

Meal Category	Food Product	Serving Size	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Protein (g)	CHO (g)	Fiber (g)	Sugar (g)
Breakfast	Bagel, Cinnamon Raisin	each	160	0.5	0	260	6	35	3	7
Breakfast	Bagel, WG 2.2	each	160	0.5	0	280	5	34	4	4
Breakfast	Bagel, White WG 1.9	each	120	0.5	0	210	5	25	4	3
Breakfast	Bar, 88 Acres Cinnamon and Oat Craft Grain Bar	each	170	2	0	110	4	35	3	8
Breakfast	Bar, Berry Apple Crisp	each	250	8	2	80	4	41	3	14
Breakfast	Bar, Cinnamon Crisp	each	250	9	2.5	80	4	39	3	13
Breakfast	Bar, Oatmeal Cocoa Bar	each	250	9	2.5	75	4	40	2	13
Breakfast	Biscuit	each	180	6	4	280	5	28	2	5
Breakfast	Breakfast Burrito	each	246	10	4	319	10	29	3	0
Breakfast	Breakfast Chicken Slider	1 patty	90	4.5	1	210	6	6	2	0
Breakfast	Cereal, Corn Chex	each	100	0.5	0	200	2	24	1	3
Breakfast	Cereal, Multigrain Cheerios	each	110	1	0	110	2	23	3	6
Breakfast	Cereal, Rice Chex	each	100	0.5	0	250	2	24	1	2
Breakfast	Cereal, Cheerios	each	100	2	0.5	140	3	20	3	1
Breakfast	Cinnamon Bitz	1 bag	110	3.5	0	15	2	19	1	2
Breakfast	Cinnamon Spiced Sweet Potato Pancakes, IW	1 bag	180	3	0	270	5	34	4	12
Breakfast	Cream Cheese, pc	each	59	4.6	2.8	105	2	2.25	0	1
Breakfast	Egg Omelet with Colby Cheese	each	110	8	3	210	8	1	0	0
Breakfast	Egg Patty	each	50	3	1	120	3	1	0	0
Breakfast	Egg, Hard Boiled	1 each	70	1.5	0	55	6	1	0	0
Breakfast	French Toast Sticks	2 sticks	240	7	1	260	6	38	2	12

Meal Category	Food Product	Serving Size	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Protein (g)	CHO (g)	Fiber (g)	Sugar (g)
Breakfast	Fruited Yogurt (strawberry, strawberry banana, peach, raspberry)	each	100	1.5	0.5	65	4	16	0	12
Breakfast	Graham Sticks, Cinnamon	1 bag	110	3.5	0	15	2	19	1	6
Breakfast	Graham Sticks, Honey	1 bag	100	3	0	10	2	19	2	4
Breakfast	Granola, Cinnamon	1 bag	130	4.5	0.5	30	3	20	2	6
Breakfast	Hash Brown Potato	each	130	7	0.5	240	1	15	2	0
Breakfast	IW Breakfast Sandwich Egg and Cheese for BIC	each	240	9	3	350	9	31	3	6
Breakfast	Oatmeal; Quick Oats	1 cup	182	3	0.5	9	6	31	4	6
Breakfast	Pan Dulce/Concha	each	180	5	1.5	180	5	31	2	7
Breakfast	Plain Yogurt	4 oz	65	0	0	80	6	10	0	6
Breakfast	Turkey Sausage	1 each	60	2	1	170	6	1	0	0
Breakfast	Waffle, Mini Maple Chip	2 mini waffles	80	2.5	0	95	2	14	0	3
Breakfast	Whole Grain Waffles	2 waffles	180	6	0	320	4	28	2	2
Breakfast	Bagel, WG IW 1.9	each	120	0.5	0	210	4	26	2	3
Breakfast	Toast	1 slice	71	0	0	138	3	14	2	1
Breakfast	Go Big Strawberry Pouch	each	100	1.5	1	70	4	18	0	12
Cheese	Alfredo Sauce	2 oz	90	5	3	374	6	5	0	3
Cheese	American Cheese	1 slice	35	2	1	105	3.5	1	0	1
Cheese	Cheddar Cheese Cubes	1 bag	90	7	4.5	190	7	0	0	0
Cheese	Cheddar Cheese Sauce	2 oz	108	8	4.8	412	7	2	0	1
Cheese	Feta Cheese	2 oz	60	6	2.5	350	5	0	0	0
Cheese	Mozzarella String Cheese	1 each	80	4	0	200	6	2	0	1

