

**Disclaimer:** Nutrient values have been determined utilizing approved software comprised of common foods found in the USDA database and standardized recipes. These results should be viewed and used only as a general nutrition guide – and not for medical nutrition therapy. This is a close approximation of the true nutrient content since various factors influence the amounts of nutrients in foods. The reliability of data may fluctuate with changes in portion size, product specifications, substitutions, recipe compliance and manufacturer's ingredients.

### Entrees

Recipe Description	Portion Size	Calories	Cholesterol	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit A (IU)	Vit C	Protein (g)	Carb (g)	Fat (g)	Sat Fat (g)
Alfredo Sauce	1/2 cup	50	3	390	0	0	40	0	0	1	6	3	1
BBQ Chicken Leg	1 each	160	45	630	0	1.08	0	0	0	14	7	9	2
BBQ Grilled Chicken Breast	1 each	195	47	623	0	1.12	25.7	253	0.6	13.45	9.07	11.38	3.1
BBQ Pork Rib	1 each	140	45	380	1	1.08	40	200	2.4	12	7	9	3
BBQ Riblet on WG Bun	1 each	280	45	640	3	2.16	80	200	2.4	17	35	10.5	3
Beef and Bean Chili	1/2 cup	188	54	183	1.79	2.22	23.2	352	6.91	17.39	7.64	9.73	3.76
Beef and Vegetables	1 serving	339	73	338	3.83	2.3	234.77	3001	10.54	23.92	31.08	14.14	3.92
Bosco Stick	2 sticks	429	20	1060	6	5.04	500	600	9.6	28	62	9	4.3
Breaded Chicken Del Sol on Bun	1 each	405	68	1002	3.47	4.23	179.5	465	1.13	24.74	42.3	16.56	5.27
Buffalo Chicken Salad Wrap	1 each	388	59	1199	4.69	2.22	215.6	227	11.92	21.07	40.54	15.56	4.05
Burger- Alpine Swiss	1 each	473	73	572	1.83	3.88	188.8	560	1.61	26.07	38.37	24.34	10.1
Burger- BLT	1 each	358	70	437	1.7	3.53	81.4	352	8.98	25.17	27.11	15.91	5.74
Burger- Cheddar Onion	1 each	440	75	383	1.59	3.65	178.3	142	1.84	25.71	27.88	24.95	10.55
Burger- Pizza	1 each	402	66	665	2.13	3.98	246.6	201	2.14	25.67	37.04	16.06	5.45
Catalina Turkey Club Salad	1 each	349	66	1178	1.81	2.12	224.3	2088	18.3	24.82	21.55	17.22	7.54
Cheddar Cheese, Shredded	1 oz.	114	30	176	0	0.19	204.4	284	0	7.06	0.36	9.4	5.98
Cheese Steak Sandwich	1 each	417	13	707	1.87	4.27	103.1	167	0	22.16	35.29	20.19	8.86
Cheeseburger on a WG Bun	1 each	315	32	812	2.32	3.34	169.8	225	0.18	21.52	31.03	12.39	5.85
Cheesy Ravioli	4 pies	270	145	180	2	2.7	20	200	0	15	33	9	4
Chef Salad	1 each	234	218	547	1.65	1.42	221.7	1924	13.94	17.26	7.88	14.53	6.86
Chicken & Roma Tomato Pita Pizza	1 each	370	46	804	6.77	3.85	248.5	906	22.25	24.01	45.37	12.44	4.29
Chicken Cordon Bleu Sandwich	1 each	488	83	1145	4	2.79	123.4	126.6	0	28.54	44.98	22	5.51
Chicken Fajita (includes 2 flour tortillas)	1 each	329	72	359	1.25	1.02	13.2	156	5.27	23.78	19.78	16.24	3.39
Chicken Fajita Meat	2 oz.	105	17	219	0	0.24	0	250	16.2	10	2	2.6	0.64
Chicken Fingers	serving	150	25	380	0	0.36	0	100	0	13	11	5.99	0.99
Chicken Nuggets	5 each	180	20	450	2	1.8	40	0	0	13	14	8	2
Chicken Patty on a Bun	1 Each	342	55	804	3.07	3.49	70.4	200	0	20.85	40.22	12.21	2.56
Chicken Ranch Wrap	1 each	451	47	1261	3.35	2.47	62.6	2505	10.28	19.38	55.67	16.57	3.25
Chicken Tenders	3 each	220	45	650	1	1.8	20	100	0	14	15	12	2.5
Chili - Beef and Bean	6 oz.	160	18	611	5.23	2.45	52.3	1256	13.82	13.61	14.65	5.23	2.09
Crispy Chicken Popper Salad	1 each	252	28	606	2.99	1.89	238	534	27.1	17.9	16.3	13.4	4.6
Eggs, Scrambled	1/4 cup	91	212	100	0	0.93	93.5	244	0.3	8.2	3.22	5.01	1.58
Fish Nugget	4 each	226	40	758	1.33	1.44	0	0	0	13.29	21.27	9.31	1.33

