

ritional Information

| 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 |
|-------------------------|----------|-------|---------|-----------|---------------|-------------|--------|---------------|-------|-----------|-----------|---------|---------|-------|-----|-----|--------|------|------|-------|---------|-----------|--------|
| 1 each | 210 | 36g | 5g | 6g | 1.5g | 0mg | 280mg | 2g | n/a | 55 | 0 | 0mg | 1.08mg | X | | X | | X | | | | | |
| 1/2 c & 1 biscuit | 255 | 22g | 12g | 13.98g | 5.12g | 46mg | 389mg | 1g | n/a | 464 | 1.01 | 263mg | 1.35mg | X | X | X | X | X | | | | | |
| 1 each | 197 | 30g | 3g | 7.78g | 1.96g | 12mg | 245mg | 3g | n/a | 113 | 0 | 38mg | 0.68mg | X | X | X | X | X | | | | | |
| 1 sandwich | 264 | 28g | 16g | 10g | 4g | 61mg | 686mg | 1g | n/a | 125 | 0 | 126mg | 145mg | X | X | X | X | X | | | | | |
| 1 each | 360 | 52 | 6 | 15 | 7 | 20 | 340 | 4g | 26 | 0 | 0 | 30 | 1.9 | X | X | X | X | X | | | | | |
| Sugar Cinnamon Pop Tart | 359 | 76g | 5g | 6g | 1.9g | 0mg | 396mg | 6g | n/a | n/a | n/a | n/a | n/a | X | X | X | X | X | | | | | |
| 1 stick | 90 | 0g | 7g | 7g | 5g | 20mg | 95mg | 0g | n/a | 400 | 0 | 250mg | 2.7mg | X | | | | X | | | | | |
| 1 serving | 83 | 18g | 1g | 0.2g | 0g | 0mg | 138mg | 1g | n/a | 485 | 7.02 | 32mg | 4.5mg | X | X | X | X | X | | | | | |
| of Snack Bread | 270 | 34g | 5g | 14g | 3.5g | 60mg | 250mg | 2g | n/a | 100 | 0 | 40mg | 1.08mg | X | X | X | X | X | | | | | |
| 1 roll | 270 | 43g | 7g | 8g | 3g | 15mg | 330mg | 4g | n/a | 100 | 1.2 | 60mg | 1.81mg | X | X | X | X | X | | | | | |
| Cheese, plain | 51 | 1g | 1g | 4.99g | 2.83g | 15mg | 46mg | 0g | n/a | 161 | 0 | 14mg | 0.02mg | X | | | | X | | | | | |
| Toast Sticks | 210 | 32g | 10g | 5g | 1g | 140mg | 370mg | 3g | n/a | 160 | 0 | 23mg | 1.83mg | X | X | X | X | X | | | | | |
| 1/2 cup | 45 | 11g | 0g | 0.11g | 0.02g | 0mg | 5mg | 2g | n/a | 649 | 16.1 | 12mg | 0.12mg | X | | | | X | | | | | |
| 1/2 cup | 65 | 17g | 0g | 0.07g | 0.01g | 0mg | 4mg | 2g | n/a | 27 | 3.7 | 8mg | 0.36mg | X | | | | X | | | | | |
| 1 each | 310 | 38g | 6g | 16g | 7.5g | 0mg | 355mg | 3g | n/a | 0 | 0 | 20mg | 1.62mg | X | X | X | X | X | | | | | |
| 1 pkt | 60 | 11g | 1g | 1.5g | 0g | 0mg | 64mg | 1g | 3g | 300 | 0 | 900mg | 4mg | X | | | | X | | | | | |
| 1/2 cup | 80 | 19g | 0g | 0g | 0g | 0mg | 10mg | 0g | n/a | 0 | 54 | 0mg | 0mg | X | | | | X | | | | | |
