

Entrée Selection	Serving Size	Cal	Sodium	Carbs
4x6 Cheese Pizza	1 each	310	360mg	30g
4x6 Pepperoni Pizza	1 each	350	580mg	29g
4x6 Sausage Pizza	1 each	330	420mg	29g
Baked Ravioli w/ Meat Sauce	8 oz.	351	907mg	39g
Cheeseburger	1 sandwich	346	574mg	26g
Cheeseburger w/o Bun	1 each	206	394mg	1g
Chicken Nuggets	5 pieces	200	440mg	12g
Chicken Patty Sandwich	1 each	410	690mg	37g
Eggstravaganza w/ Pancakes	3.2 oz. eggs 2 pancakes	180 140	420mg 220mg	2g 28g
Fish Nuggets w/ Roll	4 fish nuggets 1 Roll	220 90	240mg 140mg	20g 16g
French Toast Sticks w/ Eggstavaganza	2 sticks 3.2 oz. eggs	187 180	360mg 420mg	28g 2g
Pancakes w/ Sausage Patties	2 pancakes 2 sausage patties	140 360	220mg 560mg	28g 2g
Garlic Toast	1 toast	100	180mg	14g
Giant Pretzel w/ Cheese	1 pretzel 3 oz. cheese sauce	340 130	300mg 570mg	72g 8g
Ham & Cheese Deli Sandwich	1 sandwich	300	870mg	37g
Ham & Cheese Stuffer	1each	320	510mg	32g
Hamburger	1 sandwich	306	434mg	25g
Hamburger Patty w/o Bun	1 each	166	254mg	0g
Honey BBQ Rib Patty Sandwich	1 sandwich	350	840mg	37g
Macaroni & Cheese w/ Roll	6 oz. 1 roll	273 90	761mg 140mg	29g 16g
Meatball Sub	1each	460	1470mg	34g
Mozzarella String Cheese Stick (cold)	1 stick	80	210mg	1g
Nachos w/ Meat and Cheese	1 each	310	868mg	27g
Oven Fried Steak Sandwich	1 sandwich	400	360mg	41g
PBJ Uncrustable (small)	1 each (2.6 oz)	320	320mg	32g
Pretzel Sticks (small red bag)	1 oz. bag	70	190mg	16g
Potato Crusted Fish Sandwich	1 sandwich	360	470mg	38g
Turkey & Cheese Deli Sandwich	1 sandwich	290	920mg	35g
Walking Taco w/ Red. Fat WG Fritos	1 each	489	1120mg	33g
Walking Taco w/Red. Doritos	1 each	510	1214mg	26g
Wedge Pizza- Cheese	1 each	280	560mg	37g
Wedge Pizza - Pepperoni	1 each	280	600mg	37g
Whole Grain Hamburger Bun 4"	1 bun	140	180mg	25g
Whole Grain Sliced Bread	1 slice	90	160mg	17g
Yogurt	4 oz. yogurt	80	65mg	16g
Goldfish Crackers	.75 oz. goldfish crackers	100	180mg	14g
Cheese Stick	1 cheese stick	80	200mg	1g

Vegetables	Serving Size	Cal	Sodium	Carbs
Baby Carrots	1/2 cup	35	60mg	8g
Baked Beans	1/2 cup	150	480mg	26g
Baked Tater Tots	1/2 cup	150	360mg	19g
Broccoli - Fresh	1/2 cup	25	20mg	4g
Broccoli & Cauliflower blend	1/2 cup	25	20mg	4g
Broccoli w/ Cheese	1/2 cup	110	390mg	7g
California Blend	1/2 cup	25	30mg	4g
Carrots (cooked)	1/2 cup	35	60mg	7g
Celery Sticks	1/2 cup	15	32mg	3g
Cole Slaw	1/2 cup	160	160mg	15g
Cucumber Slices	1/2 cup	8	1mg	2g
Cucumbers w/Cherry Tomatoes	1/2 cup	11	3mg	5g
Fresh Veggie Tray	1/2 cup	15	5mg	8g
Golden Corn	1/2 cup	80	0mg	15g
Green Beans	1/2 cup	20	290mg	4g
Mashed Potatoes	1/2 cup	80	310mg	17g
Mashed Potatoes & Gravy	1/2 cup	155	330mg	29g
Mixed Vegetables	1/2 cup	50	40mg	10g
Peas	1/2 cup	70	200mg	12g
Potato Smiles	1/2 cup	160	230mg	25g
Refried Beans	1/2 cup	140	510mg	24g
Relish Tray	1/2 cup	10	5mg	8g
Side Salad	1/2 cup	15	14mg	2g
Sweet Potato Fries	1/2 cup	146	535mg	22g

