	31.53	5.73	23.6	60	14.77	29.74	1.69
Kung Pau Chicken	5.6 oz Serving	213	5.34	1.07	37	619	26.68	1.07	12.81	1067 IU	57.63	21.35	0.77
Lasagna	6x3 Serving- Ground Beef, Pasta, Cheese	572	26.43	13.29	61	1193	36.09	6.63	23.81	245	20.35	363.12	3.04
Macaroni and Cheese	1/2 cup Serving	220	9.38	5.73	28	680	21.73	0.57	11.76	84	0.44	263.7	1.06
Meatball Sandwich	5 Meatballs per Hoagie Bun	409	17.12	5.66	47	858	43.29	5.14	26.73	174	26.4	253	4.54
Meatloaf	1 Slice	177	8.89	3.33	62	60	8.51	1.4	14.34	30	5.6	36	1.85
Nachos	1oz Beef & Cheese, 1oz Tortilla Chips	352	57.48	9.39	38	541	25.97	4.33	18.79	124	0.94	248.2	1.3
Omelet, Colby Cheese	1 Each	210	17	6	305	500	3	0	12	500 IU	0	150	1.1
Oriental Bowl	1c Rice, 4 Chkn Bites, 1/4c Carrots & Broccoli	469	7.47	2.16	47	610	74.64	4.73	24.87	1333	32.1	76	5.27
Oriental Box	1c Rice, Lg Egg Roll	579	11.48	2.61	120	1601	100.83	3.83	19.54	166	6.7	112	5.84
Oven Baked Chicken	1 Breast or Thigh or 1ea Drumstick & Wing	187	9.85	2.75	72	344	0.34	0.08	22.71	37	0.2	12	1.07
Pancake Wrapped Sausage on a Stick	1 Each	200	9	3	20	580	24	2	6	0	0	0	0.06
Pasta With Meatballs	1c Spaghetti, 5 Meatballs	542	15.68	4.82	44	784	77.41	5.27	29.24	129	18.75	88.15	5.51
Penne Pasta over Marinara	9 1/4oz Pasta & Diced Chicken over Sauce	377	7.03	2.18	56	684	47.5	3.01	28.36	87	8	128	3.17
Philly Cheese Steak Sandwich	1 Each	341	12.94	16.1	52	1465	33.4	1.37	26.43	85	0.57	263.39	2.95
Pizza Bagel	1 Each	190	7.94	2.26	13.86	515.7	19.29	0.41	10.38	261.93 IU	1.07	177	104
Pizza Bites, Cheese	8 Bites	380	15		115	430	41	2	14	6%	0.08	0.15	0.2
Pizza Bites, Pepperoni	8 Bites	400	18		115	560	41	2	15	6%	0.08	0.15	0.2
Pizza Bites, Taco	8 Bites	370	16		120	560	41	3	16	10%	0.02	0.1	0.2
Pizza Pocket, Egg & Cheese	1 Each	160	7	2.8	47.16	322	17.15	1.39	7.11	252 IU	0.49	160	1.21
Pizza Pocket, Pepperoni	1 Each	360	15	4	60	820	44	2	18	8%	0	0.25	0.1
Pizza Strip, Breakfast Sausage	1 Strip	170	7	2.5	10	470	19	<1	8	304 IU	0	130	2.6
Pizza, Cheese (Elementary)	1 Slice	290	13	8	25	650	26	4	17	500 IU	0	400	0.72
Pizza, Cheese (Secondary)	1 Slice	300	5	2.5	5	620	48	5	17	0	0	200	0.36
Pizza, Mexican	1 Each	359	17.25	6.3	32.56	807.32	33.52	2.27	17.86	908.4 IU	0.97	283.84	2.46
Pizza, Pepperoni (Secondary)	1 Slice	377	11.65	5.15	24	915	48.67	5.25	20.36	0	0.12	203.47	0.6
