

Entrée Selections	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
All-American Sandwich	1 sandwich	330	690mg	18g
Baked Ravioli w/ Garlic Toast	8 oz. ravioli 1 oz. garlic toast	351 100	907mg 180mg	39g 14g
BLT Chef Salad w/ Egg	1 each	357	670mg	5g
Buffalo Chicken Sub	1 each	---	---	47g
Buffalo Chicken Wrap	1 wrap	275	521mg	40g
Calzone- Ham & Cheese	1 each	320	510mg	32g
Calzone- Pepperoni	1 each	340	510mg	35g
Cheeseburger	1 sandwich	346	574mg	26g
Cheese Knots	4 knots	280	540mg	28g
Cheesy Beef Burrito	1 each	350	560mg	38g
Chicken Alfredo	8 oz. chicken alfredo	630	1445mg	56g
Chicken Caesar Salad w/o dressing pack	1 each	216	858mg	4g
Chicken & Noodles w/ Roll	8 oz. chicken noodles 1 roll	244 80	200mg 150mg	21g 16g
Chicken Patty Sandwich	1 each	410	690mg	37g
Chicken Ranch Wrap	1 each	500	1050mg	32g
Chicken Salad Sandwich	1 each	310	410mg	35g
Chicken Smackers w/ Roll	10 pieces 1 roll	269 80	590mg 150mg	20g 16g
Corn Dog	1 each	280	660mg	31g
Country Chicken Bowl	10 chicken smackers, ½ c. potatoes, ¼ c. corn, 1-2 oz. gravy	425	590mg	50g
Egg & Cheese Chef Salad	1 each	175	435mg	7g
Eggstravaganza w/ Pancakes	3.2 oz. eggs 3 pancakes	180 230	420mg 330mg	2g 41g
French Toast Sticks w/ Sausage Links	3 sticks 3 links	330 360	540mg 270mg	47g 0g
Fried Chicken w/ Roll	1 serving 1 roll	190 80	350mg 150mg	7g 16g
Ham & Cheese Bagel Sandwich	1 sandwich	280	890mg	34g
Ham & Cheese Chef Salad	1 each	267	770mg	3g
Ham & Cheese Deli Sandwich	1 sandwich	300	870mg	37g
Hamburger	1 sandwich	306	434mg	25g
Hamburger Patty w/o Bun	1 each	166	254mg	0g
Home-style Chili w/ Pasta noodles	6 oz. chili 4 oz. cooked pasta	270 100	306mg 0mg	16g 21g
Honey BBQ Rib Patty Sandwich	1 sandwich	350	840mg	37g
Italian Chef Salad	1 each	265	820mg	5g
Italian Deli Sandwich	1 sandwich	340	1070mg	36g
Mini Corn Dog Nuggets	6 nuggets	270	410mg	30g
Mozzarella Cheese Sticks w/ Marinara Sauce	6 sticks 1 oz. marinara cup	310 16	690mg 129mg	35g 3g

