

Nutritional Information

Name	Serving	Calories	Carbs	Protein	Total Fat	Saturated Fat	Cholesterol	Sodium	Dietary Fiber	Sugar	Vitamin A	Vitamin C	Calcium	Iron	Wheat	Egg	Soy	Peanut	Milk	Fish	Trans	Treenut	Shellfish	Sesame
1% low Fat Chocolate Milk	carton	133	20 g	7 g	3 g	2 g	10 mg	197 mg	0 g	19 g	153	n/a	293 mg	0 mg					X					
1% Unflavored White Milk	carton	103	12 g	8 g	3 g	2 g	13 mg	123 mg	0 g	11 g	150	n/a	300 mg	0 mg					X					
All American Hamburger on WG Bun	1 each	270	30 g	18 g	10 g	4 g	25 mg	520 mg	3 g	3 g	0	0	69 mg	3 mg	X		X							
Assorted Vegetables	1/4 cup	6	1 g	0 g	0 g	0 g	0 mg	0 mg	0 g	1 g	0	0	0 mg	0 mg										
Baby Carrots	1/4 cup	12	3 g	0 g	0 g	0 g	0 mg	27 mg	1 g	n/a	4848	1	11 mg	0 mg										
Baked Beans, Vegetarian	1/2 cup	150	30 g	7 g	0 g	0 g	0 mg	370 mg	5 g	12 g	0	0	50 mg	2 mg										
Baked Beans, Vegetarian	3/4 cup	225	45 g	11 g	0 g	0 g	0 mg	555 mg	8 g	18 g	0	0	75 mg	3 mg										
Beef Riblet Sandwich	1 sandwich	320	38 g	19 g	12 g	4 g	30 mg	630 mg	7 g	9 g	100	1	60 mg	4 mg	X		X							
Breaded Chicken Sandwich	sandwich	320	44 g	19 g	8 g	2 g	25 mg	820 mg	2 g	6 g	n/a	n/a	170 mg	4 mg	X		X		X					X
Brown Rice, WG	1/2 cup	118	26 g	3 g	0 g	0 g	0 mg	2 mg	0 g	0 g	n/a	0	2 mg	1 mg										
Celery Sticks	1/4 cup	5	1 g	0 g	0 g	0 g	0 mg	26 mg	1 g	n/a	145	1	13 mg	0 mg										
Cheeseburger	each	320	31 g	20 g	15 g	6 g	40 mg	750 mg	3 g	1 g	n/a	n/a	220 mg	3 mg	X		X		X					X
Cheeseburger on WG Bun	1 each	320	31 g	21 g	15 g	6 g	38 mg	745 mg	3 g	4 g	0	0	119 mg	3 mg	X		X		X					
Cheesy Bosco Stick	2 each	320	32 g	20 g	14 g	8 g	40 mg	540 mg	2 g	2 g	0	0	442 mg	2 mg	X				X					
Chef Dannys Chicken Shawarma	2 each	347	25 g	23 g	20 g	9 g	57 mg	597 mg	4 g	2 g	*57.631*	2	82 mg	0 mg	X				X					
Cherry Tomato	1/4cup	12	2 g	0 g	0 g	0 g	0 mg	0 mg	n/a	2 g	0	0	7 mg	0 mg										
Chicken Alfredo w/Pasta	1/2 c pasta, 1/2 c meat sauce	221	26 g	23 g	4 g	2 g	55 mg	174 mg	3 g	n/a	0	0	14 mg	3 mg	X		X		X					
Chicken Bites w/ Sweet & Sour Sauce	6 oz	362	43 g	17 g	10 g	2 g	54 mg	658 mg	3 g	n/a	150	3	23 mg	4 mg	X		X							
Chicken Potstickers	6 each	178	23 g	13 g	5 g	0 g	26 mg	407 mg	1 g	2 g	0	0	10 mg	2 mg	X		X							
