

Bread/Cereal Nutritionals

Product	serv size	calories	Total Fat (G)	Saturat Fat (G)	Trans Fats (G)	cholesterol (mg)	sodium (mg)	Carbo hydrates (G)	Fiber (G)	Sugar (G)	Protein (G)	Vit A %	Vit C %	Calcium %	Iron %	Calories (from fat)
Bread, White	1 sl	60	1	0	0	0	115	13	1	1	2	0	0	2	4	5
Bread, WW	1 sl	50	1	0	0	0	115	10	2	1	4	0	0	4	2	10
Hot Dog Bun 6"	1	100	1.5	0	0	0	190	20	1	2	4	0	0	4	8	10
Hamburger Bun 4"	1 (1.9oz)	140	2	0.5	0	0	260	28	1	3	5	0	0	52	1	10
Steak Bun	1	170	2	0.5	0	0	320	34	2	4	6	0	0	78	0	20
Dinner Roll	1	80	1	0	0	0	130	160	0	2	2	0	0	26	.42mg	10
Crackers	5	60	1	0	0	0	190	11	0	0	1	0	0	0	.42mg	10
Garlic Bread Sticks	2	230	9	1.5	0	0	340	32	1	1	6	0	4	0	4	80
WW 8" Tortilla fzn B153	1	120	2.5	0.5	0	0	340	20	3	1	4	0	0	100mg	1mg	
Flour Tortilla 6"	1.3 oz	130	3.5	1	0	0	260	22	1	1	4	0	0	2	6	35
Flour Tortilla 6"	2.8 oz	210	5	1	0	0	580	37	1	2	6	0	0	10	10	45
Cheese/jalapenoTortilla 12"	3.6 oz	310	9	2	0	0	730	50	3	3	7	0	0	4	10	80
Herb/Garlic Tortilla 12"	3.6 oz	300	9	1.5	0	0	640	48	3	2	8	2	0	6	15	80
Edibowls 6 1/4"	1	101	3	0	0	0	188	16	1	2	2	0	0	0	4	28
Edibowls 4 1/2"	1	74	0	0	0	0	142	12	1	1	2	0	0	0	4	19
Baked Tostitos Scoops	1 oz	120	3	0.5	0	0	130	22	1	1	2	0	0	1	2	25
Corn Tortilla Chips	9 cps	140	6	0.5	0	0	0	19	2	0	2	0	0	2	2	50
Grecian Delight Pita Folds	1 (74g)	190	0	0	0	0	400	32	1	2	5	0	0	6	10	40
Spaghetti pasta	2 oz	210	1	0	0	0	0	42	2	3	7	0	0	0	10	10
Spiral pasta	2 oz	200	1	1	1	1	20	41	2	2	7	0	0	0	10	10
Lasagna pasta	2 oz	160	1	0	0	0	0	38	2	2	6	0	0	0	10	10
Penne pasta	2 oz	200	1	0	0	0	0	41	2	2	7	0	0	0	10	10
Minhs Vegetable Fried Rice	1 c	200	1.5	0	0	0	530	41	2	3	425	8	4	1.1	10	10
Uncle Ben's Mexican Rice	1 c	200	1	0	0	0	830	43	1	1	4	0	0	4	15	10