French Toast Sticks	1 stick	200	20	190	0	2.16	60	500	0	4	28	8	2
Fruit & Yogurt Parfait with Granola	1 each	322	16	229	3.69	1.09	390.4	483	28.47	14.28	55.37	4.96	2.54
Goldfish Crackers	package	100	0	180	0	0.36	20	0	0	2	14	4	1
Ham & Cheese on Kaiser	1 each	267	38	1089	2.69	3.19	106.1	505	6.57	18	31.21	7.67	3.43
Hamburger on Bun	1 Each	294	52	303	1	2.87	51.3	0	0	19.74	26	12.21	3.97
Hamburger with Cheese on Bun	1 Each	344	64	525	1	2.87	127.3	202	0	22.27	27.01	16.26	6.5
Herb Roasted Chicken	1 each	204	91	163	0	1.09	0	101	2.43	22.02	0.95	12.91	3.73
Hot Ham & Cheese on a Bagel	1 each	325	53	1172	1	3.57	137.5	167	1.37	19.78	37.64	8.47	4.18
Italian Hoagie	1 each	354	63	1474	2.79	3.94	193.2	696	9.68	22.39	35.1	14.65	6.86
Junior Ham & Cheese Sub	1 Each	293	38	1051	1.52	2.39	162.7	299	3.25	15.79	31.15	11.33	4.87
Macaroni and Cheese	2/3 Cup	290	30	980	1	1.08	400	800	0	16	32	11	6
Meat Sauce	1 cup	277	42	1047	6.12	5.11	56	1814	26.52	15.91	28.56	7.4	2.91
Meatloaf	3/4" slice	192	87	138	0.87	2.11	58.8	194	3.36	17.27	8.83	9.71	3.25
Mexican Pita Pizza, Whole Grain	1 each	433	80	993	5.19	4.39	128.1	283	1.3	29.17	40.3	17.05	7.13
Mini Chicken Corn Dog Nuggets, WG	6 mini dogs	332	71	774	1.58	2.84	63.2	0	0	11.05	28.42	18.95	4.74
Nachos Fun Lunch	1 each	399	60	681	1.79	1.94	461.6	880	2.27	15.97	22.69	26.9	12.97
Nachos w/ Spicy Meat	1 serving	353	95	479	2.01	2.69	185.2	611	4.38	18.23	22.68	21.26	6.15
Pancake, Whole Grain	2 each	153	7	253	2	0.96	0	0	0	3.33	26.64	4	0.67
Pancake, Whole Grain	1 each	77	3	127	1	0.48	0	0	0	1.67	13.32	2	0.33
Parisian Ham & Cheese Wrap	1 wrap	448	59	1922	4.17	2.86	304.7	211	1.9	21.04	57.86	13.51	6.26
Philly Cheese Steak Sandwich	1 each	295	45	1103	2.55	4.57	70.7	1132	0	26.68	34.98	7.07	1.75
Pineapple Chicken	1 each	253	90	91	0.13	1.41	7.8	109	4.07	21.09	15.88	12.04	3.51
Pineapple glaze	2 tbsp.	61	0	1	0.12	0.32	7.2	9	0.96	0.06	15.55	0.03	0.01
Pizza Bagel Fun Lunch	1 Each	359	36	991	2	3.36	513.4	423	3	21.76	42.57	9.53	5.73
Pizza Bagel, Whole Grain	1 each	444	38	1329	3.93	4.34	486.3	779	9.28	25.53	57.82	14.53	7.09
Pizza- Cheese	1 Piece	396	30	827	2.45	2.77	422	505	2.4	24.67	43.57	14.04	8.16
Pizza Dunkers (with sauce)	2 each	351	36	585	2.26	1.05	566.1	344	1.39	20	30.81	12.23	5.75
Pizza- Pepperoni	1 Piece	404	32	858	2.45	2.83	422.6	507	2.4	25.04	43.63	14.73	8.41
Pizza Sauce	1/2 Cup	40	0	500	2	1.44	0	400	9.6	2	10	0	0
Pizza, Buffalo Chicken	1 Slice	392	28	956	3.18	2.7	144.7	457	4.35	15.1	45.83	15.19	4.36
Pizza, Cheese	1 Slice	406	30	817	4.49	2.46	413.5	548	2.91	22.11	41.87	16.16	9.61
Pizza, Cheesesteak	1 Slice	421	43	832	4.32	2.93	334.4	471	3	19.24	39.37	20.18	9.1
Pizza, Chicken Bruschetta	1 Slice	461	65	566	4.84	2.6	15.9	463	14.68	21.08	41.08	22.67	5.07
Pizza, Hawaiian	1 Slice	381	35	958	4.44	2.97	324.9	414	5.67	19.66	44.57	13.11	6.54
Pizza, Pepperoni	1 Slice	414	32	848	4.49	2.53	414.1	549	2.91	22.49	41.93	16.85	9.86
Pizza, South of the Boarder Chicken	1 each	435	54	753	4.75	3.09	174.7	604	9.92	21.18	42.58	19.3	7.55
Pizza, Vegetable	1 Slice	398	32	842	4.69	2.55	432	570	18.38	21.27	41.15	15.85	7.95
Popcorn Chicken	4 pieces	220	30	660	1	1.44	20	0	0	12	12	14	3
Popcorn Chicken Bowl (chicken, corn potatoes, gravy)	1 each	490	45	616	6.09	2.05	264.9	447	10.07	19.94	60.25	21.15	7.16
Puerto Rican Citrus Pork	2 oz.	219	61	379	0.24	1.21	24.7	68	10.86	22.76	5.84	11.22	3.26
Rancher's Pie	1 Piece	339	73	338	3.83	2.3	234.8	3001	10.54	23.92	31.08	14.14	3.92

