

Nutrition Facts	Serving	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (RE)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
Entrée Recipes													
Baked Potato w/ Beef Crumbles	Potato w/ 1oz Cheese, 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 Cheese, 1oz Chicken	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 Turkey 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	Sandwich, 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, Trimmings	368	13.11	4.02	55	695	41.31	4.69	21.14	49	12.2	50	3.32
Basket, Cheeseburger	Burger, 3oz Crinkles, Trimmings	408	15.71	5.67	63	798	41.59	4.69	24.99	77	12.19	178.31	3.34
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 Sandwich	Sandwich, 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 Chicken 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 Sandwich	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	Sandwich, 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 Sandwich, 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	Sandwich, 3 oz 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	Sandwich, Condiments, Baked Chips	161	6.35	1.06	0	892	22.42	3.7	2.94	51	11.9	8	0.62
BBQ Brisket Sandwich	3 1/2oz Beef Brisket on Whole Wheat Bun	319	16.98	5.21	54	1448	21.77	1.16	18.22	0	26.8	67	3.04
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
Calzone, Pepperoni	1 Each- Cheese & Pepperoni	600	18	8	20	1160	84	8	30	0	0	300	16%
Calzone, Sausage	1 Each Cheese & Sausage	600	14	6	30	1420	92	8	26	0	0	300	20%
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
Cheeseburger	Burger on Whole Wheat Bun	309	15.07	5.65	63	335	20.87	2	22.56	55	1.2	173.4	2.73
Chicken Bitz with Orange Sauce	6 oz Serving	258	9.74	2.19	27	825	33.47	2.28	9.23	11	0.7	10	1.23
Chicken Milano	Grilled Chicken Patty w/ Green 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/ 1/2 cup Spaghetti	368	15.02	4.04	60	1248	34.75	2.59	23.78	109	9.6	139	3.31
Chicken Parmesan	Grilled Chicken Patty w/ 1/2 cup Spaghetti	298	13.02	4.54	15	938	22.75	1.59	22.78	102	9.6	129	1.51
Chicken Patty on a Bun	Chicken 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, 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 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 Stir-Fry	Oriental Rice w/ 4 Chicken Teriyaki Bites	352	7.29	2	47	1134	50.09	1.87	21.95	57	1.2	68	3.11
Chicken Tetrzzini	6x4 Serving-Chicken, Spaghetti, M. Veggies	268	9.24	3.98	51	363	25.74	1.95	20.06	203	3.1	111	2.08
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
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 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
Enchiladas	3 Each	438	15.52	6.93	41	924	53.6	7.19	24.48	211	6	461.55	3.53

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Entrée Recipes (continued)													
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
Frito Pie	1c Corn Chips, Ground Beef, ½oz 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	Turkey Ham & Cheese on 6" Steak Bun	345	13.49	692	59	1275	37.86	287	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 Chicken Sandwich	Grilled Chicken Patty on Whole Wheat Bun	286	14	3.5	38	465	21	2	20	20	1.2	310	3.78
Ham & Cheese Sandwich, Breakfast	Turkey Ham & Cheese on Whole Wheat (1sl)	155	6.4	3.39	31	608	14.01	1.93	10.48	46	0	109	1.26