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Nutritionals for Breakfast

Product	serv size	calories	Total Fat (G)	Sat Fat (G)	Trans Fats (G)	cholesterol (mg)	sodium (mg)	Carbohydrates (G)	Fiber (G)	Sugar (G)	Protein (G)	Vit A %	Vit C %	Calcium %	Iron %	Calories from fat
Milk 2%	8 oz	120	5	3	0	20	125	12	0	11	8	10	4	30	0	45
Chocolate Milk	8 oz	140	0	0	0	5	260	26	0	23	8	10	4	30	0	0
Lactose Free	8 oz	80	0	0	0	5	125	13	0	12	8	10	0	50	0	0
LiL ' Milk 1% UHT	8 oz	100	2.5	1.5	0	10	130	12	0	12	8	10	2	30	0	20
Strawberry Milk	8 oz	170	2.5	15	0	10	150	29	0	29	7	10	4	25	2	25
MJM Waffle Apple/Cinn	0.9 oz	103.29	3.03	0	0.05	0	84.96	17.8	4%	5.72	3%	5	5	11		27.29
" Strawberry	0.9 oz	103.9	3.04	0	0.05	0	84.4	18.08	3%	5.4	3%	5	5	11		27.32
" Blueberry	0.9 oz	103.84	3.06	0	0.05	0	85.84	5.22	3%	5.22	3%	5	5	11		27.54
Smukr's Maple Waffle	2.2 oz	240	9	2.5	0	25	280	35	2	16	5	0	0	2	4	80
" Cinn "	2.2	230	9	3.5	0	40	260	33	1	15	5	0	0	2	8	80
" Strawberry "	0.9 oz	103.9	3.04	0	0.05	0	84.4	18.08	3%	5.4	3%	5	5	11		27.32
" Blueberry "	2.2	230	8	3	0	30	230	34	1	17	5	0	0	2	6	80
Constgo Biscuit	2.2	180	6	3	0	0	590	27	1	2	4	0	0	4	8	50
Danon NutiDay Strw yogurt	4 oz	90	0	0	0	0	50	19	0	16	3	6	0	10	0	0
Yoplait Trix strw/ban yogurt	4 oz	90	0.5	0	0	5	50	17	0	14	4	10	0	10	0	0.5
Pilsb Mini Pancakes Strw	3.17 oz	200	6	1	0	10	370	34	2	11	4	0	0	4	6	50
" " " Maple	3.17 oz	200	6	1	0	10	370	34	2	11	4	0	0	4	6	50
Tony's Brk Saus Pzz	3.2 oz	230	11	4.5	0	15	680	26	1	6	9	2	0	10	8	100
Double B Sausage Roll	57 g	160	8	2.5	0	15	380	18	1	3	6	0	4	4	6	70
Max Twisted Stix	3 oz	230	6	3	0	15	480	33	2	0	11	2	0	25	15	23
MaxStix	1.93 oz	150	6	2	0	5	370	17	2	0	7	2	0	15	6	36
Max Ham Brk Pizza	2.49 oz	150	6	2	0	10	480	17	1	0	8	4	0	15	15	36
Max Sausage Brk Pizza	2.44 oz	160	7	2	0	10	480	17	1	0	8	6	0	10	15	39
Product	serv size	calories	Total Fat (G)	Sat Fat (G)	Trans Fats (G)	cholesterol (mg)	sodium (mg)	Carbohydrates (G)	Fiber (G)	Sugar (G)	Protein (G)	Vit A %	Vit C %	Calcium %	Iron %	Calories from fat

