

	Cal	Chol	Sodium	Diet Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbs	Total Fat	Sat Fat
Applesauce	86			1.36	0.4	4.54	1	1.93	0.2	22.58	0.2	0.03
Apples Fresh	67			3.06	0.2	7.94	6	6.46	0.22	17.29	0.41	0.07
Apple Juice	60		15							14		
Baked Beans	174	5	645	6.86	0.94	86.8	35	7.37	8.23	35.91	1.59	0.46
Bananas	104		1	2.72	0.35	6.8	9	10.32	1.17	26.57	0.54	0.21
Banana Loaf	200	10	260		0.7				2	30	8	1.5
BBQ on Bun	290	39	592	2.1	3.23	78.56	55	9.69	17.49	35.49	8.66	2.93
Big ch Pretzel	390	25	410	4	5.4	32	150		14	69	7	4
Biscuit&Gravy	554	6	2713	8.32	2.79	80.27	1		1088	79.91	21.4	4.66
2Biscuit/Gravy	740	6	3249	8.98	4.47	105.26	1		14.05	104.64	29.82	5.93
Biscuit&Jelly	262	1	547	0.95	1.74	27.26	1	0.26	3.28	44.81	8.44	1.28
Blueberry Loaf	190	10	260	0.05	0.7				2	29	8	1.5
Bosco Sticks	216	15	355	1	2	210	30		12	26	7	3.5
Brd Chick San	386	45	714	2.81	2.07	58.61	18		16.63	36.42	18.19	4.55
Bread&Butter	103		177		0.72	20	33		2	14	4.67	0.83
Breadsticks	128		232	0.03	1.11	16.53	10	0.06	4.07	23.25	1.73	0.15
Broccoli	32		27	3.4	0.69	57.83	214	45.47	3.52	6.07	0.14	0.02
Brocc&Cheez	76	5	352	2.76	0.56	87.92	179	36.89	3.85	10.92	2.11	0.02
CaliforniaBlend	25		25	2	75.6	200	1500	16.2	1	5		
CarnivalCookie	139	8	66	0.47	0.71	7.94	5		1.39	19.33	6.41	2.2
Carrot Cake	228	34	184	1.04	1.17	81.49	387	2.54	3.48	32.32	9.77	1.56
Carrot&Ranch	92	3	157	1.19	0.57	37.52	6429	10.63	1.51	12.25	4.55	0.7
Cereal	86		164	3.8	2.32	16.44	116		2.61	21.89	0.68	
Cheeseburger	316	30	5.18	1.72	2.84	148.2	47		14.42	31.18	14.08	6.09
Cheez&Lettuce	85	16	208	0.25	0.4	261	209	0.6	7.95	1.55	0.2	0.2
Cheez Omlete	57	85	1.75		0.3	58.4	55	0.03	4.03	1.17	3.97	1.91
Cheez Its	160		250	0.5	0.7	40	100		4	18	8	2
Chick&Noodles	613	188	428	3.58	6.39	55.79	35	0.01	42.66	80.81	12.02	3
Chick Nuggets	260	55	560	1	0.36	20			15	11	17	4.5
Chili	130	37	168	1.09	1.42	15.7	27	3.74	12.04	5.18	6.69	2.58
Choc C-Cookie	90	13	61	0.42	0.63	8.29	6		1.37	15.54	2.68	1.08
Choc Cupcake	200	20	190	0.8	0.7				2	34	6	2.5
CinnamonRoll	246	1	302	1.52	2.01	43.18	3	0.42	4.98	46.76	4.58	0.72
CinnamonToast	211		312	2.92	2.41	45.29	19	0.44	5.6	36.7	5.02	1.07
ColeSlaw	68		1.36	0.82	0.21	16.34	40	11.07	0.5	3.16	5.96	1.19
Corn	91		6	2.72	0.4	4.54	25	3.52	3.12	22.18	0.49	0.07

Corn Chips	160		160	1		2		2	15	10		
Corn Dogs	269	35	927	1	1.08			9.96	29.89	11.96	2.99	
Corn Pole	350	35	1250	2	0.72	100	200	9	7	14	14	6
Danimals	103	5	74		0.3	149	5	1.2	4.6	19.6	0.7	0.5
