

UNIVERSITY OF  
NORTH\*TEXAS™

Dining Services

## 2006 Nutrition Facts Booklet



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# UNT Dining Services

## MISSION STATEMENT

“To provide high quality, nutritious meals, excellent value and superior service by our friendly, customer-oriented staff.”

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## Introduction to Nutrients

### PORTION SIZE & CALORIES

Portion size determines the number of calories and amount of nutrients in all foods. The serving shown in the data pages is the approximate size of the portions served in the cafeterias. When counting calories, being aware of the serving size and number of portions consumed is important. Since individual servings are not weighed, the portion sizes and calorie values will vary. 2000 calories is the value used as a general reference on food labels. You can calculate your caloric needs at [www.healthierus.gov/dietaryguidelines](http://www.healthierus.gov/dietaryguidelines).

### FAT

At 9 calories per gram, fat is the most concentrated source of calories for the body. Fat is essential in our body in small amounts for normal body functions. Fats help the body absorb fat-soluble vitamins (A,D,E,K) and form cell membranes and hormones. Research has shown that people whose diets contain a great deal of fatty foods from animal sources are more likely to develop heart disease. The 2005 US Dietary Guidelines recommend that we limit our fat intake to no more than 20% - 35% of total calories per day.

### CARBOHYDRATES

Carbohydrates provide 4 calories per gram. There are two basic types: sugars and other complex carbohydrates. Complex carbohydrates include grains and starches such as pasta, cereals, potatoes, dried beans, and fresh fruits. The daily recommended value is 300 g (based on 60 percent of a 2,000-calorie reference diet).



## PROTEIN

Proteins provide 4 calories per gram in the body. They are needed for growth, maintenance of tissues, and the replacement of body cells. Proteins help form hormones and enzymes used to regulate body processes. Extra protein is used to supply energy or is changed into body fat. The recommended daily dietary intake is 50 g (based on 10% of a 2,000-calorie diet).

## CALORIE CALCULATION

To explain how we find the percentage of calories for each energy nutrient, we have included this example.

<b>beef stew 8 oz</b>			
Carbohydrate	23 g X 4 cal/g = 92 cal	$92/203 = .45$	$.45 \times 100 = 45\%$
Protein	12 g X 4 cal/g = 48 cal	$48/203 = .24$	$.24 \times 100 = 24\%$
Fat	7 g X 9 cal/g = 63 cal	$63/203 = .31$	$.31 \times 100 = 31\%$
<hr/>			
Total	203 cal		100%

An 8-oz. serving of Beef Stew contains 7 grams of fat, and 31% of the total calories comes from the fat contained in the stew.

## LITE RECIPES

We are aware that many students are trying to watch the number of fat grams consumed. For this reason, we are using the “£ symbol” to designate some recipes as “Lite.” Lite entrees contain less than 300 calories and approximately 10 grams of fat per serving. Please check the printed menu to learn which entrees are “Lite”. We try to have at least one Lite entrée in each menu. We are adding more Lite recipes all the time.

## NON-ENERGY NUTRIENTS

We show four non-energy nutrients in this booklet — cholesterol, sodium, calcium, and iron. These nutrients contain no calories, but are very important to maintaining good health. Calcium and iron are more difficult for some people to consume in adequate amounts. Some people are advised by their physician to control their sodium and cholesterol intake.



## **SODIUM**

Sodium is a mineral needed for normal functioning of nerves and muscles. It helps maintain normal blood volume and blood pressure. Sodium occurs naturally in some foods and can be added during processing to preserve or flavor foods. Sodium chloride is the chemical name for table salt, which is made up of 40 percent sodium and 60 percent chloride. One teaspoon of salt contains about 2000 mg of sodium. High sodium intake is often a precursor of high blood pressure in many people. The recommended sodium intake, (especially for people who are salt sensitive) should not exceed 2300 g per day. This is easily done by choosing fewer canned and preserved foods, and by not adding salt at the table.

