

Recipe Description	Calories	Cholesterol	Sodium	Total Fat g	Saturated	Protein g
		mg	mg		Fat g	
Apples, cinnamon (warm)	16	0	2	0	0	0.01
Bagel, 3 oz Sara Lee	240	0	480	1	0	8
Bagel, breakfast (Tony's)	180	15	480	7	2	9
Bagel, cinnamon raisin	135	0	174	0.23	0	4.5
Bagel, cinnamon raisin (2 oz)	135	0	174	0.23	0	4.5
Bagel, whole wheat	135	0	174	0.23	0	4.5
Bagel, whole wheat (2 oz)	135	0	174	0.23	0	4.5
Bagelful, apple cinnamon	180	5	150	2.5	1	6
Bagelful, original	180	15	180	5	3	7
Bagelful, strawberry & cr chs	170	5	150	2.5	1	6
Baked Potato Bar	363	40	964	14.5	7.5	16.6
Bar, banana choc chip	284	17	221	8.45	2.84	4.94
Bar, cherry apple crunch (bkf)	240	0	180	8	2.5	3
Bar, Granola (NV oats & honey)	180	0	160	6	0.5	4
Bar, maple brown sugar	140	0	115	4	1	2
Bar, oatmeal spice (bkfst)	140	0	120	4.5	1	2
Bar, Power Alley Choc Chip	190	0	55	4.5	2	3
BBQ Beef Rib Sand	358	38	863	10.89	3.43	26.27
Beans, garbanzo	72	0	180	0.68	0.07	2.97
Beans, kidney	40	0	145	0	0	3
Beef Stew	374	86	390	15.64	7.22	36.2
Bread, ww pullman slice	110	0	230	1.5	0	4
Breakfast pizza	220	15	480	8	2	10
Breakfast round	270	0	240	8	3	4
Breakfast Sandwich (egg & chs)	348	313	591	18.85	6.49	19.38
Broccoli, fresh	7	0	7	0.08	0.01	0.62
Bun, ww hamburger	150	0	280	2	0.5	6
Burrito, bkfst (Los Cabos)	196	55	377	4.9	1.86	8.8
Burrito, breakfast (Fernando)	260	75	470	13	2.45	9
Burrito, WG Bean & Cheese	310	10	580	9	4	16
Cake, gingerbread	200	0	360	3	0	*N/A*
Carrots, Baby	20	0	44	0.07	0.01	0.36
Cauliflower, fresh	6	0	8	0.03	0.01	0.5
Cereal, Cheerios	70	0	130	1	0	2
Cereal, Cheerios (fruity)	90	0	120	1	0	1
Cereal, Cheerios (fruity)	90	0	120	1	0	1
Cereal, Cheerios (honey nut)	110	0	160	1.5	0	2
Cereal, Cheerios (honey nut)	110	0	160	1.5	0	2
Cereal, Cinnamon Toast Crunch	133	0	221	3.32	0.55	1.11
Cereal, Cinnamon Tst Crunch	133	0	221	3.32	0.55	1.11
Cereal, Golden Grahams	110	0	260	1	0	1
Cereal, Honey Graham Squares	120	0	270	1	0	1
Cereal, Kix	60	0	120	0.5	0	1
Cereal, Rice Chex	70	0	170	0	0	1
Cereal, Rice Krispies	69	0	99	0.17	0.04	1.21