Donut Ring	275	4	208	0.72	1.23	32.05	5	0.11	4.01	34.82	13.73	3.52
FortuneCookie	20			0.2					0.1	4		
FrenchFries	210		25	2					3	26	11	3
FrenchToast	126	48	292	0.65	1.3	63.13	22	0.18	4.37	18.94	3.6	0.9
FrenchToast2	251	97	584	1.31	2.61	126.26	44	0.35	8.73	37.88	7.2	1.81
FrenchSticks	333		562	16	3.2	140.4	139		12.8	56.4	6	0.8
FriedChicken	328	99	331	0.34	1.55	23.81	32		25.56	1.68	19.67	5.23
FrostedGraham	143		148	1	1.1	20	16		2	21.71	5.78	0.4
Fruit Juice	36		8	1.25	0.23	13.61	87	1902.3	0.45	8.72	0.34	0.08
Goulash	141	26	367	2.33	1.72	24.26	315	4.2	9.16	13.35	5.79	1.98
GramCracker	120		130	1	1.1	20			2	20	4	
Grape Juice	69		3	0.11	0.27	10.21	1	0.11	0.64	19.96	0.09	0.03
Grapes Fresh	43		1	0.64	0.19	8.96	6	2.56	0.4	10.98	0.22	0.07
GreenBeans	20		436	2.03	0.71	20.3	61	2.43	1.01	4.07		
Grilled Cheese	208	13	516	3.86	1.9	127.57	58		8.57	26.04	8.61	3.72
Ham&ChSand	225	38	810	1.02	1.67	53.35	14		13.62	29.22	4.74	1.47
Ham&ChWrap	279	50	952	1.62	2.24	152.47	51		16.64	29.23	10.18	4.33
Ham,Sliced	130	40	1217	0.02	0.74	10.65		1.11	16.49	5.61	4.23	1.38
Hamburger	335	49	329	1	5.22	200	2250		25	27.5	11.8	4.3
Hot Dog	270	23	759	1.15	1.88	64.22			8.86	22.57	15.72	5.51
HotPocketHam	280	40	710		5.58	2000			11	35	10	5
HotPocketPizza	320	25	700	2					12	34	15	
JellyDonut	320	18	254	0.6	1.25	18.58	50		4.21	43.66	15.13	3.74
LasgnaRolls	165	33	558	2.02	1.6	1263.6	1922	5.23	7.72	20.38	6.06	2.34
LasgnaRolls2	279	66	885	2.45	2.91	2514.2	3788	5.23	14.59	33.32	9.89	4.37
LongJohn	313		303	1	1.4	6.25	3	0.05	4.17	35.24	17.05	3.53
MashedBrGra	136	16	495	2.72	0.27	62.94	24	11	2.42	18.46	6.54	3.99
MashedChGra	137	16	500	2.72	0.28	59.82	24	11.28	2.44	18.6	6.56	3.95
Meatloaf	287	109	177	1.39	3.31	39.28	31	4.45	28.76	8.48	14.73	5.62
Milk Variety	119	8	126	0.57	0.33	269.55	134	2.15	7.4	17.26	2.34	1.45
Mixed Fruit	65		7	1.13	0.33	6.8	24	2.15	0.45	16.93	0.08	0.01
Nacho's	340	80	900	1.17	2.07	217.22	44	0.6	19.76	15.32	21.72	2.4
Oatmeal	212		8	5.77	2.59	34.13			9.19	36.07	3.76	0.66

OatmealCookie	176	21	137	1.08	0.94	14.74	36	0.2	2.4	23.7	8.57	3.5
OrangeJuice	180		3	0.91	0.4	36.29	32	156.38	2.71	43.28	0.24	0.03
OrangeHalves	31			1.57	0.07	26.2	14	34.85	0.62	7.7	0.08	0.01
PancakewStick	297	43	353		1.41	56.48	9		6.48	26.64	18.13	
Pancakes 2ea	393	80	448	0.98	2.18	159.97	68	0.19	6.81	59.59	14.76	4.35
Peachescnd	61		6	1.47	0.41	3.4	40	2.72	0.51	16.5	0.03	