| 4 fl. oz | 50 | 13g | 0g | 0g | 0g | 0mg | 10mg | 0g | n/a | 0 | 15 | 0mg | 0mg | X | | | | X | | | | | |
| 4 fl. oz | 60 | 14g | 1g | 0g | 0g | 0mg | 10mg | 0g | n/a | 0 | 36 | 10mg | 0mg | X | | | | X | | | | | |
| 8 oz | 110 | 11g | 8g | 2.5g | 1.5g | 10mg | 130mg | 0g | 11g | 500 | 2.4 | 300mg | 0mg | X | | | | X | | | | | |
| 1 each | 190 | 38g | 7g | 0.5g | 0g | 0mg | 380mg | 1g | n/a | 0 | 0 | 0mg | 14.94mg | X | | | | X | | | | | |
| 3 donuts | 150 | 19g | 2g | 8g | 3.5g | 15mg | 240mg | 2g | n/a | 30 | 0 | 20mg | 1.06mg | X | X | X | X | X | | | | | |
| al made with water | 145 | 25g | 6g | 2.55g | 0.43g | 0mg | 4mg | 3g | n/a | 0 | 0 | 2mg | 1.24mg | X | | | | X | | | | | |
| 1 ea | 70 | 14g | 2g | 1g | 0.17g | 3mg | 180mg | 2g | 2.5g | 0 | 0 | 7mg | 0.9mg | X | X | X | X | X | | | | | |
| 1 each | 150 | 30g | 6g | 1.5g | 0g | 0mg | 290mg | 1g | n/a | 0 | 4.2 | 0mg | 10.08mg | X | | | | X | | | | | |
| 1 each | 230 | 23g | 10g | 11g | 6g | 55mg | 450mg | 1g | n/a | 200 | 0 | 150mg | 1.44mg | X | X | X | X | X | | | | | |
| 1/4 cup | 78 | 1g | 7g | 5.12g | 1.55g | 214mg | 128mg | 0g | n/a | 91 | 0.2 | 40mg | 0.01mg | X | X | X | X | X | | | | | |
| 1 cup | 280 | 56g | 10g | 2.5g | 1.5g | 10mg | 140mg | 0g | n/a | 0 | 0 | 0mg | 0mg | X | | | | X | | | | | |
| 1 slice | 80 | 16g | 4g | 1g | 0g | 0mg | 55mg | 2g | n/a | 0 | 0 | 40mg | 0.72mg | X | | X | X | X | | | | | X |

Nutritional Information

| | 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 |
|---------------------|-----------------|----------|--------|---------|-----------|---------------|-------------|----------|---------------|--------|-----------|-----------|----------|----------|-------|-----|-----|--------|------|------|-------|---------|-----------|--------|
| Juice | 1/2 cup | 60 | 15.9 | 0.9 | 0.9 | 0.9 | 0 mg | 15 mg | 1 g | 18.9 | 35 | 1.5 | 4 mg | 0.15 mg | | | | | | | | | | |
| Arrots | 1/2 cup | 25 | 6 g | 0.9 | 0.09 g | 0.02 g | 0 mg | 0.09 g | 2 g | n/a | 9695 | 1.83 | 23 mg | 0.63 mg | | | | | | | | | | |
| Arrots | 1/4 cup | 12 | 3 g | 0.9 | 0.05 g | 0.01 g | 0 mg | 27 mg | 1 g | n/a | 4848 | 0.91 | 11 mg | 0.31 mg | | | | | | | | | | |
| Beans | 1/2 cup | 140 | 29 g | 6 g | 1 g | 0 g | 0 mg | 550 mg | 5 g | 0 | 0 | 0 | 0 mg | 0 mg | | | | | | | | | | |
| 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 | | | | | | | |
