

## LUNCH - ENTREES

ITEM	SERVING SIZE	CAL	CARB GM	PRO GM	FAT GM	INGREDIENT/ALLERGY INFORMATION
						<u>Bagel</u> : wheat, yeast, egg, corn & soy ingredient <u>Cheese</u> : milk
<b>Bagel Bag</b>	1 each	454	62.5	25.2	11.9	<u>Other</u> : raw carrots, fruit cocktail in light syrup
<b>Beef Burger</b>	3 oz	239	0.0	14.5	19.7	<u>Beef</u> , soy & corn ingredients <u>Cheese</u> : milk
<b>Beef, Cheese Steak</b>	1 each	327	20.1	15.4	20.4	<u>French Roll</u> : wheat, yeast, milk, corn & soy ingredient <u>Beef</u> (soy & corn ingredients), onion, celery, garlic, catsup, tomato, vinegar, brown sugar, mustard, black pepper, red pepper
<b>BBQ Beef on a Bun</b>	1 each	323	29.7	21.9	12.7	<u>Roll</u> : wheat, yeast, milk, corn & soy ingredient <u>Chicken</u> , onion, celery, garlic, catsup, tomato, vinegar, brown sugar, mustard, black pepper, red pepper
<b>BBQ Chicken on a Bun</b>	1 each	262	29.7	21.2	6.3	<u>Roll</u> : wheat, yeast, milk, corn & soy ingredient <u>White Bread</u> : wheat, yeast, milk, corn & soy ingredient
<b>Bread Stuffing</b>	1/3 cup	164	23.2	3.7	6.3	<u>Flour Tortilla</u> : Wheat, corn & soy ingredients <u>Filling</u> : Bean (pinto), onion, garlic, black pepper, tomato, chili powder, cumin
<b>Burrito, Bean</b>	1 each	244	32.6	11.3	8.0	<u>Cheese</u> : milk <u>Flour Tortilla</u> : Wheat, corn & soy ingredients <u>Filling</u> : Beef, onion, garlic, black pepper, tomato, chili powder, chili, cumin, paprika, cheddar cheese (milk)
<b>Burrito, Beef</b>	1 each	308	22.5	17.4	16.5	<u>Cheese</u> : milk <u>Croutons, seasoned</u> : Wheat, yeast, soy & corn ingredients <u>Dressing</u> : Italian
<b>Caesar Salad</b>	1 cup	141	4.3	6.2	11.4	Lettuce
<b>Cheese Sandwich, Toasted</b>	1 each	216	20.8	17.1	7.3	<u>Bread</u> : wheat, yeast, milk, corn & soy ingredient <u>Butter</u> : milk <u>Cheese</u> : milk
<b>Chicken on a Bun</b>	1 each	354	31.5	14.8	18.4	<u>Patty</u> : Chicken, wheat, milk, soy & corn ingredients <u>Roll</u> : wheat, yeast, milk, corn & soy ingredient
<b>Chicken, Barbecued</b>	3 oz	253	15.6	23.4	10.7	<u>Chicken</u> : wing, thigh, drumstick, breast (all w/ skin) <u>Sauce</u> : catsup, onion, garlic, brown sugar, chicken stock
<b>Chicken Breast Meat Patties, Glazed, Low Sodium, Tyson®</b>	1 piece	90	2.0	14.0	2.5	Chicken breast meat with rib meat, wheat, onion, garlic, yeast, corn & soy ingredients
<b>Chicken Caesar Salad w/ Diet French Drsnng</b>	1 each	298	14.8	32.3	11.9	<u>Salad</u> : Chicken breast, lettuce <u>Cheese blend</u> : milk <u>Croutons</u> : Wheat, yeast, soy & corn ingredients
<b>Chicken Fajitas</b>	1 each	352	32.6	23.8	14.1	<u>Flour Tortilla</u> : Wheat, corn & soy ingredients <u>Filling</u> : chicken, corn, onion, green pepper, tomato, salsa, oregano, cumin seed, chili powder, garlic, white pepper, vinegar, sugar, cornstarch, veg stock
<b>Chicken Fries (Breaded Chicken Sticks), Tyson®</b>	8 each	210	10.0	18.0	11.0	Chicken, wheat, egg, milk, soy & corn ingredients

---

<b>Chicken, Grilled Breast</b>						<u>Chicken</u> : breast, boneless, skinless
<b>Sandwich</b>	2.8 oz	233	19.1	27.2	4.4	<u>French Roll</u> : wheat, yeast, milk, corn & soy ingredient

