

Nutritional Value of Foods

Bread/Grains/Pasta	Serving	Calories	Cholesterol Mg	Sodium Mg	Fiber grams	Iron Mg	Calcium Mg	Vita-A IU	Vita-C Mg	Protein grams	Carbohydrate grams	Total Fat grams	Sat. Fat grams	Trans Fat grams
Bagel	each	180	0	370	2	2.7	0	0	0	6	35	1.5	0	0
Biscuit, Whole Grain	each	190	0	650	2	1.1	40	0	0	4	24	8	5	0
Bread, Rye Slice,	slice	61	0	133	1.02	0.7	40.8	0	0	3.06	11.23	1.02	0	0
Bread, Italian	slice	80	0	200	1	0.7	20	0	0	3	15	1	0	0
Bread, White,	2 slices	130	0	320	1	1.4	40	0	0	5	23	2	0	0
Bread, Whole Wheat,	slice	60	0	125	1.5	0.5	20	0	0	3	11	0.75	0	0
Breadstick, Whole Grain	each	120	0	230	1	1.4	60	0	0	5	24	0.5	0	0
Muffin, Blueberry	each	170	35	160	2	0.7	20	0	0	3	23	8	1.5	0
Muffin, Banana	each	170	10	200	0	1.1	20	0	0	2	30	5	1	0
Muffins, Apple Cinnamon	each	170	40	180	2	1.1	40	0	0	3	23	8	1.5	0
Noodles, Buttered	1 cup	255	62	24	1.5	1.9	25.5	368	0	6.48	32.5	11.05	6.15	0
Noodles, Lo Mein	2/3 cup	202	0	325	4.69	1.5	13.6	661	12.71	6.18	31.53	7.44	0.95	0
Pancake, Whole Grain	each	77	13	160	1	0.4	20	165	0	2.33	12.67	2	0.33	0
Pasta & Marinara (Penne/Rotini)	1/2 cup	117	0	68	0.84	1.3	15.8	223	2.58	3.67	22.91	0.96	0.1	0
Pasta, Whole Grain	1/2 cup	107	0	0	3.2	0.8	0	0	0	3.73	21.87	0.8	0	0
Pasta Salad, Reg. Ranch	1/2 cup	166	6	192	1.28	1	25.9	1344	3.35	3.55	24.84	5.95	0.61	0
Pasta Salad, Wheat Ranch	1/2 cup	152	6	192	3.2	1	21.1	1320	3.06	3.55	24.36	5.95	0.61	0
Rice Pilaf	1/2 cup	142	7	205	0.52	1.2	10.5	589	0.64	3.44	23.88	2.75	0.24	0
Rice w/ Cheesesauce	1/2 cup	151	3	90	0.62	1.3	44.6	44	0	3.2	30.24	1.37	0.71	0
Rice, Fried	1/2 cup	101	0	187	1.04	1.1	8.7	1660	2.43	2.62	19.43	1.3	0.2	0
Roll, Dinner	each	80	0	170	0	0.7	20	0	0	2	15	1	0	0
Roll, Dinner, Whole Grain	each	140	0	180	5	0.7	0	0	4.8	6	24	2.5	0.5	0
Roll, Hamburger	each	110	0	220	1	1.1	20	0	0	4	22	1.5	0	0
Roll, Steak	each	160	0	300	0	1.8	0	0	0	5	32	1	0	0
Rolls, Hamburger, Whole Grain	each	120	0	220	2	1.4	20	0	0	4	21	1.5	0	0
Rolls, Hot Dog	each	110	0	220	1	1.1	20	0	0	4	22	1.5	0	0
Stuffing, Cornbread	1/4 cup	92	0	343	1.75	0.8	13.7	169	0.71	1.79	12.29	4.97	0.62	0
Stuffing, Cornbread w/ spinach	1/3 cup	150	0	556	3.08	1.5	33.5	1182	1.3	3.17	20.03	8.02	1	0
Taco shells, hard	serving	149	0	0	1	0	0	0	0	1	18.93	6.98	0.5	0
Tortilla, soft flour	2 shells	132	0	67	2.6	2.3	87.5	0	0	3.36	23.94	2.52	0.16	0
Tortilla, Whole Grain	each	120	0	340	3	1	100	0	0	4	20	2.5	0.5	0
Tortilla Shell, 12"	each	207	0	106	4.09	3.6	137.5	0	0	5.28	37.62	3.96	0.25	0

