

<u>Entrée</u>	<u>Brand</u>	<u>Serving Size</u>	<u>Serving Measure</u>	<u>Scoop Size</u>	<u>CAL</u>	<u>Fat</u>	<u>S.F</u>	<u>Sod</u>	<u>Carb</u>	<u>Fiber</u>	<u>Sugar</u>	<u>Pro</u>	<u>VA</u>	<u>VC</u>	<u>Clc</u>	<u>!</u>	<u>%Cal SFat</u>
BBQ Sandwich w/Bun	Recipe	1	Sandwich	#12 Green	293	8	2	891	38	4	12	19	10%	10%	18%	16%	6.6%
Hot Ham and Cheese	Recipe	1	Sandwich		290	10	3	920	31	3	6	25	6%	4%	26%	16%	10.1%
Taco Pizza	Recipe	1	slice		321	16	3	541	32	5	4	12	1%	0%	10%	0%	9.3%
Walking Taco w/ chips	Recipe	1			257	15	3	396	18	3	3	13					11.7%
Chicken Alfredo w/ Penne Pasta	Recipe	1	Serving	Scoop #8Noodle #6Chicken	370	14	5	770	39	5	4	26	5%	0%	9%	10%	10.9%
Cuban Sandwich	Recipe	1	Sandwich		387	18	7	943	31	3	5	23					15.3%
Pizza Burger	Recipe	2	Sandwich		513	24	8	1145	32	4	6	31	5%	3%	17%	13%	13.6%
Rib Sandwich	Recipe	3	Sandwich		312	11	3	649	34	5	6	21					8.9%
Taco Joe Sandwich	Recipe	1	Sandwich	#12Green #30Black	275	8	2	545	33	5	7	20					7.3%
Carolina Pulled Pork Sandwich				#10Tan	426	19	6	860	34	4	8	31					11.8%
Chicken Lo Mein					356	9	1	435	35	6	4	24	12%	6%	2%	9%	1.9%
Mesquite Drumstick		1	leg		160	10	3	190	3	0	0	15					14.1%
Cheesy Enchiladas	Recipe	2	ench		364	13	9	585	42	5	3	11					21.4%
Lasagna	Recipe	1	Squares	20per Pan	317	9	3	488	49	8	4	23	6%	5%	17%	2%	8.5%
Chicken Fajita	Recipe				297	11	4	620	26	4	2	22					11.4%
Breaded Chicken Fillet Sandwich	Recipe	1	Sandwich		366	10	1	826	45	5	6	26					2.5%
Bosco Sticks	Bosco	2	sticks		300	10	6	440	34	4	2	20					18.0%
Chicken Tenders	Tyson	3	strips		240	12	2	330	12	2	3	17					8.4%
Chicken Nuggets	Tyson	5	Nuggets		263	15	3	400	16	3	1	16	0%	0%	0%	0%	8.6%
Chicken Patty Sandwich W/Bun	Tyson	1	Patty		430	17	3	600	47	6	5	22	0%	0%	6%	10%	5.2%
Chicken Popcorn	Tyson	12	Pieces		250.909	14	3	371	15	2	1	15	0%	0%	0%	0%	9.8%
Bonless Chicken Wing	Tyson	5	Pieces		193	8	2	326	12	2	0	17					
Mac & Cheese	LOL	6	oz Scoop	#6 White	308	12	6	750	32	2	7	19	15%	0%	40%	6%	17.6%
Mandarin Chicken (W/o RICE)	Lings	1	#8 Grey		150	3	1	280	19	0	10	11	2%	0%	0%	4%	3.0%
Lemongrass Chicken (W/o RICE)	Lings	1	#8 Grey		150	3	0	200	19	0	10	11	10%	0%	25%	15%	2.5%
Fish Sandwich w/ Sub Bun	Fshprd	1	Sandwich		380	15	2	520	43	5	4	21	0%	0%	17%	14%	4.7%
Fish Sticks	Fshprd	4	Squares		230	9	2	320	23	2	1	15	0%	0%	2%	8%	5.9%
Orange Chicken (w/o RICE)	Recipe	10	Pieces		359	13	3	750	41	3	15	18	1%	0%	1%	6%	7.5%
General Tso Chicken (w/o Rice)	Recipe	10	Pieces		339	13	3	1110	36	3	13	18					
French Toast Sticks	sunny	4	Pieces		293	11	2	440	40	4	11	12	5%	8%	11%	13%	6.1%
Sausage Link	jtm	1	link		60	5	1.9	154	0.5	0	0	3					28.5%
