

MENU ITEM	SERVING SIZE	CARB COUNT	FIBER	SODIUM	CALORIES
<b>BREAKFAST</b>					
BAGELS, ORIGINAL BAGEL CO, PLAIN	2.3 OZ	30 G	1G	290 MG	150
BREAKFAST PIZZA, TONYS	2.85 OZ	23G	1G	480MG	230
BREAKFAST TAC-GO, SUNNY FRESH	3.2 OZ	17 G	<1G	510 MG	190
BREAKFAST WRAP, SUNNY FRESH	3.1 OZ	16 G	0G	490 MG	190
CEREAL, HONEY NUT CHEX,GENERAL MILLS	1 BOWL	27G	0	220	120
CEREAL, CINNAMON TOAST CRUNCH,GENERAL MILLS	1BOX	22G	1G	190MG	120
CEREAL, LUCKY CHARMS, GENERAL MILLS	1BOX	19G	1G	160MG	90
CEREAL, HONEY NUT CHEERIOS, GENERAL MILLS	1 BOX	18G	1G	160MG	90
CEREAL, FROSTED FLAKES-HOSPITALITY	1 BOX	26G	0	180MG	110
CEREAL, RAISIN BRAN (POST)	1 BOX	27G	4G	210MG	110
CEREAL, TRIX	1 BOX	18G	<1G	130MG	80
CEREAL, CHEERIOS, GENERAL MILLS	1 BOX	13G	2G	115MG	60
CINNAMON BUN	5 OZ	54G	1G	1060MG	400
COMBO BAR	1BAR	9G		420MG	200
EGG PATTY, GRILLED, SUNNY FRESH	1.25 OZ	1 G	0 G	120 MG	45
EGG, HARD BOILED	1 EGG	.61G			75
EGGS, SCRAMBLED, SUNNY FRESH	1 OZ	1G	0G	125 MG	45
FRENCH TOAST STICKS	3 STIX	27G	<1G	100MG	170
HASH BROWN STIX, MCCAIN	2.25 OZ	14G	1G	260MG	80
NATURE VALLEY GRANOLA BAR, CHEWY	1 BAR	21G	1G	45MG	110
OATS, QUICK, NUGGET	1/2 CUP	29G	4G	0	170
POP TART, FROSTED BROWN SUGAR	2 PASTRIES	69G	1G	340MG	420
POP TART, HOT FUDGE SUNDAE	2 PASTRIES	74G	1G	440MG	410
POP TART, STRAWBERRY	2 PASTRIES	73G	1G	330MG	400
POP TART, S'MORES	2 PASTRIES	72G	1G	420MG	410
POP TART, CHERRY	2 PASTRIES	73G	1G	330MG	400
POP TART, BLUEBERRY	2 PASTRIES	74G	1G	330MG	400
POTATOE PANCAKES, MCCAINS	2.6 OZ	17G	2G	440MG	150
REDUCED FAT BLUEBERRY MUFFIN	1 MUFFIN	29G	190MG	0G	160
SAUSAGE LINK, BREAKFAST, FULLY COOKED	1.34 OZ	1.19G	.64G	340.54	77.4
STRING CHEESE, SCHREIBER FOODS	.99 OZ	1G	0G	190MG	80
Waffle, Aunt Jemima	2.61OZ	22G	1G	530MG	200
YOGURT, DANNON	1CONTAINER	20G		65MG	110
<b>CONDIMENTS</b>					
BBQ SAUCE, CATTLEMANS, SWEET	35G SVG	16G	<1G	280MG	70
COFFEEMATE	1 TUB	0		0	15
CRANBERRY SAUCE, OCEAN SPRAY	1/4 CUP	25G	<1G	10MG	110
DRESSING, ITALIAN, LIGHT, CAINS	1.5 OZ	6G	0	580MG	70
DRESSING, RANCH, LIGHT, CAINS	1.5OZ	9G	0	440MG	120
JELLY, GRAPE, STRATFORD FARMS	1TBSP	13G	0	15MG	50
KETCHUP, NUGGET	1 TBSP (17G)	5G	0G	180 MG	20
MAPLE SYRUP, HARVEST	2 FL OZ	52G	0	105MG	210
MARGARINE, ADMIRATION	1TBSP	0		115MG	100
MAYONNAISE, HELLMANS LIGHT	1TBSP	1G		115MG	45