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Cheese	Pepper Jack Cheese Slice	1 slice	55	4.5	3	80	3	0.5	0	0
Cheese	Queso Blanco Sauce	2 oz	118	9	5.3	433	7	2	0	0
Cheese	Shredded Cheddar	1 oz	110	9	6	190	6	1	0	0
Cheese	Shredded Mozzarella	1/4 cup = 1 oz	90	6	3.5	180	7	1	0	1
Cheese	Swiss Cheese	each	90	6	3.5	115	8	1	0	1
Cheese	Cheese Bites	1 each bite	70	3	1	135	4	7	1	0
Condiment	BBQ Sauce, pc	each	50	0	0	220	0	13	0	12
Condiment	Butter, pc	each	100	10	7	90	0	0	0	0
Condiment	Caesar Dressing, pc	each	230	25	4	280	1	1	0	0
Condiment	Dressing, Ranch pc	each	30	2.5	0	55	0	2	0	2
Condiment	French Dressing, pc	each	40	0	0	270	0	10	0	8
Condiment	Greek Dressing, pc	each	220	24	2.5	530	0	1	0	1
Condiment	Honey Mustard, pc	each	40	0	0	230	0	9	0	7
Condiment	Italian Dressing, pc	each	15	0	0	350	0	4	0	3
Condiment	Ketchup, pc	each	10	0	0	85	0	3	0	2
Condiment	Mayo, pc	each	90	1.5	0	65	0	0	0	0
Condiment	Mustard, pc	each	5	0	0	85	0	0	0	0
Condiment	Parmesan Cheese	1 Tbsp	20	2	1	70	1	0	0	0
Condiment	Peanut Butter, pc	each	180	15	2.5	130	6	8	2	3
Condiment	Ranch Dressing for entrée salad, pc	each	60	2	0	220	1	9	0	3
Condiment	Soy Sauce, Light	1 Tbsp	10	0	0	440	1	2	0	1

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Condiment	Sunbutter Cup, pc	each	200	16	2	120	7	7	7	3
Condiment	Syrup, pc	each	35	0	0	5	0	8	0	8
Condiment	Tabasco, pc	each	0	0	0	20	0	0	0	0
Entrée	Quesadilla, Cheese and Spinach	1 each	414	19	8.6	804	21	38	3	2
Entrée	Quesadilla, Chicken and Spinach	1 each	399	15	5	941	24	40	4	2
Entrée	Spanish Rice with Fajita Chicken	1 cup rice, 3 oz chicken	296	7.5	1.5	139	21	35	2	0
Entrée	Stuffed Croissant, Broccoli and Cheese	each	420	23	11	870	15	34	2	6
Entrée	Stuffed Croissant, Steak and Cheese	each	390	20	9	810	16	40	3	5
Fruit	Apple, medium	each	72	0	0	1	0	19	3	14
Fruit	Applesauce, 4.5 oz	each	51	0	0	2	0	14	1	12
Fruit	Assorted Chilled Fruit Cups - Pear, Peach, Mixed Fruit, Pineapple, Mandarin Orange	each	61	0	0	4	0	15	1	12
Fruit	Banana, medium	each	105	0	0	1	0	27	3	14
Fruit	Craisins, 1 package	each	110	0	0	0	0	28	3	24
Fruit	(dried raisin, golden raisin, pineapple, cranberry, apple)	each	120	0	0	25	1	30	2	24
Fruit	Mandarin Oranges, canned	1/2 cup	60	0	0	10	1	14	1	11
Fruit	Orange, medium	each	62	0	0	0	0	15	3	12
Fruit	Peaches, canned	1/2 cup	60	0	0	5	0	13	1	11
Fruit	Pear, medium	each	101	0	0	1	0	27	5	17
Fruit	Raisins, 1.5 oz box	each	129	0	0	4	0	34	2	25
Fruit	Strawberry Cups	each	90	0	0	0	1	22	2	18

