

Nutrition Facts

	Serving Size	Calories	Calories from Fat	Total Fat (g)	% Daily Value	Saturated Fat (g)	% Daily Value	Trans Fat (g)	Cholesterol (mg)	% Daily Value	Sodium (mg)	% Daily Value	Carbohydrate (g)	% Daily Value	Dietary Fiber (g)	% Daily Value	Sugars (g)	Protein (g)	% Daily Value			
																			Vitamin A	Vitamin C	Calcium	Iron

SUB STATION

Whole wheat sub bun	1 bun (6 inch)	175	20	2.3	4.5%	0.8	4%	0	0	0%	345	15%	32	10.5%	2	4%	2.5	6.5	0%	0%	0%	10%
White sub bun	1 bun (6 inch)	190	20	2.5	4%	0.5	2%	0	0	0%	410	17%	37	12%	1	4%	2	7	0%	0%	0%	10%
Seasoned french bread	2.67 oz	238	36.7	4.2	6.5%	1.0	5%	0	3	1%	538	22.4%	38.7	12.9%	1.3	5.2%	1.3	8.4	0%	0%	0%	13%
Whole wheat french bread	2.67 oz	200	6.7	1.3	2%	0	0	0	0	0%	480	20%	38.7	12.9%	2.67	10.7%	1.3	8	0%	0%	0%	10.7%
White french bread	2.67 oz	200	6.7	0.7	1.3%	0	0	0	0	0%	480	20%	38.7	12.9%	1.4	5.6%	1.3	6.7	0%	0%	0%	13.0%
Wrap: honey wheat	1 wrap (3.6 oz)	300	23	8	12%	1.5	8%	0	0	0%	560	23%	49	16%	4	16%	4	8	0%	0%	6%	15%
Wrap: garden herb	1 wrap (3.6 oz)	300	27	9	14%	1.5	8%	0	0	0%	640	27%	48	16%	3	12%	2	8	2%	0%	6%	15%
Wrap: tomato basil	1 wrap (3.6 oz)	310	26	9	14%	2	10%	0	0	0%	580	24%	49	16%	3	12%	2	7	0%	0%	4%	6%
Wrap: chipotle chili	1 wrap (104g)	310	70	8	12%	3	15%	0	0	0%	1190	50%	52	17%	4	16%	4	8	0%	0%	20%	20%
Wrap: jalapeno cheese	1 wrap (104g)	310	70	8	12%	3	15%	0	0	0%	1190	50%	52	17%	4	16%	4	8	0%	0%	20%	20%
Wrap: plain	1 wrap (3.6 oz)	310	26	9	14%	2	10%	0	0	0%	600	25%	49	16%	3	12%	1	8	0%	0%	4%	10%
Ham	2.5 oz	83.3	29.2	3.3	5%	1.25	6.7%	0	37.5	12.5%	792	33.3%	1.7	0%	0	0%	0.8	11.7	0%	0%	0%	1.7%
Turkey breast	3.2 oz	94	28.8	3.2	5%	1.6	8%	0	40	13.3%	28	1.2%	0	0%	0	0%	0	15.5	0.5%	4%	0%	0%
Chicken fajita	2.05 oz	94	27	3	5%	1	4%	0	40	13.3%	320	13.3%	1.2	0%	0	0%	0	15.5	0%	0%	0%	3%
Tuna salad	4.25 oz	232	121.5	13.5	21%	2.76	14%	0	24	8%	607	25.3%	11.4	4%	0	0%	0	14.7	6.2%	1.3%	21.7%	27.6%
Meatballs	5 meatballs	225	150	16.7	25.7%	6.7	44%	0	33.3	4.7%	625	25.8%	1.8	3%	1.7	7%	0.8	11.7	0%	0%	4%	8%
Breaded chicken strips	4 strips	266.7	146.7	16	24%	4	20%	0	53.3	17.3%	880	37%	13.3	4%	1.3	2%	1.3	17.3	0%	0%	0%	0%
Fajita chicken pasta salad(no lettuce)	4 oz	216	87.5	9.7	16.2%	0.7	3.5%	0	14	4.7%	523	21.8%	23	7.7%	1	4%	0	7.9	8.7%	0%	1%	3.6%
Chicken ranch pasta salad(no lettuce)	4 oz	243	70.6	7.9	13.1%	1.5	7.5%	0	39	13%	768	32%	28.7	9.6%	1	4%	0	13.3	100%	11%	2.2%	3.6%
Chicken pasta salad(no lettuce)	4 oz	212	95.9	10.7	17.8%	1.6	8%	0	14	4.7%	499	20.8%	22.8	7.6%	1	4%	0	7.9	7%	1.6%	1%	3.3%
Italian chicken pasta salad(no lettuce)	4 oz	228	96.3	10.7	17.8%	1.9	9.5%	0	27	9%	336	14%	20.6	6.9%	1.1	4.4%	0	11.9	100%	11.3%	2.1%	3.9%

