

Entrée Selections	Serving Size	Cal	Sodium	Carbs	Protein
4x6 Cheese Pizza	1 each	310	360mg	30g	22g
4x6 Pepperoni Pizza	1 each	350	580mg	29g	22g
4x6 Sausage Pizza	1 each	330	420mg	29g	21g
Baked Ravioli w/ Garlic Toast	8 oz. ravioli 1 oz. garlic toast	351 100	907mg 180mg	39g 14g	15g 3g
BBQ Pulled Pork Sandwich	1 each	408	1257mg	43g	26g
BBQ Pulled Pork w/o Bun	4 oz. pulled pork	237	711mg	12g	18g
Cheeseburger	1 sandwich	346	574mg	26g	21g
Cheesy Beef Burrito	1 each	350	560mg	38g	16g
Chicken Tenders & Biscuit	2 tenders 1 biscuit	180 220	590mg 770mg	23g 31g	13g 5g
Chicken Tenders & Waffle	2 tenders 1 waffle	180 180	590mg 210mg	23g 26g	13g 4g
Chicken Alfredo w/ Breadstick	8 oz. chicken alfredo 1 breadstick	630 80	1445mg 105mg	56g 13g	44g 2g
Chicken Chili Crispito w/ Cheese	1 crispito 3 oz. cheese	270 130	370mg 570mg	23g 5g	12g 8g
Chicken Drumstick w/ Biscuit	1 drumstick 1 (2.25 oz.) biscuit	200 220	470mg 770mg	6g 31g	17g 5g
Chicken & Noodles w/ Roll	8 oz. chicken noodles 1 roll	244 90	200mg 140mg	21g 16g	22g 3g
Chicken Nuggets w/ Roll	5 pieces 1 roll	200 90	440mg 140mg	12g 16g	16g 3g
Chicken Patty Sandwich	1 sandwich	410	690mg	37g	23g
Chicken Pot Pie w/ Biscuit	8 oz. Chicken Pot Pie 1 (2.25 oz.) biscuit	344 220	261mg 770mg	23g 31g	20g 5g
Chicken Smackers	10 smackers	269	590mg	20g	18g
Chicken Wrap	1 each	365	550mg	35g	14g
Corn Dog	1 each	280	660mg	31g	9g
Crispy Chicken Breast w/ Roll	1 each 1 roll	240 90	620mg 140mg	14g 16g	18g 3g
Eggstravaganza w/ Pancakes	3.2 oz. eggs 2 pancakes	180 140	420mg 220mg	2g 28g	12g 4g
Fish Fries w/ Roll	3 pieces 1 roll	260 90	180mg 140mg	14g 16g	12g 3g
Fish Nuggets w/ Roll	4 fish nuggets 1 roll	220 90	240mg 140mg	20g 16g	14g 3g
French Toast Sticks w/ Sausage Links	2 sticks 3 links	187 360	360mg 270mg	28g 0g	5g 12g
Giant Pretzel w/ Cheese Sauce	1 pretzel 3 oz. cheese sauce	340 130	300mg 570mg	72g 8g	10g 8g
Grilled Chicken Panini	1 sandwich	420	885mg	35g	32g
Ham & Cheese Chef Salad	1 each	267	770mg	3g	15g
Ham & Cheese Deli Sandwich	1 sandwich	300	870mg	37g	20g
Ham & Cheese Stuffer	1 each	320	510mg	32g	20g
Hamburger	1 sandwich	306	434mg	25g	17g
Hamburger Patty w/o Bun	1 each	166	254mg	0g	12g

Entrée Selections	Serving Size	Cal	Sodium	Carbs	Protein
Homemade French Bread Pizza	1 each	979	1800mg	37g	60g
Home-style Chili w/ Pasta noodles	6 oz. chili	270	306mg	16g	23g
	4 oz. cooked pasta	100	0mg	21g	4g
Honey BBQ Rib Patty Sandwich	1 sandwich	350	840mg	37g	19g