Meal Category	Food Product	Serving Size	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Protein (g)	CHO (g)	Fiber (g)	Sugar (g)
Fruit	Tropical Fruit blend, canned	1/2 cup	80	0	0	0	0	20	1	18
Grain	10" Tortilla	each	140	3.5	1.5	350	4	24	3	0
Grain	Bagel, 3 oz 9-12 only	each	210	1	0	280	8	42	3	3
Grain	Brown Rice, 1 cup	1 cup	160	1.5	0	0	4	33	2	0
Grain	Brown Rice, 1/2 cup	1/2 cup	80	0.75	0	0	2	16	1	0
Grain	Corn Muffin, IW 3oz	each	240	8	1	150	4	39	2	15
Grain	Cornbread, Jalapeno Mini	each	140	5	0.5	100	3	21	1	9
Grain	Dinner Roll	1 each	73	0	0	127	3	14	2	1
Grain	English Muffin	1 each	100	1	0	240	6	19	3	1
Grain	Flatbread	1 whole flatbread	180	5	1	330	6	29	3	2
Grain	Garlic Bread	each	100	3	0	130	3	15	2	0
Grain	Hamburger Bun	each	146	0	0	254	6	29	3	2
Grain	Hawaiian Hamburger Bun	each	150	0.5	0	240	5	32	3	6
Grain	Hot Dog Bun	each	130	1.5	0	230	4	26	3	3
Grain	Pasta, Elbow Macaroni, 1 cup	1 cup	210	1.5	0	0	7	41	4	2
Grain	Pasta, Elbow Macaroni, 1/2 cup	1/2 cup	105	0.75	0	0	3.5	20.5	2	1
Grain	Pasta, Penne, 1 cup	1 cup	210	1.5	0	0	7	41	4	2
Grain	Pasta, Penne, 1/2 cup	1/2 cup	105	0.75	0	0	3.5	20.5	2	1
Grain	Pasta, Spaghetti, 1 cup	1 cup	210	1.5	0	0	7	41	4	2
Grain	Pasta, Spaghetti, 1/2 cup	1/2 cup	105	0.75	0	0	3.5	20.5	2	1

Meal Category	Food Product	Serving Size	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Protein (g)	CHO (g)	Fiber (g)	Sugar (g)
Grain	Sub Roll	each	146	0	0	254	6	29	3	2
Grain	Taco Shell, corn	2 shells	120	6	1.5	0	2	16	2	0
Grain	Tortilla Chips	~13 chips	140	6	1	115	2	20	2	0
Grain	Wheat Bread (2 slice)	2 slices	142	0	0	276	6	28	2	1
Holiday Meal	Corn Muffin, mini 1.8oz	each	150	5	0.5	90	3	23	1	9
Holiday Meal	Holiday Stuffing	1/2 cup	130	1	0	340	5	26	2	3
Holiday Meal	Roast, Sliced Turkey	3 oz	80	1	0	470	17	1	0	0
Holiday Meal	Turkey Gravy	3 oz	20	0.5	0.5	310	0	4	0	0
Milk	1% Plain Milk	each	110	2.5	1.5	130	8	13	0	12
Milk	Lactaid Milk, fat free	each	90	0	0	125	8	13	0	12
Milk	Skim Chocolate Milk	each	120	0	0	180	8	20	0	18
Milk	Skim Plain Milk	each	90	0	0	130	8	13	0	12
Pizza	Pizza, BBQ Chicken	slice	300	10	4.75	788	19	36	3	4
Pizza	Pizza, Buffalo Chicken	slice	290	10	4.75	903	19	34	3	2
Pizza	Pizza, Cheese	slice	270	10	4.5	710	16	34	3	2
Pizza	Pizza, Meatball Pizza	slice	305	12	5	782	19	35	3	2
Pizza	Pizza, White Garlic	slice	300	12	6	650	19	33	3	0
Protein, Beef	Beef Crumbles	2.1 oz	110	8	3.5	260	11	0	0	0
Protein, Beef	Beef Hamburger Patty	each	110	7	3.5	150	11	0	0	0
Protein, Beef	Beef Meatballs	4 each	140	9	4	290	13	4	0	0