Pork Patty, Breaded	1 Patty	315	20.44	5.86	35.64	744.7	17.18	1.685	14.97	0.87	0.25	41.42	2.309
Quesadilla, Cheddar Cheese	1 Each	455	23.8	12.2	53.7	716.2	39.63	1.68	20.24	176.4	22.2	514.4	2.75
Quesadillas, Beef	2 Halves	383	17.11	7.81	56	639	34.61	2.17	21.51	79	0.6	280	2.97
Quesadillas, Cheese	2 Halves	381	18.17	9.89	46	595	34.51	1.98	19.16	129	0	463	2.24
Ravioli, Beef	8 Ravioli	260	7	3	30	1310	35	4	16	6%	0.02	0	0.15

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<b>Entrée Items (continued)</b>													
Rib B Q On A Bun	1 Patty on Whole Wheat Bun	367	12.11	4.03	37	1203	44.99	3.88	21.39	73	5.5	102	4.63
Salad, Chef	1 large Salad	162	9.06	4.18	140	593	19.74	2.88	13.4	537	26.78	136.87	3.45
Salad, Chicken Ceasar	1 large Salad	281	17.18	7.23	26	774	5.82	2.25	26.52	173	18.5	337	1.11
Salad, Chicken Teriyaki	1 large Salad	361	15.91	3.21	47	725	33.39	5.35	22.96	235	38.8	84	3.86
Salad, Fajita Chicken	1 large Salad	203	9.14	4.03	64	820	9.02	3.36	21.9	496	27.4	214	1.51
Salad, Garden	1 large Salad	260	18.24	11.24	53	842	11	3.8	14.97	1418	29.9	395	1.46
Salad, Popcorn Chicken	1 large Salad	283	19.26	8.02	53	767	13.84	3.32	15.31	512	15.9	220	1.89
Salad, Southwest Chicken	1 large Salad	531	10.34	4.28	64	1466	41.61	10.15	32.94	502	29.9	279	4.61
Salad, Taco	1 large Salad	364	18.51	6.64	47	766	34.24	6.68	18.36	260	33.6	212	3.43
Salisbury Steak w/ Mushroom Sc	1 Each	263	12.13	4.15	66	1267	19.04	1.93	18.27	9	0.9	41	2.7
Sausage Breakfast Bites	3 Bites	230	14	4	20	400	14	3	12	0	0	0	0.04
Sausage Kolache, Link	1 Each	180	10	3.5	20	450	17	0	6	0	0	0.04	0.06
Sausage Kolache, Shredded Pork	1 Each	220.75	8	2.27	30.31	396.93	27.52	0.96	9.83	205.17 IU	3.03	29.23	2.09
Sausage on a Stick	1 Each	200	9	3	20	580	24	2	6	0	0	0	0.06
Scrambled Egg Biscuit	1oz Scrambled Eggs on Biscuit	103	3.84	1.15	100	382	12.38	0.4	4.64	30	0.3	19	1.1
Scrambled Eggs	2oz Scrambled Eggs	80	5.5	1.75	200	199	1.5	0	6	60	0.6	30.06	0.9
Seasoned Shaved Steak Hoagie	1 Each	350	14.97	5.76	56	740	34.09	1.44	23.12	428 IU	12.3	184.54	3.19
Shrimp Poppers	21 Poppers	220	12	2	40	700	19	2	10	6 IU	0	30	2
Sloppy Joe	1/3c Sloppy Joe on Whole Wheat Bun	352	15.98	5.7	23	391	35.71	6.58	19.83	76	13.19	52.12	1.59
Smuckers PB & J Sandwich	1 Sandwich	420	18	3.5	0	500	49	3	16	0	0	0.04	0.15
Spaghetti and Meat Sauce	2/3c Ground Beef, 1c Spaghetti	437	14.95	5.84	23	481	54.14	6.55	23.33	99	15.34	37.89	3.07
