

## Entreés

<i>Item</i>	<i>Serving Size</i>	<i>Calories Per Serving</i>	<i>Total Fat</i>	<i>Sodium</i>	<i>Total Carbs</i>	<i>Dietary Fiber</i>	<i>Sugar</i>
Boneless Rib Patties w/o sauce	85g	190	12g	470mg	4g	2g	1g
Buffalo Chicken Breast	3 oz	216	10.8g	677.3mg	13.6g	1.34g	<1g
Buffalo Popcorn Chicken	10 pcs.	270	15g	790mg	18g	1g	1g
Cheese Quesadilla, 100% Mozzarella	4.40 oz	320	13g	490mg	35g	4g	2g
Cheese Stuffed Shells	2 shells	210	6g	310mg	29g	5g	0g
Chicken Breast Fillets	113g	210	8g	640mg	18g	1g	1g
Chicken Nuggets	5 pcs	220	13g	500mg	14g	2g	0g
Chicken Round	1 pc	210	14g	430mg	11g	2g	0g
Chicken Sticks	7 pcs	220	15g	400mg	11g	1g	0g
Chicken Tenders	113g	210	9g	810g	15g	1g	3g
Crispy Chicken Fillet	3 oz	249	17.2g	450.5mg	11.2g	0.98g	0g
Drumettes	1 oz	74	4.5g	186.9mg	3g	0.36g	0g
Drumsticks	1 pc	280	16g	0mg	0g	0g	0g
Flounder	1 fillet	199.2	1.5g	452.2mg	31.2g	0.9g	<1g
Ground Beef 85%	100 grams	215	15g	66mg	0g	0g	0g
Ground Beef 90%	100 grams	176	10g	66mg	0g	0g	0g
Hot & Spicy Wings	4 pcs	220	15g	560mg	1g	0g	0g
Jamaican Beef Patties	1 pc	430	15g	210mg	55g	1g	14g
Lasagna - Cheese	100 grams	124	5g	275mg	14g	0g	4g
Meatballs	1 meatball	46	2g	0mg	6g	0g	0g
Mozzarella Sticks	2 sticks	150	8g	340mg	12g	1g	0g

## Entreés

Pizza - Cheese (Dominos)	1 slice	32.5	2.5g	108.75mg	0.625g	<1g	<1g
Pizza Sticks	1	150	6g	370mg	17g	2g	0g
Popcorn Chicken	12 pcs	230	15g	450g	14g	0g	0g
Shrimp Poppers	20 pcs	220	12g	670mg	18g	2g	0g
Solid White Tuna	1/4 cup	60	0g	45mg	0g	0g	0g
Strips of Fire	2 pcs.	270	15g	780mg	17g	1g	1g
Terriyaki Dippers	85g	130	3.5g	560mg	9g	0g	8g

## Drinks

<i>Item</i>	<i>Serving Size</i>	<i>Calories Per Serving</i>	<i>Total Fat</i>	<i>Sodium</i>	<i>Total Carbs</i>	<i>Dietary Fiber</i>	<i>Sugar</i>
Fat Free Milk	1 cup	90	0g	120	12g	0g	12g
1% Low fat Milk	1 cup	110	2.5 g	120 mg	12g	0g	12g
Chocolate Low fat Milk	1 cup	140	2.5g	200mg	21g	0g	20g
Strawberry Low fat Milk	1 cup	160	2.5g	125mg	28g	0g	23g
Arizona Green Tea	1 can	100	0g	15mg	26g	0	25g
Apple Juice	6 oz	80	0g	20mg	20g	0g	19g
Capri Sun	1 pouch	60	0g	15mg	16g	0g	16g
Fruit Juice Blend	6 oz	80	0g	20mg	21g	0g	19g
Gatorade Fruit Punch	11.6 oz	80	0g	160mg	21g	0g	21g
Gatorade Lemon Lime - can	11.6 oz	80	0g	160mg	21g	0g	21g
Gatorade Orange - can	11.6 oz	80	0g	160mg	21g	0g	21
Nestea		80	0g	30mg	23g	0g	22g
Oak Tree Iced Tea	8 oz	74	0g	4mg	19g	0g	19g
Oak Tree Lemonade	8 oz	120	0g	5mg	19g	0g	19g
Orange Juice	6 oz	80	0g	20mg	20g	0g	17g
Orange Juice	6 oz	80	0g	20g	20g	0g	17g
Snapple Lemonade - can	11.6 oz	90	0g	45mg	24g	0g	23g
Sunny D	6.75 oz	80	0g	140mg	18g	0g	16g