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Protein, Beef	Beef Slices	2.5 oz	140	7	3.5	270	12	5	0	0
Protein, Beef	Beef Taco Mix	2.2 oz	120	8	3.5	190	11	1	0	0
Protein, Beef	Hot Dog	1 each	130	10	5	360	8	1	0	1
Protein, Beef	Jamaican Beef Patty, Mild	each	350	12	4.5	279	16	53	6	5
Protein, Fish	Breaded Fish Wedge	1 each	190	19	1	260	13	14	1	0
Protein, Fish	Fish in Chips	1 each	230	11	1	260	12	20	2	4
Protein, Fish	Tuna, Chunk light LS	3 oz	60	0.5	0	110	13	0	0	0
Protein, Pork	Ham, sliced	2.2 oz	60	2	1	530	11	0	0	0
Protein, Pork	Pulled Pork	2.35 oz	80	2	0.5	160	14	0	0	0
Protein, Poultry	Chicken Drumstick, NAE	1 drumstick	150	7	2	260	21	0	0	0
Protein, Poultry	BBQ Teriyaki Chicken	2.5 oz	115	3.5	1	330	15	6	0	6
Protein, Poultry	Breaded Chicken Patty	each	180	9	2	420	12	12	3	0
Protein, Poultry	Curry Chicken	2.5 oz	105	3.5	1	385	15	3	0	2
Protein, Poultry	Deli Turkey	3 oz	90	1.5	0.5	460	19	0	0	0
Protein, Poultry	Fajita Chicken Strips	3 oz	130	7	2	330	16	2	0	0
Protein, Poultry	Grilled Chicken Breast	1 patty	120	2.5	0.5	320	22	1	0	0
Protein, Poultry	Mandarin Orange Chicken	3.6 oz	150	3	0.5	280	11	19	0	10
Protein, Poultry	Pulled Chicken	3 oz	120	5	1.5	120	16	1	0	0
Protein, Poultry	Spicy Sichuan Chicken		120	3.5	1	265	15	7	0	7
Protein: Poultry	Chicken Tender	2 tenders	209	9	1.5	301	18	16	3	4
Protein: Vegetarian	Hummus	2 oz	130	7	1	250	3	11	2	1

