

## Nutrition Information and Content

<b><u>Meats and Main Dish w/ Meat</u></b>	<b><u>Calories</u></b>	<b><u>Protein</u></b>	<b><u>Carbs</u></b>	<b><u>Fat</u></b>
BBQ MEATBALLS (4)	193	12.48	15.48	9.1
Beef Steak Hoagie	123	11	2	8
Beef Taco	320	18.55	20.15	18.72
Big Daddy Cheese Pizza	301	24	54	18
Burrito	376			11
Cheeseburger w/ Bun	306	17.66	27.38	20.77
Chicken Crispito 1	237	8	20	12
Chicken Drumstick	220	19	8	13
Chicken Nuggets (5)	180	9.6	8.8	12
Chicken Patty w/ Bun	362	18.2	40.88	17.1
Chicken Quesadilla	524	47.9	50.61	13.31
Chicken Tenders	240	14	15	14
Chili Meat & Bean	254	20.85	20.18	9.93
Orange Chicken	219	14.19	18.63	11.41
Corn Dog	290	9	29	15
Fish Fillet	392	20.19	45.88	17.1
Ham & Cheese on bun	174	14	16	5
Hot Dog on WG bun	370	10	20	22
Meat & Cheese Nacho	341	16	26	25
Pepperoni Pizza	304	17	32	12
Popcorn Chicken 14 pcs	192	14	13	13
Pulled Pork 1/4 c	250	14	22	12
Rib-B-Q	90	7	11	1.5
Roast Turkey	180	15	4	11
Sausage Turkey Links (1)	140	24	1	4
Spaghetti w/ Meat Sauce	61.2	6.24	0.16	4.05
Stuff Crust Pizza	340	22.47	36.26	11.35
Flat Bread Pizza	240	17	27	8
Walking Taco	340	N/A	44	12
Mini Corn Dogs (4)	220	7	18	13
<b><u>Breads</u></b>	<b><u>Calories</u></b>	<b><u>Protein</u></b>	<b><u>Carbs</u></b>	<b><u>Fat</u></b>
Bosco Sticks	438	23.5		14.4
French Toast Sticks (4)	250	7	44	4
Grilled Cheese on WG	301	20	27	20
Italian Dunkers 1	190	6	1	16
Pretzel (small)	147	6	28	2.7
Roll (2 oz)	210	5	43	2
Hamburger Bun WG	110		20	1.5
Coles WG Garlic Toast	100		10	6
Hot Dog Bun WG	100		18	1.5
Wheat Bread (2 slices)	140		26	2

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WG Flour Tortilla 6"	85		14	2.5
<b><u>Pasta/Rice</u></b>	<b><u>Calories</u></b>	<b><u>Protein</u></b>	<b><u>Carbs</u></b>	<b><u>Fat</u></b>
Lasagna Roll	269	19.87	28.34	8.69
Mac N' Cheese (2 oz)	326	19.67	36.33	16.67
Cheese Ravioli w/ sauce (1 c)	224	8	33	7
Mexican Rice (2 oz)	47		10.5	1
Spaghetti w/ Meat Sauce	340	22.47	36.26	11.35
<b><u>Fruits</u></b>	<b><u>Calories</u></b>	<b><u>Protein</u></b>	<b><u>Carbs</u></b>	<b><u>Fat</u></b>
Apple	72	0.36	19.06	0.23
Apple Slices	49	0	12	0
Applesauce (1/2 c)	86	0	21	0
Fresh Assorted Fruit	69	0.78	17.71	0.24
Mandarin Oranges (1/2 c)	46	1	12	0
Mixed Fruit (1/2 c)	60	0	13	0
Orange (1)	80	1	21	0
Peaches (1/2 c)	68	1	18	0
Pears (1/4 c)	80	0	20	0
Pineapple (1/2 c)	65	0.5	17	0
Watermelon (1 wedge)	86	2	22	0
<b><u>Vegetables</u></b>				
Broccoli (1/2 c)	27	2	6	0
Carrot Coins	27	1	6	0
Baby Carrots (1 oz)	10	0	3	0
Corn (1/2 c)	78	2	17	1
Cucumbers (1/4 c)	4.5	0.2	0	0
French Fries (2.5 oz)	142	2.25	22.11	5.36
Green Beans (1/2 c)	21	0	4	0
Mashed Potatoes (1/2 c)	100	2	21	0
Mixed Veggies (1/2 c)	38	2	7	0
Oven Potato	140	2	17	7
Peas (1/2 c)	38	2	8	0
Refried Beans (1 c)	217	12.88	36.32	3.71
Sweet Potato Fries (3 oz)	130	1	22	5

