

Updated 08-26-2021

Menu Item	Item #	Portion	Calories	Fat Grams	sat. fat Grams	trans fat grams	sodium	carbs
Entrée								
BBQ Chicken Sand	570533	1 sand	273	5.86	1.16	0	344	32.78
BBQ Rib Sandwich	see recipe	1 sand	340	9.5	3	0	910	43
Beef Nachos 6-12	722330 & 135261	2oz	328	12.47	3.2	0	513	34.15
Beef Nachos k-5	722330 & 135261	2oz	232	8	2	0	455	24.47
Beef Taco 9-12	722330	2 tacos	453	18	7.39	0	1168	49.54
Beef Taco k-8	722330	1 taco	293	13	5.7	0	701	26.78
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	19	7	0	750	35
Boneless Wings	561301	5 pieces	200	9	2	0	330	13
Bosco Sticks 9-12	555982	2 sticks	459	13	6	0	802	54
Bosco Sticks k-8	235411	2 sticks	373	13	5	0	924	43.85
Bosco Stuffed Pizza	235481	1 piece	310	11	5	0	540	34
Buffalo Chicken Salad	see recipe	1 salad	460	21	8.5	0	636	43.13
Breakfast Sandwich(Egg and Cheese)	see recipe	1 sandwich	200	7	2.25	0	570	23
Buffalo Chicken Sliders	see recipe	1 sand	492	23.45	13.64	0	1505	44.36
Burger With Cheese	785850	1 sand	351	14.07	4.87	0.6	675	33.9
Cheese Nachos	see recipe	3 oz	240	12.5	6	0	675	24
Cheese Omelet	240080	1 omelet	120	10	3.5	0	300	1
Cheese Quesadilla	231771	1 piece	300	10	3	0	670	39
Chicken Quesadilla	231750	1 piece	280	8	2	0	660	38
Chicken Bacon Wrap	see recipe	1 wrap	491	25.98	8.56	0	1081	36.44
Chicken Caesar Wrap	see recipe	1 wrap	464	26	5.31	0	810	32
Chicken and Gravy	see recipe	4 oz	250	8	1.5	0	470	19
Chicken Chef 9-12	see recipe	1 salad	394	14.86	7.61	0	516	29.13
Chicken Chef k-8	see recipe	1 salad	444	16.36	6.61	0	581.65	36.13
Chicken Enchilada	see recipe	1 piece	339	15.66	7.75	0	782	23.01
Chicken Fajitas	see recipe	1 fajita	310	10	2.5	0	755	31.67
Chicken Leg	603391	1 leg	220	13	3	0	530	6
Chicken Nuggets 6-12	558040	6 pieces	288	16.8	3	0	564	19.2
Chicken Nuggets k-5	558040	5 pieces	240	14	2.5	0	470	16
Chicken Parm 9-12	see recipe	1 chick 4oz	298	15.5	5	0	516	10.97

