

Beef Entrées	Serving Size	Calories	Fat (g)	Sat Fat (g)	Carbohydrate (g)	Protein (g)	Sodium (mg)	Allergen Information
BBQ Meatballs	5 pieces	206	10	4	16	13	597	
Meatballs		165	10	4	5	13	239	Milk, Soy, Wheat
BBQ Sauce		41	0	0	11	0	358	No Known Allergens
Beef A Roni	3/4 cup	309	13	5	26	23	403	Milk, Wheat
Beef Crispy Taco	1 Taco	296	16	7	21	19	442	
Beef		145	8	3	5	14	201	No Known Allergens
Crispy Shell		100	5	2	14	2	0	Corn
Trimmings		2	0	0	0	0	1	No Known Allergens
Salsa		6	0	0	1	0	102	No Known Allergens
Mozzarella/American Cheese		43	3	2	1	4	138	Milk
Beef Soft Taco	1 Taco	279	13	6	22	20	600	
Beef		138	8	3	5	14	138	No Known Allergens
Tortilla (6")		90	2	1	15	3	220	Wheat
Trimmings		2	0	0	0	0	1	No Known Allergens
Salsa		6	0	0	1	0	102	No Known Allergens
Mozzarella/American Cheese		43	3	2	1	4	138	Milk
Beefy Nachos Grande	1 Portion	439	26	11	29	23	519	
Beef		160	10	4	0	16	51	No Known Allergens
Cheese Sauce	1/4 cup	64	5	3	1	4	237	Milk
Jalapenos		0	0	0	0	0	19	No Known Allergens
Tortilla Chips	14 chips	210	11	4	27	3	210	Corn
Lettuce & Tomato		5	0	0	1	0	3	No Known Allergens
Chili Dog	1 bowl	386	23	8	28	19	958	
Chili with Beans	1/2 cup	86	5	2	4	8	138	No Known Allergens
Frankfurter		180	16	6	2	6	610	No Known Allergens
Whole Grain Hot Dog Bun		120	2	0	22	5	210	Wheat
John Wayne Dip and Chips	6 oz.	453	29	12	24	22	849	
John Wayne		343	26	12	5	20	724	Egg, Milk
Baked Scoops		110	3	0	19	2	125	Corn
Hamburger Pie with Tots	3/4 cup	425	27	9	24	21	761	Milk, Soy, Wheat
Italian Rotini Casserole	3/4 cup	355	14	6	29	27	605	Eggs, Milk, Wheat
Lasagna	5 x 5" Piece	334	14	7	24	29	444	Eggs, Milk, Wheat
Marinara Meatballs	5 pieces	189	11	4	10	14	452	
Meatballs		162	10	4	5	13	234	Milk, Soy, Wheat
Marinara Sauce		27	1	0	5	1	218	No Known Allergens
Spaghetti with Meat Sauce	1 Cup	355	11	4	39	24	620	Wheat
Steak Fingers	4 Pieces	290	19	5	15	15	480	Milk, Soy, Wheat
Steak Fingers	6 Pieces	435	29	8	23	23	720	Milk, Soy, Wheat
Taco Pie	1 portion	367	18	9	25	26	999	Milk, Wheat
Breaded Beef Steak w/ Gravy	1 patty	355	24	10	20	15	812	
Beef Steak		329	23	9	15	15	384	Milk, Soy, Wheat
Brown Gravy		26	1	1	5	0	428	Corn, Milk, Soy, Wheat

Poultry Entrées	Serving Size	Calories	Fat (g)	Sat Fat (g)	Carbohydrate (g)	Protein (g)	Sodium (mg)	Allergen Information
Bone-In Buffalo Wings	4 pieces	320	22	5	2	30	820	Wheat
Buffalo Chicken Bites	5 pieces	200	10	2	10	19	340	Soy, Wheat
Cheesy Chicken Over Rice	1 portion	343	14	8	30	25	608	Milk, Soy, Wheat
Chicken Tenders	3 Pieces	250	11	2	17	22	690	Eggs, Wheat
Chicken Nuggets	5 Pieces	219	11	2	13	17	410	Eggs, Milk, Wheat
Chicken Alfredo	3/4 cup	243	9	4	22	19	742	Eggs, Milk, Wheat
Chicken Fajita	1 fajita	284	11	5	20	25	1,157	
Chicken Fajita Mixture	1/2 cup	102	4	1	2	14	529	No Known Allergens
Tortilla (6")	1 shell	90	2	1	15	3	220	Wheat
Shredded Cheese	1 oz	79	5	3	1	8	203	Milk
Salsa	1 oz	13	0	0	3	0	205	No Known Allergens
Chicken Fajita Nachos	1 bowl	410	21	8	30	27	1,205	
Fajita Chicken Strips	1/2 cup	134	6	1	1	19	719	Milk, Soy
Cheese Sauce	1/4 cup	63	5	3	1	4	237	Milk
Sliced Jalapenos		1	0	0	0	0	38	No Known Allergens
Tortilla Chips	14 chips	210	11	4	27	3	210	Corn
Lettuce		2	0	0	0	0	1	No Known Allergens
Chicken Spaghetti	3/4 cup	309	7	2	38	24	564	Milk, Soy, Wheat
Chicken & Dumplings	3/4 cup	248	9	4	20	21	693	Milk, Soy, Wheat
Corn Dog (Turkey)	1 corn dog	280	13	4	31	9	660	Eggs, Milk, Soy, Wheat
Corn Dog Nuggets (Turkey)	6 nuggets	280	15	11	27	9	710	Milk, Soy, Wheat
Huntington Chicken	3/4 cup	303	10	4	28	25	1,002	Milk, Soy, Wheat
Mandarin Orange Chicken	3/4 cup	232	5	1	29	17	433	Citrus, Eggs, Soy, Wheat
Oven Baked Creole Chicken	2.5 oz.	254	19	6	0	19	71	No Known Allergens
Ranch Baked Chicken	2.5 oz.	256	19	6	1	19	237	Milk

Pork Entrées	Serving Size	Calories	Fat (g)	Sat Fat (g)	Carbohydrate (g)	Protein (g)	Sodium (mg)	Allergen Information
Hot Dog	1 hot dog	300	18	6	24	11	820	
Frankfurter		180	16	6	2	6	610	No Known Allergens
Whole Grain Hot Dog Bun (2g)		120	2	0	22	5	210	Wheat
Chili Dog	1 bowl	386	23	8	28	19	958	
Chili Con Carne with Beans	1/2 cup	86	5	2	4	8	138	No Known Allergens
Frankfurter		180	16	6	2	6	610	No Known Allergens
Whole Grain Hot Dog Bun		120	2	0	22	5	210	Wheat
BBQ Nachos	1 portion	402	24	10	28	20	670	
Tortilla Chips	14 chips	210	11	4	27	3	210	Corn
Pulled Pork BBQ	3/8 cup	129	8	3	0	13	204	No Known Allergens
Cheese Sauce	1/4 cup	63	5	3	1	4	237	Milk
Jalapenos		0	0	0	0	0	19	No Known Allergens
Chicken & Sausage Jambalaya	1 portion	277	13	4	25	15	610	
Jambalaya		178	12	4	4	13	512	No Known Allergens
Brown Rice		99	1	0	21	2	98	No Known Allergens
Chicken & Sausage Gumbo	1 portion	314	11	3	34	19	797	
Gumbo		215	10	3	13	17	698	Soy, Wheat
Brown Rice		99	1	0	21	2	98	No Known Allergens
Red Beans & Rice with Sausage	1 portion	302	11	4	38	12	587	
Red Beans with Sausage		199	11	3	15	10	489	No Known Allergens
Brown Rice		103	1	0	22	2	98	No Known Allergens

