

Breakfast Entrees	Serving Size	Calories	Carbohydrates	Protein
Yogurt, Strawberry	4 oz.	100.0	19.0	4.0
Yogurt, Strawberry Banana	4 oz.	110.0	20.0	4.0
Yogurt, Vanilla	4 oz.	100.0	20.0	4.0
Lunch Entrees	Serving Size	Calories	Carbohydrates	Protein
Biscuit, Honey	1 each	190.0	30.0	4.0
Burger, Cheeseburger	1 serving	296.8	31.0	22.7
Burger, Hamburger	1 serving	261.4	30.0	19.2
Burger, Veggieburger	1 serving	248.8	36.0	16.0
Burrito, Bean & Cheese	1 each	291.2	41.0	15.6
Cheese, String	1 each	60.0	1.0	7.1
Cheeseburger Sliders (2 mini burgers)	2 mini burgers	272.0	31.3	19.7
Chicken Drumstick Box (Chicken, Mashed Potatoes, and Honey Biscuit)	1 serving	469.8	54.9	21.7
Chicken Drumstick, Breaded	1 each	190.0	5.0	16.0
Chicken Tenders	3 each	260.0	16.0	15.0
Chicken Tenders w/ Roll	1 serving	341.0	30.2	17.0
Chicken Sliders	1 serving	247.7	29.6	17.3
Chili Cheese Dog	1 each	298.3	32.5	16.9
Corn Dog	1 each	238.0	27.8	11.6
Crackers, Goldfish	1 package	100.0	14.0	2.0
Hummus	3 oz.	163.0	19.0	6.0
Hummus Box (Hummus, Pita, String Cheese, Carrots, and Apple Slices)	1 serving	583.3	87.7	26.0
Nacho Filling (Turkey, Beans, and Cheese)	1 serving	249.4	19.9	19.3
Nachos (Turkey, Beans, and Cheese) w/ Tortilla Chips	1 serving	459.4	42.9	21.3
Orange Chicken Bowl	1 serving	333.6	57.6	15.5
Pita	1/2 piece	145.2	26.0	6.0
Pizza, Cheese	1 piece	360.0	34.0	20.0
Pizza, Pepperoni	1 piece	369.8	34.0	20.0
Pizza, Domino's Smart Slice, Cheese	1 piece	260.0	29.0	20.0
Pizza, Domino's Smart Slice, Pepperoni	1 piece	270.0	29.0	20.0
Roll, Dinner	1 each	80.0	14.0	2.0
Salad, Asian Chicken (inc.dressing)	1 serving	342.0	24.2	23.2
Salad, Spicy Chicken (includes dressing)	1 serving	340.0	19.5	15.9
Salad, Turkey Shaker	1 serving	375.5	37.8	22.0
Salad, Vegetarian Garden (includes dressing)	1 serving	306.2	27.0	16.9
Sandwich, BBQ Rib	1 serving	349.4	41.9	19.0

