

	<b>Cal</b>	<b>Chol</b>	<b>Sodium</b>	<b>Diet Fiber</b>	<b>Iron</b>	<b>Calcium</b>	<b>Vitamin A</b>	<b>Vitamin C</b>	<b>Protein</b>	<b>Carbs</b>	<b>Total Fat</b>	<b>Sat Fat</b>
Applesauce	60		30	2	0.4					15		
Apples Fresh	33		0.63	1.5	0.8	3.75	3.13	2.88	0.16	8.63	0.11	0.2
Apple Furdel**	210		280	2	1.1				5	36	6	1.5
AppleJuice4oz	58		4		0.5	8	3.5	1		15		
Apple Juice 10 oz	150		25		0.4			60		36		
Applecherry juice 4oz	58		4		0.5	8	3.5	60		15		
Baked Beans	142		442.9	3.99	1.59	38.9	2.77	0.05	4.78	31.04	0.8	
BBQ Baked Lays**	140		220	2	0.4		100	1.2	2	24	3.5	0.5
Banana Loaf **	180	10	170	2	8%				3	30	8	1.5
BBQ on Bun **	290	39	592	2.1	3.23	78.56	55	9.69	17.49	35.49	6	1
Biscuit & Gravy**	380	35	850	3	1.2	40			9	37	22	7
Bosco Sticks **	140	10	230	1	1.1	250	300		10	17	3.5	1.5
Brd Chick San **	361	20	602.5	6.75	1.8	40			18.62	34.69	13.94	2
Breadsticks **	60		70	1	0.7	20			2	13	0.5	
Break-Pizza **	230	55	450	1	1.4	150	200		10	23	11	6
Break Wrap**	153.8	58.6	207.5	2.4	1.3	109.5	312.7	2.5	7.9	15.9	6.8	3.1
Break saus bites**	190	25	590	1	1.4	40	100		7	19	10	3
Broccoli	25		20	2	0.4	20	500	30	2	4		
Califlowerfresh	25		40	2	0.4	16		60	2	5		
Carrotsfresh	40		90	2			8000			10		
Cherry Frudel**	210		280	2	1.1				5	36	6	1.5
Cheezyellowshrd	110	25	400			150	300		5	2	9	5
Cheetos**	120		200	0.8	0.7	100			2	17	4.5	0.5
Chk Fajita w/salsa**	292	78.33	761.43	3.07	1.8	189.05	94.29	6	17.57	19.62	16.05	7.76
Chk&Noodles w/roll **	361	66.39	426.65	3.78	1.64	3.25	85.05		25.89	34.36	12.29	
Chick Nuggets **	180	20	450	2	1.8	40			13	14	8	1.5
Chicken O's**	300	50	450	2	1.8	20	100		21	15	18	3.5
Chicken Popcorn**	260	25	400	3	1.8	40	100		16	16	15	2.5
Chili	260	55	560	1	0.36	20			15	11	17	4.5
Choc C-Cookie **	130	37	168	1.09	1.42	15.7	27	3.74	12.04	5.18	6.69	2.58
Corn	90	13	61	0.42	0.63	8.29	6		1.37	15.54	2.68	1.08
Corn Dogs **	240	15	670	4	1.8	60		15	11	33	7	1.5
CornDognuggets**	250	35	890		1.4	20	100		12	35	8	1.5
Cucumbers	30		90						1	5	1	
Cup cakes**	140	20	200	6	1.8	100			2	26	3	1
Doritos**	130		200	2	0.4		100		2	20	5	0.5

