

Subject to Change
Not guaranteed



<u>Meat & Poultry</u>	<u>Calories</u>	<u>Total Fat</u>	<u>Trans Fat</u>	<u>Total Carbs</u>
Chicken Nuggets	220	13g	0g	11g
Chicken Patty/Bun	380	16.5	0g	38g
Chicken Sticks	220	15g	0g	11g
Corn Dog	270	14g	X	22g
Fajita Chicken	130	4.5g	0g	1g
Fish 3.9 oz scrod-brd	280	12g	0g	16g
Fish Sticks	190	9g	0g	14g
Deli Sand -Avg	247	11g	4.5g	23g
Hamburger/Bun	190	16g	0g	49g
Hot & Spicy Chicken Patty	220	9g	0g	21g
Meatball Sub	341	17g	7g	33.5g
Popcorn Chicken	250	13g	0g	18g
Sausage Link	150	14g	0.31g	0.55g
Sausage Patty	140	13g	0.31g	0.55g
Tuna Fish	60	.5g	0g	2.67g
Turkey	60	0g	0g	1g
Pizza-Chz	317	14g	5g	31g
Pizza-Saus	397	20g	7g	32g
Pizza Pepperoni	337	18g	6g	31g
Hot Dog	190	18g	0g	1g
Rib Patty	150	10g	X	9g

*Above nutritional information is intended for information purposes only. Information is not to be used for menu analysis as portion sizes may vary.

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<u>Cheese</u>	<u>Calories</u>	<u>Protein</u>	<u>Total Fat</u>	<u>Trans Fat</u>	<u>Total Carbs</u>	<u>Fiber</u>
American Commodity 1slice	55	2.5g	4.5g	0g	>1g	0g
Cheddar Cheese Commodity Red Fat 2oz	80	7g	6g	X	<1g	0g
Cheese Sauce	50	<1g	2g	0g	7g	0g
Cream Cheese	100	2g	10g	0g	2g	0g
Mozzerella Commodity Red Fat 2oz	90	7g	7g	X	0g	0g
Yogurt	110	4g	1.5g	0g	19g	0g
Mozzerella Cheese (Sysco)	90	6g	7g	4.5g	<1g	0g
<u>Fruit</u>	<u>Calories</u>	<u>Protein</u>	<u>Total Fat</u>	<u>Trans Fat</u>	<u>Total Carbs</u>	<u>Fiber</u>
Pineapple	70	<1g	0g	0g	17g	1g
Peaches	70	1g	0g	0g	17g	1g
Pears	80	<1g	0g	0g	20g	2g
Applesauce	60	1g	0g	0g	16g	1g
Sliced Apple	35	1g	0g	0g	9g	1g
Mixed Fruit	80	1g	0g	0g	18g	1g
Mandarin Oranges	80	1g	0g	0g	18g	1g

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<u>Bread</u>	<u>Calories</u>	<u>Total Fat</u>	<u>Trans Fat</u>	<u>Total Carbs</u>
Hamburger Bun	150	2.5	0g	27g
White Bread Slice	262	2.34g	0g	53.5g
Hoagie Bun	200	2.5g	.05g	39g
Dinner Roll	90	1g	0g	18g
Garlic Breadstick	190	3.5g	0g	34g
Biscuit	200	8g	3g	26g
Tortilla Chips	130	7g	0g	15g
Crustini Bun	180	2g	0g	33g
Bagel	160	.5g	0g	33g

<u>Pasta</u>	<u>Calories</u>	<u>Total Fat</u>	<u>Trans Fat</u>	<u>Total Carbs</u>
Rotini	210	1g	0g	42g
Spaghetti	210	1g	0g	42g
Elbow	210	1g	0g	42g
Marinara	60	1g	0g	11g
Meatsauce	120	6g	3g	11g

<u>Potato</u>	<u>Calories</u>	<u>Total Fat</u>	<u>Trans Fat</u>	<u>Total Carbs</u>
French Fries	130	4g	0g	22g
Curly Fries	160	8g	0g	20g
Potato Round	160	7g	0g	19g
Hashbrown	130	8g	0g	14g
Mashed Potato	90	1g	0g	17g
Pancakes-3	117	2	0.3	22g
French Toast Sticks	270	11g	1.5g	39g

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<u>Milk</u>	<u>Calories</u>	<u>Protein</u>	<u>Total Fat</u>	<u>Trans Fat</u>	<u>Total Carbs</u>	<u>Fiber</u>
Chocolate	160	8g	2.5g	1.5g	27g	0g
Whole	150	8g	8g	5g	11g	0g
2%	120	8g	5g	3g	12g	0g
1%	100	8g	2.5g	1.5g	12g	0g
Skim	80	9g	0g	0g	12g	0g
 <u>Juice</u>						
Apple	60	0g	0g	0g	15g	0g
Grape	80	0g	0g	0g	21g	0g
Orange	60	<1g	0g	0g	14g	0g

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<u>Vegetables</u>	<u>Calories</u>	<u>Total Fat</u>	<u>Trans Fat</u>	<u>Total Carbs</u>
Green Beans	20	0g	0g	4g
Peas	70	.5g	0g	11g
Carrots	45	0g	0g	11g
Corn	80	1g	0g	17g
Refried Beans	140	2g	X	23g
Mixed Veg	45	0g	0g	9g
Baked Beans	160	1g	0g	32g
Side Salad	7	0g	0g	1.4g
Baby Carrots	43	0g	0g	10g
Celery Sticks	14	0g	0g	3g

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Chef Salad	230	12g	5g	10g
Gr Chicken Caesar	253	14g	4g	17g
Yogurt parfait	318	4g	1g	58g
Waffles	135	7g	0g	30g
Pudding, choc	130	5g	0g	29g
Pudding, vanilla	120	0g	0g	29g
Syrup	263	0g	0g	68.8g
French Toast	230	5g	0g	38g
Pancakes	220	3.5g	0g	42g
Rice	170	0g	0g	38g
Tomato Soup	90	0g	0g	19g
Chicken Gravy	35	1g	0g	6g
Breakfast Pizza	230	10g	0g	24g
Mexican Pizza	360	17g	0g	33g
16" Pizza Crust (Par Baked)	180	5g	0g	29g
Ken's Homestyle Ranch Dres	100	11g	0g	1g
Ken's Lite Italian Dressing	25	2g	0g	2g
Grape Jelly	50	0g	0g	12g
Mayonnaise	100	12g	0g	0g
Tomato Sauce	15	0g	0g	4g
Pizza Sauce	25	0g	0g	6g
Ketchup	15	0g	0g	4g
Salsa	15	0g	0g	3g
Nacho Cheese Sauce	90	7g	0g	5g

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<u>Item</u>	<u>Calories</u>	<u>Total Fat</u>	<u>Trans Fat</u>	<u>Total Carbs</u>
Diced Tomatoes	25	0g	0g	5g
Jalapenos	5	0g	0g	1g
Pizza Round	390	10g	0g	47g
Square Pizza (Smart Pizza)	380	13g	0g	47g
French Bread Pizza	330	15g	0g	29g