

## Breads and Grains Nutritional Analysis

BREADS & GRAINS	SERVING SIZE	CALORIES	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	PROTEIN	CARBOHYDRATES	FIBER
			Grams	Grams	Milligrams	Milligrams	Grams	Grams	Grams
Bagel	1 each	195	1	0	0	379	8	38	2
Biscuit	1 each	103	5	1	0	298	2	14	0.5
Bread, Garlic, French	1 slice	103	4.5	1	0	197	2	13	1
Bread, Wheat	1 slice	74	1	0	0	130	3	14	1
Bread, White	1 slice	80	1	0	0	140	3	15	0.5
Breadstick	1 each	80	1	0	0	110	3	14	1
Cereal, Cheerios	3/4 cup	77	1	0	0	199	2	16	2
Cereal, Corn Flakes	3/4 cup	80	0	0	0	150	1	18	1
Cereal, Rice Krispies	3/4 cup	70	0	0	0	170	1	16	0
Combread	4x4 square	108	3	0.5	0	152	3	18	1
Crackers, Graham	4 each	240	6	1	0	343	4	44	2
Crackers, Saltine	2 each	26	0.5	0	0	78	0.5	4	0.5
Dinner Roll, Wheat	1 each	86	2	0	0	148	3	15	1.5
Dinner Roll, White	1 each	88	2	0	0	147	2	15	0.5
Doughnut, Mini	1 each	59	3	0.5	5	76	1	7	0
Muffin, Blueberry	1 each	260	15	2	27	177	3	29	1.5
Muffin, English	1/2 each	66	0.5	0	0	131	2	13	1
Noodles, cooked	1/2 cup	80	0.5	0	0	0	3	16	1
Rice Pilaf	1/2 cup	71	2	0.5	0	167	1	12	0.5
Rice, Brown	1/2 cup	95	1	0	0	49	2	20	1.5
Rice, Fried	2/3 cup	183	4	1	106	837	7	29	1
Rice, Spanish	1/2 cup	124	1.5	0	0	354	3	25	1
Rice, White	1/2 cup	121	0	0	0	0	2	27	0.25

## Breakfast Items Nutritional Analysis

BREAKFAST ITEMS	SERVING SIZE	CALORIES	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	PROTEIN	CARBOHYDRATES	FIBER
			Grams	Grams	Milligrams	Milligrams	Grams	Grams	Grams
Bagel	1 each	195	1	0	0	379	8	38	2
Cereal, Cheerios	3/4 cup	77	1	0	0	199	2	16	2
Cereal, Corn Flakes	3/4 cup	80	0	0	0	150	1	18	1
Cereal, Rice Krispies	3/4 cup	70	0	0	0	170	1	16	0
Cinnamon Roll	1 each	195	3	1	4	254	5	37	1.5
Doughnut, Mini	1 each	59	3	0.5	5	76	1	7	0
Egg & Cheese Breakfast Sandwich	1 each	259	10	3.5	219	594	14	28	1.5
French Toast Sticks	2 each	156	4	1.5	113	278	7	22	1
Jelly	1 Tbsp	51	0	0	0	7	0	13	0
Muffin, Blueberry	1 each	260	15	2	27	177	3	29	1.5
Muffin, English	1/2 each	66	0.5	0	0	131	2	13	1
Oatmeal, Plain	1 cup	141	2.5	0	0	8	6	24	4
Omelet, Cheese	1 each	156	12	5	198	151	9	2	0
Pancakes	2 each	254	11	2	68	374	7	32	1
Peanut Butter	1 Tbsp	96	8	1.5	0	3	4	3	1
Sausage Links	2 each	110	11	2	22	184	3	0	0
Sausage Patty	1 each	170	17	3	30	300	5	0	0
Syrup, Pancake	1 Tbsp	56	0	0	0	16	0	15	0
Yogurt, Peach, Low Fat	1 cup	220	2	1.5	10	130	9	41	0
Yogurt, Strawberry Banana, Low Fat	1 cup	230	2	1.5	10	120	9	42	0
Yogurt, Vanilla, Low Fat	1 cup	220	2	1.5	10	120	9	41	0

