

FOOD ITEM	Portion Size	Calories	Protein (g)	Carbohydrate(g)	Fat (g)
Apple (fresh)	1	90	0	23.8	0
Apple Juice 4 oz	1	60	0	15	0
Applesauce	1/2 cup	90	0	23	0
Baked beans	1/2 cup	143	7	32	1
Banana	1	105	1.2	26.9	0
BBQ Pork Sandwich	1 ea	292	22	36.43	8
BBQ Sauce packet	1 oz	30	0	7	1
Beef & Cheese Nachos	1	586	38	42	28
Black Bean Salsa	1/2 cup	41	2.28	7.54	0.34
Bosco Stick	2	310	18	31	13
Bread Stick (Whole Wheat)	1	60	2	13	0.5
Bread, toast	1	90	4	16	1.5
Breakfast Pizza	1	200	10	21	8
Broccoli	1/2 cup	26	3	5	0.11
Brussel Sprouts, Roasted	1/2 cup	120	4	11	7
Bun (Hamburger)	1	120	5	23	2
Bun (Hot Dog)	1	110	4	20	1.5
California Blend Veg's	3oz	25	1	5	0
Carrots	1/2 cup	26	0.5	6	0
Carrots, cooked w/ sugar	1/2 cup	51	0.48	8.4	2
Cauliflower, Roasted	1/2 cup	88	2.3	5	7.3
Celery	1/2 Cup	7	0.35	1.5	0.09
Cereal (Cocoa Puffs)	1	100	1	21	1
Cereal (Cinn Toast Crunch)	1	120	1	22	3
Cereal (Frosted Flakes)	1	110	1	25	0
Cheese	1 oz	80	7	2	6
Cheese Sauce	3 oz	130	8	5	9
Cheeseburger	1	315	26	25	17
Cheese-Cheddar stick	1 oz	110	7	1	9
Cheese-Mozzarella stick	1 oz	80	7	1	6
Chef Salad	1	252	16	21	13
Cherry Tomatoes	1/2 cup	13	0.66	3	0.15
Chicken & Noodles	8oz	244	22	21	7.52
Chicken (Popcorn)	12	260	18	18	13
Chicken Caesar Wrap	1	384	39	39	11
Chicken Nuggets	5	216	14	13	12
Chicken Pattie, Grilled	1	130	15	2	7
Chicken Salad	3 oz.	145	15	7	5
Chicken Sandwich	1	281	19	30	9.5
Chicken Tenders	3	216	14	13	12
Chicken Teriyaki w/ rice	1 serv.	240	14.19	33.73	5.55
Chicken Tetrazzini	8 oz	241	16	31	7
Chicken/General Tso & Rice	1 serving	255	15	33	5
Chicken/Orange Sauce & Rice	1 serving	368	16	47	13
Chicken/Rotini Alfredo	1 serving	350	19	46	7.5
Chicken/Sweet & Sour & Rice	1 serving	375	16	45	13
Chili Cheese Nachos	2 oz	586	38	42	28
Chili w/ Beans	6oz	179	13	13	9
Chip - Potato Baked SCO	1	140	2	24	3.5
Cinnamon Rolls	2 ea	130	3	27	1
Cinnamon Rolls, Mini	1 pkg	240	5	40	7

