



Manatee County Nutrient Database updated 4.25.12

Item	Cals	Pro (g)	Tot fat (g)	Sat fat (g)	Trans fat (g)	Sodium	Fiber	Chol	Vit A	Vit C	Calcium (mg)	Iron (mg)	Carbohydrate
Beverages													
Bottled water 16oz	0	0	0	0	0	0	0	0	0%	0%	0%	0%	0
Bottled water 8oz	0	0	0	0	0	0	0	0	0%	0%	0%	0%	0
Gatorade, all flavors 12oz	80	0	0	0	0	160	0	0	0%	0%	0%	0%	21
Juice, Apple (100%), 4oz	60	0	0	0	0	0	0	0	0%	2%	1%	1%	15
Juice, Apple (100%), 6oz-Snack	90	0	0	0	0	0	0	0	0%	2%	2%	3%	22.5
Juice, Apple Cherry (100%) 4oz	60	0	0	0	0	0	0	0	0%	2%	1%	1%	15
Juice, Blue Raspberry (100%) 4oz	60	0	0	0	0	15	0	0	6%	100%	10%	0%	14
Juice, Grape (100%), 4oz	80	1	0	0	0	15	0	0	0%	0%	0%	0%	18
Juice, Orange (100%), 4oz	50	1	0	0	0	15	0	0	0%	70%	0%	0%	13
Juice, Sour Apple (100%) 4oz	60	0	0	0	0	15	0	0	6%	100%	10%	0%	14
V8 Fusion, Strawberry Banana 8oz	120	1	0	0	0	70	0	0	70%	100%	2%	2%	28
V8 Fusion, Pomegranate Blueberry 8oz	100	0	0	0	0	60	0	0	15%	100%	2%	2%	25
Milk/milk Products													
Chug, 2% 16oz	240	16	10	6	0	240	0	40	20%	8%	60%	0%	22
Chug, Chocolate 1% 16oz	300	16	5	3	0	400	0	20	16%	0%	60%	4%	50
Milk, 1% 8oz	100	8	2.5	1.5	0	125	0	10	10%	4%	30%	0%	11
Milk, Chocolate Skim 8oz	130	8	0	0	0	240	0	5	10%	2%	25%	0%	23
Milk, Skim 8oz	80	8	0	0	0	120	0	5	10%	4%	30%	0%	12
Vegetables													
Beans, Black, 1/2 cup	90	6	0	0	0	360	5	0	0%	0%	15%	40%	16
Beans, Baked w/Pork, 1/2 cup	140	7	1	0.5	0	460	6	0	6%	4%	8%	10%	25
Beans, Green 1/2 cup	35	2	0	0	0	380	3	0	10%	4%	4%	10%	7
Beans, Refried 1/2cup	120	7	2	1	0	310	6	0	0%	2%	0%	15%	18
Beans, Vegetarian Baked, 1/2 cup	130	7	0	0	0	480	7	0	4%	0%	8%	15%	26
Broccoli, Cooked, 1/2 cup	26	3	0	0	0	10	2.8	0	19%	62%	30	0.6	5
Broccoli, Cheese, 1/2 cup	76	5.4	3.6	2.3	0	210	2.7	10	21%	62%	12%	0.7	6
Broccoli, Raw, 1/2 cup	15	1	0	0	0	15	1	0	1%	65%	21	0.3	3
Carrots, 1/2 cup w dip	31	0	0	0	0	172	1.7	0	27%	3%	19	0.5	7
Carrots, Baby Raw, 1/2 cup	21	0.3	0	0	0	47	1.7	0	27%	3%	19	0.5	5
Carrots, Cooked, 1/2 cup	27	0.4	0	0	0	43	2.4	0	41%	3%	26	0.4	6
Celery & Carrots, 1/2 cup with dip	28	0.2	0	0	0	165	1.7	0	21%	3%	23	0.3	7
Celery, 1/2 cup w dip	18	0	0	0	0	165	0	0	1%	3%	20	0.1	3.5
Celery, Raw, 1/2 cup	8	0	0	0	0	40	1	0	1%	3%	20	0.1	1.5
Coleslaw, 1/2 cup	206	0.7	18	2	0	714	1.4	24	1%	35%	23	0.3	15
Corn, 1/2 cup or on Cob	60	2	0.5	0	0	2	1.4	0	0%	7%	3	0.3	14

Item	Cals	Pro (g)	Tot fat (g)	Sat fat (g)	Trans fat (g)	Sodium	Fiber	Chol	Vit A	Vit C	Calcium (mg)	Iron (mg)	Carbohydrate
Cucumber & Celery, 1/2 w dip	18	0	0	0	0	145	0.6	0	0%	3%	14	0.1	3.5
Cucumber Slices, 1/2 cup	8	0.3	0	0	0	1	0.3	0	0%	3%	8	0.15	2
Garden Salad	8	0.5	0	0	0	6	0.5	0	30%	10%	10.3	0.2	2
Lettuce and Tomato Cup	10	0.5	0	0	0	3.7	0.7	0	9%	10%	7	0.2	2
Lettuce, Tomato, & Cheese Cup	38	2	2.4	1.5	0	51	0.7	7.5	10%	10%	57	0.3	2
Lettuce, Tomato, & Pickle Cup	15	0.5	0	0	0	394	0.7	0	9%	10%	7	0	3
Mashed Potatoes, 1/2 Cup	80	2	1	0	0	310	1	0	0%	50%	2%	2%	17
Mashed Potatoes, Red 1/2 Cup	72	2	0.1	0.02	0	5.7	2	0	0%	0%	1%	5%	16
Mixed Vegetable, Broc & Cauliflower, 1/2 cup	25	1	0	0	0	25	2	0	0%	45%	2%	0%	4
Mixed Vegetable, Capri, 1/2 cup	17	0.7	0	0	0	16.7	0.7	0	24%	0%	11.8	0.1	3
Mixed Vegetable, Caribbean, 1/2 cup	45	1	0	0	0	15	1	0	4%	14%	8.6	0.4	3
Mixed Vegetable, Oriental, 1/2 cup	33	1.3	0	0	0	20	3	0	6%	20%	2%	0%	5
Mixed, Vegetable, Winter Mix, 1/2 cup	27	2	0	0	0	26.8	2	0	7%	57%	18.3	0.3	4.3
Peas & Carrots, 1/2 cup	38	2.5	0	0	0	54	2.5	0	25%	11%	18	0.75	8
Peas, 1/2 cup	62	4	0	0	0	58	4.4	8	6%	13%	19	1.2	11
Potato Salad, Red Skin Low Fat, 1/2 cup	150	3	3.5	0.5	0	600	1	15	15%	40%	2%	6%	21
Potato, Crinkle Cut, 1/2 cup	110	1	4	0.5	0	125	1	0	0%	4%	0%	2%	17
Potato, Curly, 1/2 cup	110	1	5	0.5	0	300	1	0	0%	6%	0%	2%	15
Potato, Fresh Baked (1)	161	4	0	0	0	17	4	0	0%	28%	26	2	37
Potato, Hashbrown Oval (2)	260	2	15	1	0	500	3	0	0%	10%	3%	3%	31
Potato, Smiles 1/2 cup	130	2	4.5	0.5	0	180	2	0	0%	4%	0%	2%	20
Potato, Sweet Poatoe Fries 1/2 cup	160	2	7	1	0	180	4	0	130%	8%	4%	4%	24
Potato, Sweet Potato Coins 1/2 cup (10 coins)	110	1	4	0.5	0	95	3	0	70%	4%	2%	2%	18
Potatoes, Red Small, 1/2 cup	126	3.3	0.2	0	0	17	2.6	0	0%	30%	13	1	28
Romaine Mini Salad, 1/2 cup	10	0.6	0	0	0	3.5	1	0	54%	16%	13	0.4	2
Southwest Bean Salsa, 1/2 cup	34	1	0.2	0	0	211	1.8	0	3%	2%	2	0.2	7
Spinach Mini Salad, 1/2 cup	12	1	0	0	0	16	1	0	62%	18%	26	0.7	2
Fruit													
Apple, Fresh	95	0.5	0	0	0	2	4.4	0	0%	13%	11	2	25
Apple Crisp, 1/2 Cup	250	2	10	4.4	0	96.5	1.6	0	11%	0%	4%	14%	38
Applesauce, 1/2 cup	52	0.2	0	0	0	2	1.5	0	33%	3%	4	0.1	14
Apricots, Canned, 1/2 cup	80	0.7	0	0	0	5	2	0	33%	6%	14	0.5	21
Banana, Whole	105	1.3	0	0	0	1	3.1	0	2%	17%	6	0.3	27
Cantaloupe, Fresh, 1/2 cup	27	0.7	0	0	0	13	0.7	0	135RAE	48%	7	0.2	7
Fresh Fruit Cup, Grapes/Honeydew (1/2 cup)	31	0.4	0	0	0	8	0.5	0	1%	14%	6	0.1	8
Fresh Fruit Cup, Grapes/Oranges (1/2 cup)	46	0.8	0	0	0	0.5	1.8	0	3%	60%	29.5	0.13	12
Fruit Slushie, 4.4 oz	80	0	0	0	0	45	0	0	20%	100%	8%	2%	20
Fruit Smoothie 4 oz	80	0	0	0	0	5	3	0	10%	100%	8%	2%	18
Grapes, Fresh, 1/2 cup	30	0.3	0	0	0	1	0.4	0	1%	3%	6	0.13	8
Honeydew, Fresh, 1/2 cup	31	0.5	0	0	0	15	0.7	0	1%	25%	5	0.14	8
Kiwi, Fresh, 1/2 cup	55	1	0	0	0	3	2.7	0	2%	138%	31	0.3	13