CONDIMENTS

Shredded lettuce	3/4 cup	4	0	0	0%	0	0%	0	0	0%	0	0%	1	0%	0	0%	0	0	1%	2%	1%	0%
Sliced tomato	3 slices	8	0	0	0%	0	0%	0	0	0%	0	0%	2	0%	1	4%	0	0	2.7%	7.6%	0%	0%
Red onion	5 rings	13	0	0	0%	0	0%	0	0	0%	0	0%	3	1%	0	0%	0	0	0%	2.5%	1%	0%
Cucumber slices	1/4 cup	4	0	0	0%	0	0%	0	0	0%	0	0%	1	0%	0	0%	0	0	0%	1%	0%	0%
Dill pickle	1/2 oz	0	0	0	0	0	0	0	0	0%	180	7.5%	0	0%	0	0%	0	0	0%	0%	0%	0%
Sliced black olives	10 pieces	50	40	5	8%	0	0	0	0	0%	220	10%	0	0%	0	0%	0	0	0%	0%	0%	0%
Sliced green peppers	10 strips	5	0	0	0%	0	0	0	0	0%	0	0%	1	0%	0	0%	0	0	0.7%	28.9%	2.7%	0.5%
Sliced jalapeno pepper	10 slices	46	0	0.7	1%	0	0	0	0	0%	0	0	10	3.3%	2	8%	0	0	8.5%	100%	1.8%	6.7%
Banana pepper	13 pieces	5	0	0	0	0	0	0	0	0%	480	20%	1	0%	0	0%	0	0	0%	0%	0%	0%
Sauerkraut	2 tbsp	5	0	0	0	0	0	0	0	0%	180	8%	1	0%	1	4%	1	0	0%	4%	0%	0%
Red. fat American cheese	2 slices	70	35	4	6%	2.5	13%	0	15	5%	420	18%	2	1%	0	0%	1	7	6%	0%	20%	0%
Sliced mozzarella	1 slice	59	32.4	3.6	6%	2.3	12%	0	11	3.7%	0	0%	1	0%	0	0%	0	6	4%	0%	15%	0%
Swiss cheese	2 slices	100	70	8	12%	5	25%	0	25	8%	450	19%	0	0%	0	0%	0	6	4%	0%	20%	0%
Liquid cheese mild	1/4 cup	60	35	4	6%	1	5%	0	5	2%	430	18%	5	2%	0	0%	1	1	2%	0%	4%	0%
Liquid cheese nacho	1/4 cup	60	35	4	6%	1.3	6%	0	0	0%	375	16%	5	2%	0	0%	1	1	2%	0%	4%	0%
Shredded cheddar cheese	1 oz	80	46.7	5.2	8%	3.3	16.5%	0	16	5.3%	206	8.6%	0.5	0%	0	0%	0	7.7	6%	0%	26%	0%
Oil	1 tbsp	120	120	13.6	21%	1	5%	0	0	0%	0	0%	0	0%	0	0%	0	0	0%	0%	0%	0%
Fat free ranch	2 tbsp	45	0	0	0%	0	0%	0	0	0%	390	16%	11	4%	0	0%	4	0	0%	0%	0%	0%
Fat free french	2 tbsp	50	0	0	0%	0	0%	0	0	0%	250	10%	12	4%	0	0%	10	0	4%	0%	0%	0%
Fat free italian	2 tbsp	15	0	0	0%	0	0%	0	0	0%	330	14%	4	1%	0	0%	2	0	0%	0%	0%	0%

