

<b>Nutrient Analysis</b>						
	<b>Cals</b>	<b>Sodium</b>	<b>Fat</b>	<b>Carb</b>	<b>Fiber</b>	<b>Protein</b>
<b>Entrees</b>						
American Deli	292	1093	10.99	31.92	2.37	19.07
BBQ Pork Sandwich	304	533	11.48	31.13	2	21.2
Beef Tips w/ Noodles	307	570	11.4	24.6	2.2	28.1
Beef Tips w/out Noodles	200	566	10	5.1	0.6	24
Brunch for Lunch	359	695	14.42	35.87	3.05	19.32
Brunch for Lunch w/ out Pancakes	159	395	9.42	1.87	0.05	15.32
Cheeseburger	323	729	14.15	29.93	3.52	23.24
Cheesy Chicken/Rice	284	476	11.73	25.307	0.87	18.51
Cheesy Chicken/Rice (9-12)	376	664	17.31	27.23	0.88	26.66
Chicken & Dumplings	269.28	592.52	8.43	22.7	2.13	25.11
Chicken Gumbo	278	531	8.12	31.6	1.71	20.24
Chicken Gumbo w/out Rice	163	527.8	7.47	6.7	0.88	17.64
Chicken Nuggets	231	429	11	15.97	2	15.97
Chicken Quesadilla	290	957	10.14	24.18	3.12	24.81
Chicken Sandwich (Regular)	370	720	13.5	42.02	4	22
Chicken Spaghetti	260	422	9.2	23.72	1.64	20.03
Chicken Tenders	250	690	11	17	2	22
Chili	200	1024	10	13	4	13
Chili (9-12)	243	1011	13.4	13.7	3.68	17.67
Corndog Nuggets	282	716	15.13	27.23	2.02	9.08
Country Fried Steak Sandwich	466	781	24.97	42.19	4.02	20.87
Fish Nuggets	314	491	13.7	32.07	2.67	16.39
Fried Rice	162	127	5.4	24.37	1.06	3.16
Grilled Cheese (1/2)	124	331	5.11	14.23	1	6.21
Grilled Cheese Whole	247	657	10.13	28.46	2	12.36
Grilled Chicken Sandwich	286	829	6.55	30.22	2.33	25.29
Ham & Cheese Croissant	353	1217	18.97	27.26	2	19.36
Ham & Cheese Poboy	286	887	10.9	30.8	2	18.5
Hamburger	268	587	9.65	29.5	3.4	19.9
Hamburger Steak w/ Gravy	146	406	8.42	4.99	1.1	13.7
Jambalaya	334	602	14.97	28.45	1.65	20.03
Loaded Baked Potato	328	630	12.06	39.08	3.81	17.59
Loaded Potato Soup	334	608	18.51	31.22	2.78	11.14
Meatball Sub	294	611	9.34	37.04	3.91	17.28
Mexican Skillet	481	1153	23.61	46.88	3.79	22.01
Nacho Grande	552	1218	33.01	49.91	2.76	14.97
Nacho Grande w/ out Chips	261	927	18.41	12.51	0.06	10.77
Oriental Chicken	215	1048	4.23	23.07	0.03	19.73
Pizza	330	870	14	35	3	17
Ranch Chicken Pasta	587	1186	19.296	51.58	2.12	51.11
Red Beans/Rice	403	735	14.9	50.48	9.97	17.56
Red Beans w/ out Rice	289	731.9	14.26	25.88	9.15	15.06
Shepherd's Pie	260.6	349	15	15.5	1.56	16.74
Soft Chicken Taco (1)	212	786	6.75	18.31	1.43	19.02

Soft Chicken Taco (2)	301	1005	8.75	33	2.43	22
	<b>Cals</b>	<b>Sodium</b>	<b>Fat</b>	<b>Carb</b>	<b>Fiber</b>	<b>Protein</b>
<b>Entrees Continued</b>						
Spaghetti/Meat Sauce	358	992	11.7	45.73	5.8	19.3
Spicy Chicken Sandwich	321	768	10.85	39.18	4.3	21.28
Steak Fingers	290	480	19	15	3	15
Stromboli	357	1306	16.2	29.6	3.6	23.7
Taco in a Bag	262	362	12.94	21.74	2.02	14.76
Taco Soup	378	879	16.57	41.16	7.88	19.39
Taco Soup w/out chips	272	772.6	11.27	12.4	1.02	4.5
Vegetable Soup	196	617	9.6	13.25	2.94	14.12
Bun	130	290	1.5	26	2	6