Spicy Chicken Sandwich	1 Each	330	13	2	60	750	32	3	23	170	1.2	60	2.88
Sub Express	Made to Order Sandwich on 6" Hoagie	391	17.09	7.04	67	2486	39.17	3.34	23.63	164	31.19	284.88	7.41
Sweet N' Sour Chicken	4oz Chicken Over Noodles or Rice	272	5.04	0	55	323	37.31	0	19.16	0 IU	0	0	0.36
Taco Salad Bowl	1 Bowl	296	17.43	8.71	31	477	18.82	3.86	17.34	106	11.22	96.47	51
Tacos Al Carbon	1 Taco	437	19.82	8.97	50	1301	42.36	3.93	21.62	120	6.01	280.26	3.62
Tacos, Hard, Beef	2 Tacos	344	21.09	7.99	31	378	24.3	5.6	16.92	91	6.9	145	1.25
Tacos, Soft Chicken	2 Tacos	354	12.5	4.45	62	1215	34.07	2.84	25.18	243 IU	1.55	196.88	3.37
Tamales, Beef	1 Each	101	7.98	2.65	12.67	167	3.76	0.61	4.31	180	1.67	4.5	0.51
Tuna Salad Sandwich	1/2c Tuna Salad on Whole Wheat	316	11.15	2.33	23	788	29.91	4.23	24.82	16	1.3	56	3.12
Turkey & Gravy	1 Slice Turkey w/ Gravy	167	6.15	1.89	49	1041	6.18	0.11	20.36	7	0	7	1.7
Turkey Bacon	1 Slice	25	2	1	10	150	0	0	2	0	0	0	0
Turkey Breast Steak	1 Slice	91.1	0.94	0.51	31.8	415.3	0	0	19.09	0	0	5.7	0.4

<b>Nutrition Facts</b>	<b>Serving</b>	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbohydrates (g)</b>	<b>Dietary Fiber (g)</b>	<b>Protein (g)</b>	<b>Vitamin A (RE)</b>	<b>Vitamin C (mg)</b>	<b>Calcium (mg)</b>	<b>Iron (mg)</b>
<b>Entrée Items (continued)</b>													
Turkey Chili	5.5oz Turkey Chili, 1/2oz Cheese	221	10.66	4.44	85	772	10.09	1.81	21.18	42	5.85	168.45	2.65
Turkey Diced in Gravy	5.75 oz	163	7.3	1.7	53.1	802.7	3.1	0	21.2	143.3 IU	0	11.3	1.1
Turkey Ham	3.34 oz Slice	108	4.9	1.5	61.4	1051.8	1.2	0	14.9	25.9 IU	1.6	8.2	1.1
Turkey Jambalaya	3.25oz Serving	208	0.12	0.02	89	2538	6.32	0.6	40.2	32	9.3	17	0.26
Turkey Pastrami	2.89 oz Slice	112.2	5.14	1.46	57.8	936	2.12	0	14.35	25.3 IU	1.6	11.1	1.1
Turkey Patty, Breaded	1 Patty	145	5.63	1.34	43.1	570.4	5.16	0	18.4	39.2 IU	1.1	13.1	0.9
Turkey Sausage Patty	1 Patty	140	9	2.5	60	410	0	0	15	2%	0.04	0.04	0.08
Turkey Tetrazzini	6x4 Serving-Turkey, Spaghetti, M. Veggies	259	7.3	3.52	45	731	29.56	1.95	18.32	196	3.1	105	2.82
Turkey, Sliced	1 Slice	92.5	0.89	0.26	39.5	1094.4	2.03	0	18.9	0	0.7	8.7	0.5
Vegetable Burger	1 Patty	130	4.5	0	0	330	8	4	15	0	0	0	0
Wrap Express	Made to Order Wrap on 10" Flavored Tortilla	631	22.15	8.33	71	1520	56.52	6.9	32.42	185	20.4	341	3.53