Cereal, Wheaties	80	0	160	0.5	0	2
Cheese, string	80	15	190	5	3	7
Cheeseburger (elem)	401	73	873	21.56	9.54	23.53
Cherries, dried	136	0	1	0	0	1
Chicken Burger	343	47	821	13	2.5	21
Chicken Nuggets	220	25	500	13	3	11
Chicken, baked	239	79	366	18.89	4.78	16.26
Chicken, Roasted (Salt&Pepper)	593	200	538	36.66	9.72	56.03
Chili, Texas	416	86	913	16.92	8.09	38.07
Coleslaw	34	2	58	1.97	0.34	0.58
Condiments, elem (basic)	41	3	150	2.99	0.45	0.11
Corn, Whole Kernal	66	0	4	0.6	0	2
Corndog, whole grain	270	40	780	14	3.5	10
Crackers, Jungle	110	0	85	3.5	0	2
Craisins	100	0	0	0	0	0
Cucumber, slices	7	0	1	0.1	0.01	0.35
Egg Roll, Turkey & Vegetable	250	110	680	9	2.5	15
Egg, hard cooked	80	210	70	5.5	1.75	6.5
Eggs, scrambled	85	238	79	5.67	1.7	7.37
Enchilada Bake	247	52	772	12.63	5.21	18.11
Enchiladas, chs w/salsa verde	411	69	842	21.43	12.39	22.78
Fish & Chips	340	55	610	13.5	2	18
Fish Nuggets	250	55	320	13	2	16
Fish Sandwich	360	15	640	13	0.5	18
Fish, pollack wedge	220	10	400	7	1	14
French Toast Sticks	310	0	410	13	3	6
Fries, Sweet Potato	85	0	96	3.73	0.53	0.53
Gardenburger	270	0	590	5.5	0.5	20
Garlic Toast	91	0	168	3	0.58	3.39
Garlic Toast	45	0	75	2.5	0.5	1
Graham Crackers	90	0	95	2.5	0	2
Grahams, Goldfish (giant)	120	0	110	4	1	1
Grahams, Goldfish (wh grain)	100	0	170	3.5	1	3
Grahams, Scooby	120	0	115	4	0.5	2
Grapes, fresh	90	0	0	1	0	1
Gravy, brown (RS)	30	0	140	1	0.5	1
Gravy, Chicken (RS)	25	0	140	0.5	0	0
Green Beans, canned	25	0	270	0	0	0
Grilled Cheese Sandwich	480	72	820	25.45	13.24	22
Hamburger (elem)	350	60	650	17	6.5	21
Hoagie - Italian	374	42	1026	13.01	5.21	25.11
Hoagie, roast beef	469	42	1245	14.09	5.59	29.43
Hot pocket, bkfs (tky,egg&chs)	130	55	220	5	2	7
Hummus (house-made)	549	0	761	28.73	3.28	17.39
Lasagna	282	62	674	14.21	7.17	22.04
Lettuce, romaine	4	0	2	0.07	0.01	0.29
Macaroni & Cheese	442	53	997	17.9	10.6	24.33

Macaroni & Cheese w/Smokies	559	74	1401	28.46	14.12	28.44
Mandarin Oranges	71	0	7	0.16	0.01	0.61
Mashed Potatoes	74	0	343	1.1	0.1	1.4
Milk - combined	120	4	180	0.65	0.39	8
Milk, chocolate (RS)	130	0	210	0	0	8
Milk, non-fat	80	4	110	0	0	8
Morning mix up	190	0	125	5	0.5	4
Muffin, apple cinnamon	170	30	160	5	1	3
Muffin, banana (breakfast)	170	30	180	5	1	3
Muffin, blueberry (bkfst)	160	30	190	5	1	3
Nachos - elem	574	28	1347	29.44	8.29	18.25
Orange Wedges	21	0	0	0.05	0	0.42
Pancake on a Stick (elem)	180	20	450	8	2.5	8
Pancakes, mini	160	0	400	2	0	4
Penne Pasta w/Meat Sauce	272	38	336	10.5	4.74	17.78
Pie, Sweet Potato	209	23	74	10.12	4.46	2.92
Pineapple, fresh	37	0	1	0.09	0.01	0.42
Pizza, Cheese (BigDaddy'sH)	390	25	640	13	5	23
Pizza, Pepperoni (BigDaddy'sH)	390	25	730	14	5	23
Pizza, Smart - Cheese - 4x6	300	15	660	11	3.5	15
Pizza, Smart Pepperoni-4x6	320	20	750	13	4.5	16
Potatoes, roasted (fresh)	118	0	5	6.88	1.17	1.52
Pretzel, cheese filled	180	10	170	3	1.5	6
Pretzels (Heartzels)	120	0	200	1.5	0	2
Quesadilla, chicken & cheese	266	39	420	11.08	6.59	18.36
Refried beans	118	10	376	1.58	0.6	6.93
Rice, Asian Fried	122	38	238	2.34	0.36	3.66
Rice, brown only	185	0	145	1.74	0	4.63
Roasted Fresh Vegetables	65	0	25	2.33	0.02	1.07
Roasted potatoes & vegetables	110	0	174	3.15	0.52	2.63
Roll, cinnamon (wh grain)	200	15	300	5	1.5	5
Roll, dinner-100% whole wheat	110	0	250	1.5	0	5
Salad bar	227	0	178	1.29	0.01	3.84
Salad, Caesar (elem)	59	3	131	4.75	0.8	1.19
Salad, Chef	449	274	780	19.41	7.5	32.89
Salad, Moroccan Carrot	66	0	70	4.42	0.74	0.2
Salad, Spinach	267	0	681	14.28	1.54	5.77
Salad, Taco	287	50	868	20.03	6.1	13.63
Salad, Wild Cherry Broccoli	63	2	80	3.53	0.55	1
Salsa, corn & bean	106	0	651	0.39	0	4.22
Sandwich, egg salad	301	144	581	9.09	1.53	12.44
Sandwich, roast beef	361	42	1177	12.51	5.01	20.48
Sandwich, roast turkey	332	33	1048	8.59	3.04	22.75
Sandwich, tuna salad	292	13	668	5.68	0.43	17.88
Sandwich, turkey ham	342	48	1133	10.57	4.04	21.6
Seeds, sunflower (honey rst)	160	0	85	12	1.5	6
Soft taco	249	14	718	9.37	4.77	16.53