Caeser dressing	2 tbsp	80	70	8	12%	1.5	8%	0	10	3%	280	12%	2	1%	0	0%	0	0	0%	0%	2%	0%
Low fat mayo (pump)	1 tbsp	100	100	11	17%	1.5	8%	0	5	2%	90	4%	0	0%	0	0%	0	0	0%	0%	0%	0%
Ranch (pump)	2 tbsp	80	70	8	12%	1	5%	0	0	0%	260	11%	2	1%	0	0%	0	0	0%	0%	0%	0%
French (pump)	2 tbsp	50	0	0	0%	0	0%	0	0	0%	250	10%	12	4%	0	0%	10	0	4%	0%	0%	0%
Catsup (pump)	1 tbsp	20	0	0	0%	0	0%	0	0	0%	200	8%	5	2%	0	0%	3	0	4%	0%	0%	0%
Mustard (pump)	1 tsp	0	0	0	0%	0	0%	0	0	0%	60	3%	0	0%	0	0%	0	0	0%	0%	0%	0%
Mustard packet	1 tsp	5	0	0	0%	0	0%	0	0	0%	40	2%	0	0%	0	0%	0	0	0%	0%	0%	0%
Honey mustard	2 tbsp	130	90	10	16%	1.5	8%	0	10	3%	170	7%	8	3%	0	0%	8	0	0%	0%	0%	0%
BBQ sauce (pump)	2 tbsp	35	0	0	0%	0	0%	0	0	0%	410	17%	8	3%	0	0%	6	0	0%	0%	0%	0%
Taco sauce	2 tsp	5	0	0	0%	0	0%	0	0	0%	95	4%	1	0%	0	0%	0	0	0%	0%	0%	0%
Sweet and sour sauce	2 tbsp	50	0	0	0%	0	0%	0	0	0%	85	4%	12	4%	0	0%	9	0	0%	4%	0%	0%
Soy sauce	1 tbsp	10	0	0	0%	0	0%	0	0	0%	920	38%	0	0%	0	0%	0	2	N/A	N/A	N/A	N/A
Marinara sauce	1/4 cup	45	20	2	3%	0	0%	0	0	0%	260	11%	5	2%	2	8%	3	1	10%	15%	2%	2%
Sour cream	1 container (30g)	60	45	5	8%	3	15%	1	0	0%	75	3%	3	1%	0	0%	2	0	0%	0%	0%	0%
Salsa	1/4 cup	10	0	0	0%	0	0%	0	0	0%	135	5.6%	2	1%	0.5	2%	1.5	0	0%	0%	0%	0%
Hot sauce	1 tsp	0	0	0	0%	0	0%	0	0	0%	200	8%	0	0%	0	0%	0	0	N/A	N/A	N/A	N/A
Tartar sauce packet	1 tbsp	35	30	3.5	5%	0.5	2%	0	5	2%	110	5%	2	1%	0	0%	1	0	0%	0%	0%	0%
Syrup cup	1 cup (1.5 oz)	120	0	0	0%	0	0%	0	0	0%	40	2%	31	10%	0	0%	21	0	0%	0%	0%	0%
Honey	1 packet	30	0	0	0%	0	0%	0	0	0%	0	0%	7	2%	0	0%	6	0	0%	0%	0%	0%
Sugar	1 packet	10	0	0	0%	0	0%	0	0	0%	0	0%	3	1%	0	0%	3	0	N/A	N/A	N/A	N/A
Equal	1 packet	4	0	0	0%	0	0%	0	0	0%	0	0%	1	0%	0	0%	1	0	0%	0%	0%	N/A
Creamer non-dairy	1 packet	10	0	0	0%	0	0%	0	0	0%	0	0%	2	1%	0	0%	0	0	0%	0%	0%	0%
Salt	1/8 tsp	0	0	0	0%	0	0%	0	0	0%	230	10%	0	0%	0	0%	0	0	0%	0%	0%	0%
Pepper	1 packet	0	0	0	0%	0	0%	0	0	0%	0	0%	0	0%	0	0%	0	0	0%	0%	0%	0%
Beef gravy	2 oz	40	25	3	5%	1	5%	0	0	0%	330	14%	3	1%	0	0%	0	1	0%	0%	0%	0%
Brown gravy	2 oz	25	10	1	2%	0	0%	0	0	0%	310	13%	4	1%	0	0%	1	1	0%	0%	0%	0%
Roast turkey gravy	2 oz	35	20	2	3%	0	0%	0	0	0%	290	12%	3	1%	0	0%	0	1	0%	0%	0%	0%

