

Nutrition

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Entrees

Food Description	measure serving	Ener (cal)	Prot (g)	Carb (g)	Dietary fiber (g)	Fat (g)	Fat Breakdown (g)			chol (mg)
							Sat	Mono	Poly	
Ham & Cheese Roll-Up	1 item	352	21	33	2	15	6	7	1	58
Hot Dog on Roll	1 hot dog	269	9	25	1	15	6	6	1	24
Italian Hot Pockets										
Baked Lasagna in Sauce	1 cup	288	18	22	2	15	7	5	1	68
Baked Mac N' Cheese	1 cup	393	15	40	1	19	8	7	3	30
Meatball Sub	3 meatballs	447	27	52	4	15	5	8	1	50
Meatball Sub w/ cheese	3 meatballs	557	20	54	5	29	11	13	2	77
Swedish Meatballs in Gravy	6 meatballs	271	16	7	2	22	9	1	0	56
Octopuss Mac N' Cheese										
Pasta w/meatsauce										
BBQ Boneless Pork Rib on Roll										
Deep Dish Pizza	Slice									
French Bread Pizza	1 slice	213	9	25	2	8	4	2	0	27
Pizza (slice)	6 oz	515	19	45	7	17	9			23
Pizza (slice)	5 oz	444	17	37	6	16	8			19
Pizza (slice)	4 oz	383	14	30	5	15	7			16
Popcorn Chicken										
Roast Pork Dinner	3 oz meat/ 1 roll	429	28	56	2	10	4	3	1	67
Stuffed Crust Pizza	Slice									
Twished Cheese Pizza	Slice									
Cheese Quessadilla	1 item	183	6	18	1	10	3	3	2	13
Baked Ravioli's in Sauce	1 cup	180	7	28	2	5	2	1	0	10
Rotini in Meatsauce	2 oz	210	7	41	2	1	0	0	0	0
Scambled Hamburger w/cheese sauce										
Baked Stuffed Shells	2 shells	234	14	26	2	8	3	3	2	28
Spicy Buffalo Chicken on Roll										
Homemade Chicken Soup	1 cup	117	11	11	1	3	1	1	1	24

Entrees

Food Description	measure serving	Ener (cal)	Prot (g)	Carb (g)	Dietary fiber (g)	Fat (g)	Fat Breakdown (g)			chol (mg)
							Sat	Mono	Poly	
Homemade Shephard's Pie	3 oz	423	26	36	3	25	10	9	1	79
Homemade Vegetable Beef Soup	1 cup	78	6	10	0	2	1	1	0	5
"Middies" Super Sub										
Sloppy Joes	3 oz	426	25	32	2	21	7	8	2	77
Spaghetti & Meatballs	3 meatballs	335	25	36	3	12	4	4	2	50
Steak & Cheese Sub	1 item	499	22	36	2	29	13	12	2	68
Beef Tacos	3 oz meat	440	29	15	3	30	13	12	2	104
Beef Tacos Salad	1 cup/ 6 chips	328	11	34	7	17	6	7	2	29
Teriyaki Chicken Dinner										
Roast Turkey Dinner	3 oz meat/ 1 roll	424	32	59	3	6	2	1	1	60
Slice Turkey Roll-Up	1 item	330	29	26	1	11	3	3	4	69
Turkey BLT Roll-Up	1 item	389	20	34	2	20	5	7	6	20
Turkey Club Sub	1 item	477	31	51	3	16	1	5	8	43
Turkey Tacos	3 oz meat	362	29	34	3	11	3	4	3	87
Tuna Salad Roll-Up	1 item	414	24	29	2	22	4	6	11	53

Salads

Food Description	measure serving	Ener (cal)	Prot (g)	Carb (g)	Dietary fiber (g)	Fat (g)	Fat Breakdown (g)			chol (mg)
							Sat	Mono	Poly	
Caesar Salad w/dressing	1 cup/2 Tbl	168	1	3	1	17	3	4	10	1
Garden Salad w/o dressing										
Green Salad w/o dressing	3/4 cup	17	1	3	2	0	0	0	0	0
Potato Salad	1/2 cup	179	3	14	2	10	2	3	5	85