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Mixed Fruit, Canned, Light Syrup 1/2 cup	80	0	0	0	0	5	1	0	4%	2%	0%	0%	18
Nectarine, Fresh	62	1.5	0	0	0	0	2.4	0	9%	13%	9	0.4	15
Orange, Fresh	62	1	0	0	0	0	3	0	6%	117%	52	0.13	15
Oranges, Mandarin, 1/2 cup	55	0.5	0	0	0	5.5	0.6	0	15%	30%	6.4	0.3	15
Peach Crisp, 1/2 Cup	255	2	10	4.4	0	90	2	0	17%	3%	3%	15%	41
Peaches, Canned, Light Syrup, 1/2 cup	68	0.5	0	0	0	6	1.6	0	9%	5%	4	0.5	18
Pear, Fresh	103	0.7	0	0	0	2	5.5	0	1%	13%	16	0.3	28
Pears, Canned, 1/2 cup	62	0.4	0	0	0	5	2	0	0%	3%	11	0.4	16
Pineapple & Oranges, 1/2 cup	67	0.5	0	0	0	3.4	0.8	0	8%	26%	12.3	0.7	18
Pineapple Tidbits, Canned, 1/2 cup	60	0	0	0	0	10	1	0	0%	0%	0%	0%	15
Plum, Fresh	30	0.5	0	0	0	0	1	0	5%	11%	4	0.1	8
Rosy Applesauce, 1/2 cup	55	0.3	0	0	0	6.3	1.5	0	1%	3%	4	0.1	15
Strawberries & Bananas, 1/2 cup	111	1	0	0	0	2.6	2.6	0	1%	57%	10.3	0.5	30
Strawberries, Bananas, and Pineapple, 1/2 cup	112	1	0	0	0	2.4	2	0	1%	49%	15	0.8	30
Strawberries, Fresh 1/2 cup	23	0.5	0	0	0	1	1.4	0	0%	70%	12	0.3	6
Strawberries, Frozen, 1/2 cup	160	1	0	0	0	0	2	0	0%	35%	2%	2%	38
Tangerine, Whole (1)	62	1.2	0	0	0	0	3.2	0	6%	117%	53	0.1	16
Watermelon, Fresh, 1 Wedge	23	0.5	0	0	0	0.8	0.3	0	9%	10%	5.3	0.2	6
Lunch Grain/Bread Items													
Biscuit	220	4	8	5	0	580	0	0	0%	0%	4%	0%	22
Bread, Rye, 2 Slices	240	10	3	0	0	700	4	0	0%	0%	12%	20%	46
Bread, Wheat, 2 Slices	130	5	1	0	0	250	2	0	0%	0%	4%	8%	25
Bread, White, 2 slices	130	5	1	0	0	250	2	0	0%	0%	4%	8%	25
Breadstick	160	6	1	0	0	340	1	0	0%	0%	0	10%	31
Bun, Hamburger	170	6	2.5	0.5	0	320	1	0	0%	0%	8%	10%	31
Bun, Hot Dog	130	4	2	0	0	250	1	0	0%	0%	6%	8%	24
Churro, Apple	150	2	4	1	0	130	0	0	0%	0%	0%	4%	27
Cornbread, 1 slice	130	3	2.5	0.5	0	440	1	5	0%	0%	2%	4%	25
Hoagie Roll	180	7	1.5	0	0	350	2	0	0%	0%	4%	10%	36
Hoagie Roll Wheat	120	5	2	0	0	230	1	0	0%	0%	6%	8%	22
Loco Bread, 1 Piece	140	5	2.5	0.5	0	260	3	0	0%	0%	6%	8%	25
Noodles, Chow Mein (1/2 cup)	130	3	5	1.5	1.5	230	1	0	0%	0%	0%	6%	19
Pretzel, Soft Baked, w/Salt	180	6	1	0	0	940	1	0	0%	0%	0%	10%	38
Rice, Black Bean (1/2 cup)	105	3.5	1.3	0.5	0	185	2.5	2.5	1%	2%	3%	5%	19.5
Rice, Brown, 1/2 cup	85	2	0.75	0	0	0	1	0	0%	0%	0%	1%	18
Rice, Dirty, 1/2 cup	105	2.5	0.5	0	0	345	0.5	0	2%	3%	2%	5%	23
Rice, Mexican Fiesta, 1/2 cup	95	2.7	0.4	0.2	0	322	0.7	0	8%	15%	1%	10%	22
Rice, Oriental, 1/2 cup	101	2.5	0.4	0.2	0	281.5	0.7	0	8%	2%	1%	10%	22
Rice, Spanish	95	2.5	0.3	0	0	280	0.5	0	8%	5%	1%	5%	22
Rice, White, 1/2 cup	85	2	0	0	0	0	0	0	0%	0%	0%	4%	19
Rice, Wild, 1/2 cup	95	2	0	0	0	400	1	0	1%	1%	0%	4%	21