## Desserts Nutritional Analysis

DESSERTS	SERVING SIZE	CALORIES	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	PROTEIN	CARBOHYDRATES	FIBER
			Grams	Grams	Milligrams	Milligrams	Grams	Grams	Grams
Apple Crisp	1 serving	195	8	1	0	113	2	30	2
Bar, Fruit, Frozen	1 bar	40	0	0	0	0	0	10	0
Bar, Nutella	1 bar	174	2.5	0.5	0	72	2	38	0.5
Bar, Rice Krispie	1 bar	67	0.5	0	0	82	0.5	15	0
Brownie, Frosted	1 bar	114	5	1	0	198	2	32	1
Brownie, Unfrosted	1 bar	78	4	1	0	180	2	27	1
Cake	1 piece	180	6	1	15	300	3	41	1
Churro, Cinnamon	1 each	130	8	2	10	115	2	13	1
Cookie, Chocolate Chip	1 ounce	124	6.5	2	13	87	1	16	0.5
Cookie, M&M	1 ounce	150	7	2	19	157	2	20	0
Cookie, Peanut Butter	1 ounce	147	8	1.5	13	132	4	13	0.5
Cookie, Snickerdoodle	1 ounce	140	6	1	17	154	1	20	0
Cookie, Sugar	1 ounce	127	6	1	17	154	1.5	17	0
Ice Cream Cup	1/2 cup	59	3	2	13	23	2	7	0
Ice Cream Sandwich	1 each	104	4	2	10	95	2	15	0
Jell-O, Fruited	1 cup	146	0	0	0	59	2	36	1
Pie, S'mores	1 piece	160	6	2	0	140	2	25	1
Pudding, Butterscotch	1 cup	160	5	2	0	190	2	28	0
Pudding, Chocolate	1 cup	170	5	1.5	5	120	2	29	0
Pudding, Vanilla	1 cup	160	5	2	0	190	2	28	0

## Fruits Nutritional Analysis

FRUITS	SERVING SIZE	CALORIES	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	PROTEIN	CARBOHYDRATES	FIBER
			Grams	Grams	Milligrams	Milligrams	Grams	Grams	Grams
Apple Juice, 100%	1/2 cup	58	0	0	0	4	0	15	0.5
Apple, Fresh	1 each	81	0	0	0	0	0.25	21	4
Applesauce	3/4 cup	37	0	0	0	2	0	10	1
Banana, Fresh	1 each	105	0	0	0	1	1	27	3
Blueberries, Fresh	1 cup	81	0.5	0	0	9	1	21	4
Cantaloupe, Fresh	1 cup	52	0	0	0	12	1	11	1
Cherries, Fresh	1 cup	104	1	0	0	0	2	24	3
Grape Juice, 100%	1/2 cup	77	0	0	0	4	0.5	19	0
Grapes, Fresh	1 cup	62	0	0	0	2	0.5	16	1
Honeydew, Fresh	1 cup	58	0	0	0	17	1	15	1
Kiwi, Fresh	1 each	46	0	0	0	4	1	11	3
Mandarin Oranges, Canned	1/2 cup	72	0	0	0	7	1	18	1.5
Mixed Fruit, Canned	1/2 cup	69	0	0	0	7	0.5	18	1.5
Orange Juice, 100%	1/2 cup	53	0	0	0	2	0	12	0.5
Orange, Fresh	1 each	62	0	0	0	0	1	15	3
Peaches, Canned	1/2 cup	68	0	0	0	17	0.5	18	2
Peaches, Frozen	1/2 cup	37	0	0	0	0	0.5	10	2
Pears, Canned	1/2 cup	72	0	0	0	7	0	19	2
Pears, Frozen	1/2 cup	49	0	0	0	0	0	13	2
Pineapple, Canned	1/2 cup	66	0	0	0	1.5	0.5	17	1
Strawberries, Fresh	1 cup	43	0	0	0	1	1	10	3
Watermelon, Fresh	1 cup	51	0	0	0	3	1	12	1

## Lunch Entrée Nutritional Analysis

LUNCH ENTREES	SERVING SIZE	CALORIES	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	PROTEIN	CARBOHYDRATES	FIBER
			Grams	Grams	Milligrams	Milligrams	Grams	Grams	Grams
Burrito, Beef & Bean	1 each	260	15	4.5	15	560	10	28	2
Cheese Dunkers	1 each	125	4	2	10	270	10	12	0.5
Chef Salad	1 salad	247	16	5.5	48	877	18	7	1
Chicken Ala King (no biscuit)	3/5 cup	194	8	2	53	606	20	10	1
Chicken Nuggets	4 each	203	14	3.5	33	361	9	9	1
Chicken Tenders	4 each	310	9	1	31	1160	27	28	1