Hot Dog w/ Bun Coney Sauce	1 hot dog	320	840mg	30g	11g
	2 TBSP	63	114mg	5g	6g
Macaroni & Cheese w/ Roll	6 oz.	273	761mg	29g	15g
	1 roll	90	140mg	16g	3g
Meatball Sub	1 each	350	909mg	40g	23g
Mini Corn Dog Nuggets	6 nuggets	270	410mg	30g	10g
Mini Hot Dog w/ Mac & Cheese	1 mini hot dog on bun	150	295mg	12g	6g
	4 oz. mac & cheese	197	506mg	17g	11g
Mozzarella Cheese Sticks w/ Marinara Sauce	6 sticks	480	2,820mg	39g	54g
	1 oz. marinara cup	16	129mg	3g	1g
Nachos w/ Meat and Cheese	1 each	310	868mg	27g	23g
Oven Fried Steak Sandwich	1 sandwich	400	360mg	41g	19g
Pancakes w/ Sausage Links	2 pancakes	140	220mg	28g	4g
	3 links	360	270mg	0g	12g
Pasta Bowl - Meat Sauce w/ Pasta noodles Garlic toast	6 oz. meat sauce	167	290mg	9g	15g
	6 oz. cooked pasta	150	0mg	32g	6g
	1 oz. garlic toast	100	180mg	14g	3g
PBJ Uncrustable NEW bigger size	5.3 oz. Uncrustable	630	630mg	64g	19g
Pepperoni Bosco Stick	1 Bosco Stick	240	500mg	29g	11g
Pepperoni Calzone	1 each	340	510mg	35g	20g
Personal Pan Cheese Pizza	1 each	340	570mg	39g	17g
Personal Pan Pepperoni Pizza	1 each	350	770mg	33g	20g
Pizza Rippers	1 serving (3 sticks)	270	570mg	27g	18g
Popcorn Chicken	14 pieces	200	420mg	13g	15g
Potato Crusted Fish Fillet Sandwich	1 sandwich	360	470mg	38g	14g
Potato Crusted Fish Fillet w/o Bun	1 each	220	290mg	13g	10g
Quesadilla - Cheese	1 each	330	830mg	40g	16g
Quesadilla – Chicken	1 each	320	770mg	38g	18g
Rice Bowl – Rice only	8 oz. cooked	216	10mg	44g	6g
Rice Bowl Topping-General Tso Sauce	4oz. topping only	170	361mg	23g	11g
Rice Bowl Topping-Mandarin Orange	4oz. topping only	150	280mg	19g	11g
Rice Bowl Topping- Sweet Chili Thai	4oz. topping only	139	365mg	17g	11g
Rice Bowl Topping-Teriyaki Chicken	3 oz. topping only	130	480mg	10g	16g
Saltine Crackers (Lance -2 ct. pack)	1 pack (13g)	60	105mg	9g	1g
Sausage, Egg & Cheese Biscuit	1 sandwich	490	1250mg	35g	11.5g
Sloppy Joe Sandwich	1 sandwich	300	640mg	36g	19g
Soft Taco (6" tortilla, taco meat, shred cheese)	2 soft tacos	363	946mg	29g	20g
Spaghetti w/ Meatballs & Garlic Toast	6 oz. pasta/4 meatballs	374	800mg	41g	22g
	1 oz. garlic toast	100	180mg	14g	3g
Spicy Chicken Patty Sandwich	1 sandwich	410	580mg	39g	20g
Stuffed Crust Pizza - Cheese	1 wedge slice	310	760mg	32g	19g

Entrée Selections	Serving Size	Cal	Sodium	Carbs	Protein
Stuffed Crust Pizza – Pepperoni	1 wedge slice	320	820mg	34g	19g
Taco Salad w/ Tostitos Scoops	1 each	261	400mg	21g	18g