Vegetables/Soups/Gravy	Serving	Calories	Cholesterol Mg	Sodium Mg	Fiber grams	Iron Mg	Calcium Mg	Vita-A IU	Vita-C Mg	Protein grams	Carbohydrate grams	Total Fat grams	Sat. Fat grams	Trans Fat grams
Beans, Baked & BBQ	1/4 cup	68	0	258	2.68	0.8	22.8	117	0.04	3.1	15.33	0.24	0.05	0
Beans, Black	1/4 cup	60	0	230	3.19	0.9	28.1	85	1.72	3.19	12.81	0.38	0.1	0
Beans, Chick Peas	1/4 cup	60	0	231	4.15	0.6	14.8	11	1.75	2.77	10.15	0.92	0.23	0
Beans, Kidney	1/4 cup	83	0	1	4.81	1.9	18.2	0	0.78	5.64	14.82	0.33	0.05	0
Beans, Lima	1/4 cup	40	0	155	2.21	0.9	6.9	0	0	2.25	7.96	0.05	0	0

Nutritional Value of Foods

Vegetables/Soups/Gravy continued	Serving	Calories	Cholesterol Mg	Sodium Mg	Fiber grams	Iron Mg	Calcium Mg	Vita-A IU	Vita-C Mg	Protein grams	Carbohydrate grams	Total Fat grams	Sat. Fat grams	Trans Fat grams
Broccoli, Fresh	1/4 cup	8	0	8	0.59	0.2	10.7	142	20.29	0.64	1.51	0.08	0.01	0
Broccoli, Frozen Steamed	1/4 cup	13	0	5	1.38	0.3	15.2	465	18.45	1.43	2.46	0.06	0.01	0
Broccoli Salad	1/4 cup	57	5	125	0.41	0.1	17.7	106	14.16	0.76	3.32	4.75	0.78	0
California Blend	1/4 cup	8	0	5	0.66	0.1	6.6	412	6.92	0.66	0.99	0	0	0
Carrots, Frozen Steamed	1/4 cup	14	0	22	1.2	0.2	12.8	6179	0.84	0.21	2.82	0.25	0.04	0
Carrots Sticks	1/4 cup	2	0	3	0.12	0	1.5	739	0.26	0.04	0.42	0.01	0	0
Carrot, Orange Glazed	1/4 cup	42	0	140	0.78	0.4	16.8	5479	6.78	0.42	7.15	1.48	0.34	0
Cauliflower, Fresh	1/4 cup	6	0	8	0.5	0.1	5.5	0	12.05	0.48	1.24	0.07	0.02	0
Celery Sticks	1/4 cup	13	0	66	1.32	0.2	33	370	2.56	0.57	2.45	0.14	0.03	0
Celery/Carrot Sticks	1/4 cup	12	0	31	0.91	0.1	15.1	3559	1.86	0.33	2.59	0.08	0.02	0
Coleslaw	1/4 cup	108	10	233	1.14	0.2	17.8	1362	16.29	0.58	7.38	9.01	1.29	0
Corn, canned	1/4 cup	33	0	122	0.78	0.3	2.1	18	0.29	1.08	7.71	0.38	0.07	0
Corn, Yellow Frozen	1/4 cup	33	0	0	0.98	0.2	1.2	82	1.44	1.05	7.91	0.27	0.04	0
Cucumber, w/ peel	1/4 cup	14	0	2	0.62	0.3	14.6	47	4.89	0.52	3.02	0.1	0.03	0
Fajita Mix	1/4 cup	14	0	1	0.86	0.2	5.3	597	35.32	0.46	3.15	0.1	0.01	0
Green Beans, Teriyaki	1/4 cup	51	0	175	1.65	0.8	47.3	251	1.87	1.67	7.62	1.98	0.3	0
Green Beans, Canned, Steamed	1/4 cup	7	0	85	0.64	0.3	8.8	118	1.45	0.41	1.52	0.03	0.01	0
Green Beans, Frozen, Steamed	1/4 cup	9	0	0	1.01	0.2	14.2	188	1.38	0.5	2.18	0.06	0.01	0
Hummus	ounce	36	0	97	1.76	0.3	6.5	5	2.42	1.18	4.58	1.48	0.26	0
Mixed Vegetables, Frozen, Steamed	1/4 cup	30	0	16	2	0.4	11.4	1946	1.46	1.3	5.96	0.07	0.01	0
Mushrooms, Fresh	1/4 cup	5	0	1	0.25	0.1	0.7	0	0.51	0.76	0.8	0.08	0.01	0
Onion, Fresh	ounce	11	0	1	0.48	0.1	6.5	1	2.1	0.31	2.65	0.03	0.01	0
Oriental Blend Vegetables	serving	25	0	5	2.96	0.9	19.8	395	8.89	1.98	3.95	0	0	0
Romaine Lettuce	1/4 cup	4	0	2	0.45	0.2	7.1	1881	5.18	0.27	0.71	0.06	0.01	0
Peas, Frozen, Steamed	1/4 cup	31	0	29	2.2	0.6	9.6	840	3.96	2.06	5.7	0.11	0.02	0
Peas & Carrots, Frozen, Steamed	1/4 cup	19	0	27	1.24	0.4	9.2	3806	3.24	1.24	4.05	0.17	0.03	0
Peppers, Green, Fresh	1/4 cup	12	0	1	0.82	0.2	4.1	287	40.51	0.4	2.92	0.09	0.01	0
Peppers, Red, Fresh	1/4 cup	12	0	1	0.78	0.2	2.6	1166	47.57	0.37	2.25	0.11	0.01	0
Peppers, Red & Green	1/4 cup	8	0	1	0.59	0.1	2.7	548	32.55	0.29	1.67	0.07	0.01	0
Potato, Baked w/ skin	each	188	0	20	4.44	2.2	30.3	20	19.39	5.05	42.72	0.26	0.08	0
Potato, Hash Brown	each	100	0	280	1	0.4	0	0	2.4	1	15	3.5	0	0
Potato, Mashed	1/2 cup	67	0	200	1	0	0	0	1.2	1	10	0.75	0	0
Potato, Redskin Halves	1/2 cup	100	0	180	2	0.7	0	0	6	2	19	2	0	0
Potato, Seasoned, Diced Roasted	1/2 cup	140	0	160	2	0.7	0	0	4.8	2	25	3.5	0.5	0
Potato, Rounds	1/2 cup	141	0	283	1.68	0.4	7.1	10	4.06	1.4	15.86	8	2.24	0
Potato, Wedges,	1/2 cup	90	0	30	2	0.7	0	0	3.6	2	15	2.5	0	0
Potato, Smiles	each	130	0	180	2	0.4	0	0	2.4	2	20	4.5	0.5	0
Potato, Oven Baked, Straight Cut	1/2 cup	119	0	149	0.99	0.4	0	0	3.57	1.98	19.84	3.47	0.5	0
Lettuce, Iceberg, Fresh	1/4 cup	2	0	1	0.19	0.1	2.6	45	0.54	0.14	0.29	0.03	0	0
Salad Mix	1 cup	16	0	15	1.32	0.4	19.8	1816	5.68	0.89	3.59	0.14	0.02	0