Meats	measure	Wt	Energy	Prot	Carb	Dietary fiber	Fat	Fat Breakdown (g)			chol	Ca	Fe	Mg	K	Na	Zn	A	B1	B2
Food Description	serving	(g)	(cal)	(g)	(g)	(g)	(g)	Sat	Mono	Poly	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(µg)	(mg)	(mg)
Beef slice	2 oz	56.7	186.26	9.52			15.88	6.48	6.85	0.58	41.05	4.16	0.95	8.87	146.8	29.27	1.83		0.05	0.08
chicken nuggets	5 nuggets	56.7	243	15	14		15	3			50	200mg	1.2mg			450				
chicken Patties	1 patty		260	14	12		17	4			65	200mg	.9mg			360				
Chicken strips	2 oz		261.5	14	12		17.5				60					392				
Cooked Salami	2 oz	56	150	8	2		12	4			30		0.3			550				
Jumbo hot dogs	1 frank	50	160	2	39		139	49			30		.9mg			490				
meat balls		85.05	290.03	12.69	7.2	1.5	24.12	9.53	10.24	1.36	49.22	34.6	1.35	18.96	155.73	696.7	0.89	26.67 IU	0.07	0.08
Mortadella	2 oz	56	140	8	1		12	4			30		0.3			650				
popcorn chicken	10	109	250	16	18	2	13	2.5			25	200mg	1mg			780				
wonder bites		21.26	41	4.5	1.9	0.22	1.7	0.5			11.66	6.5	0.33		60.9	144.2		22.4 IU	0.04	0.03

Fruits

Food Description	measure serving	Ener (cal)	Prot (g)	Carb (g)	Sugar (g)	Dietary fiber (g)	Fat (g)	Fat Breakdown (g)			chol (mg)
								Sat	Mono	Poly	
Applesauce (sweetened)	1/2 cup	97	0	25	23	2	0	0	0	0	0
Applesauce (unsweetened)	1/2 cup	52	0	14	13	1	0	0	0	0	0
Apricots in a Cup (fresh)	4	67	2	16	13	3	1	0	0	0	0
Apricots in a Cup (canned syrup)	1/2 cup	107	1	28	26	2	0	0	0	0	0
Baked Cinnamon Apple	1 cup	125	0	33	28	4	0	0	0	0	0
Fruit Cocktail (canned syrup)	1/2 cup	91	0	23	22	1	0	0	0	0	0
Fruit Cocktail (canned juice)	1/2 cup	55	1	14	13	1	0	0	0	0	0
Fruit Cocktail (canned water)	1/2 cup	38	0	10	9	1	0	0	0	0	0
Peaches in a Cup (canned syrup)	1/2 cup	97	1	26	24	2	0	0	0	0	0
Peaches in a Cup (canned water)	1/2 cup	29	1	7	5	2	0	0	0	0	0
Pears in a Cup (canned syrup)	1/2 cup	98	0	25	23	2	0	0	0	0	0
Pears in a Cup (canned juice)	1/2 cup	62	0	16	14	2	0	0	0	0	0
Pinapple Tid Bits (canned juice)	1/2 cup	75	1	20	19	1	0	0	0	0	0
Pinapple Tid Bits (canned light syrup)	1/2 cup	66	0	17	16	1	0	0	0	0	0
Pinapple Tid Bits (canned water)	1/2 cup	39	1	10	9	1	0	0	0	0	0
Raisins	1/4 cup	122	1	32	29	3	0	0	0	0	0
Strawberries in a Cup (raw)	1/2 cup	23	0	6	5	1	0	0	0	0	0

vegetables

Food Description	measure serving	Energy (cal)	Prot (g)	Carb (g)	Dietary fiber (g)	Fat (g)	Fat Breakdown (g)			chol (mg)
							Sat	Mono	Poly	
Carrots	1/2 cup	27	1	6	2	0	0	0	0	0
Corn	1/2 cup	66	2	16	2	1	0	0	0	0
Green Beans	1/2 cup	19	1	4	2	0	0	0	0	0
Veggie Tray		44	1	11	3	0	0	0	0	0

