

Warrick County School Corporation
Nutrition Analysis Information
(Revised 4/30/12)

LUNCH ENTREES

Menu Item	Serving Size	Calories (kcal)	Fat (g)	Saturated Fat (g)	Protein (g)	Carbo-hydrates (g)	Fiber (g)
BBQ Pork Sandwich	1ea	248	6.6	2	17	31	4
Beef n' Cheddar	1 ea	284	12	6	19.5	25	3
Beef Soft Taco(elem)	1 ea	246	11	5	15	22	2.5
Beef Soft Taco (sec)	1 ea	287	12	6	16	29	2
Beef Stroganoff	1 cup	290	11	3	22	25	1
Biscuits & Gravy w/ Sausage Patty	1ea/2oz	348	17	5	12	35	1
Biscuits and Gravy	2ea/3oz	523	24	6	11	65	2
Black Angus Mini Hotdogs	2 ea	360	19	6	12	35	2
Buffalo Chicken Quesadilla	1 ea	273	9	5	18.5	27	1
Cajun Popcorn Shrimp	3 oz	220	12	2	10	19	2
California Sushi Roll	1 ea	39	.8	.25	1.5	6.5	.75
Cheeseburger on Bun	1 ea	282	14	5	20	23.5	4
Chef Salad, small	1 ea	181	8	4	11	16	2
Chicken Alfredo (elem)	¾ cup	309	19	6	10	22.5	.7
Chicken Alfredo (sec)	1 cup	432	26	9	15	31.5	1
Chicken & Broccoli Alfredo (elem)	¾ cup	288	19	6	10	21	1
Chicken & Broccoli Alfredo (sec)	1 cup	390	23	8	13	29	1
Chicken Bruschetta Pasta (elem)	¾ cup	233	10	3	16	17	1
Chicken Bruschetta Pasta (sec)	1 cup	287	11	2	18	26	1
Chicken & Dumplings (elem)	¾ cup	130	3	1	13	13	1
Chicken & Dumplings (sec)	1 cup	174	3	1	18	17	1
Chicken & Noodles	1 cup	193	5	1	17	21	1
Chicken Fajitas	1 ea	255	6	2	19	29	2
Chicken Nuggets (elem)	6 ea	239	13	2	18	17	1
Chicken Nuggets (elem) <i>NEW 2/12</i>	4 ea	176	8.9	1.4	14	12	1.5
Chicken Nuggets (sec)	7 ea	279	15	3	21	20	1
Chicken Nuggets (sec) <i>NEW 2/12</i>	5 ea	214	10.1	1.5	16.5	15	1.7
Chicken Parmesan Sandwich	1 ea	410	19	5	27	38.5	4.5
Chicken Pot Pie	1 cup	304	16	5	16	23	2
Chicken Salad Sandwich	1 ea	277	13	2	12	28.5	4
Chicken Sandwich	1 ea	317	14	2	20	35	4
Chicken Sandwich- <i>NEW 2/12</i>	1 ea	345	13.5	2	23	37	5
Chicken Smackers (elem)	8 ea	218	11	2	14	14	1
Chicken Smackers (sec)	10 ea	272	14	3	18	17	1
Chicken Soft Taco	1 ea	251	8	4	20	20	1
Chicken Tenders (elem)	3 ea	165	6	2	14	13	2
Chicken Tenders (sec)	4 ea	220	8	2	19	17	3
Chicken Tenders Buffalo (sec)	3 ea	237	13	3	18	15	1