| illed Pork Sandwich | each | 323 | 38 g | 15 g | 12.76 g | 3.75 g | 54 mg | 271 mg | 3 g | n/a | 716 | 0.81 | 167 mg | 2.38 mg | X | | X | | | | | | | |
| it Dog on a Bun | each | 330 | 28 g | 12 g | 19 g | 7 g | 46 mg | 740 mg | 2 g | n/a | 5 | 12 | 150 mg | 2.52 mg | X | | X | | | | | | | |
| iphers Pie | 1 serving | 287 | 13 g | 16 g | 18.2 g | 7.82 g | 56 mg | 381 mg | 2 g | n/a | 1177 | 3.43 | 62 mg | 1.67 mg | X | | X | | | | | | | |
| ans | 1/2 cup | 109 | 20 g | 7 g | 0 g | 0 g | 0 mg | 140 mg | 8 g | n/a | 5 | 3.2 | 42 mg | 2.28 mg | | X | | | | | | | | |
| lick | 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 | | | | | | | |
| Rice | 1/2 cup | 101 | 34 g | 2.5 g | 1 g | 0 g | 0 mg | 3 mg | 1 g | 0 | 0 | 0 | 10 mg | 0.41 mg | | | | | | | | | | |
| Fruit | 1/2 cup | 65 | 17 g | 0.9 | 0.07 g | 0.01 g | 0 mg | 4 mg | 2 g | n/a | 27 | 3.7 | 8 mg | 0.36 mg | | | | | | | | | | |
| Fruit Bar | 1/2 cup | 65 | 17 g | 0.9 | 0.07 g | 0.01 g | 0 mg | 4 mg | 2 g | n/a | 27 | 3.7 | 8 mg | 0.36 mg | | | | | | | | | | |
| Fruit Bar | 1/4 cup | 32 | 9 g | 0.9 | 0.04 g | 0 g | 0 mg | 2 mg | 1 g | n/a | 13 | 1.85 | 4 mg | 0.18 mg | | | | | | | | | | |
| wer Floret | 1/4 cup | 6 | 1 g | 0.9 | 0 g | 0 g | 0 mg | 7 mg | 0 g | n/a | 0 | 0 | 5 mg | 0.09 mg | | | | | | | | | | |
| Pizza | each | 313 | 32 g | 20 g | 11.5 g | 6.4 g | 30 mg | 712 mg | 1 g | n/a | 675 | 0.6 | 421 mg | 1.9 mg | X | | X | | | | | | | |
| urger on a Bun | 1 each | 318 | 28 g | 21 g | 13.5 g | 5.5 g | 48 mg | 765 mg | 3 g | 3 | 150 | 0 | 195 mg | 2.52 mg | X | | X | | | | | | | |
| lac | each | 209 | 7 g | 13 g | 14.54 g | 4.61 g | 86 mg | 917 mg | 1 g | n/a | 499 | 12.08 | 40 mg | 0.79 mg | X | | X | | | | | | | |
| Tomato | 1/4 cup | 12 | 2 g | 0.9 | 0 g | 0 g | 0 mg | 0 mg | 0 g | n/a | 0 | 0 | 7 mg | 0.2 mg | | | | | | | | | | |
| Tacos | 2 each | 250 | 28 g | 20 g | 8.36 g | 3.21 g | 49 mg | 492 mg | 4 g | n/a | 366 | 2.8 | 139 mg | 0.6 mg | X | | | | | | | | | |
| g | each | 240 | 30 g | 9 g | 2.5 g | 0.9 g | 40 mg | 320 mg | 2 g | 0 | 0 | 60 mg | 1.8 mg | 0.6 mg | X | | X | | | | | | | |
| Chicken 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 | | | | | | | |
| Chicken Sandwich | each | 380 | 38 g | 21 g | 16.5 g | 2.5 g | 25 mg | 550 mg | 5 g | n/a | 100 | 0 | 190 mg | 3.24 mg | X | | X | | | | | | | |
| her Slices | 1/4 cup | 4 | 1 g | 0.9 | 0.06 g | 0.03 g | 0 mg | 1 mg | 0 g | n/a | 26 | 1.17 | 5 mg | 0.08 mg | | | | | | | | | | |