Item	Cals	Pro (g)	Tot fat (g)	Sat fat (g)	Trans fat (g)	Sodium	Fiber	Chol	Vit A	Vit C	Calcium (mg)	Iron (mg)	Carbohydrate
Roll	75	2	1.3	0.3	0	145	0.5	0	0%	0%	0%	4%	14
Roll, Wheat	140	4	2	0	0	240	2	0	0%	0%	4%	8%	26
Stuffing, 1/2 cup	80	3	1	0	0	460	1	0	0%	2%	2%	8%	15
Sub Roll, WG (1/2 Roll)	260	10	4.5	1	0	380	6	0	0%	0%	0%	8%	46
Taco Shells, Hard (2)	100	1.3	4	1.3	0	0	1.3	0	0%	0%	1.3	0%	14
Tortilla, Plain 6in	70	3	0.5	0	0	140	2	0	0%	0%	4%	0%	14
Tortilla, Spinach & Herb 12in	290	9	3.5	1.5	0	610	3	0	0%	0%	13%	22%	57
Tortilla, Tomato & Herb 12in	290	9	3	1	0	570	3	0	3%	0%	11%	11%	57
Tortilla, Wheat 12in	300	12	3.5	1	0	440	3	0	0%	0%	10%	0%	56
Chicken-Lunch													
Chicken Alfredo Tortellini	359	23	12	7	0	498	2	72	8%	0%	254	2	34
Chicken, Grilled Parmesan	328	30	13	5	0	1056	0	84	20%	12%	247	1%	15
Chicken, BBQ Breast	150	21	2.6	0.6	0	536	0	64	3%	2%	0	4%	8
Chicken, BBQ Flatbread	290	17	9	3	0	490	2	15	4%	0%	20%	10%	33
Chicken, Breaded Buffalo on bun	368	21	13.5	2.5	0	1321	2	47	7%	2%	11%	24%	44
Chicken, Breaded Patty	193	15	11	2	0	541	1	47	3%	2%	38	2	13
Chicken, Breaded Patty on bun	363	21	13.5	2.5	0	861	2	47	15%	2%	138	3.8	44
Chicken, Egg Roll WG (2)	320	20	10	2	0	740	6	70	20%	16%	8%	20%	38
Chicken, Grilled Boneless Breast	120	22	3	0	0	530	0	55	0%	0%	0%	4%	0
Chicken, Grilled Patty	134	14	8	2.5	0	310	0	70	3%	2%	17	3.5	2
Chicken, Grilled Patty BBQ on bun	339	20	10.5	3	0	1050	1	70	11%	2%	10%	35%	41
Chicken, Grilled Patty on bun	304	20	10.5	3	0	630	1	70	3%	2%	10%	35%	33
Chicken, Louisiana New Orleans (2.85oz)	140	13	2.5	0.5	0	450	0	50	0%	0%	0%	8%	15
Chicken, Mini Tacos (3)	260	15	11	4	0	460	5	90	20%	4%	20%	10%	25
Chicken, Nuggets, 5 pc	182	14	9	2	0	613	1	46	3%	2%	40	2	13
Chicken, Patty Red Label	240	18	13	2	0	620	0	45	0%	0%	2%	4%	14
Chicken, Patty Red Label on Bun	410	24	15.5	2.5	0	940	1	45	0%	0%	10%	14%	44
Chicken, Popcorn, 14 pc	211	15	13	2	0	621	1	47	3%	2%	24	2	12
Chicken, Popcorn Bowl	378	21	18.5	5	0	1106	3	59	7%	56%	13%	20%	38
Chicken, Quesadilla	310	18	12	4.5	0	520	5	40	6%	0%	25%	15%	34
Chicken, Roasted	160	14	11	3	0	460	0	55	2%	2%	0%	4%	0
Chicken, Spicy Patty	189	14	11	2	0	297	1	46	4%	2%	28	1	12
Chicken, Spicy Patty on bun	359	20	13.5	2.5	0	617	2	46	4%	2%	108	2.8	43
Chicken, Tangerine (3.96oz)	200	13	4	0.5	0	360	0	45	0%	0%	0%	2%	27
Chicken, Tenders Spicy (3)	232	18	13	2	0	659	1	57	5%	2%	33	2	16
Chicken, Tenders, 3 pc	238	18	14	3	0	748	1	57	4%	2%	47	2	16
Chicken Wing, Chili Lime (4)	293	29	18.7	5.3	0	1000	0	180	0%	0%	13%	8%	3
Chicken Wing, Hot (4)	320	30	22	5	0	820	0	80	0%	0%	0%	0%	2
Chicken, Wing Zings, 6 pc	285	25.5	12	2.25	0	1200	1.5	60	6%	0%	3%	6%	19.5
Beef-Lunch													
Beef Ravioli (1 cup or 8 pies)	250	16	8	3.5	0	690	5	30	4%	0%	2%	15%	30

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Beef, Breaded Patty	307	17	20	6	0	351	1	42	1%	0%	23	3	15.4
Beef, Breaded Patty on bun	477	23	22.5	6.5	0	671	2	42	1%	0%	10%	31%	46.4
Beef, Breaded Patty w gravy	342	17	20	6	0	725	1	42	1%	0%	25	3	19
Burrito, Beef and Bean	340	16	7.7	2.4	0	496.3	5.6	18.7	8%	3%	52	4.5	51
Cheeseburger on bun	345	21.5	14.5	6	0.5	820	1	50	3%	0%	20%	18%	34
Chili, 1/2 cup	151	14	6.3	2.6	0	363	3	20.5	11%	12%	41.6	2.5	10
Hamburger Gravy (1/2 cup)	132	12	7	3	0	734	1	22	0%	2%	24	1.6	5
Hamburger on bun	310	18	12.5	0.9	0.5	610	1	40	0%	0%	10%	18%	33
Hot Dog, Beef	160	6	15	7	1	480	0	35	0%	8%	0%	4%	0
Hot Dog, Beef on bun	290	10	17	7	1	730	0	35	0%	8%	6%	12%	24
Nacho Scoops with Meat	240	15.5	10	3	0	745.7	3.4	24	2%	3%	5%	16%	22
Cheddar Cheese Cup for Nachos	130	8	9	6	0	780	0	30	8%	0%	30%	1%	4
Meatballs (5)	190	14	14	6	0	220	1	35	2%	2%	4%	8%	4
Meatball Sub	570	30	26	10.5	0	1480	4	55	21%	12%	32%	22%	55
Pasta, Rotini (1/2 cup)	79	2.6	0.4	0	0	0	0.8	0	0%	0%	0%	3.80%	16
Meat Sauce	163	13	7	2.5	0	731.5	3	20	12%	19%	56	2.6	12
Sliders (2)	300	14	14	6	0	420	2	30	0%	4%	8%	16%	28
Sliders w/Cheese (2)	350	16.5	18.5	8.5	0	645	2	40	6%	4%	16%	16%	29
Smokie Grill on bun-HS ONLY	412	21.5	22	8.6	0	608.4	1	58.4	0%	0%	9%	20%	31
Smokie Grill on bun w/cheese-HS ONLY	447	25	24	10	0	818.4	1	68.4	3%	0%	9%	20%	32
Taco Salad w/o Chips	155	12	7.7	3.6	0	1540	2.3	24	19%	13%	114	2	2.3
Tacos, 2 Hard Shells w/Meat & Cheese	340	22	20.4	10.6	0	826	2.7	54	8%	3%	23%	16%	17
Tacos, 2 Soft Shells w/Meat & Cheese	380	26.5	17.4	9	0	1106	5.4	54	8%	3%	23%	16%	31
Pork-Lunch													
Pork, BBQ (4oz)	268	21.4	13.2	4.3	0	1077	1.3	68.2	8%	1%	48	1.3	18.3
Polish Sausage	300	9	25	9	0	870	0	50	2%	0%	2%	4%	8
Polish Sausage on bun	430	13	27	9	0	1120	1	50	2%	0%	8%	12%	32
Pork Riblet Patty, McManatee	245	11.6	17.5	6	0	620.4	0.9	45.7	3%	2%	30.6	1.28	10
Pork Riblet Patty, McManatee on bun	415	17.6	20	8.5	0.5	620.4	2	46.7	3%	2%	11%	19%	41
Pork, BBQ on Bun	438	27.4	15.8	4.8	0	1397	2.3	68.2	8%	1%	12%	19%	49.3
Pork, Egg Roll 2.0oz (2)	250	9	12	4	0	780	3	15	10%	8%	6%	15%	27
Pork, Egg Roll 4.4oz (1)	300	15	15	5	0	670	3	100	10%	8%	6%	20%	27
Vegetarian/Non meat -Lunch													
Bosco Stick, Cheese, 7in (2)	420	24	16	8	0	300	4	30	4%	0%	40%	16%	56
Bosco Sticks, Cheese WG, 4in (3)	330	18	9	3	0	450	4.5	7.5	6%	0%	30%	15%	45
Marinara sauce, 2oz	55	1	2.3	0.3	0	350	0	0	8%	5%	2%	2%	7
Buffalo Crunchers (4)	400	19	19	8	0	640	5	0	0%	0%	0%	0%	43
Burrito, Bean Extreme	355	16	8	4	0	587	6	18	7%	3%	172	4	54
Cheese Sandwich, on deli bread	270	19	9	6	0	1090	2	40	12%	0%	44%	8%	29
Chili and Cheese Quesadilla WG	270	17	8	3.5	0	510	7	25	10%	0%	20%	15%	36
Egg Roll, Vegetarian (4)	180	3	8	2	0	600	2	5	20%	13%	2%	8%	26

