

	Calories	Protein	Carbo	Total Fat	Sat Fat	Vit A	Vit C	Calcium	Iron	Choles.	Sodium	Fiber	Serving Size
Grilled Cheese													
Whole Wheat Bread	70	3g	13g	1g	0	0	0	2%	4%	0	150mg	2g	28g(1 slice)
Whole Wheat Bread	70	3g	13g	1g	0	0	0	2%	4%	0	150mg	2g	28g(1 slice)
Low Fat American Cheese	180	6g	2g	12g	9g	16%	0	30%	0	40mg	700mg	0	56g(4 slice)
Butter	100	0	0	11g	7g	8%	0	0%	0	30mg	90mg	0	15g
Grilled Cheese Total	420	12g	28g	25g	16g	24%		32%	8%	70mg	1090	4g	127g
Chicken Caesar													
Grilled Chix Patty (Caesar)	210	22g	1g	2.5g	.5g	41%	0	2%	4%	60mg	320mg	0	84g
Lettuce Romaine	17	1.2g	3.25g	.3g	0	174%	40%	3%	5%	0	8mg	2g	100g
Parmesan Grated	20	2g	0	1.5g	1g	0%	0	5%	2%	5mg	75mg	0	5g
Croutons	30	1g	5g	1	0	0	0	0	2%	0	100mg	0	7g
Chicken Caesar Total	277	26.2	9.25g	9.25g	6g	215%	40%	10%	13%	65mg	503mg	2g	196g
Cheeseburger													
Whole Wheat Burger Bun	140	7g	23g	2g	0	0	0	6%	6%	0	310mg	3g	57g
Hamburger	140	14g	2g	8g	3.5g	2%	0	2%	10%	35mg	320mg	1g	72.8g
Low Fat American Cheese	45	3g	.5g	3g	2.25g	4%	0	7.5%	0	10mg	175mg	0	1slice 14g
Cheeseburger Total	325	24g	25.5g	13g	5.75g	6%	0	16%	16%	45mg	805mg	4g	143.8g
Hamburger													
Whole Wheat Burger Bun	140	7g	23g	2g	0	0	0	6%	6%	0	310mg	3g	57g
Hamburger	140	14g	2g	8g	3.5g	2%	0	2%	10%	35mg	320mg	1g	72.8g
Hamburger Total	280	21g	29g	10g	4g	2%	0%	8%	18%	35mg	610mg	3g	125.8g
Hot Dog													
Hot Dogs	120	5g	1g	10g	4g	0	0	0	2%	30mg	340mg	0	56g
Whole Wheat Hot Dog Bun	140	7g	23g	2g	0	0	0	6%	6%	0	310mg	3g	57g
Hot Dog Total	260	12g	24g	12g	4g	0	0	6%	8%	30mg	650mg	3g	113g
Steak Sandwich													
Steak Roll Catering Size	180	7g	35g	2g	0	0	0	2%	10%	0	340mg	2g	72g
Steak Sandwich Meat	130	17g	5g	5g	1.5g	0%	0	2%	4%	90mg	260mg	0g	114g
Steak Sandwich Total	310	24g	40g	6g	1.5g	0%	0	4%	14%	90mg	610mg	2g	386g
Cheese Steak Sandwich													
Steak Roll Catering Size	180	7g	35g	2g	0	0	0	2%	10%	0	340mg	2g	72g
Steak Sandwich Meat	130	17g	5g	5g	1.5g	0%	0	2%	4%	90mg	260mg	0g	114g
Low Fat American Cheese	45	3g	.5g	3g	2.25g	4%	0	7.5%	0	10mg	175mg	0	1slice 14g
Cheese Steak Total	355	27g	40.5g	10g	3.75g	4%	0	12%	14%	100mg	775mg	2g	200g

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Sauces													
Gravy; Chicken	45	1g	3g	3g	1g	0%	0%	0%	0%	0%	270mg	0g	56g
Gravy; Turkey	25	1g	4g	.5g	0	0	0	0	0%	0	310mg	0	7g