Yogurt	4oz Cup	110-120	0.5	0	5	80-85	20-22	0	5	0	0-2%	0.15	0
Yogurt Parfait	8oz Vanilla Yogurt, 1/2c Fruit	283	2.99	1.84	11	151	55.52	2.24	11.72	33	30.2	398	0.66
<b>Fruit &amp; Vegetable Items</b>													
Apple Cobbler	1/4 cup	203	6.2	1.73	0	48	37.32	2.81	1.37	4	0.2	9	0.73
Apple Crisp	1/4 cup	195	7.94	1.62	0	113	30.41	2.11	1.9	75	0.6	20	0.96
Apple Slices	1/2 cup	35	0	0	5	0	9	1	0	0	1.2	0	1.44
Apricots	1/2 cup	90	0	0	0	10	21	1	1	8%	0.02	0	0
Baby Carrot Sticks	1/4 cup	14	0.2	0.03	0	13	3.08	0.68	8.84	567	3.2	9	0.29
Baked Beans	1/4 cup	82	0.37	0.08	0	467	18.74	3.42	3.34	19	3.5	38	0.32
Black Beans and Salsa	4 oz	288	0.62	0.15	0	675	22.88	6.21	9.98	31	5	61	3.72
Blackeye Peas	1/4 cup	88	1.08	0.23	0	65	14.65	4.53	5.39	8	0.5	18	1.75
Broccoli	1/4 cup	13	0.14	0.02	0	160	2.37	1.47	1.37	100	27.2	28	0.42
Carrot Coins	1/4 cup	20	0.09	0.01	0	16	4.6	1.36	0.47	1276	4.2	12	0.23
Celery Sticks	1/4 cup	7	0.06	0.02	0	37	1.55	0.72	0.32	6	3	17	0.17
Charro Beans	1/2 cup	147	1.38	0.28	0	516	26.32	7.86	8.19	21	4.6	74	2.49
Cinnamon Applesauce	1/4 cup	58	0.12	0.02	0	2	15.3	0.84	0.12	1	1.1	4	0.27
Coleslaw	1/4 cup	45	2.01	0.41	0	53	6.55	0.75	0.66	61	9.4	24	0.4
Corn	1/4 cup	41	0.51	0.08	0	109	9.53	1.05	1.34	8	4.3	3	0.47

<b>Nutrition Facts</b>	<b>Serving</b>	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbohydrates (g)</b>	<b>Dietary Fiber (g)</b>	<b>Protein (g)</b>	<b>Vitamin A (RE)</b>	<b>Vitamin C (mg)</b>	<b>Calcium (mg)</b>	<b>Iron (mg)</b>
<b>Fruit &amp; Vegetable Items (continued)</b>													
Corn on the Cob	1 Cob	90	1	0	0	0	19	1	3	0	0.06	0	0
Cucumber & Tomato Salad	1/2 cup	63	5.13	0.77	0	32	4.4	1.04	0.81	41	13.06	10.07	0.37
Cucumbers	1/4 cup	6	0.06	0.02	0	1	1.33	0.39	0.33	10	2.55	6.75	0.13
Garden Salad	1/2 cup	39	2.38	1.42	7	110	2.71	1.04	2.25	247	6.4	55	0.37
Green Beans	1/4 cup	11	0.05	0.01	0	107	2.48	0.9	0.58	15	2.25	13.09	0.44
Hash Browns	1/2 cup	125	0	0	0	464	28.15	3.15	3.13	0	7.51	0.69	0.6
Mandarin Oranges	1/2 cup	70	0	0	0	10	17	1	1	6%	35%	2%	4%
Mashed Potatoes	1/2 cup	90	1.22	0.31	0	500	17.85	1.69	1.97	0	3.7	13	0.37
Mexicali Corn	1/4 cup	45	0.55	0.08	0	165	10.24	1.17	1.43	15	7.99	4.97	0.51
Mixed Fruit	1/2 cup	72	0	0	0	6	18	0	0	26	2	6	0.4
Mixed Vegetables	1/4 cup	36	0.3	0.06	0	114	7.67	2.28	1.89	288	5.9	14	0.55
Navy Beans	1/4 cup	69	0.25	0.06	0	103	12.79	4.71	4.32	0	1.22	33.76	1.26