Nutritional Value of Foods

Vegetables/Soups/Gravy continued	Serving	Calories	Cholesterol Mg	Sodium Mg	Fiber grams	Iron Mg	Calcium Mg	Vita-A IU	Vita-C Mg	Protein grams	Carbohydrate grams	Total Fat grams	Sat. Fat grams	Trans Fat grams
Slaw, Asian	1/4 cup	74	0	94	0.71	0.2	9.7	787	10.27	0.67	8.75	4.42	0.67	0
Radished, Fresh	1/4 cup	6	0	15	0.6	0.1	9.4	3	5.59	0.26	1.29	0.04	0.01	0
Mesculin	1/2 cup	8	0	16	0.69	0.7	36.9	2322	7.51	0.88	1.27	0.16	0.02	0
Sweet Potato, Oven Baked, Cut	1/2 cup	140	0	210	2.33	0.4	23.3	5837	11.21	0	25.68	3.5	0.58	0
Sweet Potato, Baked	each	103	0	41	3.76	0.8	43.3	21908	22.34	2.29	23.61	0.17	0.04	0
Sweet Potato, Canned, Baked	1/4 cup	95	0	42	2.36	0.8	17.5	6987	9.74	0.92	22.75	0.19	0.04	0
Sauerkraut, canned	1/4 cup	7	0	235	1.03	0.5	10.7	6	5.22	0.32	1.52	0.05	0.01	0
Spinach, Fresh	1/4 cup	4	0	14	0.4	0.5	18	1701	5.1	0.52	0.66	0.07	0.01	0
Spinach, Frozen, Steamed	1/4 cup	16	0	46	1.76	0.9	72.7	5729	1.05	1.9	2.28	0.41	0.07	0
Spinach ,Creamed	1/3 cup	29	0	140	1.05	0.6	55.8	3430	0.67	1.6	3.36	1.18	0.37	0
Succotash	1/4 cup	41	0	7	1.73	0.5	6.8	77	2.6	2.06	8.57	0.23	0.04	0
Tomato, Fresh	1/2 each	13	0	6	0.68	0.3	3.1	383	11.75	0.52	2.85	0.2	0.03	0
Tomato, Stewed	1/4 cup	24	0	139	0.63	0.8	21	121	4.84	0.62	5.28	0.29	0.04	0
Three Bean Salad	1/4 cup	62	0	30	1.92	0.6	16.8	188	5.96	1.78	7.58	3.06	0.45	0
Veggies w/ dip	1/4 cup	39	4	170	0.81	0.2	41.6	2966	10.67	1.36	5	1.69	0.46	0
Zuchini, Squash, Steamed	1/4 cup	9	0	2	0.6	0.2	10.8	670	7.74	0.68	1.61	0.22	0.04	0
Zuchini, Squash, Fresh	1/4 cup	5	0	1	0.36	0.1	4.9	65	5.51	0.39	1.09	0.06	0.01	0
Gravy, Chicken, Low Sodium	ounce	20	2	65	0	0	0	0	0	0.5	3	0.75	0	0
Gravy, Beef, Low Sodium	ounce	12	0	70	0	0	0	0	0	0.5	2.5	0.25	0	0
Soup, Cream of Potato	1/2 cup	112	18	236	0.85	0.3	20.5	147	5.67	2.9	11.46	5.44	2.35	0
Soup, Corn Chowder	1/2 cup	86	12	79	1.07	0.4	19.3	198	3.24	2.02	10.27	4.35	2.37	0
Soup, Cream of Broccoli	1/2 cup	64	12	85	1.53	0.4	42.8	615	25.98	2.21	4.65	4.29	2.36	0
Soup, Cream of Broccoli, Cheese	1/2 cup	90	17	151	1.53	0.4	125	672	25.98	4.68	4.83	5.95	3.41	0
Soup, Cream of Vegetable	1/2 cup	82	12	95	1.99	0.5	28.7	2449	5.11	2.45	8.59	4.39	2.38	0
Sous, Cream Vegetable, Cheese	1/2 cup	107	17	161	1.99	0.5	110.9	2506	5.11	4.92	8.77	6.05	3.43	0
Soup, Tomato, Campbell's	1/2 cup	90	0	710	1	0.7	0	400	6	2	20	0	0	0
Soup, Vegetable	1/2 cup	29	0	184	0.9	0.5	14.5	953	6.64	1.61	5.76	0.31	0.06	0