	<b>Cals</b>	<b>Sodium</b>	<b>Fat</b>	<b>Carb</b>	<b>Fiber</b>	<b>Protein</b>
<b>Salads</b>						
Chef Salad	395	1387	16.36	47.23	6.76	22.28
Chicken Salad Sandwich	504	1256	19.9	50	3.97	20.18
Chicken Salad Sandwich (9-12)	662	1140	26.7	70.3	6.14	22.7
Fruit/Cereal/Yogurt Salad	442	440	8.2.5	77	1.75	13.75
Fruit & Yogurt Salad w/ PB&J	804	557	25.42	132.69	8.88	24.37
Grilled Chicken Caesar Salad	394	1185	13.24	39.03	6.26	27.83
Lunchable	520	1259	17.5	71.07	0.9	19.46
Mandarin Chicken Salad	562	1196	18.91	81.27	10.21	24.58
Tuna Salad Sandwich	448	1324	18	48	3.9	22.87
Tuna Salad Sandwich (9-12)	555	1466	18.48	70.99	6.15	26.31

	<b>Cals</b>	<b>Sodium</b>	<b>Fat</b>	<b>Carb</b>	<b>Fiber</b>	<b>Protein</b>
<b>Vegetables</b>						
Baked Beans	178	274	0.53	41.58	5.71	6.61
Black Bean Salsa	130	768	1.65	23.58	5.05	6.1
Broccoli	53	54	3	5.34	3.35	3.14
Broccoli & Cheese	47	170	1.8	6.47	2.86	2.68
Cabbage	40	176	1.87	5.52	2.38	1.22
Carrots	35	103	1.93	4.27	1.16	0.49
Carrots & Dip	89	386	3.9	13.35	2.36	1.05
Carrot & Raisin Salad	170	163	6.65	28.57	2.57	1.46
Cheesy California Veggies	56	166	1.32	7.86	2.51	2.51
Cheesy Potatoes	103	161	3.13	16.69	1.57	2.35
Cherry Tomatoes/Carrots & Dip	35	144.4	0.2	7.7	1.3	0.6
Corn	114	150	2.9	22.6	2.28	3.17
Cucumbers & Dip	77	339	3.89	10.65	0.99	1.14
French Fries	131	227	4.18	21.51	2.39	2.39
Green Beans	41	111	1.96	4.41	1.73	1.31
Green Peas	59	104	0.36	10.5	3.4	3.3
Hashbrowns (2)	256	256	15.75	27.56	3.94	1.97
Lima Beans	145	80	3.16	21.94	6.7	7.65
Mashed Potatoes	262	109	0	58.15	5.82	8.72
Mashed Potatoes w/ gravy	288	536	0.65	63.35	5.82	8.72
Mixed Vegetables	79	75	0.45	14.89	3.72	3.72
Ranch Mashed Potatoes	83	300	1.14	16.18	1.59	2.48
Refried Beans	144	231	3.69	20.14	6.62	8.5
Seasoned Greens	40	56	1.26	4.25	2.51	2.51
Spinach Salad	78	284	3.4	7.42	2.1	5.22
Sweet Potato Cubes	89	104	3.96	12.87	1.48	0.99
Sweet Potato Waffle Fries	104	112	6.38	16.75	3.19	0.8
Tater Tots	160	297	9.14	18.28	2.28	1.14
Tossed Salad	40	260	0.33	8.05	1.89	1.21
Trimmings	14	64	0.18	2.89	1.16	0.76
Yam Patties	120	160	0	28	2	1.8

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<b>Fruits</b>						
Apples & Dip	127	21	0.58	31.88	4.45	1.53
Applesauce	59	2	0.07	15.62	1.7	0.24
Apple/Orange Wedges	53	0	0.15	13.45	2.59	0.81
Bananas	90	1	0.33	23.07	2.63	1.1
Fruit Cocktail	58	5	0.09	14.91	1.41	0.51
Grapes	61	2	0.32	15.56	0.82	0.57
Oranges	61	0	0.16	15.22	3.07	1.22
Peaches	65	6	0.04	17.49	1.56	0.54
Peach Cup	80	0	0	19	1	1
Pears	69	6	0.04	18.23	1.92	0.23
Pineapples	72	1	0.1	18.87	0.96	0.5
Plums	46	0	0.28	11.4	1.4	0.7
Strawberry Cup	90	0	0	22	2	1