Salad- Chef	1 Each	234	218	547	1.65	1.42	221.7	1924	13.94	17.26	7.88	14.53	6.86
Salad- Chicken Caesar	1 Each	258	39	433	3.37	2.53	75.1	4824	18.25	18.85	29.41	7.55	2.45
Salad- Cobb	1 Each	569	50	983	3.5	2.15	259.8	2493	26.67	19.67	27.2	40.97	10.64
Salad- Taco	1 Each	312	57	598	1.32	1.41	118.5	820	3.72	17.3	20.38	16.98	6.9
Salad, Garden with Cheese	1 Each	225	38	184	5.82	3.1	488	7386	66.96	20.73	8.98	13.22	7.07
Salisbury Steak	1 each	224	34	604	3	1.08	50	150	0	13	5	17	8
Sausage links	2 links	234	38	351	0	0.36	30	0	0	6	1	23	8
Sloppy Joe on a WG Bun	1 each	299	60	536	3.67	4.16	79.8	238	2.98	19.65	32.91	8.72	2.17
Sweet & Sour Chicken	1 cup	324	50	936	0.6	1.61	4.2	1543	12.93	17.49	36.17	11.45	2.15
Taco Meat	serving	118	20	495	2	2	43	653	5	13	4	6	2.1
Taco Shell - hard	1 each	50	0	0	0.66	0.36	0	0	2	0.66	7	2	0.66
Tortilla Chips	serving	160	0	100	1	0	0	0	0	2	21	7	2
Turkey Hot Dog on a WG Bun	1 each	230	40	780	1.07	2.41	110.4	0	1.2	11.85	23	11	3.56
Turkey Taco Salad	1 each	350	88	752	3.1	3.09	148.9	1479	9.38	17.19	26.6	19.06	4.68

