

Entrees

Description	Portion	Calories	Total Fat grams	Sat. Fat grams	Trans Fat grams	Protein grams	Carb. Grams	Calcium (mg)	Iron (mg)	Vit. C (mg)	Vit. A (IU)	Sodium (mg)	Chol. (mg)	Fiber grams
Baked Potato w/ Shredded Cheese	1.00 potato	415.3	11.4	9.1	0.0	15.2	63.5	280.2	1.0	36.5	455.6	477.6	30.4	4.3
Beef & Cheese Nachos	1.00 serving	413.4	21.9	9.1	0.0	18.6	34.1	336.4	5.5	1.8	300.1	940.9	57.8	3.0
Beef Slider	1.00 sandwich	138.0	5.0	1.7	0.0	8.0	15.0	57.0	1.7	0.0	0.0	340.0	18.0	2.0
Beef, Chicken Fried Steak	1.00 each	301.1	18.3	6.1	0.0	18.6	19.1	29.6	2.7	0.3	124.0	797.5	45.0	1.9
Beef, Steak Finger	1.00 each	77.0	4.6	1.7	0.0	4.2	4.7	9.4	0.8	0.2	31.4	201.1	10.7	0.5
Bread Stick, Cheese	1.00 each	190.0	3.5	1.5	0.0	11.0	28.0	300.0	0.4	1.2	300.0	410.0	10.0	1.0
Breaded Chicken Wrap	1.00 wrap	355.1	14.1	2.7	0.0	18.9	39.9	194.9	3.4	9.6	1,913.4	971.9	45.0	3.1
Burritos, Bean & Cheese	1.00 each	420.0	13.0	6.0	0.0	18.0	38.0	250.0	3.6	1.2	500.0	1,030.0	10.0	6.0
Chalupa Grande w/ Beef	1.00 chalupa	250.8	10.7	5.3	1.0	14.7	23.4	122.2	2.0	2.4	257.8	506.6	30.4	4.5
Chalupa Grande w/ Chicken	1.00 chalupa	214.1	7.0	3.8	1.0	14.8	23.3	116.1	1.6	2.1	280.8	476.5	27.6	4.5
Chalupa w/ Cheese	1.00 chalupa	183.6	6.3	3.6	1.0	9.1	22.8	114.0	1.3	1.5	198.3	373.6	10.1	4.4
Cheese Enchilada	1.00 each	206.3	12.3	6.7	0.0	8.1	13.9	191.3	3.9	0.4	475.1	518.5	21.9	1.3
Cheese Nachos	1.00 serving	397.2	18.6	7.9	0.0	12.2	44.1	383.0	5.8	2.4	411.6	879.2	27.4	4.0
Cheese Quesadilla	1.00 each	321.4	17.6	10.1	0.0	17.1	22.0	271.9	1.0	0.0	305.8	875.0	40.3	3.0
Cheeseburger	1.00 sandwich	353.4	17.0	7.3	0.0	24.0	30.8	111.7	7.7	0.0	206.8	848.1	50.2	4.1
Chef Salad w/ Chicken	1.00 salad	171.8	9.0	6.4	0.0	16.5	7.1	208.1	1.1	5.8	4,659.8	354.9	47.3	1.9
Chicken & Cheese Salad	1.00 salad	188.3	9.0	6.9	0.0	17.9	9.5	264.0	1.9	33.2	7,182.4	463.8	35.2	2.9
Chicken BLT Salad	1.00 salad	238.4	13.1	8.5	0.0	20.9	8.3	210.2	1.2	11.1	5,019.1	569.4	67.5	2.4
Chicken Chunk, Asian Deluxe	1.00 serving	186.8	4.0	1.3	0.0	26.7	12.0	16.0	1.3	0.0	22.7	320.2	66.7	0.0
Chicken Chunk, Regular Deluxe	1.00 serving	186.8	4.0	1.3	0.0	29.4	5.3	26.7	1.4	0.0	0.0	333.5	80.0	0.0
Chicken Fajita Taco	1.00 taco	153.6	2.6	0.0	0.0	8.7	18.6	67.9	1.7	0.0	44.5	390.4	20.7	0.0
Chicken Nugget	1.00 each	39.8	2.2	0.4	0.0	3.0	2.8	5.0	0.4	0.2	35.0	103.6	8.8	0.2
Chicken Parmigiana	1.00 serving	285.5	15.1	5.5	0.0	19.2	18.6	141.3	2.7	7.3	1,188.3	1,290.8	52.6	1.3
Chicken Pattie on Wheat Bun	1.00 sandwich	360.0	14.0	3.0	0.0	22.0	41.0	30.0	7.8	0.0	100.0	900.0	45.0	3.0
Chicken Pepperoni Pasta	1.00 serving	333.6	12.2	7.6	0.0	26.5	28.8	232.8	2.3	5.7	980.4	826.3	60.0	2.2