TACO STATION

Taco meat	2.88 oz	240	99	11	16.9%	4.9	24.5%	0	45	15%	1035	43.1%	10.9	3.6%	3.7	14.8%	0	23	79.3%	5.9%	5.4%	22.2%
Soft shells	1	90	20	2.5	4%	1	5%	0	0	0%	200	8%	16	5%	2	8%	0	3	0%	0%	100%	33%
Taco salad shell	1	193	42	4.7	7%	1	5%	0	0	0%	339	14%	30	10%	1	5%	0	6	0%	0%	1%	11%
Tortilla chips ala carte	3 oz bag	450	180	21	33%	3	12%	0	0	0%	315	12%	54	18%	6	21%	0	6	0%	6%	6%	6%
Tortilla chips	3 oz	420	210	24	36%	3	15%	0	0	0%	480	21%	54	21%	3	12%	0	6	0%	6%	12%	6%
Refried beans	1/2 cup	130	35	4	6%	1.5	8%	0	0	0%	390	16%	16	5%	7	28%	0	7	0%	0%	4%	15%
Chicken chili crispito	2	480	108	28	44%	7	36%	0	60	20%	680	28%	40	14%	4	16%	4	16	0%	0%	20%	12%
Chicken quesadilla	1	310	110	12	18%	4.5	22%	0	40	13%	520	22%	35	12%	4	16%	2	18	5%	0%	24%	14%
Cheese quesadilla	1	320	120	13	20%	5	25%	0	45	15%	490	20%	35	12%	4	16%	2	18	7%	0%	31%	14%
Beef burrito	1	360	70	8	12%	3.5	18%	0	35	12%	750	31%	49	16%	2	8%	2	21	8%	10%	8%	25%
Chili cheese burrito	1	380	140	15	23%	5	25%	0.5	40	13%	980	41%	42	14%	2	8%	1	17	0%	0%	0%	0%
Beef and bean burrito	1	440	170	19	29%	5	25%	0	25	8%	750	31%	50	17%	5	20%	1	16	0%	0%	0%	0%
Veggie taco hot pocket	1	340	110	12	18%	4	20%	0	5	2%	530	22%	43	14%	4	16%	4	15	8%	0%	29%	19%

BRUNCH FOR LUNCH

French toast sticks	4	230	45	5	8%	1	5%	0	15	5%	420	17.5%	41	13.7%	1	4%	0	6	7%	0%	6%	10%
Pancakes	2	180	17	2.7	4%	0.5	2.5%	0	6.7	2%	473	20%	34.7	11.3%	2	8%	7.3	5.3	0%	0%	0%	0%
Waffle	2	200	36	6	9%	1	5%	0	0	0%	260	11%	32	11%	1	4%	2	4	0%	0%	0%	0%
Scrambled eggs	2 oz	57	22.8	2.6	4%	0.9	4.5%	0	111.2	37%	91.2	3.8%	1.1	0%	0	0%	0.6	6.3	16.3%	0%	2.3%	3.5%
Omelet	1	130	90	10	15%	4	19%	0	180	60%	300	12%	2	1%	0	0%	1	7	6%	0%	8%	4%
Egg patty sandwich	1 sandwich	303.2	131.8	14.5	22.3%	4.6	23%	0	145	48.3%	633	26.4%	27.7	9.2%	0	0%	0	15.8	5.3%	0%	19.8%	79%
Low fat pork sausage links	2	100	72	8	12%	2.6	12%	0	30	10%	260	10%	2	1%	0	0%	0	6	0%	0%	2%	2%