Fish Entrées	Serving Size	Calories	Fat (g)	Sat Fat (g)	Carbohydrate (g)	Protein (g)	Sodium (mg)	Allergen Information
Baked Fish Nuggets	4 Nuggets	220	9	2	20	15	310	Fish (Cod), Soy, Wheat
Breaded Catfish	2 oz.	93	5	1	6	8	175	Fish (Catfish), Soy, Wheat
Seafood Basket	1 Basket	479	21	3	49	23	766	
Fish Nuggets	3 nuggets	165	7	1	15	11	233	Fish (Cod), Soy, Wheat
Popcorn Shrimp	20 pieces	221	10	2	22	10	354	Shrimp, Soy, Wheat
Hushpuppies	2 pieces	93	5	1	12	1	180	Egg, Milk, Soy, Wheat

<i>Pizza</i>	<i>Serving Size</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Sat Fat (g)</i>	<i>Carbohydrate (g)</i>	<i>Protein (g)</i>	<i>Sodium (mg)</i>	<i>Allergen Information</i>
Pizza in a Bread Bowl	1 bowl	309	11	4	32	22	973	Eggs, Milk, Soy, Wheat
Mexican Pizza	1 round	320	14	7	30	20	540	Milk, Soy, Wheat
Pepperoni Pizza	1 slice	340	17	9	29	20	730	Milk, Wheat
Cheese Pizza	1 wedge	270	10	3	32	15	800	Milk, Soy, Wheat
Sausage & Cheese Pizza	1 wedge	270	10	4	32	16	810	Milk, Soy, Wheat
Pepperoni & Cheese Pizza	1 wedge	270	10	4	32	16	860	Milk, Soy, Wheat
Stuffed Crust Pizza	1 wedge	330	14	5	35	17	870	Milk, Soy, Wheat
Personal Pan Cheese Pizza	1 round	310	10	5	39	17	530	Milk, Soy, Wheat
Personal Pan Pepperoni Pizza	1 round	381	17	7	39	20	788	Milk, Soy, Wheat
Mozzarella Pizza Stick	1 stick	150	6	2	17	7	370	Milk, Soy, Wheat

<i>Potato Entrées</i>	<i>Serving Size</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Sat Fat (g)</i>	<i>Carbohydrate (g)</i>	<i>Protein (g)</i>	<i>Sodium (mg)</i>	<i>Allergen Information</i>
Baked Potato with Cheese	1 potato	286	13	6	31	12	278	
Potato 5-7oz		128	0	0	29	3	14	No Known Allergens
Margarine PC		20	2	0	0	0	30	No Known Allergens
Cheddar Cheese		83	5	3	1	8	211	Milk
Sour Cream PC		55	6	3	1	1	23	Milk
Loaded Baked Potato	1 potato	366	16	7	33	23	1019	
Potato 5-7oz		128	0	0	29	3	14	No Known Allergens
Margarine PC		20	2	0	0	0	30	No Known Allergens
Diced Ham		80	3	1	2	11	741	No Known Allergens
Cheddar Cheese		83	5	3	1	8	211	Milk
Sour Cream PC		55	6	3	1	1	23	Milk
Fiesta Baked Potato	1 potato	277	8	4	35	17	913	
Potato 5-7oz		128	0	0	29	3	14	No Known Allergens
Fajita Chicken Strips	1/4 cup	67	3	1	1	10	360	No Known Allergens
Cheese Sauce	1/4 cup	63	5	3	1	4	237	Milk
Salsa	1/4 cup	19	0	0	4	0	302	No Known Allergens
BBQ Baked Potato	1 potato	320	14	6	30	21	455	
Potato 5-7oz		128	0	0	29	3	14	No Known Allergens
Pulled Pork BBQ	3/8 cup	129	8	3	0	13	204	No Known Allergens
Cheese Sauce	1/4 cup	63	5	3	1	4	237	Milk
Sloppy Joe Baked Potato	1 potato	927	36	16	93	60	145	
Potato 5-7oz		128	0	0	29	3	14	No Known Allergens
Beef Mixture		97	5	2	3	9	132	Soy
Baked Potato Ole'	1 potato	351	15	7	30	24	301	
Potato 5-7oz		128	0	0	29	3	14	No Known Allergens
Beef Mixture		160	10	4	0	16	51	No Known Allergens
Cheese Sauce	1/4 cup	63	5	3	1	4	237	Milk

<i>Salad Entrées</i>	<i>Serving Size</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Sat Fat (g)</i>	<i>Carbohydrate (g)</i>	<i>Protein (g)</i>	<i>Sodium (mg)</i>	<i>Allergen Information</i>
Grilled Chicken Salad	1 Package	361	14	6	26	31	1051	
Grilled Chicken Breast Pattie		150	5	2	3	19	430	No Known Allergens
Sliced Cucumber		3	0	0	1	0	0	No Known Allergens
Cherry Tomatoes		2	0	0	0	0	1	No Known Allergens
Broccoli Florets		3	0	0	0	0	2	No Known Allergens
Mozzarella Cheese		30	1	1	1	4	96	Milk
American Cheese		54	4	3	0	3	214	Milk
Salad Mix		12	0	0	2	1	6	No Known Allergens
Green mix		17	0	0	3	2	43	No Known Allergens
Saltine Crackers	8 crackers	90	3	0	16	2	260	Soy, Wheat
Chicken Tender Salad	1 Package	378	16	5	35	27	1081	
Chicken Tenders	2 tenders	167	7	1	11	15	460	No Known Allergens
Sliced Cucumber		3	0	0	1	0	0	No Known Allergens
Cherry Tomatoes		2	0	0	0	0	1	No Known Allergens
Broccoli Florets		3	0	0	0	0	2	No Known Allergens
Mozzarella Cheese		30	1	1	1	4	96	Milk
American Cheese		54	4	3	0	3	214	Milk
Salad Mix		12	0	0	2	1	6	No Known Allergens
Green mix		17	0	0	3	2	43	No Known Allergens
Saltine Crackers	8 crackers	90	3	0	16	2	260	Soy, Wheat
Chicken Fajita Salad	1 Package	459	20	8	39	32	1547	
Romaine Lettuce	1.5 cups	14	0	0	3	1	7	No Known Allergens
EdiBowl		160	5	1	28	3	230	Soy, Wheat
Fajita Chicken Strips	1/2 cup	134	6	1	1	19	719	Milk, Soy
Mozzarella Cheese		30	1	1	1	4	96	Milk
American Cheese		54	4	3	0	3	214	Milk
Cherry Tomatoes		5	0	0	1	0	2	No Known Allergens
Mexi-Ranch Dressing	1.5 oz	61	4	1	5	1	241	Eggs, Milk
Sliced Jalapenos		1	0	0	0	0	38	No Known Allergens
Chef Salad	1 salad	239	10	4	24	16	1087	
Cucumber		3	0	0	1	0	0	No Known Allergens
Tomato		8	0	0	2	0	3	No Known Allergens
Salad Mix, Green, Ice Burgh		9	0	0	2	1	4	No Known Allergens
Salad, Baby Greens Spring Mix		13	0	0	2	1	32	No Known Allergens
Diced Turkey Ham		62	2	1	1	9	573	No Known Allergens
Shredded Cheddar		54	4	3	0	3	214	Milk
Saltine Crackers	8 crackers	90	3	0	16	2	260	Soy, Wheat
Taco Salad	1 salad	371	16	6	40	21	733	
Beef		138	8	3	5	14	138	No Known Allergens
Romaine Lettuce	1.5 cups	14	0	0	3	1	7	No Known Allergens
Tomatoes		5	0	0	1	0	2	No Known Allergens
Mozzarella Cheese		15	1	1	0	2	48	Milk
American Cheese		28	2	2	0	2	107	Milk
Sliced Jalapenos		1	0	0	0	0	38	No Known Allergens
Salsa		10	0	0	2	0	164	No Known Allergens
EdiBowl		160	5	1	28	3	230	Soy, Wheat
Mandarin Chicken Salad		465	12	4	61	29	862	
Mandarin Orange Chicken	3/4 cup	232	5	1	29	17	433	Citrus, Eggs, Soy, Wheat
Romaine Lettuce	1.5 cups	14	0	0	3	1	7	No Known Allergens
Mozzarella Cheese		59	3	2	1	8	192	Milk
EdiBowl		160	5	1	28	3	230	Soy, Wheat