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Fish Sticks**	260	30	930	1	1.8	20		2.4	15	21	13	2
Fr Toast Sticks **	150	110	280	2	1.4	20	200		7	23	4	1
Gondola 1/3**	383	41	984	5	0.39	0.11	0.35	0.22	19	46	14	6
Goulash w/brdstix **	455	29.51	727.25	7.7	5.33	66.86	112.5	4.5	19.63	65.2	13.67	3.54
Grape Juice 4oz	70		4			5	10			17		
Grape Juice 10 oz	150		30		0.4			60		37		
Grapes Fresh	69		3	0.11	0.27	10.21	1	0.11	0.64	19.96	0.09	0.03
GreenBeans	20		140	2	0.7	20	200	3.6	0.6	4		
Hamburger**	279	39	354.5	4.75	2	38			19.62	21.69	10.94	3.6
Hot Dog on Bun **	364	40.95	904.87	2.13	0.78	32.63	65.13	1.69	12.32	24.82	22.58	8.45
Mac & Cheese**	280	25	670	1	1.1	400	750		17	32	11	5
Mandarin Oranges	70		10		0.7	20	300	21	1	17		
MashedBrGra	115		450.75	1	0.7	20.05		2.41	2.61	22.04	1.5	
MilkWhite1%1/2pint	100	15	120			300	500	1.2	8	11	2.5	1.5
MilkSkimWhit1/2pint	80	5	120			300	500	1.2	8	11		
MilkSkimChoc1/2pint	110	5	180			300	500	1.2	8	20		
Milk Soy 1/2 pint	149		183	0.2	1.2	341	578		8.5	17.7	4.9	0.8
Mixed Fruit	65		7	1	0.3	6.8	232	2.2	0.5	16.9		
Nacho's **	368	35.6	695.8	5.6	3.04	158.2	1320	12.8	16.4	36.2	16.1	3.5
OrangeHalves	80			5		40		72	1	21		
Orange Juice 10 oz	150		25					60		36		
PancakewStick **	220	25	450	1	1.4	40			8	23	11	3
Pancakes **	230	10	270	3	0.7	60			5	40	7	1
Pancake bites**	190	25	590	1	1.4	40	100		7	19	10	3
Peaches cnd	70		10				300	1.2		17		
Pbj's **	290		270	4	2.7	40			10	32	15	2.5
Pears Canned	60		5	2	0.4			1.2		14		
Peas	70		190	4	1.1		400	6	4	12		
P-Hut Cheese**	280	20	530	3	1.9	360	430		21	29	9	3.9
P-Hut Sausage**	320	30	630	3	2.1	300	420		21	28	14	5.3
P-Hut Pepperoni**	290	25	570	3	2	300	410		21	29	11	4.4
Pineapple Cnd	60		10	1	0.4			12		15		
PizzaCheese **	360	5	570	7	2.7	300	100		18	52	9	3
PizzaPepper **	330	20	870	3	1.8	250	300		17	35	14	4.5
PizzaSausage**	330	20	860	3	2.7	300	300		17	35	14	4.5
Pretzels **	80		200	2	0.7				2	15	1.5	

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Propel Berry	0		170					15				
Propel Stbry/kiwi	0		170					15				
RanchDressing	32.5	0.3	271.8	0.1	0.1	4.1	6.9	0.1	0.2	7.9	0.1	0.1
Rib Sandwich**	376	45.7	732.9	4.65	1.3	30	150	1.2	17.23	29.69	18.44	6
SalisburySteak	158	43	303	1	2	45	40	1	14	5	9	3.4
Salsa	10		70		0.4	20	500	6		2		
SaltineCracker **	45		110	1	0.2				1	8	1	
SausagePatty	120	20	90		0.4				4		11	4
SloppyJoe on Bun **	274	44	770.5	4.75	2	33	438	8	18.63	28.69	6.94	2.2
Spicy chicken sand**	401	25	512.5	6.75	2.7	2.7	100		20.63	36.69	15.94	3
Sweet Potat Fry	110		170	3	0.4	20	4500	3.6	1	19	4	0.5
Taco's **	321	60	836	4.5	3.1	232	1519	11	20	23	16.3	8.3
TenderloinSan **	373	28.3	521	4.95	2.2	33.5	131.2		19.43	32.79	15.94	4.1
Tomatoesfresh	35		5	1	0.4	16	1000	24	1	7	0.5	
TomatoSoup	120	10	90	4	1.1	40	400	4.8	3	21	3	1.5
TossedSalad	40		13.33	5.33	1.87	53.33	1333	336	2.67	8		
Tri Tator	90		200	1	0.7	20		9	1	11	4.5	1
Waffles**	210	5	170	3	0.7	20			4	38	6	1
WalkingTaco **	391	60	921	3.5	4.4	252	1444	11	20	24	23.8	8.3
Wedges Potato	150		300	3	0.7			2.4	2	18	7	2

\*\* Denotes whole wheat product