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Nutritionals for Lunch

Product	serv size	calories	Total Fat (G)	Sat Fat (G)	Trans Fats (G)	cholesterol (mg)	sodium (mg)	Carbohydrates (G)	Fiber (G)	Sugar (G)	Protein (G)	Vit A %	Vit C %	Calcium %	Iron %	Calories from fat
Mn turkey corn dogs	4	190	10	3	0	35	480	21	1	4	7	0	0	6	8	90
Fndo's red Burrito	5.75 oz	380	16	5	1.5	30	830	42	4	0	16	25	6	5	25	150
Sadlers BBQ	1/2 c	230	10	4	0	35	800	21	2	14	15	4	2	4	10	98
Briar Turkey Franks	57 g	120	9	3	0	35	630	4	0	2	7	0	4	4	2	80
Ham A727	2 oz	60	1.5	0.5	0	25	580	3	0	2	8	0	0	0	0	15
Tuna	2 oz	60	0.5	0	0	30	250	0	0	0	13	0	0	0	2	5
Big Daddy's Chees Piz	6.31 oz	470	18	9	0.5	40	1060	55	3	4	24	10	0	40	20	160
" RF Pepperoni Piz	6.34 oz	480	18	8	0.5	35	1190	56	3	4	23	8	0	30	20	160
Boned Chicken canned	3 oz	140	70	2	0	80	65	0	0	0	19	0	0	0	0	70
Advance Meat Balls	2.50 oz	190	14	6	0	35	230	4	1	1	14	2	2	4	8	130
Adv Stk fingers	3.88 oz	350	24	9	0	45	840	18	2	2	14	2	2	4	15	220
Adv Beef Pattie	2.5 oz	160	12	5	0	35	480	1	1	0	13	2	0	2	10	110
Adv Brd Bf Pattie	3.8 oz	300	18	7	0	40	790	18	2	2	17	2	2	4	15	160
Adv Brd Pork Pattie	3.75	310	20	6	0	40	640	17	2	1	15	2	0	4	15	180
Pierre Beef Crumbles	2.6 oz	133	8.1	3.3	0	20.4	482.5	1.7	1.25	0	13.6	60.5 iu	.01 mg	29.6mg	2.01	
P. CF Beef Patty	3.85 oz	306	19.9	5.6	0	38.19	473.7	15.2	1.45	0	16.5	89.9 iu	.03 mg	29.9 "	2.98	
P. Meat Loaf	3 oz	147.7	7.3	2.9	0	31.6	550.6	8.2	0.9	3.6	12.5	299.7iu	2.64mg	23.18"	1.55	
P. CF Beef finger	0.9	84	5.7	1.6	0	10.7	90.4	4	0.28	0.1	4.3	18.3iu	0.01	6"	0.69	
P. Bf dipper w/Teriyaki sc	0.7	179	9.5	3.8	0	41.4	503	6.8	1.04	3.4	16.4	505iu	0.03	27.8"	2.17	
P.Chick dipper w/ " "	0.75	145	4	1.1	0	41.9	263	8.2	1.18	4.2	18.9	75.4iu	0.22	32.2"	1.6	
Adv T-53 stk fritters	5.33	300	13	5	0	55	810	25	1	0	23	0	0	2	15	120
Fish nuggets seashape	4 pc	240	13	2	0	25	360	17	1	3	12	0	0	2	2	120
Fish Wedge	4 oz	220	7	1	0	10	400	24	2	7	14	0	0	0	15	60
Kgs Dlight Chic Brst Pat	2.5 oz	160	12	3.5	0	40	180	1	0	0	14	43iu	1	13	1	110