MUSTARD, NUGGET	1TSP	0		50MG	4
PARMESAN CHEESE, KRAFT	2 TSP	0	0	85MG	20
PEANUT BUTTER, SUNLAND	2TBSP	7G	2G	160MG	200
PICKLES, US FOOD, HAMBURGER DILL PICKLE SLICES	1OZ	0		390MG	0
RANCH, LITE, DRESSING, NUGGET NUTRI-GOLD	2TBSP	2G	0G	240MG	80
SALSA, JOSE PEDRO	2TBSP	2G	0	150MG	10
SOUR CREAM					
SOY SAUCE, LA CHOY	1 TBSP (17G)	2G		560MG	15
<b>BEVERAGES</b>					
APPLE JUICE, BOMBAY	8FL OZ	26G		15MG	110
FRUIT JUICE BLEND, APPLE BASE, NUGGET CENTURY	2 FL OZ	27G	0	5MG	110
FRUIT PUNCH, JUICE CONCENTRATE	8 FL OZ	25G	0	15MG	100
FRUIT PUNCH, GOLDEN CROWN	8OZ	30G		35MG	130
GRAPE JUICE, BOMBAY	8 FL OZ	27G		25MG	150
MILK, 2%	240ML CUP	11G	0	125MG	120
MILK, CHOCOLATE, 1%	240ML CUP	26G	0	150MG	160
ORANGE JUICE, ARDMORE	8 FL OZ	27g		30mg	110
PENGUIN ICE (100% PEAR JUICE)	5 FL OZ	18.33G	0	10.66MG	72.5
SKIM MILK	240ML CUP	11G	0	125MG	80
STRAWBERRY MILK					
<b>LUNCH</b>					
BEEF CRUMBLLED, BRAISED BEEF (JTM)	2.44OZ	.77G	.67G	884.77MG	162.28
BEEF PATTY W/APP CHARBROILED	2.45OZ	1.39G	1.04G	338MG	125.08
BOLOGNA, TURKEY, JENNIE-O	2 OZ	2G	0	670MG	110
BOLOGNA, WONDERBAR	2 OZ	3G	0g	490MG	160
BROWN RICE, UNCLE BEN'S		35G	1G	0	170
CHEESE, AMERICAN, PAST PROCESS SHREDDED (USDA)	1 OZ	0G	0G	406MG	106
CHICKEN NUGGETS	5 PIECES	15G	1G	650MG	240
CHICKEN PATTY, TYSON	1 PATTY	15G	1G	650 MG	240
CHICKEN, BREADED PARTS, PILGRIM'S PRIDE	3 OZ(84G)	14G	0G	440MG	240

DORITOS	1 PACK	19G	1G	220MG	130
FISH, BREADED, ICELANDIC	1 PORTION	14G	<1G	370MG	180
FLUFF	2TBSP	15G	0	10MG	60
FRENCH BREADSTICK	1 STICK	27G	1G	250MG	130
FRIES, CRINKLE CUT,OREIDA	3.1 OZ	19G	2G	40 MG	130
GOLDFISH CRACKERS, PEPPERIDGE FARMS	1 POUCH	19G	1G	240MG	130
KIDNEY BEANS, NUGGET BRAND	1/2 CUP	21G	5G	380MG	120
MEATBALLS, PORK, TERRIYAKI (JTM)	3.9OZ	23.87G	.98G	884.77MG	226.83
MOZZARELLA, CHEESE STICK, BREADED, FARM RICH	2 STICKS	13G	0G	280MG	160
OLD FASHIONED, BAKED BEANS, US FOODS	1/2 CUP	32 G	7G	540 MG	160
PASTA-MACARONI (USDA)	1/2 CUP	19G	0G	0	99
PASTA-ROTINI (USDA)	1/2 CUP	19G	0G	0	99
PASTA-SPAGHETTI (USDA)	1/2CUP	19G	0G	0	99
PEANUT BUTTER AND JELLY UNCRUSTABLES, SMUCKER'S	1-2.8 OZ	33G	3G	350MG	320
PEANUT BUTTER, REGULAR	2 TBSP	6G	1G	154MG	190
PIZZA, PEPPY'S CHEESE, WHEAT, 6" 2 OZ. PT SKIM CHEESE	1 PIZZA	43.5G	1.5G	653 MG	360
PIZZA, TONY'S	1 PIZZA	47G	3G	800MG	380