Chili Cheese Dog	1 ea	285	13	5	17	25	4
Chili, Chips, & Cheese- elem	½ cup	428	25	10	24	27	4
Chili, Chips, & Cheese- sec	2/3 cup	480	26	10	29.5	30	5
Citrus Herb Baked Tilapia	1 ea	132	3.4	1.5	25	.2	0
Corndog, Whole Grain	1 ea	310	19	7	10	25	2
Crunchy Hawaiian Chicken Wrap	1 ea	268	9	2	14	33	2.5
Deli Sandwich	1 ea	237	9	3.5	17	25.5	3
Egg Roll, Pork & Vegetable	1 ea	200	11	3.5	8	18	1
Fish Nuggets	4 ea	261	12	3	16	18	0
Fish Sandwich (elem)	1 ea	310	13	5	13.5	38	4
Fish Sandwich (sec)	1 ea	350	14.5	2	15	39	3
French Toast Sticks w/ Sausage	3 ea/1 ea	326	17	4	11	32	2
Glazed Ham	3 oz	178	7.5	2.5	13	8	0
Green Eggs & Ham (elem)	1oz/2 oz	110	6	2	13	1	0
Grilled Cheese	1 ea	309	17	9.5	14	31	6
Gyros	1 wrap	317	16	6	14	29	3.5
Ham & Beans (elem)	¾ cup	203	4	1	15	24	5
Ham & Beans (sec)	1 cup	272	6	2	20	32	7
Hamburger on Bun	1 ea	257	11.5	3.5	19	23	4
Herb Roasted Chicken	2 ea	236	12	4	28	1	.5
Hotdog on Bun	1 ea	198	7.5	2	10	20	2
Hot Ham & Cheese Sandwich	1 ea	251	9.5	4	17	27.5	3
Lasagna	1 serv	377	19	10	24	27	3
Lasagna Roll Up	1 ea	285	11	6	16	30	3
Mexican Beef & Rice	2/3 cup	239	6	2	18	26	1
Mexican Cripito	1 ea	252	14	4	8	22	3
Mini Corndogs (elem)	5 ea	219	9	2	9	23	1
Mini Corndogs (sec)	6 ea	263	11	2	11	28	1
Pancakes & Sausage (elem)	2 ea/1 ea	222	7	2	11	29	2
Pancakes & Sausage (sec)	2 ea/2 ea	298	12	4	17	30	2.5
Pasta w/ Marinara Sauce (elem)	¾ cup	181	2	0	5	35	2
Pasta w/ Marinara Sauce (sec)	1 cup	226	2.5	.5	6	44	2
Peanut Butter & Jelly	1 ea	403	18	3	14	54	8
Peanut Butter Sandwich- alternative meal entrée	1 ea	330	18	3	14	35	8
Pita Bread Pizza w/ Fresh Basil	2 pieces	287	13	7	17	23	.5
Pizza, variety 4x6	1 ea	152	6	2	9	17	2
Philly Cheese Steak	1 ea	394	15	7	22	46	4
Popcorn Shrimp	3 oz	220	12	2	10	19	2
Ravioli (elem)	¾ cup	158	5	2	6	23	2
Ravioli (sec)	1 cup	250	8	3.5	9	36	3
Roast Beef & Cheddar Sandwich	½ sand	222	9	3	12	22	3
Roast Turkey (elem)	2.5 oz	114	4	1	16	<1	0
Roast Turkey (sec)	3 oz	142	5	2	20	1	0
Salad Entrée (elem)	1 bowl	288	20	12	16	12	2
Salad Entrée (sec)	1cup						
Spaghetti (elem)	¾ cup	187	6	2	10	24	2
Spaghetti (sec)	1 cup	312	9	3	17	29	3

Spicy Chicken Sandwich	1 ea	317	14	2	20	35	4
Stir-Fried Green Eggs & Ham	¾ cup	161	7	1.5	8.5	15	1.5
Super Nachos	1 serv	327	14	3	13	37	3
Sweet n' Sour Chicken w/ rice	1 serv	246	7	1	10	35	1
Sweet n' Sour Chicken w/o rice	1 serv	178	6.5	1	8.5	20	.5
Tangerine Chicken (elem)	3 oz	193	4	1.5	14	18	0
Tangerine Chicken (sec)	4 oz	257	5	2	18	24	0
Teriyaki Chicken (elem)	3 oz	191	4	1.5	14	18	0
Teriyaki Chicken (sec)	4 oz	255	5	2	18	24	0
Toasted Meatball Sub	1 ea	413	16	6	24	47	1
Toasted Stromboli Grinder	1 ea	464	24	10	21	43	1
Tortellini al Forno (elem)	¾ cup	158	8	3	5	17	2
Tortellini al Forno (sec)	1 cup	210	10	4	7	23	2
Tuna Salad Sandwich	1 ea	260	11.5	1.5	10	28.5	4
Turkey Pot Pie	1 cup	304	16	5	16	23	2
Uncrustable PB&J	1 ea	320	1	3	9	33	3
Vegetable Lasagna							
Walking Taco (elem)	1 ea	358	23	8	18	22	3
Walking Taco(sec)	1 ea	395	24	9	22	24	3
Wedge Pizza, variety	1 ea	340	11	3	17	42	4

BREAD, RICE, PASTA & GRAINS

Menu Item	Serving Size	Calories (kcal)	Fat (g)	Saturated Fat (g)	Protein (g)	Carbo-hydrates (g)	Fiber (g)
Bagel, Plain	1 each	210	1	0	7	43	2
Biscuit	1 ea	230	10	2.5	5	29	1
Bread, Whole Grain	1 slice	70	1	0	3	14	3
Breadstick	1 ea	110	2.3	1	3	18	1
Breadstick w/ Cheese- elem	1 ea/1oz	153	5	3	6	20	1
Buns, Hamburger, Whole Grain	1 each	110	1.5	0	5	21	3
Buns, Hoagie	1 each	180	2.5	.5	6	37	1
Buns, Hot Dog, Whole Grain	1 each	110	1.5	0	5	21	3
Buns, Kaiser, Seeded	1 each	200	3.5	.5	6	37	1
Buns, Steak 6"	1 ea	180	2.5	.5	6	37	1
Cheese Tortellini Salad	¼ cup	157	10	3	6	11	<1
Chips & Salsa	1 bag	152	7	1	2	20	2
Crackers, Saltines	4 pkt	50	1	<1	1	8	<1
Croutons, homemade	1 oz	30	2	0	0	2	0
Deli Rolls	1 ea	440	5	1	15	80	3
Garlic Cheese Biscuit	1 ea	171	8	3	5	19	1
Garlic Cheese Toast	1 ea	161	6	3	8	18	0
Garlic & Herb Pasta	½ cup	160	8	3	4	17	1
Garlic Toast	1 ea	58	.5	0	1	12	0
Graham Crackers	1 pkg	60	1.5	0	1	11	.5
Mac n' Cheese	½ cup	157	10	5	6	12	0
Mac n' Cheese w/ Broccoli	½ cup	224	10	6	10	24	.5
Pretzel Bites w/ cheese	5 ea	93	3	2	4	11	0