Chicken Shawarma Pizza	1/2 cup	134	26 g	7 g	1 g	0 g	0 mg	380 mg	5 g	2 g	7	1	55 mg	2 mg										
Choice of Fruit	1/2 cup	50	12 g	1 g	0 g	0 g	0 mg	5 mg	1 g	10 g	300	1	0 mg	0 mg										
Choice of Fruit	1/2 cup	51	12 g	0 g	0 g	0 g	0 mg	10 mg	1 g	11 g	0	0	0 mg	0 mg										
Choice of Fruit	1/2 cup	60	15 g	0 g	0 g	0 g	0 mg	0 mg	2 g	11 g	0	2	20 mg	0 mg										
Choice of Fruit	1/2 cup	70	17 g	1 g	0 g	0 g	0 mg	10 mg	0 g	0 g	300	24	20 mg	1 mg										
Choice of Fruit	1/2 cup	70	17 g	0 g	0 g	0 g	0 mg	10 mg	0 g	11 g	200	1	6 mg	0 mg										
Choice of Fruit	1/2 cup	90	21 g	1 g	0 g	0 g	0 mg	0 mg	1 g	20 g	0	6	0 mg	0 mg										
Choice of Fruit	each	60	17 g	0 g	0 g	0 g	0 mg	0 mg	1 g	15 g	0	60	6 mg	n/a										
Choice of Fruit	package (1/4 cup)	110	28 g	0 g	0 g	0 g	0 mg	0 mg	3 g	24 g	100	0	0 mg	0 mg										
Choice of Fruit	package (1/4 cup)	120	29 g	1 g	0 g	0 g	0 mg	5 mg	2 g	27 g	105	0	0 mg	0 mg										
Corn Dog	each	240	30 g	9 g	9 g	3 g	40 mg	470 mg	2 g	8 g	0	0	60 mg	2 mg	X	X	X							
Crispy Chicken Nuggets	5 nuggets	240	16 g	14 g	14 g	3 g	25 mg	340 mg	3 g	1 g	135	1	2 mg	10 mg	X		X							
Crispy Chicken Sandwich WG Bun	1 each	340	41 g	21 g	11 g	2 g	35 mg	650 mg	4 g	4 g	100	1	69 mg	3 mg	X		X							
Crispy Chicken Tenders	3 each	260	16 g	15 g	15 g	3 g	25 mg	390 mg	3 g	n/a	384	3	20 mg	3 mg	X		X							
Cucumber Ranch Salad	1/2 cup	23	1 g	0 g	2 g	0 g	2 mg	43 mg	0 g	1 g	81	2	8 mg	0 mg		X			X					
Cucumber Slices	1/4 cup	4	1 g	0 g	0 g	0 g	0 mg	1 mg	0 g	n/a	26	1	5 mg	0 mg										
Dinner Roll	1 each	80	14 g	4 g	1 g	0 g	0 mg	100 mg	2 g	2	o	0	10 mg	0.6 mg	X	X	X		X					
Dutch Waffle.WG	1 waffle	330	38 g	4 g	19 g	3 g	15 mg	330 mg	3 g	12 g	0	0	40 mg	2 mg	X	X	X		X					
French Fries	1/2 cup	110	17 g	2 g	4 g	1 g	0 mg	236 mg	2 g	1 g	0	4	0 mg	1 mg										
French Toast Sticks, WG	3 sticks	250	37 g	6 g	9 g	2 g	0 mg	330 mg	3 g	7 g	0	n/a	40 mg	2 mg	X		X							
Glazed Carrots	1/2 cup	74	17 g	1 g	1 g	0 g	0 mg	55 mg	3 g	6 g	15475	14	34 mg	1 mg										
Green Beans	1/2cup	25	4 g	1 g	0 g	0 g	0 mg	140 mg	2 g	2 g	n/a	n/a	n/a	n/a										
Grilled Cheese Sandwich	each	349	30 g	14 g	22 g	10 g	38 mg	985 mg	2 g	2 g	n/a	0	193 mg	1 mg	X		X							