## **CALCIUM**

The role of calcium in the body is extremely important. It is a mineral used to build bones and teeth. It helps maintain bone strength and assists in blood clotting. Calcium is also responsible for functioning in normal muscle contraction and maintenance of cell membranes. We need calcium to provide strong bones and prevent osteoporosis. As we grow older, our bones begin to lose calcium faster than we replace it, sometimes resulting in osteoporosis. During the teen years, half of all bone is formed. By age 30, bone building slows. Fortifying our bones with calcium while we are young helps prevent depletion of calcium in later years. Osteoporosis is more prevalent in women than in men. Therefore, getting adequate amounts of calcium everyday is extremely important for young women. It is recommended that students, ages 19 – 24 years, get 1200-mg calcium daily. Other vitamins and minerals, including Vitamin D and magnesium, contribute to bone formation. That is why a varied diet providing numerous nutrients is essential for good health.

## **IRON**

Iron is a mineral used in our bodies to aid in the utilization of energy. It carries oxygen in the body and helps prevent iron deficiency and its accompanying fatigue. Iron also increases the resistance to infection. The Recommended Dietary Intake is 18 mg/day. Red meats are the most readily absorbed sources of iron. Vegetarians can get iron from fortified cereals and dried beans. Its absorption is improved when Vitamin C sources, such as orange juice or tomatoes, are consumed with the meal.

## **CHOLESTEROL**

Cholesterol is an important factor in the diet. Although it is necessary for the body to perform specific functions, often we eat it in excess. Our bodies make cholesterol in the liver also. The Recommended Daily Allowance guidelines suggest eating less than 300 mg per day. Cholesterol is found in high abundance in very fatty foods from animal sources. Therefore, by cutting down on animal fat you also cut down on cholesterol.



## MY PYRAMID

### STEPS TO A HEALTHIER YOU

USDA has released the MyPyramid food guidance system. Along with the new MyPyramid symbol, the system provides many options to help Americans make healthy food choices and to be active every day.



#### Find your balance between food and physical activity

- Be sure to stay within daily calorie needs.
- Be physically active for at least 30 minutes most days of the week.
- About 60 minutes a day of physical activity may be needed to prevent weight gain.
- For sustaining weight loss, at least 60 to 90 minutes a day of physical activity may be required.
- Children and teenagers should be physically active for 60 minutes every day, or most days.

#### Know the limits on fats, sugars, and salt (sodium)

- Make most of your fat sources from fish, nuts, and vegetable oils
- Limit solid fats like butter, stick margarine, shortening, and lard, as well as food that contain these.
- Check the Nutrition Facts label to keep saturated fats, trans fats, and sodium low.
- Choose foods and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients.

#### CHECK IT OUT

The new MyPyramid can be found at [www.MyPyramid.gov](http://www.MyPyramid.gov). Enter your age, sex, and activity level to get a customized food guide with recommended amounts from each group. It also includes tips on portion sizes that can be very helpful in meal planning.



## SERVING SIZES

### Breads, Cereal, Rice & Pasta Group Eat at least 3 oz whole grains daily

#### One serving equals:

- 1 slice of bread
- 1/2 a bagel
- 1/2 cut of cooked pasta (size of a computer mouse)
- 1 cup of ready-to-eat cereal
- 6-inch tortilla



### Fruit Group

#### One serving equals:

- 1 medium sized fresh fruit (about the size of a tennis ball)
- 3/4 cup of fruit juice (not fruit "drink")
- 1/2 cup chopped, cooked, or canned fruit



### Milk, Yogurt, & Cheese Group

#### One serving equals:

- 1 cup of milk or calcium-fortified soymilk
- 1 cup of yogurt
- 2 ounces of processed cheese (about 2 one-inch cubes), such as American
- 1 1/2 ounces of natural cheese, such as Cheddar