Dairy	Serving	Calories	Cholesterol Mg	Sodium Mg	Fiber grams	Iron Mg	Calcium Mg	Vita-A IU	Vita-C Mg	Protein grams	Carbohydrate grams	Total Fat grams	Sat. Fat grams	Trans Fat grams
Cheese, Low Fat Pasterized	1/2 ounce	54	14	214	0	0	79	138	0	3.18	0.23	4.49	2.82	0
Cheese, Mozzarella	ounce	79	15	150	0	0.1	207.2	178	0	7.8	0.89	4.85	3.09	0
Cheese, Parmesan, Grated	ounce	129	22	528	0	0.3	390.1	199	0	11.79	1.05	8.5	5.41	0
Cheese, Cheddar, Reduced Fat	ounce	80	16	206	0	0	257	179	0	7.71	0.57	5.19	3.29	0
Cheese Sauce, Canned	1/2 ounce	50	9	274	0	0	68.6	137	0	2.29	1.83	3.66	2.06	0
Cheese, Cream	ounce	97	31	91	0	0.1	27.8	381	0	1.68	1.15	9.71	5.47	0
Cream Cheese & Yogurt, Spread	each	60	15	90	0	0	80	200	0	5	3	3.5	2	0
Milk, Fat Free, Chocolate	8 fl.oz.	120	5	200	0	0.4	300	500	2.4	8	22	0	0	0
Milk, Fat Free, Strawberry	8 fl.oz.	120	5	115	0	0	300	500	2.4	8	22	0	0	0
Milk, Lowfat 1%	8 fl.oz.	100	10	120	0.05	0.6	300	500	2.4	8	11	2.5	1.5	0

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Dairy, continued	Serving	Calories	Cholesterol Mg	Sodium Mg	Fiber grams	Iron Mg	Calcium Mg	Vita-A IU	Vita-C Mg	Protein grams	Carbohydrate grams	Total Fat grams	Sat. Fat grams	Trans Fat grams
Milk, Skim	8 fl.oz.	80	5	120	0.05	0.4	300	500	2.4	8	11	0	0	0
Yogurt, Swiss Style	4 ounce	90	0	75	0	0	300	0	0	3	19	0	0	0
Yogurt, Swiss Style	8 ounce	212	10	106	0	0.4	201.6	101	6.05	7.06	41.33	2.52	1.51	0