Onion Rings	4 Each	118	4.85	1.04	0	284	15.94	0.69	2.08	0	0.8	42	0.75
Oven Roasted Crinkles	1/2 cup	92	0.51	0	0	303	19.49	2.05	2.05	0	6.15	0	0.37
Oven Roasted Wedges	1/2 cup	92	0.51	0	0	303	20.51	2.05	2.05	0	9.23	0	0.74
Peach Cobbler	1/4 cup	200	9.57	2.63	0	111	28.16	1.26	1.77	36	1.5	6	0.93
Peach Cup, Frozen	4oz cup	117	0	0	0	7	29	2	0	35	117	3	0.4
Peaches	1/2 cup	70	0	0	0	10	17	1	1	6%	0.02	0	0
Pears	1/2 cup	80	0	0	0	5	20	2	<1	0	0.02	0	0.02
Peas	1/4 cup	39	0.23	0.03	0	122	7.08	2.31	2.47	43	5.1	11	0.55
Peas and Carrots	1/4 cup	23	0.2	0.04	0	56	4.83	1.47	1.46	407	4.8	12	0.48
Pineapple Tidbits	1/2 cup	70	0	0	0	10	17	1	<1	0	0.02	0	0.02
Potato Puffs	8 Each	168	8.11	3.85	0	564	23.04	2.42	2.53	2	5.2	23	1.18
Potato Smiles	4 Smiles	170	6.5	3.5	0	390	24	2	2	0	0	0	0
Ranch Style Beans	1/2 cup	130	3	1	0	540	20	6	6	10%	0	3.40%	8%
Sandwich Trimmings	1/4 cup	8	0.14	0.02	0	173	1.72	0.69	0.43	22	5	5	0.25
Seasoned Beans	1/4 cup	75	0.71	0.15	0	285	13.4	3.99	4.18	7	1.1	38	1.28
Seasoned Fries	1/2 cup	113	1.54	0	0	338	22.56	2.05	2.05	0	9.23	0	0.74
Spiced Apples	1/2 cup	91	0.5	0.08	0	3	22.97	1.77	0.19	5	0.4	5	0.27
Spicy Beans	1/2 cup	169	3.64	2.06	18	743	23.75	7.42	11.06	560 IU	9.28	146	2.98
Spinach	1/4 cup	21	0.27	0.04	0	208	3.46	2.57	2.49	660	20.7	95	1.77
Spinach Salad	1/2 cup	56	4.31	0.26	0	29	2.9	1.52	2.8	249	11.5	41	1.24

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<b>Fruit &amp; Vegetable Items (continued)</b>													
Steamed Carrots	1/4 cup	35	0.1	0.02	0	30	8.61	1.54	0.53	1026	2.1	19	0.38
Steamed Squash	1/4 cup	12	0.08	0.02	0	142	2.95	0.69	0.49	15	3.8	11	0.28
Steamed Zucchini	1/4 cup	15	0.09	0.02	0	143	3.49	0.83	0.58	18	4.48	13.03	0.33
Strawberries & Bananas	1/2 cup	119	0.38	0.12	0	3	31.13	2.7	0.98	6	32.2	11	0.57
Strawberries, Sliced	1/2 cup	122	0.2	0	0	4	32	0	0	0	52	14	0.8
Sugar Snap Peas	1/4 cup	20	0.15	0.03	0	150	3.53	1.52	1.36	7	10.63	24.61	0.99
Tossed Salad	1/2 cup	6	0.07	0.01	0	4	1.14	0.59	38	119	2.11	7.8	0.19
Vegetable Soup	1/2 cup	24	0.22	0.02	0	526	4.97	0.8	1.31	85	5.2	11	0.42
<b>Grain &amp; Bread Items</b>													
Angel Hair Pasta	1 cup	203	0.86	0.12	0	8	40.87	1.31	6.99	0	0	13	2.13
Bagel, Plain	1 Each	230	0.5	0	0	570	46	3	9	0	0	0	0.2
Biscuit	1 Each	213	8.65	3.41	5	654	29.16	0.94	4.47	0	0.2	233	1.72
Biscuits	1 Each	160	6	2	0	600	21	1	4	0	0.1	0.04	0.06