Red Beans & Rice	½ cup	100	.5	0	3.5	20.5	2
Rice Pilaf	1/3 cup	63	<1	0	1.5	14	.3
Rolls, wheat	1 ea	100	1.5	0	3.5	18	1
Spanish Rice	½ cup	95	.25	0	2	22	.5
Steamed Rice	1/3 cup	94	0	0	2	21	.5
Sunchips	1 oz	140	6	1	2	18	2
Sweet Cornbread	1 serv	118	3	.8	2.5	21	.8
Toast w/ Jelly	1 ea/1pk	107	.5	0	2	24	0
Yum Yum Rice	½ cup	133	1	0	3	26	1

VEGETABLES

Menu Item	Serving Size	Calories (kcal)	Fat (g)	Saturated Fat (g)	Protein (g)	Carbo-hydrates (g)	Fiber (g)
Baked Beans	½ cup	148	.5	0	5	35	4.5
Baked Potato	1 ea	80	0	0	2	18	2
Black Bean & Corn Salsa	¼ cup	71	3	0	2	10	3
Black-Eyed Peas	½ cup	146	0	0	19	48	31
Broccoli	½ cup	43	3	.5	1	3	1
Broccoli Cheese Rice (elem)	1/3 cup	91	5	3	4	7	<1
Broccoli Cheese Rice (sec)	½ cup	181	10	6	9	13	1
Broccoli Salad	¼ cup	110	7	1	1	12	1
Broccoli w/ cheese	½ cup	47	2	2	3	3	1
Broccoli/Cauli Polonaise	½ cup	79	4	1	3	8	3
Brussel Sprouts	½ cup	83	4	1	4	11	0
Buttered Baby Carrots	½ cup	45	1	0	1	9	3
California Mix	½ cup	59	3	.5	1	7	2
California Mix w/ cheese	½ cup	63	2	2	3	7	2
Caprese Salad	1/3 cup	61	5.5	2.5	3	.5	0
Carrots, Candy Coins	½ cup	146	4	1	2	27	7
Carrot Cup	1 serv	35	0	0	0	8	2
Carrots, Fresh	½ cup	44	2	0	0	6	2
Carrots, Frozen, Sliced	½ cup	45	1	0	1	9	3
Celery w/ Peanut Butter	4 ea/1oz	173	14.5	3	7	6.5	2
Chef Salad, Small	1 ea	283	15	6	12	25	3
Coleslaw	½ cup	117	5	0	1	18	2
Corn, Frozen	½ cup	51	0	0	1	12	1
Corn on the Cob	1 3" ear	90	.5	0	2	19	2
Flame-Roast Corn & Peppers	½ cup	90	3	0	2	13	4
Fruit/Veggie Cup	½ cup	73	2	<1	1	14	1
Garden Salad, Small	1 ea	70	1	0	2	14	2
Glazed Carrots	½ cup	64	1.5	<1	1	11.5	3
Greek Tossed Salad	1 cup	25	0	0	1	5	1
Green Beans	½ cup	21	0	0	0	4	2
Green Bean Casserole	½ cup	74	4	1	1	8	2
Harvest Splendor Bites	10 each	110	4	.5	1	18	3
Hash Brown Casserole	½ cup	230	12	4.5	8	21	2.5
Hummus (classic flavor) w/	1 oz /3	125	3.5	0	4	17	1.5

Pita Wedges	wedges						
Jicama Sticks	1.5oz	23	.05	0	.5	5	3
Jicama Sticks w/ Chili Lime Dip	1.5oz	63	3.5	2	1.5	7.5	3
Lima Beans	½ cup	96	.5	0	6	18	4
Mashed Potatoes	½ cup	76	1	0	1.5	15	1.3
Mexican Corn	½ cup	74	4	1	1	10	1
Mini Egg Roll	1 ea	89	4	1	3	11	1
Mixed Vegetables	½ cup	36	0	0	2	7	2
Oven Fries	3 oz	140	4	<1	2	22	2
Oven Roasted Potatoes	½ cup						
Parmesan Broccoli	½ cup	74	6	1	2	1	1
Peas	½ cup	82	0	0	4	15	4
Potato Bites	3 oz	150	7	2	2	19	3
Potato Wedges, baked (elem)	2.5 oz	115	3	0	3	20	3
Potato Wedges, baked (sec)	3 oz.	166	5	0	4	29	4
Roasted Rosemary Potatoes	4 oz	127	3	.5	2.7	23	.5
Southern Corn	½ cup	179	12	5	4	15	2
Spudsters	5 ea	150	6	1.5	2	23	2
Stir- Fry Vegetables	½ cup	38	0	0	0	8	2
Sweet Peas w/ dill	½ cup	104	4	1	3	14	2
Tater Tots, baked (elem)	9 ea	108	5	1	2	13	2
Tater Tots, baked (sec)	12 ea	144	7	1	2	17	2
Tossed Salad	1 cup	18	0	0	1	4	1
Vegetable Cup	1 serv	26	0	0	1	6	2
Zucchini & Squash (fresh)	½ cup	84	3	1	3	12	2