FOOD ITEM	Portion Size	Calories	Protein (g)	Carbohydrate(g)	Fat (g)
Cookie - Chocolate Chip	1	110	1	17	3.5
Corn	1/2 cup	67	2	16	8
Corn Dog (Turkey)	1	240	9	33	8
Corn Dog Nuggets (Turkey)	6	247	10.49	30	10.73
Cottage Cheese	1/2 Cup	110	14	4	5
Country Fried Steak	1	300	18	17	17.5
Cracker, Whole Grain	2 pkg	120	2	22	3
Crispito	1	180	9	22	7
Cucumber	1/2 cup	8	0.39	1.29	10
Doritos - Cool Ranch RF	1	130	2	19	5
Doritos - Nacho Cheese RF	1	130	2	20	5
Egg	1	70	6	1	4
Egg on English Muffin	1	160	10	21	4
Egg Pattie	1	60	5	1	3
Eggs w/ bacon & cheese	2 oz	120	8	1	9
Fish sandwich	1	330	18	35	14.5
Flat bread BBQ chicken	1	457	28	43.67	18
Flat bread, breakfast	1	170	9	21	5
Flat bread, Fiesta	1	383	23	31.29	17.87
Flat bread,Cheesy Garlic	1	450	25	29	25
French Dressing Pkt.	1	50	0	2	4
French Fries (crinkle)	3 oz	120	2	21	4
French Fries (seasoned)	3 oz	160	2	20	7.3
French Toast	4 ea	300	6	42	12
French Toast, Mini	1 pkg	220	3	37	7
Frudel	1 each	210	5	36	6
Fruit Mix	1/2 Cup	84	1	21	0
Garlicbread	1	163	3	15	10
Goldfish Grahams	1	120	1	19	4
Grapes	1/2 cup	55	0.6	14.3	0
Green Beans	1/2 Cup	30	1	6	0.03
Grilled Cheese	1	290	18	26	13
Grilled Chicken Sandwich	1 ea	240	19	23	8.5
Ham & Cheese Sandwich	3 oz	210	17.3	23	6.4
Ham Diced(Turkey)	2 oz	75	15	2	5
Hamburger on bun	1	330	20	25	17
Hamburger on bun w/ cheese	1	400	27	27	21
Hawaiian Chicken Wrap	1	308	24	42	6
Hot Dog on bun	1	280	10	20	18.5
Italian Dressing FF pkt	1	5	0	1	0
Juice Cup - Cherry	1	70	0	18	0
Juice Cup - Watermelon	1	90	0	23	0
Ketchup Pkt	1 pkt	10	0	2	0
Kiwi	1	46	0.5	11	0.5
Macaroni & Cheese	2/3 cup	325	17	32.7	14
Manadrian Oranges	1/2 cup	70	1	17	0
Margarine Portion	1	25	0	0	3
Marinara Dippin Cup	1/2 cup	90	0	15	0
Mayonnaise Pkt	1	90	0	1	9
Meatball Sub	1 serving	320	25	17	16
Milk 1%	1	100	8	11	2.5

FOOD ITEM	Portion Size	Calories	Protein (g)	Carbohydrate(g)	Fat (g)
Milk Skim	1	90	8	13	0
Milk, 1%	12 oz	150	12	17	3.5
Milk, Choc FF	12 oz	200	12	38	0
Milk, Skim	12 oz	120	12	18	0
Milk, Strawberry FF	12 oz	200	12	35	0
Milk-Chocolate FF	1	130	8	24	0
Milk-Strawberry FF	1	120	8	22	2.5
Milk-Vanilla FF	1	130	8	24	0
Mixed Vegetables	1/2 Cup	67	3	13	0
Muffins, Banana	2 oz	170	3	28	5
Muffins, Blueberry	2 oz	200	2	32	7
Muffins, Choc	2 oz	180	2	28	6
Mustard Pkt.	1	4	0	0.5	0
Omelet w/ cheese	1	110	8	1	8
Orange	1	62	1	15	0.5
Orange Juice	1/2 Cup	60	0	15	0
Orange Juice	12 oz	180	2	44	0
Oriental Vegetables	1/2 cup	35	1	7	0
Pancake & sausage on a stick	1 ea	240	7	18	15
Pancakes	3 ea	240	5	41	6
Pancakes, Mini	1 pkg	230	5	40	7
Parfaits	4 oz	240	8.79	47.82	3
Parfaits	8 oz	456	17.09	89.89	5.73
PBJ Sandwich	1 ea	443	19	45	24
Peaches	1/2 Cup	70	0	17	0
Peanut Butter	2 Tbs	188	8	6	16
Pears	1/2 Cup	80	0	20	0
Peas	1/2 cup	62	4	11.41	0.22
Pickle (whole)	1	4	0	1	0
Pineapple	1/2 Cup	60	0	14	0
Pizza - Pepperoni Wedge	1	280	16	37	9
Pizza (Cheese)	1	300	16	35	11
Pizza (Pepperoni)	1	300	16	35	12
Pizza, French Bread Cheese	1	310	23	33	11
Potatoes, Mashed	1/2 cup	80	2	17	1
Potatoes-Fries (Baked)	3oz	150	2	25	5
Potatoe-Smiles	1/2 cup	130	2	20	4.5
Potatoes-Sweet Potatoes	1/2 cup	120	1	19	7
Potatoes-sweet pot-crosstrax	1/2 cup	90	1	15	3
Potatoes-Tater Tots	1/2 cup	170	2	19	10
Potatoes-Wedges	1/2 cup	120	2	18	5
Quesadilla	1	270	16	36	7
Ranch Dressing pkt	1-12gr	70	0	1	7
Ravioli	8 oz	307	20.51	29.63	11.25
Refried beans	1/2 cup	140	9	25	0.5
Rice	1/2 cup	80	2	17.5	0.75
Roll (Whole Grain)	1	80	4	16	1
Salad Dressing Pkt.	1	42	0	2	4
Salsa	2 Tbs	10	0	2	0
Sloppy Joes on bun	1 ea	254	17	31	8
Spaghetti	2 oz	210	7	42	0

