

Nutritional Information

Item	Serving	Calories	Carbs	Protein	Total Fat	Saturated Fat	Cholesterol	Sodium	Dietary Fiber	Sugar	Vitamin A	Vitamin C	Calcium	Iron	Wheat	Egg	Soy	Peanut	Milk	Fish	Trans	Treenut	Shellfish	Sesame
% Unflavored Milk	8 oz	110	11 g	8 g	2.5 g	1.5 g	10 mg	130 mg	0 g	11 g	500	2.4	300 mg	0 mg					X					
apple	1 each	72	19 g	0 g	0.23 g	0.04 g	0 mg	1 mg	3 g	n/a	75	6.35	8 mg	0.17 mg										
apple sauce	1/2 cup	61	15	0	0	0	0	5	1	12	0	0	0	0										
baby Carrots	1/4 cup	12	3 g	0 g	0.05 g	0.01 g	0 mg	27 mg	1 g	n/a	4848	0.91	11 mg	0.31 mg										
aked Beans, Vegetarian	1/2 cup	115	23 g	5.5 g	0.5 g	0 g	0 mg	424 mg	3.7 g	9.3	0	0	0 mg	0 mg										
BQ Chicken Sandwich	1 sandwich	310	36 g	19 g	9.88 g	2.99 g	63 mg	462 mg	1 g	n/a	36	3.84	107 mg	2.57 mg	X		X							
eeF Hot Dog on a Bun	each	310	28	12	17.5	7	35	860	3	3	0	0	60	3.42	X									
eeF Nachos w/ Cheese Sauce	1/2 cup	431	33 g	15 g	25.05 g	6.92 g	42 mg	545 mg	3 g	n/a	101	1.96	66 mg	1.5 mg			X		X					
read Stick	each	90	14 g	2 g	2.5 g	0 g	0 mg	170 mg	1 g	n/a	0	0	20 mg	0.72 mg	X		X							
roccoli Florets	1/2 cup	24	5 g	2 g	0 g	0 g	0 mg	24 mg	2 g	n/a	0	106.92	32 mg	0.58 mg										
auliflower Floret	1/4 cup	6	1 g	0 g	0 g	0 g	0 mg	7 mg	0 g	n/a	0	14.64	5 mg	0.09 mg										
heese Pizza	1 slice	310	30g	22g	12g	6g	30mg	360mg	3g	6g	500	9	450mg	2.7mg	X				X					
heeseburger on WC Bun	each	310	29	20.5	15	6	37.5	735	3	3.5	100	0	130	2.52	X		X		X					
heesy Garlic Toast	2 slices	205	23 g	8 g	10.01 g	3.76 g	8 mg	365 mg	2 g	n/a	250	0	100 mg	1.44 mg	X		X		X					
hicken Caesar Salad	salad	233	10 g	18 g	14.27 g	4.69 g	62 mg	765 mg	1 g	n/a	287	3.14	198 mg	1.06 mg	X		X		X					X
hicken Crispito	1 serving	270	23 g	12 g	14 g	3 g	25 mg	370 mg	3 g	n/a	750	0	40 mg	1.8 mg	X		X		X					
hicken Patty Sandwich	each	520	52	36	20.5	4	70	1030	6	3	100	0.6	100	3.96	X		X		X					
hoice of Milk	8 oz	110	11 g	8 g	2.5 g	1.5 g	10 mg	130 mg	0 g	11 g	500	2.4	300 mg	0 mg					X					
5 nuggets	5 nuggets	210	13 g	13 g	12 g	2 g	20 mg	320 mg	2 g	n/a	135	1	2%mg	10%mg	X		X							
iced Peaches	1/2 cup	50	12	1	0	0	0	5	1	10	300	1.2	0	0										
iced Pears	1/2 cup	72	19.04	0.24	0.04	0	0	6	2	0	0	0.9	6	0.35										
rench Fries	1/2 cup	110	17 g	2 g	3.5 g	0.8 g	0 mg	236 mg	2 g	1 g	0	4 mg	0 mg	0.6 mg										
resh Grapes	1/2 cup	68	15.187	0.606	0.135	0	0	1.68	0.757	13.017	55.462	2.687	8.4	0.303										
lazed Carrots	1/2 cup	74	17.043	0.546	0.671	0.138	0	54.954	3.138	6.041	15475.4	13.694	34.425	0.514										