FRUITS

Menu Item	Serving Size	Calories (kcal)	Fat (g)	Saturated Fat (g)	Protein (g)	Carbohydrates (g)	Fiber (g)
Apple Cucumber Salad	¼ cup	60	3	<1	0	9	1
Apple Juice	4 oz	58	0	0	0	15	0
Apple Slices	1 serv	29	0	0	0	8	2
Apple Slices w/ Caramel Dip	1 serv	109	0	0	1	27	2
Apple Sticks	2 oz	28	0	0	0	8	1.8
Apple, Fresh	1 ea	81	0	0	0	21	3
Applesauce	½ cup	90	0	0	0	23	2
Banana	1 med	105	<1	<1	1	27	2
Cantaloupe	½ cup	28	0	0	0	7	.6
Cherries, dried	¼ cup	112	0	0	1	27	1.4
Cinnamon Apples	½ cup	115	<1	<1	<1	29	1
Cinnamon Applesauce	½ cup	115	0	0	0	30	1
Dried Mixed Fruit	¼ cup	88.2	0	0	.7	23	2.2
Fresh Fruit Bowl, plate lunch	1 ea	62	0	0	1	15	2.5
Fruit Bowl	1 ea	174	<1	0	2	44	5
Fruit Cocktail	½ cup	72	0	0	0	19	1
Fruit Plate w/ cheese & crack	1 ea	181	3	1	4	39	4

Fruit, Variety	½ cup/1	61	0	0	.5	15	1
Grape Juice	4 oz	70	0	0	0	17	0
Grapes	½ cup	41	0	0	1	12	0
Honey Dew Melon	½ cup	30	0	0	<1	8	0
Kiwi, Fresh	1 ea	46	0	0	1	11	2
Mandarin Oranges, Canned	½ cup	94	0	0	2	22	0
Mangos, fresh	2 oz	37	0	0	.3	9.5	1
Orange Halves or Smiles	½	31	0	0	.5	7.5	1.5
Orange Juice	4 oz	56	0	0	1	14	0
Oranges, Whole	1 ea	62	0	0	1	15	3
Peaches, Canned	½ cup	50	0	0	1	13	1
Pear, Fresh	1 small	60	0	0	.5	15	2.5
Pears, Canned	½ cup	84	0	0	0	19	1
Pineapple, Canned	½ cup	60	0	0	0	15	1
Pineapple, Fresh	½ cup	28	0	0	.5	7.5	.5
Pineapple & Blueberries	½ cup	34	0	0	1	8	2
Plum, Fresh	1 ea	30	0	0	0	8	1
Strawberries, fresh	3-4 ea	15	0	0	0	3.5	1
Strawberry Cup, frozen	4.5 oz	122	0	0	0.5	33	2.4
Tropical Fruit	½ cup	80	0	0	1	20	2
Watermelon	½ cup	35	0	0	<1	8.5	<1

SOUPS

Menu Item	Serving Size	Calories (kcal)	Fat (g)	Saturated Fat (g)	Protein (g)	Carbo-hydrates (g)	Fiber (g)
Bayou Gumbo	6 oz	90	3	1	5	12	1.5
Broccoli Cheese Soup	10 oz	500	40	10	10	25	5
Chicken & Dumpling	10 oz	182	2	0	11	27	2
Chicken Noodle Soup-Campbells	10 oz	159	3	1	14	20	2
Chicken & Poblano Soup	8 oz	250	17	9	8	18	2
Chili Soup	¾ cup	147	4	1	13	15	4
Hearty Bean Soup	10 oz	363	6	2	23	52	23
Homemade Chicken Noodle Soup	¾ cup	62	1	.5	6	6	<1
Potato w/ Bacon Soup	10 oz	475	33	6	8	35	5
Southwest Corn Chowder	8 oz	270	14	8	5	34	2
Tomato Soup	¾ cup	150	2.25	0	3	30	3
Vegetable Beef Soup	¾ cup	71	2	.5	4.5	9	2
Vegetable Garden Rotini Soup	¾ cup	63	0	0	1.8	14.5	1
Vegetable Soup	¾ cup	56	1	0	2	11	2
White Chicken Chili	6 oz	220	4	1	18	30	7