### Fruit and Vegetable Side Dishes

Recipe Description	Portion Size	Calories	Cholesterol	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit A (IU)	Vit C	Protein (g)	Carb (g)	Fat (g)	Sat Fat (g)
Apple	1 each	72	0	1	3.31	0.17	8.3	75	6.35	0.36	19.06	0.23	0.03
Applesauce	1/2 cup	86	0	7	2	0.9	0	0	0	0	21	0	0
Baked Apple Slices	1/2 cup	178	0	27	2.6	0.3	14.4	45.3	0.2	0.3	37.9	3.8	0.01
Baked Beans	1/2 cup	150	0	518	5.02	1.46	41.6	132	0	5.82	32.16	1.57	0.29
Banana	1 each	72	0	0	2	0	0	0	7.2	1	19	0	0
BBQ Sauce	2 Tbsp.	60	0	460	0	0	10	300	1.2	0	14	0	0
Biscuit, Buttermilk	1 each	110	0	320	0	0.72	20	0	0	2	15	4.5	1.5
Breadstick, Cinnamon	1 each	73	2	125	0.7	0.7	3.3	1	0	2	13.3	1.6	0.01
Breadstick, Whole Grain	1 each	110	0	180	2	0.72	24	0	3.6	4	22.95	0.5	0
Broccoli	1/2 Cup	12	0	12	0.92	0.26	16.7	221	31.67	1	2.36	0.13	0.01
Broccoli With Cheese	1/2 cup	35	2	25	2.76	0.58	47	1058	36.89	3.44	5.01	0.86	0.43
Brown Rice	1/2 cup	95	0	97	1.53	0.46	9.5	0	0	1.97	19.94	0.7	0.14
Caesar Romaine Side Salad	1/2 cup	37	1	64	1.16	0.57	26	2181	6.03	1.53	5.07	1.41	0.3
California Blend Vegetables	1/2 Cup	15	0	13	1	0	10	375	10.2	1	2.5	0	0
Cantaloupe	1/2 cup	67	0	17	0	0.43	25.7	6148	79.97	1.43	15.71	0.71	0
Carrot Coins	1/2 cup	29	0	367	2	0	20	5000	0	0	6	0	0
Carrot Sticks	1/2 cup	25	0	42	1.71	0.18	20.1	10255	3.6	0.57	5.84	0.15	0.02
Carrots and Onions Fresh	1/2 cup	107	0	52	3.34	0.38	38.5	8735	8.93	1.52	13.22	5.96	0.86
Carrots, seasoned	1/2 Cup	52	0	62	3.04	0.42	33.3	13052	2.31	0.72	7.28	2.6	0.36
Celery Sticks	1/2 cup	10	0	59	1.19	0.15	29.7	333	2.3	0.51	2.21	0.13	0.03
Cheddar Cheese	1 oz.	114	30	176	0	0.19	204.4	284	0	7.06	0.36	9.4	5.98
Coleslaw	1/2 Cup	123	18	181	2.3	0.98	98.4	1986	34.05	2.09	10.2	8.39	1.87
Corn	1/2 cup	90	0	2	0.92	0.16	0	0	3.82	2.74	19.14	0.92	0
Corn on the Cobb	1 each	94	0	2	1	0.18	0	0	3.6	3	19	1	0
Corn, seasoned	1/2 Cup	92	0	2	1.99	0.36	3.5	179	5.29	2.5	17.19	2.81	0.4
Cornbread	1 piece	220	45	290	1	0.9	50	0	0	3	27	11	2
Crackers	4 each	50	0	160	0	1.44	0	0	0	1	9	1	0
Crunchy Chow Mein Noodles	1 serving	78	0	126	1.22	0.56	51.99	37.4	1.09	1.78	10.06	3.68	0.86
Cucumber Slices	1/2 cup	8	0	1	0.26	0.15	8.3	55	1.46	0.34	1.89	0.06	0.02
Dinner Roll, Whole Grain	1 each	70	0	140	1	1.33	29.5	0	0	2	14	1	0
Fiesta Rice	1 cup	233	0	89	2.04	3.08	33.4	758	16.91	4.42	46.98	2.9	0.43

