

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 fat free	8 oz	130	0	0	0	5	260	23	0	21	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 1%	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
Rich's Biscuit WG	2.25	190	8	5	0	0	650	24	2	2	4	0	0	4	6	80
danimals crushes	4 oz	110	1.5	1	0	10	55	17	0	14	5	0	0	15	0	10
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
Eddy sausage wrap	57 g	160	8	3	0	25	360	15	1	3	6	10	0	2	8	80
Turkey sausage link	1.025oz	61.2	4.05	1.1	0.09	30.8	122.1	0.16	0	0	6.24	41.6	0.5	11.8	0.5	23
Frudel Strudel apple	2.29oz	210	6	1.5	0	0	270	36	2	11	5	0	0	0	6	50
frudel strudel cherry	2.29oz	210	6	1.5	0	0	280	36	2	11	5	0	0	0	6	50
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

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	6	310	17	4	0	45	790	31	2	6	9	0	30	8	10	150
bean & chs burrito	5.75 oz	354.6	7.95	4.02	0	18	586	53	6	0	16	25	6	5	25	71
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 Diced	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	310	20	7	0	45	790	18	2	2	16	2	2	4	15	180
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	3.6 oz	160	5	1	0	30	210	13	1	2	17	0	0	0	2	45
Kgs Dlight Chic Brst Pat	2.5 oz	160	12	3.5	0	40	180	1	0	0	14	43iu	1	13	1	110

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	3.08 oz	189	11	0	0	46	621	12	0	0	15	0	0	0	0	0
turkey taco meat	2.97 oz	123.7	4.95	1.56	0.09	52.4	411.6	2.27			17.53		0.8	21.6	1.8	
" 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