Fruit	Serving Size	Cal	Sodium	Carbs
Apple (medium size)	1 each	72	1mg	19g
Applesauce	1/2 cup	90	15mg	23g
Apple Slices	1/2 cup	50	20mg	12g
Banana (petite)	1 each	72	1mg	18g
Cantaloupe	1/2 cup	30	14mg	7g
Craisins	1.16 oz.	110	0mg	28g
Diced Peaches	1/2 cup	45	5mg	11g
Diced Pears	1/2 cup	90	0mg	12g
Fruit Cocktail	1/2 cup	45	10mg	12g
Grapes	1/2 cup	60	0mg	14g
Kiwi	½ half	21	1mg	5g
Mandarin Oranges	1/2 cup	50	15mg	13g
Orange (medium size)	1 each	62	0mg	15g
Pineapples Tidbits	1/2 cup	80	0mg	22g
Raisins	1/2 cup	128	4.5mg	34g
Sliced Peaches	1/2 cup	70	0mg	18g
Sliced Pears	1/2 cup	80	15mg	19g
Strawberries - fresh	1/2 cup	24	1mg	6g
Strawberries–frozen w/ syrup	1/2 cup	150	0mg	36g
Tropical Fruit Salad	1/2 cup	90	0mg	22g
Watermelon	1/2 cup	25	1mg	6g

100% Fruit Juice	Serving Size	Cal	Sodium	Carbs
Apple Juice Carton	4 oz.	50	0mg	13g
Apple Cherry Carton	4 oz.	60	0mg	13g
Apple Sour Carton	4 oz.	60	15mg	14g
Grape Carton	4 oz.	77	20mg	19g
Orange Juice Carton	4 oz.	60	0mg	13g
Raspberry Blue Carton	4 oz.	60	0mg	14g
Apple Juice Plastic Cup	4 oz.	50	10mg	13g
Fruit Punch Juice Plastic Cup	4 oz.	60	15mg	14g
Grape Juice Plastic Cup	4 oz.	80	20mg	19g
Orange Juice Plastic Cup	4 oz.	60	0mg	13g

Dean's Milk	Serving Size	Cal	Sodium	Carbs	Protein
Skim Fat-Free White Milk	8 oz. carton	90	---	13g	8g
1% Low Fat White Milk	8 oz. carton	110	---	13g	8g
Fat-Free Chocolate	8 oz. carton	120	180mg	20g	8g
Fat-Free Strawberry	8 oz. carton	110	125mg	19g	8g

Condiments	Serving Size	Carb
BBQ packet	12 gr	2g
BBQ sauce cup	1 oz.	9g
Honey mustard cup	1 oz.	6g
Hot Sauce packet	7 gr	0g
Jelly cup	0.5 oz.	9g
Ketchup packet	9 gr	3g
Marinara cup	1 oz.	3g
Mayonnaise packet	12 gr	1g
Mustard packet	4.5 gr	0g
Ranch light cup (low sodium)	1 oz.	5g
Relish packet	9 gr	2g
Sweet & Sour sauce 1 oz. cup	1 oz.	12g
Syrup cup	1.4 oz.	29g
Taco sauce packet	9 gr	1g
Tartar Sauce	12 gr	3g
Whip Cream Topping (on top of fruit)	2 TBSP	2g

Salad Dressings	Serving Size	Carb
Caesar Creamy (large dressing)	1.5 oz.	4g
French Honey Original (large dressing)	1.5 oz.	13g
French Red Fat-free packet	12 gr	4g
French Red Fat-free (large dressing)	1.5oz.	13g
Honey Dijon (large dressing)	1.5oz.	14g
Italian Golden packet	0.4 oz.	1g
Italian Fat-Free (large dressing)	1.5 oz.	5g
Italian Golden (large dressing)	1.5 oz.	3g
Italian Light (large dressing)	1.5 oz.	2g
Ranch Buttermilk (large dressing)	1.5 oz.	2g
Ranch Fat-Free packet	12 gr	1g
Ranch Fat-Free (large dressing)	1.5 oz.	11g
Ranch Buttermilk packet	12 gr	2g
Ranch Reduced Fat (large dressing)	1.5 oz.	9g