## Drinks

### Snapple - bottle:

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Apple	8 oz	110	0g	5mg	27g	0g	27g
Fruit Punch	8 oz	110	0g	5mg	27g	0g	27g
Kiwi Strawberry	8 oz	100	0g	10mg	27g	0g	26g
Lemon Tea	8 oz	80	0g	5mg	21g	0g	21g
Mango Madness	8 oz	100	0g	10mg	25g	0g	25g
Peach Tea	8 oz	90	0g	5mg	23g	0g	23g
Pink Lemonade	8 oz	100	0g	45mg	25g	0g	25g
Raspberry Tea	8 oz	80	0g	5mg	21g	0g	21g

### Sport Snapple:

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Grape	8 oz	60	0g	55mg	16g	0g	16g
Fruit Punch	8 oz	60	0g	55mg	16g	0g	16g

## **Fruit**

<i>Item</i>	<i>Serving Size</i>	<i>Calories Per Serving</i>	<i>Total Fat</i>	<i>Sodium</i>	<i>Total Carbs</i>	<i>Dietary Fiber</i>	<i>Sugar</i>
Apple w/skin	1 medium	53	0g	1 mg	13.9g	2.4g	10.5g
Banana	1 medium	72	0g	1 mg	18.5g	2.1g	9.9g
Orange	1 medium	63	5g	2mg	16g	5g	9g
Pineapple	100 grams	45	0g	1mg	12g	0g	8g

## Sauce - Syrup-Dressing

<i>Item</i>	<i>Serving Size</i>	<i>Calories Per Serving</i>	<i>Total Fat</i>	<i>Sodium</i>	<i>Total Carbs</i>	<i>Dietary Fiber</i>	<i>Sugar</i>
Barbeque Sauce	2 tbsp	45	0g	210mg	11g	0g	8g
Brown Gravy	1/4 cup	60	4g	350mg	5g	0g	1g
Cheddar Cheese Sauce	1/4 cup	60	3.5g	450mg	6g	0g	2g
Maple Syrup	2T	80	0g	20mg	21g	0g	14g
Marinara Sauce	1/2 cup	60	1g	800mg	11g	1g	5g
Pizza Sauce	1/4 cup	20	0g	160mg	4g	1g	3g
Stir Fry Sauce	1 tbsp	20	0g	520mg	4g	0g	3g
Caesar dressing	1.5 Oz	170	18g	320mg	1g	0g	1g
Honey Mustard Dressing	1.5 Oz	240	23g	160mg	7g	0g	7g
Italian dressing	1.5 Oz	160	17g	410mg	4g	0g	3g
Lite Italian dressing	1.5 Oz	45	3.5g	420mg	3g	0g	3g
Ranch Dressing	1.5 Oz	230	24g	220mg	2g	0g	2g

## Soup

<i>Item</i>	<i>Serving Size</i>	<i>Calories Per Serving</i>	<i>Total Fat</i>	<i>Sodium</i>	<i>Total Carbs</i>	<i>Dietary Fiber</i>	<i>Sugar</i>
Beef Barley	1/2 cup	60	1.5g	850mg	8g	1g	1g
Boston Clam Chowder	1/2 cup	130	6g	840mg	15g	0g	0g
Chicken Broth	1 cup	15	1g	930mg	0g	0g	0g
Chicken Noodle	1/2 cup	70	2.5	980mg	12g	2g	1g
Chicken Rice	1/2 cup	60	2g	880mg	9g	0g	0g
Cream of Chicken	1/2 cup	40	4.5g	830mg	12g	0g	2g
Italian Style Wedding	1 cup	130	3.5g	900mg	17g	0g	0g
Manhattan Clam Chowder Soup	1/2 cup	70	1.5	890mg	12g	2g	2g
Minestrone Soup	1 cup	80	1g	630mg	15g	3g	3g
Split Pea Soup	1 cup	165	2.92g	917.5mg	26.5g	2.75g	0g
Tomato Soup	1/2 cup	90	0g	680mg	19g	1g	7g
Vegetarian Vegetable	1/2 cup	60	1.5g	1000mg	11g	1g	3g