Papa John's sausage	1 piece (186.25g)	462.5	N/A	N/A	N/A	6.3	31.5%	N/A	N/A	N/A	1138	47.4%	51.3	17%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Multi cheese french bread	6" (4.2oz)	400	210	24	37%	8	40%	0	35	12%	760	32%	28	9%	1	4%	2	16	N/A	N/A	N/A	N/A
Pepperoni french bread	6" (4.9 oz)	330	130	15	23%	4	20%	0	25	8%	590	25%	32	11%	1	4%	4	15	0%	0%	0%	0%
Sausage french bread	6" (4.8 oz)	270	90	10	15%	2.5	12%	0	28	7%	580	24%	28	9%	3	12%	3	16	0%	0%	0%	0%
Portesi's cheese fries	4.25 oz	367	162.9	18.1	27.8%	6	30%	0	33.9	11.3%	693	26.6%	31.8	11%	2.2	8.8%	0	19.4	8.9%	0%	40.1%	5.7%
Pepperoni rectangle	5.6 oz	370	135	15	23%	5	25%	0	20	7%	1000	42%	42	14%	2	8%	0	18	0%	0%	0%	0%
Sausage wedge	4.7 oz	310	90	10	15%	2.5	12%	0	20	7%	650	27%	38	13%	3	12%	5	16	8%	0%	25%	15%
Cheese stuffed crust wedge	5.8 oz	380	135	15	23%	4.5	22%	0	15	5%	940	39%	46	15%	4	16%	0	18	0%	0%	0%	0%
Cheese doublestuff	3.7 oz	240	63	7	11%	4	20%	0	20	7%	550	23%	28	9%	3	12%	0	17	0%	0%	0%	0%

PASTA

Rotini	1/2 cup	57	2.9	0	0%	0	0%	0	0	0%	0	0%	12.9	4.3%	0	0%	0	2.3	17.1%	8.6%	2.9%	1%
Penne	1/2 cup	57	2.9	0	0%	0	0%	0	0	0%	0	0%	12.3	4.1%	0	0%	0	2	0%	0%	0%	2.3%
Cheese tortellini	1/2 cup	248	64	6.4	9.6%	4	20%	0	48	16%	192.0	8%	35.2	12.0%	1	3%	2	11.2	4.8%	0%	12%	12.0%
Egg noodle	1/2 cup	54.3	5.7	0.7	1.1%	0	0%	0	20	6.7%	31.4	1.3%	10	3.3%	0	0%	0	2.3	17.1%	8.6%	2.9%	1%
Spaghetti	1/2 cup	85	2.5	0	0%	0	0%	0	0	0%	0	0%	16.5	5.5%	1	4%	1	3	0%	0%	0%	5%
Angelina Mia tomato sauce	1/2 cup	50	0	0	0%	0	0%	0	0	0%	520	21.7%	10	3.3%	2	8%	0	2	49.7%	8.6%	2%	6%
Chicken alfredo	1 serving	401	106	11.8	18.2%	4.5	22.5%	1.2	59	19.7%	1365	56.9%	43.3	14.4%	1.5	6%	0	29.3	31.2%	1.6%	21.3%	38.9%
Garlic toast	1 slice	160	90	10	15%	2	10%	0	0	0%	280	12%	15	5%	1	4%	1	3	4%	0%	0%	2%

HOT POTATOES

Tater tots	12 pieces (3.72 oz)	208.3	106.6	11.8	18.6%	3.1	14.9%	4.6	0	0%	418	17.4%	23.6	7.9%	2.5	10%	0	2.5	0%	9.9%	1.2%	3.7%
Smiley face	5 pieces	140	45	5	7.7%	0.5	2.5%	0	0	0%	370	15.4%	23	7.7%	2	8%	0	2	0%	6%	0%	0%
Baked potato	1 medium potato	161	2	0.2	0%	0	0%	0	0	0%	17	6%	36.6	12.2%	3.8	15.2%	0	4.3	0%	22.1%	2.6%	10.4%
Baby bakers	6 pieces (3.17 oz)	95.1	15.9	2.1	3.2%	0	0%	0	0	0%	179.7	7.5%	15.9	5.3%	0	0%	0	3.2	0%	0%	2.1%	4%
Thin fries	2.3 oz	120.4	34.5	3.8	5.8%	0.8	4%	0	0	0%	337.5	14.1%	19.9	6.6%	1.5	6%	0	1.5	0%	4.6%	0%	1.5%
Wedges	3 oz	105.3	16.9	1.9	2.9%	0.5	2.5%	0	0	0%	42.6	1.8%	21.7	7.2%	1.8	7.2%	0	2.3	0%	12.8%	1.3%	3.4%
Curly fries	3 oz	150	70	8	12%	1.5	8%	3	0	0%	390	16%	18	6%	2	8%	0	2	0%	2%	0%	4%
Cosmic shapes	5 pieces	180	72	8	12.3%	1	5%	0	0	0%	480	20%	26	8.7%	3	12%	0	2	0%	0%	0%	2.5%
Tri-tater	1 piece (2 oz)	160	72	8	12%	2	10%	3.1	0	0%	345	14%	20	6.7%	2	8%	0	1	0%	5%	9%	1%

