

| 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 |