Salad Plates	Serving Size	Calories	Fat (g)	Sat Fat (g)	Carbohydrate (g)	Protein (g)	Sodium (mg)	Allergen Information
Chicken Salad Plate	1 plate	330	11	2	43	19	663	
Chicken Salad	1/2 cup	156	8	1	5	16	402	Egg
Assorted Fruit	1/2 cup	84	0	0	22	1	1	No Known Allergens
Saltine Crackers	8 crackers	90	3	0	16	2	260	Soy, Wheat
Pimento Cheese Salad Plate	1 plate	456	21	8	61	11	746	
Pimento Cheese	1/3 cup	147	13	7	2	6	445	Eggs, Milk
Assorted Fruit	1/2 cup	84	0	0	22	1	1	No Known Allergens
Saltine Crackers	4 crackers	45	2	0	8	1	130	Soy, Wheat
Chocolate Chip Mini Loaf	1 mini loaf	180	7	2	29	3	170	Eggs, Milk, Wheat
Pimento & Chicken Salad Plate	1 plate	399	20	7	42	17	907	
Pimento Cheese	1/3 cup	147	13	7	2	6	445	Eggs, Milk
Chicken Salad	1/4 cup	78	4	1	3	8	201	Egg
Assorted Fruit	1/2 cup	84	0	0	22	1	1	No Known Allergens
Saltine Crackers	8 crackers	90	3	0	16	2	260	Soy, Wheat

Cold Sandwiches	Serving Size	Calories	Fat (g)	Sat Fat (g)	Carbohydrate (g)	Protein (g)	Sodium (mg)	Allergen Information
Ham and Cheese on a Bun	1 sandwich	280	12	6	28	17	1195	
Sliced Ham		38	1	1	0	5	371	No Known Allergens
American Cheese		107	9	6	0	6	427	Milk
Whole Grain Bun (2g)		130	2	0	26	6	290	Wheat
Trimnings		5	0	0	1	0	106	No Known Allergens
Ham and Cheese Slider	1 sandwich	231	11	6	17	15	1064	
Sliced Ham		38	1	1	0	5	371	No Known Allergens
American Cheese		107	9	6	0	6	427	Milk
Whole Grain Bun (1g)		81	1	0	15	4	160	Soy, Wheat
Trimnings		5	0	0	1	0	106	No Known Allergens
Ham, Turkey and Cheese Club	1 sandwich	368	16	8	32	23	1594	
Sliced Ham		38	1	1	0	5	371	No Known Allergens
Sliced Turkey		25	1	0	2	4	270	No Known Allergens
Bacon Slices		53	5	2	0	3	200	No Known Allergens
American Cheese		107	9	6	0	6	427	Milk
Whole Grain Hoagie (2g)		140	1	0	29	5	220	Wheat
Trimnings		5	0	0	1	0	106	No Known Allergens
Ham and Cheese Hoagie	1 sandwich	332	11	7	37	20	1393	
Sliced Ham		60	2	1	1	8	580	No Known Allergens
American Cheese		107	9	6	0	6	427	Milk
Whole Grain Hoagie (2g)		160	0	0	35	6	280	Wheat
Trimnings		5	0	0	1	0	106	No Known Allergens
Ham and Cheese Croissant	1 sandwich	340	18	10	28	16	1174	
Sliced Ham		38	1	1	0	5	371	No Known Allergens
American Cheese		107	9	6	0	6	427	Milk
Whole Grain Croissant (2g)		190	8	4	26	5	270	Eggs, Milk, Soy, Wheat
Trimnings		5	0	0	1	0	106	No Known Allergens
Ham and Cheese Wrap	1 wrap	240	12	7	17	14	1124	
Sliced Ham		38	1	1	0	5	371	No Known Allergens
American Cheese		107	9	6	0	6	427	Milk
Tortilla (6")		90	2	1	15	3	220	Wheat
Trimnings		5	0	0	1	0	106	No Known Allergens
Desoto Munchable	1 portion	240	13	6	17	14	1,084	
Sliced Ham		43	2	1	1	6	397	No Known Allergens
American Cheese		107	9	6	0	6	427	Milk
Saltine Crackers	2 packs	90	3	0	16	2	260	Soy, Wheat
Turkey and Cheese on a Bun	1 sandwich	267	11	6	29	16	1093	
Sliced Turkey		25	1	0	2	4	270	No Known Allergens
American Cheese		107	9	6	0	6	427	Milk
Whole Grain Bun (2g)		130	2	0	26	6	290	Wheat
Trimnings		5	0	0	1	0	106	No Known Allergens
Turkey and Cheese Slider	1 slider	218	11	6	18	14	963	
Sliced Turkey		25	1	0	2	4	270	No Known Allergens
American Cheese		107	9	6	0	6	427	Milk
Whole Grain Bun (1g)		81	1	0	15	4	160	Soy, Wheat
Trimnings		5	0	0	1	0	106	No Known Allergens