| ears | 1/2 cup | 72 | 19 g | 0.9 | 0.04 g | 0 g | 0 mg | 6 mg | 2 g | n/a | 0 | 0.9 | 6 mg | 0.35 mg | | | | | | | | | | |
| Toast Sticks | 3 each | 210 | 32 g | 10 g | 5 g | 1.9 g | 140 mg | 370 mg | 3 g | n/a | 160 | 0 | 23 mg | 1.83 mg | X | | X | | | | | | | |
| uit Bar | 1/2 cup | 45 | 11 g | 0.9 | 0.11 g | 0.02 g | 0 mg | 5 mg | 2 g | n/a | 649 | 16.1 | 12 mg | 0.12 mg | | | | | | | | | | |
| Salad | 3/4 cup | 57 | 3 g | 1.9 | 4.8 g | 0.74 g | 0 mg | 134 mg | 1 g | n/a | 747 | 22.01 | 11 mg | 0.32 mg | X | | | | | | | | | |
| French 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 | | | | | | | | | | |
| ears | 1/4 cup | 19 | 4 g | 1.9 | 0 g | 0 g | 0 mg | 120 mg | 0 g | n/a | 0 | 0 | 0 mg | 0 mg | X | | X | | | | | | | |
| beans | 1/2 cup | 19 | 4 g | 1.9 | 0.11 g | 0.03 g | 0 mg | 6 mg | 2 g | n/a | 376 | 2.8 | 33 mg | 0.59 mg | | | | | | | | | | |
| heese Sandwich | sandwich | 373 | 34 g | 16 g | 20.95 g | 9.69 g | 38 mg | 660 mg | 4 g | n/a | 571 | 0 | 524 mg | 1.71 mg | X | | X | | | | | | | |
| ade Brownie | 1 slice | 160 | 28 g | 2 g | 5.43 g | 0.94 g | 19 mg | 84 mg | 1 g | n/a | 71 | 0 | 39 mg | 0.97 mg | X | | X | | | | | | | |
| ade Tomato Soup | 1/2 cup | 49 | 7 g | 2 g | 2 g | 0.13 g | 0 mg | 196 mg | 2 g | n/a | 541 | 6.36 | 19 mg | 0.46 mg | X | | X | | | | | | | |
| ustard Ham Wrap | 2 each | 282 | 29 g | 17 g | 13 g | 5.13 g | 42 mg | 897 mg | 4 g | n/a | 168 | 0 | 187 mg | 0.49 mg | X | | X | | | | | | | |
| asta Bake | 1 cup | 292 | 30 g | 20 g | 10.57 g | 4.47 g | 43 mg | 240 mg | 4 g | n/a | 10669 | 11.32 | 355 mg | 2.76 mg | X | | X | | | | | | | |
| Potatoes | 1/2 cup | 67 | 14 g | 2 g | 0.84 g | 0 g | 0 mg | 265 mg | 1 g | n/a | 0 | 25.13 | 19 mg | 0.31 mg | X | | X | | | | | | | |
| Brown Rice | 1/2 cup | 136 | 24 g | 3 g | 3.49 g | 1.33 g | 1 mg | 295 mg | 2 g | n/a | 300 | 1.11 | 9 mg | 21.55 mg | X | | X | | | | | | | |
| rice | 8 oz | 110 | 11 g | 8 g | 2.5 g | 1.5 g | 10 mg | 130 mg | 0 g | 11.9 | 500 | 2.4 | 300 mg | 0 mg | X | | X | | | | | | | |
| Chicken | 1 serving | 341 | 39 g | 16 g | 12.98 g | 2 g | 25 mg | 924 mg | 2 g | n/a | 11 | 2.88 | 2 mg | 0.02 mg | X | | X | | | | | | | |
| th Meat Sauce | 3 oz each/5 cup | 276 | 30.82g | 17.776g | 8.326g | 3.125g | 42.394mg | 179.19mg | 2.715g | 2.823g | 202.962 | 3.253 | 24.672mg | 3.476mg | X | | X | | | | | | | |