DESSERTS

Menu Item	Serving Size	Calories (kcal)	Fat (g)	Saturated Fat (g)	Protein (g)	Carbo-hydrates (g)	Fiber (g)
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Applesauce Cake	1 serv	118	<1	0	1	26	.5
Banana Pudding	½ cup	120	3	<1	<1	25	<1
Blueberry Muffin, Low-fat	1 ea	86	2	<1	1	15	<1
Brownie, Low-fat	1 ea	127	3	<1	2	25	1
Cake, Low-fat	1 ea	139	3	<1	2	28	0
Cheesecake, plain	1 ea	285	5.5	3	11	47	0
Cheesecake w/ Berries	3oz/.5oz	300	6	3	11	51	1
Chocolate Cherry Brownies	1 ea	118	1.5	.5	1.5	25	1
Cinnamon Rolls	1 ea	170	3	1	4	30	1
Cookie, Carnival, 1.3 oz	1 ea	130	6	2	1	17	0
Cookie, Chocolate Chip, 1 oz	1 ea	130	6	2	1	17	0
Cookie, Chocolate Chip1.3oz	1 ea	170	8	4	2	24	0
Cookie, Oatmeal Ras,1.3 oz	1 ea	160	6	3	2	23	1
Cookie, Strawberry, 1.3 oz	1 ea	167	8	3	2	22.5	<1
Cookie, Sugar, 1 oz	1 ea	120	5	1	1	18	0
Cookie, Sugar, 1.3 oz	1 ea	160	8	3	2	23	0
Cookie, Turtle, 1.3 oz	1 ea	170	8	3	2	23	0
Cookie, White/Mac, 1.3 oz	1 ea	180	10	4	2	21	0
Dirt Pudding	½ cup	144	7	1	2	28	1
Dirt Pudding w/ Gummie Worm	½ cup	155	7	1	2	31	1
Fortune Cookie	1 ea	34	2	0	<1	3.5	<1
Frosting, Chocolate	1 ¼ tbsp	60	2	<1	<1	12	<1
Fruit Crisp	½ cup	301	10	2	2	55	4
Fudge Nut Bar	1 ea	267	11	2.5	2.5	40	1
Ice Graham Cracker	1 ea	199	7	1	2	34	1
Jello	½ cup	70	0	0	1	17	0
Jello w/ Fruit	½ cup	72	0	0	1	18	0
Mixed Berry Parfait	½ cup	117	3	1	1	24	<1
No Bake Cookie	1 ea	255	12	2	5.5	35	2
Pineapple Crumb Cake	1 ea	103	2	.5	1	21	0
Pudding, Choc. & Vanilla	½ cup	128	3	.5	1	28	0
Pudding in a Cloud	½ cup						
Pumpkin Cookie	1 ea	138	6	1	2	20	<1
Rice Krispie Treat	1 ea	118	4	<1	1	19	0
Strawberry Parfait	½ cup	117	3	1	1	24	<1
Sherbet	4 oz	119	1.5	0	<1	26	0
Tropical Sand Cupcakes	1 ea	138	1.3	0	1.5	30	.5
Whole Fruit Sorbet	4 oz	70	0	0	0	18	3

CONDIMENTS

Menu Item	Serving Size	Calories (kcal)	Fat (g)	Saturated Fat (g)	Protein (g)	Carbo-hydrates (g)	Fiber (g)
Alfredo Sauce	½ cup	220	19	12	6	5	<1
BBQ Sauce	12 gm	15	0	0	0	4	0
Butter Sauce for Bkd Ham	1 oz	164	15	3	1	8	0
Caesar Dressing	1.5 oz	210	21	3.5	1	2	0

Caramel Dip	2 oz	80	0	0	1	19	0
Cheese Sauce Cup Jalapeno	1 oz	94	7	4	5	2	0
Cheese Sauce Cup, Cheddar	2 oz	160	12	7	8	4	0
Cheese Sauce, Mucho Queso /Queso w/peppers (on menu)	1 oz	43	3	2	2.6	1.5	0
Cheese Sauce, pouch	3 oz	100	7	2	2	8	0
Cocktail Sauce	1 oz	30	0	0	0	7	0
French Dressing, Fat Free	1.5 oz	45	0	0	0	11	1
French Dressing, Fat Free	12 g	10	0	0	0	3	0
French Dressing, homemade	1oz	79	3	<1	0	14	0
French Dressing, Regular	12 g	50	4	<1	0	2	0
Gravy, Brown	2 oz	25	.5	0	.5	4	0
Gravy, Cream	2 oz	28	2	0	0	3	0
Gravy, Pepper	2 oz	13	0	0	0	3	0
Honey Mustard Cup	1 oz	133	11	2	0	8	0
Honey Mustard Dressing, FF	1.5 oz	60	0	0	0	15	1
Italian Dressing, Fat Free	1.5 oz	10	0	0	0	3	0
Jalapeno Butter Sauce	1 oz	164	15	3	1	8	0
Jelly, Grape	.5 oz.	37	0	0	0	9.5	0
Ketchup	9 gm	10	0	0	0	3	0
Mayonnaise, Low Fat	12 gm	40	4	<1	0	1	0
Mayonnaise, Regular	12 gm	90	10	1.5	0	0	0
Mustard, Yellow	5.5 gm	5	0	0	1	0	0
Oriental Sesame Dressing	1.5 oz	60	1	0	0	13	0
Ranch Dress., HomemadeLF	1 oz	72	4	<1	1	7.5	<1
Ranch Dressing Cup	1 oz	60	3.5	.5	1	7	0
Ranch Dressing, Fat Free	1.5 oz	35	0	0	<1	8	1
Ranch Dressing, Fat Free	12 gm	10	0	0	0	2	0
Ranch Dressing, Regular	1.5 oz	237	25	10	<1	3	0
Ranch Dressing, Regular	12 gm	70	7	1	0	1	0
Salsa	2 oz	18	0	0	0	4	2
Sour Cream, Fat Free	1 oz	21	0	0	<1	5	0
Sour Cream, Low Fat	1 oz	51	5	3	<1	1	0
Strawberry Sauce	1 oz	39	0	0	0	10	0
Sweet and Sour Sauce	12 gm	20	0	0	0	5	0
Syrup	1.5 oz	120	0	0	0	31	0
Syrup, Reduced Calorie	1 oz						
Taco Sauce	9 gm	5	0	0	0	1	0
Tarter Sauce	½ oz	39	2	0	0	5	0
Thousand Island Dressing	1.5 oz	220	21	3.5	0	7	0
Tzatziki Sauce	1 oz	40	3.5	2	1	2	0

