

Recipe or Product Name	Portion Size	Cals	MG Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
<b>HOT ENTREES</b>													
Beefaroni	1 cup	362	77	337	2.35	4.04	31.61	632	9.08	27.4	30.34	14.24	5.42
Cheeseburger on a wheat bun	1 each	441	81	637	1.67	3.92	211.3	136	0	27.9	35.23	20.02	7.53
Cheese ravioli w/marinara sauce	1 cup	161	9	945	4.3	1.37	11.21	865	8.02	5.71	23.77	5.2	1.57
Cheesesteak on a hoagie roll	1 each	521	26	947	2.08	4.89	193.34	524	0.06	28.64	39.1	27.4	12.51
Chicken fajitas	2 each	543	51	927	6.39	5.41	136.39	879	62.19	26.3	60.66	22.47	8.67
Chicken nuggets Gold Kist	5 each	239	70	360	0	2	2	98	1	15	11	15	3.5
Chicken patty (GK)on a wheat bun	1 each	466	34	887	1.67	4.25	127	98	1	19.83	49.4	20.65	3.58
Chicken Tenders GK 6242	1 serving	260	60	690	0	18.18	40	0	0	18	15	14	3.5
Corn dog nuggets	6 each	315	45	795	3	2.16	60	0	0	9	31.5	18	3.75
Eggplant Parmesan	1 serving	379	36	736	6.08	2.56	468.51	678	7.35	17.76	32.7	20.01	7.7
French bread pizza	1 slice	438	45	521	1.89	3.29	400.71	737	0.89	20.93	49.84	17.05	9.47
French toast, homestyle, Sunny	1 slice	98	30	195	0.59	1.01	43.35	45	0.04	3.54	16.62	1.85	0.47
Homemade pizza 1/6 cut	1 slice	527	28	1101	2.61	3.84	402.76	631	9.54	26.42	64.59	17.13	7.13
Hot dog on a bun	1 each	329	30	924	1.34	2.43	76.9	0	0	10.59	27.26	19.3	7.22
Hot ham/cheese on a bagel	1 each	407	41	1346	2.49	7.34	184.27	136	1.13	24.3	58.98	7.89	3.74
Meatball sub	1 sandwich	401	40	1292	2.78	4.94	66.64	213	5.49	21.35	45.8	14.45	5.02
Mini pancakes, 0.6 oz. ea.	5 each	191	15	430	2.04	1.86	60.39	184	0.26	4.53	33.42	4.4	0.69
Mozzarella sticks(5) w/ sauce (1/2 cup)	1 serving	541	30	1486	0	1.44	500	1209	32.37	30.7	36.09	28.7	10
Nachos w/ beef & cheese sauce	1 serving	417	73	1372	3	2.02	125.06	0	0	23.93	36.1	19.84	7.65
Pasta chicken and tomato casse	1 piece	373	58	599	3.45	3.77	87.44	559	8.06	26.87	48.57	7.68	2.83
Pizza Bagel Lunchable Meal	1 each	330	36	918	1.25	3.56	493.86	677	16.75	20.79	34.25	11.29	5.95
RIBQ sandwich on bun	1 sandwich	349	66	860	1.09	2.63	72.3	173	1.16	19.38	34.12	14.23	4.46
Roast turkey with dressing	1 serving	256	31	1332	0.83	2.22	50.61	369	0.08	15.12	19.88	12.57	2.9
Rotini w/ Meat Sauce	1 cup	381	25	664	1.84	13.38	18.75	426	8.58	17.38	53.63	10.57	3.62
Salad Shake 9: Greek Chicken	1 Each	159	51	490	1.41	1.38	171.74	1586	7.22	12.88	4.57	10.11	5.09
Smoked Turkey BLT Club	1 each	315	39	1303	1.89	2.71	20.34	19	0.16	22.23	35.75	8.62	1.74
Stromboli	1 each	221	40	636	0.8	1.79	215.99	43	0	18.33	21.31	6.34	2.72
Sweet & sour breaded popcorn chick	1 Cup	335	49	622	2.26	2.86	41.57	1659	18.74	21.9	31.81	12.83	2.86
Toasted Cheese Sandwich	1 serving	229	30	982	0.6	0.73	427	641	0	16.01	16	11.62	6.67
Tony's Smart Pizza Variations	1 slice	97	5	297	0.67	1	102.33	170	0.19	5.67	10.67	3.67	1.33
Tony's 5" Round Pizza	1 serving	310	15	630	2	2.8	333	556	0.2	17	30	13	4
Turkey sausage patty - Jennie-O	1 patty	49	25	98	0	0.72	96	1680	2.4	4.99	0.13	3.2	0.8
Twin soft tacos with beef and cheese	2 each	419	70	1074	1.86	3.33	305.29	136	0	26.41	35.52	18.27	7.58