## **Vegetables**

<i>Item</i>	<i>Serving Size</i>	<i>Calories Per Serving</i>	<i>Total Fat</i>	<i>Sodium</i>	<i>Total Carbs</i>	<i>Dietary Fiber</i>	<i>Sugar</i>
Broccoli (frozen)	100 grams	26	0g	24mg	5g	3g	1g
Canned Mushrooms	1/2 cup	25	0g	400mg	3g	1g	0g
Carrot	1	29	0g	50mg	7g	2g	3g
Cauliflower	1 cup	25	0g	30mg	5g	3g	2g
Corn	2/3 cup	80	1g	10mg	19g	1g	5g
Olives - Pitted	5 olives	25	2.5g	130mg	<1 g	0g	0g
Onion Rings	6 pcs	220	11g	470mg	26g	2g	4g
Potato Puffs (frozen)	100 grams	177	9g	595mg	24g	2g	0g
Potato Wedges (frozen)	100 grams	123	2g	49mg	26g	2g	0g
Potatoes, Hashed Brown	100 grams	218	12g	34mg	28g	2g	2g
Potatoes, Mashed	3.2 fl. oz	57	0.5g	96mg	11g	<1g	0g
Potatoes, Red (Cavendish Crystal Red)	1/2 cup	111	4.4g	244mg	16.3g	1.4g	0g
Potatoes, Smiley's	3 oz	160	6g	230mg	24g	2g	<1g
Romaine Heart Lettuce	6 leaves	20	0.5g	0mg	3g	1g	2g
Spinach	1/3 cup	20	0g	115mg	2g	2g	1g
Tater Tots - Nuggets	27 pcs	110	3.5g	45mg	19g	2g	0g
Tomato	1	25	0	11mg	6g	1g	0g
Tomatoes, Crushed	1/2 cup	40	.5g	210mg	6g	2g	6g
Tomatoes, Diced	1/2 cup	25	0g	380mg	4g	1g	3g
Vegetables, Oriental (frozen)	1 cup	25	0g	10mg	4g	1g	2g



## Snacks

<i>Item</i>	<i>Serving Size</i>	<i>Calories Per Serving</i>	<i>Total Fat</i>	<i>Sodium</i>	<i>Total Carbs</i>	<i>Dietary Fiber</i>	<i>Sugar</i>
Andy Capp's Cheddar Fries	.85 oz	110	4.5g	310mg	17g	0g	<1g
Andy Capp's Hot Fries	.85 oz	110	3.5g	260mg	18g	0g	<1g
Apple Pie Bites	1	60	2g	80mg	9g	1g	3g
Baked Lays Potato chips	1 oz	120	2g	160mg	23g	2g	2g
Cheese Doodles	1 oz	150	9g	220mg	17g	0g	1g
Chex Mix, Sweet and Salty	1 bag	210	7g	230mg	7g	2g	8g
Choczels	1 bag	210	9g	410mg	28g	0g	16g
Churros	1	130	8g	140	12g	0g	0g
Combos Cheddar Cheese Pretzels	1 oz	130	4.5g	440mg	19g	0g	5g
Doritos Cool Cheese	1 oz	150	8g	180mg	18g	2g	<1g
Doritos Nacho Cheese	1 oz	150	8g	180mg	17g	1g	1g
Fritos Corn Chips	1 oz	160	10g	170mg	15g	1g	<1g
Fritos Honey BBQ Twists	1 oz	160	10g	210mg	16g	1g	1g
Funnel Cake	1	280	9g	360mg	45g	1g	15g
Funyuns Onion Rings	1 oz	140	7g	270mg	18g	<1 g	<1g
Lays BBQ Chips	1 oz	150	10g	200mg	15g	1g	2g
Lays Classic Potato Chips	1 oz	150	10g	180mg	15g	1g	0g
Mini Sandwich Cremes	9 cookies	150	7g	80mg	22g	<1g	10g
Pretzel Rods	3 pretzels	110	1 g	450mg	22g	1g	1g