Cold Sandwiches								
	Serving Size	Calories	Fat (g)	Sat Fat (g)	Carbohydrate (g)	Protein (g)	Sodium (mg)	Allergen Information
Turkey and Cheese Hoagie	1 sandwich	297	10	6	38	16	1083	
Sliced Turkey		25	1	0	2	4	270	No Known Allergens
American Cheese		107	9	6	0	6	427	Milk
Whole Grain Hoagie (2g)		160	0	0	35	6	280	Wheat
Trimming		5	0	0	1	0	106	No Known Allergens
Chicken Salad Croissant	1 sandwich	346	16	5	31	21	672	
Chicken Salad		156	8	1	5	16	402	Egg
Whole Grain Croissant (2g)		190	8	4	26	5	270	Eggs, Milk, Soy, Wheat
Chicken Salad in a Bread Bowl	1 bowl	316	12	2	33	21	527	
Chicken Salad		156	8	1	5	16	402	Egg
Whole Grain Bread Bowl (2g)		160	4	1	28	5	125	Eggs, Milk, Soy, Wheat
Tuna Salad Croissant	1 sandwich	357	17	4	30	22	834	
Tuna Salad		167	9	1	4	17	564	Egg, Fish
Whole Grain Croissant (2g)		190	8	4	26	5	270	Eggs, Milk, Soy, Wheat
Tuna Salad in a Bread Bowl	1 bowl	327	13	1	32	22	689	
Tuna Salad		167	9	1	4	17	564	Egg, Fish
Whole Grain Bread Bowl (2g)		160	4	1	28	5	125	Eggs, Milk, Soy, Wheat
Pimento Cheese Croissant	1 sandwich	337	21	10	28	11	715	
Pimento Cheese		147	13	7	2	6	445	Eggs, Milk
Whole Grain Croissant (2g)		190	8	4	26	5	270	Egg, Milk, Soy, Wheat
Pimento Cheese in a Bread Bowl	1 bowl	307	17	7	30	11	570	
Pimento Cheese		147	13	7	2	6	445	Eggs, Milk
Whole Grain Bread Bowl (2g)		160	4	1	28	5	125	Egg, Milk, Soy, Wheat
Other Sandwiches								
	Serving Size	Calories	Fat (g)	Sat Fat (g)	Carbohydrate (g)	Protein (g)	Sodium (mg)	Allergen Information
Grilled Cheese Sandwich (1 oz)	1 sandwich	247	10	6	28	12	657	Milk, Soy, Wheat
Grilled Cheese Sandwich (2 oz)	1 sandwich	357	19	11	29	19	1093	Milk, Soy, Wheat
Beef Sandwiches								
	Serving Size	Calories	Fat (g)	Sat Fat (g)	Carbohydrate (g)	Protein (g)	Sodium (mg)	Allergen Information
Bacon Cheeseburger	1 sandwich	349	16	7	29	25	901	
Beef Patty	2.5 oz.	133	8	3	2	14	191	Soy
American Cheese		54	4	3	0	3	214	Milk
Bacon		27	2	1	0	1	100	No Known Allergens
Whole Grain Bun (2g)		130	2	0	26	6	290	Wheat
Trimming		5	0	0	1	0	106	No Known Allergens
Cheeseburger	1 sandwich	322	14	6	29	23	801	
Beef Patty	2.5 oz.	133	8	3	2	14	191	Soy
American Cheese		54	4	3	0	3	214	Milk
Whole Grain Bun (2g)		130	2	0	26	6	290	Wheat
Trimming		5	0	0	1	0	106	No Known Allergens
Hamburger	1 sandwich	268	10	3	29	20	587	
Beef Patty	2.5 oz.	133	8	3	2	14	191	Soy
Whole Grain Bun (2g)		130	2	0	26	6	290	Wheat
Trimming		5	0	0	1	0	106	No Known Allergens
Sloppy Joe Sandwich	1 sandwich	323	12	4	33	23	554	
Beef Mixture	2oz	193	10	4	7	17	264	Soy
Whole Grain Bun (2g)		130	2	0	26	6	290	Wheat

Beef Sandwiches								
	<i>Serving Size</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Sat Fat (g)</i>	<i>Carbohydrate (g)</i>	<i>Protein (g)</i>	<i>Sodium (mg)</i>	<i>Allergen Information</i>
Sloppy Joe Slider	1 slider	274	11	4	22	21	424	
Beef Mixture	2oz	193	10	4	7	17	264	Soy
Whole Grain Bun (1g)		81	1	0	15	4	160	Soy, Wheat
Sloppy Joe Bread Bowl		353	14	5	35	22	389	
Beef Mixture	2oz	193	10	4	7	17	264	Soy
Whole Grain Bread Bowl (2g)		160	4	1	28	5	125	Egg, Milk, Soy, Wheat
BBQ Meatball Hoagie	5 pieces	366	10	4	51	19	877	
Meatballs		165	10	4	5	13	239	Milk, Soy, Wheat
BBQ Sauce		41	0	0	11	0	358	No Known Allergens
Whole Grain Hoagie (2g)		160	0	0	35	6	280	Wheat
Meatball Marinara Hoagie	5 pieces	349	11	4	45	20	732	
Meatballs		162	10	4	5	13	234	Milk, Soy, Wheat
Marinara Sauce		27	1	0	5	1	218	No Known Allergens
Whole Grain Hoagie (2g)		160	0	0	35	6	280	Wheat
Chicken Sandwiches								
	<i>Serving Size</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Sat Fat (g)</i>	<i>Carbohydrate (g)</i>	<i>Protein (g)</i>	<i>Sodium (mg)</i>	<i>Allergen Information</i>
Grilled Chicken Sandwich	1 sandwich	285	7	2	30	25	826	
Chicken Fillet		150	5	2	3	19	430	No Known Allergens
Whole Grain Bun (2g)		130	2	0	26	6	290	Wheat
Trimming		5	0	0	1	0	106	No Known Allergens
Grilled Chicken BBQ Sandwich	1 sandwich	354	7	2	48	25	1561	
Chicken Fillet		150	5	2	3	19	430	No Known Allergens
Whole Grain Bun (2g)		130	2	0	26	6	290	Wheat
BBQ Sauce		69	0	0	18	0	735	
Trimming		5	0	0	1	0	106	No Known Allergens
BBQ Chicken Sandwich	1 sandwich	595	17	3	75	43	1595	
BBQ Diced Chicken		111	3	1	9	14	499	No Known Allergens
Whole Grain Bun (2g)		130	2	0	26	6	290	Wheat
Breaded Chicken Sandwich	1 sandwich	354	13	2	40	23	806	
Chicken Fillet		219	11	2	13	17	410	Egg, Milk, Wheat
Whole Grain Bun (2g)		130	2	0	26	6	290	Wheat
Trimming		5	0	0	1	0	106	No Known Allergens
Spicy Chicken Sandwich	1 sandwich	335	13	3	39	21	766	
Chicken Fillet		200	11	3	12	15	370	Soy, Wheat
Whole Grain Bun (2g)		130	2	0	26	6	290	Wheat
Trimming		5	0	0	1	0	106	No Known Allergens
Chicken Fajita Philly Sandwich	1 sandwich	348	10	4	36	29	1213	
Fajita Chicken Strips	1/2 cup	134	6	1	1	19	719	Milk, Soy
Whole Grain Hoagie (2g)		160	0	0	35	6	280	Wheat
American Cheese		54	4	3	0	3	214	Milk

<i>Pork & Fish Sandwiches</i>	<i>Serving Size</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Sat Fat (g)</i>	<i>Carbohydrate (g)</i>	<i>Protein (g)</i>	<i>Sodium (mg)</i>	<i>Allergen Information</i>
Fish Sandwich	1 sandwich	310	10	2	40	20	540	
Cod Fillet		180	8	2	14	14	250	Fish, Soy, Wheat
Whole Grain Bun (2g)		130	2	0	26	6	290	Wheat
Fish Melt Sandwich	1 sandwich	364	14	5	40	23	754	
Cod Fillet		180	8	2	14	14	250	Fish, Soy, Wheat
American Cheese		54	4	3	0	3	214	Milk
Whole Grain Bun (2g)		130	2	0	26	6	290	Wheat
Pulled Pork BBQ Sandwich	1 sandwich	259	10	3	26	19	494	
Pulled Pork BBQ		129	8	3	0	13	204	No Known Allergens
Whole Grain Bun (2g)		130	2	0	26	6	290	Wheat
BBQ Rib Sandwich	1 sandwich	338	14	4	39	18	1131	
Rib Patty		208	12	4	13	12	841	Soy
Whole Grain Bun (2g)		130	2	0	26	6	290	Wheat

