

All nutrition facts

#####	Item	Calories	Fat	Sat. F	Trans F	Sodium	Carb	Sugar	Protein
	Apples 138 ct	80							0
	Sliced apples	30	0	0		0	8	6	
	Oranges 138 ct	80	0	0		0	21	14	1
	Broccoli	45	0.5	0	0	55	8	3	5
	Baby Carrots	28	0	0		68	6	5	
	Romaine/spin	10	0	0		0	1	0	1
	Cherry Tomatoes	35	0.5	0		5	7	4	1
	Cucumbers	15	0	0		0	3	2	1
1/2 cup fruit	Item	Calories	Fat	Sat. F	Trans F	Sodium	Carb	Sugar	Protein
	Applesauce	51		0	0	2	14	11	
	Applesauce cup	51				2	14	11	
	Mixed fruit	60	0	0	0	5	15	12	
	Pears	60	0	0	0	5	16	12	0
	Peaches	60	0	0	0	5	14	13	0
	Pineapple	70	0	0	0	0	18	15	0
	Mandarin Oranges	90	0	0	0	10	20	19	1
	Sliced Strawb	90	0	0	0	0	3	17	0
	Whole strawb	39	0	0	0	2	2	5	0
	Diced Straw. Cup	90	0	0	0	0	2	18	1
	Orange Juice cup	61	0	0	0	2	0	10	1
	Applesauce cup	51	0	0	0	2	1	11	0
	Peach cup	80	0	0	0	0	1	16	1
	Mandarin Orange cup	50	0	0	0	10	0	10	1
	Watermelon Raisin	110				10	25	22	1
	Lemon Raisin	110				10	25	22	1
	Orange Raisin	110				10	25	22	1
3/4 cup veggie	Corn	65	1	0	0	15	15	3	2
	Carrots	27	0	0	0	210	1.5	3	0
	Green Beans	24	0	0	0	210	3	1.5	1.5
	Baked Beans	165	1	0	0	210	7.5	7.5	10
	Peas	90	0	0	0	210	6	6	6
	Tater tots	130	7	1	0	190	16	0	1

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	Fries	100	4	0.5	0	170	15	0	1
Ala-Carte Item	Item	Calories	Fat	Sat. F	Trans F	Sodium	Carb	Sugar	Protein
	Cup cake	140	3	1	0	200	26	8	2
	Choc. R. Treat	190	5	2	0	150	34	14	2
	Plain r. Treat	160	4	1	0	140	30	11	2
	Baked BBQ chip	140	3.5	0.5	0	180	24	3	2
	Plain baked chip	110	3	0	0	140	19	2	2
	Sour cream chip	210	12	1.5	0	150	22	1	2
	Blue rasp. Slush	90	0	0	0	35	22	6	0
	Straw/kiwi slush	90	0	0	0	35	22	19	0
	Sour cherry lemon sl.	90	0	0	0	35	22	19	0
	Spicy sweet chili chip	130	5	0	0	200	20	0	2
	Nacho cheese Dorito	130	5	1	0	200	20	1	2
	Fruit snack	50	1	1	0	55	11	4	0
	Scoop Tortilla chip	110	2.5	0	0	125	19	0	2
	Cool ranch chip	130	5	0	0	150	20	0	2
	Simply chex ched	110	2.5	0	0	125	20	4	2
	Cheetos Puff	90	3.5	0.5	0	140	13	0	2
	Cheeto Crunchy	120	4.5	1	0	200	16	1	2
	Chili/Ch Chips	130	5	1	0	200	19	1	2
	Apple juice	140	0	0	0	45	0	36	0
	Grape juice	170	0	0	0	45	0	42	0
	Orange Juice cup	150	0	0	0	25	0	37	0
Main item		Calorie	Fat	Sat. F	Trans F	Sodium	Carb	Sugar	Protein
	Chicken drumstick	160	10	2.5	0	320	2	0	16
	Grilled Chicken P	200	9	1.5	0	290	3	0	19
	Chicken nuggets	210	12	2	0	320	13	1	13
	Chicken Tenders	260	15	2.5	0	390	16	1	15
	Beef Crumbles	120	7	3	0	430	1	0	13
	Hot Dog	160	15	6	0.5	240	1	0	7
	Corn Dog	250	10	2	0	760	30	10	11
	Mini Corn dog	160	8	1.5	0	460	16	4	8
	Rib patty	130	7	2.5	0	440	3	2	13
	Cheese slice	100	9	5	0	450	1	1	5

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	Ham slices	37	2	1	0	232	2	1	5
	Salisbury STK	150	10	4	0.5	510	2	1	13
	Pizza Bread	290	11	4.5	0	560	3	4	17
	Cheese Pizza	310	11	4	0	480	35	8	16
	Deep pizza	280	12	6	0	410	26	8	15
	Beef patties	140	9	3.5	0	300	2	1	12
Grains	Item	Calorie	Fat	Sat. F	Trans F	Sodium	Carb	Sugar	Protein
	Banana muffin	140	3.5	0.5	0	140	24	12	3
	Choc. chip muffin	140	3.5	1	0	140	25	11	3
	Blueberry muffin	140	4	0.5	0	140	23	11	3
	Baked scoops	110	2.5	0	0	125	1	0	2
	Doritos	130	5	0.5	0	150	2	0	2
	Choc. Elf	120	4	1	0	125	20	7	2
	Graham Bug bites	120	3.5	1	0	115	21	8	2
	Cheez-it	100	3.5	1	0	150	14	0	3
	Cheese goldfish	90	3.5	0.5	0	200	14	0	2
	Choc. or Str Oatmeal	140	4.5	1	0	75	23	9	2
	Misc.	Calories	Fat	Sat. F	Trans F	Sodium	Carb	Sugar	Protein
	White milk	100	2.5	1.5	0	120	11	11	8
	Choc. Milk	160	2.5	1.5	0	240	26	25	8
	White WG Ham. Bun	140	0	0	0	280	26	4	5
	White WG HD Bun	150	0	0	0	270	28	3	6
	White WG Sliced B	100	0	0	0	220	20	2	4
	Beef gravy	25	0.5	0	0	290	0	0	0
	Ketchup PKG	10	0	0	0	25	0	2	0
	Mustard PKG	0	0	0	0	85	0	0	0
	BBQ cup	60	0	0	0	120	0	9	0
	Salsa cup	15	0	0	0	100	0	2	0
	Ranch Cup	60	0	0	0	120	0	9	0
	Taco season pkg	15	0	0	0	220	1	0	0
	Breakfast	Calories	Fat	Sat. F	Trans F	Sodium	Carb	Sugar	Protein
	Straw. Yogurt	70	0	0	0	60	14	10	4
	Cheese stick	80	6	4	0	200	1	0	6
	Mini Cinnis	240	7	1.5	0	270	39	15	5

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