---

ITEM	SERVING SIZE	CAL	CARB GM	PRO GM	FAT GM	INGREDIENT/ALLERGY INFORMATION
<b>Chicken Nuggets</b> Tyson®	5 each	270	11.0	15.0	18.0	Chicken, wheat, milk, soy & corn ingredients Chicken: breast, thigh, wing, drumstick (all with skin) Coating: wheat, milk, black pepper, poultry seasoning, paprika, garlic, soy ingredient
<b>Chicken, Oven Fried</b>	3 oz	294	9.7	25.3	16.5	Patty: chicken, wheat, soy, milk Sauce: tomato
<b>Chicken Parmesan</b>	1 piece	365	14.8	20.6	27.2	Cheese: milk Patty: chicken, wheat, soy, milk Sauce: tomato Cheese: milk
<b>Chicken Parmesan Sandwich</b>	1 each	391	39.4	21.5	17.0	Roll: wheat, yeast, milk, corn & soy ingredients
<b>Chicken Patty, Breaded</b> Tyson®	1 each	270	11.0	15.0	18.0	Chicken, wheat, milk, soy & corn ingredients
<b>Chicken, Popcorn</b> Tyson®	11 pieces	210	16.0	15.0	9.0	Chicken, wheat, yeast, milk, corn & soy ingredients Flour Tortilla: Wheat, corn & soy ingredients
<b>Chicken Quesadilla</b>	1 each	503	63.9	35.0	15.6	Filling: chicken, onion, chili powder
<b>Chicken, Roasted</b>	4.5 ounce	142	0.0	26.7	3.1	Chicken breast
<b>Chicken Salad Sandwich</b>	1 each	366	30.1	21.7	18.0	Chicken, celery, onion, pickle relish, black pepper, mustard, mayonnaise Bread: wheat, yeast, milk, corn & soy ingredient Chicken breast
<b>Chicken, Steak, Sandwich</b>	1 each	267	19.1	27.7	8.1	Roll: wheat, yeast, milk, corn & soy ingredient Chicken breast, soy & corn ingredients, ginger, garlic, white pepper, broccoli, carrots, onion, chicken stock
<b>Chicken Stir Fry</b>	1 cup	233	13.6	23.1	9.6	Chicken, egg, milk, wheat, garlic, paprika, corn & soy ingredients
<b>Chicken Tenders,</b> Tyson®	3 each	230	12.0	16.0	13.0	Flour Tortilla: Wheat, corn & soy ingredients
<b>Chicken Wrap, Ranch</b>	1 each	283	20.0	27.7	9.5	Diced chicken, BBQ sauce
<b>Chik'n Nuggets, Vegetarian</b>	4 each	190	18.0	12.0	7.0	Wheat, soy, milk & egg ingredients
<b>Corn Dog, Turkey Jumbo</b> State Fair	1 each	290	30.0	10.0	15.0	Turkey, Egg, milk, wheat, soy & corn ingredients Egg, onion, celery, black pepper, mustard, pickle relish
<b>Egg Salad Sandwich</b>	1 each	279	28.6	11.1	13.7	Bread: wheat, yeast, milk, corn & soy ingredient Wheat, yeast, milk, onion, paprika, turmeric, rice, soy & corn ingredients
<b>Fish Sticks</b>	6 each	307	0.0	46.2	12.2	pork
<b>Ham</b>	3 oz	87	0.9	14.1	3.0	Ham: pork Cheese: milk French Roll: wheat, yeast, milk, corn & soy ingredient
<b>Ham and Cheese on Roll</b>	1 each	306	30.8	19.7	11.1	Ham: pork Bread: wheat, yeast, milk, corn & soy ingredient Patty: beef (soy & corn ingredients)
<b>Ham Sandwich</b>	1 each	239	25.3	17.2	7.1	Roll: wheat, yeast, milk, corn & soy ingredient Patty: beef (soy & corn ingredients) Cheese: milk
<b>Hamburger on a Bun</b>	1 each	285	21.3	18.5	13.4	Roll: wheat, yeast, milk, corn & soy ingredient Patty: beef (soy & corn ingredients) Cheese: milk
<b>Hamburger, w/ Cheese on a Bun</b>	1 each	392	21.7	24.7	22.3	Roll: wheat, yeast, milk, corn & soy ingredient Turkey Dog (Perdue): turkey, corn ingredient, sodium phosphates, sodium nitrite, paprika
<b>Hot Dog on a Bun, Turkey</b>	1 each	251	22.5	11.8	12.2	Roll: wheat, yeast, milk, corn & soy ingredient

ITEM	SERVING SIZE	CAL	CARB GM	PRO GM	FAT GM	INGREDIENT/ALLERGY INFORMATION
<b>Italian Sub</b>	1 each	180	5.8	15.4	10.6	Ham (pork), Cheese (milk), Turkey Salami, lettuce, tomato <u>Hard Roll:</u> wheat, yeast, milk, corn & soy ingredient
<b>Lasagna w/ Ground Beef</b>	1 piece	265	24.1	17.3	11.4	<u>Beef:</u> soy & corn ingredients <u>Noodles:</u> wheat <u>Filling:</u> onion, garlic, black pepper, parsley, tomato, basil, oregano, marjoram, thyme <u>Cheese:</u> milk
<b>Lasagna, Vegetable</b>	1 piece	292	37.4	21.6	6.8	<u>Noodles:</u> wheat <u>Filling:</u> Zucchini, mushrooms, onion, broccoli, tomato, oregano, garlic, parsley, wheat <u>Cheese:</u> milk
<b>Macaroni and Cheese</b>	2/3 cup	261	4.6	14.3	20.8	<u>Macaroni:</u> wheat <u>Sauce:</u> milk, butter, mustard, black pepper <u>Cheese:</u> milk
<b>Meatballs</b>	2 each	177	8.5	15.4	8.9	Beef (soy & corn ingredients), wheat, oat, egg, milk, tomato, onion, celery, parsley, black pepper, garlic, basil, oregano, marjoram, thyme
<b>Meatball Submarine Sandwich</b>	1 each	345	38.9	21.2	11.5	Beef (soy & corn ingredients), milk, oat, wheat, egg, tomato, onion, celery, parsley, black pepper, garlic, basil, oregano, marjoram, thyme <u>Hard Roll:</u> wheat, yeast, milk, corn & soy ingredient
<b>Meatloaf</b>	3/4" slice	177	8.5	15.4	8.9	Beef (soy & corn ingredients), milk, oat, wheat, egg, tomato, onion, celery, parsley, black pepper, garlic, basil, oregano, marjoram, thyme
<b>Mozzarella Sticks</b>	4.1 oz	356	29.7	11.9	20.8	Milk, wheat, soy ingredient
<b>Nachos w/ Ground Beef</b>	6 large chips, 2 oz beef	256	13.9	17.1	14.6	<u>Topping:</u> Beef (soy & corn ingredients), chili powder, cumin seed, paprika, onion; cheese sauce (milk), lettuce, salsa <u>Tortilla Chips:</u> corn & soy ingredients <u>Macaroni:</u> wheat <u>Sauce:</u> tomato, beef <u>Cheese:</u> milk
<b>Pasta, Baked Ziti</b>	5 oz	305	24.8	22.0	13.2	<u>Noodles:</u> egg, wheat <u>Butter:</u> milk
<b>Pasta, Egg Noodles, Buttered Pasta Marinara</b>	1 cup	213	39.7	7.6	2.4	<u>Spaghetti:</u> wheat <u>Sauce:</u> tomato
<b>Pasta, Spaghetti and Meat Sauce</b>	2/3 cup	151	31.0	5.3	0.8	<u>Spaghetti:</u> wheat <u>Sauce:</u> beef (soy & corn ingredients), tomato, onion, garlic, black pepper, basil, oregano, marjoram, thyme
<b>Pizza, 5" Round Tony's®</b>	3/4 cup	284	32.5	26.4	6.2	<u>Crust:</u> wheat, yeast, soy ingredient <u>Cheese:</u> milk <u>Sauce:</u> tomato
<b>Pizza, Big Daddy's™</b>	5 oz	433	42.3	13.4	23.0	<u>Crust:</u> wheat, yeast, soy & corn ingredient <u>Cheese:</u> milk <u>Sauce:</u> tomato, milk
<b>Pizzaburger on a Roll</b>	6 1/3 oz	470	55.0	24.0	18.0	Beef (soy & corn ingredients), onion, garlic, black pepper, tomato, basil, oregano, marjoram, thyme, cheese (milk) <u>Roll:</u> Wheat, yeast, soy & corn ingredient
<b>Pizza, Domino's Pizzeria Pizza</b>	1 each	271	26.1	18.1	10.3	<u>Crust:</u> milk, yeast, wheat, soy ingredient <u>Cheese:</u> milk <u>Sauce:</u> tomato, garlic, sugar
<b>Pizza, French Bread Tony's®</b>	1 slice	351	39.8	16.8	14.7	<u>Crust:</u> wheat, yeast, soy ingredient <u>Cheese:</u> milk <u>Sauce:</u> tomato