BREAKFAST ENTREES

Menu Item	Serving Size	Calories (kcal)	Fat (g)	Saturated Fat (g)	Protein (g)	Carbo-hydrates (g)	Fiber (g)
Bacon & Cheese Scrambled	½ cup	120	9	3.5	8	1	0

Eggs							
Bacon, Egg, & Cheese Biscuit (Sec)	1 ea	369	21	8	13	31	1
Bacon, Egg & PepperJack Cheese on Ciabatta Roll	1 ea	234	12	5	13.5	17	.8
Bacon Scramble Pizza	1 ea	230	10	3.5	9	25	1
Bagel	1 ea	210	1	0	7	43	2
Biscuit	1 ea	230	10	2.5	5	29	1
Biscuits & Gravy (Elem)	1 ea	250	10	2.5	5	33	1
Biscuits & Gravy (Sec)	2 ea	554	25	7	12	66	2
Biscuit & Gravy w/ Sausage (elem)	1ea/2oz.	348	17	5	12	35	1
Blueberry Muffin	1 ea	86	2	<1	1	15	<1
Breakfast Apple Breadstick	1 ea	170	2	0	5	40	2
Breakfast Apple Cheese Crunch	2/3 cup	298	11	4	5.5	45	4
Cereal, Apple Jacks, Reduced Sugar	1 bowl	80	1	0	1	18	.3
Cereal, Cheerios	1 bowl	70	1	0	2	14	2
Cereal, Cinn.Toast Crunch, Reduced Sugar	1 bowl	110	3	0	1	22	3
Cereal, Frosted Flakes, Reduced Sugar	1 bowl	100	.5	0	1	25	.3
Cereal, Fruit Loops, Reduced Sugar	1 bowl	70	.5	0	1	16	0
Cereal, Trix, Reduced Sugar	1 bowl	80	1	0	1	18	1
Cereal, Wheaties	1 bowl	80	.5	0	2	19	2
Chicken Biscuit	1 ea	360	18	4	12	37	1
Cinnamon Tastries	1 ea	220	8	3	5	39	1
Egg & Cheese Biscuit	1 ea	300	16	5	9	31	1
Egg & Cheese Breakfast Sandwich	1 ea	200	7	3	10	28	1
English Muffin	1 ea	65	.5	0	2.5	13	.5
French Toast Sticks	3 ea	250	12	2	4	31	1
Fruit & Yogurt Parfait	1 ea	120	0	0	3	27.5	1.5
Graham Crackers	1 pkg	60	1.5	0	1	11	.5
Oatmeal	2/3 cup	91	1.5	0	4	16	2
Pancakes & Sausage	2 ea/1 ea	222	7	2	11	29	2
Poptart, Brown Sugar Cinnamon	1 ea	207	6	3	2.5	36	.5
Poptart, Cherry	1 ea	205	5	2.5	2	37.5	0
Poptart, Chocolate Chip	1 ea	215	6.5	3	3	35.5	0
Poptart, Chocolate Fudge	1 ea	200	5	2.5	2	37	0
Poptart, Smore	1 ea	205	5.5	2.5	3	36	0
Poptart, Strawberry	1 ea	205	5	1.5	2	37.5	<1
Poptart, Variety, (elem.)	1 ea	206	6	2	2	36	<1
Poptart, Variety, (sec)	2 ea	412	11	4	5	72	1
Sausage Biscuit	1 ea	306	15	4	12	30	1
Sausage Egg & Cheese	1 ea	300	14	6	17	29	1.5

Breakfast Sandwich							
Sausage Gravy Pizza	1 ea	230	10	4.5	10	22	1
Sausage Patty	1 ea	120	10	4	5	.5	0
Trix Yogurt	4 oz	90	.5	.5	4	18	0
Yogurt & Graham Crackers	8oz/1 ea	223	3	0	5	43	1
Yogurt, Strawberry	4 oz	90	0	0	3	19	0
Yogurt, Strawberry/Banana	4 oz	100	0	0	3	22	0
Yogurt, Watermelon	4 oz	110	1.5	1	4	21	0

DAIRY

Menu Item	Serving Size	Calories (kcal)	Fat (g)	Saturated Fat (g)	Protein (g)	Carbo-hydrates (g)	Fiber (g)
Milk Choc Skim	8 oz	140	0	0	8	26	0
Milk, White Skim	8 oz	80	0	0	8	11	0

