

Updated 08/21/2018

Menu Item	Item #	portion	calories	fat grams	sat. fat grams	trans fat grams	sodium	carbs
Entrée								
Asian Bowl	see recipe	12pc/4oz	423	15.13	2.727	0	618	53.99
BBQ Chicken Sand	570533	1 sand	258	5.38	1.016	0	424	34.54
BBQ Pork Sandwich	see recipe	1 sand	411	12.12	3.5	0	615	50
Beef and Cheddar Sandwich	see recipe	1 sand	545	20.34	12	0	731	34
Beef Nachos 6-12	722330 & 135261	2oz	405	13.63	7.2	0	836	36.73
Beef Nachos k-5	722330 & 135261	2oz	265	10.35	3.891	0	601	25.22
Beef Ravioli	496286	1 cup	257	7.91	3.46	0	593	29.65
Beef Taco 9-12	722330	1 taco	134	9.86	3.22	0	325	5
Beef Taco k-8	722330	1 taco	134	9.86	3.22	0	325	5
Big Daddy's Cheese Pizza	237071	1 piece	340	14	7	0	420	36
Big Daddy's Pepperoni Pizza	239241	1 piece	360	15.97	7	0	540	36
Big Daddy's Buffalo Chicken Pizza	627101	1 piece	390		7	0	750	45
Boneless Wings	561301	5 pieces	241	10.87	1.811	0	386	14.49
Bosco Sticks 9-12	555982	2 sticks	466	16.16	6	0	835	55
Bosco Sticks k-8	235411	2 sticks	380	11.51	5	0	989	44.42
Bosco Stuffed Pizza	235481	1 piece	306	10.85	4.932	0	533	33.54
Buffalo Chicken Salad	see recipe	1 salad	470	22	9	0	596	45
Breakfast Sandwich	see recipe	1 sandwich	406	21.35	7.2	0	842	32.83
Burger With Cheese	785850	1 sand	385	14.07	4.95	0.6	683	41
Cheese Nachos	see recipe	3 oz	253	12.32	6.565	0	727	23.6
Cheese Omelet	240080	1 omelet	125	9.77	3.69	0.16	285	1.49
Cheese Quessadilla	584834	1 piece	160	5.99	2.994	0	279	15.97
Cheese Sandwich	see recipe	1 sand	241	10.11	5.062	0	706	27.01
Chicken & Gravy	see recipe	4 oz	132	4.49	1.013	0	227	7.34
Chicken Bacon Wrap	see recipe	1 wrap	600	32.32	10	0	1238	45.14
Chicken Caesar Wrap	see recipe	1 wrap	459	26	5.31	0	796	32
Chicken Chef 9-12	see recipe	1 salad	404	10.97	8	0	476	31
Chicken Chef k-8	see recipe	1 salad	394	9.29	6.6	0	521	29
Chicken Enchilada	see recipe	1 piece	273	10.27	5.3	0	758	28.17
Chicken Fajitas	see recipe	1 fajita	136	3.78	1.62	0	169	22.29
Chicken Leg	603391	1 leg	190	11	2.5	0	450	5
Chicken Nuggets 9-12	558040	6 pieces	263	15.34	2.739	0	515	14.53
Chicken Nuggets k-8	558040	5 pieces	240	12.78	2.5	0	47	16
Chicken Parm 9-12	see recipe	1 chick 4oz	154	6.01	2.14	0	467	3.01