Tostitos Scoops Chips	.875 oz. bag	110	125mg	19g	2g
Tuna Salad Sandwich on sliced bread	1 sandwich	304	806mg	34g	23g
Turkey & Cheese Deli Sandwich	1 sandwich	290	920mg	35g	23g
Walking Taco w/ Red. Fat WG Fritos	1 each	489	1120mg	33g	23g
Wedge Pizza- Cheese	1 each	280	560mg	37g	16g
Wedge Pizza - Pepperoni	1 each	280	600mg	37g	16g
Whole Grain Hamburger Bun 4”	1 bun	140	180mg	25g	5g
Whole Grain Roll	1 roll	90	140mg	16g	3g
Whole Grain Sandwich Bread	1 slice	90	160mg	17g	3g
Whole Grain Mini Sub Bun	1 bun	170	210mg	32g	6g
Whole Grain 8" Tortilla	1 each	110	160mg	20g	4g
Wrap-less Burrito	1 each	394	1616mg	45g	23g
Yogurt	4 oz. yogurt	80	65mg	16g	4g
Goldfish Crackers	.75 oz. goldfish crackers	100	180mg	14g	2g
Cheese Stick	1 cheese stick	80	200mg	1g	6g
Pretzels	1 oz. red bag pretzels	70	190mg	16g	2g

Vegetables	Serving Size	Cal	Sodium	Carbs	Protein
Baby Carrots	1/2 cup	35	60mg	8g	1g
Baked Apples	1/2 cup	130	20mg	25g	2g
Baked Beans	1/2 cup	159	532mg	28g	7g
Broccoli	1/2 cup	25	20mg	4g	2g
Broccoli w/ Cheese	1/2 cup	110	390mg	7g	7g
California Blend	1/2 cup	25	30mg	4g	2g
Carrots (cooked)	1/2 cup	35	60mg	7g	1g
Celery Sticks	1/2 cup	15	32mg	3g	1g
Cole Slaw	1/2 cup	160	160mg	15g	1g
Collard Greens	1/2 cup	30	30mg	3g	2g
Corn	1/2 cup	80	0mg	15g	3g
Cowboy Salsa	1/2 cup	78	331mg	15g	4g
Cucumbers w/Cherry Tomatoes	1/2 cup	11	3mg	5g	1g
Fresh Veggie Tray	1/2 cup	15	5mg	8g	1g
Green Beans	1/2 cup	20	290mg	4g	0g
Japanese Stir Fry Vegetables	1/2 cup	30	40mg	5g	1g
Mashed Potatoes	1/2 cup	80	310mg	17g	2g
Mashed Potatoes & Gravy	1/2 cup	155	330mg	29g	2g
Mixed Vegetables	1/2 cup	50	40mg	10g	2g
Orange Glazed Carrots	1/2 cup	96	46mg	19g	1g
Oriental Blend Vegetables	1/2 cup	30	20mg	5g	1g
Oven Baked Fries	1/2 cup	140	140mg	21g	2g
Peanut Butter offered with Veggies	2 TBSP	200	140mg	6g	7g
Peas	1/2 cup	70	200mg	12g	5g
Potato Smiles	1/2 cup	160	230mg	25g	2g
Potato Wedges	1/2 cup	146	383mg	21g	2g
Refried Beans	1/2 cup	140	510mg	24g	10g
Relish Tray	1/2 cup	10	5mg	8g	1g
Seasoned Diced Potatoes	1/2 cup	130	390mg	21g	2g
Side Salad	1/2 cup	15	14mg	2g	1g
Spinach (cooked)	1/2 cup	30	60mg	3g	2g
Spinach Side Salad	1/2 cup	15	14mg	2g	1g
Sweet Potato Casserole	1/2 cup	160	160mg	29g	2g
Sweet Potato Fries	1/2 cup	146	535mg	22g	1g
Tater Tots	1/2 cup	150	360mg	19g	2g
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	1/2 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	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