Chicken Salad Plate w/ Grapes	1.00 salad	336.0	4.9	0.8	0.0	23.6	50.6	24.0	2.1	9.6	3,908.7	463.7	64.7	3.4
Chicken Salad Sandwich	1.00 sandwich	283.4	4.8	0.8	0.0	28.8	39.8	83.2	1.6	0.6	34.3	350.0	64.7	4.1
Chicken Slider	1.00 sandwich	168.2	5.6	0.9	0.0	9.5	20.4	63.1	1.6	0.0	0.0	375.2	14.4	2.2
Chicken Tender, Breaded	1.00 each	79.3	4.7	1.0	0.0	6.0	5.3	15.7	0.7	0.3	58.7	249.3	19.0	0.3
Chili	2.00 Fl Oz	57.5	3.1	1.2	0.0	4.3	3.1	9.9	0.7	2.1	269.1	202.0	13.4	0.5
Chili Cheese Fries	1.00 serving	368.8	19.7	10.2	0.0	19.3	27.6	221.6	2.3	7.3	777.6	890.6	44.3	6.1
Chopped Barbeque on Wheat Bun	1.00 sandwich	330.0	9.0	3.5	0.0	22.0	50.0	50.0	7.8	1.0	100.0	790.0	20.0	6.0
Corn Dogs, Whole Grain	1.00 each	240.0	8.0	2.0	0.0	9.0	33.0	150.0	2.7	0.0	0.0	590.0	20.0	1.0
Crispy Beef Taco	1.00 taco	166.8	9.8	3.2	0.0	9.6	10.0	12.5	1.6	1.3	90.2	201.5	30.8	1.7
Deluxe Chicken Sandwich	1.00 sandwich	350.0	7.0	2.5	0.0	30.0	45.0	10.0	6.0	0.0	0.0	890.0	40.0	4.0
Egg Roll	1.00 each	180.0	7.0	2.0	0.0	9.0	22.0	40.0	1.8	4.8	750.0	420.0	30.0	2.0
Fish & Cheese Sandwich	1.00 sandwich	380.6	14.6	4.0	0.0	24.5	43.5	85.9	6.7	0.0	251.9	747.8	62.7	3.0
Fish Sandwich on Wheat Bun	1.00 sandwich	330.0	10.0	1.5	0.0	22.0	43.0	10.0	6.7	0.0	100.0	520.0	50.0	3.0

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Grilled Cheese Sandwich	1.00 sandwich	267.9	18.4	6.4	0.0	13.1	21.0	231.9	0.7	0.0	635.1	762.3	25.3	4.0
Grilled Chicken on Wheat Bun - Elementary	1.00 sandwich	290.0	7.0	2.0	0.0	26.0	35.0	50.0	7.4	1.2	0.0	730.0	40.0	3.0
Grilled Chicken on Wheat Bun - Secondary	1.00 sandwich	270.0	6.5	1.5	0.0	24.0	32.0	30.0	7.1	2.4	100.0	760.0	50.0	4.0
Grilled Chicken Wrap	1.00 wrap	285.1	7.1	1.7	0.0	22.9	33.9	214.7	3.0	10.8	1,813.4	801.9	40.0	3.1
Ham & Cheese Sandwich	1.00 sandwich	261.3	13.1	5.6	0.0	21.1	22.0	231.9	1.4	0.0	303.8	1,275.6	55.3	4.0
Ham Sub Sandwich - Elementary	0.50 sandwich	160.8	2.7	0.5	0.0	12.1	20.7	45.8	2.0	0.0	0.0	800.8	30.0	0.9
Ham Sub Sandwich - Secondary	1.00 sandwich	291.7	4.4	0.8	0.0	20.3	40.9	91.7	3.6	0.0	0.0	1,306.7	45.0	1.8
Ham Wrap - Elementary	0.50 wrap	137.6	3.2	0.6	0.0	11.3	14.6	84.0	1.5	0.4	68.9	824.4	33.8	1.3
Ham Wrap - Secondary	1.00 wrap	305.4	13.1	5.7	0.0	17.9	29.8	322.2	2.1	3.6	628.9	1,368.0	55.3	2.8
Ham, Turkey, Cheese Sub Sandwich	1.00 sandwich	336.3	7.9	2.9	0.0	24.6	41.5	167.6	3.9	0.5	151.9	1,542.8	50.3	1.8
Hamburger on Wheat Bun	1.00 sandwich	268.8	7.5	2.8	0.0	23.9	30.5	38.0	8.1	0.0	63.5	673.1	40.1	4.3
Hot Dog on Wheat Bun	1.00 sandwich	250.0	14.0	3.5	0.0	12.1	22.0	80.0	2.2	0.0	0.0	737.0	25.3	3.0