	<b>Cals</b>	<b>Sodium</b>	<b>Fat</b>	<b>Carb</b>	<b>Fiber</b>	<b>Protein</b>
<b>Grains/Breads</b>						
Cheez-Its	100	150	3.5	14	1	2
Cinnamon Puff	198	279.9	4.76	31.87	2.3	4.01
Macaroni & Cheese	124	347	3.15	20.71	0.71	3.1
Rice	99	98	0.55	21.31	0.71	2.2
Rice w/ gravy	125	528	1.2	26.49	0.71	2.2
Whole Grain Cornbread	229	237	9.73	29.23	2.01	5.36
Whole Wheat Roll	166	268	3.64	26.19	2.21	4.01

	<b>Cals</b>	<b>Sodium</b>	<b>Fat</b>	<b>Carb</b>	<b>Fiber</b>	<b>Protein</b>
<b>Desserts</b>						
Chocolate Chip Cookie	120	95	6	16	0	1
Cinnamon Puff	198	280	4.76	31.88	2.26	4.02
Fruit Crisp	198	35	3.38	41.97	2.76	2.4
Fruit Freeze	95	9	0.08	23.4	0.09	0.25
Jello	75	63	0	18.26	0	1.07
Jello w/ Topping	90	64.17	1.2	19.36	0	0
Peanut Butter Fluff	388	287	29.08	28.44	2.37	7.47
Pudding	85	140	0	19	0	1.5
Pudding w/ Topping	100	141.17	1.2	20.1	0	1.5
Rice Krispy Treat	121	97	3.38	21.95	0.02	1.15

	<b>Cals</b>	<b>Sodium</b>	<b>Fat</b>	<b>Carb</b>	<b>Fiber</b>	<b>Protein</b>
<b>Breakfast</b>						
Banana Bread Slice	280	220	10	44	2	5
Big Breakfast	276	370	9	36.29	2.26	13.74
Egg Patty	46	95	3.5	0.77	0	2.7
Grits	100	0	0.48	21.6	1.3	2.1
Sausage Patty	1.5	160	4.5	0	0	6
Toast	20	115	0.58	14	1	3
Biscuit/Sausage	309	816	15.91	24	1	13.89
Blueberry Mini Loaf	150	105	4.5	26	1	3
Breakfast Cookie w/ Yogurt	356	292	11	51	2.7	8.8
Breakfast Cookie w/out Yogurt	276	227	11.9	35	2.7	4.8
Breakfast Pizza	220	460	8	27	3	10
Cereal						
Honey Nut Scooters	220	390	2.5	46	4	5
Marshmallow Mateys	210	380	2	47	3	4
Mini Spooners	200	100	1	46	6	5
Chocolate Muffin	160	105	4.5	26	1	3
Cini Minis	240	300	7	40	2	5
Mini Pancakes	200	300	5	34	3	4
Juice						
Apple	60	0	0	14	0	0.13
Grape	80	0.17	0	19	0	0
Orange	60	0.04	0	15	0	0
Pineapple Orange	60	0	0	14	0	0
Pancake Pup	210	310	10	22	1	6
Parfait	262	105	1.82	57.59	3.34	6.95
Poptart						
Chocolate	180	190	3	38	3	3
Strawberry	180	180	2.5	38	3	2
String Cheese	80	200	6	1	0	7
Trix Cereal Bar	150	11	3	30	3	2
Yogurt	80	65	0	16	0	4



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<b>Milk</b>						
Chocolate FF	130	150	0	23	0	8
Skim White	80	120	0	11	0	8
Strawberry FF	130	120	0	23	0	8
Vanilla FF	130	120	0	23	0	8

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<b>Condiments</b>						
BBQ Sauce	15	85	0	4	0	0
Ketchup	10	85	0	3	0	0
Mayonnaise	40	90	4	1	0	0
Margarine	20	30	2	0	0	0
Mustard	5	85	0	1	0	0
Sour Cream	55	23	5.59	0.82	0	0.59
Taco Sauce	5	95	0	1	0	0
Tartar Sauce	25	115	2.5	2	0	0