Ham & Cheese Sandwich	Turkey Ham & Cheese on Whole Wheat (2sl)	271	9.53	4.35	45	913	27.79	3.86	20.54	65	0	300.06	2.34
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
Hot Turkey Sandwich	Sandwich w/ ½c 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	17.68	4.58	63	1808	51.76	3.82	27.45	160	14.70	232	4.9
Italian Mac	¾ cup-Ground Beef, Macaroni	319	13.95	5.55	22	66	31.32	5.59	18.71	60	14.77	29.74	1.69
Lasagna	6x3 Serving- Ground Beef, Pasta, Cheese	479	21.67	11.24	88	1235	38.76	2.99	32.28	245	20.4	367	3.83
Macaroni and Cheese	½ cup Serving	207	9.32	5.72	28	680	19.17	0.49	11.32	84	0.4	263	0.93
Meatball Sandwich	5 Meatballs per Hoagie Bun	409	17.12	5.66	47	858	44.24	5.14	27.32	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	1 ½oz Beef & Cheese, ½c Tortilla Chips	289	18.5	8.14	54	537	15.15	1.81	15.84	110	0.6	236	1.5
Oriental Bowl	1c Rice, 4 Chicken Bites, ½c 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, Large 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
Pasta With Meatballs	1c Spaghetti, 5 Meatballs	428	15.19	4.75	44	782	54.42	4.53	25.31	129	18.8	83	4.32
Penne Pasta over Marinara	9 oz Pasta & Diced Chicken over Marinara	377	7.03	2.18	56	684	47.50	3.01	28.36	87	8.0	128	3.17
Philly Cheese Steak Sandwich	1 Each	359	13.45	6.23	58	1644	33.66	1.37	25.08	85	0.6	263	3.14
Pizza, Cheese	1 Slice	405	16.39	8.15	37	918	41.97	1.56	23.43	112	3.9	489	2.49
Pizza, Pepperoni	1 Slice	485	23.42	10.73	49	1244	42.43	1.56	26.78	112	3.9	491	2.71
Pizza, Seasoned Taco	1 Slice	425	17.73	8.7	39	39	42.55	1.93	24.87	114	3.9	489	2.5
Pizza, Vegetable	1 Slice	415	17	8.23	37	964	43.14	2.02	23.62	118	10.5	495	2.73
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
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	153	8.68	4.05	135	509	7.84	2.88	12.13	537	26.8	137	2.94
Salad, Chicken Caesar	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

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Entrée Recipes (continued)													
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
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	2 oz Scrambled Eggs	80	5.5	1.75	200	225	1.5	0	6	60	0.6	30	0.9
Sloppy Joe	1/3c Sloppy Joe on Whole Wheat Bun	278	10.11	3.16	46	431	30.22	2.99	17.76	76	13.2	58	2.7
Spaghetti and Meat Sauce	2/3c Ground Beef, 1c Spaghetti	361	8.97	3.25	45	521	48.65	2.96	21.06	99	15.3	43	4.16
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	375	16.39	6.8	58	2330	38.93	3.34	21.3	164	31.2	285	6.47
Taco Salad Bowl	1 Bowl	273	15.82	8.05	28	477	18.19	3.45	15.62	106	11.2	96	0.51
Tacos Al Carbon	1 Taco	410	16.15	6.68	39	1101	42.48	3.93	23.05	95	6.01	362.19	3.54
Tacos, Hard, Beef	2 Tacos	320	18.67	6.87	59	417	20.25	2.95	18.46	90	6.9	151	2.34
Tacos, Soft Chicken	2 Tacos	181	6.06	2.19	31	553	18.22	1.5	12.73	25	0.9	95	1.69
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 Chili	5.5 oz Turkey Chili, ½ oz Cheddar Cheese	207	8.8	3.28	80	670	10.14	1.81	21.9	29	5.85	209.99	2.61
Turkey Jambalaya	3.25 oz	208	0.12	0.02	89	2538	6.32	0.60	40.20	32	9.3	17	0.26
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
Wrap Express	Made to Order Wrap on 12" Flavored Tortilla	631	22.15	8.33	71	1520	56.52	6.9	32.42	185	20.4	341	3.53
Yogurt Parfait	8 oz Vanilla Yogurt, 1/2c Fruit	283	2.99	1.84	11	151	55.52	2.24	11.72	33	30.2	398	0.66