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Breakfast Entrees	Serving Size	Calories	Carbohydrates	Protein
Bagel	1 each	163.0	33.5	5.9
Bagel w/ Cream Cheese	1 serving	223.0	34.5	7.9
Bar, Benefit, Chocolate Banana	1 each	280.0	48.0	5.0
Bar, Benefit, Chocolate Chip	1 each	290.0	47.0	5.0
Bread, Blueberry Crumble	1 each	300.0	46.0	5.0
Bread, Cinnamon Crumb	1 each	283.0	47.0	3.4
Bread, Pan Dulce, Assorted	1 each	200.0	34.0	5.0
Breakfast Sandwich, Croissant w/ Egg, Cheese, Bacon	1 each	343.7	31.8	18.5
Breakfast Sandwich, Croissant w/ Egg, Cheese, Sausage	1 each	385.0	32.9	20.6
Breakfast Sandwich, Turkey Ham and Cheese	1 each	269.6	31.4	18.4
Cereal Bar, Cinnamon Toast Crunch	1 each	151.0	30.2	3.0
Cereal Bar, Golden Grahams	1 each	150.0	30.0	2.0
Cereal Bar, Trix	1 each	150.0	30.0	2.0
Cereal, Apple Jacks, Reduced Sugar	1 package	110.0	24.0	2.0
Cereal, Cinnamon Toast Crunch, Reduced Sugar	1 package	110.0	22.0	1.0
Cereal, Cocoa Puffs, Reduced Sugar	1 package	110.0	25.0	2.0
Cereal, Honey Nut Cheerios	1 package	110.0	22.0	2.0
Cereal, Rice Krispies	1 package	100.0	23.0	2.0
Crackers, Cinnamon Belly Bears	1 package	130.0	21.0	2.0
Crackers, Graham, Honey	1 package	110.0	20.0	2.0
Crackers, Jungle	1 package	130.0	20.0	2.0
Donut, Whole Grain, Mini, Chocolate	1 each	320.0	41.0	5.0
Donut, Whole Grain, Mini, Powder	1 each	270.2	41.0	4.0
French Toast, Cinnamon	2 pieces	240.0	38.0	6.0
Fruit and Yogurt Parfait, Blueberry	1 serving	250.8	46.8	8.6
Fruit and Yogurt Parfait, Strawberry	1 each	237.9	44.8	8.9
Muffin, Apple Cinnamon	3 oz.	219.0	33.3	4.3
Muffin, Banana	3 oz.	231.0	35.6	4.6
Muffin, Blueberry	3 oz.	239.0	36.0	4.8
Muffin, Cherry	3 oz.	217.0	33.4	4.3
Muffin, Chocolate Chip	1 each	280.6	44.0	5.0
Sandwich, Grilled Cheese	1 each	279.8	31.6	18.7
Sandwich, Ham and Cheese	1 each	186.2	27.2	10.6
Omelette, Cheese, Colby Jack	1 each	110.0	1.0	8.0
Smoothie, Banana	1 serving	461.6	84.3	22.3
Smoothie, Blueberry	1 serving	396.5	66.3	23.0
Smoothie, Strawberry	1 serving	386.8	65.1	21.4
Smoothie, Strawberry Banana	1 serving	421.8	74.1	21.8

Fruit and Vegetables	Serving Size	Calories	Carbohydrates	Protein
Vegetables, Carrots, Baby	1/2 cup	35.0	8.0	1.0
Vegetables, Cauliflower, Fresh	1/2 cup	12.5	2.5	1.0
Vegetables, Celery, Fresh	1/2 cup	20.0	4.0	1.3
Vegetables, Corn	1/2 cup	67.4	16.0	2.1
Vegetables, Cucumber, Fresh	1/2 cup	8.0	2.0	0.0
Vegetables, Green Beans	1/2 cup	21.9	4.6	1.2
Vegetables, Jicama, Fresh	1/2 cup	15.7	3.4	1.1
Vegetables, Lettuce, Romaine	1/2 cup	6.3	1.1	0.2
Vegetables, Peas	1/2 cup	84.3	14.4	5.3
Vegetables, Potatoes, Seasoned Wedges	1/2 cup	125.4	20.0	2.0
Vegetables, Potatoes, Mashed	1/2 cup	65.0	13.0	1.6
Vegetables, Potatoes, Tater Tots	8 pieces	131.0	16.6	2.0
Vegetables, Salad, 3-way mix	1/2 cup	5.2	1.2	0.4
Vegetables, Spinach, Fresh	1/2 cup	3.0	0.5	0.4
Vegetables, Sweet Potato, Crinkle Fries	1/2 cup	113.3	16.3	0.7
Vegetables, Sweet Potato, Tater Tots	10 pieces	118.3	19.0	1.8
Vegetables, Tomatoes, Cherry	3 each	11.0	2.4	0.5
Beverages				
Beverages	Serving Size	Calories	Carbohydrates	Protein
Juice, Apple, 100%	4 oz.	55.2	13.8	0.0
Juice, Orange, 100%	4 oz.	54.2	13.3	1.0
Juice, Wildberry, 100%	4 oz.	60.0	15.0	0.0
Milk, 1%, White	8 oz.	120.0	16.0	11.0
Milk, Fat Free, Chocolate	8 oz.	120.0	23.0	7.0
Milk, Fat Free, White	8 oz.	90.0	13.0	9.0
Condiments				
Condiments	Serving Size	Calories	Carbohydrates	Protein
Condiment, Cream Cheese	1 each	60.0	1.0	2.0
Condiment, Dressing, Ranch	1 packet	27.4	1.7	0.1
Condiment, Dressing, Asian Sesame	1 packet	180.0	8.0	0.0
Condiment, Honey	1 packet	25.0	7.0	0.0
Condiment, Jalapeno, Sliced	1 oz.	5.1	1.0	0.0
Condiment, Ketchup	1 packet	10.0	3.0	0.0
Condiment, Mayonnaise	1 packet	60.0	1.0	0.0
Condiment, Mustard	1 packet	5.0	1.0	1.0
Condiment, Pickles	8 slices	0.0	0.0	0.0