ITEM	SERVING SIZE	CAL	CARB GM	PRO GM	FAT GM	INGREDIENT/ALLERGY INFORMATION
<b>Pizza, Personal Pan, Tony's®</b>	1 each	310	42.0	15.0	9.0	<u>Crust</u> : wheat, yeast, soy ingredient <u>Cheese</u> : milk <u>Sauce</u> : tomato
<b>Pizza, Smart 4x6 Tony's®</b>	1 each	300	35.0	16.0	11.0	<u>Crust</u> : wheat, yeast, soy ingredient <u>Cheese</u> : milk <u>Sauce</u> : tomato
<b>Pizza Sticks, MaxStix</b>	108 g	328	32.0	16.6	15.0	<u>Crust</u> : wheat, yeast, soy & corn ingredients <u>Cheese</u> : milk, soy ingredient
<b>Pizza, Stuffed Crust</b>	1 slice	382	43.9	*	14.5	<u>Crust</u> : wheat, yeast, soy ingredient <u>Cheese</u> : milk <u>Sauce</u> : tomato
<b>Pizza, Whole-Wheat Ciconte®</b>	1 slice	270	41.0	14.0	8.0	<u>Crust</u> : wheat, yeast, soy ingredient <u>Cheese</u> : milk <u>Sauce</u> : tomato
<b>Ravioli, Cheese</b>	6 pieces	221	31.1	8.4	8.2	<u>Ravioli</u> : cheese (milk), wheat <u>Sauce</u> : tomato
<b>Salami</b>	1 oz	110	0.0	7.0	9.0	pork
<b>Sausage and Peppers</b>	2 oz sausage, 1/2 cup peppers	447	32.5	22.1	25.7	<u>Sausage</u> : pork <u>French Roll</u> : wheat, yeast, milk, corn & soy ingredient Green peppers, onion, tomato
<b>Sausage, Turkey</b>	2.5 oz	137	0.9	15.3	7.6	turkey
<b>Sloppy Joe on a Bun</b>	1 each	287	31.2	17.9	10.0	Beef (soy & corn ingredients), onion, garlic, tomato, vinegar, mustard, black pepper, brown sugar <u>Roll</u> : wheat, yeast, milk, corn & soy ingredient
<b>Steak Strips, Vegetarian</b>	12 strips	150	8.0	22.0	3.5	Veggie steak, Wheat & soy ingredients <u>Taco Shell</u> : corn & soy ingredients <u>Filling</u> : turkey (soy ingredient), onion, garlic, black pepper, tomato, chili powder, cumin, paprika, lettuce
<b>Taco, Turkey</b>	2 each	275	20.0	18.5	13.7	
<b>Tuna, in water, Chicken of the Sea®</b>	1/4 cup	60	0.0	13.0	0.5	Soy ingredient
<b>Tuna Salad Sandwich</b>	1 each	389	29.1	19.9	21.9	<u>Tuna Salad</u> : Tuna (soy ingredient), onion, celery, pickle relish, mustard, mayonnaise <u>Bread</u> : wheat, yeast, milk, corn & soy ingredient
<b>Tuna Salad on Wheat, w/ lowfat mayonnaise</b>	1 each	302	34.5	25.1	7.7	<u>Tuna Salad</u> : Tuna (soy ingredient), onion, celery, pickle relish, mustard, mayonnaise <u>Bread</u> : wheat, yeast, milk, corn & soy ingredient
<b>Turkey Breast</b>	2 oz	50	0.0	12.0	0.0	Turkey breast
<b>Turkey Sub</b>	1 each	321	40.3	19.2	8.4	Turkey, ham (pork), lettuce <u>Mini Sub Roll</u> : wheat, yeast & soy ingredients <u>Cheese</u> : milk
<b>Turkey and Ham Sub</b>	1 each	394	45.7	25.4	11.6	<u>Hard Roll</u> : wheat, yeast, milk, corn & soy ingredient Turkey, Ham (pork), Lettuce <u>Roll</u> : wheat, yeast, milk, corn & soy ingredient
<b>Turkey Dog</b>	1 each	270	29.0	12.0	11.5	Turkey dog: corn ingredients
<b>Turkey Roast</b>	2.5 oz	110	2.2	15.1	4.1	Turkey, light & dark meat
<b>Turkey Sandwich, Open Faced</b>	1 each	550	70.2	39.5	12.5	Turkey breast (baked w/ skin) <u>Gravy</u> : milk, wheat, corn & soy ingredient <u>Bread</u> : wheat, milk, yeast, soy ingredient
<b>Turkey Wrap</b>	1 each	444	62.1	24.0	10.3	Turkey (deli meat) <u>Flour Tortillas</u> : Wheat, corn & soy ingredients
<b>Vegetable Burger on a Bun, MXD-Grain</b>	1 each	232	29.4	15.3	6.4	<u>Patty</u> : wheat, soy, milk, egg <u>Roll</u> : wheat, yeast, milk, corn & soy ingredient