HOT VEGETABLES

Green beans canned	1/2 cup	14	0	0	0%	0	0%	0	0	0%	177	7.3%	3	1%	1.3	5.2%	0.6	0.8	2%	4.3%	1.8%	3.3%
Green beans frozen	1/2 cup	19	0	0	0%	0	0%	0	0	0%	6	0%	4.4	1.5%	2	8%	0.8	1	2.7%	3.7%	3.3%	3.3%
Peas frozen	1/2 cup	62	2	0.2	0%	0	0%	0	0	0%	58	2.4%	11.4	3.8%	4.4	17.6%	3.7	4.1	12%	10.5%	1.9%	7%
Carrots canned	1/2 cup	25	0	0	0%	0	0%	0	0	0%	42.9	1.4%	5	1.4%	1.4	5.7%	2.9	0	0%	0%	0%	0%
Corn canned	1/2 cup	66	7.2	0.8	1.2%	0	0%	0	0	0%	175	7.3%	15.2	5%	1.6	6.4%	2.9	2.2	0%	9.3%	0%	4%
Corn frozen	1/2 cup	66	5	0.6	1%	0	0%	0	0	0%	1	0%	15.9	5.3%	2	8%	2.5	2.1	1%	3.9%	0%	2.2%
California blend	1/2 cup	18.8	0	0	0%	0	0%	0	0	0%	18.8	0%	3.1	1%	1.3	5%	1.3	0.6	9.4%	21.9%	1.3%	0%
Broccoli florets	4 florets	30	0	0	0%	0	0%	0	0	0%	20	1%	4	1%	2	8%	2	1	N/A	N/A	N/A	N/A
Baked beans	1/2 cup	140	10	1	2%	0	0%	0	0	0%	550	23%	29	10%	5	20%	12	6	N/A	N/A	N/A	N/A
Diced beets	1/2 cup	40	0	0	0%	0	0%	0	0	0%	250	10%	8	3%	1	4%	6	1	0%	0%	2%	2%
Roasted veggies	1/4 cup	33	10	1.3	2%	0	0%	0	0	0%	143	6.0%	5.2	1.8%	2	8%	2	0.7	4%	13.4%	1.3%	2.7%

COLD VEGETABLES

Baby carrots	5 pieces	20	0	0	0%	0	0%	0	0	0%	0	0%	0	0%	2	8%	0	0	43%	3.9%	1.7%	1%
Cucumbers	5 slices	4	0	0	0%	0	0%	0	0	0%	0	0%	1	1%	0	0%	0	0	0%	1.5%	0%	0%
Celery	1/2 cup	9	0	0	0%	0	0%	0	0	0%	0	0%	2	1%	1	4%	0	0	2%	2.5%	2.5%	0%
Broccoli florets	1/2 cup	12	0	0	0%	0	0%	0	0	0%	0	0%	2	1%	1	4%	0	1	1.7%	42.3%	1.7%	1.7%
Cauliflower	1/2 cup	12	0	0	0%	0	0%	0	0	0%	0	0%	3	1%	1	4%	0	1	0%	30.9%	1.1%	1.1%