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Tator Tots (8 Tots)	160	2	21	7
Tossed Salad (1 c)	10	1	2	0
<b><u>Milk</u></b>				
Chocolate Milk (1%)	160	8	26	2.5
White Milk (1%)	160	8	28	2.5
<b><u>Others/Condiments/Dressings</u></b>	<b><u>Calories</u></b>	<b><u>Protein</u></b>	<b><u>Carbs</u></b>	<b><u>Fat</u></b>
Baked Beans (1/2 c)	140	6	29	1
Chicken Gravy (2 tbsp)	23	0.38	1.99	1.5
Con Queso Sauce 1/4 c	80	4	4	5
French Dressing (2 tbsp)	110	0	7	9
Orange Glaze	27	0.19	5.63	0.41
Italian Dressing (2 tbsp)	80	0	3	8
Ranch Dressing (2 tbsp)	150	0	3	15
String Cheese	80	6	1	6
Syrup (2 tbsp)	100	0	25	0
Tomato Soup 1/2 Cup	90	2	20	0
BBQ Sauce (2 tbsp)	42	0.48	10.48	0.1
Salsa (2 Tb)	10	0	2	0
Nacho Cheese Sauce (1/4 c)	70	1	6	4.5
<b><u>Snacks</u></b>	<b><u>Calories</u></b>	<b><u>Protein</u></b>	<b><u>Carbs</u></b>	<b><u>Fat</u></b>
Gold Fish Crackers 1 pouch	100	3	19	4.5
Nutri Grain Bar	120		24	3
Scooby Doo Grahams	120		21	3.5
Cheddar Harvest Sunchips	140		18	6
Elf Grahams	120	2	21	4
Doritos RF Cool Ranch	130		19	5
Doritos RF Nacho Cheese	130		20	5
Baked Lays Original	130		26	2
Fruit by the Foot	80	0	16	1.5
Fruit Gushers	90	0	20	1
Baked Lays Sour Cream & Onion	130		24	3.5
Baked Crunchy Cheetos	160		15	10
Smartfood White Cheddar Popcorn (.5 oz)	70	2	9	2.5
WG Cheez It (.75 oz)	100	2	14	3.5
Welch's Fruit Snacks (1.55 oz)	130	1	34	0
Doritos RF Spicy Sweet Chili	130	2	20	5
Cheetos Chili Cheese Fries	130	2	19	5
Sun Chip Harvest Cheddar Snack Mix	110	2	15	4

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<b><u>Breakfast Items</u></b>	<b><u>Calories</u></b>	<b><u>Protein</u></b>	<b><u>Carbs</u></b>	<b><u>Fat</u></b>
Bacon Egg, Cheese Sand.	230	10	23	10
Bite Size Cereal Snacks	230	3	36	8
Egg Patty (1.25 oz)	45	3	1	3.5
English Muffin	120	5	24	1
French Toast Sticks (4)	387	5	56	16
Granola Bar	90	1	19	0.5
Hard Boiled Egg	77	6	1	5
Hash Brown (1 patty)	143	2.07	18.43	7.54
Mini Pancakes	240	6	46	4
Pop Tart (1 pk) Strawberry	180	2	38	2.5
Sausage Turkey Links (1)	61.2	6.24	0.16	4.05
Scrambled Eggs (1.5 oz)	45	3	1	3
Small Bagel	190	7	37	1
Variety Cereal (average) self serve bowl	90	1 to 2	20	1
Variety Cereal Brkfst Bar	150	2	28	6.5
Variety Oatmeal (average) (1 packet)	140	3	29	1.5
Otis Spunkmeyer Muffin (2 oz) Chocolate	180	3	30	5
Yogurt (4 oz cup) Yoplait Trix	100	3	20	0.5
Otis Spunkmeyer Muffin (2 oz) Banana	170	3	29	5
Smart Choice Blueberry Muffin	160	3	26	6
Uncrustable PB & J WG	320	10	32	17
Cream Cheese Lite 1 oz	100	2	1	9