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Entrée								
Chicken Parm Sandwich	see recipe	1 sand	452	18.61	4.7	0	952	46.73
Chicken Patty	558061	1 sand	400	14.86	2.5	0	650	44
Chicken Sausage Patty	138941	1 piece	100	5	1.5	0	250	0
Chicken Sriracha Wrap	see recipe	1 wrap	340	17.36	3.25	0	780	32
Chicken Strips 9-12	283951	4 strips	346	20	3.333	0	520	21.33
Chicken Strips k-8	283951	3 strips	260	15	2.5	0	390	16
Chicken Tender Snack Wrap	see recipe	1 wrap	494	26.6	9.06	0	927	38.99
Cobb Salad	see recipe	1 salad	430	18.34	8.53	0	495	33
Corn Dog	620220	1 piece	240	8.1	2.5	0	390	30
Country Chicken and Gravy	see recipe	1 piece	396	13.06	2	0	727	42.33
Crispy Chicken Chef	see recipe	1 salad	359	16.01	3	0	579	35.89
Firehouse Burger	see recipe	1 burger	440	17.64	6.41	0	598	46
French Toast Sticks 9-12	646222	6 pieces	320	7	2	0	540	46
French Toast Sticks k-8	646222	3 pieces	160	3.67	1	0	270	23
Grilled Cheese	see recipe	1 sand	149	7.56	3.75	0.01	820	28
Grilled Chicken on Pretzel Bun	525480 & 142411	1 sand	243	4.34	1.369	0	126	29.4
Grilled Chicken Sandwich 9-12	268127	1 sand	233	3.84	0.369	0	336	29.5
Grilled Chicken Sandwich k-8	253146	1 sand	233	4.03	0.506	0	388	29.4
Ham and Cheese on Croissant	see recipe	1 sand	322	14.4	5.31	0	1184	31
Ham Chef 9-12 w/breadstick	see recipe	1 salad/1 brd	347	16.35	8.52	0	1028	30.75
Ham Chef K-8	see recipe	1 salad/	336		7	0	1087	29
Ham Sand	see recipe	1 sand	244	6.4	2.2	0	1087	27.22
Ham Sub	see recipe	1 sand	268		2.25	0	1084	32.43
Ham Wrap	179906	1 wrap	296	14.76	7.56	0	1277	21.74
Hot Dog	see recipe	1 hot dog	220	14.35	3	0	755	22
Italain Beef Sandwich	see recipe	1 sand	443	20.32	8.96	0	339	30.84
Lasagna Roll Up	see recipe	1 roll up	315	9.24	4.76	0	520	32.58
Meatball Sub	785860	1 sand	315	12.43	4	0.6	510	35
Meatballs and Meat Sauce	see recipe	1 mtbls/4 oz	195	9.5	3.75	0.3	315	8.93
Mini Pancakes	669440	9 pancakes	160	2	0	0	360	32
Nacho Bites	655322	8 pieces	270	10	4	0	440	32
Pizza Crunchers	143271	4 pieces	420	19.92	9	0	670	41
Popcorn Chicken	327120	12 pieces	250	14.02	2.73	0	381	15.27
Popcorn Chicken Bowl	see recipe	1 bowl	530	17.38	2.73	0	972	71

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Entrée								
Pretzel and Cheese	see recipe	1 pretzel	290	10.35	6.5	0	750	34.5
Spaghetti w/Meat Sauce	573201	6 oz	336	8.09	3	0	310	41.34
Spicy Chicken Sandwich	327080	1 sand	430	16.85	3	0	590	46
Spinach Chef Salad w/breadstk	see recipe	1 salad/1 brd	342	7.76	2.53	0	316	37
Stromboli	see recipe	1 piece	303	22	4.55	0	468	17
Taco Salad k-8	see recipe	1 salad	332	14.61	5.64	0	584	33
Taco Salad 9-12	see recipe	1 salad	367	15	5.7	0	536	35
Tangerine Chicken	see recipe	4oz	409	6	1.036	0	392	70.47
Turkey Burger	160702	1 sand	256	7.6	1.863	0	529	29.99
Turkey Chef 9-12	see recipe	1 salad	346	14	8	0	815	32
Turkey Chef k-8	see recipe	1 salad	332	16.63	6.68	0	858	29.56
Turkey Sand 9-12	see recipe	1 sand	34	3.8	1.66	0	1207	36
Turkey Sand k-8	see recipe	1 sand	245	4.78	1.66	0	1077	27.6
Turkey Sub	see recipe	1 sand	272	4.8	1.64	0	1087	34
Turkey Wrap 6-12	442763	1 wrap	286	12.16	6.39	0	1306	20.49
Uncrustable 6-12	516761	1 sand	600	33	2.5	0	540	64
Uncrustable k-5	527462	1 sand/1 che	381	19.53	5.525	0	533	33.01
Veggie Burger	see recipe	1 sand	362	9.4	1	0	784	52
WG Tony's Cheese Pizza	153650	1 piece	300	11	5	0	440	33
WG Tony's Pepperoni Pizza	152111	1 piece	310	12	5	0	530	33
WG Tony's Sausage Pizza	219122	1 piece	290	10	4.499	0	470	32.99
Yogurt Parfait	see recipe	1 parfait	444	4.49	3.5	0	419	79