<b>Vegetable Burger, Grillers</b>	1 each	130	5.0	15.0	6.0	Wheat, soy, milk & egg ingredients
<b>ITEM</b>	<b>SERVING SIZE</b>	<b>CAL</b>	<b>CARB GM</b>	<b>PRO GM</b>	<b>FAT GM</b>	<b>INGREDIENT/ALLERGY INFORMATION</b>
<b>Veggie Dogs, America's Original</b>	1 each	80	6.0	11.0	0.5	Wheat, soy, milk & egg ingredients
* - Denotes Missing Nutrient Values						

## SOUPS

ITEM	SERVING SIZE	CAL	CARB GM	PRO GM	FAT GM	INGREDIENT/ALLERGY INFORMATION
<b>Beef Vegetable</b>	1 cup	78	9.5	5.7	2.4	Beef stock, ground beef (soy & corn ingredients), tomato, celery, onion, black pepper, parsley, garlic, corn, carrot, green beans, green peas
<b>Chicken &amp; Rice</b>	1 cup	90	12.7	6.0	1.4	Chicken stock, chicken, onion, black pepper, white rice
<b>Chicken Noodle</b>	1 cup	87	10.7	6.8	1.9	Chicken stock, chicken, onion, black pepper, egg noodles
<b>Chicken Vegetable</b>	1 cup	76	9.9	6.8	1.6	Chicken stock, chicken, tomato, celery, onion, black pepper, parsley, garlic, corn, carrot, green beans, green peas
<b>Cream of Chicken</b>	1 cup	233	15.2	15.9	11.8	Chicken stock, milk, wheat, soy ingredient, white pepper, chicken
<b>Minestrone</b>	1 cup	110	18.8	9.5	0.6	Beef stock, onion, carrot, cabbage, celery, tomato, black pepper, oregano, parsley, garlic, white beans, macaroni (wheat)
<b>Tomato Soup</b> , canned, prepared w/ water	1 cup	85	16.6	2.1	1.9	Tomato, Corn & soy ingredients
<b>Vegetable Soup</b>	1 cup	49	9.9	2.6	0.5	Chicken stock, tomato, celery, onion, black pepper, parsley, garlic, corn, green beans, green peas

## FRUITS & JUICE

ITEM	SERVING SIZE	CAL	CARB GM	PRO GM	FAT GM	INGREDIENT/ALLERGY INFORMATION
<b>FRUIT</b>						
<b>Apple Cobbler</b>	1/2 cup	203	37.3	1.4	6.2	Apple, cinnamon, nutmeg, cornstarch, wheat
<b>Apple Crisp</b>	1/2 cup	194	30.3	1.9	8.0	Apple, cinnamon, lemon, butter (milk), oat, wheat
<b>Apple, fresh</b>	1 each	72	19.1	0.4	0.0	apples, fresh w/ skin
<b>Apple, sliced, frozen</b>	1/2 cup	46	11.6	0.2	0.0	apples, sliced
<b>Applesauce, canned &amp; unsweetened + Vit C</b>	1 each	105	27.6	0.4	0.0	applesauce
<b>Banana</b>	1 each	105	26.7	1.2	0.0	fresh banana
<b>Cherry Cobbler</b>	1/2 cup	226	42.7	2.0	5.9	Wheat, soy ingredient, cherries, cornstarch, lemon
<b>Cherry Crisp</b>	1/2 cup	192	29.3	2.2	7.9	Wheat, oat, cloves, butter (milk), cherries, lemon, cornstarch
<b>Cranberry Sauce, canned &amp; sweetened</b>	1/2 cup	209	53.8	0.0	0.0	canned & sweetened cranberry sauce
<b>Fruit Cocktail, canned in light syrup</b>	1/2 cup	69	18.0	0.5	0.0	canned fruit cocktail in light syrup
<b>Fruit, Fresh assorted</b>	1 each	69	17.8	0.8	0.0	apples w/ skin, grapes (3/4 cup serving), peach, pear, banana, orange
<b>Fruit, Mixed frozen, sweetened</b>	1/2 cup	122.5	30.3	1.8	0.0	mixed fruit sweetened, thawed
<b>Orange</b>	1 each	62	15.4	1.2	0.0	fresh orange
<b>Orange Halves</b>	1/2 each	31	7.7	0.6	0.0	fresh orange halves
<b>Peaches canned in light syrup</b>	1/2 cup	68	18.5	0.6	0.0	canned peaches in light syrup
<b>Peach Cobbler</b>	1/2 cup	209	39.7	1.7	5.8	Wheat, soy ingredient, cornstarch, lemon, nutmeg, peaches
<b>Pear, Fresh</b>	1 each	96	25.7	0.6	0.0	fresh pear
<b>Pear canned in light syrup</b>	1/2 cup	71.5	19.0	0.2	0.0	canned pears in light syrup
<b>Pinapple Chunks canned in light syrup</b>	1/2 cup	65.5	17.0	0.5	0.0	canned pinapple in light syrup
<b>Raisins</b>	1/2 cup	217.5	57.4	42.3	0.0	seedless raisins
<b>Strawberries frozen</b>	1/2 cup	122.5	33.1	0.7	0.0	sliced frozen sweetened strawberries
<b>JUICE</b>						
<b>Apple Juice, canned, unsweetened, + Vit C</b>	4 fl. oz.	58	14.5	0.1	0.0	canned apple juice, unsweetened
<b>Grape Juice, canned, unsweetened</b>	4 fl. oz.	77	18.9	0.7	0.0	canned grape juice, unsweetened