Sauce; Pizza	35	1g	4g	1.5g	0	6%	20%	0	4%	0	120mg	1g	62g
Sauce; Spagetti	80	2g	8g	4g	.5g	30%	15%	2%	8%	0	530mg	3g	130g
Cheese/Dairy													
Low Fat American Cheese	90	5g	1g	8g	5g	8%	0	15%	0	25mg	470mg	0	2 slice 28g
Shredded Cheddar Cheese	110	7g	1g	9g	6g	6%	0	20%	0	30mg	190mg	0	8g
Low Fat String Cheese	60	8g	1g	2.5g	2g	2%	0	20%	0	10mg	210mg	0	28g
Parmesan Grated	20	2g	0	1.5g	1g	0%	0	5%	2%	5mg	75mg	0	5g
Butter	100	0	0	11g	7g	8%	0	0%	0	30mg	90mg	0	15g
Sour Cream	60	1g	2g	5g	3.5g	4%	0	4%	0	20mg	50mg	0	28g
Yogurt Strawberry/Banana	100	4g	20g	0.5g	0.5g	10%	0	10%	0	5mg	50mg	0	4 oz
Yogurt Raspberry	100	4g	20g	0.5g	0.5g	10%	0	10%	0	5mg	50mg	0	4 oz
Yogurt Cherry	100	4g	20g	0.5g	0.5g	10%	0	10%	0	5mg	50mg	0	4 oz
Go Gurt	60	2g	12g	.5g	0	8%	0	10%	0	5mg	30mg	0	64g
Milk 1% White	110	8g	13g	2.5g	1.5g	10%	4%	30%	0%	10mg	130mg	0	1/2 Pint
Milk No Fat Chocolate	120	8g	20g	0	0	10%	2%	30%	0%	5mg	180mg	0	1/2 Pint
Milk No Fat Strawberry	110	8g	19g	0	0	35%	2%	30%	0%	5mg	125mg	0	1/2 Pint
Juices 100% Fruit													
Apple Juice 4 oz Cup	60	0	14g	0	0	0	0	0	0	0	15mg	0	4 oz
Fruit Punch 4 oz Cup	60	0	14g	0	0	0	6%	0	0	0	10mg	0	4 oz
Grape Juice 4 oz Cup	80	1g	18g	0	0	0	0	0	0	0	15mg	0	4 oz
Orange Juice 4 oz Cup	50	1g	13g	0	0	0	50%	0	0	0	15mg	0	4 oz
Breads													
Whole Wheat Bread	70	3g	13g	1g	0	0	0	2%	4%	0	150mg	2g	28g(1 slice)
Whole Wheat Burger Bun	140	7g	23g	2g	0	0	0	6%	6%	0	310mg	3g	57g
Whole Wheat Hot Dog Bun	140	7g	23g	2g	0	0	0	6%	6%	0	310mg	3g	57g
Steak Roll Catering Size	180	7g	35g	2g	0	0	0	2%	10%	0	340mg	2g	72g
Kaiser Roll Lg Teacher	190	7g	34g	2g	.5g	0	0	2%	10%	0	350mg	2g	72g
Club Kid's Sub Roll	110	4g	21g	1g	0	0	0	0%	6%	0	200mg	1g	43g
Italian Sub Roll Teacher	180	7g	35g	2g	0	0	0	2%	10%	0	340mg	2g	72g
Baby Kaiser Kids	120	4g	23g	1.5g	0	0	0	0%	8%	0	220mg	1g	47g
Flour Tortilla	90	3g	15g	2g	1g	0	0	8%	4%	0	220mg	2g	31g
French Toast Sticks	170	7g	26g	3.5g	1g	0	4%	2%	10%	95mg	290mg	1g	74g
Rotini	210	7g	41g	1.5g	0	0	0	2	10%	0	0	4g	56g
Macaroni	210	7g	41g	1.5g	0	0	0	2	10%	0	0	4g	56g
Rice	170	4g	37g	0	0	0	0	0	8%	0	0	0	47g
Stuffing Cornbread	110	3g	19g	2.5g	0	2%	2%	2%	6%	0	490mg	1g	28g

	Calories	Protein	Carbo	Total Fat	Sat Fat	Vit A	Vit C	Calcium	Iron	Choles.	Sodium	Fiber	Serving Size
Snacks													
Goldfish	100	2g	14g	4g	.5g	0	0	2%	4%	0	170mg	1g	21g
