

AAAA	M/MA	GRAINS	VEG	FRUIT	CALORIES	FAT GMS	Trans Fat	SODIUM	CARB	FIBER	SUGAR	PROTEIN	Vit A %	Vit C %	Calc %	Iron %		
APPLE FRESH WHOLE				0.5	57	0	0	1	15	3	0	0						
APPLES, CINNAMON				0.5	40	0	0	4	10	1	4	0						
APPLES, SLICED CANNED				0.5	50	0	0	10	12	2	9	0						
APPLESAUCE CUP				0.5	51	0	0	2	14	1	11	0					USDA110361	
BACON	1				90	7	2.5	300	0	0	0	6						
BAGEL	2				140	1	0	180	29	4	5	4						
BAGEL MELT HAM/CHEESE	2	2			320	10		780	33		4	26						
BAGEL/YOGURT MEAL	2	2			470	16	0	535	56	4	24	21	25	0	48	10		
Bagged lunches	3	2	0.5		472	12	0	1401	111	12	9	27						
BALSAMIC VINAG					80	7	1	0	270	5	0	5	0	0	0	0	TH18083	
BANANAS				0.5	105	0.4	0.1	1	27	3	14	1						
BBQ CUPS					60	0	0	120	16	0	9	0	2	2	0	0		
BBQ SAUCE GALLON					0	0	0	300	17	0	15	0						
BEEF PATTY TH38153	2				170	13	1	220	2	1	0	12	2	0	4	10	2.5 OZ	
BEEF PATTY TH38164	2				180	13	0	420	3	2	1	12	2	0	4	10		
BEEF TACO IN TORTILLLA	3	1.5			456	28	3	465	21	2	1	3					TACO/MEAT/CHEESE	REC109
BEEF TACO MEAT	2				246	18	3	75	0	0	0	21					3 OZ	
BENEFIT BAR APPLE BB		2			290	9	0	200	48	3	23	5	0	0	2	8	TH42186	
BENEFIT BAR CHOC CHUNK		2			280	8	0	220	48	3	23	5	0	0	2	10	recipe 118	
BISCUITS WG PILLS		1			100	4.5	0	220	13	1	1	2					TH41346	REC157
BREAD, CLUB WHEAT (2)		2			140	2		320	13	1	1	4						
BREADSTICKS CHEESEFILLED	2	2			300	10	0	440	34	4	2	20					TH42009	
BREAKFAST PIZZA	1	1.5			210	8	0	320	23	2	5	10	0	0	15	10	RECIPE 121	
BROCCOLI FRESH			0.5		55	0	0	64	0	0	0	4						
BUFF CHIC SALAD	2	1	2		365	16	0	717	35	6	4	19	150%	5%	7%	20%		
Buff Red hot pepp sauce					0	0	0	150	0	0	0	0	0	0	0	0	Buffalo Sauce	
BUFFALO CHICK SUB	2	2			440	0	1130	45	3	5	28	0	0	6	16			
CAESAR DRESSING					70	7	1.5	320	2	0	1	1						
CARROTS, FRESH			0.5		25	0	0	45	6	2	3	1						
CHEESE CHDR SLCD 1 SL	0.5				80	7	0	135	0	0	0	5	4	0	15	0		
CHEESE MOZZ 80-10-10	2				80	6	3.5	200	1	0	0	7						
CHEESE SAUCE 2 OZ					75	5	0	560	6	0	1	1	2	0	2	0		
CHEESE, CREAM					90	9	6	95	2	0	2	2						
CHEESE, STRING	1				80	5	0	200	1	0	0	8	4	0	20	0	th260361/rec14	
CHEESEBURGER	2	2.75			380	12	3.5	505	29		4	24						
CHIC FAJ/TORT/CH	2	2			456	17	9.5	1164	54	7	15	31					RECIPE #	
CHICK PARM SAND	3	3			470	19	0	771	40.5	5	5.5	32	0	0	4	16	RECIPE #91	



MEATBALL SUB	2	2			443	24	0.5	823	34	3	7	19	2	0	8	16.5	REC 107	
MEATBALLS (5)	2.5				270	22	0.5	460	6	1	1	12	2	0	4	10	TH37600	BEEF