Soup	Serving Size	Calories	Fat (g)	Sat Fat (g)	Carbohydrate (g)	Protein (g)	Sodium (mg)	Allergen Information
Vegetable Beef Soup with a Mozzarella Stick	1 cup	287	11	4	29	17	774	
Vegetable Beef Soup		137	5	2	12	10	404	No Known Allergens
Mozzarella Stick	1 piece	150	6	2	17	7	370	Milk, Soy, Wheat
Vegetable Beef Soup with a Grilled Cheese	1 cup	384	15	8	41	22	1061	
Vegetable Beef Soup		137	5	2	12	10	404	No Known Allergens
Grilled Cheese Sandwich (1oz)	1 sandwich	247	10	6	28	12	657	Milk, Soy, Wheat
Chicken Noodle Soup with a Mozzarella Stick	1 cup	281	10	3	30	19	832	
Chicken Noodle Soup		131	4	1	13	12	462	Milk, Soy, Wheat
Mozzarella Stick	1 piece	150	6	2	17	7	370	Milk, Soy, Wheat
Chicken Noodle Soup with a Grilled Cheese	1 cup	378	14	7	41	24	1119	
Chicken Noodle Soup		131	4	1	13	12	462	Milk, Soy, Wheat
Grilled Cheese Sandwich (1oz)	1 sandwich	247	10	6	28	12	657	Milk, Soy, Wheat
Taco Soup with Saltine Crackers	1 cup	363	14	4	39	24	714	
Taco Soup		273	11	4	23	22	454	Milk
Saltine Crackers	2 packs	90	3	0	16	2	260	Soy, Wheat
Taco Soup with Baked Scoops	1 cup	383	14	4	42	24	579	
Taco Soup		273	11	4	23	22	454	Milk
Baked Scoops		110	3	0	19	2	125	Corn
Chili with Baked Scoops	1 cup	281	12	3	27	17	400	
Chili with Beans		171	9	3	8	15	275	No Known Allergens
Baked Scoops		110	3	0	19	2	125	Corn
Chili with a Grilled Cheese	1 cup	418	19	9	37	28	932	
Chili with Beans		171	9	3	8	15	275	No Known Allergens
Grilled Cheese Sandwich (1oz)	1 sandwich	247	10	6	28	12	657	Milk, Soy, Wheat
Vegetarian Entrées								
Arroz Con Queso	1/2 cup	344	16	11	30	20	853	Milk
Yogurt & Cereal Plate	1 Package	464	7	3	87	9	536	
Strawberry/ Strawberry Banana Yogurt	4 oz.	80	0	0	16	4	65	Milk
String Cheese	1 Stick	80	5	3	1		190	Milk
Cereal (2 Bread)	1 bowl	220	2	0	48	4	280	*See Breakfast Cereals
Assorted Fruit	1/2 cup	84	0	0	22	1	1	No Known Allergens
Fruit and Yogurt Plate	1 Package	551	19	8	82	16	713	
Assorted Fruit	1/2 cup	84	0	0	22	1	1	No Known Allergens
Strawberry/ Strawberry Banana Yogurt	4 oz.	80	0	0	16	4	65	Milk
Banana Bread Slice	1 slice (2g)	280	10	2	44	5	220	Eggs, Soy, Wheat
American Cheese Slices	2 Slices	107	9	6	0	6	427	Milk
Yogurt and Uncrustable	1 Package	370	16	25	45	16	375	
Strawberry/ Strawberry Banana Yogurt	4 oz.	80	0	0	16	4	65	Milk
Soy Butter & Jelly Sandwich	1 Sandwich	290	16	25	29	12	310	Milk, Soy, Wheat

Vegetables	Serving Size	Calories	Fat (g)	Sat Fat (g)	Carbohydrate (g)	Protein (g)	Sodium (mg)	Allergen Information
Baked Beans	1/2 cup☞	159	1	0	37	7	160	Soy
Baked Spicy Fries☞	1/2 cup☞	147	7	1	21	2	391	Wheat
Baked Sweet Potato	1 medium☞	132	2	0	26	2	72	No Known Allergens
Black Bean & Corn Salsa	1/2 cup☞	165	3	1	28	9	310	Corn, Milk
Black Eyed Peas☞	1/2 cup☞	165	1	0	29	12	196	No Known Allergens
Broccoli, Raw	1/2 cup☞	10	0	0	2	1	10	No Known Allergens
with FF Ranch Dressing (Sauer)	12 g packet☞	10	0	0	3	0	125	Milk
Broccoli Ranch Salad	1/2 cup☞	120	9	2	8	4	402	Eggs, Milk, Soy, Red 40
Broccoli with Cheese Sauce	1/2 cup	47	2	1	5	4	92	Milk
Broccoli, Steamed	1/2 cup	39	2	1	4	3	102	Milk (margarine)
Cabbage, Seasoned	1/2 cup	44	2	1	6	2	57	Milk (margarine), Soy, Wheat
California Vegetables☞	1/2 cup☞	50	2	1	6	2	58	Milk (margarine)
California Vegetables, Herbed	1/2 cup	85	4	2	8	3	140	Milk, Wheat
California Vegetables with Cheese Sauce	1/2 cup	54	2	1	6	4	115	Milk
Baby Carrots & Grape Tomatoes	1/2 cup☞	21	0	0	5	1	24	No Known Allergens
with FF Ranch Dressing (Sauer)	12 g packet☞	10	0	0	3	0	125	Milk
Baby Carrots	1/2 cup☞	30	0	0	7	1	50	No Known Allergens
with FF Ranch Dressing (Sauer)	12 g packet☞	10	0	0	3	0	125	Milk
Carrots, Honey Glazed	1/2 cup	74	2	1	13	1	90	Milk (margarine), Honey
Carrots, Lemon Glazed	1/2 cup	49	2	1	7	1	281	Milk (margarine)
Carrots, Glazed	1/2 cup	56	2	1	9	1	93	Milk (margarine)
Carrots, Italian Sliced	1/2 cup	43	2	0	6	1	116	No Known Allergens
Carrots, Steamed	1/2 cup	47	2	1	7	1	139	Milk (margarine)
Celery Sticks☞	1/2 cup☞	11	0	0	2	0	54	No Known Allergens
with FF Ranch Dressing (Sauer)	12 g packet☞	10	0	0	3	0	125	Milk
Collard Greens☞	1/2 cup☞	58	2	0	6	3	104	Milk, Soy, Wheat
Corn on the Cob	3" piece	47	1	0	9	1	11	Milk (margarine)
Corn on the Cob	5" piece	92	3	1	18	3	29	Milk (margarine)
Creamy Coleslaw☞	1/2 cup☞	72	3	0	11	1	76	Eggs
Cucumber Sticks☞	1/2 cup☞	14	0	0	3	1	1	No Known Allergens
with FF Ranch Dressing (Sauer)	12 g packet☞	10	0	0	3	0	125	Milk
Field Peas☞	1/2 cup☞	121	1	0	21	8	157	No Known Allergens
French Fries, Regular	1/2 cup	131	4	0	22	2	227	No Known Allergens
French Fries, Spicy	1/2 cup	71	6	1	17	2	320	Wheat
Garden Salad☞	1/2 cup	10	12	0	2	1	21	No Known Allergens
*See condiments for dressings								