FRUITS

Applesauce, unsweetened	1/2 cup	52	0	0	0%	0	0%	0	0	0%	2	1%	13.8	4.6%	1.5	6%	12.3	0	0%	2%	0%	1%
Pineapple, tidbits canned	1/2 cup	66	0	0	0%	0	0%	0	0	0%	1	1%	17	5.7%	1	4%	15.9	0.5	0%	12.5%	1.8%	2.7%
Peaches, sliced canned	1/2 cup	68	0	0	0%	0	0%	0	0	0%	6	1%	18.3	6.1%	1.6	6.4%	16.6	0.6	63.4%	4%	0%	2.5%
Pears, sliced canned	1/2 cup	62	0	0	0%	0	0%	0	0	0%	5	1%	16	5.3%	2	8%	12	0	0%	2.7%	1%	2%
Mixed fruit canned	1/2 cup	69	0	0	0%	0	0%	0	0	0%	8	1%	17.9	6%	1.5	6%	14.3	0.5	35.4%	5.2%	0%	2%
Orange wedges	1 wedge	24	0	0	0%	0	0%	0	0	0%	0	0%	6	2%	1	4%	0	0	0%	36%	2%	0%
Apple wedges	3 wedges	27	0	0	0%	0	0%	0	0	0%	0	0	7	2%	1	4%	0	0	0%	3%	0%	0%
Banana	1 small 6"	90	0	0	0%	0	0%	0	0	0%	0	0	23	7.7%	3	12%	0	1	0%	11.7%	0%	1.7%
Strawberries	1/2 cup	23	0	0	0%	0	0%	0	0	0%	0	0	6	2%	1	4%	0	0	0%	56.4%	1.2%	1.7%
Grapes	1/2 cup	55	0	0	0%	0	0%	0	0	0%	0	0	14	4.7%	1	4%	0	1	0%	11.5%	0%	1.7%
Watermelon	1/2 cup	23	0	0	0%	0	0%	0	0	0%	0	0	23	7.7%	0	0%	0	0	3%	8.3%	0%	1.1%

SOUPS

Chili	8 oz	204	50	5.6	8.6%	2.2	11%	0	19	6.3%	662	27.6%	25	8.3%	4.8	19.2%	0	14.3	26.6%	22.2%	4.3%	15.7%
Harvest vegetable w/ chicken	8 oz	201	52.9	5.9	9%	1.3	6.5%	0	51	17%	1416	59%	17.3	5.8%	4.9	19.6%	0	20.9	100%	24.3%	6.8%	14.7%
Harvest vegetable w/ tortellini	8 oz	154	28.2	3.1	4.8%	1.1	5.5%	0	12	4%	1414	58.9%	26	8.7%	5.1	20.4%	0	7.4	100%	24.3%	8.9%	13.8%
Harvest vegetable w/ noodles	8 oz	125	15.2	1.7	2.6%	0	0%	0	0	0%	1367	57%	23.7	7.9%	5.1	20.4%	0	5.8	100%	24.3%	6%	12.3%
Chicken w/ dumplings	8 oz	177	37.2	4.1	6.3%	1.1	5.5%	0	56	18.7%	864	36%	17	5.7%	1.2	4.8%	0	16.4	53.5%	2.5%	3%	8.3%
Chicken noodle	8 oz	156	37.3	4.1	6.3%	1.1	5.5%	0	50	16.7%	859	35.8%	12.9	4.3%	1.1	4.4%	0	15.2	53.2%	2.5%	2.8%	7.5%
Chicken rotini	8 oz	133	31.5	3.5	5.4%	1	4%	0	38	12.7%	860	35.8%	9.2	3.1%	1.0	4%	0	14.8	52.9%	2.5%	2.4%	4.9%
Chicken and rice	8 oz	127	30	3.4	5.2%	1	4%	0	38	12.7%	932	38.8%	8.4	2.8%	0.7	2.8%	0	13.9	52.9%	2.5%	2.5%	5.6%
Stuffed pepper	8 oz	200	60.5	6.7	10.3%	2.7	13.5%	0	23	7.7%	1698	70.8%	21.4	7.1%	4.2	16.8%	0	14.9	26.3%	38.8%	7.3%	19.4%
Spicy cheeseburger	8 oz	304	157.5	17.5	26.9%	7.9	39.5%	0	42	14%	1339	55.8%	13.2	4.4%	2.2	8.8%	0	22.2	53.2%	8.8%	31.7%	11.4%
Turkey and wild rice	8 oz	138	28.7	3.2	4.9%	1	5%	0	25	8.3%	1138	47.4%	13.5	4.5%	1.7	6.8%	0	12.2	100%	3.4%	2.9%	6.3%
Tomato basil florentine	1 cup	180	10	2	4%	0	0%	0	0	0%	2120	88%	34	12%	2	8%	12	6	20%	0%	12%	12%
Condensed tomato	1 cup	180	20	2	4%	1	4%	0	0	0%	1440	60%	38	12%	4	16%	22	4	16%	16%	0%	4%