PIZZA, TONY'S 4X6 SMART PIZZA	4.56 OZ	34G	2G	700MG	310
PORK PATTY, RIB SHAPED, GROUND (USDA)	1 PATTY	4G	0G	377MG	133
PORK TACO FILLING,JTM	3.17 OZ	5G	2G	500MG	120
PORK, BREADED PATTY, PIERRE FOODS	1 PIECE	13.2G	1.17G	418MG	241
PORK, CUBAN			3g		88
POTATOE PEARLS, MASHED	1/4 CUP	22G	2G	25MG	100
POTATOES, CHEDDAR & BACON, GAGE	18.5G	13.8G	0G	313MG	62
POTATOES, SMILES, MCCAINS	2.8 OZ	23G	2G	370MG	140
PRETZELS, FILLED J&J	1/3 PRETZEL(59G)	25G	1G	240MG	150
PRETZELS, HEARTZELS, ROLD GOLD	1 BAG	23G	2G	240MG	110
PRETZELS, TINY TWISTS, ROLD GOLD	1 PACK	23G	1G	580MG	110
RAVIOLI, BEEF IN TOMATO & MEAT SAUCE	1 CUP	36G	3G	1140MG	260
RIB PORK,FULLY COOKED, GRILLIN RIB	2.62 OZ	3.52G	1.06G	769.37MG	151.36
RICE, WHITE-US FOODS	1/4 CUP	37G		0	170
SOUP, BEAN & BACON, CAMPBELL'S	1/2 CUP	25G	8G	860MG	170
SOUP, CHICKEN NOODLE,CAMPBELL'S	1/2 CUP	8G	1G	8660MG	60
SOUP, TOMATO, CAMPBELLS, MADE WITH WATER	1/2 CUP	19G	2G	720MG	90
SUN CHIPS, HARVEST CHEDDAR	1 PACK	19G	2G	160MG	140
TACO MEAT FILLING(USDA)	3 3/4 OZ	8G	3G	570MG	220
TACO-HARD SHELLED					
TACO-SOFT SHELLED					
TUNA, CHUNK LIGHT, CELEBRITY	1/4 CUP	0G	0G	180MG	50
TURKEY BREAST, DELI STYLE	2OZ	1G		450MG	70
TURKEY BREAST, DELI STYLE	2 OZ	1G		450MG	70
<b>SAUCES</b>					
CHEDDAR CHEESE	1/4 CUP	6G	0	530MG	80
JELLIED CRANBERRY SAUCE, OCEAN SPRAY	1/4 CUP	25G	<1G	10MG	110
JELLY, GRAPE, STRATFORD FARMS	1 TBSP	13G		15MG	50
SALSA, MILD LAJUNTA	2TBSP	3G	<1G	200MG	10
<b>GRAINS</b>					
BREAD, WHEAT STUB PULLMAN, FREIHOFER	2 SLICES	22G	1G	230MG	110
BREAD, WHITE STUB PULLMAN, FREIHOFER	1 SLICE	14G	<1G	140MG	70
BREADSTICK, FRENCH (RICH'S)	1 BREADSTICK	27G	1G	250MG	130
BISCUITS, GOLDEN BUTTERMILK GENERAL MILLS	1-2.25 BISCUIT	30.7G	0.8G	777.9MG	223.6
DINNER ROLL, WHITE, FREIHOFER	1 ROLL	20G	1G	190MG	110
FREIHOFER DINNER ROLL	1 ROLL	18G	<1G	170MG	90
MINI POTATOE PANCAKES (MCCAINS)	2.6 OZ	17G	2G	440MG	150
RICE, BROWN (USDA)	1/2 CUP	23G	1G	4MG	109
ROLL, CLASSIC CRACKED WHEAT ROLL	1 ROLL	44G	4G	420MG	230
ROLL, WHITE DINNER-FREIHOFER	1 ROLL	18G	1G	170MG	90
ROLL, HAMBURGER, FREIHOFER, WHITE	1 BUN	24G	1G	230MG	120
ROLL, HOT DOG FREIHOFER WHITE	1 ROLL	23G	1G	230MG	120
ROLLS, CLASSIC CRACKED WHEAT FREIHOFER	1 ROLL	44G	4G	420MG	230
<b>FRUIT</b>					
APPLES (USDA)	1-2&3/4 INCH APPLE	21G	3G	0	81