Meal Category	Food Product	Serving Size	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Protein (g)	CHO (g)	Fiber (g)	Sugar (g)
Salad, Entrée	Asian Chicken Salad	each	239	8	2	654	20	22	4	7
Salad, Entrée	Chef Salad with Turkey and Cheese	each	176	7	3	555	21	11	3	4
Salad, Entrée	Chicken Caesar Salad with Caesar Dressing	each	406	29	5	697	26	7	2	3
Salad, Entrée	Cobb Salad	each	221	15	7	255	15	7	3	1
Salad, Entrée	Garden Salad with Buffalo Chicken	each	190	8	3	409	21	7	3	1
Salad, Entrée	Garden Salad with Tuna Salad	each	186	7	1	398	23	5	3	1
Salad, Entrée	Greek Salad	each	191	12	8	532	10	11	3	3
Salad, Entrée side	Flatbread	1 whole flatbread	180	5	1	330	6	29	3	2
Sandwich	Peanut butter and Jelly Sandwich, Grape 2.6oz	each, small	300	17	3	280	9	32	4	14
Sandwich	Peanut butter and Jelly Sandwich, Grape 5.3oz	each, large	600	34	6	540	18	64	7	29
Sandwich	Peanut butter and Jelly Sandwich, Strawberry 2.6oz	each, small	300	17	3	280	9	32	4	14
Sandwich	Peanut butter and Jelly Sandwich, Strawberry 5.3oz	each, large	600	34	6	540	18	64	7	29
Sandwich	Sandwich, BBQ Pulled Pork Cuban 9-12 only	each	368	10	4	981	36	32	3	6
Sandwich	Sandwich, Steak and Cheese Sub	each	373	11.9	5.47	692	25	40	4	4
Sandwich	Sandwich, Toasted Cheese 9-12	each	284	8.24	4	696	20	36	4	6
Sandwich	Sandwich, Toasted Cheese K-8	each	249	6.24	3	591	16.5	34	4	5
Sandwich	Sunbutter and Jelly Sandwich, Grape	each	310	15	2	320	9	32	5	11
Sandwich	Sunbutter and Jelly Sandwich, Strawberry	each	310	15	2	320	9	32	5	12
Sandwich, side	Side of Chili	4 oz	124	4	0.7	261	6	18	13	3
Snack	Sunflower Seeds, honey roasted	each	200	17	1.5	100	7	5	2	3
Snack	Sunflower Seeds, lightly salted	each	200	17	1.5	120	7	5	2	1

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Vegetable	Beans, Baked Beans	1/2 cup	119	0.47	0.9	140	6	27	5	0
Vegetable	Beans, Chickpea Salad	1/2 cup	151	4.23	0.68	500	6	22	9	1
Vegetable	Beans, Sizzlin' Black Beans	3/4 cup	124	0.4	0.1	628	7	23	10	1
Vegetable	Broccoli, raw	1/2 cup	15	0	0	14	1	3	1	0
Vegetable	Broccoli, steamed	1/2 cup	26	0	0	22	3	5	3	0
Vegetable	Butternut Squash, roasted	1/2 cup	92	1	0	7	2	21	4	4
Vegetable	Carrots, baby IW	1 bag	35	0	0	60	1	8	2	4
Vegetable	Carrots, roasted	1/2 cup	31	2.1	0.33	159	0	3	1	1
Vegetable	Celery Sticks	~6 sticks	12	0	0	58	0	2	1	1
Vegetable	Cherry Tomatoes	~ 6 each	18	0	0	5	1	4	1	3
Vegetable	Corn, Mexican Street	1 each cob or 1/2 cup corn kernels	161	5.5	1.4	166	5	22	1	8
Vegetable	Corn, sweet kernels	1/2 cup	96	0	0	0	2	15	2	0
Vegetable	Cucumber Slices	~6 slices	7	0	0	0	0	1	0	0
Vegetable	Green Beans, steamed	1/2 cup	35	0	0	0	1	7	2	2
Vegetable	Plantains, oven baked	~ 4 each	300	4	1	0	2	58	2	48
Vegetable	Potatoes, mashed	1/2 cup	132	4	1	394	1	20	2	0
Vegetable	Side Salad, Citrus Spinach	1 cup	35	0.1	0	18	1	7	1	5
Vegetable	Side Salad, Cucumber and Tomato	6 oz	52	3.68	0.3	51	0	5	2	3
Vegetable	Side Salad, Garden side	1 cup	13	0	0	5	0	3	1	0
Vegetable	Side Salad, Kale and Apple (with dressing)	1 cup	214	12.6	0.97	96	7	24	6	8
Vegetable	Sweet Potato Wedges	1/2 cup	120	4	1	140	1	19	2	7

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Vegetable	Yuca, baked	3 yuca fries	160	6	1	170	0	25	2	0
Vegetable	Corn on the Cob, 3"	each	90	1	0	0	3	19	1	5
Vegetable	Marinara Cup	each	40	0	0	200	0	7	1	4
Vegetable	Seasoned Potato Wedges	1/2 cup	120	4	0.5	140	2	20	2	0
Vegetable	Spaghetti Sauce	4 oz	45	1	0	500	1	6	1	4

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