Entrée Items													
BBQ Drummies	3 Chicken Drummies	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%	2%	5%	10%
Beef, Ground, 80/20	112 Grams	290	22	9	75	65	0	0	21	0	0	0	10%
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 Patty, Breaded	1 Patty	181	9.24	2.98	26.29	479	12.42	1.42	13	0	0	38.9	2.14
Beef, Salisbury Steak	1 Steak	216	15.74	6.2	41.86	492.6	3.305	1.651	15.38	0	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	0	54.79	2.19
Biscuit Roll, Scrambler	1 Each	190	10	3	90	560	18	1	7	4%	0	8%	10%
Breakfast Kolache	1 Each, Sausage	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
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, Chicken, 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
Cheese Rolls	1 Roll	210	12	5	25	280	16	<1	9	0	0	2%	4%
Cheese, American Snack Pack	1 oz	100	9	5	25	430	<1	0	6	6%	0	15%	0
Cheese, Mozzarella Pizza Dipper	4 Each	320	14	7	30	680	29	<1	19	404 IU	0	422	0.8
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 Giggles	2 Each	290	19	4.5	30	500	14	1	16	0	0	0	20%
Chicken Patty, Breaded	1 Patty	230	13	3	55	730	12	1	16	2%	0	2%	10%

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Entrée Items (continued)													
Chicken Patty, Grilled	1 Patty	176	12	3.5	38	275	1	0	16	0	0	27	1.5
Chicken Patty, Hot & Spicy	1 Patty	220	11	2	60	560	12	1	19	15%	0	2%	10%
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 Sticks	8 Sticks	210	11	2.5	40	560	10	0	18	0	0	2%	6%
Chicken Fajita Strips	2.3 oz	107	4.1		50	172.5	0.28		16.2			7.6	0.06
Chicken Nuggets	5 Nuggets	230	13	3	55	730	12	1	16	2%	0	2%	10%
Chicken, Popcorn Bites	11 Popcorn Bites	210	9	2	35	360	16	1	15	2%	0	2%	10%
Chicken Tenders	3 Tenders	230	13	3	55	730	12	1	16	2%	0	2%	10%
Chimichangas, Beef & Cheese	1 Each	360	17	5	10	590	35	5	17		0	90	2.63
Corn Dogs, Mini (Turkey)	6 Each	310	17	4	45	790	31	2	9	0	0	0	1.8
Corn Dog, Turkey	1 Each	280	15	4	50	1190	26	1	10	0	0	0	0
Egg, Hard Cooked	100 Grams	160	11	3.5	420	140	1	0	13	500 IU	0	40	1.1
Egg Patty, Grilled	100 Grams	200	16	3.5	310	300	3	0	9	500 IU	0	40	0
Egg Roll, Turkey and Veggies	1 Each	240	10	2.5	120	600	25	2	13	500 IU	4.8	40	2.7
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
Fish Fillet	1 Fillet	160	5	1	30	210	13	1	17	0	0	0	2%
Fish Nuggets, Breaded	5 Nuggets	288	16	2	24	305	16	1	15	0	0	2%	8%
Fish Sticks, Baja Flavor	4 Sticks	240	11	1.5	50	430	21	1	15	2%	2%	2%	4%
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
Omelet, Colby Cheese	1 Each	210	17	6	305	500	3	0	12	500 IU	0	150	1.1
Pancake Wrapped Sausage on a Stick	1 Each	200	9	3	20	580	24	2	6	0	0	0	6%
Pizza Bites, Cheese	8 Bites	380	15		115	430	41	2	14	6%	8%	15%	20%
Pizza Bites, Pepperoni	8 Bites	400	18		115	560	41	2	15	6%	8%	15%	20%
Pizza Bites, Taco	8 Bites	370	16		120	560	41	3	16	10%	2%	10%	20%
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 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	25%	10%
Pizza Strip, Breakfast Sausage	1 Strip	170	7	2.5	10	470	19	<1	8	304 IU	0	130	2.6
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
Ravioli, Beef	8 Ravioli	260	7	3	30	1310	35	4	16	6%	2%	0	15%
Sausage on a Stick	1 Each	200	9	3	20	580	24	2	6	0	0	0	6%
Sausage Breakfast Bites	3 Bites	230	14	4	20	400	14	3	12	0	0	0	4%
Sausage Kolache	1 Each	180	10	3.5	20	450	17	0	6	0	0	4%	6%