Vegetables	Serving Size	Calories	Fat (g)	Sat Fat (g)	Carbohydrate (g)	Protein (g)	Sodium (mg)	Allergen Information
Green Beans, Creole	1/2 cup	43	2	1	5	1	112	Milk (margarine)
Green Beans, Seasoned	1/2 cup	47	2	0	5	1	141	No Known Allergens
Green Beans, Southern	1/2 cup	31	0	0	5	2	135	No Known Allergens
Green Peas	1/2 cup	91	2	1	14	5	171	Milk (margarine)
Lima Beans, Seasoned	1/2 cup	137	5	2	18	7	381	Milk (margarine), Soy
Mashed Potatoes ☒	1/2 cup	91	2	1	16	2	83	Milk (margarine)
Served with Brown Gravy	2oz	26	1	1	5	0	430	Corn, Milk, Soy, Wheat
Mashed Potatoes with Cheese	1/2 cup	114	4	2	16	4	157	Milk
Mexicali Corn ☒	1/2 cup☒	143	3	1	30	4	187	Milk (margarine)
Peas and Carrots ☒	1/2 cup☒	69	2	1	10	3	85	Milk (margarine)
Pinto Beans ☒	1/2 cup☒	146	1	0	26	8	254	No Known Allergens
Ranch Baked Fries ☒	1/2 cup☒	132	4	0	22	3	349	Milk
Ranch Style Black Beans ☒	1/2 cup☒	158	1	0	29	10	253	No Known Allergens
Raw Veggies ☒	1/2 cup☒	17	0	0	4	1	21	No Known Allergens
with FF Ranch Dressing (Sauer)	12 g packet☒	10	0	0	3	0	125	Milk
Refried Beans	1/2 cup	142	3	1	21	8	305	Milk
Scalloped Potatoes	1/2 cup	186	5	2	29	6	434	Milk, Wheat
Spinach Salad ☒	1/2 cup	78	3	2	7	7	219	Milk
*See condiments for dressings								
Spinach, Creamed	1/2 cup☒	117	5	2	11	10	285	Milk, Wheat
Spinach, Steamed	1/2 cup	64	3	1	7	6	210	Milk (margarine)
Sweet Potato Cubes	1/2 cup	89	4	0	13	1	104	Wheat *Eggs, Milk, Soy, Pecans
Sweet Potato Waffle Fries	1/2 cup	130	8	1	21	1	140	No Known Allergens
Sweet Potatoes, Mashed	1/2 cup	158	0	0	38	2	78	No Known Allergens
Sweet Potatoes, Southwest	1/2 cup	180	0	0	42	3	96	No Known Allergens
Tater Tots	1/2 cup☒	140	8	1	16	1	260	No Known Allergens
Tex-Mex Style Beans	1/2 cup	126	1	0	23	8	343	No Known Allergens
Tomato & Cucumber Salad	1/2 cup	44	0	0	11	1	75	No Known Allergens
Tomato & Cucumber Italian Salad	1/2 cup	32	0	0	7	1	499	Yellow #5, #6
Tossed Salad	1/2 cup	16	0	0	3	1	25	No Known Allergens
*See condiments for dressings								
V Blend Cherry Star Juice	4.23 oz.	55	0	0	14	0	35	No Known Allergens
V Blend Sunset Sip Juice	4.23 oz.	45	0	0	11	0	15	No Known Allergens
Whole Kernel Corn, canned ☒	1/2 cup☒	101	3	1	20	3	133	Milk (margarine)
Whole Kernel Corn, frozen ☒	1/2 cup☒	89	2	1	17	3	20	Milk (margarine)
Yam Patties ☒	2 patties☒	120	0	0	28	2	160	No Known Allergens

Fruit	Serving Size	Calories	Fat (g)	Sat Fat (g)	Carbohydrate (g)	Protein (g)	Sodium (mg)	Allergen Information
Applesauce ²	1/2 cup ²	57	0	0	15	0	2	No Known Allergens
Apricots ²	1/2 cup ²	80	0	0	21	1	5	No Known Allergens
Banana Berry Blend	1/2 cup	98	0	0	24	1	1	No Known Allergens
Blueberries with Whipped Topping ²	1/2 cup ²	83	2	1	18	1	1	Milk
Blueberries ²	1/2 cup ²	52	0	0	13	1	1	No Known Allergens
Chilled Blushing Pears	1/2 cup ²	71	0	0	19	0	8	Red 40
Chilled Diced Pears ²	1/2 cup ²	77	0	0	21	0	7	No Known Allergens
Chilled Peach Slices ²	1/2 cup ²	65	0	0	18	1	6	No Known Allergens
Fresh Apple ²	1 apple ²	72	0	0	19	0	1	No Known Allergens
Fresh Banana ²	1 medium ²	105	0	0	27	1	1	No Known Allergens
Fresh Cantaloupe Cubes ²	1/2 cup ²	27	0	0	6	1	13	No Known Allergens
Fresh Grapes ²	1/2 cup ²	61	0	0	16	1	2	No Known Allergens
Fresh Honeydew Cubes ²	1/2 cup ²	67	0	0	17	1	33	No Known Allergens
Fresh Kiwi Wedges	2	93	0	0	23	2	5	No Known Allergens
Fresh Melon Cubes ²	1/2 cup ²	60	0	0	15	1	30	No Known Allergens
Fresh Nectarines ²	1	46	0	0	11	1	0	No Known Allergens
Fresh Orange Wedges	1	62	0	0	15	1	0	No Known Allergens
Fresh Plums	2	46	0	0	11	1	0	No Known Allergens
Fresh Strawberries ²	1/2 cup ²	38	0	0	9	1	1	No Known Allergens
Fresh Watermelon Chucks	1/2 cup	45	0	0	11	1	2	No Known Allergens
Frozen Apricot Cup ²	1	110	0	0	25	1	5	No Known Allergens
Frozen Peach Cup ²	1	80	0	0	19	1	0	No Known Allergens
Frozen Strawberry Cup ²	1	90	0	0	22	1	0	No Known Allergens
Fruit Cocktail	1/2 cup ²	60	0	0	15	1	0	No Known Allergens
Fruit Crisp	1/2 cup	273	10	4	46	2	157	Milk (margarine), Wheat
Hot Cinnamon Apples ²	1/2 cup ²	118	4	2	22	0	190	Milk (margarine)
Mandarin Oranges	1/2 cup ²	60	0	0	15	1	0	No Known Allergens
Pears & Cheese	2 halves	96	2	2	18	2	96	Milk
Pineapple Tidbits ²	1/2 cup ²	72	0	0	19	1	1	No Known Allergens
Raisels, Lemon	1.5 oz. box	140	0	0	36	1	5	No Known Allergens
Raisels, Watermelon	1.5 oz. box	140	0	0	36	1	5	No Known Allergens
Rosy Applesauce	1/2 cup	70	0	0	18	0	11	Red 40
Tropical Apples	1/2 cup	152	4	2	30	1	49	Milk, Wheat, Yellow 6
Waldorf Tropical Fruit	1/2 cup	109	0	0	28	1	4	Coconut

Fruit Juices	Serving Size	Calories	Fat (g)	Sat Fat (g)	Carbohydrate (g)	Protein (g)	Sodium (mg)	Allergen Information
Apple Juice	4oz	60	0	0	14	0	0	No Known Allergens
Apple Juice	6oz	90	0	0	22	0	0	No Known Allergens
Fuji Apple Sparkling Juice	8oz	110	0	0	28	0	5	No Known Allergens
Fruit Punch Sparkling Juice	8oz	110	0	0	29	0	5	No Known Allergens
Fruit Blend Juice	6oz	90	0	0	21	0	0	No Known Allergens
Fruit Freeze, Blue Ice	1	95	0	0	23	0	9	Blue 1
Fruit Freeze, Peach	1	95	0	0	23	0	9	Red 40, Yellow 5
Fruit Freeze, Strawberry	1	95	0	0	23	0	9	Red 40, Blue 1
Grape Juice	4oz	80	0	0	19	0	0	No Known Allergens
Grape Juice	6oz	120	0	0	28	0	0	No Known Allergens
Orange Juice	4oz	60	0	0	15	0	0	No Known Allergens
Orange/Pineapple Juice	4oz	60	0	0	14	0	0	No Known Allergens
Strawberry Kiwi Ice Dog Slush	4 oz.	60	0	0	17	0	0	No Known Allergens
Strawberry Kiwi Sparkling Juice	8oz	110	0	0	29	0	5	No Known Allergens
Watermelon Ice Dog Slush	4 oz.	60	0	0	17	0	0	No Known Allergens