---

<b>Orange Juice</b> , canned, unsweetened	4 fl. oz.	52.5	12.3	0.7	0.0	canned orange juice, unsweetened
--	-----------	------	------	-----	-----	----------------------------------

---

## LUNCH - VEGETABLES

ITEM	SERVING SIZE	CAL	CARB GM	PRO GM	FAT GM	INGREDIENT/ALLERGY INFORMATION
<b>Baked Beans</b>	1/2 cup	161	37.0	6.6	0.5	Baked beans, onion, molasses, mustard, brown sugar, tomato
<b>Baked Potato</b>	1 each	188	42.7	5.1	0.0	Baked potato w/ skin
<b>Broccoli, frozen, boiled</b>	1/2 cup	26	4.9	2.9	0.0	broccoli
<b>Carrot Sticks</b>	1 cup	72	16.8	1.6	0.0	raw carrots
<b>Carrots, canned, cooked</b>	1/2 cup	36	8.1	0.9	0.0	carrots
<b>Cauliflower, frozen, boiled</b>	1/2 cup	17	3.4	1.5	0.0	cauliflower
<b>Celery Sticks</b>	1 cup	21	4.4	1.0	0.0	fresh celery sticks, raw
<b>Chinese Style Vegetables</b>	1/4 cup	36	3.4	0.9	2.3	broccoli, carrot, cauliflower, celery, onion, garlic, black pepper, soy ingredient
<b>Corn on the Cob, frozen, boiled</b>	1 ear	59	14.1	2.0	0.0	corn
<b>Corn, canned, yellow</b>	1/2 cup	133	30.5	4.3	1.6	corn
<b>Cucumber, raw</b>	1 oz	3	0.6	0.0	0.0	cucumber
<b>French Fries, oven heat</b>	2.5 oz	142	22.1	2.3	5.4	potato, soy, milk & wheat ingredients
<b>Green Beans, canned, cooked</b>	1/2 cup	14	3.0	0.8	0.0	green beans
<b>Hash Brown Potatoes</b>	1/2 cup	170	21.9	2.5	9.0	potato, soybean oil
<b>Italian Mixed Vegetables</b>	1/2 cup	19	4.2	1.1	0.0	zucchini, green peppers, green beans
<b>Lettuce &amp; Tomato</b>	1 leaf, 2 slice	6	1.3	0.0	0.0	fresh lettuce & tomato
<b>Lettuce, Fresh Iceberg</b>	1/2 cup	4	0.8	0.0	0.0	lettuce
<b>Mashed Potato Pearls, flakes + water</b>	1/2 cup	70	16.1	1.7	0.0	potato
<b>Mashed Potatoes, flakes, mlk + butr</b>	1/2 cup	102	11.4	1.9	5.4	potato, milk
<b>Mexicali Corn</b>	1/4 cup	43	7.9	1.1	1.4	corn, green pepper, onion, pimienta, butter (milk), chili powder, cumin seed, paprika
<b>Mixed Vegetables, canned, ckd</b>	1/2 cup	40	7.5	2.1	0.0	mixed vegetables
<b>Peas, Green, canned</b>	1/2 cup	58.5	10.7	3.7	0.0	green peas
<b>Pickles, Dill</b>	1 each	12	2.7	0.0	0.0	cucumber

---

**Potato Puffs,**

frozen	1/2 cup	142	19.5	2.1	6.9	potato, soybean oil
--------	---------	-----	------	-----	-----	---------------------

---

<b>ITEM</b>	<b>SERVING SIZE</b>	<b>CAL</b>	<b>CARB GM</b>	<b>PRO GM</b>	<b>FAT GM</b>	<b>INGREDIENT/ALLERGY INFORMATION</b>
<b>Refried Beans,</b> canned	1/2 cup	120	19.5	7.0	1.6	
<b>Romaine Lettuce</b>	1/4 cup	2	0.0	0.0	0.0	lettuce
<b>Sauerkraut,</b> canned	1/c cup	13.5	3.0	0.6	0.0	sauerkraut
<b>Tomatoes,</b> canned	1/2 cup	48	10.3	3.1	0	tomato
<b>Vegetarian Beans</b>	1/2 cup	120	25.6	6.4	0.8	beans