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VEGETABLES								
Asian Vegetable	164080	4oz	35	0	0	0	12	6.15
Baby Tomatoes	129631	4oz	32	0.2	0	0	9	7
Baked Beans	520098	4oz	153	1	0.5	0	373	28
Broccoli (cooked)	673366	4oz	22	0	0	0	13	3
Broccoli (fresh)	732478	4oz	30	0	0	0	29	6
Carrot Coins	359020	4oz	47	0.04	0.136	0	80	9.34
Carrots (fresh)	186740	4oz	39	0	0	0	88	9.33
Celery	781592	4oz	19	0.08	0.02	0	99	4
Corn	285620	4oz	186	1.06	0	0	9.33	39.18
Cucumber	592323	4oz	7	0	0	0	1	10
French Fries	227951	4oz	121	9.72	0.94	0	280	16.84
Garden Salad	165761	4oz	5	0.02	0	0	15	1
Green Beans	510653	4oz	8	0	0	0	0	1.61
Green Pepper Strips	592315	4oz	29.8	0	0	0	4.5	7
Hash Browns	207390	2 Rounds	100	3.5	0	0	105	16
Mashed Potatoes	613738	4oz	100	0.58	0	0	485	20
Peas	285660	4oz	26		0	0	0	4.48
Red Pepper Strips	597082	4oz	38	0.09	0	0	2	10
Refried Beans	703753	4oz	166	3.35	0.49	0	597	29.39
Roasted Carrots	359020	4oz	13	0.7	0	0	18	2.97
Smiley Fries	228818	4oz	130	7.04	0.5	0	180	20
Waffle Fries	201081	4oz	144	6.16	1.5	0	21	20.52
WG Onion Rings	234061	5 pieces	200	8	1.5	0	230	28

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FRUITS								
APPLE JUICE	118921	4oz	50	0	0	0	10	13
APPLESAUCE	610283	4oz	52	0	0	0	10	13.45
BANANA	197769	4oz	105	0.4	0.1	0	1	27
CATALOUPE & HONEYDEW	838411	4oz	40	0	0	0	17	10.31
FRESH FRUIT SALAD	220884	4oz	49	0.19	0.02	0	3	12.52
GOLDEN DELICIOUS APPLE	597481	4oz	72	0.23	0	0	1	19.05
MANDARIN ORANGES	612448	4oz	62	0.04	0	0	10	14
ORANGE JUICE	118930	4oz	30	0	0	0	0	6.98
ORANGES	322326	4oz	80	0	0	0	1.7	21
PEACHES	256770	4oz	51	0	0	0	5	14.49
PEARS	268870	4oz	62	0	0	0	10	14
PINEAPPLE	189979	4oz	72	0	0	0	0	18
RED APPLE	201456	4oz	71	0.22	0	0	1	19
RED GRAPES	280895	4oz	55	0.29	0	0	0	14
SLICED APPLES (BAGGED)	473171	4oz	30	0	0	0	0	7
WATERMELON	326089	4oz	12	0	0	0	0	2.98

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GRAINS								
BAKED CHIPS	712560	1 pkg	129	1.99	0	0	149	25.89
BROWN RICE	146404	4oz	170	0.95	0	0	7	36
Corn Muffin	159791	1 muffin	180	4.95	0.49	0	90	28
DINNER ROLL	Aunt Millie's	1	100	1	0	0	125	19
Fried Rice		4oz	86	0.82	0.2	0	188	17.3
MAC AND CHEESE	see recipe	6 oz	210	3.6	4	0	341	25.65
PENNE PASTA	654571	4oz	120	0.8	0	0	0	24.03
REDUCED FAT DORITOS	456090	1 pkg	132	5.06	0.506	0	202	20.25
SPAGHETTI NOODLES	654590	4oz	172	0.99	0	0	109	34.32
SPANISH RICE		4oz	159		0	0	386	34
TWISTED GARLIC BREADSTICK	644051	1 piece	160	3.86	1.5	0	140	28
WG BREADSTICK	152211	1	100	1	0	0	200	22
WG GARLIC TOAST	277862	1 piece	80	3.5	1	0	150	11
WG MINI SALTINE CRACKERS	441708	2 pkgs	100	3.01	0	0	121	14.07
Menu Item	Item #	portion	calories	fat grams	sat. fat grams	trans fat grams	sodium	carbs
SOUPS								
CHICKEN NOODLE SOUP	see recipe	6 oz	108	3.48	1.16	0	86	9.92
CREAM OF BROCCOLI SOUP	see recipe	6 oz	101	5.04	4	0	84	6.8
CREAM OF CHICKEN SOUP	see recipe	6 oz	180	7.33	4.75	0	188	8.38
CREAM OF POTATO SOUP	see recipe	6 oz	119	6.95	4.07	0	173	9.78
LEMON RICE SOUP	see recipe	6 oz	126	5.5	3.07	0	231	16.88
PASTA FAGIOLI SOUP	see recipe	6 oz	92	1.13	0.35	0	263	15.2