| ni Pizza | each | 265 | 31 g | 12 g | 10.5 g | 3.5 g | 19 mg | 853 mg | 2 g | n/a | 352 | 0.7 | 151 mg | 2.1 mg | X | | X | | | | | | | |
| Chicken | 12 pieces | 251 | 15 g | 15 g | 14.19 g | 2.73 g | 22 mg | 371 mg | 2 g | n/a | 109 | 0 | 44 mg | 1.96 mg | X | | X | | | | | | | |
| 1/4 cup | 19 | 0 g | 0 g | 0 g | 0 g | 0 g | 0 mg | 6 mg | 0 g | n/a | 0 | 1.8 | 3 mg | 0.06 mg | | | | | | | | | | |
| pic Treat | 1 each | 160 | 30 g | 1 g | 4 g | 1.9 g | 0 mg | 140 mg | 1 g | n/a | 0 | 0 | 0 mg | 1.8 mg | | | | | | | | | | |
| Broccoli | 1/2 cup | 8 | 1 g | 0.9 | 0 g | 0 g | 0 mg | 51 mg | 1 g | n/a | 125 | 36.05 | 0 mg | 0.18 mg | | | | | | | | | | |
| Lettuce | 1 cup | 10 | 1 g | 1 g | 0 g | 0 g | 0 mg | 0 mg | 0 g | n/a | 1500 | 12 | 20 mg | 0.72 mg | | | | | | | | | | |
| Lettuce | 1/2 cup | 10 | 0 g | 0.5 g | 0 g | 0 g | 0 mg | 3 mg | 0.5 g | n/a | 2053 | 1.15 | 9 mg | 0.25 mg | | | | | | | | | | |
| Patty | 1 each | 180 | 0.5 g | 6 g | 17 g | 6 g | 30 mg | 280 mg | 0 g | 0 | 0 | 0 | 0 mg | 0.36 mg | | | | | | | | | | |
| 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 | | | | | | | |
| Rice | 1/2 cup | 128 | 37 g | 3 g | 2 g | 0 g | 0 mg | 140 mg | 1 g | 0.6 g | 118 | 2.08 | 9 mg | 0.92 mg | X | | X | | | | | | | |
| into Beans | 1/2 cup | 129 | 23 g | 8 g | 0 g | 0 g | 0 mg | 687 mg | 8 g | n/a | 65 | 1.66 | 111 mg | 1.5 mg | | | | | | | | | | |
| ! Corn | 1/2 cup | 92 | 19 g | 3 g | 0.92 g | 0 g | 0 mg | 0 mg | 1 g | n/a | 0 | 3.31 | 0 mg | 0 mg | | | | | | | | | | |
| ! Corn | 1/4 cup | 46 | 10 g | 1 g | 0.46 g | 0 g | 0 mg | 0 mg | 0 g | n/a | 0 | 1.66 | 0 mg | 0 mg | | | | | | | | | | |
| ! Peas | 1/2 cup | 74 | 13 g | 5 g | 0 g | 0 g | 0 mg | 106 mg | 4 g | n/a | 426 | 6.28 | 0 mg | 1.15 mg | | | | | | | | | | |
| ts | 1/2 cup | 84 | 14 g | 1 g | 2.5 g | 0.5 g | 0 mg | 14 mg | 1 g | n/a | 0 | 4.2 | 0 mg | 0.25 mg | | | | | | | | | | |
| ! Cheese Flatbread | 1 container | 350 | 36 g | 18 g | 16 g | 6.5 g | 45 mg | 945 mg | 3 g | n/a | 660 | 6.6 | 100 mg | 0.9 mg | X | | X | | | | | | | |
| ! Jam | each | 335 | 36 g | 20 g | 14.25 g | 4.1 g | 54 mg | 878 mg | 4 g | n/a | 1396 | 4.69 | 125 mg | 3.31 mg | X | | X | | | | | | | |
| rain 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 | | | | | | | |
| rain Dinner Roll | 2 each | 160 | 28 g | 8 g | 2 g | 0 g | 0 mg | 210 mg | 4 g | 2g | 10 | 0 | 40 mg | 1.44 mg | X | | X | | | | | | | |