Flour tortilla, 10"	1 each	218	0	445	2.17	2.34	90.3	0	0	5.8	35.95	5.43	1.32
Fortune Cookie	1 Cookie	37	2	7	0	0.12	0	0	0	0.67	6.01	0.33	0
Fruit Goop	1/2 Cup	165	0	122	1.53	0.49	64.6	40	19.09	0.56	41.16	0.02	0
Garlic Bun, Whole Grain	1 Bun	184	0	260	2	1.08	30	0	0	5	28	5.98	0.64
Gravy, Beef	1/4 cup	25	0	340	0	0	0	0	0	0	4	1	0
Gravy, Chicken	1 fl. oz.	17	0	135	0	0	0	0	0	0.5	2	1	0.5
Green Bean Salad	1/2 cup	56	0	319	2.71	0.64	34.8	591	8.82	1.45	6.56	3.26	0.48
Green Beans, seasoned	1/2 Cup	50	0	2	2.05	0.68	33	428	10.1	1.41	5.93	2.35	0.35
Green Onion	2 tsp.	1	0	1	0.11	0.06	3	42	0.78	0.08	0.31	0.01	0
Lettuce	1/2 Cup	3	0	2	0.22	0.07	3.2	90	0.5	0.16	0.53	0.03	0
Macaroni Salad	1/2 cup	280	30	900	1	1.02	13.7	614	0.62	4.31	32	15	2.5
Mandarin Oranges	1/2 Cup	70	0	20	0	0.36	20	100	18	1	17	0	0
Mashed Potato	1/2 Cup	76	0	345	1	0.18	10	0	3.6	2	15	1	0
Mashed Potato	1/2 cup	76	0	345	1	0.18	10	0	3.6	2	15	1	0
Mexican Corn	1/2 cup	78	0	239	1.77	0.7	6.8	149	6.36	2.26	15.8	1.9	0.3
Mixed Fruit	1/2 Cup	80	0	5	1	0	0	200	1.2	1	18	0	0
Mixed Vegetables (seasoned)	1/2 cup	73	0	53	4.54	1.08	28.3	5758	11.79	3.78	15.26	0.59	0.1
Mozzerella Cheese, Shredded	1 oz.	72	18	175	0	0.06	221.7	136	0	6.88	0.79	4.51	2.87
Orange	1 each	62	0	0	3.14	0.13	52.4	295	69.69	1.23	15.39	0.16	0.01
Oriental Blend Vegetables	1/2 cup	17	0	10	1.33	0.17	11.3	155	8.33	0.67	2.67	0	0
Oriental Fried Rice	1 cup	201	38	106	1.76	2.14	28	1161	3.62	5.21	36.36	3.62	0.71
Peaches	1/2 Cup	68	0	6	2	0.36	0	300	3	1	18	0	0
Pear Raisin Salad	1/2 cup	137	4	93	1.8	0.67	23	320	6.6	1.05	21.92	6.02	0.66
Pear, fresh	1 each	96	0	2	5.15	0.28	14.9	38	6.97	0.63	25.66	0.2	0.01
Pears	1/2 Cup	80	0	7	2	0.36	0	0	1.2	0	20	0	0
Peas	1/2 cup	52	0	1	2.99	0.81	7.5	299	4.93	3.74	8.97	0	0
Peas & Carrots	1/2 cup	37	0	97	2.24	0.54	0	1119	2.69	2.24	7.46	0	0
Peas & Carrots, seasoned	1/2 Cup	64	0	66	2.85	0.92	22.7	7916	9.34	2.84	9.32	2.57	0.38
Pineapple	1/2 cup	75	0	1	1	0.35	17.4	47	11.83	0.52	19.55	0.1	0.01
Pineapple Chunks	1/2 Cup	75	0	1	1	0.35	17.4	47	11.83	0.52	19.55	0.1	0.01
Pizza Sauce	1/2 Cup	40	0	500	2	1.44	0	400	9.6	2	10	0	0
Potato Salad	1/2 cup	220	15	450	2	0.72	20	100	21	2	27	11	2
Refried Beans	1/2 cup	90	0	490	4	1.8	40	0	0	6	16	2	1
Rice & Beans	1/2 cup	114	0	390	3	1.61	31.6	220	8.31	4.16	23.07	0.5	0
Roasted Italian Vegetables	1/2 cup	86	0	22	2.41	0.51	23	5872	47.48	1.61	10.74	4.67	0.68
Romaine Salad (no dressing)	1/2 cup	4	0	2	0.49	0.23	7.8	2047	5.64	0.29	0.77	0.07	0.01
Romaine Salad with Light Dressing	1 cup	68	2	143	1.9	0.49	24.6	3264	13.84	1.23	7.6	4.45	0.97
Rosy Applesauce	1/2 cup	112	0	37	2.05	0.93	0.19	0	0	0.5	27.27	0	0
Salsa	1/4 cup	20	0	270	0	1.4	7.4	170.5	2.5	0	4	0	0
Sauteed Peppers & Onions	1/2 cup	107	0	7	3.42	0.58	35.6	405	94.71	1.97	16.41	4.63	0.71
Southwest Black Beans	1/2 Cup	157	0	247	3.51	1.69	29	406	18.81	5.08	16.58	1.64	0.26
Spicy Lime Tortilla Chips	1 Serving	61	0	146	1.2	0.57	53	163	0.79	1.65	9.34	2.21	0.64
Sweet Potato Fries	1/2 cup	110	0	90	3	1.44	20	7000	6	0	16	4	1
Tator Tots	1/2 Cup	140	0	310	2	0.36	0	0	1.2	2	17	7	1
Tomato	1 slice	5	0	2	0.25	0.1	1.1	140	4.3	0.19	1.04	0.07	0.01
Tomato, diced	1/4 cup	8	0	4	0.5	0.2	0	250	8.09	0	2.09	0.15	0.02
Tortilla Chips	serving	160	0	100	1	0	0	0	0	2	21	7	2
Tortilla, flour wheat	1 each	200	0	500	4	1.8	200	0	0	6	34	5	2
Tropical Fruit Salad	1/2 Cup	80	0	15	2	0	0	300	21	1	20	0	0