am Deli Sandwich	each	303	35 g	19 g	12.35 g	3.77 g	41 mg	1127 mg	4 g	n/a	1414	3.6	129 mg	3.02 mg	X		X		X					
am Deli Sub Sandwich	each	399	49 g	17 g	14.63 g	4.3 g	40 mg	1150 mg	4 g	n/a	1396	3.6	245 mg	4.92 mg	X		X		X					
asagna Rollup with Sauce	1 serving	288	37 g	16 g	7.02 g	3.5 g	20 mg	482 mg	3 g	n/a	740	10.08	314 mg	1.82 mg	X				X					
landarin Oranges	1/2 cup	70	17	1	0	0	0	10	0.125	0	300	24	20	0.72										
laminara Sauce	1/2 cup	60	10	2	1.5	0	0	135	2	5	0	0	20	1.08										
lashed Potatoes	1/2 cup	67	14 g	2 g	0.84 g	0 g	0 mg	263 mg	1 g	n/a	0	25.13	19 mg	0.31 mg					X					
lax Stix	2 each	320	32 g	14 g	14 g	4 g	20 mg	780 mg	2 g	n/a	0	0	200 mg	1.44 mg	X		X		X					
lini Corn Dogs	6 each	320	35 g	12 g	15 g	3 g	55 mg	630 mg	1 g	7g	201	18	60 mg	2.7 mg	X		X		X					
lixed Fruit	1/2 cup	70	17	0	0	0	0	10	0	11	200	1.2	6	0										
ther Vegetable	1/4 cup	6	1 g	0 g	0 g	0 g	0 mg	7 mg	0 g	n/a	0	14.64	5 mg	0.09 mg										
asta with Meat Sauce	3 oz soup/5 c	325	34.94g	22.253g	9.478g	3.473g	51.2mg	285.895mg	3.298g	9.069g	480	5.76	36.847mg	3.696mg	X									
ear	each	101	27.109	0.641	0.249	0.039	0	1.78	5.518	17.355	44.5	7.654	16.02	0.32					X					
epperoni Pizza	1 slice	383	37 g	20 g	16.96 g	7.07 g	32 mg	788 mg	1 g	n/a	243	0.55	308 mg	2.42 mg	X		X							
ineapple Tiebits	1/2 cup	90	21	1	0	0	0	0	1	20	0	6	0	0.36										
oato Oles	1/2 cup	107	18 g	2 g	3.12 g	0.89 g	0 mg	58 mg	2 g	n/a	38	5.33	0 mg	0.34 mg			X							
oast Turkey	1 serving	134	3 g	18 g	4.99 g	1.64 g	46 mg	587 mg	0 g	n/a	0	0	3 mg	1.4 mg										
oasted Broccoli	1/2 cup	26	5.264	2.622	0.002	0.001	0	58.678	1.757	1.745	0.262	115.143	35.104	0.633										
oasted Brussels Sprouts	1/2 cup	88	10.504	3.833	4.75	0.385	0	418.94	4.309	*2.495*	855.021	96.388	47.627	1.651			X							
oasted Carrots	1/2 cup	61	9.344	0.726	2.582	0.287	0	144.007	3.289	5.398	15637.6	2.948	36.287	1.009										
oasted Corn	1/2 cup	123	21.374	3.025	4.655	0.43	0	476.131	2.465	0.041	945.013	9.189	7.541	1.073										
iced Pears	1/2 cup	60	15	0	0	0	0	0	2	0	2	11	0.36											
ift Beef Tacos	2 each	354	27 g	24 g	17.89 g	7.52 g	68 mg	365 mg	4 g	n/a	278	1.9	201 mg	1.85 mg	X		X		X					
panish Rice	1/2 cup	128	37 g	3 g	2 g	0 g	0 mg	140 mg	1 g	.6 g	118	2.08	9 mg	0.92 mg			X							
teammed Green Beans	1/2 cup	30	6 g	2 g	0 g	0 g	0 mg	0 mg	2 g	n/a	0	0	34 mg	0.61 mg										
urkey Deli Sandwich	each	335	34 g	24 g	14.1 g	4.2 g	58 mg	1129 mg	4 g	n/a	1418	7.39	136 mg	15.26 mg	X		X		X					
/hole Grain Dinner Roll	1 each	80	14 g	4 g	1 g	0 g	0 mg	105 mg	2 g	n/a	5	0	20 mg	0.72 mg	X		X							