## LUNCH - SALADS

ITEM	SERVING SIZE	CAL	CARB GM	PRO GM	FAT GM	INGREDIENT/ALLERGY INFORMATION
<b>Chicken Salad</b>	1/2 cup	230	4.5	17.1	16.0	Chicken, celery, onion, pickle relish, black pepper, mustard, mayonnaise
<b>Cole Slaw</b>	1/4 cup	85	3.5	0.7	8.0	cabbage, carrots, onion, mayonnaise, sugar, celery seed, mustard, vinegar
<b>Cous Cous Salad</b>	3/4 cup	182	29.3	4.8	5.1	cous cous (wheat), cucumber, olives, onion, parsley, vinegar, soy ingredient
<b>Garden Salad</b>	1/2 cup	18	3.9	1.0	0.0	lettuce, spinach, tomato, carrot, cucumber
<b>Macaroni Salad</b>	1/2 cup	125	22.1	3.6	2.3	Macaroni (wheat), mayonnaise, carrot, celery, onion, pickle relish, black pepper, mustard, paprika, cucumber
<b>Potato Salad</b>	1/2 cup	111	18.4	1.6	3.7	Potato, celery, onion, pickle relish, mayonnaise, black pepper, mustard
<b>Salad, Tossed no dressing</b>	1 cup	41	7.5	2.5	0.9	lettuce, tomato, cabbage, carrot, radish
<b>Taco Salad</b>	1 salad	275	18.0	15.8	16.0	Filling: Beef (soy & corn ingredients), onion, garlic, black pepper, tomato, chili powder, cumin seed, paprika, lettuce, cheese (milk) Taco Shell: corn & soy ingredients
<b>Tuna Salad</b>	1/2 cup	253	3.5	15.2	19.9	Tuna, onion, celery, pickle relish, mustard, mayonnaise

## BREADS

ITEM	SERVING SIZE	CAL	CARB GM	PRO GM	FAT GM	INGREDIENT/ALLERGY INFORMATION
Bagel, plain, enriched; incl onion, poppy, sesame	1 each	195	37.9	7.5	1.1	Wheat, yeast, egg, corn & soy ingredient
Biscuits, plain (2oz)	1 each	206	27.5	3.5	9.4	wheat, yeast, milk, corn & soy ingredient
Biscuits, wheat, scratch	1 each	162	21.8	3.7	6.9	wheat, yeast, milk, corn & soy ingredient Bread: wheat, yeast, milk, corn & soy ingredient
Bread, garlic - wheat	1 slice	111	14.9	2.6	5.1	Topping: Margarine (soy ingredient), garlic
Bread, Italian	1 each	145	28.3	4.4	1.3	Wheat, cornmeal, milk, yeast, soy ingredient White Bread: wheat, yeast, milk, corn & soy ingredient Other: Celery, onion, garlic, pepper, seasoning, butter (milk), chicken stock
Bread stuffing	1/3 cup	164	23.2	3.7	6.3	
Bread, wheat (from scratch)	1 slice	92	16.9	2.8	1.6	Wheat, milk, yeast, soy ingredient
Bread, white (from scratch)	1 slice	93	17.1	2.6	1.5	Wheat, milk, yeast, soy ingredient
Bread, white toast w/ margarine	1 slice	117	15.5	2.6	4.9	Bread: wheat, soy ingredient, yeast, milk Topping: margarine (soy ingredient)
Brown rice pilaf	1/2 cup	118	22.7	3.4	1.2	Brown rice, white rice, pepper, onion, chicken stock
Bun, hamburger (2oz)	1 each	175	29.7	4.4	4.2	wheat, yeast, milk, corn & soy ingredient
Bun, hot dog (2oz)	1 each	175	29.7	4.4	4.2	wheat, yeast, milk, corn & soy ingredient
Cinnamon Rolls (2oz)	1 each	210	18.1	2.7	2.8	Wheat, milk, yeast, egg, soy ingredient
Cornbread	1 each	108	18.1	2.7	2.8	Wheat, cornmeal, milk, yeast, egg, soy ingredient
Crackers, saltines	4 each	51	8.5	1.1	1.4	Wheat, yeast, soy ingredient
Crackers, graham (pln/honey/cinnamon)	4 each	240	43.6	3.9	5.7	Wheat, corn & soy ingredients
English muffin, plain, enrch	1/2 each	66	13.0	2.2	0.5	Wheat, yeast, milk, corn & soy ingredient
Pasta, Macaroni	1 cup	200	41.0	7.0	1.0	Wheat
Pasta, Orzo (small shells)	1 cup	162	32.6	5.5	0.8	Wheat
Pretzel, Soft, Bun Superpretzel®	1 each	270	52.0	7.0	4.0	Wheat, yeast, soy ingredient
Rice, brown, cooked	2/3 cup	113	23.7	2.3	0.8	Brown rice
Rice, fried, cooked	2/3 cup	183	29.2	6.7	3.9	White rice, egg, soy ingredients, onion, celery, green peas White rice, soy ingredient, beef stock, onion, green peppers, tomato, chili powder, paprika, cumin seed
Rice, Spanish	1/4 cup	62	12.5	1.3	0.7	
Rice, white, cooked	2/3 cup	126	27.8	2.3	0.2	White rice
Roll, French, 6"	1 each	270	49.0	8.0	3.5	Wheat, yeast & soy ingredient
Rolls, wheat (2oz)	1 each	171	29.1	5.0	4.3	Wheat, milk, yeast, soy ingredient
Taco Shells	1 each	50	6.7	0.7	2.3	corn & soy ingredients
Tortilla chips, plain	.5 ounce	71	8.9	1.0	3.7	corn & soy ingredients
Tortilla, Flour, 8"	1 each	140	23	4	3.5	Wheat, corn & soy ingredients

Some breads may be made in a facility that uses eggs, milk, nuts, and sesame seeds.