Breadsticks	1 Each	108	5.6	1.4	0	138	12.5	1.9	2.55	0	0	47	0.88
Breakfast Bar	1 Each (Cinnamon Flavored Bar)	220	3.5	0.65	25	260	28	1	3	0	0	15%	6%
Cereal, Cheerios	1 Cup	140	2.5	0.5	0	260	29	3	4	10%	0.1	0.1	0.6
Cereal, Cheerios, Honey Nut	1 Cup	200	2.5	0.5	0	360	41	4	4	15%	0.15	0.15	0.4
Cereal, Cinnamon Toast Crunch	1 Cup	240	6	1	0	390	45	2	3	20%	0.2	0.2	0.5
Cereal, Cocoa Krispies	1 Cup	250	2	1	0	400	56	2	3	1000IU	30	80	9
Cereal, Corn Flakes	1 Cup	150	0	0	0	310	37	1	2	750IU	0.09	0	8.1
Cereal, Frosted Flakes	1 Cup	220	0	0	0	290	54	1	2	750IU	0.09	0	8.1
Cereal, Mini-Wheats, Frosted	1 Cup	240	1	0	0	0	58	7	6	0	0	0	18
Cereal, Raisin Bran Crunch	1 Cup	280	1.5	0	0	310	67	6	5	750IU	0	0	6.3
Cereal, Smart Start	1 Cup	290	1	0	0	430	65	4	5	1750IU	0.21	0	27
Cinnamon Toast	1 Each	126	4.97	1.04	0	192	19.09	2.09	2.77	38	0.1	25	1.04
Cinnamon Roll	1 Each	280	5.7	0.85	1	445	50.62	1.58	6.26	9	0.3	47	2.41
Combread	6x6 Slice	159	2.8	0.62	17	235	27.15	1.48	4.19	11	0.4	111	1.37
Combread Dressing	1/2 cup	291	14.04	2.52	21	1009	34.99	2.34	6.65	75	1.9	173	2.02
Combread, Jalapeno	6x6 Slice	179	5.11	1.44	21	296	27.4	1.52	6.14	25	1.2	176	1.41
Crackers, Bear Grahams	1 Package (2 grahams)	90	3	0.5	0	100	16	1	1	0%	0	8%	4%
Crackers, Giant Goldfish	1 Package (2 goldfish)	120	4	1	0	110	19	1	1	0%	0	0	4%
Crackers, Graham	1 Package (3 crackers)	98	2.72	0.58	0	83.44	14.25	0	1.47	0	0	0.005	0.0334

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<b>Grain &amp; Bread Items (continued)</b>													
Crackers, Saltines	1 Package (4 crackers)	80	2	0	0	230	13	0	2	0	0	0.02	0.04
Cupcake, Chocolate	1 Cake (Sweet Treat)	190	6	2	15	270	33	<1	2	0	0	0.04	0.04
Cupcake, White	1 Cake (Sweet Treat)	190	6	2	20	230	34	0	2	0	0	0.04	0.02
French Toast	1 Slice	240	8	1.5	105	370	34	1	8	4%	0	6%	10%
French Toast Sticks	3 Sticks	160	3.5	1	110	300	25	1	7	4%	0	4%	10%
French Toast Sticks, Straw-Ban	3 Sticks	213.76	8.22	2.05	119.21	295.97	27.95	0.82	6.58	246.65 IU	0	32.89	1.48
French Toast, Glazed	1 Each	240	8	1.5	105	370	34	1	8	4%	0	0.06	0.1
Garlic Bread	1 Slice	102	4.83	0.85	0	190	13.07	1.95	2.79	36	0	22	0.93
Grits	1/2 cup	280	0.91	0.12	0	403	60.18	1.21	6.65	0	0	11.23	3.01
Macaroni Salad	1/2 cup	61	4.62	0.92	0	179	28.65	0.29	0.43	124	0.7	8	0.19
Oatmeal	1 cup	287	3.47	0.62	0	58	57.21	5.69	8.69	0	0.3	38	2.61