Lunch Entrees	Serving Size	Calories	Carbohydrates	Protein
Sandwich, Chicken, Italian	1 serving	275.0	29.0	17.5
Sandwich, Peanut Butter and Jelly	1 each	635.1	64.1	18.0
Sandwich, Spicy Chicken	1 serving	360.6	41.0	20.0
Sandwich, Tuna	1 serving	282.4	28.8	19.5
Sandwich, Turkey	1 serving	219.9	26.0	21.0
Sandwich, Turkey and Cheese	1 serving	255.1	27.0	24.6
Sandwich, Turkey Ham and Cheese	1 serving	189.8	15.4	15.4
Taco Stick	1 serving	323.0	31.9	20.1
Taco Nada	1 each	260.0	31.0	17.0
Tacos, Carnitas	2 tacos	344.6	31.0	26.1
Tamale, Chicken and Green Chile	1 each	349.0	30.0	19.0
Teriyaki Chicken Bowl	1 bowl	274.1	43.3	16.7
Tortilla Chips, Whole Grain	1 pkg	210.0	23.0	2.0
Yogurt, Peach	8 oz.	210.0	41.0	7.0
Yogurt, Strawberry	8 oz.	200.0	38.0	7.0
Yogurt, Strawberry Banana	8 oz.	200.0	41.0	7.0
Yogurt, Vanilla	8 oz.	210.0	39.0	7.0
Fruit and Vegetables	Serving Size	Calories	Carbohydrates	Protein
Fruit, Apple Slices, Fresh	1 package	34.0	8.0	0.0
Fruit, Banana, Fresh	1 each	105.0	27.0	1.3
Fruit, Cantaloupe, Fresh	1/2 cup	30.0	7.0	1.9
Fruit, Dried Raisins	1 package	113.1	29.8	1.0
Fruit, Grapes, Fresh	1 package	60.0	15.0	0.0
Fruit, Honeydew, Fresh	1/2 cup	30.5	7.7	3.0
Fruit, Kiwi, Fresh	1 each	51.0	1.7	0.8
Fruit, Nectarine, Fresh	1 each	45.0	10.8	0.8
Fruit, Orange, Fresh	1 each	100.2	24.6	2.1
Fruit, Peach Cup, Chilled	1 each	83.8	20.8	1.0
Fruit, Peach, Fresh	1 each	60.0	15.0	1.0
Fruit, Peaches, Diced, Canned	1/2 cup	53.3	13.5	0.5
Fruit, Pear, Fresh	1 each	85.9	23.0	0.5
Fruit, Plums, Fresh	1 each	30.3	7.5	0.5
Fruit, Strawberry Cup, Chilled	1 each	77.7	19.2	0.8
Fruit, Watermelon, Fresh	1/2 cup	27.2	6.7	0.9
Vegetables, Beans, Garbanzo	1/2 cup	120.0	21.0	6.0
Vegetables, Beans, Black	1/2 cup	110.0	19.0	8.0
Vegetables, Beans, Pinto	1/2 cup	74.3	13.9	4.7
Vegetables, Broccoli, Cooked	1/2 cup	23.0	4.3	2.5
Vegetables, Broccoli, Fresh	1/2 cup	9.0	1.6	0.9
Vegetables, Cabbage, Shredded	1/2 cup	8.8	2.0	0.6

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