## BREAKFAST - ENTREES

ITEM	SERVING SIZE	CAL	CARB GM	PRO GM	FAT GM	INGREDIENT/ALLERGY INFORMATION
<b>Biscuits, Sausage: ELEM</b>	1 each	279	17.0	13.4	17.3	Wheat, milk, yeast, soy ingredient, sausage, pork
<b>Biscuits, Sausage: SEC</b>	1 each	358	27.5	14.72	20.8	Wheat, milk, yeast, soy ingredient, sausage, pork
<b>Burrito w/ Salsa</b>	1 each	215	23.0	11.0	8.6	Flour tortilla: wheat Filling: egg, milk, corn, green pepper, onion, tomato, yellow mustard, garlic, hot pepper sauce, salsa
<b>Cereal, Kellogg's Froot Loops</b>	3/4 cup	90	19.5	< 1	< 1	Wheat, oat, coconut, corn & soy ingredients
<b>Cereal, Kellogg's Frosted Flakes</b>	3/4 cup	110	27.0	1.0	0.0	Corn & soy ingredient
<b>Cereal, Kellogg's Raisin Bran</b>	3/4 cup	110	27.0	3.0	1.0	Wheat, raisins, corn ingredients
<b>Cereal, Kellogg's Rice Krispies</b>	3/4 cup	90	21.7	1.5	0.0	Rice & corn ingredients
<b>Cereal, Kellogg's Smacks</b>	3/4 cup	100	24.0	2.0	0.5	Wheat, corn & soy ingredients
<b>Egg and Cheese Sandwich</b>	1 each	176	20.5	8.3	6.6	French Roll: wheat, yeast, milk, corn & soy ingredient Filling: egg, cheese (milk)
<b>French Toast Sticks</b>	3 pieces	377	56.8	13.1	10.8	Wheat, milk, yeast, soy ingredient, egg Pancake: flour, milk, egg, soy ingredient
<b>Pancakes w/ butter &amp; syrup</b>	1 each	192	28.5	3.4	7.4	Other: butter (milk)
<b>Waffles</b>	2.5 oz	179	35.7	4.0	3.0	Wheat, milk, yeast, egg, corn & soy ingredients

## CONDIMENTS & SAUCES

ITEM	SERVING SIZE	CAL	CARB GM	PRO GM	FAT GM	INGREDIENT/ALLERGY INFORMATION
<b>BBQ Sauce</b>	2 tbsp	48	12.4	0.5	0.1	Chicken stock, onion, catsup, garlic, brown sugar
<b>Butter, individual</b>	1 pat	36	0.0	0.0	4.1	Milk
<b>Cheese, Cheddar, yellow shredded, Enrico Brand</b>	1/4 cup	120	1.0	7.0	10.0	Milk
<b>Cheese, Cheddar, low fat</b>	1/2 oz	25	0.3	3.5	1.0	Milk
<b>Cheese, Cream</b>	1 tbsp	51	0.4	1.1	5.1	Milk
<b>Cheese, Mozzarella, Low Moisture &amp; Part Skim, Enrico Brand</b>	1 oz	80	< 1	7.0	6.0	Milk
<b>Cheese Sauce</b>	1 tbsp	28	1.3	1.4	1.9	Milk, wheat
<b>Gravy, Brown</b>	2 tbsp	22	1.9	0.4	1.5	Milk, wheat, onion, black pepper
<b>Jelly, assorted</b>	1 tbsp	51	13.3	0.0	0.0	Corn ingredients
<b>Ketchup, Heinz</b>	1 packet	10	2.0	0.0	0.0	Tomato, corn ingredient, onion
<b>Marinara Sauce, Conte®</b>	1/c cup	50	9.0	2.0	1.0	Tomato, corn & soy ingredients
<b>Mayonnaise, individual</b>	1 packet/ 2 tsp	60	0.0	0.0	7.0	Egg yolk, soy & corn ingredients
<b>Mustard, yellow individual</b>	1 packet	3	0.4	0.0	0.0	Mustard seed, mustard bran, spices, vinegar
<b>Nacho Cheese Sauce</b>	3 tbsp	138	1.6	7.4	11.5	Milk, chili powder, cumin seed, paprika, onion
<b>Peanut Butter</b>	2 tbsp	188	6.6	7.8	16.0	Peanuts, corn & soy ingredients
<b>Relish, individual</b>	1 packet	10	3.0	0.0	0.0	Corn ingredients
<b>Salad Dressing, French, Lite, Ken's</b>	1 packet/ 1.5 oz	120	13.0	0.0	8.0	Corn & soy ingredients, onion, garlic, beet powder
<b>Salad Dressing, Italian, Lite, Ken's</b>	1 packet/ 1.5 oz	45	3.0	0.0	3.5	Vinegar, corn & soy ingredients, garlic, onion, red bell pepper, Yellow #5, Yellow #6
<b>Salad Dressing, Ranch, Lite, Ken's</b>	1 packet/ 1.5 oz	140	6.0	1.0	13.0	Vinegar, milk, egg yolk, corn & soy ingredients, onion, lemon
<b>Salsa, chunky</b>	2 tbsp	10	2.0	0.0	0.0	Tomato, tomatillos, peppers, onion, herbs & spices
<b>Sauerkraut</b>	2 tbsp	5	1.0	0.0	0.0	sauerkraut
<b>Syrup, Pancake</b>	1 tbsp	47	12.3	0.0	0.0	Corn ingredients
<b>Taco Seasoning Mix, Pancho Villa</b>	2 tsp dry mix	20	4.0	0.0	0.0	Wheat & corn ingredients, onion, paprika, cocoa, garlic
<b>Teriyaki Sauce</b>	2 tbsp	36	8.9	0.7	0.0	Garlic, ginger, brown sugar, worcestershire sauce, catsup, vinegar, soy ingredient
<b>Tomato Sauce</b>	2 tbsp	17	3.2	0.7	0.0	Tomato, onion, black pepper, parsley, garlic, basil, oregano, marjoram, thyme