Vegetable Pasta Salad	1/2 cup	118	0	97	2.55	1.12	24.5	1375	14.52	4.53	21.82	1.54	0.27
Watermelon	1/2 cup	23	0	1	0.3	0.18	5.3	432	6.16	0.46	5.74	0.11	0.01

### Bread Items

Recipe Description	Portion Size	Calories	Cholesterol	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit A (IU)	Vit C	Protein (g)	Carb (g)	Fat (g)	Sat Fat (g)
Biscuit	1 each	100	295	295	0	0.54	0	0	0	1.5	15	4	1
Crackers	4 crackers	160	0	760	0	2.88	0	0	0	0	32	4	0
Roll	1 each	68	0	125	0.5	0.63	5	0	0	2	14	1	0.5

### Condiments

Recipe Description	Portion Size	Calories	Cholesterol	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit A (IU)	Vit C	Protein (g)	Carb (g)	Fat (g)	Sat Fat (g)
BBQ Sauce	2 Tbsp.	60	0	460	0	0	10	300	1.2	0	14	0	0
Ketchup	1 oz.	27	0	316	0.09	0.14	5.1	265	4.28	0.49	7.13	0.09	0.01
Mustard	1 oz.	0	0	340	0	0	0	0	0	0	0	0	0
Ranch Dressing - Light	1 tbsp.	35	5	185	0	0	0	0	0	0	3.5	2.25	0.25
Salsa	1 oz.	10	0	122	0.4	0.64	3.4	156	1.13	0.43	1.98	0.06	0.01
Sour Cream - Low Fat	1 oz.	31	9	31	0	0	35.9	179	0	0.9	2.69	1.79	1.79
Syrup	1 oz.	66	0	23	0	0	0	0.9	0	0	17.4	0	0