Item	Cals	Pro (g)	Tot fat (g)	Sat fat (g)	Trans fat (g)	Sodium	Fiber	Chol	Vit A	Vit C	Calcium (mg)	Iron (mg)	Carbohydrate
Grilled Cheese, WG	342	20	14	8.5	0	968	4	41	20%	0%	38%	8%	34
Lasagna, Cheese WG	150	12	4	2	0	230	4	20	4%	0%	15%	6%	18
Mac & Cheese, JTM, 1 Cup	227	20	16	8.5	0	1026	1.3	49	13%	2%	45%	9%	39
Mac & Cheese, WG, 1 cup	420	24	16	9	0.5	1460	3	45	20%	0%	60%	10%	46
Mac and Cheese-2/3 cup	372	19	25	14	0	1230	0.5	53	17%	1%	49%	3.50%	20
Maxx Sticks, 2 each	300	14	12	4	0	740	4	10	4%	0%	30%	12%	34
Marinara sauce, 2oz	55	1	2.3	0.3	0	350	0	0	8%	5%	2%	2%	7
PB &J Strawberry, 4.8oz	580	18	32	7	0	540	5	0	0%	4%	4%	15%	55
PB&J Grape, WG, 5.0oz	600	20	33	7	0	590	7	0	0%	0%	4%	10%	57
Stuffed Pasta, Mrs.T's (8 Minis)	200	11	8	4	0	307	2.7	87	0	3%	13%	11%	24
Tortellini. Cheese (4 oz)	210	10	4	2	0	270	1	15	2%	0%	15%	10%	31
Yogurt Parfait	336.5	10	3	1.3	0	171	4.7	5	20%	82%	213	2.7	69
Pizza													
Bosco, Mexican, 4in (3)	375	18	10.5	3.75	0	645	3	15	9%	9%	23%	23%	51
Bosco, Pepperoni & Cheese, 4in (3)	360	18	13.5	6.8	0	510	3	30	3%	0%	23%	23%	46.5
Cici's Pizza, Cheese (1 Slice)	380	15	14	3	3.5	940	2	0	4%	4%	0%	15%	39
Cici's Pizza, Pepperoni (1 Slice)	440	18	19	5	3.5	1170	2	15	4%	4%	0%	15%	40
Cici's Pizza, Sausage (1 Slice)	380	18	18	4.5	3.5	1230	2	5	4%	6%	4%	15%	41
Cici's Pizza, Veggie (1 Slice)	380	15	15	3	3.5	990	2	0	4%	15%	0%	15%	41
Domino's Pizza, Cheese (1 Slice)	290	20	8	3.5	0	570	2	20	15%	10%	50%	15%	34
Domino's Pizza, Pepperoni (1 Slice)	300	20	9	4	0	600	2	20	15%	10%	45%	15%	34
Pizza, 4x6, Cheese	300	15	11	3.5	0	660	2	15	6%	0%	30%	10%	37
Pizza, 4x6, Pepperoni	320	16	13	4.5	0	750	2	20	6%	0%	25%	15%	36
Pizza, 7" Solo Red Baron, Cheese	540	26	17	9	0.5	1200	3	35	10%	0%	40%	25%	70
Pizza, 7" Solo Red Baron, Pepperoni	550	26	19	10	0.5	1350	3	40	10%	0%	30%	25%	68
Pizza, Bagel Cheese Mini (4)	200	18	6	4	0	390	3	15	4%	6%	25%	10%	21
Pizza, Fiestada	340	17	12	5	0	780	3	30	10%	0%	25%	15%	42
Pizza, Flatbread Pepperoni	390	21	12	4.5	0	590	5	20	10%	2%	30%	15%	50
Pizza, Wedge, Cheese	310	15	11	4	0	670	2	15	6%	0%	300	3	38
Pizza, Wedge, Pepperoni	320	16	13	4.5	0	760	2	20	6%	0%	300	3	38
Turkey-Lunch													
Corn Dog, Large	270	10	14	4	0	740	1	30	0%	0%	8%	15%	27
Corn Dog, Mini (6)	330	10.5	19.5	6	0	795	2	30	0%	0%	9%	12%	27
Holiday Ham	102.5	13.5	4.4	1.3	0	579	0	51.5	1%	3%	8.3	1	3
Holiday Turkey	92	18.4	0.9	0.3	0	1127	0	37	0%	2%	7.1	0.4	2.5
Hot Dog, Tukey	140	7	12	3.5	0	560	0	25	0%	0%	8%	4%	1
Hot Ham & Cheese on bun	303	22	9.4	4.4	0	1126	1	54	6%	2%	284	2.4	33
Hot Turkey & Cheese on bun	296	24	7	3.7	0	1424	1	43	6%	1%	284	2	35
Turkey Gravy	120	15	5	2	0	470	0	28	2%	1%	1%	3%	5
Turkey Pot Roast (3.22oz)	120	15	6	1.5	0	360	0	55	0%	3%	0	6	1
Turkey, Ham Sliced (1 Slice)	16	2.25	0.7	0.2	0	96.4	0	8.6	0%	0%	1.1	0.2	0