Meatball Sandwich	1.00 sandwich	474.5	18.4	9.0	0.0	28.1	51.4	242.6	4.9	9.5	1,159.7	962.7	42.6	4.2
Peanut Butter & Jelly Sandwich	1.00 sandwich	449.0	23.3	4.0	0.0	17.3	49.6	80.0	6.0	0.0	0.0	441.1	0.0	6.7
Peanut Butter Snack - Elementary	1.00 sandwich	366.0	23.3	4.0	0.0	17.3	28.0	80.0	6.0	0.0	0.0	416.2	0.0	6.7
Pizza Cheese Sticks	2.00 each	300.0	12.0	4.0	0.0	14.0	34.0	30.0	12.0	0.0	4.0	740.0	10.0	4.0
Pizza, Cheese, Elementary	1.00 each	260.0	7.0	4.0	0.0	18.0	32.0	300.0	2.7	0.0	300.0	750.0	10.0	5.0
Pizza, Cheese, Secondary	1.00 slice	330.5	10.4	9.1	0.0	18.1	39.5	303.8	2.0	7.5	460.6	781.6	22.8	2.3
Pizza, Pepperoni Stuffed Crust	1.00 each	390.0	16.0	5.0	0.0	18.0	45.0	300.0	5.4	0.0	500.0	1,000.0	20.0	2.0
Pizza, Pepperoni, Deluxe	1.00 each	540.0	19.0	10.0	0.5	26.0	67.0	300.0	4.5	0.0	500.0	1,340.0	40.0	3.0
Pizza, Pepperoni, Elementary	1.00 each	270.0	8.0	4.0	0.0	16.0	32.0	250.0	5.0	0.0	300.0	810.0	15.0	5.0
Pizza, Pepperoni, Secondary	1.00 slice	358.3	12.7	9.9	0.0	19.6	39.7	308.8	2.2	7.5	460.6	910.7	27.8	2.5
Pocket Sandwich, Pepperoni	1.00 each	261.8	11.2	5.3	0.3	8.7	30.9	132.3	1.6	0.0	179.0	535.4	20.3	1.5
Roast Turkey	1.00 serving	128.5	3.9	1.3	0.0	21.8	0.0	0.0	1.4	0.0	0.0	709.2	70.7	0.0
Southwestern Salad w/ Chicken	1.00 salad	252.3	9.9	6.8	0.0	22.1	20.1	319.1	2.8	28.9	5,560.4	1,586.4	42.2	8.0
Spaghetti w/Meat Sauce	1.00 serving	328.7	10.7	5.4	0.0	18.7	37.5	99.8	3.0	4.1	632.1	532.7	39.9	2.3
Spicy Chicken on Wheat Bun	1.00 sandwich	339.0	13.0	2.5	0.0	22.2	41.0	38.5	7.0	1.0	188.1	552.0	46.8	4.0
Spicy Chicken Wrap	1.00 wrap	334.1	13.1	2.2	0.0	19.2	39.9	203.1	2.6	10.6	2,001.5	623.8	46.8	4.1
Sweet Asian Chicken	1.00 serving	251.8	10.6	2.4	0.0	14.2	25.4	23.5	1.3	1.8	0.0	514.9	47.1	0.0
Turkey Sandwich	1.00 sandwich	153.0	2.6	0.0	0.0	18.5	21.4	81.3	1.9	0.9	35.6	831.9	20.2	4.1
Turkey Sub Sandwich - Elementary	0.50 sandwich	155.5	1.3	0.0	0.0	15.0	20.9	45.8	2.5	0.7	0.0	842.0	21.2	0.9
Turkey Sub Sandwich - Secondary	1.00 sandwich	279.7	2.2	0.0	0.0	23.9	41.2	91.7	4.2	1.0	0.0	1,323.4	30.3	1.8
Turkey Wrap - Elementary	0.50 wrap	128.6	1.6	0.1	0.0	14.0	14.7	84.0	2.0	1.2	68.9	836.9	22.8	1.3
Turkey Wrap - Secondary	1.00 wrap	284.5	11.6	5.2	0.0	17.7	29.6	322.2	2.3	4.1	628.9	1,228.9	40.5	2.8
Veggie Burger on Wheat Bun	1.00 sandwich	340.6	11.1	5.1	0.0	24.5	43.0	125.9	7.4	2.4	551.9	877.9	12.7	6.0
Yogurt, 4 oz	1.00 each	110.4	1.5	1.0	0.0	5.0	19.1	150.5	0.0	1.2	0.0	80.3	5.0	0.0
Yogurt, 6 oz.	1.00 each	80.0	0.0	0.0	0.0	5.0	16.0	150.1	0.0	0.0	0.0	80.0	5.0	0.0

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