Breads

Food Description	measure serving	Ener (cal)	Prot (g)	Carb (g)	Dietary fiber (g)	Fat (g)	Fat Breakdown (g)			chol (mg)
							Sat	Mono	Poly	
Breads										
Boghosian L. Bread	1 slice	65	2	12	0	1	0	0	1	0
Pita Bread	1/2 pocket	83	3	17	1	1	0	0	0	0
Sub Roll	1	207	6	36	2	4	1	2	1	0
Deli Roll	1	167	6	30	1	2	0	1	1	0
Hamburger Buns	1	120	4	21	1	2	0	0	1	0
White Pullman	2 slices	120	4	23	1	1.5	0	0	0	0
Hot Dog Bun	1 roll	120	4	23	1	2	1	0	0	0
Bread Bowl	1/3 loaf	150	6	30	1	1				0
Dinner roll	1	70	3	14	1	0	0	0	0	0

Starches

Food Description	measure serving	Energy (cal)	Prot (g)	Carb (g)	Dietary fiber (g)	Fat (g)	Fat Breakdown (g)			chol (mg)
							Sat	Mono	Poly	
Crinkle cut potatoe Hashed Brown Sticks Homefries	17 pcs	110	0	18	1	3	1	0	1	0
mashed potatoes Oven Fries	1/4 cup	80	2	17	1	1	0			0
Oven Puffs Oven Wedges Pasta Salad	1/2 cup	142	2	20	2	7	3	3	1	0
Rice	1/2 cup	81	2	18	0	0	0	0	0	0
Smiley Fries	3 oz	170	2	24	2	6.5	3.5			0
Spicy Wedges	3 oz	140	3	21	2	5	1			0

Beverages

Food Description	measure serving	Ener (cal)	Prot (g)	Carb (g)	Sugar (g)	Dietary fiber (g)	Fat (g)	Fat Breakdown (g)			chol (mg)
								Sat	Mono	Poly	
Dairy											
Chocolate Lowfat Milk	8 oz	150	8	26	25	1	3	2	1	0	15
Fat Free Skim Milk	8 oz	90	8	13	12	0	0	0	0	0	5
GF Whole Milk	8 oz	150	8	12	12	0	8	5	2	1	35
1% Lowfat Milk	8 oz	110	8	13	12	0	3	2	1	0	15
LF Decaf Mochaccino	8 oz	160	0	36	27	0	3	3	0	0	0
SS 1% choc LF milk	8 oz	200	10	34	34	0	3	2	1	0	9
SS 1% Lowfat milk	8 oz	130	11	16	16	0	3	2	1	0	10
Sponge Bob Milk	8 oz	200	10	35	34	0	3	2	0	0	9
SS strwbry 1% LF milk	8 oz	190	10	31	31	0	2	2	0	0	9
SS Vanillia 1% LF milk	8 oz	190	10	31	31	0	2	2	0	0	9
Fruit Juices											
Apple/Cranberry	4oz	57	0	15	15	0	0	0	0	0	0
Apple/Grape	4oz	67	0	17	17	0	0	0	0	0	0
Apple juice	4oz	57	0	15	15	0	0	0	0	0	0
Apricot Nectar	4oz	72	0	19	19	0	0	0	0	0	0
Cranberry Cocktail	4oz	75	0	19	19	0	0	0	0	0	0
Fruit Smoothies	8 oz	130	0	32	30	0	0	0	0	0	0
Grape	4oz	77	1	19	19	0	0	0	0	0	0
Grapefruit	4oz	50	1	11	11	0	0	0	0	0	0
Lemonade	4oz	60	1	15	15	0	0	0	0	0	0
Natural Fruit Punch	4oz	66	0	17	17	0	0	0	0	0	0
10 % Fruit Punch	4oz	59	0	2	2	0	0	0	0	0	0
Orange	4oz	67	0	14	14	0	0	0	0	0	0
Orange/Grapefruit	4oz	75	1	13	13	0	0	0	0	0	0
Orange/Pineapple	4oz	60	1	16	16	0	0	0	0	0	0
Peach	4oz	93	0	17	17	0	0	0	0	0	0
Pear	4oz	20	0	20	20	0	0	0	0	0	0
Pineapple	4oz	70	0	17	17	0	0	0	0	0	0
Prune	4oz	91	1	23	23	0	0	0	0	0	0
Tomato	4oz	21	1	5	5	0	0	0	0	0	0