## SNACKS

ITEM	SERVING SIZE	CAL	CARB GM	PRO GM	FAT GM	INGREDIENT/ALLERGY INFORMATION
<b>Brownies</b>	1 each	151	23.2	2.4	6.4	Wheat, cocoa, egg, vanilla, soy ingredient
<b>Cake, Yellow</b>	1 slice	210	31.0	3.3	8.3	Wheat, milk, egg, vanilla, soy ingredient
<b>Cereal Bar</b>	1 each	140	28	1	3	Wheat, corn & soy ingredients
<b>Cookie, Carnival</b> Otis Spunkmeyer	1 oz	120	18.0	1.0	6.0	Wheat, egg, corn & soy ingredients, Chocolate Chips
<b>Cookie, Chocolate Chip</b> Otis Spunkmeyer	1 oz	130	17.0	1.0	6.0	Wheat, egg, corn & soy ingredients, Chocolate Chips
<b>Cookie, Sugar</b> Otis Spunkmeyer	1 oz	120	18.0	1.0	5.0	Wheat, egg, corn & soy ingredients
<b>Freezy Fruit Punch Pop,</b> CoolDaze™	1 each	45	10.0	0.0	0.0	May contain trace amounts of milk protein. Red 40, Red 3, Blue 1
<b>Fudge Dream Bar, Low Fat</b> CoolDaze™	1 each	80	16.0	2.0	1.5	Milk, Corn ingredients, May contain trace amounts of peanuts
<b>Gelatin, prepared, plain</b>	1/2 cup	84	19.2	1.7	0.0	pork
<b>Gelatin, prepared w/ Fruit</b>	1/2 cup	73	17.9	1.2	0.0	Gelatin: pork
<b>Ice Cream Cup, Birthday Cake Cup, Low Fat</b> CoolDaze™	1 each	70	13.0	2.0	1.0	Milk, corn ingredients, Blue 1, Yellow 6, Red 40
<b>Ice Cream Cup, Cotton Candy, Low Fat</b> CoolDaze™	1 each	70	12.0	2.0	1.0	Milk, corn ingredients, Red 40, Blue 1, Yellow 6
<b>Ice Cream Cup, Chocolate</b> Blue Bunny, Health Smart	1 each	80	18.0	4.0	0.0	Milk, Cocoa, Corn ingredients
<b>Ice Cream Cup, Vanilla</b> Blue Bunny, Health Smart	1 each	80	20.0	4.0	0.0	Milk, Corn ingredients
<b>Ice Cream Sandwich, Low Fat</b> CoolDaze™	1 each	130	25.0	3.0	2.5	Milk, soy, wheat, and corn ingredients
<b>Juice Bars, Minute Maid®</b>	1 each	60	15.0	0.0	0.0	Corn ingredients, Red 40, Blue 1
<b>Oatmeal Cookies w/ raisins</b>	1 each	177	23.7	2.4	8.6	Wheat, oat, cinnamon, cloves, soy ingredient, butter (milk), egg, vanilla, raisins
<b>Muffin, Wild Blueberry,</b> Otis Spunkmeyer® Delicious Essentials™	1 each	330	54.0	5.0	11.0	Wheat, egg, blueberries, corn & soy ingredients
<b>Pretzels, mini,</b> Snyder's of Hanover	1 package	50	12.0	1.0	0.0	Wheat & yeast ingredients
<b>Pretzel, Soft, Hot (2.5oz)</b> Superpretzel®	1 each	190	40.0	6.0	1.0	Wheat, yeast, corn ingredients

---

<b>Pop Tart</b>	1 each	210	37	2	6	Wheat, corn & soy ingredients
<b> pudding, Chocolate</b>						
Hunt's Snack Pack	1 each	150	22.0	2.0	5.0	Milk, cocoa, corn & soy ingredients

---

ITEM	SERVING SIZE	CAL	CARB GM	PRO GM	FAT GM	INGREDIENT/ALLERGY INFORMATION
<b> pudding, Vanilla</b>						
Hunt's Snack Pack	1 each	130	21.0	1.0	4.5	Milk, corn & soy ingredients
<b> pudding Pop, Chocolate Vanilla, Low Fat</b>						
CoolDaze™	1 each	90	17.0	2.0	2.0	Milk, corn & soy ingredients
<b> pudding, rice</b>	1/3 cup	89	16.5	3.5	1.0	Milk, cornstarch, egg, cinnamon, vanilla, white rice
<b> Sherbert, Rainbow</b>						
Blue Bunny	1 each	80	19.0	0.0	1.0	Milk, corn & soy ingredients, Yellow 6, Yellow 5, Blue 1
<b> Yogurt, Danimals</b>						
Dannon™	4 oz	125	20.0	5.0	3.0	Milk & corn ingredients

## BEVERAGES

ITEM	SERVING SIZE	CAL	CARB GM	PRO GM	FAT GM	INGREDIENT/ALLERGY INFORMATION
<b>Milk, 1% Chocolate</b>	8 oz	158	26.1	8.1	2.5	milk, cocoa, corn syrup
<b>Milk, 1% Lowfat</b>	8 oz	102	12.2	8.2	2.4	milk
<b>Milk, 2% Lowfat</b>	8 oz	122	11.4	8.1	4.8	milk
<b>Milk, Skim</b>	8 oz	83	12.2	8.3	0.0	milk
<b>Milk, Whole</b>	8 oz	146	11.2	7.9	8.0	milk
<b>Slushy, 100% Juice, Cool Tropics</b>	8 oz	132	31.8	0.0	0.0	Natural and artificial flavors, concentrated fruit juice
<b>Vitamin Water</b>	12 oz	75	19.0	0.0	0.0	Crystalline Fructose: corn ingredient