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<b>SANDWICHES &amp; COLD ENTREES</b>													
Ham, salami & provolone Hero	1 each	360	40	1086	2.37	3.39	259.32	164	1.13	17.33	44.35	11.83	5.56
Ham and cheese on whole wheat	1 sandwich	254	41	1102	3.81	1.84	143.27	138	0	20.19	24.84	7.93	3.72
Ham sticks	2 oz.	58	26	688	0	0.8	2	0	0	8	0	2	0.4
Turkey and cheese hoagie	1 sandwich	371	51	1449	2.36	3.65	181.79	307	3.45	23.16	40.87	12.37	5.85
Turkey and cheese on whole wheat	1 each	250	38	1051	4.09	2.2	142.7	157	3.23	20.07	25.74	7.25	3.48
Turkey, bologna & cheese hero	1 each	357	42	1324	2.08	2.83	177.25	288	0.22	23.48	38.48	11.93	5.58
Tuna Salad	1/2 Cup	150	17	461	0.34	0.96	13.77	155	0.61	14.91	5.54	7.03	0.96
Uncrustable 2.8 oz PB/J s	1 each	320	0	350	3	2.7	100	0	0	11	32	17	3.5
Uncrustable 4.8 oz PB/J s	1 each	570	0	540	5	2.7	100	0	0	20	52	34	7
WildGreens: Breaded Chicken Caesar	1 Each	285	80	882	2.07	1.76	58.91	2899	12.07	19.04	22.22	13.1	2.4
WildGreens: Crispy Chicken Popper	1 Each	240	29	642	2.2	1.38	264.64	3920	14.89	16.91	14.07	13.22	4.6
WildGreens: Cobb Salad	1 Each	163	89	521	1.62	0.84	133.71	3241	27.46	13.2	3.35	10.37	4.82
WildGreens: Deli Chef Salad	1 Each	211	215	654	1.33	1.19	221.49	3436	13.31	17.35	4.54	13.75	6.46
WildGreens: Garden with Cheese	1 Each	187	38	429	1.33	0.77	458	3287	13.31	14.99	4.73	12.24	7.74

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<b>VEGETABLES</b>													
Baked Beans	1/2 cup	147	0	538	6.15	1.86	59.47	270	4.4	6.27	30.69	1.68	0.37
Black beans, canned	1/2 cup	114	0	204	7.48	1.81	23.22	5	0	7.62	20.39	0.46	0.12
Glazed carrots	1/2 Cup	95	0	279	1.57	0.8	34.47	10959	13.58	0.85	15.06	3.85	0.76
Hash brown patty, 2 oz.	1 each	124	6	360	1.13	0.41	0	0	1.35	1.13	13.5	6.75	3.37
Marinara sauce	1/2 cup	85	0	786	4.63	1	22.5	1201	16	2	12.73	4.19	0.6
Mashed potatoes, Trio, gravy	1/2 cup	60	0	25	1	0.36	0	0	30	1	13	0	0
Mexicali corn	1/2 cup	86	0	280	1.89	0.83	8.65	365	14.35	2.28	16.03	2.68	0.47
Oven fries	1/2 cup	134	0	178	2.14	0.83	5.36	0	6.77	2.12	20.9	5.07	0.84
Peas: frozen,boiled	1/2 cup	62	0	58	4.4	1.22	19.2	1680	7.92	4.12	11.41	0.22	0.04
Potato wedges	1/2 cup	114	0	37	1.77	1.48	11.34	0	16.66	3.49	25.64	0.23	0.06
Sauerkraut:canned	1/4 cup	7	0	235	1.03	0.52	10.65	6	5.22	0.32	1.52	0.05	0.01
Tater tots	1/2 cup	122	0	307	1.6	0.41	8.96	3	4.03	1.31	17.76	5.52	1.16
Seasoned broccoli, frozen	1/2 cup	40	0	19	2.35	0.64	43.87	803	44	2.2	3.76	2.41	0.4
Seasoned carrots, frozen	1/2 cup	45	0	41	2.32	0.38	24.71	11652	1.62	0.41	5.44	2.66	0.45
Seasoned corn, frozen	1/2 cup	92	0	2	1.99	0.36	3.49	179	5.29	2.5	17.2	2.82	0.39
Seasoned green beans, frozen	1/2 cup	38	0	1	1.96	0.44	27.4	361	2.67	0.97	4.21	2.29	0.39
Tossed Salad	1/2 cup	5	0	5	0.42	0.12	5.76	1728	3.02	0.2	1.01	0.05	0.01