Ham or Turkey & Cheese Sub	Recipe	1	Sandwich		300	10	3	900	32	4	5	26	6%	3%	20%	5%	9.8%

Hamburger w/Bun	Recipe	1	Sandwich		280	10	3	385	29	3	5	21	0%	0%	17%	20%	9.6%
Cheese Quesadilla	Recipe	1	Quesadilla		198	7	4	288	26	4	1	9					17.0%
Meatball Sub (W/ Sub Bun)	Recipe	1	Sandwich	4meatballs	353.5	14	4	688	40	6	9	21.875	5%	5%	11%	2%	9.9%
Mini Corn Dogs WG	carnv	6	Mini Dogs		270	11	2	375	35	3	12	9	10%	0%	25%	30%	7.5%
Spaghetti Sauce	Recipe	1	Serving		170	7	3	421	10	2	7	15					13.2%
Personal Pan Pizza	Nardone	1	1		350	15	8	790	33	3	3	20	15%	20%	35%	10%	20.6%
Pizza Pepperoni	Nardone	1	1 Slice		340	17	9	730	29	3	4	20					23.8%
Pizza Cheese	Nardone	1	1 Slice		310	13	8	540	29	3	4	20					23.2%
PB&J					320	17	4	320	32	3	13	10					9.8%
Cheesy French Bread	Nardone	1	slice		350	18	7	450	29	2	2	22					18.0%
String Cheese	LOL	1	Stick		60	2.5	2	210	1	0	0	8	2%	0%	20%	0%	30.0%
Soft Shell Taco w/ Shell	Recipe	1	Taco		251	9	4	434	28	6	2	15	2%	0%	26%	0%	13.7%
Uncrustable Grape WG	Smucker	1	pack		320	17	4	320	32	3	13	10	0%	0%	2%	6%	9.8%
Yogurt	Farm		1	Tan Scoop	90	0	0	105	38	0	30	6	0%	6%	60%	0%	0.0%

<u>Entrée</u>	<u>Brand</u>	<u>Serving Size</u>	<u>Serving Measure</u>	<u>Scoop Size</u>	<u>CAL</u>	<u>Fat</u>	<u>S.F</u>	<u>Sod</u>	<u>Carb</u>	<u>Fiber</u>	<u>Sugar</u>	<u>Pro</u>	<u>VA</u>	<u>VC</u>	<u>Clc</u>	<u>!</u>	<u>%Cal from SFat</u>
Breakfast Wrap	Sunny	1	wrap		180	10	4	400	14	2	1	10					20.0%
French Toast	Sunny	3	sticks		220	8	2	330	30	3	8	9					6.1%
Breakfast Bagel	Nardone	1	Bagel		220	6	3	430	30	4	3	14					12.3%
Breakfast Pizza w/ Bacon & Egg	Nardone	1	Slice		190	8	2	300	20	2	4	10					9.5%
Pancake Blueberry	TheMax	1	Pack		190	4	1	270	35	2	11	4					4.7%
Strawberry Yogurt Parfait	recipe	1	container	recpie	205	2	1	130	62	3	39	9					2.2%
Uncrustable Grape WG	Smucker	1	pack		320	17	4	320	32	3	13	10	0%	0%	2%	6%	9.8%
Uncrustable Straw WG	Smucker	1	pack		320	17	4	320	32	3	13	10	0%	0%	0%	4%	9.8%
Yogurt	Farm			Tan Scoop	90	0	0	105	38	0	30	6	0%	6%	60%	0%	0.0%
Waffle Mini Maple		1	PACK		200	5	0	170	37	3	13	4	0%	0%	2%	6%	0.0%
Banana Bread		1	1	1	280	10	2	220	44	2	25	5	2%	0%	8%	6%	6.4%
Scrambled Egg		1	scoop	blue	45	1	0	125	1	0	0	3	0%	0%	2%	2%	0.0%
Raisin Bran Cereal		1	1	1	130	1	0	210	28	4	13	3	6%	0%	0%	30%	0.0%
Frosted Flake Cereal		1	1	1	100	0	0	0	24	3	6	3	0%	0%	0%	45%	0.0%
Honey Nut Cereal		1	1	1	110	2	0	160	22	2	9	2	10%	10%	10%	25%	0.0%
Cinn Crunch Creal		1	1	1	110	3	1	160	22	3	6	1	8%	8%	20%	20%	4.1%
Coco Puff Cereal		1	1	1	110	2	0	120	25	2	8	2	10%	10%	10%	25%	0.0%
