

Food Item	Cals	Carb (g)	PRO (g)	FAT (g)	FIBER (g)	Sodium(mg)
BBQC 42.84 00C 33.02 (R)5 (8eu (odium) 55.4208Td (562)Tj EM21 /P <</8/CID 43 2>BDC 0 T40478.4						
Chicken Breast Sticks, Breaded Homestyle(8 ea)	251	16	15	15	2	377
Chicken Breast Sticks, Hot & Spicy (8 each)	216	13	14	12	2	370
Chicken Caesar Wrap (no dressing)	267	28.3	19.33	9.39	5	545
Chicken Drumstick, Breaded (1)	220	6	19	13	1	530
Chicken Fajita Strips (3 oz) no tortilla	130	2	16	7	0	330
Chicken Nugget (Tyson)	210	13	13	12	2	320
Chicken Popcorn (10 ea) Rich Chicks (HS/MS)	250	12	15	16	1.8	482
Chicken Popcorn (12 ea) Tyson (Elem)	220	14	13	13	2	330
Chicken Tenders (Tyson)	260	16	15	15		

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Crispito, chicken/chili (1 each)	240	20	8	14	1	340
Egg Roll, Turkey & Veggie (small-3 oz)	160	20	10	5	3	400
Enchilada, Four Cheese (2 each)	267	19	15	14	2	357
Fish Bites (pollock) 8 each	240	23	15	9	2	360
Fish Strips (3 pc)	180	15	13	8	1	350
Frito Chili pie (with 1/2 c fritos, 1/2 oz cheese)	248	24	14	10	4	655
Hamburger, plain (with bun)	370	32	20	7	4	540
Hot Dog, plain (with bun)	300	32	11	14	3	830
Hummus, classic (1/2 cup)	100	16	8	0	4	400
Italian Combo (3 cheese sticks + 6 breaded ravioli)	334	45	18	9.5	4.3	521
Italian Stuffed Shells (2 shells with 2 oz marinara)	250	33.5	15.84	6.22	2.896	710
Lasagna (with 3.5 oz sauce, 1/2 oz cheese)	359	33.5	26	12	2.64	483
Macaroni n' Cheese (3 oz)	141.5	15.5	7.5	5.5	1	324
Meatball Sub (4 meatballs on hoagie bun)	292	40	19	7	4	570
Mini Smokies (3 smokies)	120	1.8	4.2	10.8	0	300
Nachos, Combo (beef, cheese, 1 pkg. tostito scoops)	285	27	13	14	2.5	670
Pepperoni Mini Calzones (3 pieces)	350	35	24	13	5	480
Pizza Munchable (no fruit, no veggie)	380	36	20	17	4	710
Pizza, Sticks (2 ea)	290	26	22	12	2	480
Pizza, BBQ White Chicken (HS)	320	36	19	11	3	590
Pizza, Cheese (wedge)	310	30	22	12	3	360
Pizza, Cheese bites (4 ea)	280	28	16	12	4	540
Pizza, Cheese, lite, 1/8 pizza, Dominos	260	29	20	7	3	540
Pizza, Cheese, round (S A Piazza)	360	34	20	17	3	510
Pizza, Cheese, round (Nardone)	330	33	21	12	3	600
Pizza, Cheese, Schwans, (HS)	340	36	18	14	4	420
Pizza, Cheesy Garlic Flatbread (2 sticks)	320	39	15	12	2	610
Pizza, Chicken, 1/8 pizza, Dominos	250	28	19	8	3	610
Pizza, French Bread, HS ONLY (pepperoni)	300	33	18	12	0	560
Pizza, Meatlovers (HS)	350	29	21	16	4	700
Pizza, Pepperoni Cheesy Bottom Slice	400	37	19	16	1	600
Pizza, Pepperoni, round (S A Piazza)	360	34	20	16	3	570
Pizza, Pepperoni, round (Nardone)	332	32	21	14	2	728
Pizza, Pepperoni Stuffed Crust, (HS/MS)(Nardone)	328	30	19	15	3	609
Pizza, Pepperoni wedge	331	28	31	15	3	547
Pizza, Sausage, 1/8 pizza, Dominos	300	29	19	12	3	640
Pizza, Turkey pepperoni, 1/8 pizza, Dominos	250	29	20	8	3	640
Pizza, Veggie, 1/8 pizza, Dominos	270	30	20	8	3	580
Potato, Baked, 70ct. size (1 T.marg. & 2oz cheese)	484	54.4	18.5	20	5.9	1050
Salad, Chef - Turkey (no crackers or dressing)	146	10	13	6.08	2.3	480
Salad, Chef - Turkey Ham (no crackers or dressing)	151.5	21	15	13	6	337
Salad, Crispy Chicken (no crackers or dressing)	242	22	17	11.5	6	640
Salad, Taco, beef (Elem/MS)	255	18	14	13	2	615
Salad, Taco, beef (HS)	305	19	17	16.25	2.3	525

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Salad, Tortellini antipasto (5 oz)	263	26	11	13	1.6	429
Salad, Tuna (1/2 cup)	298	5	30	19	0	772
Sandwich, Breaded Chicken (with bun)	331	47	21	10	5	666
Sandwich, Chicken, spicy (with bun)	344	48	21	10	4	506
Sandwich, Chicken,grilled (with bun)	255	32	21	6	3	582
Sandwich, Fish Hoagie	350	45	20	12	3	460
Sandwich, Grilled Cheese	280	32	20	15	2	660
Sandwich, Pulled pork (with bun)	350	34	23	14	3	720
Sandwich, Rib-B-Q (plain on hoagie bun)	330	41	21	9	4	617
Sandwich, Sub (elem)	280	33.5	20.5	9	3	1005
Sandwich, Sunbutter & Grape Jelly	310	33	9	15	4	300
Sandwich, Turkey/cheese (on hoagie bun) HS/MS	340	42	25	8	4	850
Soup, Turkey noodle (8 oz)	240	21	21	8	0.6	660
Spaghetti w/ Meat Sauce	257	27.6	17.5	9.5	4	302
Spaghetti w/ Meatballs (4 ea)	238	28.6	15.98	7.72	4.8	718
Steak Fingers, Beef Fritter (4 each)	320	19	16	20	4	330
Stew, Beef (8 oz)	168	13	9	9	3	781
Stir-Fry, Turkey	214	13	22	8	1.65	727
Sunbutter Munchable	487.5	68.5	11.5	19.5	5.83	444.5
Tacos, beef (with 2 taco shells)	250	18	13	13	2	290
Tamales, Beef (2) with chili/cheese	435	54	26	26.5	5.6	1270
Tamales, Ceese & Green Chile (1, 5.1oz)	340	30	16	8	3	710
Turkey & Pepperjack cheese on ciabatta	330	31	23	13.5	3	660
Turkey breast (2.82 oz)	80	0	17	1.5	0	390
Western Burger (burger,bun, cheese, 1 onion ring)	415	45.6	22	15.85	4.6	835
Wrap, Deli Turkey/ Cheese (1 wrap)	300	30	22	10.5	4	800
Wrap, Popcorn Chicken (1 wrap)	340	35	18.5	15.5	5	805