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<b>FRUITS</b>													
Apple	1 each	72	0	1	3.31	0.17	8.28	75	6.35	0.36	19.06	0.23	0.03
Apple cobbler	1 serving	298	0	97	11.97	1.26	12.6	53	0.21	2.48	47.46	12.05	2.96
Applesauce	1/2 cup	97	0	4	1.53	0.45	5.1	14	2.17	0.23	25.39	0.23	0.04
Fruit cocktail	1/2 cup	69	0	7	1.21	0.35	7.26	248	2.3	0.48	18.07	0.08	0.01
Juice, assorted	4 oz.	56	0	3	0.15	0.36	9.14	37	14.01	0.28	13.81	0.12	0.02
Mandarin oranges	1/2 cup	36	0	5	1.13	0.26	11.34	1240	32.04	0.71	8.89	0.04	0
Orange	1 each	62	0	0	3.14	0.13	52.4	295	69.69	1.23	15.39	0.16	0.03
Peaches: canned,light syrup	1/2 cup	68	0	6	1.63	0.45	3.77	444	3.01	0.56	18.26	0.04	0
Pears, fresh	1 EACH	96	0	2	5.15	0.28	14.94	38	6.97	0.63	25.66	0.2	0.02
Pineapple chunks, juice pack	1/2 cup	75	0	1	1	0.35	17.43	47	11.83	0.52	19.55	0.1	0.01

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<b>BREAD/GRAINS</b>													
Biscuit, 1.2 oz.	1 each	124	0	358	0.44	1.12	16.67	1	0	2.11	16.5	5.61	0.85
Breadstick	2.5 oz.	189	0	483	1.7	2.65	107.02	0	0	5.41	35.87	2.33	0.51
Dinner roll, 1 oz.	1 each	77	0	96	1.08	1.01	49.9	0	0	2.44	13.04	1.79	0.43
Funnel Cake, J&J, 2.5 oz.	1 each	309	34	263	1.14	1.65	68.59	0	0	4.57	35.44	16	3.43
Funnel Cake, J&J, 4 oz.	1 each	494	55	421	1.83	2.63	109.74	0	0	7.31	56.7	25.61	5.49
Garlic bread	1 Piece	127	0	251	0.83	1.18	15.97	161	0.19	3.91	18.59	4.22	0.76
Pasta, plain	1 cup	221	0	1	2.52	1.79	9.8	0	0	8.12	43.2	1.3	0.25
Pretzel, soft, 1 oz.	1 each	80	0	65	1	1.44	0	0	0	3	17	0	0
Rice, cooked	1/2 cup	126	0	96	0.29	1.46	4.03	0	0	2.32	27.81	0.2	0.05
Vegetable pasta salad	1/2 CUP	119	0	107	2.55	1.12	24.49	1374	14.52	4.53	21.93	1.65	0.29

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<b>CONDIMENTS</b>													
Cheese sauce, Gehl's	1/4 cup	90	0	600	0	0	60	2250	0	1	7	6	1
Honey mustard	1 oz.	81	0	0	0	0	0	0	0	0	20.25	0	0
Italian dressing, lite	1 tbsp.	11	1	205	0	0.1	1.35	2	0	0.07	0.69	0.96	0.07
Ketchup: 7 gm p.c.	1 ach	7	0	78	0.02	0.04	1.26	65	1.06	0.12	1.76	0.02	0
Mustard, 9 gm pc	1 each	7	0	113	0.09	0.18	7.56	0	0	0.42	0.58	0.4	0.02
Ranch Dressing (ind)	pouch	50	0	50	0	0	0	0	0	0	1	5	1
Syrup	1 oz.	66	0	23	0.2	0.01	0.85	0	0	0	17.43	0	0