Breads/Whole Grains	Serving Size	Calories	Fat (g)	Sat Fat (g)	Carbohydrate (g)	Protein (g)	Sodium (mg)	Allergen Information
Asian Brown Rice	1/2 cup	119	1	0	25	3	324	Corn, Soy, Wheat
Banana Bread Slice	1 slice (2g)	280	10	2	44	5	220	Eggs, Soy, Wheat
Zucchini Bread Slice	1 slice (2g)	270	10	2	43	5	220	Eggs, Soy, Wheat
Pumpkin Bread Slice	1 slice (2g)	270	10	2	43	6	220	Eggs, Soy, Wheat
Brown Rice	1/2 cup	99	1	0	21	2	98	No Known Allergens
Cornbread	1 oz.	103	2	1	18	3	293	Corn, Eggs, Milk, Wheat
Cornbread	2 oz.	205	5	2	36	6	587	Corn, Eggs, Milk, Wheat
Edibowl	1 bowl	160	5	1	28	3	230	Soy, Wheat
Hushpuppies	2 pieces	93	5	1	12	1	180	Egg, Milk, Soy, Wheat
Macaroni & Cheese	1/2 cup	135	4	2	18	5	133	Milk, Wheat
Mozzarella Cheese Stick	1 stick	150	6	2	17	7	370	Milk, Soy, Wheat
Saltine Crackers	2 packs	90	3	0	16	2	260	Soy, Wheat
Sweet Yeast Roll	1 roll	160	3	1	29	4	125	Soy, Wheat
Taco Crispy Shell	1 shell	100	5	2	14	2	0	Corn
Tortilla (6")	1 shell	90	2	1	15	3	220	Wheat
Biscuit, Whole Grain (2g)	1 biscuit	210	9	5	27	5	340	Milk, Wheat
Biscuit, Southern (2g)	1 biscuit	190	8	4	24	4	430	Milk, Wheat
Bread Bowl	1 bowl	160	4	1	28	5	125	Eggs, Milk, Soy, Wheat
Croissant (2g)	1	190	8	4	26	5	270	Eggs, Milk, Soy, Wheat
Hamburger Bun (1g)	1 bun	81	1	0	16	4	160	Soy, Wheat
Hamburger Bun (2g)	1 bun	150	2	0	29	5	280	Wheat
Hoagie Bun	1 bun	140	1	0	29	5	220	Wheat
Hot Dog Bun	1 bun	120	2	0	22	5	210	Wheat
Garlic Texas Toast	1 Slice	90	3	0	15	3	170	Milk, Soy, Wheat

Desserts [Ⓜ]	Serving Size [Ⓜ]	Calories [Ⓜ]	Fat (g) [Ⓜ]	Sat Fat (g)	Carbohydrate (g) [Ⓜ]	Protein (g)	Sodium (mg) [Ⓜ]	Allergen Information
Apple Dump Cobbler	1/2 cup	194	6	3	34	2	115	Milk, Wheat
Assorted Gelatin with Whipped Topping	1/2 cup [Ⓜ]	75 12	0 1	0 1	18 0	1 1	63 0	FD&C Color Milk
Banana Pudding [Ⓜ]	1/2 cup [Ⓜ]	177	2	2	38	2	175	Allergens Not Known
Brownie [Ⓜ]	1	189	5	1	34	2	200	Soy, Wheat
Chocolate Pudding with Whipped Topping	1/2 cup [Ⓜ]	99 12	0 1	0 1	23 0	2 1	159 0	Corn, Milk, Yellow 6 Milk
Cookie, Carnival	1	100	3	1	17	1	80	Egg, Milk, Soy, Wheat
Cookie, Chocolate Chip	1	130	6	3	17	1	95	Eggs, Milk, Soy, Wheat
Cookie, Cranberry Oatmeal	1	150	6	3	24	2	90	Eggs, Milk, Soy, Wheat
Cookie, Oatmeal Raisin	1	120	5	3	17	2	120	Coconut, Eggs, Milk, Soy, Wheat
Cookie, Sugar	1	120	5	3	18	1	105	Eggs, Soy, Wheat
Cookies n' Cream Bar	1	100	2	1	19	1	70	Allergens Not Known
Dream Bar	1	80	1	1	15	1	30	Milk
Fudge Bar	1	100	0	0	22	1	90	Milk
Rice Krispies Treat	1	208	14	6	21	1	220	Allergens Not Known
Sherbet Cup [Ⓜ]	3 oz	90	1	1	21	1	25	Allergens Not Known
Vanilla Pudding with Whipped Topping	1/2 cup [Ⓜ]	111 12	0 1	0 1	25 0	2 1	192 0	Corn, Milk, Yellow 5, 6 Milk
Chocolate Low Fat Ice Cream Cup	3oz	70	1	1	12	1	45	Milk
Strawberry Low Fat Ice Cream Cup	3oz	60	1	1	11	1	45	Milk
Vanilla Low Fat Ice Cream Cup	3oz	70	1	1	12	1	45	Milk

Dairy	Serving Size	Calories	Fat (g)	Sat Fat (g)	Carbohydrate (g)	Protein (g)	Sodium (mg)	Allergen Information
Skim Milk, chocolate☑	8 oz.	130	0	0	23	9	150	Milk
Skim Milk, regular	8 oz.	80	0	0	11	9	120	Milk
Skim Milk, strawberry☑	8 oz.	130	0	0	23	9	120	Milk
Skim Milk, vanilla☑	8 oz.	130	0	0	23	9	125	Milk
Strawberry Yogurt	4 oz.	80	0	0	16	4	65	Milk
Strawberry Banana Yogurt	4 oz.	80	0	0	16	4	65	Milk

Condiments	Serving Size	Calories	Fat (g)	Sat Fat (g)	Carbohydrate (g)	Protein (g)	Sodium (mg)	Allergen Information
Apple Jelly	1 packet	35	0	0	9	0	0	No Known Allergens
BBQ Sauce	1 packet	15	0	0	4	0	85	No Known Allergens
Cheese Sauce	1/4 cup	63	5	3	1	4	237	Milk
Chipotle Light Mayonnaise	1 packet	35	3	0	3	0	150	Eggs, Milk
Fat Free Italian (Ken's)	1.5 oz. packet	20	0	0	5	0	700	Yellow #5, #6
Grape Jelly	1 packet	35	0	0	9	0	0	No Known Allergens
Honey Mustard (Ken's)	1.5 oz. packet	200	23	3	6	0	160	Eggs
Honey Mustard	1 packet	70	6	1	5	0	220	Eggs, Yellow #5
Hot Sauce	1 packet	0	0	0	0	0	65	No Known Allergens
Ketchup	1 packet	10	0	0	3	0	85	No Known Allergens
Light Mayonnaise	1 packet	40	4	1	1	0	90	Eggs
Lite Ranch Dressing (Ken's)	1.5 oz. packet	140	13	2	7	0	380	Eggs, Milk
Fat Free Ranch Dressing	12 g packet	10	0	0	3	0	125	Milk
Marinara Sauce	1 packet	15	0	0	4	0	140	Soy
Mustard	1 packet	2	0	0	0	0	24	No Known Allergens
Sweet & Sour Sauce	1 packet	50	0	0	12	0	75	Soy
Syrup	1 packet	80	0	0	20	0	30	No Known Allergens
Taco Sauce	1 packet	5	0	0	1	0	95	No Known Allergens
Tarter Sauce	1 packet	25	3	0	2	0	115	Eggs
Fat Free Thousand Island (Ken's)	1.5 oz. packet	50	0	0	13	0	360	Milk