MEATBALLS/ROTIN	2	2			480	23.5	0.5	460	47	5	3	19					RECIPE 164	
MILK, CHOC					120	0	0	180	20	0	18	8					FAT FREE	
MILK, STRAWBERRY					110	0	0	125	19	0	18	8					FAT FREE	
MILK, WHITE 1%					110	2.5	0	130	13	0	12	8					RECIPE 68	
MINI-CINNI TH41755		2			240	7	0	270	39	2	15	5	0	0	4	8	TH41755	
MUSTARD PKT					0	0	0	65	0	0	0	0					TH21200	
NACHOS, BEEF	3	2			541	21	3	548	34	3	<1	24						
ORANGE FRESH WHOLE				0.5	63	0	0	0	16	3	0	1						
ORANGE JUICE				0.5	50	0	0	10	13	10	1	1						
ORANGE ZESTY SAUCE					90	0	0	160	21	0	17	0					TH25613	
ORANGE, MAND CANNED				0.5	80	0	0	15	19	1	19	1	2%	40%	2%	4%	TH01500	
PANCAKES		2			160	6	0	260	27	2	7	3	0	0	40	0.4	USDA 100937	
PEACHES CANNED				0.5	60	0	0	5	14	1	13	0	6%	2%	0	0	USDA100220	REC138
PEACHES, USDA DICED CUPS FZN				0.5	80	0	0	0	19	1	16	1					USDA 100241	REC133
PEARS				0.5	60	0	0	5	15	2	12	0					USDA100224	REC137
PEARS, FRESH				0.5	100	0	0	0	28	6	17	1	0	15	2	2	REC 155	
PEAS, GREEN			0.5		62	0	0	58	11	4	4	4					REC151	
PEPPER/ONION MIX USDA				0.5	20	0	0	8	5	1	3	1					USDA100724	REC144
PINEAPPLE				0.5	73	0	0	0	19	1	0	0						
PIZZA, 5" IND	2	1			300	9	0	430	36	3	9	17					TH41975	REC161
PIZZA, CHEESE	2	2			380	15	0	940	46	4	5	18	10	0	35	30	TH42275	
PIZZA, PEPP	2	2	0.5		410	20	1	46	4	5	19	37	10	0	35	30	TH42275+PEPP	
PLUMS, FRESH		1			76	4	0	0	68	2	16	1	11	16	10	0		
PORK, PULLED SANDWICH	2	2			360	11	0	570	37	7	4	26					SANDWICH	EC102
PORK, PULLED USDA	2				114	5	1	241	0	0	0	11	0	0	4	10	REC142 USDA110730	
POTATO PUFFS				0.5	160	8	2	330	19	2	0	2					SYSCO	
POTATO WEDGES		0.5	0.5		84	0	0	100	19	2	1	2					USDA100356	REC132
POTATOES COOKED/MASHED			0.5		180	9	0	540	20	2	1	3	8	0	2	6	TH30010	
POTATOES FRENCH CUT			0.5		87	3	0	100	15	1	0	1					USDA100357	REC141
POTATOES, CRINKLE CUT			0.5		87	3	0	20	15	1	0	1					usad100357	rec135
POTATOES, HOME FRIES					80	0	0	20	17	2	0	2	2	0	0	6	TH90018	
PRETZELS TINY TWST		1			110	1	0	450	23	1	1	2	0	0	0	6		
QUESADILLA CHEESE	2	1			300	17	0	560	23	2	3	9					USDA	
RANCH DRESSING					70	7	0	240	1	0	1	1	0	0	2	0	TH18077/CUPS	
RELISH SWEET PICKLE					9	0	0	55	2	0	2	0	0	0	0	0		
RIB BQ ON A ROLL	0.5	2			360	18	0	650	4	1	3	10					SANDWICH	

RIB BQ PRK TH38170	0.5			200	16	0	370	4	1	3	10	6	4	4	8	PATTY ONLY	
RICE, BROWN		2		202	4.7		109	36.29	1.13	0	3.4						
ROASTED VEGETABLES			0.5	43	1	0	70	8	3	4	3						