Item	Cals	Pro (g)	Tot fat (g)	Sat fat (g)	Trans fat (g)	Sodium	Fiber	Chol	Vit A	Vit C	Calcium (mg)	Iron (mg)	Carbohydrate
Turkey, Sliced (5)	92	18.4	0.9	0.3	0	1127	0	37	0%	2%	7.1	0.4	2.5
Fish items- Lunch													
Fish Patty	170	14	6	0.5	0	270	0	50	0%	0%	0%	4%	14
Fish Patty on bun	340	20	8.5	1	0	590	1	50	0%	0%	16%	14%	45
Fish Patty Unbreaded	60	13	0.5	0	0	60	0	50	0%	0%	4%	2%	0
Fish Patty Unbreaded on bun	130	19	3	0.5	0	380	1	50	0%	0%	12%	12%	31
Fish Taco (2)	472	28.6	19	7.5	0	795	6	80	19%	12%	309	1.3	48
Fish Tenders (4)	210	15	9	1.5	0	320	1	50	2%	0%	2%	4%	17
Shrimp Poppers, 20pc	220	10	12	2	0	670	2	40	0%	0%	2%	10%	18
Breakfast Grain/Bread													
Bagel, Plain	230	8	1	0	0	490	1	0	0%	0%	0%	0%	47
Bagel, Cinnamon Raisin	230	7	1.5	0	0	350	3	0	0%	0%	0%	0%	47
Biscuit	220	4	8	5	0	580	0	0	0%	0%	4%	0%	22
Bread, Texas Toast for toast (1 sl)	120	4	1	0	0	230	1	0	0%	0%	2%	8%	23
Bread, Wheat for toast (1 sl)	65	2.5	0.5	0	0	125	1	0	0%	0%	2%	4%	12.5
Bread, White for toast (1 sl)	65	2.5	0.5	0	0	125	0.5	0	0%	0%	1%	4%	12.5
Muffin, Blueberry	300	4	8	4	0	420	2	20	0%	0%	4%	8%	56
Muffin, English	130	5	1	0	0	270	1	0	0%	0%	6%	8%	26
Muffin, Variety	280	4	2	0	0	540	0	0	0%	0%	0%	4%	62
Cereal													
Breakfast Break, Apple Cinn Cheerios	260	3	4.5	0	0	250	2	0	12%	114%	200	5.4	55
Breakfast Break, Reduced Sugar Trix	240	2	4	0	0	265	2	0	12%	112%	200	5.4	50
Cereal, Cinn Toast Crunch, WG RS	110	1	3	0	0	200	3	0	8%	8%	20%	20%	22
Cereal, Cocoa Puffs, WG RS	90	1	1	0	0	130	1	0	8%	8%	8%	20%	20
Cereal, Cookie Crisp, WG	80	1	0	0	0	125	1	0	8%	8%	8%	20%	18
Cereal, Corn Flakes	70	1	0	0	0	170	1	0	6%	6%	15%	25%	16
Cereal, Frosted Cheerios, WG	110	2	1	0	0	170	2	0	10%	10%	10%	25%	23
Cereal, Frosted Flakes, WG	110	1	0.5	0	0	190	1	0	10%	8%	15%	35%	24
Cereal, Fruity Cheerios, WG	90	1	1	0	0	120	1	0	8%	20%	8%	20%	20
Cereal, Grits 1/2 cup	74	1.8	0.5	0	0	0.2	0.3	0	0%	0%	0%	8%	16
Cereal, Honey Nut Cheerios, WG	110	2	1.5	0	0	115	2	0	10%	10%	10%	25%	22
Cereal, Kix, WG	60	1	0.5	0	0	105	2	0	6%	6%	8%	25%	14
Cereal, Lucky Charms, WG	100	2	1	0	0	190	1	0	10%	10%	10%	20%	21
Cereal, Oatmeal Plain, 1/2 cup	150	5	3	0.5	0	0	4	0	0%	0%	0%	10%	27
Breakfast Items													
Biscuit and Gravy	323	6.5	15	7	2	999	0	4	0%	0%	40	0.3	29
Breakfast Bar, Apple Cinnamon	290	5	9	2.5	0	250	3	20	0%	0%	2%	10%	48
Breakfast Bar, Banana	280	5	8	3	0	220	3	15	0%	0%	2%	10%	48
Breakfast Burrito	187	8	5	2	0	434	1	60	6%	4%	90.5	1.75	27
Breakfast Pizza	230	9	11	4.5	0	680	1	15	2%	0%	10%	8%	26
Breakfast Pizza, Bacon Scramble	230	10	11	6	0	450	1	55	4%	0%	15%	8%	23

Item	Cals	Pro (g)	Tot fat (g)	Sat fat (g)	Trans fat (g)	Sodium	Fiber	Chol	Vit A	Vit C	Calcium (mg)	Iron (mg)	Carbohydrate
Cheese Omelet	110	8	8	3	0	210	0	195	8%	0%	8%	4%	1
Chicken Patty Biscuit	339	10.4	16	6.6	0	829	6.4	27	1%	1%	5%	0.7	27
Chicken, Patty Breakfast	119	6.4	8	1.6	0	249	6.4	27	1%	1%	10.2	0.7	4.8
Cinnamon Roll	130	3	5	1.5	1	260	1	10	2%	0%	2%	6%	18
Egg & Cheese Biscuit	300	10.5	13	7.5	0	910	0	125	7%	0%	12%	2%	24
Egg & Cheese Muffin	210	11.5	6	2.5	0	600	1	125	7%	0%	18%	10%	28
Egg & Cheese Open-Face Bagel	210	11	8	2.5	0	480	<1	85	4%	0%	15%	8%	23
Egg and Cheese Bagelwich	310	14.5	6	2.5	0	820	1	125	7%	0%	12%	2%	49
Egg and Ham Muffin	191	10.25	4.7	1.2	0	486	1	123.6	4%	0%	8%	10%	27
Egg Patty	45	3	3	1	0	120	0	115	4%	0%	2%	2%	1
French Toast Sticks	180	8	4	1	0	330	0	130	4%	0%	2%	15%	28
French Toast Sticks, Cinnamon Glazed (3)	210	7	8	2	0	310	1	110	4%	0%	20	1.8	28
Ham & Cheese Bagelwich	297	16	4.5	2	0	893	1	27.2	3%	1%	10%	0.2	50.2
Ham & Cheese Muffin	197	13	3.7	1.7	0	673	1	27.2	3%	1%	16%	10%	27
Hard Boiled Egg	70	6	5	1.5	0	55	0	190	6%	0%	2%	2%	1
Hot Pocket	140	7	5	2	0	330	1	50	2%	0%	10%	6%	18
Mini - Cinnis	240	5	7	2	0	300	2	0	0%	0%	2%	8%	40
Morning Mix-Ups (1 pkg)	190	4	5	0.5	0	125	3	0	0%	0%	2%	10%	32
Pancake on a stick	210	9	10	3.5	0	470	1	15	0%	0%	0%	6%	23
Pancakes (2)	147	4	2.7	0.3	0	313	1.3	16.7	0%	0%	3%	7%	26
Pancakes, Mini Pillsbury	170	4	5	0.5	0	200	2	5	0%	0%	4%	4%	30
Pig In A Blanket (4)	210	11	7	2	0	600	3	20	0%	0%	0%	10%	24
Proball (1)	130	3	6	1.5	0	180	0.5	5	15%	10%	6%	15%	18
Sausage & Cheese Biscuit	340	15.8	15.3	8.5	0	1021.5	0	37	3%	0%	15%	0.45	23
Sausage & Cheese Open-Face Bagel	210	11	7	2	0	480	1	10	2%	0%	10%	8%	23
Sausage & Egg Biscuit	350	15.3	16.3	8	0	931.5	0	142	4%	0%	7%	5%	23
Sausage & Egg Muffin	260	16.3	9.3	3	0	621.5	1	142	4%	0%	9%	13%	27
Sausage Biscuit	305	12.3	13.3	7	0	811.5	0	27	0%	0%	5%	0.45	22
Sausage Patty, Pork	85	8.3	5.3	2	0	231.5	0	27	0%	0%	9.6	0.45	0.4
Sausage Patty, Turkey	61	6.2	4	1	0	122	0	31	8%	1%	11.8	0.5	0.2
Scrambled Eggs (1/4 Cup)	90	6	6	2	0	250	0	220	8%	0%	4%	4%	2
Super Round	280	7	9	2.5	0	370	2	0	40%	45%	25%	60%	43
Ultimate Breakfast Round (UBR)	270	4	8	3	0	250	6	5	0%	0%	4%	15%	44
Waffle, Jumbo (2)	190	4	6	1	0	530	1	4	0%	0%	8%	45%	31
Waffle, Smuckers (1 pkg)	240	5	9	2.5	0	280	2	25	0%	0%	2%	4%	35
Yogurt, Danimal	110	5	1.5	1	0	80	0	5	0%	0%	15%	0%	19
Yogurt, Light and Fit	60	3	0	0	0	55	0	0	6%	0%	10%	0%	10
Snack Items													
Birthday Cupcake	190	1	6	2	0	150	0	10	0%	0%	4%	2%	32
Bar, Granola Choc Chip Chewy	90	1	2	0.5	0	55	1	0	0%	0%	10%	2%	19
Bar, Granola Raisin Chewy	90	1	1.5	0	0	50	1	0	0%	0%	10%	2%	19