APPLESAUCE, MUSSELMANS	1/2 CUP	22G	2G	10MG	90
APPLESAUCE, REDDI MAID	1/2 CUP	23G	2G	15G	90
APPLES, SLICED,WHITE HOUSE	1/2 CUP	14G	2G	15MG	60
FRUIT COCKTAIL, IMPERIAL ISLE	1/2 CUP	14G	2G	10MG	60
MIXED FRUIT IN LIGHT SYRUP, NATURES ORCHARD	1/2 CUP	18G	1G	5MG	80
MIXED FRUIT IN LIGHT SYRUP, NORTHEAST	1/2 CUP	20G	1G	20MG	80
MIXED FRUIT, CALIFORNIA	1/2 CUP	17G	1G	10MG	70
MIXED FRUIT, USDA	1/2 CUP	18G	1G	5MG	80
PEACHES, SLICED YELLOW CLING, DUET	1/2 CUP	20G	0G	50MG	80
PEARS, NATURES ORCHARD	1/2 CUP	19G	1	15MG	80
PEARS, USDA	1/2 CUP	20G	2G	5MG	80
PINEAPPLE BITS, HAWAIIAN GOLD	1/2 CUP	17G	1G	10MG	70
RAISINS (USDA)	1/4 CUP	31G	1G	5MG	120
STRAWBERRIES, SLICED,SWEETENED (USDA)	1/4 CUP	17G	1G	2MG	61

**VEGETABLES**

BABY CARROTS, BOLTHOUSE FARMS	1/4 CUP	4G	1G	24MG	15
BABY CARROTS, IND. BAG, GRIMWAY	2OZ	9g	2g	30mg	38
BAKED BEANS, US FOODS	1/2 CUP	32G	7G	540MG	160
BAKED BEANS, VEGETARIAN BEANS AND SAUCE	1/2 CUP	22G	4G	440MG	110
BEANS, GREEN, PERFECTION	1/2 CUP	5G	2G	380MG	25
BEANS, WAX, US FOODS	1/2 CUP	4G	1G	400MG	20
CARROTS, BABY, BOLTHOUSE FARMS	1.3OZ	4G	1G	24MG	15
CORN, HARVEST VALUE	1/2 CUP	17G	2G	340MG	80
CORN, WHOLE KERNEL, NORTH PRIDE	1/2 CUP	17G	2G	310MG	80
CORN, WHOLE KERNEL, PERFECTION	1/2 CUP	20G	2G	300MG	90
HASH BROWN POTATO PATTY, CAVINDISH	1 PATTY	15G	1G	250MG	120
PEAS, NUGGET	1/2 CUP	10G	3G	320MG	60
POT ROASTED VEGETABLES	3 OZ	13G	2G	160MG	90
TOMATOES					

**DESSERTS**

BROWNIE MIX, NUGGET	1/4 CUP DRY MIX	28G	1G	140MG	150
BUTTER CRUNCH COOKIES, LINDENS	2 COOKIES	23G	1G	135MG	140
CAKE MIX, CARROT NUGGET	1/21 OF CAKE	34G	2G	320MG	330
CAKE MIX, YELLOW, NUGGET	1/3 CUP DRY MIX	37G	LESS THAN 1G	310MG	190
CHERRY PIE FILLING, NUGGET	1/3 CUP	20G	0G	40MG	80
CHOCOLATE FROSTING MIX, NUGGET	1/4 CUP DRY MIX	22MG	1G	60MG	120
FORTUNE COOKIE	1 COOKIE	6.5G	0	4.5MG	110
GELATINE, RED RASPBERRY, GAGE	3 OZ	10G			40
GINGERBREAD MIX, NUGGET	1/2 CUP DRY MIX	53G	1G	430MG	280
GUMMY BEARS	40GSVG	32G	0	0	140
ORANGE-PINEAPPLE GELATINE DESSERT (GAGE)	3 OZ	10G			40
PASTRY TART SHELLS, KEEBLER	1 SHELL	19G	0G	70MG	140
RICE KRISPIE TREAT	2 SQUARES	30G	0	200MG	150
SWISS CHOCOLATE CAKE MIX, GILSTER-MARY LEE CORP	1/3 CUP	37G	1G	390MG	190
VANILLA PUDDING	1/2 CUP DRY MIX	24G	0	170MG	130
YOGURT, CROWLEY LOWFAT YOGURT	6 OZ	36G	0G	105MG	180