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Nutritionals for Lunch

Product	serv size	calories	Total Fat (G)	Sat Fat (G)	Trans Fats (G)	cholesterol (mg)	sodium (mg)	Carbohydrates (G)	Fiber (G)	Sugar (G)	Protein (G)	Vit A %	Vit C %	Calcium %	Iron %	Calories from fat
Max Stix	1.93 oz	150	6	2	0	5	370	17	2	0	7	2	0	15	6	36
Max wraps, chili cheese	4.8 oz	300	11	3	0	10	670	36	4	0	16	2	0	20	15	33
" Rosted Chk Sicilian pz	5.6	360	13	4	0	25	950	43	4	0	20	4	0	30	15	33
" Quesadilla Chicken pz	5 oz	320	14	3	1	15	580	35	1	0	15	6	0	20	15	39
" Quesadilla Cheese pz	5 oz	360	14	4	0	15	810	42	5	0	18	6	0	35	15	35
Tyson 8 pc Brd Chick	3 oz	210	12	2.5	0	50	470	8	0	0	17	2	0	2	6	110
" Chk Pat hot & spicey	3.23 oz	200	11	2.5	0	55	460	12	1	0	15	10	0	2	10	100
" Chicken Nugget	5 pc	220	13	2.5	0	50	550	11	1	0	16	2	0	2	6	110
" Chk dinoshape nugget	5 pc	250	15	3	0	50	450	13	2	1	15	4	0	2	10	140
" Brd Chicken Brst pat	3.10 oz	210	14	3	0	20	430	11	2	0	12	0	0	4	8	120
" Grilled Chick Pattie	2.7 oz	160	11	2.5	0	45	290	2	0	0	13	0	0	0	4	100
" Brd Chicken patty	3.4 oz	210	12	2.5	0	45	650	12	0	1	14	2	0	2	10	110
" Diced chicken	3 oz	130	3.5	1	0	80	40	0	0	0	26	0	0	0	6	30
" Popcorn Chicken	12 pc	220	13	3	0	30	240	15	1	0	10	2	0	2	8	120
" Seas shaved Bf steak	2 oz	120	9	3.5	0	40	160	0	0	0	11	0	0	0	6	80
" Char. Bf burger	3 oz	190	13	5	0	70	200	0	0	0	22	0	0	0	10	100
Deli-style Turkey breast	2 oz	70	3	1	0	35	450	1	0	0	11	0	0	0	4	25
Minh Pork/Veg Egg Roll	4.4 oz	300	15	4.5	0	100	670	27	3	3	15	10	8	6	20	140
" " " " "	1.5 oz	90	4	1	0	5	220	11	1	1	3	10	2	2	4	35
Turkey Ham A548	1.7	57	1.93	0	0	31	438	1.49	0	0.58	7.86	26iu	0	3	0.48	
Turkey Roast A537	1 oz	44		0.54	0	15	193	0.87	0	0	6.04	0	0	0	.46mg	1.64
Pork Roast A672	1 oz	71	4	1.49	0	27	18	0	0	0	8.9	3 iu	.1mg	0	0	
Chili Hot Dog Sauce	1/4 c	50	1.5	0.5	0	5	300	7	2	1	2	2	0	0	2	15
Product	serv size	calories	Total Fat (G)	Sat Fat (G)	Trans Fats (G)	cholesterol (mg)	sodium (mg)	Carbohydrates (G)	Fiber (G)	Sugar (G)	Protein (G)	Vit A %	Vit C %	Calcium %	Iron %	Calories from fat

Product	serv size	calories	Total Fat (G)	Saturat Fat (G)	Trans Fats (G)	choles terol (mg)	sodium (mg)	Carbo hydrates (G)	Fiber (G)	Sugar (G)	Protein (G)	Vit A %	Vit C %	Calcium %	Iron %	Calories from fat
Giant Goldfish Grahams	.9 oz	120	4	1	0	0	110	19	1	6	1	0	0	10	4	35
Cinn Tst Crunch Cereal Bar	1.3 oz	150	3.5	0	0	0	150	28	1	10	2	0	0	20	20	35
Cheerios Strberry Cereal Bar	1.3	150	3.5	0	0	0	125	28	2	10	2	2	6	6	10	30
Trix Ceral Bar	1.3	150	3.5	0	0	0	135	28	2	9	2	0	0	15	20	35
Cocoa Puffs Ceral Bar	1.3 oz	150	3	0	0	0	135	28	2	9	2	2	2	15	20	30
Rice Krispies Treats Bar	1.3 oz	150	3.5	1	0	0	170	28	0	12	1	8	0	0	4	30
Power Alley Choc Chip Bar	1.76 oz	190	4.5	2	0	0	55	36	2	13	3	0	0	2	8	40
Oreo Thin Crisps Choc Chip	.81 oz	100	2	0	0	0	160	19	1	8	1	0	0	0	6	15
Oreo Thin Crisps Chocolate	.81 oz	100	2	0	0	0	160	19	1	8	1	0	0	0	6	15
Vanilla Clodhoppers	1.27 oz	160	5	4.5	0	0	130	285	2	11	2	0	0	4	4	45
Cocoa Clodhoppers	1.27 oz	160	5	4.5	0	0	130	28	2	11	2	0	0	4	4	45
Chex Cocolate Caramel	1.2 oz	150	4.5	1.5	0	5	290	26	1	9	1	0	0	0	0	40
Chex Strawberry Yogurt	1.2 oz	150	4	1.5	0	0	270	27	0	8	2	0	0	0	0	35
Quaker SnackMix Kids	7/8 oz	110	4	1	0	0	200	18	1	4	2	10	10	0	10	35
Product	serv size	calories	Total Fat (G)	Saturat Fat (G)	Trans Fats (G)	choles terol (mg)	sodium (mg)	Carbo hydrates (G)	Fiber (G)	Sugar (G)	Protein (G)	Vit A %	Vit C %	Calcium %	Iron %	Calories from fat