Entrée Selections	Serving Size	Cal	Sodium	Carbs
Nachos w/ Meat and Cheese	1 each	310	868mg	27g
Oven Fried Steak Sandwich	1 sandwich	400	360mg	41g
Pasta Bowl – Alfredo Sauce	4 oz. alfredo	180	748mg	10g
Meat Sauce	6 oz. meat sauce	167	290mg	9g
Meatballs	4 meatballs w/ sauce	224	800mg	9g
Pasta noodles	6 oz. cooked pasta	150	0mg	32g
PBJ Uncrustable NEW bigger size	5.3 oz. Uncrustable	630	630mg	64g
Pepperoni Bosco Stick w/ Cheese Sauce	1 Bosco stick 3 oz. cheese sauce	260 130	510mg 570mg	32g 5g
Personal Pan Cheese Pizza	1 each	340	570mg	39g
Personal Pan Pepperoni Pizza	1 each	350	770mg	33g
Pizza Rippers	1 serving (3 sticks)	270	570mg	27g
Popcorn Chicken	14 pieces	200	420mg	13g
Popcorn Chicken Salad	1 each	325	760mg	14g
Potato Crusted Fish Fillet Sandwich	1 sandwich	360	470mg	38g
Potato Crusted Fish Fillet w/o Bun	1 each	220	290mg	13g
Pretzel Sticks (small red bag)	1 oz. bag	70	190mg	16g
Rice Bowl – Rice only	8 oz. cooked	216	10mg	44g
Rice Bowl Topping-General Tso Sauce	4oz. topping only	170	361mg	23g
Rice Bowl Topping-Mandarin Orange	4oz. topping only	150	280mg	19g
Rice Bowl Topping- Sweet Chili Thai	4oz. topping only	139	365mg	17g
Rice Bowl Topping-Teriyaki Chicken	3 oz. topping only	130	480mg	10g
Saltine Crackers (Lance - 2 ct. pack)	1 pack (13g)	60	105mg	9g
Sausage, Egg, and Cheese Biscuit	1 sandwich	490	1250mg	35g
Spicy Chicken Deluxe Sandwich	1 sandwich	340	510mg	34g
Spicy Chicken Patty Sandwich	1 sandwich	410	580mg	39g
Spicy Chicken Wrap	1 each	541	550mg	35g
Stuffed Crust Pizza - Cheese	1 each	310	760mg	32g
Stuffed Crust Pizza - Pepperoni	1 each	320	820mg	34g
Taco Salad w/ Tostitos Scoops	1 each	261	400mg	21g
Tuna Salad Sandwich on sliced bread	1 sandwich	304	806mg	34g
Turkey Bacon, Egg & Cheese Biscuit	1 sandwich	440	1285mg	41g
Turkey Bacon, Egg & Cheese English Muffin	1 sandwich	350	855mg	34g
Turkey Bacon Ranch Wrap	1 each	450	1300mg	22g
Turkey & Cheese Bagel Sandwich	1 sandwich	270	940mg	34g
Turkey & Cheese Chef Salad	1 each	277	772mg	3g
Turkey & Cheese Deli Sandwich	1 sandwich	290	920mg	35g
Walking Taco w/ Red. Fat WG Fritos	1 each	489	1120mg	33g
Whole Grain English Muffin	1 each	100	230mg	20g
Whole Grain Hamburger Bun 4"	1 bun	140	180mg	25g
Whole Grain Sandwich Bread	1 slice	90	160mg	17g
Wrap-less Burrito	1 each	394	1616mg	45g
Yogurt	4 oz. yogurt	80	65mg	16g
Goldfish Crackers	.75 oz. goldfish crackers	100	180mg	14g
Cheese Stick	1 cheese stick	80	200mg	1g
Pretzels	1 oz. red bag pretzels	70	190mg	16g

Vegetables	Serving Size	Cal	Sodium	Carbs
Au Gratin Potatoes	1/2 cup	110	570mg	22g
Baby Carrots	1/2 cup	35	60mg	8g
Baked Apples	1/2 cup	130	20mg	25g
Baked Beans	1/2 cup	150	480mg	26g
Broccoli	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
Collard Greens	1/2 cup	30	30mg	3g
Corn	1/2 cup	80	0mg	15g
Cowboy Salsa	1/2 cup	78	331mg	15g
Cucumbers w/Cherry Tomatoes	1/2 cup	11	3mg	5g
French Fries	1/2 cup	140	25mg	20g
Fresh Veggie Tray	1/2 cup	15	5mg	8g
Garlic Redskin Potatoes	1/2 cup	110	200mg	20g
Green Beans	1/2 cup	20	290mg	4g
Japanese Stir Fry Vegetables	1/2 cup	30	40mg	5g
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
Orange Glazed Carrots	1/2 cup	96	46mg	19g
Oriental Blend Vegetables	1/2 cup	30	20mg	5g
Peanut Butter offered with Veggies	2 TBSP	200	140mg	6g
Peas	1/2 cup	70	200mg	12g
Potato Smiles	1/2 cup	160	230mg	25g
Potato Wedges	1/2 cup	146	383mg	21g
Refried Beans	1/2 cup	140	510mg	24g
Relish Tray	1/2 cup	10	5mg	8g
Scalloped Potatoes	1/2 cup	130	640mg	25g
Seasoned Cubed Potatoes	1/2 cup	160	333mg	21g
Side Salad	1/2 cup	15	14mg	2g
Spicy Oven Baked Fries	1/2 cup	104	289mg	20g
Spinach	1/2 cup	30	60mg	3g
Sweet Potato Casserole	1/2 cup	160	160mg	29g
Sweet Potato Fries	1/2 cup	146	535mg	22g
Tater Tots	1/2 cup	150	360mg	19g
Tri-Taters	2 each	180	400mg	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
Pineapple Chunks	½ cup	60	0mg	16g
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
Skim Fat-Free White Milk	8 oz. carton	90	---	13g
1% Low Fat White Milk	8 oz. carton	110	---	13g
Fat-Free Chocolate	8 oz. carton	120	180mg	20g
Fat-Free Strawberry	8 oz. carton	110	125mg	19g

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