Muffin Choc		1	1	1	200	6	2	130	32	2	17	4	1%	0%	4%	6%	9.0%
Muffin Blueberry		1	1	1	190	6	2	130	30	2	16	3	1%	0%	2%	6%	9.5%

Muffin Apple		1	1	1	190	6	2	130	30	2	16	3	1%	0%	2%	6%	9.5%
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Grain	Brand	Serving Size	Serving Measure	Scoop Size	CAL	Fat	S.F	Sod	Carb	Fiber	Sugar	Pro	VA	VC	Clc	I	%Cal from
																	SFat
Pasta Penne Whole Wheat	Barill	1	scoop	#8 Grey	90	1	0	0	20	3	1	4	0%	0%	0%	6%	0.0%
Biscuit Whlgrn Bkd	Pillsb	1/2	biscuit		95	5	4	205	12	1	1	3	0%	0%	0%	0%	37.9%
Dinner Roll	SS	1	roll 1.5oz		140	4	1	230	22	2	4	4	0%	0%	6%	0%	6.4%
Cinnamon Crisp	nature	1	pack		150	5	1	140	25	2	9	3					3.0%
WG Fruity O's	Gen	1 1/4	oz Dry		120	2	0	150	26	2	10	2					0.0%
WG Cinn Toast Crunch	Gen	1	oz Dry		110	3	1	160	22	3	6	1					4.1%
WG Cocoa Puffs	Gen	1	oz Dry		110	2	0	120	25	2	8	2					0.0%
Granola	Gen	1	oz Dry		90	2	1	25	17	1	6	2	0%	0%			5.0%
Cereal Hny Nut Tstd Oat	Gen	1	bowl		120	2	0	160	25	1	11	2	15%	10%	10%	25%	0.0%
Cereal Raisin Bran	Gen	1	bowl		210	1	0	350	45	7	18	5	15%	10%	4%	25%	0.0%
Sub Bun		1	bun		160	4	1	150	26	3	1	6	0%	0%	8%	10%	2.8%
Pancake WG	TheMax	1	pack		190	4	1	270	35	2	11	4	0%	0%	10%	8%	4.7%
Waffle Whlgrn Choc Chip	Smucker	1	Waffle		250	8	4	280	41	3	19	5	0%	0%	2%	6%	12.6%
Rice Brown Whole Grain	Uncben	1	scoop	#10Tan	113	1	0	0	23	1	0	3	0%	0%	0%	4%	0.0%
Breadstick Wheat 168/pcs	Newyrk	1	Stick		110	4	1	230	17	2	2	3	0%	0%	0%	0%	8.2%
Hamburger Buns WG		1	Bun		160	2	0	200	31	3	4	6	0%	0%	15%	10%	0.0%
Hot Dog Bun WG		1	Bun		140	2	0	180	27	2	4	5	0%	0%	0%	0%	0.0%
Whole Wheat Bread		2	slices		150	3	1	210	26	3	5	7	0%	0%	0%	0%	6.0%
French Toast WG	Sunny	3 pc	Toast		210	7	2	320	28	2	8	8	4%	0%	6%	10%	8.6%
Graham Bits	Keebler	1	pack		120	4	1	115	21	1	8	2	10%	0%	10%	4%	7.5%
Crouton Whole Grain		1	Serving(20g)		98	3	0	246	13	0	0	3	0%	0%	6%	4%	0.0%
Corn Chips	Frito	1	oz Dry	#8 Grey	140	6	1	170	20	2	0	2	0%	2%	2%	2%	6.4%
Gold Fish Crackers		1	bag		100	4	1	170	14	1	0	3	10%	0%	10%	4%	9.0%
Cinnamon Roll	Bak Boy	2.5oz		1	190	5	2	210	33	3	8	5				4%	9.5%
Tortilla Shell 9inch	Cat	1	shell		150	3.5	1.5	210	25	4	1	5	0%	2%	2%	2%	9.0%
Muffins Apple	Ottis	1	muffin 2oz		190	6	2	130	30	2	16	3					9.5%
Muffins Blueberry	Ottis	1	muffin 2oz		190	6	2	130	30	2	16	3					9.5%
Muffins Choc Chip	Ottis	1	muffin 2oz		190	6	2	130	30	2	16	3					9.5%
Bread Banana	Super B	1	slice		280	10	2	220	44	2	25	5					6.4%

<u>Fruit</u>	<u>Brand</u>	<u>Serving Size</u>	<u>Serving</u>		<u>CAL</u>	<u>Fat</u>	<u>S.F</u>	<u>Sod</u>	<u>Carb</u>	<u>Fiber</u>	<u>Sugar</u>	<u>Pro</u>	<u>VA</u>	<u>VC</u>	<u>Clc</u>	<u>!</u>	<u>%Cal from</u>	