Item	Cals	Pro (g)	Tot fat (g)	Sat fat (g)	Trans fat (g)	Sodium	Fiber	Chol	Vit A	Vit C	Calcium (mg)	Iron (mg)	Carbohydrate
Cheese, Cheddar Cup	130	8	9	6	0	780	0	30	8%	0%	30%	1%	4
Cheese, Colby Jack Stick RF	90	7	6	4	0	200	0	20	6%	0%	20%	0%	0
Cheese, Cottage (1/2 Cup)	80	13	1	0.5	0	430	0	10	4%	0%	8%	0%	5
Cheese, Jalapeno Cup	130	8	9	6	0	830	0	30	8%	0%	30%	1%	4
Cheese, Mini Cheddar RF	90	7	7	5	0	200	0	20	8%	0%	20%	0%	0
Cheese, Mozzarella Stick RF	60	8	2.5	2	0	210	0	10	2%	0%	20%	0%	1
Cheetos, Baked Flamin Hot (0.875 oz)	120	2	4.5	0.5	0	210	0	0	0%	0%	10%	4%	17
Cheetos, Fantastix Flamin Hot (1 oz)	130	2	5	1	0	210	1	0	10%	0%	0%	2%	20
Cheetos, Regular Baked	120	2	4.5	1	0	210	0	0	0%	0%	10%	4%	17
Cheez-Its Scrabble Jr. (0.75 oz)	100	2	3.5	1	0	170	1	5	0%	0%	0%	4%	14
Cheez-Its, RF (1.5 oz)	180	5	5	1.5	0	520	1.3	0	2%	0%	6%	15%	28
Cheez-its, RF White Cheddar	280	5	13	3	0	480	1	5	0%	0%	2%	10%	35
Chex, Cheddar	140	3	3.5	1	0	260	2	0	0%	0%	0%	2%	27
Chex, Chocolate Caramel	150	2	4.5	1.5	0	105	2	5	0%	0%	2%	10%	26
Chex, Strawberry	140	2	4	1.5	0	65	2	0	8%	8%	8%	2%	27
Chip, BBQ Baked (0.875 oz)	110	2	2.5	0	0	190	2	0	0%	2%	2%	0%	19
Chip, BBQ Baked (1.125 oz)	140	2	3.5	0.5	0	240	2	0	0%	4%	2%	0%	24
Chip, Cheddar/Sour Crm. Baked (1.125 oz)	140	2	4	1	0	300	2	0	0%	2%	6%	2%	24
Chip, Doritos Nacho Cheese Baked (1.375 oz)	170	3	5	1	0	320	2	0	2%	0%	6%	4%	29
Chip, Doritos, Cool Ranch RF (1 oz)	130	2	5	1	0	160	2	0	0%	0%	4%	2%	19
Chip, Doritos, Nacho RF (1 oz)	130	2	5	1	0	220	2	0	0%	0%	2%	2%	19
Chip, Doritos, Spicy Sweet Chili RF (1 oz)	130	2	5	0.5	0	180	2	0	0%	0%	2%	2%	20
Chip, Lays Baked (0.875 oz)	100	2	1.5	0	0	160	2	0	0%	2%	2%	0%	20
Chip, Lays Baked (1.125 oz)	130	2	2	0	0	200	2	0	0%	4%	2%	2%	26
Chip, Sour Cream & Onion Baked (1.125 oz)	140	2	3.5	0.5	0	240	2	0	0%	4%	4%	2%	24
Chips, Southwestern Baked (1 oz)	120	2	3	0.5	0	160	2	0	0%	0%	2%	2%	21
Chips, Sunchip, Garden Salsa (1.5 oz)	210	3	9	1.5	0	260	4	0	0%	0%	0%	2%	29
Chips, Sunchip, Multi Grain (1 oz)	140	2	6	1	0	120	3	0	0%	0%	0%	2%	19
Chips, Sunchip, Multi Grain (1.5 oz)	210	3	10	1.5	0	180	4	0	0%	0%	0%	4%	29
Chips, Tostitos Scoops Baked (0.875 oz)	110	2	2.5	0	0	110	2	0	0%	0%	2%	2%	19
Chortles	110	1	3	1.5	0	70	1	0	0%	0%	0%	4%	19
Churro, Apple	150	2	4	1	0	130	0	0	0%	0%	0%	4%	27
Churro, Plain (1/2 10in Stick)	115	1	5	1.25	0	130	0.3	12.5	1%	0%	1%	0%	16
Clodhoppers	160	2	5	4.5	0	130	2	0	0%	0%	4%	4%	28
Cookie, Chocolate Chip Lg.	320	3	15	6	0	240	1	15	10%	0%	2%	10%	44
Cookie, Chocolate Chip Low-Fat Sm.	110	2	3.5	1	0	110	1	10	0%	0%	0%	4%	18
Cookie, Chocolate Chip WG	147	2	5	1.6	0	146	1.3	11.5	11%	0%	0	1	24
Cookie, Famous Amos	280	3	13	5	0	200	2	5	0%	0%	0%	2%	38
Cookie, Grandma's Oatmeal Raisin (Pkg)	290	3	11	3	2	400	3	20	0%	0%	10%	10%	49
Cookie, SMART President	100	2	3	1	0	75	2	0	8%	8%	10%	40%	18
Cookie, Snow Man	280	4	12	8	0	140	1	0	0%	0%	0%	4%	39

Item	Cals	Pro (g)	Tot fat (g)	Sat fat (g)	Trans fat (g)	Sodium	Fiber	Chol	Vit A	Vit C	Calcium (mg)	Iron (mg)	Carbohydrate
Cracker, Belly Bears WG	130	2	4	0	0	100	1	0	0%	0%	10%	6%	20
Cracker, Belly Bears	130	2	4	0	0	120	1	0	0%	0%	10%	6%	21
Cracker, Giant Goldfish Graham	120	1	4	1	0	110	1	0	0%	0%	10%	4%	19
Cracker, Goldfish Pretzel	90	0	1.5	0	0	300	0.5	0	0%	0%	0%	4%	17
Cracker, Goldfish Whole Grain	100	3	3.5	1	0	170	1	<5	0%	0%	2%	2%	14
Cracker, Graham (3)	90	1	2	0	0	130	1	0	0%	0%	2%	6%	16
Cracker, Jungle	120	2	3	0	0	60	0	0	0%	0%	10%	4%	22
Cracker, Oyster (pkg)	60	1	2	0	0	140	0	0	0%	0%	0%	4%	10
Cracker-Jacks	150	3	2.5	0	0	90	2	0	0%	0%	0	4%	30
Crackers, Peanut Butter (Pkg)	200	5	10	2	1	340	2	0	0%	0%	4%	6%	23
Crackers, Salad (3 Pkgs)	90	1	4	1	0	150	0	0	0%	0%	0%	4%	12
Crackers, Salatine (2 Pkgs)	80	2	1.5	0	0	270	1	0	0%	0%	2%	4%	13
Crackers, Wheat (2 Pkgs)	60	1	2.5	0	0	140	0	0	0%	0%	0%	2%	8
Dirt Cake (1/2 Cup)	225	2	5.5	3.3	0	261	1.25	0	0%	0%	2%	6%	42
Fruit Roll-up	50	0	1	0	0	55	0	0	0%	25%	0%	0%	11
Ice Cream, Choc Crunch LF	160	3	5	1.5	0	75	1	5	2%	0%	20%	2%	25
Ice Cream, Chocolate Cup	140	2	7	4	0	50	0	25	4%	0%	8%	0%	18
Ice Cream, Fudge Bar	130	4	1.5	1	0	90	0	5	0%	0%	15%	0%	26
Ice Cream, Nutty Cone	240	4	11	7	0	95	1	10	4%	0%	8%	2%	32
Ice Cream, Orange Dream Bar	100	1	1.5	1	0	40	0	5	2%	0%	6%	0%	20
Ice Cream, Rocket Pop Jr.	50	0	0	0	0	5	0	0	0%	0%	0%	0%	11
Ice Cream, Sandwich LF	130	3	2.5	1.5	0	85	0	5	2%	0%	20%	0%	25
Ice Cream, Straw Crunch LF	160	3	5	1	0	70	0	5	0%	0%	20%	0%	26
Ice Cream, Vanilla Cup	130	2	7	4.5	0	55	0	25	6%	0%	8%	0%	16
Jello, Blue	70	1	0	0	0	80	0	0	0%	25%	0%	0%	17
Jello, Cherry	70	1	0	0	0	90	0	0	0%	25%	0%	0%	17
Jello, Lime	70	1	0	0	0	105	0	0	0%	25%	0%	0%	17
Pickle, Dill	12	0	0	0	0	1100	2	0	4%	0%	8%	4%	8
Popcorn, White Cheddar	70	2	3	0.5	0	130	1	<5	0%	0%	0	2%	9
Popsicle, 3 Color Rocket	50	0	0	0	0	5	0	0	0%	2%	2%	0%	11
Power Ice	30	0	0	0	0	25	0	0	0%	100%	0	0%	8
Pretzel, Hard Tiny Twists (1 oz)	110	2	1	0	0	450	1	0	0%	0%	0	6%	23
Pretzel, Heartzel	110	3	1	0	0	240	2	0	0%	0%	0	0%	23
Pudding, Chocolate (1/2 cup)	130	1	3	2.5	0	190	1	0	0%	0%	2%	2%	25
Pudding, Vanilla (1/2 cup)	140	1	3	3	0	220	0	0	0%	0%	0%	0%	29
Rice Krispies Treat	150	1	3.5	1	0	170	0	0	8%	0%	0%	4%	28
Rice Krispies Treat, Mini (1)	45	0.25	1.1	0.4	0	52.5	0	0	2%	0%	0%	0%	8.5
Snack Mix (0.7 oz)	90	1	3	1	0	110	1	0	11%	0%	0%	2%	14
Trail Mix Fruit & Nut	270	7	17	5	0	30	3	0	0%	0%	4%	10%	27
Yogurt, Frozen Vanilla (1/2 cup)	100	3	0	0	0	75	0	5	0%	0%	10%	0%	20