ROLL, DINNER		1		90	1	0	170	16	1	2	4	0	0	2	6	CALISE 1263	
ROLL, HAMBURGER		2		160	2	0	280	28	2	4	7	0	0	4	10	CALISE1703	
ROLLS, TORPEDO		2		160	2	0	280	28	2	4	7	0	0	4	10	CALISE1185	
ROTINI 1/2 C CKD USDA		0.5		210	1.5	0	0	41	4	2	7	0	0	2	10	TH14333	
SALAD, BUFF CHICK	2	2	1	267	12.88	0	818	21.62	4.94	1.7	16.27						
SALAD, CHEF	3	1		176	2		850	9.54	3.29	3.4	22.25						
SALSA USDA 100330 1/4C		0.25		20	0	0	140	8	4	4	0						
SAUSAGE LINKS (2)	1			240	24	0	400	0	0	0	8	0	0	0	2	TH43669	
SHEPHERDS PIE		1	1	not on menu now													
SIDE SALAD, ROMAINE			1	21	0	0	12	4	2	2	1						
SIDE SALAD, SP-BACON				16	0.33	0	52	1	0.66	0.1	1.11						
SLIDER SAU/EGG	1	1		160	5	0	290	20	2	5	8	0	0	10	10	TH48735	
SPAGHETTI SAUCE				50	0	0	330	10	2	7	2	0	0	2%	6%		
STRAWBERRIES, SL, FZN			0.5	90	0	0	0	23	3	17	0					USDA100254	REC 136
STRAWBERRY, cups, fzn			0.5	90	0	0	0	22	2	18	1					USDA 100256	REC 128
STRAWBERRY, WHOLE			0.5	39	0	0	2	10	2	5	0					USDA100253	REC134
SWEET POTATO FRIES			0.5	160	7	9	150	23	2	8	1	60	10	2	2	TH32230	
SWEET SOUR CUP				45	0	0	120	11	0	10	0	0	0	0	0	TH21503	
SYRUP (2T)				85	0	0	15	21	0	15	0	0	0	0	0	TH24500	
TOASTED CHEESE	2	1		3	15	0	430	13	1	1	14	8	2	19	4	RECIPE 66	
TOMATO DICED CANNED	2	2	0.375	410	23		740	13	1	1	19						
TOMATO SOUP 1 CUP			1	160	2	0	820	32	2	20	2					TH06523	
TORTILLA CHIPS BULK		1		260	0	0	170	31	3	0	3	0	0	2	6	TH20410	
TORTILLA SCOOPS		1		150	7	1	65	20	2	0	2						
TORTILLA WRAP		1.5		120	3	0	220	21	2	1	3					USDA110394/8"	
TOSTITOS SCOOPS		2		120	2.5	0	340	20	3	1						USDA 110394	
TRIX		1		110	1.5	0	140	24	1	7	1	8	8	8	25	TH09713	
TUNA SUB	2	2		270	11	0	480	29	2	4	14	8	8	8	25	USDA100195	
TURKEY CLUB SUB	2	2		not on menu now													
TURKEY GRAVY CAN	1			60	2		360	1	0	1	10					TH10951	REC160
TURKEY ROAST FZN	1			57	3	0	194	0	0	0	8					1 OZ+1MMA	USDA110125
TURKEY SLICED	1			56	2	0	269	1	0	0	9					1 SLICE USDA 100121	
TURKEY SUB	2	2		300	10	0	615	29	2	5	23	4	0	19	10	USDA 110554	
TURKEY TACO MEAT	1			86	5	0	132	2	1	1	8					USDA100119	REC
TURKEY, DELI TH36470	2			60	0	0	200	1	0	1	0	0	0	4		2 SLICES	

VEGETARIAN ENTRÉE SALAD	1	2	2		186	6	0	378	20	3	3	13	152	6	24	10		
VEGGIE BURGER					250	8	0	580	31	6	3	18	4	0	6	10		
WAFFLES (2) TH41464		2			160	6	0	550	33	1	5	5	0	10	10	25	TH41464	
YOGURT	1.5				200	6	1	330	32	1	2	4						
YOGURT GREEK	1.5				150	2		95	25	NA	18	6	15	0	20	0		