### Vegetable Group Such as carrots, tomatoes, broccoli, and spinach

#### One serving equals:

- 1/2 cup of cooked veggies
- 1 cup of raw leafy veggies

### Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts Groups

#### One serving equals:

- 2 to 3 ounces of meat (about the size of a deck of playing cards)
- 1 egg
- 4 ounces of tofu
- 1/2 cup of cooked beans

### Fats, Oils, & Sweets Use sparingly

#### One serving of fat equals:

- 1 teaspoon or about 5 grams of fat (the size of a thumb tip)

## BRIGHT IDEA

Choose bright colored fruits and vegetables because they are especially rich in antioxidants. The more colorful fruits and vegetables are, the higher their content of antioxidant compounds. These compounds combat cancer, heart disease, eye disease, and even diabetes.

## CAUTION

It is important to note that the nutrient amounts given for all foods are estimates based on data from the USDA and other databases. Our recipes are constantly being revised; so nutrients will change with recipe changes. A blank nutrient value usually means that the databases we use did not provide all nutrients for all foods. A dash (-) indicates that the nutrient quantity is negligible or a trace. A zero (0) nutrient value indicates that the food does not contain that nutrient. Since we do not weigh the foods as they are served on a plate, the amounts served will vary somewhat from the nutrients listed.





## FOOD LABELS GUIDE

To aid our students in making good choices, we have developed a set of Item type Codes. These codes appear on our nutrition labels as “pictures” representing eggs, dairy, meat, and fish and as words such as wheat, soy, and nuts. Look for our pyramid graphic near the serving lines to explain the labels cards.



When reviewing the nutrients in booklet form, please refer to this guide to help you identify the codes. Type codes are printed in the following order on the labels:

S = Soy	U = Walnuts
W = Wheat	V = Vegan (no animal products)
A = Almonds	E = Eggs
C = Cashews	L = Dairy
D = Macadamia	M = Meat
N = Peanuts	F = Fish
P = Pecans	

If you have severe food allergies and are eating in the cafeterias, please make an appointment with the Registered Dietitian to discuss your needs.

## ALLERGY ALERT

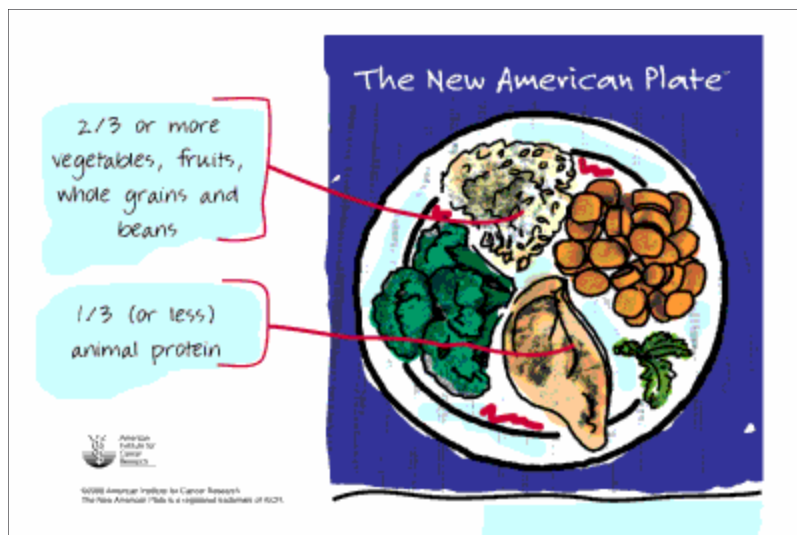
Ingredients and nutritional content may vary. Manufacturers may change their product information or consistency of ingredients without our knowledge, and product availability may fluctuate. While we make every effort to identify ingredients, we cannot assure against these contingencies. It is, therefore, ultimately the responsibility of the customer to judge whether or not to question ingredients or choose to eat selected foods. For questions regarding ingredients, please consult a Dining Services manager at any time.