Goldfish Pretzels	90	2g	16g	1.5g	0g	0	0	0%	4%	0	200mg	1g	21g
Teddy Grahams	90	1g	16g	3g	0.5g	0	0	8%	10%	0	95mg	1g	21g
Graham Crackers (2 pak)	60	1g	11g	1.5g	0	0	0	0	4%	0	90mg	1g	14g
Graham Crackers (3 pak)	90	2g	17g	2.5g	0	10%	0	0	4%	0	95mg	1g	22g
Animal Crakers	444	6.6g	73.8g	2g	0	6%	0	0	6%	0	382mg	1g	28g
Peanut Butter Crackers	492	10.8g	59g	9g	3.7g	0	0	6%	8%	0	843mg	2g	27g
Whole Grain Saltines	60	2g	9g	1.5g	0	0	0	0%	4%	0	130mg	.7g	13g
Raisins	255	3g	68g	.5g	0	0	0	4%	0%	0	9mg	3g	85g
Cool Ranch Doritos	130	2g	19g	5g	1g	0	0	4%	2%	0	160mg	2g	28.3g
Doritos	130	2g	20g	5g	0.5g	2%	0	0%	2%	0	200mg	2g	28g
Cheetos	150	2g	13g	10g	1.5g	0	0	0%	2%	0	250mg	1g	28.3g
Baked Chips	100	2g	20g	1.5g	0g	0	2%	0%	0%	0	115mg	2g	24.8g
Baked BBQ Chips	110	2g	19g	2.5g	0g	2%	2%	0%	0	0	170mg	2g	31.8g
Baked SCO Chips	130	2g	24g	3.5g	0.5g	0	2%	2%	0%	0	190mg	1g	31.8g
Sun Chips	140	2g	18g	6g	1g	0	0	0	2%	0	120mg	2g	28.3g
Sun Chips French Onion	140	2g	18g	6g	1g	0	0	0	2%	0	160mg	2g	28.3g
Sun Chips Harvest Cheddar	140	2g	18g	6g	1g	0	0	0	2%	0	210mg	2g	28.3g
Popcorn Smart Foods Carme	70	1g	10g	2.5g	0	0	0	0	2%	0	115mg	2g	14.1g
Popcorn Smart Foods Chedd	70	2g	9g	0	0g	0	0	0	2%	0	110mg	2g	14.1g
Chex Mix	200	4g	36g	6g	1g	10%	10%	25%	6%	0	370mg	2g	49g
Granola Bars Nature Valley	170	4g	20g	8g	2.5g	0	0	0%	2%	0	140mg	1g	35g
Granola Bars Quaker	100	1g	17g	3.5g	1.5g	0	0	8%	2%	0	70mg	1g	42g
100 Cal Oreo	100	1g	19g	2g	0	0	0	0	6%	0	150mg	1g	23g
100 Cal Chips Ahoy	100	1g	18g	3g	0.5g	0	0	0	4%	0	140mg	1g	23g
100 Cal Lorna Doone	100	1g	16g	3g	1.5g	0	0	0	6%	0	120mg	0	21g
Tiny Twist Pretzels	50	1g	11g	0.5g	0	0	0	0	6%	0	290mg	1g	14.1g
Soft Pretzels	180	6g	38g	1	0	0	0	0	0	0	150mg	1g	70g
Mini Soft Pretzels	70	2g	16g	0	0	0	0	0	0	0	60mg	1g	28g
Fudgesicles	120	1g	15g	3g	2g	0	0	10%	0	10mg	35mg	0	90g
Creamsicles	90	1g	15g	2g	1.5g	0	0	4%	0	10mg	35mg	0	59g
Scribblers	60	0	15g	0	0	0	20%	0	0	0	5mg	0	79g
Cherry Shape Ups	80	0	21	0	0	0	0	0	0	0	15mg	0	86.8g
Raspberry Shape Ups	80	0	21	0	0	0	0	0	0	0	15mg	0	86.8g
Strawberry Shape Ups	80	0	21	0	0	0	0	0	0	0	15mg	0	86.8g
Chocolate Chip Cookies	106	1.62g	18.11g	3.28g	1.11g	27.41%	0.0%	1.05%	4%	8.55mg	91.62mg	1.52g	28g
Oatmeal Raisin Cookies	110	2g	18g	3.5g	1g	2%	0	0	4%	10mg	80mg	1g	28g
Sugar Cookies	120	1g	17g	5g	2.5g	2%	0	0	2%	5mg	105mg	0	28g