Fruits	Serving	Calories	Cholesterol Mg	Sodium Mg	Fiber grams	Iron Mg	Calcium Mg	Vita-A IU	Vita-C Mg	Protein grams	Carbohydrate grams	Total Fat grams	Sat. Fat grams	Trans Fat grams
Apples, Fresh	each	72	0	1	3.31	0.2	8.3	75	6.35	0.36	19.06	0.23	0.04	0
Apples, Slices, Canned	1/4 cup	27	0	1	1.21	0.1	2.5	22	0.1	0.15	6.86	0.2	0.03	0
Apple Juice, Unsweetened	4 fl.oz.	57	0	5	0.25	0.2	9.9	1	47.74	0.12	14.01	0.16	0.03	0
Applesauce	1/4 cup	26	0	1	0.67	0.1	2.4	18	12.93	0.1	6.87	0.06	0	0
Apricots, Canned	1/4 cup	40	0	3	1.01	0.3	7	836	1.71	0.34	10.43	0.03	0	0
Bananas	each	90	0	1	2.63	0.3	5.1	65	8.79	1.1	23.07	0.33	0.11	0
Blueberries, Fresh	1/4 cup	21	0	0	0.89	0.1	2.2	20	3.59	0.27	5.36	0.12	0.01	0
Cherries, Frozen	1/4 cup	57	0	2	0.82	0.3	10.1	530	1.27	0.89	14.55	0.06	0.01	0
Cranberry Sauce, Canned	1/4 cup	105	0	20	0.69	0.2	2.8	29	1.39	0.14	26.94	0.1	0.01	0
Fruit Cocktail Canned	1/4 cup	34	0	4	0.61	0.2	3.6	124	1.15	0.24	9.03	0.04	0.01	0
Grapes, Fresh	1/4 cup	15	0	0	0.21	0.1	3.2	23	0.92	0.14	3.94	0.08	0.03	0
Canalope, Fresh	1/2 cup	54	0	26	1.44	0.3	14.4	5411	58.72	1.34	13.06	0.3	0.08	0
Honeydew, Fresh	1/2 cup	32	0	16	0.71	0.2	5.3	44	15.93	0.48	8.04	0.12	0.03	0
Ornages	each	45	0	0	2.3	0.1	38.4	216	51.07	0.9	11.28	0.12	0.02	0
Pears, Fresh	each	96	0	2	5.15	0.3	14.9	38	6.97	0.63	25.66	0.2	0.02	0
Pears, Canned	1/4 cup	36	0	3	1	0.2	3.1	0	0.44	0.12	9.52	0.02	0	0
Peaches Fresh	each	34	0	0	1.3	0.2	5.2	284	5.74	0.79	8.3	0.22	0.02	0
Peaches, Canned	1/4 cup	34	0	3	0.82	0.2	1.9	222	1.51	0.28	9.13	0.02	0	0
Peaches, 4.4oz, Single Serve U	each	118	0	8	2.2	0.5	4	710	117.8	0.79	29.98	0.16	0.01	0
Pineapple, Canned	1/4 cup	33	0	1	0.5	0.3	8.8	24	4.72	0.23	8.47	0.08	0.01	0
Raisins	1/4 cup	108	0	4	1.34	0.7	18.1	0	0.83	1.11	28.7	0.17	0.02	0
Strawberries, Fresh	1/4 cup	12	0	0	0.72	0.2	5.8	4	21.17	0.24	2.76	0.11	0.01	0
Strawberries, 4.5 oz, Single s	each	122	0	4	2.39	0.8	14	31	52.62	0.68	32.94	0.17	0.01	0
Watermelon, Fresh	1/4 cup	12	0	0	0.16	0.1	2.8	228	3.24	0.24	3.02	0.06	0.01	0

Entrees	Serving	Calories	Cholesterol Mg	Sodium Mg	Fiber grams	Iron Mg	Calcium Mg	Vita-A IU	Vita-C Mg	Protein grams	Carbohydrate grams	Total Fat grams	Sat. Fat grams	Trans Fat grams
Baked Potato Bar w/ roll	serving	514	52	493	11.41	4.8	315.7	1064	29.55	30.73	65.92	15.18	6.66	0
Beef Patty, 3 oz.	each	168	26	45	1	2.5	27	61	0	10.64	5.37	11.52	4.25	0
Beef Patty, 2.6	each	218	52	39	0	1.3	0	0	0	12.82	0	18.43	7.49	0
Beef Noodle Bowl	1 cup	243	56	368	1.33	1.6	138.3	179	1.72	18.48	18.67	11.04	4.62	0
Burger Wraps w/ cheese	each	341	34	213	3.92	4.9	242.2	222	0.88	17.93	30.06	16.57	5.99	0
Burrito, Beef & Bean	each	370	20	700	7	3.6	100	500	2.4	13	45	15	6	0
Chicken Alfredo w/broccoli	1 cup	348	56	278	5.34	2.3	183.7	462	10.89	27.51	38.93	10.78	2.6	0