## WHAT'S ON YOUR PLATE?

Now that you have the basic information about nutrients, the next step is to make good choices. You don't even need to add up all those calories, fat grams, etc., if you just follow some simple guidelines. The New American Plate shown below illustrates that a plate filled mostly with plant-based foods is a healthy approach. Selecting a variety of colors makes the meal more appealing and assures a wide array of protective nutrients and phytochemicals.



The **AICR** is the 3rd largest charity in the U.S. and focuses exclusively on the link between diet and cancer.

In addition to The New American Plate and the USDA My Pyramid, another excellent tool for planning a healthy diet is the Dietary Guidelines for Americans. They are as easy as A,B,C.

### **A**im for Fitness...

- Aim for a healthy weight.
- Be physically active each day.

### **B**uild a Healthy Base...

- Let the Pyramid guide your food choices.
- Choose a variety of grains daily, especially whole grains.
- Choose a variety of fruits and vegetables daily.
- Keep food safe to eat.

### **C**hoose Sensibly...

- Choose a diet that is low in saturated fat and cholesterol & moderate in total fat.
- Choose beverages and foods to moderate your intake of sugars.
- Choose and prepare foods with less salt.
- If you drink alcoholic beverages, do so in moderation.

We hope the information provided in this booklet will aid you in forming habits that lead to a healthy lifestyle.



## Appetizers & Punch

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
£ Teriyaki Chicken Wings	1 EACH	196	9.8	9.4	16.4	525.1	42.4	10	0.70	SWM
Apple Orchard Punch	1/2 CUP	67	0.4	16.7	0.4	6.7	0	0	0	V
Apple Wedges/Caramel Dip	WEDGES + DIP	243	0.3	63.3	1.5	284.7	0.8	48	0.28	SL
Apricot Mist Punch	1/2 CUP	57	0.0	15.1	0.1	11.4	0	6	0.17	V
Assorted Crackers	3 EACH	57	2.4	7.1	0.9	131.0	0	4	0.38	SWV
Assorted Vegetables	3 OZ	21	0.2	4.4	1.3	26.7	0	23	0.42	V
Bacon & Cheddar Ranch Dip	1/4 CUP	148	13.6	1.5	5.2	188.8	39.7	92	0.52	SL
BBQ Little Smokies	5 EACH	243	19.2	12.4	5.6	491.7	30.8	14	0.60	SWM