Pancakes	1 Each	70	1.2	0	8	196.7	14	0	2	0	0	0	0.04
Pop-Tart, Frosted Blueberry	1 Each	200	5	1	0	170	37	1	2	500 IU	0	13	1.8
Pop-Tart, Frosted Cherry	1 Each	200	5	1	0	180	37	1	2	500 IU	0	0	1.8
Pop-Tart, Frosted Strawberry	1 Each	200	5	1	0	170	38	1	2	500 IU	0	7	1.8
Pretzels	.5oz Package	50	0	0	0	120	12	0	1	0	0	0	0
Rice, Fried	1/2 cup	106	0.28	0	0	316	24.08	0.56	2.24	22	0.7	24	1.02
Rice, Mexican	1/2 cup	97	2.15	0.33	0	359	17.43	0.4	1.64	17	0	18.3	1.1
Rice, White	1/2 cup	111	0.2	0.05	0	170	24.28	0.39	2.17	0	0	10	1.32
Roll, Hoagie, 6"	1 Roll	160	2	0	0	340	31	1	6	0	0	0.08	0.1
Roll, Jalapeno-Cheese	1 Each	178	4.53	1.01	3	398	29.74	2.78	5.62	17	0.6	50	1.71
Roll, White	1 Each	238	5.06	0.74	1	437	41.32	1.5	6.21	5 IU	0.18	43.63	2.35
Roll, Whole Wheat	1 Each	164	3.94	0.59	0	316	28.82	4.26	5064	1	0.1	38	1.46
Roll, Yeast	1 Each	169	3.79	0.57	0	315	29.45	2.68	5.08	1	0.1	35	1.59
Shell, Taco, 5"	3 Each	150	7	0.5	0	0	19	2	2	0	0	0.02	0.08
Smile Mini Loaf, Banana	1 Loaf	200	8	1.5	10	160	30	17	2	0	0	0	0.04
Smile Mini Loaf, Blueberry	1 Loaf	190	8	1.5	10	260	29	<1	2	0	0	0	0.04
Spaghetti Noodles	1/2 cup	160	0.65	0.12	0	14	32.12	1.38	5.61	0	0	15	1.55
Tortilla, Flour, 12"	1 Each	222	6	2	0	797	40	2	6	0	0	0.35	0.15
Tortilla Bowl, 5"	1 Bowl	72	2	1.5	0	41	11	0	2	0	0	0	0
Tortilla Chips	9 Chips	140	6	0.5	0	0	19	2	2	0	0	0.02	0.02

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<b>Grain &amp; Bread Items (continued)</b>													
Tortilla, Flour, 10"	1 Each	190	5	2	0	690	31	2	5	0	0	0.35	0.15
Tortilla, Flour, 12", Garlic Herb	1 Each	300	8	2.5	5	680	46	3	9	0	0	0.06	0.15
Tortilla, Flour, 12", Jalapeno	1 Each	300	10	2.5	30	800	43	3	10	6%	0	0.06	0.15
Tortilla, Flour, 6"	1 Each	80	2.5	1	0	300	14	1	2	0	0	0.15	0.06
Waffle Grahams	1 Pack, 2 Grahams	106	3	0.47	0	85.27	18.36	0.14	1.41	5%	0.05	0.01	0.09
Waffle Sticks	1 Each	70	1	0	0	190	14	0	2	0	0	0.04	0.04
Waffles	1 Each	100	3	0.75	2.5	220	16	0	2.5	0	0	0.02	0.1
Wheat Bread	1 Slice	60	1	0	0	125	11	2	4	0	0	0.04	0.02
<b>Beverages</b>													
Apple Juice, 100%	4oz	60	0	0	0	0	14	0	0	0	0	0	0
Apple Juice, 100%	6oz	90	0	0	0	0	21	0	0	0	0	0	0
Country Time Tea	12 oz can	120	0	0	0	160	33	0	0	0	0	0	0
Fuze, Vitalize, Grape	8 oz	100	0	0	0	10	26	0	0	100%	150%	4%	0
Gatorade, Lemon Lime	12 oz	75	0	0	0	165	21	0	0	0	0	0	0