Soft taco - condiments (elem)	50	6	326	0.61	0.36	2.31
Soup, turkey (homemade)	62	10	323	0.69	0.03	7.57
Spaghetti Sauce w Meat	227	58	663	11.19	3.82	18.11
Spaghetti w/Meat Balls	287	48	898	7.38	2.13	22.92
Spaghetti w/Meat Sauce	384	38	556	11.56	4.74	24.82
Spinach	4	0	12	0.06	0.01	0.43
Squash, roasted delicata	51	0	92	1.46	0.25	0.77
Stuffed shells	259	44	748	7.14	4.42	19.87
Teriyaki Chicken	145	63	526	4.97	1.19	13.48
Turkey & Gravy	140	30	460	6	2	14
Turkey, roast	184	52	75	9.2	2.3	20.7
Turnover, cherry	301	0	334	9	2.5	3.3
Uncrustable (PB&J)	310	0	350	15	3.5	11
Waffle sides	71	0	2	1.38	1.33	0
Waffle, Belgian	170	25	400	5	1.5	4
White Bean Dip	596	0	82	27.55	3.23	24.83
White Bean Dip & Pita Bread	411	0	261	14.64	1.63	15.95
Yogurt (4 oz)	120	8	70	2	1.25	4.5

Carbohydrates g	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg
4.19	0.53	0.7	1.69	0	0.58
49	2	2.7	80	0	0
19	1	1.44	200	100	0
29	1	1.44	10	0	0
29	1	1.44	10	0	0
29	1	1.44	10	0	0
29	1	1.44	10	0	0
35	4	1.08	100	0	0
28	3	1.44	100	200	0
33	4	1.08	100	0	1.2
41.25	6.2	3.06	165.29	868	15
48.31	3.45	1.98	30	50	0
37	2	1.8	20	100	1.2
29	2	1.08	0	0	0
24	3	1.08	100	400	0
24	3	1.08	100	400	0
36	2	1.44	200	0	0
43.83	7.41	4.22	140.12	191	1.15
13.57	2.65	0.81	19	15	2.3
9	2.5	0.9	30	0	0
13.88	1.56	3.61	39.66	1939	10.94
21	3	1.08	20	0	0
27	3	1.8	150	300	0
44	6	0	0	0	0
31.43	4	2.86	215	546	0
1.46	0.57	0.16	10.34	137	19.62
29	4	1.44	80	0	0
28.73	1.38	1.92	81.28	282	2.87
27	1	1.8	65	247	7
40	9	2.7	200	400	3.6
41	1	1.8	60	0	0
4.67	1.02	0.5	18.14	7819	4.76
1.33	0.63	0.11	5.5	3	11.6
14	2	5.4	60	300	3.6
20	1	3.6	80	400	12
20	1	3.6	80	400	12
22	2	4.5	100	500	6
22	2	4.5	100	500	6
24.36	1.11	3.99	88.57	443	5.31
24.36	1.11	3.99	88.57	443	5.31
23	1	3.6	80	400	4.8
25	1	4.5	350	500	6
14	2	4.5	80	300	3.6
16	0	5.4	60	300	3.6
15.1	0.14	6.1	1.24	677	8.33