Smuckers PB & J Sandwich	1 Sandwich	420	18	3.5	0	500	49	3	16	0	0	4%	15%
Shrimp Poppers	21 Poppers	220	12	2	40	700	19	2	10	6 IU	0	30	2
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
Turkey Bacon	1 Slice	25	2	1	10	150	0	0	2	0	0	0	0

Nutrition Facts	Serving	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (RE)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
Entrée Items (continued)													
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
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 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%	4%	4%	8%
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
Yogurt	4oz Cup	110-120	0.5	0	5	80-85	20-22	0	5	0	0-2%	15%	0
Fruit & Vegetable Recipes													
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
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	1/4 cup	288	0.62	0.15	0	675	22.88	6.21	9.98	31	5.0	61	3.72
Black-eyed 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
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	5	0.05	0.01	0	1	1.1	0.32	0.27	8	2.1	6	0.1
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
Mashed Potatoes	1/2 cup	90	1.22	0.31	0	500	17.85	1.69	1.97	0	3.7	13	0.37
Mexicalli 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 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	120	0.67	0	0	394	25.33	2.67	2.67	0	8	0	0.48
Oven Roasted Wedges	1/2 cup	73	0.4	0	0	239	16.16	1.62	1.62	0	7.3	0	0.58
Peach Cobbler	1/4 cup	200	9.57	2.63	0	111	28.16	1.26	1.77	36	1.5	6	0.93
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
Peas	1/4 cup	39	0.23	0.03	0	122	7.08	2.31	2.47	43	5.1	11	0.55
Potato Puffs	8 Each	168	8.11	3.85	0	564	23.04	2.42	2.53	2	5.2	23	1.18
Sandwich Trimmings	1/4 cup	8	0.14	0.02	0	173	1.72	0.69	0.43	22	5	5	0.25

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Fruit & Vegetable Recipes (continued)													
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	92	1.25	0	0	275	18.33	1.67	1.67	0	7.5	0	0.6
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	174	4.21	2.21	18	645	23.06	7.42	11.41	47	9.3	173	3
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	.26	0	29	2.9	1.52	2.8	249	11.5	41	1.24
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
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
Fruit & Vegetable Items													
Apricots	1/2 cup	90	0	0	0	10	21	1	1	8%	2%	0	0
Corn on the Cob	1 Cob	90	1	0	0	0	19	1	3	0	6%	0	0
Mixed Fruit	1/2 cup	72	0	0	0	6	18	0	0	26	2	6	0.4
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%	2%	0	0
Pears	1/2 cup	80	0	0	0	5	20	2	<1	0	2%	0	2%
Pineapple	1/2 cup	70	0	0	0	10	17	1	<1	0	2%	0	2%
Potato Smiles	4 Smiles	170	6.5	3.5	0	390	24	2	2	0	0	0	0
Strawberries, Sliced	1/2 cup	122	0.2	0	0	4	32	0	0	0	52	14	0.8
Grain & Bread Recipes													
Angel Hair Pasta	1 cup	203	0.86	0.12	0	8	40.87	1.31	6.99	0	0	13	2.13
Biscuit	1 Each	213	8.65	3.41	5	654	29.16	0.94	4.47	0	0.2	233	1.72
Cinnamon Roll	1 Each	280	5.7	0.85	1	445	50.62	1.58	6.26	9	0.3	47	2.41
Cinnamon Toast	1 Each	126	4.97	1.04	0	192	19.09	2.09	2.77	38	0.1	25	1.04
Cornbread	6x6 Slice	159	2.8	0.62	17	235	27.15	1.48	4.19	11	0.4	111	1.37
Cornbread, Jalapeno	6x6 Slice	179	5.11	1.44	21	296	27.4	1.52	6.14	25	1.2	176	1.41
Cornbread Dressing	1/2 cup	291	14.04	2.52	21	1009	34.99	2.34	6.65	75	1.9	173	2.02
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