Soup

Item	Cals	Pro (g)	Tot fat (g)	Sat fat (g)	Trans fat (g)	Sodium	Fiber	Chol	Vit A	Vit C	Calcium (mg)	Iron (mg)	Carbohydrate
Tomato (1 cup)	180	4	0	0	0	960	2	0	16%	20%	0%	8%	40
Salads													
Chef salad	147	17	6.6	3.6	0	767	1.6	47	117%	33%	140.5	1.5	6
Chef Salad w/Egg	182	20	9	4	0	794	1.6	142	120%	33%	150.5	1.7	7
Chicken Caesar Salad, Breaded w/dressing	342	21	23	5	0	900	3.4	52	217%	48%	156	3	19
Chicken Caesar Salad, Grilled w/dressing	284	20.4	20	5.5	0	669	2.4	75	205%	48%	135	4.6	7
Chicken Nugget Caesar Salad w/dressing	331	20	21	5	0	972.3	3.4	51	205%	48%	158	3	19
Chicken Salad & Fruit Plate	229	18	8	1	0	463	3.4	54	234%	75%	64	2	15
Chicken Salad (1/2 cup)	181	16	7.6	1	0	447	0.4	54	5%	5%	18.7	0.8	4
Chicken Salad, Stuffed Tomato	207	17.6	8	1	0	454.5	2	54	300%	36%	33.6	1.2	10
Chicken Tender Caesar Salad w/dressing	388	24	26	6	0	1107	3.4	62	206%	48%	165	3	22
Chicken, Grilled Caesar Pasta Salad	344	22.4	20.6	5.5	0	826	3	75	205%	48%	143.5	5.1	19
Cottage Cheese, Stuffed Tomato	108	15	1.5	0.8	0	466	1.8	4.5	26%	32%	84	0.6	9
Egg Salad w/Relish, 1/2 cup	191	12	14	3.5	0	283	0	380	12%	0%	41	0.7	5
Egg Salad, 1/2 cup	184	12	14	3.5	0	238	0	380	12%	0%	41	0.7	4
Egg Salad, Tuna Salad, and Cott Cheese Plate	288.7	28	15	3.5	0	759	2.6	287	212%	47%	107	2	11
Fruit Salad (1 cup)	119	1.4	0	0	0	17	2.3	0	66%	40%	30	1.3	31
Grilled BBQ Chicken Salad	287	19	12.7	5.5	0	1258	2	85	28%	17%	147	4.3	24
Grilled Chicken Spinach Salad	189	19	8.7	2.6	0	451.6	4.7	70	372%	78%	176	7.8	12
Grilled Chicken Spinach Salad w/Egg	224	22	11	3	0	479	4.7	165	372%	78%	186	8	12
Muffin (variety), Cottage Cheese, & Fruit	392	18	3.3	0.8	0	1001	0.4	4.5	2%	3%	77	1.7	73
Muffin(variety), Yogurt, & Cheese	450	16	5.5	2.5	0	871	0	15	12%	0%	36%	10%	85
Muffin, Cheese, & Fruit Plate	429	20	7.1	4	0	968	0.6	20	31%	25%	408	1.6	71
Munchable, Egg	318	15	11.7	4.5	0	376	4	376	9%	10%	327	1.2	39
Munchable, Ham	285	20	9	4	0	765.6	3.7	47	8%	118%	257	1.8	31
Munchable, Turkey	297.7	21	7.2	3.2	0	1004	4	33	8%	118%	357	1	37
Oriental Chicken Salad	309	18.5	13	4	1.5	465	2.7	70	123%	47%	50	5.5	31
Oriental Chicken Salad, Spinach	331	22	14	4	1.5	656	5	70	282%	91%	164	8.7	34
Popcorn Chicken Buffalo Salad	299	24	17	4	0	1535	4	145	224%	57%	119	3.6	18
Popcorn Chicken Caesar Salad w/dressing	470	22	36	7	0	1280	3.4	52	204%	48%	182	3.1	20
Shrimp Popper Salad	283	14	15	2.8	0	721	5	135	117%	66%	82	3	26
Shrimp Popper Salad, Spinach	305	18	15	2.8	0	812	7	135	276%	110%	196	6	30
Southwestern Grilled Chicken Salad	479	32	18.5	8.5	0	1354	15	100	229%	65%	282	7	50
Southwestern Vegetarian Salad	345	18	10.5	6	0	1044	15	30	226%	63%	365	3.5	48
Trio Salad	338	28	18	3.6	0	747	1	312	15%	6%	52	1.5	12
Tuna Salad & Fruit Plate	217	24	7.8	0.8	0	632.7	3.3	0	230%	73%	53	2	14
Tuna Salad, 1/2 cup	169	22	7	0.8	0	617	0	0	1%	2%	7.7	0.7	3
Tuna Salad, Stuffed Tomato	196	23	7.6	0.9	0	624	2	0	26%	33%	23	1	9
Tuna, Cottage Cheese, & Fruit Plate	174	21	4.6	0.8	0	603.5	1.6	2.3	134%	48%	71	1.2	12
Vegetarian Salad	213	14.7	14.3	7.5	0	295	2.5	220	222%	32%	265	1.8	8
Vegetarina Salad, Spinach	235	17.8	14.7	7.6	0	386.6	4.7	220	381%	77%	379	5	11