19	2	7.2	0	400	4.8
0	0	0	200	200	0
30.51	4	3.24	155.94	152	0
32	1	0.5	18	2380	0
42	5	3.44	118	148	1
14	2	1.44	80	0	0
0.17	0.07	1.01	10.73	131	2.22
0.15	0.06	3.27	33.25	521	0.05
19.86	5.23	4.6	142.85	574	2.5
3.76	1.13	0.21	18.14	44	16.6
4.08	0	0.06	1	16	0
16	2	0.2	0	100	2
27	5	1.44	80	0	0
18	1	0.72	100	0	0
23.33	1.11	0	0	0	0
1.29	0.42	0.13	8.33	43	1.9
27	3	3.6	60	500	4.8
0.5	0	0.55	20	250	0
0.57	0	1.02	34.02	283	0
13.44	1.83	2.1	158.36	1235	1.45
30.97	4.32	2.22	642.54	785	1.09
37	3	1.44	0	100	9
17	1	0.72	0	100	0
45	4	2.16	80	0	0
24	2	2.7	0	0	0
43	2	1.8	60	0	0
13.33	2.13	0.19	10.67	2667	5.12
36	8	1.44	80	0	0
14.24	2.37	0.91	33.58	83	0.06
5	0	0.36	0	0	0
16	2	0.72	0	0	0
19	0	0.72	0	0	0
14	1	0.36	20	0	0
20	0	0.72	100	0	0
24	1	0.36	20	100	15
4	0	0	0	0	0
5	0	0	0	0	0
5	1	0.36	0	200	0
44	6	2.54	448	730	0
30	4	3.24	80	0	0
43.42	7	3.25	312	181	1.62
66.66	16.36	6.96	316.34	4067	21.84
15	1	1.08	80	100	0
57.83	13.13	4.07	111.62	57	13.09
15.43	1.67	2.54	283.88	788	5.22
0.77	0.49	0.23	7.76	1365	5.64
45.42	4.03	2.72	550.31	0	0.02

46.6	4.03	2.93	550.31	0	0.02
18.21	1.36	0.42	9.07	1467	22.23
14.6	1.2	0.18	10	0	3.6
20.1	0	0.25	285	500	1.2
24	0	0.36	300	500	1.2
11	0	0	250	500	1.2
32	3	1.8	20	0	0
27	1	5.4	40	1250	15
28	0	5.4	40	1250	15
27	1	4.5	40	1250	15
57.57	3.13	3.19	211.99	1177	52.76
5.29	1.08	0.04	18	101	23.94
18	0	1.8	20	0	0
30	2	2.88	40	2000	0
25.73	1.45	1.5	190.26	2719	30.77
28.41	1.37	0.18	13.79	4032	1.72
9.79	1.09	0.22	10.08	43	28.06
44	3	3.6	300	500	0
43	3	3.6	300	500	0
37	2	1.8	300	300	0
36	2	2.7	250	300	0
13.1	1.65	0.59	9	2	14.78
34	1	1.8	40	200	0
23	2	1.08	60	0	0
22.09	3	3.07	291	167	0
19.58	6.61	2.1	44.05	0	7.61
20.52	0.79	0.27	8.68	926	0.89
40.53	1.16	0.85	2.39	0	0
10.34	1.54	0.58	16.76	3910	10.73
17.52	3.23	1.14	33.18	4825	58.65
35	4	1.8	20	100	0
22	3	1.08	40	0	0
53.7	4.86	1.64	37.33	1120	20.6
3.38	1.07	0.61	18.34	3035	12.29
34.26	5.36	3.82	295.49	3099	40.15
6.83	0.71	0.36	13.21	3911	3.42
33.43	1.32	3.08	59.4	5626	16.86
9.88	2.84	2	178.25	987	9.57
6.92	0.71	0.95	11.34	125	14.11
20.36	5.6	1.6	111.26	411	3.93
44.46	6.06	2.58	53.75	213	0.05
43.69	6.13	3.29	117.92	500	1.44
42.7	6.13	3.68	117.92	500	1.44
44.31	6.16	2.81	46.91	93	0.25
42.7	6.13	2.82	127.92	519	4.69
8	1.5	10	0	0	0
26.76	6.27	4.99	142	454	2.61

7.86	2.09	0.69	75.85	534	2.49
7.3	1.45	1.49	28.06	2836	21.15
12.62	1.2	3.03	25.03	1595	13.32
31.88	3.97	3.37	52.49	47	2.83
44.54	5.03	4.15	200	207	3.08
0.54	0.33	0.41	14.85	1407	4.22
10.02	2.97	0.66	29.88	927	7.39
25.9	1.96	1.92	381.4	1007	3.89
10.59	0	0.86	0	0	0
5	0	0.36	0	100	0
3.45	0	3.11	0	0	0
53.6	3.2	1.8	20	200	1.2
34	3	1.44	40	0	0
15.83	1	0.3	6	6	23
26	1	1.08	20	0	0
65.61	27.04	6.36	196.81	3	6.65
53.92	16.34	4.42	161.18	7887	8.96
20.5	0	0	150	150	1.2