Menu Item	Item #	portion	calories	fat grams	sat. fat grams	trans fat grams	sodium	carbs
Entrée								
Chicken Parm Sandwich	see recipe	1 sand	550	20	5	0	1440	55
Chicken Patty	558061	1 sand	400	15	2.5	0	650	44
Chicken Sausage Patty	138941	1 piece	100	6	1.5	0	250	1
Chicken Sriracha Wrap	see recipe	1 wrap	342	13.5	3.25	0	780	32.5
Chicken Tenders 6-12	283951	4 strips	346	20	3.333	0	520	21.33
Chicken Tenders k-5	283951	3 strips	260	15	2.5	0	390	16
Chili Cheese Fries	see recipe	4oz/2oz/2oz	340	18.36	7.7	0	965	31
Cobb Salad	see recipe	1 salad	431	16.95	8.53	0	547	30.88
Corn Dog	620220	1 piece	240	9	2.5	0	470	30
Corn Dog Mini's	497360	6 pieces	270	12	3.75	0	480	30
Country Chicken and Gravy	see recipe	1 piece	390	11.75	1.5	0	566	42.51
Crispy Chicken Chef	see recipe	1 salad	414	20.46	8.54	0	650	38.73
Egg and Cheese Croissant	see recipe	1 sand	420	24	8	0	800	30
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	245	8	3.75	0	820	28
Grilled Chicken Sandwich 9-12	268127	1 sand	294	4.8	0.6	0	325	31
Grilled Chicken Sandwich k-8	253146	1 sand	294	4.8	0.6	0	325	31
Ham and Cheese on Croissant	see recipe	1 sand	302	13.33	5.25	0	1134	29.1
Ham Chef 9-12 w/breadstick	see recipe	1 salad/1 brd	336	15.4	8.01	0	1059	29.13
Ham Chef K-8	see recipe	1 salad/	386	16.9	7	0	1124	36.13
Ham Sand	see recipe	1 sand	242	7.33	2.25	0	1074	26.1
Ham Sub	see recipe	1 sand	268	7.33	2.25	0	1084	32.43
Ham Wrap	179906	1 wrap	286	13.86	7	0	1303	19.44
Hot Dog	see recipe	1 hot dog	220	10	3	0	795	22
Hot Ham and Cheese	see recipe	1 sand	232	5.75	1.25	0	886	29.21
Hot Ham and Cheese on Croissant	see recipe	1 sand	304	13.38	4.73	0	1280	28.19
Italian Beef Sandwich	see recipe	1 sand	445	20.45	8.86	0	381	30.18
Lasagna Roll Up	see recipe	1 roll up	311	9	4.7	0	514	32.86
Meatball Sub	785860	1 sand	324	11.5	4	0.6	573	35.43
Meatballs and Meat Sauce	see recipe	1 mtb/4 oz	195	9.5	3.75	0.3	315	8.93
Meatballs and Gravy	see recipe	4 pieces	154	9	3.5	0	236	16
Mozzarella Sticks with Marinara	see recipe	6 pieces	335	11.75	3.5	0	755	37
Pizza Burger	see recipe	1 sand	324	12.62	3.74	0.6	563	33
Pizza Crunchers	143271	4 pieces	420	20	9	0	670	41
Popcorn Chicken	327120	12 pieces	230	13	2.5	0	350	14
Popcorn Chicken Bowl	see recipe	1 bowl	530	17.38	2.73	0	972	71

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Entrée								
Pretzel with Cheese	see recipe	1 pretzel 4oz c	533	14.33	8	0	973	80.67
Sriracha Chicken Bowl (add brown rice)	see recipe	6 pieces	285	13.5	2.25	0	375	21
Stuffed Pretzel and Cheese 9-12	see recipe	1 pretzel	370	8.83	4.5	0	665	62
Spaghetti w/Meat Sauce	573201	6 oz	328	8.25	3	0	310	41.34
Spicy Chicken Sandwich	327080	1 sand	430	17	3	0	590	46
Spinach Chef Salad w/breadstk	see recipe	1 salad/1 brd	343	8	2.36	0	368	35
Taco Salad k-8	see recipe	1 salad	369	16.41	5.7	0	565	35.72
Taco Salad 9-12	see recipe	1 salad	401	16	5.7	0	871	43.82
Tangerine Chicken (Orange Chicken)	see recipe	4oz	194	6	1	0	389	25.64
Turkey Chef 9-12	see recipe	1 salad	346	14	8	0	877	30
Turkey Chef k-8	see recipe	1 salad	392	16.63	7	0	941	36.8
Turkey Sand 9-12	see recipe	1 sand	385	4.78	1.66	0	1222	37.43
Turkey Sand k-8	see recipe	1 sand	245	4.78	1.66	0	1092	28.43
Turkey Sub	see recipe	1 sand	272	4.8	1.64	0	1102	34.76
Turkey Wrap 6-12	442763	1 wrap	289	11.3	6.39	0	1322	21.77
Uncrustable 6-12	516761	1 sand	600	33	2.5	0	530	64
Uncrustable k-5	527462	1 sand/1 che	300	16	3.5	0	280	33
Veggie Burger	see recipe	1 sand	362	9.4	1	0	784	52
Walking Taco	see recipe	1 each	290	13.5	4.89	0.3	690	26.93
WG Tony's Cheese Pizza	153650	1 piece	300	11	5	0	440	34
WG Tony's Pepperoni Pizza	152111	1 piece	310	12	5	0	530	33
WG Tony's Sausage Pizza	219122	1 piece	300	10	4.5	0	470	35
Yogurt Parfait	see recipe	1 parfait	490	8.07	3.26	0	338	95.07