Blue Cheese Dressing	1 TBSP	15	1.1	0.4	0.8	176.5	0.1	13	0.07	SEL
Bubbling Blueberry Punch	1/2 CUP	93	0	21.8	1.4	42.8	0	27	0.06	LM
Bubbling Cherry Punch	1/2 CUP	52	0	12.9	0.3	15.5	0	6	0.11	M
Bubbling Jade Punch	1/2 CUP	53	0	13.0	0.3	15.5	0	7	0.11	M
Cajun Chicken Drumette w/ Honey	2 EACH	199	4.0	38.7	5.1	423.1	19.1	11	0.77	SM
California Dip	1/4 CUP	203	19.6	4.1	3.6	231.1	52.8	38	0.57	SEL
Caramel Cheese Ball/Apple	1 OZ	124	6.9	15.3	1.7	86.4	21.0	24	0.34	SL
Cheddar Cheese Wheel	1 OZ	115	9.5	0.4	7.1	178.1	30.4	206	0.19	L
Ched-O-Nut Spread	2 TBSP	106	10.2	0.8	3.5	117.0	9.1	67	0.22	SUL
Cheese Ball	2 TBSP	123	11.2	2.1	4.4	109.3	23.5	90	0.32	PL
Cheesy Rotel Dip	1/4 CUP	92	5.1	4.6	6.4	652.1	18.9	194	0.05	L
Cheesy Rotel Dip w/ Sausage	1/4 CUP	87	5.5	3.1	5.7	537.3	18.5	137	0.15	LM
Chessy Rotel/Meat Dip	1/4 CUP	112	6.7	4.6	7.9	657.4	24.8	194	0.19	LM
Chicken Nacho Dip	1/4 CUP	69	3.8	2.2	6.8	254.4	20.4	50	0.39	SWLM
Choc Cashew/ Crm Cheese Spread	1 TBSP	35	2.2	2.9	1.1	21.7	4.0	9	0.24	SCL
Choc Chip Raisin Spread	2 TBSP	73	4.8	4.8	2.7	70.9	13.4	28	0.50	SL
Chocolate Cashew Spread	1 TBSP	62	6.1	1.8	0.3	61.9	0	3	0.11	SCL
Corn & Black Bean Salsa	1/2 CUP	57	2.0	8.9	2.2	111.1	0	8	0.57	V
Crab Dip	1/4 CUP	124	11.0	3.3	3.4	319.3	13.2	7	0.20	SEF
Cranberry/Cherry Punch	1/2 CUP	50	0	12.4	0.2	9.3	0	2	0.04	M
Cream Cheese Crab Spread	1.5 TBSP	33	2.1	1.9	1.8	129.2	6.6	12	0.20	SELF
Crm Cheese Apricot Spread	1.5 TBSP	48	2.5	5.1	1.5	43.9	7.8	17	0.27	L
Crm Cheese Avocado Spread	1.5 TBSP	38	3.1	1.5	1.2	96.7	5.3	12	0.27	L
Crm Cheese Cucumber Sprd	1.5 TBSP	33	2.3	1.4	1.5	55.7	7.4	16	0.24	L
Cucumber Dill Spread	1.5 TBSP	37	2.5	2.0	1.6	138.8	7.9	19	0.30	SL
Cucumber Dip	1/4 CUP	100	7.5	7.0	1.5	131.1	9.0	54	0.13	SEL
Curry Dip	2 TBSP	205	22.6	1.1	0.4	214.0	16.7	7	0.27	SE
Dijon Honey Mustard Sauce	1/4 CUP	184	10.0	25.6	0.6	336.6	0	11	0.37	SEL
Dill Dip	1/4 CUP	303	32.4	1.7	2.5	331.3	47.9	29	0.51	SEL
Dry Roasted Peanuts	1 OZ	165	14.0	5.4	7.5	122.8	0	25	0.52	NV
Four Cheese Pate	1/4 CUP	147	12.0	5.7	5.4	138.2	18.1	121	0.24	PL
French Onion Dip	1/4 CUP	187	18.6	1.6	4.1	173.8	58.7	43	0.64	SL