FOOD ITEM	Portion Size	Calories	Protein (g)	Carbohydrate(g)	Fat (g)
Spaghetti w/ Meat Sauce	8 oz	322	21	34	11
Spinach Salad w/ dressing	1 cup	57	0.27	5.38	4
Spinach, cooked	1 cup	65	7.62	9	1.65
Sub Buns	1 ea	129	4	26	1.1
Subs, Ham & Cheese	1 ea	345	27	33	12.5
Subs, Italian w/ cheese	1 ea	370	26	35	15
Subs, Turkey & Cheese	1 ea	325	30	32	9
Syrup	1 ea	120	0	31	0
Taco Burger	1	286	21	27	11.5
Taco Salad	1	225	19	7	14
Taco Sauce Pkt.	1	5	0	1	0
Tacos on 8 inch shell	1 ea.	328	22	22.43	17
Tenderloin on Bun	1	400	22	37	19
Thai Turkey Wrap	1	368	27	37	12
Toasted Cheese	1	190	12	25	5.5
Tortilla Chips	1 oz	140	2	18	7
Tortilla chips. Scoops	1 bag	110	2	19	2.5
Tortilla Shell 10 in	1	230	7	38	5
Tortilla Shell 12 in	1	330	11	55	8
Tortilla Shell 6 in	1	90	2	15	2
Tortilla Shell 8 in	1	130	4	21	3
Turkey	3	80	18	0	1
Turkey & Gravy	5.33 oz	148	20	3	6
Turkey & Noodles	8 oz	244	22	21.32	8
Turkey Ranch Wrap	1 ea	363	20	38	15
Uncrustable PB&J	1	290	10	32	15
Winter Blend Vegetables	3 oz	25	2	4	0
Yogurt, Prairie Farms	4oz	80	4	16	0

Sodium(mg)
1
0
20
449
1
841
160
779
163
590
190
150
430
10
417
270
200
25
44
197
424
40
135
200
190
280
570
790
180
210
291
4
186
560
563
400
330
500
576
400
1155
326
300
555
570
550
779
471
240
105
300

Sodium(mg)
80
0.83
590
541
460
670
460
280
3
160
200
55
365
135
270
470
945.8
310
965
828
72
45
282
400
380
280
1
283
110
3
140
1060
510
736
958
606
1016
408
540
110
10
10
25
2
475
10
40
140
70
800
120

Sodium(mg)
125
180
270
180
190
180
120
170
90
150
140
120
51
210
0
0
0
7
360
390
270
140
278.29
420
10
5
7
58
256
0
600
580
660
380
310
170
180
135
150
300
430
500
100
707
135
0
150
91
70
597
0

Sodium(mg)
310
8
184
259
1130
1213
1050
25
646
454
95
553
690
913
710
110
125
430
630
190
240
450
699
186
848
270
25
80