Hashbrown Potato Rounds	2 pieces	90	15 g	1 g	3 g	0 g	0 mg	190 mg	2 g	0 g	0	4	0 mg	0 mg										
Homemade	sandwich	320	44 g	19 g	8 g	2 g	25 mg	820 mg	2 g	6 g	n/a	n/a	170 mg	4 mg	X		X		X					X
Homemade Brownie	1 slice	160	28 g	2 g	5 g	1 g	19 mg	84 mg	1 g	n/a	71	0	39 mg	1 mg	X	X	X							
Homemade Cheese Pizza	slice	375	37 g	22 g	9 g	8 g	30 mg	510 mg	5 g	5 g	291	1	405 mg	1 mg	X				X					
Homemade Cheese Pizza	slice	448	42 g	24 g	15 g	10 g	30 mg	756 mg	6 g	4 g	291	1	405 mg	0 mg	X	X	X		X					
Italian Pasta Bake	1 cup	292	30 g	20 g	11 g	4 g	43 mg	240 mg	4 g	n/a	10669	11	355 mg	3 mg	X		X		X					
Kung Fu Carrots	1/2 cup	40	9 g	0 g	0 g	0 g	0 mg	144 mg	2 g	5 g	0	1	4 mg	0 mg	X		X							
Lebenese Style Chicken & Rice Bowl	2 oz	10	2 g	0 g	0 g	0 g	0 mg	70 mg	1 g	n/a	0	0	0 mg	0 mg										
Macaroni & Cheese	1 cup	494	46 g	22 g	27 g	13 g	54 mg	625 mg	6 g	5 g	60	0	358 mg	4 mg	X		X		X					
Marinara Sauce	1/4 cup	30	5 g	1 g	1 g	0 g	0 mg	68 mg	1 g	3 g	n/a	0	10 mg	1 mg										
Mashed Potatoes	1/2 cup	67	14 g	2 g	1 g	0 g	0 mg	263 mg	1 g	n/a	0	25	19 mg	0 mg					X					
Oven Fried Chicken Leg	each	220	6 g	19 g	13 g	3 g	60 mg	530 mg	1 g	0 g	100	0	14 mg	1 mg	X									
Roasted Beef Hot Dog on a Bun	each	310	28 g	12 g	18 g	7 g	35 mg	860 mg	3 g	3 g	0	0	60 mg	3 mg	X									
Roasted Broccoli	1/2 cup	27	3 g	3 g	0 g	0 g	0 mg	59 mg	2 g	2 g	480	71	35 mg	1 mg			X							
Roasted Corn	1/2 cup	158	27 g	3 g	5 g	0 g	0 mg	110 mg	3 g	5 g	8	0	2 mg	0 mg										

Salsa	2 oz	10	2 g	0 g	0 g	0 g	0 mg	70 mg	1 g	n/a	0	0	0 mg	0 mg									
SideKicks Berry Best	1 each	80	21 g	n/a	0 g	n/a	0 mg	30 mg	3 g	n/a	1000	42	70 mg	0 mg									
Sour Cream	1 tbsp (1/2oz)	56	1 g	1 g	5 g	3 g	17 mg	9 mg	0 g	n/a	127	0	29 mg	0 mg					X				
Steamed Broccoli	1/2 cup	29	5 g	2 g	0 g	0 g	0 mg	10 mg	2 g	n/a	96	29	0 mg	0 mg									
Steamed Carrots	1/2 cup	33	8 g	0 g	1 g	0 g	0 mg	54 mg	3 g	n/a	0	0	33 mg	1 mg									
Sweet Potato Waffle Fries	1/2 cup	142	24 g	1 g	4 g	0 g	0 mg	236 mg	4 g	11 g	4134	1	24 mg	0 mg									
Turkey Sausage Link	each	230	1 g	7 g	22 g	8 g	45 mg	370 mg	0 g	0 g	20	0	23 mg	1 mg									
Walking Taco	1 each	405	30 g	22 g	23 g	8 g	57 mg	547 mg	4 g	1 g	65	0	47 mg	1 mg					X				