FROZEN TREAT

Menu Item	Serving Size	Calories (kcal)	Fat (g)	Saturated Fat (g)	Protein (g)	Carbo-hydrates (g)	Fiber (g)
Double Fudge Bar	1 each	150	2	1.5	5	29	.5
Fruit Bar, Lime	1 each	80	0	0	0	20	0
Fruit Bar, Strawberry	1 each	80	0	0	0	21	1
Ice Cream Sandwich	1 each	220	9	4.5	5	32	2
Mini Ice Cream Sandwich	1 each	100	4	2	2	15	0
Sherbet, Orange	4 oz	119	1.5	1	0	26	0

SNACKS

Menu Item	Serving Size	Calories (kcal)	Fat (g)	Saturated Fat (g)	Protein (g)	Carbo-hydrates (g)	Fiber (g)
Beef Jerky	1 oz	80	1	0	14	5	0
Bug Bites	1 oz	140	4.5	1.5	2	23	0
Cereal Bar, Cocoa Puffs	1.4oz	160	4	0.5	2	29	2
Cheese Nips(100 Cal Pack)	21 gram	100	3	1	2	15	1
Cheetos Fantastix, Chili	1 pkg	124	5	<1	2	18	1
Cheetos, Crunchy, Bkd	1 oz.	130	5	1	2	19	0
Cheetos, Flamming Hot	1 oz.	170	11	1.5	2	15	0
Cheetos, Puffs	.88 oz.	140	9	1.5	1	12	0
Chex Mix, Cheddar	1.75 oz.	180	6	1.5	3	29	1
Chex Mix, Traditional	1.75 oz.	210	7	1	4	36	2
Chips Ahoy (100 cal pkg)	23 G	100	3	1	1	18	1
Cinnamania	1.76 oz	230	8	2.5	3	36	1
Cinnamon Roll	2.25 oz	170	3	1	4	30	1

Cookies Choc.Creme	1.5 oz	159	7	1	2	24	0
Cookies Vanilla Crème	1.5 oz	159	7	1	1	25	0
Crackers Peanut Butter	1 pkg	193	10	2	5	22	1
Crackers, Cheese	1 pkg	193	10	2	5	22	1
Curious George Fruit Snacks	0.9 oz	100	1	0.5	0	22	0
Doritos, Bkd Cool Ranch	1 oz	120	3.5	.5	2	21	2
Doritos, Bkd Nacho Cheese	1 oz	144	7	1	2	17	1
Fritos, BBQ	1 oz	150	9	1	2	16	1
Fritos, Corn Chips	1 oz.	160	10	1	2	15	1
Fruit by the Foot	.9 oz	80	1.5	.5	0	17	0
Fruit Gushers	.9 oz	90	0	0	0	20	0
Fruit Roll ups	.5 oz	50	1	0	0	11	0
Fruit Snacks (Welch's), mixed	40 G	110	0	0	1	24	0
Funyuns	.75 oz.	110	5	1	1	14	.5
Gardetto's, Mustard	30 gm	130	2	0	3	21	1
Goldfish Crackers, Cheese	.75 oz	100	4.5	1	2	13	N/A
Goldfish Crackers, Pretzel	.75 oz	90	1.5	0	2	17	0
Goldfish Crackers, Ranch	.74 oz	100	3	1	3	14	1
Heartzels	1 oz	120	1.5	0	2	23	3
Lorna Doone (100 cal Pkg)	28 gm	120	2.5	.5	0	23	0
Muffins Mini Variety (2 ea)	1.8 oz	180	7	2	3	27	0
Munchies Kids Mix	1 oz.	130	4.5	1	2	20	1
Oreo (100 cal Pkg)	23 G	100	2	0	1	20	1
Planter Peanut Butter Crisp(100 Cal Pkg)	1 pkg	100	3	<1	2	17	1
Potato Chips, Bkd Mast. BBQ	.88 oz.	110	2.5	0	2	19	2
Potato Chips, Bkd, Ruffles	.88 oz	110	2.5	0	2	19	1
Pretzels, Tiny Twist	1 oz	110	1	0	2	23	1
Scooby-Doo Graham Sticks	1 oz	120	4	0.5	2	20	1
Simply Chex, Cheddar	1.25 oz	140	3.5	1	3	26	1
String Cheese, Mozz	24 gm	70	5	3	6	.5	0
Sun Chips, Harvest Cheddar	1 oz	140	6	1.5	2	18	2
SunChips, Garden Salsa	1 pkg	124	5	<1	2	18	1
Tostito Chips, bite size	1 ox	140	8	1	2	17	1
Tostito Scoops, Baked	1 oz	120	3	.5	2	19	2
Twix	27.8 gm	140	7	5	1	18	0
White Cheddar Popcorn	1 oz.	160	10	2	3	14	2
Zoo Animal crackers	1 pkg	120	2	0	2	24	.5

[A LA CARTE](#)

Menu Item	Serving Size	Calories (kcal)	Fat (g)	Saturated Fat (g)	Protein (g)	Carbo-hydrates (g)	Fiber (g)
Apple Bosco Sticks	2 ea	340	4	0	10	80	4
Asian Chicken Salad	1 ea	278	13	2	19	21	4
Bacon, Lettuce, Tom Salad	1 ea	355	26	12	24	6	3
Bacon Cheeseburger	1 ea	394	22.5	9	27.5	24	4
Bagel, Indv. Wrapped	1 ea	270	2	0	11	56	5