## **Snacks**

Rold Gold Tiny Twists Pretzels	1 oz	110	1g	450mg	23g	1g	<1g
Saltine Crackers	6 crackers	80	1.5g	270mg	13g	1g	0g
Smartfood White Cheddar Popcorn	1 oz	100	10g	290mg	14g	2g	2g
Sun Chips Garden Salsa	1 oz	140	6g	170mg	19g	3g	2g
Sun Chips Harvest Cheddar	1 oz	140	6g	140mg	19g	3g	2g
Sun Chips Original	1 oz	140	6g	120mg	19g	3g	2g
Sunshine Cheez-It	1 pkg/35g	180	9g	290mg	20g	<1g	0g
Wise Buttered Popcorn	1 oz	150	10g	280mg	14g	3g	0g
Wise Honey BBQ Chips	1 oz	150	10g	190mg	15g	1g	2g
Wise Onion Rings	1 oz	140	6g	360mg	20g	0g	0g
Wise Puff Cheese Doodles	1 oz	150	8g	320mg	17g	0g	2g
Wise Sour Cream & Onion Chips	1 oz	150	10g	220mg	14g	1g	1g
Yellow Corn Tortillas	1 oz	140	4.5g	135mg	23g	2g	0g
Otis Spunkmeyer Oatmeal Raisin Cookies	1 cookie	160	7g	130mg	23g	1g	13g
Otis Spunkmeyer Butter Sugar Cookies	1 cookie	160	7g	140mg	23g	0g	13g
Otis Spunkmeyer Chocolate Chip Cookies	1 cookie	170	7g	120mg	24g	1g	15g
Famous Amos Cookies	4 cookies	150	7g	105mg	20g	1g	9g
Keebler Fudge Shoppe Fudge Stripes	3 cookies	150	7g	110mg	21g	1g	10g
Donut - Boston Crème w/New Chocolate	1 1/2 oz	100	5g	150mg	18g	0g	7g
Donut - Chocolate Frosted w/New Chocolate	2 1/2 oz	180	11g	270mg	35g	0g	11g
Donut - Jelly w/Granulated Sugar	2 1/2 oz	230	7g	240mg	40g	0g	17g

## **Snacks**

Donut - White Iced	2 1/2 oz	240	12g	270mg	38g	0g	12g
Pound Cake - Marble	2 oz	220	12g	210mg	25g	0g	14g

## **Bread - Cereal -Breakfast**

<i>Item</i>	<i>Serving Size</i>	<i>Calories Per Serving</i>	<i>Total Fat</i>	<i>Sodium</i>	<i>Total Carbs</i>	<i>Dietary Fiber</i>	<i>Sugar</i>
Hot dog roll	1	120	1.5g	240 mg	23g	<1 g	4g
Hamburger roll	1	160	2.5g	280 mg	33g	2g	4g
Kaiser roll	2	220	2g	470mg	42g	2g	2g
Bagel (plain)	1-4oz	290	1g	520mg	58g	2g	4g
Slider Bun	2	140	2	270mg	25g	1g	2g
Rye bread	1 slice	80	1g	260mg	16g	1g	0g
Wheat bread	1 slice	70	.5g	140 mg	13g	1g	<1g
White bread	2 slices	110	1	210 mg	22g	1g	1g
Pita	1	220	4g	510mg	40g	2g	1g
Wrap - Plain 10"	1	190	5g	380mg	31g	2g	1g
Wrap - Garlic Pesto 12"	1	310	3g	680mg	52g	<2g	2g
Wrap - Plain 12"	1	310	3g	700mg	52g	<2g	2g
Wrap - Spinach 12"	1	310	3g	700mg	52g	<2g	2g
Wrap - Sun Dried Tomato & Basil 12"	1	310	3g	680mg	52g	<2g	2g
Wrap - Wheat 12"	1	290	3g	700mg	50g	<6g	2g
Muffin, Corn	1/2 muffin	220	12g	220mg	26g	<1g	14g
Muffin, Chocolate Chip	1/2 muffin	230	13g	200mg	28g	<1g	17g
Muffin, Chocolate, Chocolate Chip	2 oz	220	11g	190mg	28g	1g	17g