Cereals and Breakfast Bars	Serving Size	Calories	Fat (g)	Sat Fat (g)	Carbohydrate (g)	Protein (g)	Sodium (mg)	Allergen Information
Cereal-Cinnamon Toast Crunch (1 Bread)	1 bowl	110	3	1	22	1	160	Soy, Wheat
Cereal-Cinnamon Chex (1 bread)	1 bowl	110	2	0	23	1	170	No Known Allergens
Cereal-Fruit Loops (1 bread)	1 bag	110	1	1	24	2	170	Corn, Wheat, Red 40, Blue 1 & 2, Yellow 6
Cereal- Frosted Flakes (1 Bread)	1 bowl	100	1	0	24	1	190	Corn, Wheat
Cereal-Frosted Mini Spooners (2 Bowl)	1 bowl	190	1	0	45	5	10	Wheat
Cereal-Honey Nut Cheerios (1 Bread)	1 bowl	110	2	0	22	2	160	Almond, Wheat
Cereal-Honey Nut Spooners (2 Bread)	1 bowl	190	2	0	39	5	410	Soy, Wheat
Cereal-Krave S'mores (1 Bread)	1 bag	110	3	1	21	2	95	Milk, Soy, Wheat
Cereal-Marshmallow Matey's (2 Bread)	1 bowl	220	2	0	48	4	280	Wheat, Red 40, Blue 1, Yellow 5 & 6
Cereal-Reese's Puff	1 bowl	120	3	1	21	2	160	Corn, Peanut, Wheat, Red 40, Blue 1 & 2, Yellow 6
Cereal-Rice Chex (1 Bread)	1 bowl	100	1	0	24	2	250	Gluten-free
Cereal-Trix (1 Bread)	1 bowl	110	1	0	24	1	140	Corn, Red 40, Blue 1, Yellow 6
Cereal Bar-Team Cheerios	1 bar	150	4	1	30	2	85	Corn, Soy, Wheat, Red 40
Cereal Bar-Trix	1 bar	150	3	1	30	2	110	Corn, Soy, Wheat, Red 40, Blue 1 & 2, Yellow 6
NutriGrain Bar Strawberry	1 bar	160	4	1	29	2	150	Corn, Milk, Soy, Wheat, Red 40
Frosted Fudge Pop Tart	1 pastry	180	3	1	38	3	190	Soy, Wheat
Strawberry Pop Tart	1 pastry	180	3	1	38	2	180	Soy, Wheat, Red 40, Blue 1
Strawberry Yogurt Chex Mix	1 pkg	120	3	1	23	2	55	Corn, Milk, Soy, Wheat
Nature Valley Chocolate Crisp	3 crisps	150	5	1	25	3	135	Milk, Soy, Wheat
WG Rice Krispies Treat	1 package	160	4	1	30	2	120	Milk, Soy
Cocoa Krispies Granola Bar	1 package	150	5	1	27	2	140	Corn, Milk, Soy

Muffins & Breads	Serving Size	Calories	Fat (g)	Sat Fat (g)	Carbohydrate (g)	Protein (g)	Sodium (mg)	Allergen Information
Banana Muffin	1 muffin	180	6	1	26	3	125	Eggs, Milk, Wheat
Chocolate Chip Mini Loaf	1 mini loaf	180	7	2	29	3	170	Eggs, Milk, Wheat
Blueberry Mini Loaf	1 mini loaf	170	6	1	29	3	180	Eggs, Milk, Wheat
Banana Bread Slice	1 slice (2g)	280	10	2	44	5	220	Eggs, Soy, Wheat
Zucchini Bread Slice	1 slice (2g)	270	10	2	43	5	220	Eggs, Soy, Wheat
Pumpkin Bread Slice	1 slice (2g)	270	10	2	43	6	220	Eggs, Soy, Wheat

Proteins	Serving Size	Calories	Fat (g)	Sat Fat (g)	Carbohydrate (g)	Protein (g)	Sodium (mg)	Allergen Information
Bacon	3 slices	80	7	3	0	4	300	No Known Allergens
Breaded Chicken Patty for Biscuit	1 patty	64	4	0	7	7	203	Milk, Soy, Wheat
Breakfast Burrito	1 wrap	155	7	3	16	210	299	Egg, Milk, Soy, Wheat
Breakfast Bagel	1 bagel	169	5	2	22	8	335	Milk, Soy, Wheat
Breakfast Boat (Egg & Turkey Sausage)	1 boat	200	8	3	25	8	330	Eggs, Milk, Soy, Wheat
Breakfast Pizza (Turkey Sausage)	1 square	220	8	2	27	10	460	Milk, Soy, Wheat
Cheddar Cheese Omelet	1 wrap	135	11	3	2	7	280	Egg, Milk
Egg Patty	1 oz. patty	45	4	1	1	3	97	Egg, Milk
Sausage, Egg and Cheese Slider	1 package	160	5	2	22	8	290	Egg, Milk, Soy, Wheat
Sausage Patty 1.5 oz	1 patty	119	8	3	0	10	386	Allergens Not Known
Sausage Patty 0.8 oz	1 patty	60	5	2	0	6	160	Allergens Not Known

Grains	Serving Size	Calories	Fat (g)	Sat Fat (g)	Carbohydrate (g)	Protein (g)	Sodium (mg)	Allergen Information
Cherry Frudel	1 frudel	210	6	2	37	5	290	Milk, Wheat
Apple Frudel	1 frudel	210	6	2	36	5	280	Milk, Wheat
Kellogg's Eggo Maple Mini Waffles	1 pkg	200	5	2	35	4	220	Eggs, Milk, Soy, Wheat
Eggo Maple Mini Pancakes	1 package	210	6	1	35	4	320	Eggs, Milk, Soy Wheat
Mini Cinnamon Rolls	1 package	240	8	2	40	5	300	Milk, Wheat
Pancake Sausage Stick	1 stick	210	10	3	22	6	310	Egg, Milk, Soy, Wheat
Hash Brown Patty	1 patty	130	8	1	14	1	230	No Known Allergens
Whole Grain Biscuit (2g)	1 biscuit	210	9	5	27	5	340	Milk, Wheat
Southern Biscuit (2g)	1 biscuit	190	8	4	24	4	430	Milk, Wheat
Cinnamon Roll	1	170	6	1	27	4	160	Allergens Not Known
French Toast Sticks	3 sticks	360	11	2	57	9	390	Eggs, Milk, Soy, Wheat * Tree Nuts
Pancakes	2 pancakes	140	2	0	28	3	360	Eggs, Milk, Soy, Wheat

<i>Snacks</i>	<i>Serving Size</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Sat Fat (g)</i>	<i>Carbohydrate (g)</i>	<i>Protein (g)</i>	<i>Sodium (mg)</i>	<i>Allergen Information</i>
Atomic Cheez-It's	1 Bag	100	4	1	14	2	200	Corn, Milk, Soy, Wheat
Cheetos Puffs	1 Bag	100	4	0	13	2	135	Corn, Milk, Red 40, Yellow 5 & 6
Cool Ranch Doritos	1 Bag	130	5	1	19	2	220	Corn, Milk, Red 40, Blue 1, Yellow 5
Fantastix Flamin Hot Cheetos	1 Bag	130	5	1	20	2	200	Corn, Milk, Red 40, Yellow 6
Flaming Hot Cheetos Puffs	1 Bag	90	4	0	14	2	135	Corn, Milk, Red 40, Yellow 5 & 6
Nacho Cheese Doritos	1 Bag	130	5	1	20	2	200	Corn, Milk, Red 40, Yellow 5 & 6
Sun Chips French Onion	1 Bag	140	6	1	18	2	160	Corn, Milk, Wheat
Sun Chips Garden Salsa	1 Bag	140	6	1	18	2	160	Corn, Milk, Wheat
Sun Chips Harvest Cheddar	1 Bag	140	6	1	18	2	210	Corn, Milk, Wheat
Sweet Chili Doritos	1 Bag	130	5	1	20	2	180	Corn, Soy, Wheat
Tostitos Oven Baked Scoops	1 Bag	110	3	0	19	2	125	Corn