Baked Potato	1 ea	128	<1	<1	4	30	3
BBQ Pork Stuffed Potato	1 ea	410	15	8	23	47	5
Bosco Sticks w/ Sauce	2 /2oz	467	14	7.5	25	59	2
Breakstick (s.r.) w/ Cheese	3/3oz	439	16	6	12	62	3
Buffalo Chicken Salad	1 ea	377	18	8	21	34	5
Cheeseburger Wrap	1 ea	410	22	9	21	35	2
Chef Salad, Large	1 ea	283	15	8	19	27	4
Chef Salad, Small	1 ea	181	8	4	11	16	2
Chef Salad, without Meat	1 ea	350	23	13	20	17	3
Chicken Bites, Asian	4 pc	227	6	1	15	26	0
Chicken Bites, Spicy	4 pc	215	6	1	15	23	0
Chicken Breast Chunx	4 ea	200	10	2	17	15	1
Chicken Breast Fillet, brd	1 ea	320	7.5	1.5	22	39	1
Chicken Caesar Salad	1 ea	376	15	7	26	34	5
Chicken Kickin Bowl	1 ea	743	35	15	34	88	7
Chicken & Mandarin Orange Salad	1 ea	382	26	10	24	17	5
Chicken Sandwich, Grilled	1 ea	250	4.5	0	29	25	3
Chicken Sandwich, Southern	1 ea	350	13.5	2	20	40	3
Chicken Sandwich, Spicy	1 ea	299	12.5	2	19	33	4
Chicken Stir Fry, Swt & Sour w/ Steamed rice	4 oz/ 4 oz	399	6	1.6	10	7	1
Chicken Wrap, crispy	1 wrap	461	24	5	19	41	3
Cold Cut Cheese Sandwich	1 ea	243	8.5	3.5	18	26	3
Cottage Cheese	1/3 c	54	1	.5	9	2	0
Cottage Cheese w/ Fruit	4oz/1/4c	115	1	1	14	11	.5
Egg Rolls, Mini	2 ea	178	8	2	6	22	2
French Bread, Cheesy Garlic	1 ea	355	12	3	16	43	2
French Dip	1 ea	453	19	9	27	44	1
Fruit & Pudding Parfait	¾ cup	103	2	1	<1	22	1
Grilled Chicken Salad	1 ea	227	16	8	16	8	3
Grilled Chicken Wrap	1 ea	391	22	10	22	26	1
Hawaiian Luau Chick Sand	1 ea	304	4.5	0	30	38	3.5
Hawaiian Pizza	1 ea	512	16	5	31	60	3
Homestyle Mashed Potato Bowl	1 ea	534	23	9	24	61	5
Hot Ham & Cheese Sandwich	1 ea	251	9.5	4	17	27.5	3
Hot Pocket, Ham & Cheese	4 oz	270	10	4.5	12	35	2
Hot Pocket, Pepperoni	4 oz	300	13	6	9	36	2
Jalapeno Bosco Stick	3/1 oz	675	23	12	37	80	3.5
Jalapeno PepperJack Burger	1 ea	397	20	8	19	33	3
Mexican Stuffed Potato	1 ea	378	13	7.5	20	46	6
Mini Beef Burger	3 ea	558	27	11	32	47	8.5
Mozzarella Cheese Sticks	5 ea	387	12.5	4	24	44	6
Nachos & Cheese	2oz/3oz	413	23	9	12	40	2
Philly Cheese Steak	1 ea	394	15	7	22	46	4
Pizza 7" , Cheese	1 ea	460	15	4.5	27	54	3
Pizza, 7" Pepperoni	1 ea	460	16	5	26	54	3

Popcorn Chicken Salad	1 ea	312	18	8	20	18	4
Potato Ole'	1 serv	292	14.5	5	15	24	4.5
Pretzel Bites w/ Cheese Dip	10/2 oz	187	6	4	8	23	1
Pretzels, Jalapeno Stuffed	1 ea	160	3.5	1.5	6	25	1
Spicy Chicken Wrap	1 ea	421	21	10	23	35	2
Southwest Veg Potato Bowl	1 ea	399	11	4	15	59	13
Southwest Stuffed Potato	1 ea	387	15	8	20	43	5
Southwestern Chicken Salad	1 ea	324	16	7	20	27	6
String Cheese	1 ea	80	6	3.5	7	1	0
Sushi, California Roll	6 ea	236	5	1.5	8	39	4.5
Sushi, Combo pack	3ea/3ea	221	4.5	1	8	39	4.5
Sushi, Spicy Crab	6 ea	206	3.75	.75	8	40	4.5
Taco Salad	1 ea	322	16	7	21	21	4
Toasted Ravioli	6/1oz	279	8.5	5	11	40	2.5
Tornados	1 ea	190	8	2	6	25	1
Tuna Melt	1 ea	320	18	5	11.5	29	1.5
Turkey Club Sand/Wrap	1 ea	311	11	3	19	34	1.5
Turkey & Spinach Wrap	1 ea	373	8	2	26	52	6
Walking Taco	1 ea	580	34	11	25	43	5
Yogurt Parfait	4oz/2oz	140	1	.75	4.5	29	1.5