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	129	1.12	0.18	0	35	27.31	1.68	2.94	133	2.4	36	2.96

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Grain & Bread Recipes (continued)													
Rice, Mexican Infused	1/2 cup	70	1.55	0.23	0	259	12.59	0.29	1.18	13	0	13	0.79
Rice, White	1/2 cup	111	0.2	0.05	0	170	24.28	0.39	2.17	0	0	10	1.32
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, 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
Grain & Bread Items													
Bagel, Plain	1 Each	230	0.5	0	0	570	46	3	9	0	0	0	20%
Biscuits	1 Each	160	6	2	0	600	21	1	4	0	10%	4%	6%
Breadsticks	1 Each	108	5.6	1.4	0	138	12.5	1.9	2.55	0	0	47	0.88
Cereal, Cheerios	1 Cup	140	2.5	0.5	0	260	29	3	4	10%	10%	10%	60%
Cereal, Cheerios, Honey Nut	1 Cup	200	2.5	0.5	0	360	41	4	4	15%	15%	15%	40%
Cereal, Cinnamon Toast Crunch	1 Cup	240	6	1	0	390	45	2	3	20%	20%	20%	50%
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	9%	0	8.1
Cereal, Frosted Flakes	1 Cup	220	0	0	0	290	54	1	2	750IU	9%	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	21%	0	27
Crackers, Graham	1 Package (3 crackers)	98	2.72	0.58	0	83.44	14.25	0	1.47	0	0	0.50%	3.34%
Crackers, Saltines	1 Package (4 crackers)	80	2	0	0	230	13	0	2	0	0	2%	4%
Cupcake, Chocolate	1 Cake (Celebration Treat)	190	6	2	15	270	33	<1	2	0	0	4%	4%
Cupcake, White	1 Cake (Celebration Treat)	190	6	2	20	230	34	0	2	0	0	4%	2%
French Toast Sticks	2 Sticks	160	7	1.5	10	260	21	0	3	11 IU	0	10%	70%
French Toast, Glazed	1 Each	240	8	1.5	105	370	34	1	8	4%	0	6%	10%
Pancakes	1 Each	70	1.2	0	8	196.7	14	0	2	0	0	0	4%
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
Roll, Hoagie, 6"	1 Roll	160	2	0	0	340	31	1	6	0	0	8%	10%
Shell, Taco, 5"	3 Each	150	7	0.5	0	0	19	2	2	0	0	2%	8%
Smile Mini Loaf, Banana	1 Loaf	200	8	1.5	10	160	30	17	2	0	0	0	4%
Smile Mini Loaf, Blueberry	1 Loaf	190	8	1.5	10	260	29	<1	2	0	0	0	4%
Tortilla Bowl, 5"	1 Bowl	72	2	1.5	0	41	11	0	2	0	0	0	0

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Grain & Bread Items (continued)													
Tortilla Chips	9 Chips	140	6	0.5	0	0	19	2	2	0	0	2%	2%
Tortilla, Flour, 6"	1 Each	80	2.5	1	0	300	14	1	2	0	0	15%	6%
Tortilla, Flour, 10"	1 Each	190	5	2	0	690	31	2	5	0	0	35%	15%
Tortilla, Flour, 12"	1 Each	222	6	2	0	797	40	2	6	0	0	35%	15%
Tortilla, Flour, 12", Garlic Herb	1 Each	300	8	2.5	5	680	46	3	9	0	0	6%	15%
Tortilla, Flour, 12", Jalapeno	1 Each	300	10	2.5	30	800	43	3	10	6%	0	6%	15%
Waffles	1 Each	100	3	0.75	2.5	220	16	0	2.5	0	0	2%	10%
Waffle Grahams	1 Pack, 2 Grahams	106	3	0.47	0	85.27	18.36	0.14	1.41	5%	5%	1%	9%
Waffle Stix	1 Each	70	1	0	0	190	14	0	2	0	0	4%	4%
Wheat Bread	1 Slice	60	1	0	0	125	11	2	4	0	0	4%	2%
Side Dish Recipes													
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
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
Beverages													
Milk, White, Skim	8oz	90	0	0	10	125	13	0	9	10%	4%	30%	0
Milk, Chocolate, Skim	8oz	150	0	0	5	180	28	0	8	10%	0	25%	0
Apple Juice, 100%	4oz	60	0	0	0	0	14	0	0	0	0	0	0
Cherry Apple Juice, 100%	4oz	60	0	0	0	15	16	0	0	0	8%	0	0
Orange Juice, 100% w/ Calcium	4oz	50	0	0	0	0	13	0	<1	0	50%	18%	0
Apple Juice, 100%	6oz	90	0	0	0	0	21	0	0	0	0	0	0
Cherry Apple Juice, 100%	6oz	90	0	0	0	20	23	0	0	0	11%	0	0
Orange Juice, 100% w/ Calcium	6oz	75	0	0	0	0	20	0	<1	0	75%	26%	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	100%	0	0