Nutritional Value of Foods

Entrees, continued	Serving	Calories	Cholesterol Mg	Sodium Mg	Fiber grams	Iron Mg	Calcium Mg	Vita-A IU	Vita-C Mg	Protein grams	Carbohydrate grams	Total Fat grams	Sat. Fat grams	Trans Fat grams
Chicken Chili	1/2 cup	183	29	64	3.63	1.6	50.4	443	42.01	14.2	15.77	7.22	1.41	0
Chicken Filet, Signature	each	112	47	418	0	1	9	37	1	14	1	6	2	0
Chicken Hoagie	each	250	45	680	2	0	20	0	0	12	16	15	4	0
Chicken Parmesan	each	302	55	464	0	1.5	112.2	288	2.16	19.26	15.08	18.2	4.09	0
Chicken Patty	each	190	55	460	1	2	19	76	1	14	13	10	2	0
Chicken Patty, Spicy	each	182	52	540	0	1.7	20	46	1.2	14	11	10	2	0
Chicken Pot Pie	2/3 cup	236	58	389	2	1.4	41.9	1987	10.31	19.85	14.19	10.51	2.04	0
Chicken, Teriyaki	serving	178	48	464	0	0.6	8	52	0	18.22	11.92	5.74	1.24	0
Chicken Tenders, Regular	serving	188	52	442	1.01	2	18.2	73	1.01	14.14	11.11	10.1	3.03	0
Chicken Tenders, Signature	serving	250	69	590	1.35	2.7	24.2	97	1.35	18.85	14.81	13.47	4.04	0
Chicken Salad	1/2 cup	133	51	248	0.39	0.8	16.1	190	1.11	16.59	7.07	4.4	1.2	0
Chicken Salad Wrap, sign	each	301	54	733	3.67	2.2	131.8	599	2.26	21.44	26.3	11.6	2.17	0
Chicken, Baked Breaded	serving	364	119	385	0.4	1.8	28	94	0	34.78	12.59	18.48	4.93	0
Chicken, Cut-up 8 piece	serving	112	48	40	0	0.6	8	52	0	16.9	0	4.42	1.24	0
Chicken, Popcorn	serving	194	28	855	1	2	1	71	1	12	14	10	3	0
Chicken Wrap	serving	328	54	528	3.6	4.3	106.5	76	1	17.36	35.94	12.52	3.16	0
Chicken Wrap, BBQ	serving	345	54	603	3.61	4.3	107.9	185	1.08	17.37	39.12	12.76	3.2	0
Chicken Wrap, Signature	servings	390	71	675	3.92	5	112.6	100	1.32	21.82	39.76	15.71	4.12	0
Chicken Wrap, Spicy Buffalo	each	498	84	718	2.62	3.4	321.5	112	2.34	34.44	31.32	24.55	5.51	0
Chili Con Carne w/ Beans	1/2 cup	180	42	204	2.5	2.7	46	813	14.49	15.43	10.67	8.58	3.56	0
Chili, Vegetarian	1 cup	191	8	225	6.37	2.8	186.8	794	18.56	11.03	30.87	2.98	1.7	0
Salad Plate, Cobb	each	297	134	604	2.53	1.5	159.4	1530	25.21	19.82	34.34	17.62	3.54	0
Cold Cut Sub	each	198	76	1477	0.29	2.8	81.2	140	3.27	26.02	2.88	8.5	3.88	0
Egg Roll, Beef	each	312	55	612	2.02	4	30.4	645	3.23	19.8	23.3	15.3	5.51	0
Egg Salad	1/3 cup	103	212	177	0.91	1.4	41.8	306	1.14	6.71	7.32	5.44	1.67	0
Eggs, Pasteurized, Whole	1/4 cup	82	218	147	0	0.9	54	305	0.2	6.2	1.48	5.18	1.61	0
Egg, Hard Boiled	each	78	212	62	0	0.6	25	260	0	6.29	0.56	5.31	1.63	0
Enchilada, Spicy Turkey Cheese	serving	352	41	667	5.51	5.2	286.3	1989	15.24	24.79	39.75	11.75	3.78	0
Enchilada, Cheese	serving	371	43	646	3.88	3.2	787.6	1288	6.75	25.64	31.53	16.5	8.97	0
Fish Filet	each	214	61	357	0	0	0	0	0	14.28	18.36	9.18	1.53	0
Fish Shapes	serving	227	40	760	1.33	1	106.7	133	0	13.34	21.35	9.34	1.33	0
Fish Taco's, SSignature	each	459	54	629	4.66	4.1	398.3	251	0.91	23.99	52.42	17.22	4.6	0
Ham, Cooked, Boneless	2 1/2 our	69	31	713	0	0.5	6.2	25	0	10.98	0.73	2.4	1	0
Lasagna	serving	244	40	405	2	2.4	326.2	481	8.7	17.11	22.98	9.45	5.01	0
Lasagna, Vegetable	serving	269	107	676	2.85	2.2	239.1	1793	16.43	17.07	23.17	11.92	6.8	0
Macaroni & Cheese	2/3 cup	408	58	996	0.93	1.2	530.9	1105	0.94	21.99	29.91	22.19	12.08	0
Macaroni & Cheese, w/ Broccoli	2/3 cup	410	58	998	1.2	1.3	536	1199	6.05	22.25	30.35	22.22	12.08	0
Mashed Potato Bowl w/ Chicken	each	263	67	348	3.6	1.4	26.9	2479	3.31	24.05	20.66	7.11	1.54	0
Mashed Potato Bowl w/Beef	serving	269	50	399	1.88	1.3	135.1	169	4.33	18.24	20.37	11.36	4.63	0
Mashed Potato Bowl, Turkey	each	216	34	686	3.6	1.4	18.1	2439	3.31	15.72	22.47	4.98	1.14	0