## Appetizers & Punch

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
Fresh Vegetable Dip	1/4 CUP	56	1.4	4.4	6.7	186.7	4.7	92	0.16	L
Fried Chicken Dumpling	EACH	41	1.0	6.4	1.3	97.2	1.4	3	0.38	SWM
Fruit & Cheese Tray	1 OZ	107	8.6	0.5	7.6	217.4	25.3	217	0.10	L
Fruit & Cheese Tray	3 OZ.	195	14.3	6.9	11.8	446.2	39.2	337	0.36	L
Ham Cream Cheese Spread	1.5 TBSP	36	2.4	1.1	2.3	90.1	9.0	14	0.25	LM
Holiday Nuts	1/4 CUP	294	24.7	18.4	2.4	153.2	0	3	0.01	SPE
Homecoming Punch	1/2 CUP	91	0.0	23.4	0.0	8.7	0	2	0.03	V
Hot Cheese Dip w/ Sausage	1/4 CUP	116	7.4	4.2	7.6	754.3	24.7	183	0.27	LM
Juan's Caliente Salsa	1/2 CUP	20	0.4	4.3	0.9	89.7	0	12	0.69	V
Layered Bean Dip	1/4 CUP	119	10.2	5.4	3.1	295.8	16.2	38	0.88	L
Llme Margarita Punch	4 OZ	31	0.0	8.1	0.0	4.8	0	3	0.05	V
Lime Sherbet Punch	1/2 CUP	57	0.6	13.0	0.4	20.1	1.6	18	0.05	LM
Longhorn Cheddar Cheese	1 OZ	115	9.5	0.4	7.1	178.1	30.4	206	0.19	L
Louisiana Hot Wings	2 WINGS	274	18.3	0.2	25.3	1000.5	79.0	16	1.25	M
Mango Ginger Punch	1/2 CUP	30	0.0	7.6	0.0	9.8	0	2	0.02	V
Mixed Herb Spread	1.5 TBSP	87	9.4	0.9	0.3	146.6	0	8	0.08	SV
Mock Champagne	1/2 CUP	78	0.2	19.5	0.2	10.6	0	3	0.05	V
Mozzarella Cheese Sticks	4.0 oz Portion	293	10.8	26.4	22.6	1230.2	0	0	0	SWL
Mustard Yogurt Dip	1/4 CUP	64	2.2	6.3	5.0	202.3	4.6	138	0.06	L
Nut & Honey Spread	1.5 TABLESPOON	75	6.6	2.6	1.8	56.6	17.3	15	0.24	NL
Nuts Mixed Sweet & Spicy	1/4 C	55	4.6	3.0	1.3	66.6	0	10	0.19	SANP
Onion Garlic Spread	1 TBSP	107	11.4	1.5	0.3	134.3	0	9	0.03	SV
Orange Dream Punch	1/2 CUP	32	0.6	6.3	0.3	7.2	1.0	12	0.05	L
Orange Slush Punch	1/2 CUP	46	0.0	10.4	0.9	14.6	0.4	31	0.02	L
Original Ranch Dip	1/4 CUP	203	20.3	1.7	4.1	191.2	59.6	43	0.65	L
Pacific Fruit Punch	1/2 CUP	77	0.3	18.2	0.2	10.1	0.6	12	0.17	V
Parmesan Cheese Ball	2 TBSP	95	7.6	2.4	4.5	200.1	14.0	98	0.35	PL
Peach Cream Cheese Spread	1.5 TBSP	50	2.4	5.4	1.4	44.1	7.6	15	0.23	L
Picante Dip	1/4 CUP	70	5.1	2.7	3.2	262.2	15.9	34	0.57	L
Pickle/Olive Tray	2 OZ	50	3.1	6.1	0.5	588.8	0	29	1.08	V
Pimiento Crm Cheese Sprd	1/3 CUP	117	8.8	3.9	5.4	263.9	27.8	56	0.95	SL
Pina Colada Punch	1/2 CUP	116	1.4	26.2	0.3	15.0	0	8	0.17	V
Pineapple Banana Slush	1/2 CUP	56	0.1	13.3	0.1	4.1	0	4	0.09	V
Pineapple Salsa	1/4 CUP	25	0.1	6.3	0.5	41.2	0	11	0.28	V
Pita Chips	3 EACH	107	2.2	18.7	3.8	249.5	0	50	2.26	WV
Ranch Dip	1/4 CUP	56	1.9	5.4	4.0	70.8	4.6	138	0.06	L
Red Velvet Punch	1/2 CUP	44	0.0	10.8	0.0	5.8	0	2	0.02	V
Refried Bean Dip	1/4 CUP	87	4.3	7.6	5.5	272.1	11.3	94	0.92	WL
Root Beer Float Punch	1/2 CUP	137	6.2	19.4	2.2	52.7	24.9	75	0.08	L
Salsa	1/4 CUP	13	0.0	2.7	0.5	137.5	0	19	0.34	V