			<u>Measure</u>	<u>Scoop Size</u>													<u>SFat</u>	
Orange Mandarin	Bh/Dut	1/2	Cup	4oz Grey	50	0	0	10	14	1.0	12.0	1.0	25%	80%	2%	2%	0.0%	
Applesauce Swtn Fancy	Bhrvst	1/2	Cup	4oz Grey	90	0	0	14	22	1.0	18.0	1.0	0%	2%	0%	0%	0.0%	
Peach Sliced	Bhrvst	1/2	Cup	4oz Grey	50	0	0	10	12	1.0	10.0	1.0	6%	2%	0%	0%	0.0%	
Pear Halves	Bhrvst	1/2	Cup	4oz Grey	60	0	0	10	14	3.0	12.0	0.0	0%	0%	0%	0%	0.0%	
Pinapple Tidbit	Bhrvst	1/2	Cup	4oz Grey	40	0	0	0	11	0.5	10.0	0.5	2%	20%	2%	2%	0.0%	
Orange	Markon	2/3	orange	4 slices	50	0	0	0	12	4.0	7.5	0.5	0%	65%	3%	1%	0.0%	
Apple	Markon	1/2	apple	1/2apple or 3 slices	45	0	0	0	11	0.5	8.0	0.3					0.0%	
Red Grapes	Markon	1/2	Cup	4oz Grey	90	0	0	30	20	1.0	20.0	0.0	0%	4%	4%	0%	0.0%	
Banana	Packer	1	banana	Banana	89	0	0	1	22	2.6	12.2	1.1					0.1%	
Bartlett Pear	Packer	1/2	pear	1/2 pear	40	1	0	1	11	2.2	6.8	0.3					0.3%	
Apples Sliced Bag	Ro/Pkr	1	pkg	1 bag	35	0	0	1	10	2.0	7.0	0.0	1%	5%	0%	0%	0.0%	
Applesauce Original	Motts	1	4oz cup	1cnt	90	0	0	0	24	1.0	22.0	0.0	0%	20%	0%	0%	0.0%	
Applesauce Strawberry	Motts	1	4oz cup	1cnt	90	0	0	0	23	1.0	21.0	0.0	0%	2%	0%	2%	0.0%	

<u>Veggie</u>	<u>Serving Size</u>	<u>Serving</u>		<u>CAL</u>	<u>Fat</u>	<u>S.F</u>	<u>Sod</u>	<u>Carb</u>	<u>Fiber</u>	<u>Sugar</u>	<u>Pro</u>	<u>VA</u>	<u>VC</u>	<u>Clc</u>	<u>!</u>	<u>%Cal from</u>	
		<u>Measure</u>	<u>Scoop Size</u>													<u>SFat</u>	
Bean Baked Veg Brwn Sugar	1	1/2 cup	4oz Grey	140	0	0	370	29	5	12	5	0%	0%	4%	10%	0.0%	
Seasoned Mini Baker	1	4pc	4pc	173	7	1	613	25	2.67	0	3					0.6%	
Potato Smiles		4 pc	4pc	128	4.8	0.8	184	20	1.6	0	1.6	0%	0%	5%	3%	0.6%	
Potato Mashed	1	1/2cup	4oz Grey	90	1.5	0	390	17	2	1	2	0%	50%	2%	2%	0.0%	
Broccoli Florets	1	4pc/3oz	4pc	18	0.3	0	18	4	1.25	1	1.4					0.0%	
Potato Wedge	1	4pc	4pc	120	2	0	173	21	3	1	3	0%	4%	0%	6%	0.0%	
Cucumbers	1/2	cup	4ozGrey	8	0	0	2	2	0	0	0					0.0%	
Green Peppers diced	1/2	cup	4ozGrey	14	0.2	0.2	1	4	1.2	1.8	0.6			6%		1.4%	
Baby Carrot	5	carrots	4ozGrey	17	0	0	39	4	0.9	2.4	0.3					0.0%	
Baby Carrot Bag	1bag	1bag	1bag	15	0	0	35	4	1	2	0	130%	2%	2%	2%	0.0%	
Califlower	1/2	4pc/3oz	4pc	13	0	0	15	4	1.5	1	1					0.0%	
Romaine Shredded Lettuce	1/2	cup	4oz Grey	4	0	0	2	0.8	0.5	0.3	0.3					0.0%	
Spinach	1/2	Cup	4oz Grey	3	0	0	12	0.5	0.3	0.1	0.4					0.0%	
cherry Tomato	3	tomatoes	3pc	15	0	0	0	3	1	1	0					0.0%	
Marinara Cans (1C=9oz)	1/4	Cup	2oz Blue	25	0.75	0	210	5	1	2.5	2	10%	15%	2%	4%	0.0%	
Salsa Mild	1/4	Cup	2oz Blue	20	0	0	140	4	2	2	0	10%	10%	2%	2%	0.0%	
Fiesta Beans	1/2	Cup	4oz Blue	110	1	0	470	20	4	2	5	0%	0%	4%	10%	0.0%	