Milk, Chocolate, 1%	8 oz	170	2.5	1.5	15	180	29	0	7	10%	0	25%	2%
Milk, Chocolate, Skim	8 oz	150	0	0	5	180	28	0	8	10%	0	0.25	0
Milk, White, 1%	8 oz	100	2.5	1.5	10	125	12	0	8	10%	4%	25%	2%
Milk, White, 2%	8 oz	120	5	3	20	125	12	0	8	10%	4%	30%	0
Milk, White, Skim	8 oz	90	0	0	10	125	13	0	9	10%	0.04	0.3	0
Milk, White, Whole	8 oz	150	8	5	35	125	11	0	8	6%	4%	30%	0
Orange Juice	4oz	50	0	0	0	0	13	0	<1	0	0.5	0.18	0
Orange Juice	6oz	75	0	0	0	0	20	0	<1	0	0.75	0.26	0
Snapple 100% Fruit Juice, F. Punch	11.5 oz	170	0	0	0	15	42	0	0	10%	100%	10%	0
Snapple Antioxidant, Various Flavors	12 oz bottle	80	0	0	0	0	18	0	0	30%	0	0.02	0
Sweet Leaf Tea, Lemonade Tea	8oz	85	0	0	0	10	20	0	0	0	0	0	0
Sweet Leaf Tea, Original	8oz	70	0	0	0	10	18	0	0	0	0	0	0
Sweet Leaf Tea, Peach	8oz	70	0	0	0	10	18	0	0	0	1	0	0

<b>Nutrition Facts</b>	<b>Serving</b>	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbohydrates (g)</b>	<b>Dietary Fiber (g)</b>	<b>Protein (g)</b>	<b>Vitamin A (RE)</b>	<b>Vitamin C (mg)</b>	<b>Calcium (mg)</b>	<b>Iron (mg)</b>
<b>Condiments/Side Dishes</b>													
Cheese Sauce	1 oz	118	9.61	6.04	29	501	1.19	0.27	6.9	91	5.4	194	0.33
Chili Sauce	1/4 cup	31	1.28	0.48	7	19	2.8	0.51	2.38	29	5	7	0.4
Cream Cheese	1oz Packet	100	10	6	30	85	1	0	2	6%	0	0.02	0
Dipping Cup, BBQ	1oz Cup	42	0	0	0	476	11	0	0	1%	0.03	0.01	1
Dressing, Cilantro Ranch	1 oz	28	2.3	0.51	1	64	1.24	0	0.57	3	0.2	20	0.01
Dressing, Guacamole	1 oz	28	2.01	0.3	0	45	1.58	0.3	0.77	9	0.2	18	0.02
Dressing, Sour Cream	1 oz	39	2.51	1.54	6	21	2.38	0.13	1.87	33	0.4	48	0.16
Gravy	1 oz	8	0.05	0	0	205	1.55	0.05	0.31	0	0	1	0.09
Marinara Sauce	1 oz	12	0.05	0.01	0	34	2.54	0.94	0.74	38	5.2	13	0.65
Ranch Dressing	1.5oz Pouch	40	0	0	0	660	13	0	0	0	0	0.01	0
Salsa	2 TBSP	10	0	0	0	110	2	0	0	-	-	-	-
Syrup	1.5oz Packet	100	0	0	0	40	26	0	0	0	0	0	0
<b>A la Carte Items</b>													
Bosco Sticks	3 Each	582	12.05	6.01	30	874	80.55	6.95	39.74	518 IU	5.2	763.75	6.06
Chicken Fritters	4 Each	253	6.68	1.32	40	987	30.8	0	18.8	526 IU	1.6	20	2.68
Clux Delux Sandwich	1 Sandwich	335	10	2	48	890	37	2	24	158 IU	1.2	62	2.08
Croissant Sandwich	1 Sandwich	333	17.47	5.56	80	713	24.39	2	19.04	997 IU	0.6	171.09	1.94
Popcorn Chicken	18 pieces	348	22.79	5.4	60	780	20.39	2.4	16.79	120 IU	0	23.99	2.16
Soup, Mexicali Tortilla	6 ozs	163	4.08	1.36	7	1347	25.85	5.44	4.08	544 IU	8.16	27.21	1.47