Item	Cals	Pro (g)	Tot fat (g)	Sat fat (g)	Trans fat (g)	Sodium	Fiber	Chol	Vit A	Vit C	Calcium (mg)	Iron (mg)	Carbohydrate
Vegetarina Salad, Spinach	235	17.8	14.7	7.6	0	386.6	4.7	220	381%	77%	379	5	11
Sandwiches/Wraps													
BBQ Chicken Loco, Grilled	424	26	19.5	9	0	1236	3	100	9%	2%	277	5.7	36
Breaded Beef Wrap	607	26	23	7	0	925	5	42	13%	10%	140	5	75
Breaded Buffalo Chicken Loco	337	20	13.7	2.5	0	1213	4	47	20%	2%	99	3.5	38
Breaded Chicken Loco	343	20.5	13.6	2.5	0	805	5	47	24%	12%	105	3.6	40
Breaded Chicken Wrap	493	24.5	14.6	3.5	0	1155	4.7	47	24%	12%	175	6	72
Buffalo Chicken Tender Loco	435	23	22	4.3	0	1614	4	62	9%	2%	120	3.5	42
Buffalo Chicken Tender Wrap	595	30	23	4	0	1794	4	62	9%	2%	160	2	73
Buffalo Chicken Wrap, Grilled	490	26	17	4.3	0	1309	3	75	10%	3%	131	3.6	59
Buffalo Chicken Wrap, Grilled w/cheese	590	30	26	10	0	1629	3	105	19%	3%	341	6	60
Chicken Caesar Loco, Grilled	395	20.6	21.6	5	0	873	4	70	36%	17%	126	5	31
Chicken Caesar Wrap, Grilled	570	29	24	6	0	1129	3.6	74	54%	13%	222	3.8	61
Chicken Salad Sandwich	311	21	8.6	1	0	697	2.4	54	5%	5%	59	2.2	29
Chicken Salad Wrap	491	29	11	2	0	891	4.1	54	14%	15%	125	1	62
Chicken Tender Caesar Wrap	648	29	28	6	0	1622	4.7	57	15%	12%	204	4	77
Chicken Tender Hoagie	498	32	19.6	6	0	1522	3.7	77	18%	12%	294	4	56
Chicken Tender Loco	423	27	19	5	0	1222	5	67	15%	12%	214	4	44
Egg Salad Sandwich	314	17	15	3.5	0	488	2	380	12%	0%	81	2	28
Egg Salad Wrap	474	21	17	4.5	0	808	3	380	15%	0%	151	3	60
Grilled Chicken Loco	284	20	11	3	0	574	4	70	12%	12%	84	5	29
Ham and Cheese Bagel Sandwich	364	24	8	4	0	1296	1	54	6%	2%	204	0.6	49
Ham and Cheese Deli	264	21	8	4	0	1055.6	2	54.3	6%	2%	244	2	27
Ham and Cheese Hoagie	314	23	8.4	4	0	1155.6	2	54.3	6%	2%	244	2	38
Ham and Cheese Loco	274	21	9.4	4.3	0	1065.6	3	54.3	6%	2%	264	2	27
Ham and Cheese on bun	304	22	9.4	4.3	0	1125.6	1	54.3	6%	2%	284	2.4	33
Ham and cheese Wrap	444	29	10.5	5	0	1249	4	54.3	15%	12%	311	0.8	61
Ham and Turkey Hoagie	284	25	4.2	0.8	0	1323	2	48.5	0%	2%	47.6	2.5	38
Ham and Turkey on bun	274	24	5.2	1.3	0	1293	1	48.5	0%	2%	87.6	2.5	33
Ham Sandwich	225	18.5	5.4	1.3	0	828.5	2	51.5	1%	3%	46.6	2.4	26
Meatball Sub	533	29	23	10	0	1247	3	55	14%	8%	307	3.7	50
McManatee Loco	505	24	29	12.5	0	1074	4.6	75.7	18%	12%	297.6	3.3	37
Oriental Chicken Wrap	519	25	13.6	4.3	0.8	1002.8	4	70	40%	22%	137	6.3	76
Philly Cheese Steak	354	26	11	5.5	0	942	2	55	9%	3%	241	3.3	38
Popcorn Chicken Wrap	613	31	25	9	0	1382	4	77	13%	2%	336.6	4.4	69
Rueben	336	20	6.6	1.6	0	1541	4.6	30	0%	4%	128	4.6	52
Southwestern Chicken Wrap	639	34	20.5	9.6	0	1481.6	9	100	18%	6%	338	6.8	80
Southwestern Vegetarian Wrap	561	25	13	7	0	1210	13	30	81%	21%	366.5	5	88
Tuna Salad Loco	309	27	10	1.3	0	877	3	0	1%	2%	67.7	2.1	28
Tuna Salad Wrap	589	41	20	7.8	0	1250	4	30	16%	12%	315	1.2	61
Tuna Sandwich	299	27	8	0.8	0	867	2.3	0	1%	2%	47.7	2.1	28

Item	Cals	Pro (g)	Tot fat (g)	Sat fat (g)	Trans fat (g)	Sodium	Fiber	Chol	Vit A	Vit C	Calcium (mg)	Iron (mg)	Carbohydrate
Turkey and Cheese Deli	256	23	5.5	3.2	0	1345	2	43	6%	8%	244	1.7	29
Turkey and Cheese Hoagie	306	25	6	3.1	0	1454	2	43	6%	1%	244	2	40
Turkey and Cheese Loco	275	24	7	3.7	0	1368	3.7	42.7	15%	11%	271	1.9	31
Turkey and Cheese on bun	296	24	7	3.7	0	1424	1	42.7	6%	1%	284	2	35
Turkey and Cheese Wrap	436	31	8	4	0	1548	3.7	42.7	15%	11%	311	0.4	61.7
Turkey and Ham Sandwich	234	23	3.7	0.8	0	1223	2	48.5	0%	2%	47.6	2.15	27
Turkey and Ham wrap	404	27	6	2	0	1547	3.7	48.5	12%	13%	125	3	61
Turkey Sandwich	223	23.6	1.9	0.3	0	1390	2	38	0	2%	1.84	47	28
Vegetarian Wrap	391	17.5	7.8	4.6	0	1039	5	20	25%	23%	356	4.5	66
Condiments													
Bacon Bits	35	3	2.5	1	0	140	0	10	0%	0%	0%	0%	0
Cheese Sauce, Canned (1/4 cup)	60	1	3.5	1	0	450	0	0	0%	0%	6%	0%	6
Cream Cheese, PC	45	2	4	2.5	0	95	0	15	6%	0%	2%	0%	1
Dressing, 1000 Island (2 Tbsp)	130	0	12	2	0	260	0	10	0%	2%	0%	0%	5
Dressing, Caesar PC	210	1	23	3.5	0	430	0	0	4%	0%	2%	0%	2
Dressing, Creamy Italian PC	45	0	5	0.5	0	110	0	0	0%	0%	0%	0%	1
Dressing, French PC	45	0	4	0.5	0	70	0	0	10%	0%	0%	0%	2
Dressing, Honey Mustard 2 Tbsp	130	0	13	2	0	250	0	10	0%	0%	0%	0%	5
Dressing, Italian Low-Calorie PC	5	0	0	0	0	90	0	0	0%	0%	0%	0%	1
Dressing, Italian PC	10	0	0.5	0	0	110	0	0	0%	0%	0%	0%	1
Dressing, Oriental PKT	190	0	15	2	0	580	0	0	0%	0%	0%	0%	10
Dressing, Ranch Fat Free PC	10	0	0	0	0	125	0	0	0%	0%	0%	0%	2
Dressing, Ranch Ken Lite PC	90	1	9	1.5	0	190	0	5	0%	0%	2%	0%	1
Dressing, Ranch PC	70	0	7	1	0	100	0	5	0%	0%	0%	0%	1
Dressing, Raspberry Vinaigrette PC	45	0	0	0	0	110	0	0	0%	0%	0%	0%	12
Hummus, PC	63	6	3	0	0	120	1	0	0%	0%	1%	6%	3
Jelly, PC	35	0	0	0	0	0	0	0	0%	0%	0%	0%	9
Ketchup, PC	10	0	0	0	0	105	0	0	0%	0%	0%	0%	3
Mayonnaise, PC	80	0	9	1.5	0	70	0	5	0%	0%	0%	0%	1