Nutritional Value of Foods

Entrees, continued	Serving	Calories	Cholesterol Mg	Sodium Mg	Fiber grams	Iron Mg	Calcium Mg	Vita-A IU	Vita-C Mg	Protein grams	Carbohydrate grams	Total Fat grams	Sat. Fat grams	Trans Fat grams
Meatballs/Marinara	serving	172	87	601	0.53	2.1	69	355	2.63	10.99	5.97	11.51	3.59	0
Pasta Carbonara	1 cup	361	15	544	3.79	2.7	101.3	628	2.88	12.82	55.64	9.25	2.91	0
Pasta Primavera	1 cup	453	32	491	2.64	3.5	483.5	1010	8.34	25.46	57.89	12.44	6.67	0
Pasta w/ Meat sauce,Wheat	2/3 cup	311	58	206	3.72	3.6	46.6	349	9.53	20.97	31.17	12.28	4.22	0
Pasta w/ Meat sauce, Whole Grain	2/3 cup	322	58	198	3.68	3.2	47.4	709	9.91	21.06	31.22	12.45	4.22	0
Pizza, Cheese, Whole Wheat Crust	each	320	15	620	5	3.6	400	500	9	16	28	16	4.5	0
Pizza, Pepperoni, Whole Wheat	each	350	30	830	4	3.6	300	400	9	17	27	20	6	0
Pizza, Vegetable, Whole Wheat	each	300	30	510	3	2.7	450	500	12	22	28	11	6	0
Pizza, French Bread	each	303	18	551	1.84	2.5	275.6	689	5.51	6.43	34.91	10.11	0.46	0
Pizza, Stuffed Crust	each	380	15	940	4	5.4	350	500	0	18	46	15	4.5	0
Pizzaburger	1/3 cup	280	44	347	1.46	3.5	170.2	89	1.32	18.88	28.63	9.56	3.94	0
Quesadilla, Cheese	serving	377	32	513	3.9	3.6	645.3	358	0	20.46	37.05	16.34	7.13	0
Quesadilla, Steak & Cheese	each	413	56	215	5.6	3.3	225.1	222	1	33.31	25.23	20.18	8.84	0
Quesadilla, Vegetable & Cheese	serving	383	32	513	4.22	3.6	647.2	582	13.25	20.63	38.23	16.38	7.14	0
Chicken, BBQ Quesadilla, WWheat	each	272	45	597	3.02	1.6	208.6	326	0.16	19.99	26.78	8.54	2.95	0
Ribique	each	197	39	586	0.02	1.1	40.2	222	1.39	16.28	10.51	9.85	3.38	0
Sliders, Asian BBQ	2 each	395	64	698	4.16	3.8	233.2	205	0.56	24.91	40.83	15.12	5.66	0
Sloppy Joe	1/3 cup	185	44	189	0.74	1.7	18.4	645	3.78	13	13.02	8.61	3.37	0
Spaghetti Meat Sauce	2/3 cup	168	44	110	0.26	1.9	27	271	3.26	12.64	8.35	8.99	3.41	0
Steak & Cheese Wrap	each	498	58	255	7.21	4.7	275.3	227	1.04	36.27	38.95	22.22	9.22	0
Stir Fry, Chicken	1/2 cup	181	55	318	0.1	0.8	10.2	31	0.03	17.79	4.68	9.46	1.82	0
Stir Fry, Turkey	1/2 cup	162	35	586	0.1	1	3.7	0	0.03	13.73	6.19	8.54	1.75	0
Taco's, Reg	1/4 cup	132	37	748	0.61	1.6	14.6	631	5.78	10.87	6.47	6.69	2.55	0
Taco's, Sign	1/2 cup	264	73	1496	1.22	3.2	29.2	1261	11.55	21.74	12.94	13.38	5.1	0
Taco Rice Bowl	each	302	45	955	2.3	3.2	162.4	803	7.21	18.16	34.98	9.91	4.32	0
Toasted Cheese	each	369	55	1207	1	1.5	356.9	672	0.01	17.75	23.94	22.68	11.75	0
Toasted Cheese & Ham	each	306	45	1101	1.94	3.7	163.1	259	0.01	19.75	29.5	13.01	4.24	0
Toasted Cheese and Turkey	each	309	43	881	1.94	3	155.2	132	0	20.94	30.99	12.11	4.03	0
Toasted Cheese Club	each	535	75	1520	2.9	4	432	551	0	26.43	44.46	30.3	13.59	0
Tuna Melt	serving	285	19	616	4.29	1.6	362.2	268	0.6	17.05	26.4	13.5	4.71	0
Tuna Salad	each	92	17	452	0.4	1	15.3	174	1.09	14.97	7.67	0.53	0.14	0
Tuna Salad Wrap	each	305	17	560	4.94	4.7	167.4	614	4.71	20.84	46.35	4.59	0.41	0
Turkey Pot Pie, w/ Biscuit	serving	433	60	1108	4	5.8	71.8	1668	2.18	20.3	36.66	21.53	9	0
Turkey Roast, Cooked, Boneless	2 ounce	88	30	386	0	0.9	2	0	0	12.08	1.74	3.28	1.08	0
Turkey Salad	1/2 cup	113	30	584	0.39	1.1	9.6	158	1.11	12.33	8.78	3.35	1.09	0
Turkey Salad Wrap	each	326	30	693	5.11	4.9	155.7	308	2.88	18.07	47.34	7.39	1.35	0
Turkey & Cheese BLT Sub	each	410	52	1151	1.69	4	240.9	477	3.04	24.12	41.61	15.91	6	0
Vegetable Sub, Classic	each	340	44	859	1.54	1.7	444	3122	12.56	19.08	25.2	17.87	9.52	0
Vegetable Sub, Signature	each	533	70	1071	1.98	3.1	762.7	4691	18.89	28.96	42.53	27.44	15.1	0
Vegetarian Burger, w/ teriyaki	each	150	0	470	1	1.8	60	100	0	10	12	7	0.5	0