BREADS AND SNACKS

White dinner roll	1 roll	70	10	1	2%	0	0%	0	0	0%	135	6%	13	4%	0	0%	1	2	0%	0%	0%	4%
Wheat dinner roll	1 roll	80	15	1.5	2%	0	0%	0	0	0%	170	7%	15	5%	1	4%	3	3	0%	0%	0%	4%
French breadstick	1 piece	65	7.5	1.3	1%	0	0%	0	0	0%	130	5.5%	13	4%	0.5	2%	2	4	0%	0%	0%	8%
Teddy grahams chocolate	1 package	90	25	3	5%	1	5%	0	0	0%	115	5%	15	5%	1	4%	6	1	0%	0%	8%	4%
Teddy grahams honey	1 package	100	30	3	5%	0	0%	0	0	0%	100	4%	17	6%	2	8%	4	2	0%	0%	0%	4%
Teddy grahams vanilla	1 package	110	31.5	3.5	5.4%	0	0%	0	0	0%	90	3.8%	19	7%	0	0%	N/A	2	0%	0%	0%	0%
Teddy Grahams cinnamon	0.75 oz	96	27	3	4.6%	0	0%	0	0	0%	121	5%	15.8	5.3%	0.5	2%	N/A	1.4	0%	0%	0%	3.4%
Teddy grahams cinnamon belly	1 package	130	36	4	6.2%	0	0%	0	0	0%	115	5%	20	6.7%	0	0%	N/A	2	0%	0%	8.3%	5.6%
Chocolate graham bear	.9 oz package	103	24.8	2.8	4.7%	0.7	3.5%	0.7	0	0%	91	3.8%	18.4	6.1%	0.5	2%	N/A	1.6	39%	4%	1.2%	10.9%
Yogurt parfait	1 serving	130	17.3	1.8	2.9%	0.6	2.8%	0	4	1%	83	3%	24.5	8%	2.4	9.6%	17.9	4	0%	12%	10%	2.7%
Chocolate chip cookie	1 cookie	88	24.8	2.8	4.7%	0.8	4%	0.2	10	3.3%	116	4.8%	15	5%	0	0%	8.5	1.3	10%	0%	0.8%	2.9%
Ala carte chocolate chip cookie	1 cookie	238	67.1	7.5	12.4%	2.3	11.5%	0.6	26	8.7%	314	13.1%	40.6	13.5%	1.2	4.8%	23	3.5	27.7%	0%	2.1%	8.1%
Chocolate fudge cookie	1 cookie	92	32.4	3.6	5.6%	0.9	3%	0.4	11	3.7%	154	6.4%	14.5	5%	0.5	2%	9.2	1.2	17.1%	0%	1.5%	2.9%
Oatmeal raisin cookie	1 cookie	97	29.9	3.3	5.5%	0.7	2.9%	0.4	9	3%	106	4%	16	5.5%	0.7	2.8%	9	1.6	16.7%	0%	0.9%	3.2%
Low fat sugar cookie	1 cookie	87	25.8	2.9	4.8%	0.6	2.8%	0.4	9	3%	135	6%	14	4.7%	0	0%	6	1.3	17.1%	0%	0%	2.9%
Blueberry muffin	1 muffin	376	118.6	13.2	22%	3.9	19.5%	0	94	31.3%	458	19.1%	58.5	19.5%	1.4	5.6%	31	6.4	23.7%	0%	4.1%	13%
Chocolate chocolate chip muffin	1 muffin	346	98.1	10.9	18.2%	4.2	21%	0	90	30%	465	19.4%	58.8	19.6%	1.6	6.4%	36	6.4	15.7%	0%	3.2%	12.8%
Chocolate chip muffin	1 muffin	369	125.1	13.9	23.2%	4.4	22%	0	90	30%	432	18%	56.5	18.8%	1.2	4.8%	33	6.1	14.9%	0%	3.9%	12.9%

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