## **Bread - Cereal -Breakfast**

Muffin, Apple Cinnamon	1/2 muffin	220	12g	200mg	27g	<1g	15g
Muffin, Banana Nut	1/2 muffin	230	11g	220mg	29g	1g	16g
Muffin, Blueberry	1/2 muffin	210	11g	250mg	26g	<1g	15g
French Toast Slices	3 slices	230	4g	390g	41g	2g	7g
French Toast Sticks	3.39 oz	300	12g	400mg	41g	1g	10g
Pancakes	3	220	3.5g	590mg	42g	2g	8g
Kellogg's Frosted Mini-Wheats	24 biscuits	200	1g	5mg	48g	6g	12g
Kellogg's Fruit Loops	1 cup	110	1g	135mg	25g	3g	12g
Kellogg's Frosted Flakes	3/4 cup	110	0g	140mg	27g	1g	11g
Kellogg's Raisin Bran	1 cup	190	1.5g	350mg	45g	7g	19g
Kellogg's Rice Krispies	1 1/4 cup	130	0g	220mg	29g	1g	4g
Nutri-Grain, Blueberry	1 bar	130	3g	105mg	24g	2g	12g
Nutri-Grain, Strawberry	1 bar	130	3g	120mg	24g	2g	12g
Nutri-Grain Apple Cinnamon	1 bar	130	3g	105mg	24g	2g	12g
Pop-Tarts, Chocolate Chip	1 pastry	420	12g	480mg	72g	2g	36g
Pop-tarts, Frosted Blueberry	1 pastry	200	5g	170mg	38g	<1 g	17g
Pop-Tarts, Frosted Brown Sugar Cinnamon	1 pastry	210	7g	170mg	34g	<1g	16g
Pop-Tarts, S'mores	1 pastry	200	5g	210mg	36g	1g	19g
Pop-Tarts, Strawberry	1 pastry	200	5g	170mg	38g	1g	17g

## **Bread - Cereal -Breakfast**

Soft Pretzel	1	480	2g	130mg	98g	0g	2g
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## **Dairy**

<i>Item</i>	<i>Serving Size</i>	<i>Calories Per</i>	<i>Total Fat</i>	<i>Sodium</i>	<i>Total Carbs</i>	<i>Dietary Fiber</i>	<i>Sugar</i>
Butter	1 T	100	11g	90g	0g	0g	0g
Butter - Whipped Cup	1T	100	11g	90mg	0g	0g	0g
Butter Blend	1T	100	11g	105mg	0g	0g	0g
Cream Cheese Pack	1 T	100	10g	120mg	1g	0g	1g
Cheese, Mozzarella (whole milk)	1/4 cup	90	7g	150mg	0g	0g	0g
Cheese, Mozzarella Sticks	2 sticks	150	8	340mg	12g	1g	0g
Cheese, Muenster	1 oz.	100	9g	180mg	0g	0g	0g
Cheese, Provolone	1 oz	100	8g	115mg	<1g	0g	0g
Cheese, Yellow American	2 slices	100	7g	400mg	3g	0g	1g

## Cold Cuts

<i>Item</i>	<i>Serving Size</i>	<i>Calories Per</i>	<i>Total Fat</i>	<i>Sodium</i>	<i>Total Carbs</i>	<i>Dietary Fiber</i>	<i>Sugar</i>
Boar's Head Bologna	2 oz	150	13g	530mg	1g	0g	1g
Boar's Head Roast Beef	2 oz	90	3.5g	40mg	0g	0g	0g
Boar's Head Turkey Breast-Oven Roasted	2 oz	60	1g	340mg	0g	0g	0g
Boar's Head Turkey Breast-Peppermill	2 oz	60	<1g	460mg	0g	0g	1g
Boar's Head Turkey Chef's Delight	2 oz	45	<1g	410mg	1g	0g	1g
Boar's Head Salsalito	2 oz	60	<1g	480mg	1g	0g	0g
Salami	2 oz	230	20g	870mg	0g	0g	0g
Perdue Turkey	2 oz	80	1g	270mg	3g	0g	1g



## Miscellaneous

<i>Item</i>	<i>Serving Size</i>	<i>Calories Per</i>	<i>Total Fat</i>	<i>Sodium</i>	<i>Total Carbs</i>	<i>Dietary Fiber</i>	<i>Sugar</i>
Bacon Bits	1 T	30	1g	125mg	2g	0g	0g
Chicken Base	3/4 tsp	15	1g	760mg	2g	0g	1g
Chicken Gravy	1/4 cup	45	3g	270mg	3g	<1g	1g
Chow Mein Noodles	1/2 cup	130	5g	230m	19g	<1 g	0g
Garlic and Butter Croutons	2 T	35	1.5g	55mg	4g	0g	0g
Ketchup	1T	9	0g	69mg	2.4g	0g	1.8g
Lemon Juice	1 tsp	0	0g	0mg	0g	0g	0g
Mayonnaise	1 tsp	110	11g	75mg	1g	0g	1g
Rice	1/4 cup dry	170	0g	0mg	38g	0g	0g
Tri-Color Rotini	2/3 cup	210	<1g	0mg	42g	2g	1g
Wide Egg Noodles	1 1/4 cup	220	1.5g	5mg	45g	2g	7g
Ziti	2 oz	190	1g	0mg	39g	2g	2g