Nutritional Value of Foods

Entrees, continued	Serving	Calories	Cholesterol Mg	Sodium Mg	Fiber grams	Iron Mg	Calcium Mg	Vita-A IU	Vita-C Mg	Protein grams	Carbohydrate grams	Total Fat grams	Sat. Fat grams	Trans Fat grams
Wafer Steak 2.5 oz	each	240	47	42	3	1	6	130	1	26	1	15	7	0
Ziti, Baked	1 cup	448	32	481	2	3.3	470.1	924	6.42	25.03	57.04	12.44	6.67	0

Condiments	Serving	Calories	Cholesterol Mg	Sodium Mg	Fiber grams	Iron Mg	Calcium Mg	Vita-A IU	Vita-C Mg	Protein grams	Carbohydrate grams	Total Fat grams	Sat. Fat grams	Trans Fat grams
Dressing, Ranch Lite	ounce	76	5	217	0	0	37.8	0	0	0.94	1.89	6.61	0.94	0
Dressing, Italian Fat Free	ounce	15	0	490	0	0	0	0	0	0	3	0	0	0
Dressing, Cali French, Fat Free	ounce	28	0	292	0.94	0	0	0	0	0	7.55	0	0	0
Honey	ounce	86	0	1	0.06	0.1	1.7	0	0.14	0.09	23.36	0	0	0
Sauce, Honey Mustard	2 tablesp	30	0	190	0	0	0	0	15	0	8	0	0	0
Jelly	1/2 ounce	40	0	6	0	0	0	0	0	0	9.94	0	0	0
Ketchup, Low Sodium	ounce	33	0	231	0	0	0	329	0	0	6.59	0	0	0
Mayonaise, Reduced Calorie	1/2 ounce	53	4	84	0	0	0	0	0	0	3.54	3.99	0.44	0
Mustard, Yellow	1/2 ounce	11	0	188	0.15	0.3	12.6	0	0	0.7	0.96	0.66	0.03	0
Pickles, Dill	each	8	0	569	0.71	0.2	27.3	119	0.52	0.39	1.68	0.09	0.02	0
Pickles, Sweet Chips	ounce	25	0	165	0	0	0	0	0	0	6	0	0	0
Relish	1 tablesp	40	0	150	0.01	0	0	0	0.01	0.01	10	0	0	0
Salsa, Canned, Low Sodium	1/4 cup	22	0	70	0.9	1.4	7	343	2.5	0.94	4.37	0.12	0.02	0
Salsa, Fruit	ounce	15	0	2	0.73	0.1	3.2	180	4.16	0.28	3.82	0.02	0	0
Salsa, Corn	1/4 cup	45	0	2	1.26	0.3	2.3	188	6.23	1.34	9.65	0.86	0.13	0
Barbeque Sauce, Low Sodium	ounce	28	0	135	0.02	0	2.7	184	0.16	0.02	6.1	0	0	0
Duck Sauce	each	15	0	70	0	0	0	0	0	0	4	0	0	0
Tartar Sauce	1 tablesp	31	4	123	0.2	0.2	2.5	31	0.2	0.11	3.97	1.79	0.29	0
Syrup	ounce	66	0	23	0	0	0.9	0	0	0	17.43	0	0	0