Pbj's	457		460	2.03	2.14	150.25	1	0.51	15.35	50.25	21.8	0.41
PB Cookie	140	22	120	0.63	0.58	24.17	38	0.08	3.43	15.49	7.51	3.02
Pears Fresh	61			2.5	0.26	11.44	2	4.16	0.41	15.71	0.42	0.02
Pears Canned	65		6	1.81	0.32	5.67		0.79	0.22	17.2	0.03	
Peas	88		99	6.24	1.78	27.22	76	11.23	5.84	16.17	0.31	0.06
PineappleCnd	59		1	0.91	0.44	15.88	1	8.5	0.41	15.25	0.14	0.01
PizzaCheese	270	10	750	4	4.5	250	100		15	33	9	3
PizzaPeppero	270	15	810	4	5.4	200	100		15	33	9	3
Poptart	410		360		3.6	23	200		10	74	10	
PorkRibSand	302	46	668	1	2.37	69.03		1.51	18.39	27.85	12.14	4.22
Potato Puffs	252		846	3.63	1.77	34.02	2	7.82	3.8	34.56	12.17	5.78
Pretzels	108		486	0.91	1.22	10.21			2.58	22.45	0.99	0.21
Raisins	340		14	4.54	2.36	55.57	1	3.74	3.65	89.73	0.52	0.17
RefriedBeans	107	9	339	6.01	1.88	39.69		6.8	6.23	17.61	1.43	0.54
Rib Dippers	271	61	657	1.64	2.38	49.42		3.19	22.74	4.68	17.7	6.68
RiceKrispieTrt	79		95		0.01	0.01	51		0.32	7.02	5.58	1.27
Roll,Dinner	88		158	2.14	0.69	30.05	15		2.47	14.49	2.58	0.24
RotiniAlfredo	364	3	342	0.2	0.2	119.6			11.8	72.8	2.8	1.3
SalisburySteak	251	76	436	1.03	2.13	37.83	32	1.01	17.4	10.06	15.16	6.01
Salsa	20		244	0.79	1.27	6.8	31	2.27	0.85	3.97	0.11	0.02
SaltineCracker	13		40	0.11	0.15				0.44	2.2	0.33	
SausagePatty	151	55	306		0.65	5.27	9		11.2		11.49	6.32
ScrambledEgg	127	361	1.07		1.22	41.67	162		10.62	1.04	8.52	2.64
SloppyJoes	307	44	602	2.1	3.12	80.96	55	9.69	16.56	35.49	10.87	3.89
SnickerDoodle	137	9	133	0.23	0.52	25.52	3		1.33	18.6	6.55	1.67
Soft Pretzel	114		109	1	2.52	1.41	38	0.01	0.04	17.04	3.78	0.66
SugarCookie	158	27	186	0.44	0.92	39.08	51		2.49	25.72	5.02	1.18
Taco's	214	20	348	2.99	2.06	74.56			10.91	17.6	12.01	0.86
TenderloinSan	387	29	711	2.51	3.94	112.52		0.31	17.78	39.96	17.21	4.44
ToastWheat	140		276	1.85	0.93	20.25	85		2.72	12.92	8.29	0.26
TomatoSoup	42		333	0.85	0.35	6.5	53	12.55	0.8	8.2	0.7	0.15

TossedSalad	20		10	1		16	20	2.4	1	3		
Tri-Tator	247		39	2.27	1.71	17.01		7.14	3.58	31.86	13.04	5.09
TurkeyChSan	268	37	1289	1.02	1.38	131.87	41		19.96	27.67	7.36	3.57
TurkeyChWrap	303	32	1229	2	1.33	126.52	53		18.98	30.85	11.36	4.86
WaffleSticks	370	1	708	1.09	1.85	89.85			5.82	80.62	3.64	1.09
Waffles	225	10	367	0.98	1.94	99.05	155		2.64	47.02	3.49	0.61
waffles 2	439	27	701	1.87	3.69	188.75	327		5.02	92.25	6.63	1.1
WalkingTaco	250	20	410	2	1.4	34			11	16	16	
WhiteCupcake	190	20	230		0.7	60			2	36	4.5	2
WinterBlend	25		15		0.36	20	300	9	2	4		