Chicken, Baked	1 serving	236	18	3.5	78	66	19	1	0.5
Chow Mein, Chicken (no rice)	1 cup	170	5	1	45	1040	17	15	2
Corn Dog	1 each	270	12	3	35	930	10	30	0
Corn Dogs, Mini	3 each	310	17	4	40	790	10	31	3
Country Fried Steak	1 each	183	10	4	48	385	14.5	7	0
Crispito	1 each	351	17	7	64	760	17	31	4
Egg Rolls, Chicken	2 each	50	1.5	0.5	2	110	2	8	1
Fajita, Chicken	1 each	357	14	2.5	54	333	24	34	2
Fish Nuggets	4 each	156	6	1.5	20	440	13	11	1
French Toast Sticks	2 each	156	4	1.5	113	278	7	22	1
Italian Dunkers	1 each	272	8	4	19	783	20	29	2
Lasagna, Beef	1 serving	266	11	6	43	407	17	24	2
Lasagna, Vegetable	1 serving	292	7	3	15	1010	22	37	4
Macaroni & Cheese	1 cup	294	11	4	16	595	16	32	1
Meatloaf	1 slice	178	9	3	62	102	15	9	1.5
Nachos, Beefy	1 serving	305	21	9	52	572	16	15	2
Pancakes	2 each	254	11	2	68	374	7	32	1
Pizza Parlor, Cheese	1 each	370	15	6	30	970	18	44	2
Pizza Parlor, Cheese Reduced Fat	1 each	377	12	6	31	783	23	44	2
Pizza Parlor, Pepperoni	1 each	577	33	13	30	1817	27	45	2
Pizza Parlor, Pepperoni Reduced Fat	1 each	439	19	8	23	1129	24	44	2
Pizza, Cheese (Tony's)	1 slice	313	11.5	6.5	30	712	20	32	1.5
Pizza, Sausage (Tony's)	1 slice	324	13	5.5	31	860	18	33	2
Quesadillas, Cheese	3 each	209	6	3	12	510	17	20	1
Ravioli	1 cup	230	3.5	1.5	10	1200	6	42	3
Sausage Links	2 each	110	11	2	22	184	3	0.5	1
Sausage Patty	1 each	170	17	3	30	300	5	0	0
Shrimp, Popcorn	20 each	240	13	3	65	780	9	22	0
Spaghetti with Meat Sauce	3/4 cup	271	9	3	46	208	18	30	3
Taco, Beef, Hard Shell	2 each	294	17	6	50	288	16	20	3
Taco, Beef, Soft Shell	2 each	391	16	7	50	456	20	42	3
Taco, Chalupa	1 each	255	15	4.5	20	522	13	19	2
Turkey & Gravy	1 each	195	7.5	2	63	489	25	5	0
Wrap, Turkey	1 each	342	11	2.5	28	669	17	43	3

## Milk & Yogurt Nutritional Analysis

MILK & YOGURT	SERVING SIZE	CALORIES	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	PROTEIN	CARBOHYDRATES	FIBER
			Grams	Grams	Milligrams	Milligrams	Grams	Grams	Grams
Milk, 1%	1 cup	102	2.5	1.5	10	123	8	12	0
Milk, 2%	1 cup	121	5	3	18	122	8	12	0
Milk, Chocolate Skim	1 cup	170	0.5	0	5	200	8	33	0
Milk, Skim	1 cup	86	0	0	4	126	8	12	0
Yogurt, Peach, Low Fat	1 cup	220	2	1.5	10	130	9	41	0
Yogurt, Strawberry Banana, Low Fat	1 cup	230	2	1.5	10	120	9	42	0
Yogurt, Vanilla, Low Fat	1 cup	220	2	1.5	10	120	9	41	0

## Sandwiches Nutritional Analysis

SANDWICHES	SERVING SIZE	CALORIES	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	PROTEIN	CARBOHYDRATES	FIBER
			Grams	Grams	Milligrams	Milligrams	Grams	Grams	Grams
BBQ Pork Sandwich	1 each	244	8.5	2.5	45	361	21	21	2
Cheeseburger	1 each	336	18	7.5	67	487	21	22	1
Chicken Patty	1 each	313	12	1.5	20	661	30	35	1
Chicken, Grilled	1 each	217	4	1	48	283	21	22	1
Chili Dog	1 each	278	14	4	55	927	12	26	2
Egg & Cheese Breakfast Sandwich	1 each	259	10	3.5	219	594	14	28	1.5
Fish & Cheese Sandwich	1 each	308	11	2.5	32	651	15	38	2
Fish Sandwich	1 each	273	9	1	25	481	12	37	2
Footers, Ham	1 each	342	10	3.5	38	1380	21	46	1
Footers, Roast Beef	1 each	307	5	2	35	1327	23	45	1
Footers, Turkey	1 each	319	8	1.5	7	1117	22	45	1