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Nutritionals for Vegetables

Product	serv size	calories	Total Fat (G)	Sat Fat (G)	Trans Fats (G)	cholesterol (mg)	sodium (mg)	Carbohydrates (G)	Fiber (G)	Sugar (G)	Protein (G)	Vit A %	Vit C %	Calcium %	Iron %	Calories from fat
Whole Kernal Corn cnd	1/2 c	80	1	0	0	0	310	17	2	4	2	0	6	0	0	10
WK Corn fzn	1/2 c	66	0.5	0	0	0	1	16	2	3	2	0	6	2	0	
Corn on cob fzn	3"	60	0	0	0	0	31	13	2	2	2	0	6	0	6	0
Green Beans	1/2 c	20	0	0	0	0	390	4	2	2	1	6	4	2	4	0
Italian Cut Green Beans	1/2 c	30	0	0	0	0	340	6	3	1	1	2	8	2	2	0
Wax Beans	1/2 c	20	0	0	0	0	380	4	2	2	1	0	6	2	0	0
Stokley Sweet Peas	1/2 c	70	0.5	0	0	0	370	12	3	6	4	6	20	2	8	5
" Peas & Carrots	1/2 c	50	0	0	0	0	330	10	4	4	3	80	10	2	8	0
Blackeyed peas	1/2 c	120	0.5	0	0	0	250	21	5	0	9	0	2	2	10	5
Lima Beans	1/2 c	90	0	0	0	0	390	19	4	1	3	0	0	2	8	0
Great Northern Beans	1/2 c	80	0	0	0	0	460	17	6	0	6	0	0	6	8	0
Black Beans	1/2 c	120	0	0	0	0	430	21	6	0	8	0	0	4	30	0
Pork & Beans	1/2 c	130	1.5	0.5	0	0	460	23	7	6	7	4	0	6	10	15
Pinto Beans	1/2 c	110	0	0	0	0	350	20	5	1	5	0	0	6	10	0
Chili Beans	1/2 c	120	1	0	0	0	520	21	7	2	7	4	0	0	15	5
Garbanzo Beans	1/2 c	105	2	0	0	0	470	20	5	0	6	0	0	4	10	15
Baked Beans	1/2 c	160	1	0	0	0	650	32	4	12	5	0	0	2	8	10
Refried Beans	1/2 c	120	1.5	0	0	0	380	19	3	1	7	0	0	2	8	15
Yams in syrup	2/3 c	190	0	0	0	0	55	45	3	3	21	230	30	2	8	0
Yams mashed	1/2 c	120	0.5	0	0	0	40	27	3	11	2	250	10	4	10	5
Red Pack Crushed Tomatoes	1/4 c	30	0	0	0	0	180	6	1	3	1	6	10	0	6	0
Tomato Paste Halle Hill	1/4 c	20	0	0	0	0	280	4	1	2	1	6	4	0	4	0
Diced Tomatoes Del Mnt	1/2 c	25	0	0	0	0	220	4	1	3	1	10	15	2	4	0
" " Mission Pride	1/2 c	25	0	0	0	0	380	4	1	3	1	10	30	2	5	0
" " Angela Mia	1/2 c	20	0	0	0	0	330	5	1	3	1	6	25	4	0	0
Luigi Spag. Sauce	1/2 c	50	1	0	0	0	140	11	1	6	1	6	6	0	4	10
Angela Mia " "	1/2 c	50	0	0	0	0	520	10	2	8	2	6	10	2	6	0

