

Description	Portion Size	Calories	Protein grams	Carbs grams	Total Fat grams	Fiber grams	Iron Mg	Calcium Mg	Vitamin A Re	Vitamin C Mg
Chicken, Cajun Sandwich	each	352	17.12	40.15	15.64	3.02	9.09	48.41	20.00	0.00
Chicken Grill Sandwich	each	270	18.00	26.00	11.50	2.00	9.08	28.00	20.00	0.00
Chicken Parm Sandwich	each	399	21.21	42.02	18.14	3.23	9.24	153.44	49.00	1.98
Chicken, Breaded Sand	each	352	17.12	40.15	15.64	3.02	9.09	48.41	20.00	0.00
Chicken Nuggets	5/serving	240	12.00	15.00	14.00	2.00	1.08	40.00	20.00	0.00
Corn Dog	each	270	10.00	30.01	12.00	0.00	1.08	0.00	0.00	0.00
Garbanzo Bean Burger	each	249	9.77	47.95	3.88	5.54	9.34	40.84	299.00	4.61
Garden Burger on a Roll	each	210	15.00	33.00	3.50	4.00	8.00*	8.00*	*	*
Hamburger on a Bun	each	288	18.03	21.63	13.73	1.16	2.60	66.00	0.00	0.00
Hot Dog on a Roll	each	271	10.54	21.86	16.67	2.00	4.65	19.00	0.00	1.30
Hot Ham & Cheese	each	290	23.12	25.60	11.74	1.00	10.04	146.06	62.00	0.00
Meatball Sandwich	each	459	20.52	48.53	20.19	0.80	4.01	94.00	26.00	4.00
Peanut Butter & Fluff	each	384	12.00	46.45	17.90	3.05	2.06	65.00	0.00	0.00
Peanut Butter & Jelly	each	377	12.04	44.84	17.91	3.24	2.09	67.00	0.00	0.20
Sausage Patty Sandwich	each	303	16.35	25.85	16.07	1.00	8.85	21.61	0.00	1.13
Steakum w/Cheese Sand	each	411	18.58	39.15	19.28	1.00	3.35	216.82	47.00	0.00
Turkey Burger	each	431	38.78	22.60	19.64	0.62	4.02	201.00	39.00	3.80
Veggie Pita Pocket	each	107	4.27	21.56	0.64	2.7	1.39	50.34	419	27.35
Veggie Wrap	each	184	5.54	29.85	5.28	2.04	2.04	84.54	419	27.35
Pizza										
Pizza, Pepperoni	1/8 pie	361	19.04	47.51	11.65	2.50	2.40	260.15	83.00	7.50
Pizza, Plain	1/8 pie	307	16.73	42.61	6.82	2.50	2.25	259.05	83.00	7.50
Pizza Sticks	each	230	7.00	30.00	9.00	2.00	2.00	150.00	0.00	0.00
Entrees										
American Chop Suey	3/4 cup	256	17.55	26.54	8.71	2.08	2.88	29.00	65.00	13.20
BBQ Beef on a bun	serving	328	21.41	30.52	12.96	1.81	3.17	76.56	38.00	6.52
Beef & Bean Burrito	serving	310	10.00	39.00	13.00	4.00	3.60	40.00	100.00	2.40
Beef Stir Fry	1 cup	259	18.81	13.19	14.82	3.36	2.53	47.00	1514.00	53.20
Broccoli & Cheese Quiche	1 piece	246	10.51	14.47	16.53	1.45	1.17	228.00	192.00	35.40
Chicken Ala King	3/4 cup	194	19.93	10.04	7.95	1.14	1.28	66.00	86.00	4.10
Chicken Chop Suey	3/4 cup	162	19.55	8.63	5.58	0.75	1.28	30.00	13.00	4.40
Chicken Fajita	1 fajita	386	23.14	34.21	18.13	2.12	2.16	23.31	34.00	8.81
Chicken, Oven Fried	serving	294	25.59	9.67	16.52	0.33	1.54	71.00	34.00	0.40
Hot Pocket, Italian	5 oz serving	350	15.00	41.00	12.00	2.00	3.60	350.00	200.00	0.00
Hot Pocket, Taco	5 oz serving	340	15.00	43.00	12.00	3.00	3.60	300.00	40.00	0.00