Grilled Cheese	1 each	275	13	7	31	934	17	23	1
Ham & Cheese on a Bun	1 each	211	5.5	1.5	31	889	14	22	1
Hamburger	1 each	264	11.5	4	49	278	17	22	1
Hot Dog	1 each	253	13	4	50	811	10	24	1
Hot Dog, Footlong	1 each	345	16	5	76	1372	16	34	2
Meatball Sub	1 each	346	11.5	4	62	436	21	40	2.5
Peanut Butter & Jelly	1 each	405	19	4	0	456	14	52	6
Riblet Sandwich	1 each	317	14.5	5.5	33	849	16	31	2.5
Sloppy Joes	1 each	291	10	4	46	482	17	32	2

## Soups Nutritional Information

SOUPS	SERVING SIZE	CALORIES	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	PROTEIN	CARBOHYDRATES	FIBER
			Grams	Grams	Milligrams	Milligrams	Grams	Grams	Grams
Chicken Noodle	1 cup	56	2	0.5	8	872	3	8	1
Chicken Wild Rice	1 cup	128	2.5	0.5	19	261	13	14	1
Chicken with Rice	1 cup	60	2	0.5	7	815	4	7	1
Chili	1/2 cup	149	7	2.5	37	174	13	10	2
Cream of Broccoli	1 cup	129	6	1.5	5	610	6	13	1
Minestrone	1 cup	110	0.5	0	0	97	9	19	3
Tomato	1 cup	60	1	0	0	485	1.5	12	0.5
Vegetable Beef	1 cup	78	2	1	5	791	6	10	0.5

## Vegetables Nutritional Analysis

VEGETABLES	SERVING SIZE	CALORIES	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	PROTEIN	CARBOHYDRATES	FIBER
			Grams	Grams	Milligrams	Milligrams	Grams	Grams	Grams
Baked Beans	1/2 cup	157	0.5	0	0	522	7	36	7
Broccoli	1/2 cup	26	0	0	0	22	3	5	3
California Blend	1/2 cup	22	0	0	0	19	2	4	2
Carrots, Baby Fresh	1/2 cup	16	0	0	0	15	1	4	2
Cauliflower	1/2 cup	17	0	0	0	16	2	4	3
Celery Sticks, Fresh	1/2 cup	24	0	0	0	129	1	5	3
Coleslaw	1 cup	230	16	2.5	15	290	1	18	2
Corn	1/2 cup	65	0	0	0	4	2	16	4
Cucumbers, Fresh	1/2 cup	12	0	0	0	4	0.5	3	1
French Fries	4 ounces	228	8.5	1.5	0	300	4	35	3.5
Green Beans	1/2 cup	19	0	0	0	6	1	4	2
Lettuce, Iceberg	1 cup	7	0	0	0	5	0	1	1
Peas	1/2 cup	63	0	0	0	35	4	12	4
Potato Tots	1 cup	284	14	6.5	0	955	4	39	4
Potato Triangle	1 each	90	5	0.5	0	150	2	9	2
Potato Wedges	4 ounces	147	4	0.5	0	480	2.5	25	2.5
Potato, Baked	1 each	220	0	0	0	16	5	51	5
Potato, Mashed	1/2 cup	74	1	0	0	75	2	14	1
Potato, Smiles	1 cup	170	6.5	3.5	0	390	2	24	2
Potatoes, Au Gratin	1/2 cup	162	5	3	16	594	8	22	0.5
Refried Beans	1/2 cup	119	1.5	0.5	10	377	7	20	7
Spinach, Cooked	1/2 cup	27	0	0	0	82	3	5	3
Spinach, Fresh	1 cup	5	0	0	0	16	0	1	0.5
Squash	1/2 cup	40	0.5	0	0	1	1	9	3
Three Bean Salad	1/2 cup	92	6	1	0	220	2	9	2
Tomatoes, Fresh	1/2 cup	17	0	0	0	7	1	4	1
Zucchini	1/2 cup	19	0	0	0	4	1	5	2