Condiments													
Cream Cheese	1oz Packet	100	10	6	30	85	1	0	2	6%	0	2%	0
Dipping Cup, BBQ	1oz Cup	42	0	0	0	476	11	0	0	1%	3%	1%	1
Ranch Dressing	1.5oz Pouch	40	0	0	0	660	13	0	0	0	0	1%	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

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A la Carte Items													
100 Calorie Chips Ahoy	.81oz./pkg.	100	3	1	0	140	18	1	1	0	0	0	4
Famous Amos Low Fat Iced Ginger Snaps	1.75oz./pkg.	200	3	0.5	0	0	0	0	0	0	0	0	8
Honey Maid Graham Cinnamon Sticks	1oz./pkg.	100	2	0	0	170	0	1	1	0	0	0	0
Nutri-Grain Bar, Apple Cinnamon	1.3oz./bar	140	3	0.5	0	0	0	0	2	2	0	2	1
Nutri-Grain Bar, Blueberry	1.3oz./bar	140	3	0.5	0	0	0	0	2	2	0	2	1
Nutri-Grain Bar, Raspberry	1.3oz./bar	140	3	0.5	0	0	0	0	2	2	0	2	1
Nutri-Grain Bar, Strawberry	1.3oz./bar	140	3	0.5	0	0	0	0	2	2	0	2	1
Andy Capp Cheddar Fries	1oz./pkg.	150	7	3	0	300	17	1	2	0	0	0	0
Andy Capp Hot Fries	1oz./pkg.	150	7	3	0	240	17	1	2	0	0	0	0
Baked Cheetos, Flamin Hot, Reduced Fat	.875oz./pkg.	120	4.5	0.5	0	210	17	0	2	0	0	0	4
Baked Doritos, Nacho Cheese	.75oz./pkg.	90	3	0.5	0	170	16	1	2	0	0	2	2
Baked Doritos, Reduced Fat, Cooler Ranch	1oz./pkg.	130	5	1	0	170	18	2	2	0	0	2	2
Baked Lays, Potato Crisps, BBQ	.875oz./pkg.	120	3	0	0	210	22	2	2	0	2	4	2
Baked Lays, Potato Crisps, Cheddar/Sour Cream	.875oz./pkg.	120	3.5	1	0	210	21	2	2	0	2	2	2
Baked Lays, Potato Crisps, Original	.875oz./pkg.	110	1.5	0	0	150	23	2	2	0	2	4	2
Baked Lays, Potato Crisps, Sour Cream & Onion	.875oz./pkg.	120	3	0	0	210	21	2	2	0	2	6	2
Chex, Simply Chex, Cheddar	1.25oz./pkg.	140	3.5	1	0	450	26	1	3	0	0	4	2
Cornuts, Original	1.4oz./pkg.	180	6	1	0	230	28	2	3	0	0	0	4
Crackers, Cheese & Peanut Butter	1.38oz./pkg.	200	10	1.5	0	400	23	1	4	0	0	0	6
Crackers, Cheez-Its, Hot & Spicy	1.5oz./pkg.	210	11	3	0	410	25	1	3	4	0	2	10
Crackers, Dolphin & Friend	.9oz./pkg.	110	4.5	1.5	0	220	16	1	2	0	0	0	4
Crackers, Gold Fish	.75oz./pkg.	100	3.5	1	1	180	14	1	2	0	0	2	2
Crackers, Peanut Butter & Jelly	1.38oz./pkg.	200	10	2	0	300	24	1	3	0	0	0	1
Crackers, Toasty Peanut Butter	1.38oz./pkg.	200	10	1.5	0	410	23	1	4	0	0	2	6
Crackers, Zoo Animal	1oz./pkg.	130	2	0	0	90	25	1	2	0	0	0	2
Peanuts, Salted	1.5oz./pkg.	250	22	3.5	0	135	6	4	12	0	0	2	4
Popcorn, White Cheddar, Reduced Fat	.75oz./pkg.	130	10	1	0	250	8	2	1	0	6	2	0
Raisins	1oz./pkg.	80	0	0	0	0	22	1	1	0	0	0	2
Sunchips, French Onion	1oz./pkg.	140	6	1	0	130	18	2	2	0	0	0	2
Sunchips, Harvest Cheddar	1oz./pkg.	140	6	1	0	160	19	2	2	0	0	0	2
Trail Mix, Mango & Pineapple	1.5oz./pkg.	130	7	1.5	0	25	17	2	1	0	0	0	4
Trail Mix, Original	1.5oz./pkg.	140	9	1	0	0	11	2	5	0	0	2	4
Beverages													
Dasani Water	16 fl oz	0	0	0	0	0	0	0	0	0	0	0	0
Dasani Water	12 fl oz	0	0	0	0	0	0	0	0	0	0	0	0
Minute Maid Juice, Berry Kiwi	12 fl oz	160	0	0	0	110	43	0	0	0	100%	0	0
Minute Maid Juice, Tropical Citrus	12 fl oz	160	0	0	0	110	44	0	0	0	100%	0	0
Minute Maid Juice, Straw Passion	12 fl oz	170	0	0	0	110	46	0	0	0	100%	0	0
Minute Maid Juice, Rasp Lemonade	12 fl oz	160	0	0	0	110	42	0	0	0	100%	0	0
Powerade, Mountain Blast	12 fl oz	90	0	0	0	80	25	0	0	0	0	0	0
Powerade, Lemon-Lime	12 fl oz	90	0	0	0	80	25	0	0	0	0	0	0
Powerade, Black Cherry Lime	12 fl oz	90	0	0	0	80	25	0	0	0	0	0	0
Powerade, Fruit Punch	12 fl oz	100	0	0	0	80	25	0	0	0	0	0	0
Powerade, Orange	12 fl oz	100	0	0	0	80	25	0	0	0	0	0	0