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VEGETABLES								
Baby Tomatoes	129631	4oz	16	0.2	0	0	4.5	3.5
Baked Beans	520098	4oz	153	1	0.5	0	373	28
Broccoli (cooked)	673366	4oz	27	0	0	0	15.26	5.09
Broccoli (fresh)	732478	4oz	14	0	0	0	14	2.94
Carrot Coins	359020	4oz	21	0	0	0	40	4.67
Carrots (fresh)	186740	4oz	44	0	0	0	80	10.68
Celery	781592	4oz	33	0	0	0	179	6.72
Corn	285620	4oz	133	1.3	0	0	0	28
Cucumber	592323	4oz	5	0	0	0	0.65	1.3
French Fries	227951	4oz	130	6	1	0	300	18
Garden Salad	165761	4oz	6	0.02	0	0	15	1.35
Green Beans	510653	4oz	33	0	0	0	0	6.4
Green Pepper Strips	592315	4oz	14	0	0	0	2.25	3.5
Hash Brown (Shredded)	124672	4oz	150	0.5	0	0	30	33
Mashed Potatoes	613738	4oz	100	1.43	0	0	485	20
Peas	285660	4oz	58	0	0	0	0	10
Red Pepper Strips	597082	4oz	19	0.1	0	0	1.4	5
Refried Beans	703753	4oz	166	1.47	0.49	0	597	29.39
Roasted Carrots	359020	4oz	26	0	0	0	50	5.83
Smiley Fries	228818	4oz	162	5.63	0.63	0	225	25
Tater Tots	141510	8 pieces	128	5.9	0.98	0	305	15.75
Waffle Fries	201081	4oz	140	5.03	1.01	0	80	22.15
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	50	0	0	0	10	12.48
BANANA	197769	4oz	105	0.4	0.1	0	1	27
CATALOUPE & HONEYDEW	838411	4oz	60	0	0	0	25	16
FRESH FRUIT SALAD	220884	4oz	48	0.19	0.02	0	20	12.8
GOLDEN DELICIOUS APPLE	597481	4oz	66	0.2	0	0	1.3	18
MANDARIN ORANGES	612448	4oz	62	0.04	0	0	10	14
ORANGE JUICE	118930	4oz	60	0	0	0	0	14
ORANGES	322326	4oz	80	0	0	0	1.7	21
PEACHES	256770	4oz	51	0	0	0	5	14.49
PEARS	268870	4oz	72	0	0	0	0	16.55
PINEAPPLE	189979	4oz	61	0	0	0	0	15.44
RED APPLE	201456	4oz	66	0.2	0	0	1	18
RED GRAPES	280895	4oz	55	0.29	0	0	0	14
WATERMELON	326089	4oz	22	0	0	0	0	5.5

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GRAINS								
BAKED CHIPS	712560	1 pkg	140	4	0	0	180	24
BROWN RICE	146404	4oz	113	1	0	0	9	23.88
CORN BREAD	159791	1 bread	180	6	0.49	0	90	28
DINNER ROLL	Aunt Millie's	1	100	1	0	0	125	19
MAC AND CHEESE	see recipe	3 oz	134	6.36	3.68	0	315	14.42
MAC AND CHEESE	see recipe	6 oz	260	12.05	6.95	0	595	28.5
PENNE PASTA	654571	4oz	120	0.8	0	0	0	24.03
SPAGHETTI NOODLES	654590	4oz	150	0.75	0	0	0	31.7
TWISTED GARLIC BREADSTICK	644051	1 piece	150	3	1	0	180	26
WG BREADSTICK	152211	1	100	1	0	0	170	19
WG MINI SALTINE CRACKERS	441708	2 pkgs	100	3	0	0	120	14
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