## Appetizers & Punch

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
Sarsa Fresca	2 OZ	64	5.7	3.4	0.6	3.3	0	3	0.25	V
Shrimp Dip	1/4 CUP	125	10.1	3.9	5.2	295.4	49.0	30	0.75	SELF
Sliced Cheese Log	1 SLICE	34	3.1	0.4	1.2	36.8	7.6	28	0.07	PL
Sour Cream Onion Dip	1/4 CUP	199	19.8	1.6	4.3	184.0	62.4	45	0.68	SL
Southwest Chicken Empanadas	PORTION	94	5.1	8.1	5.1	66.7	13.2	40	0.73	SWELM
Sparkling Party Punch	1/2 CUP	75	0.6	18.9	0.6	8.1	0	0	0	V
Sparkling White Catawba	1/2 CUP	80	0	19.8	0	18.0	0	0	0	V
Spiced Cider	1/2 CUP	102	1.5	26.1	1.5	0	0	0	0	V
Spicy Crm Cheese Spread	1.5 TBSPS	59	5.3	1.9	1.2	47.9	16.7	13	0.21	L
Spinach Dip	1/4 CUP	125	9.9	7.8	2.2	323.2	19.4	34	0.74	SWELM
Strawberry Cream Cheese	1.5 TBSP	35	1.7	4.0	1.0	29.1	5.4	11	0.16	L
Strawberry Ice Crm Punch	1/2 CUP	127	3.4	23.6	1.3	28.5	11.7	51	0.12	L
Stuffed Celery	3 IN. STICK	68	5.5	2.5	2.3	203.4	9.7	72	0.11	SEL
Sugar Free Lemonade	1/2 CUP	0	0	0.0	0	7.3	0	5	0.02	V
Sweet and Sour Dip	1/4 CUP	105	0.1	26.9	0.4	261.5	0	8	0.27	V
Tangy Ranch Dip	2 TBSP	137	14.6	1.1	1.0	120.2	18.5	17	0.20	SEL
Teriyaki Chicken Drumette	2 EACH	153	4.0	18.8	10.2	656.7	19.1	7	0.35	SWM
Toasted Mixed Nuts	1 TBSP	69	4.6	6.5	1.5	26.8	0	5	0.25	CNP
Toasted Pecans	1 TBSP	50	5.0	1.3	0.5	2.6	0	0	0	P
Tostones- Fried Plantains	PORTIONS	47	1.3	9.5	0.3	1.8	0	0	0	V
Vegan Hummus Dip	1/4 CUP	66	5.1	4.4	1.1	53.2	0	12	0.35	V
Veggie Cream Cheese Sprd	1.5 TBSP	44	3.1	1.9	2.0	125.2	9.8	20	0.33	SWLM
Wassail Punch	1/2 CUP	78	0.0	18.8	0.0	0.1	0	1	0.01	V
Whipped Butter	1 TBSP	99	11.3	0	0	72.3	31.2	0	0	L
Whipped Cream Cheese	1 TBSP	28	2.1	0.9	1.3	35.4	6.6	14	0.20	L
Whipped Honey Spread	1 TBSP	113	11.4	3.2	0.2	133.3	0	4	0.02	S
Whipped Margarine	1 TBSP	102	11.4	0.1	0.1	133.7	0	4	0	SV
Whipped Orange Spread	1 TBSP	88	9.9	0.2	0.1	115.7	0	4	0.00	SV
Whipped Strawberry Spread	1 TBSP	85	7.5	4.9	0.1	88.4	0	3	0	SV
Whole Kosher Dill Pickles	1 EACH	19	0.2	4.3	0.7	1346.6	0	9	0.56	V

## Beef

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
£ 1 Cheese Enchilad/Meat Sc	1 EACH	121	5.5	13.6	5.2	512.9	13.6	103	0.89	WLM
£ American Goulash/Lite	3/4 CUP	209	9.8	17.8	11.8	385.1	34.6	34	2.01	SWM
£ Baked Beef & Penne Pasta	1 CUP	292	10.4	31.1	17.0	357.9	100.8	196	2.41	WELM
£ Beef & Vegetable Stir Fry	3/4 CUP	165	7.9	8.0	15.7	447.6	39.9	22	2.30	SM
£ Beef and Bean Sprouts	6 OZ	124	6.7	6.9	9.4	531.6	27.6	13	0.97	SWMF
£ Beef and Potato Casserole	3/4 CUP	191	10.6	15.2	10.2	324.7	32.7	86	1.23	SWLM
£ Beef Brisket	3 OUNCES	190	8.3	0	28.2	53.9	81.3	4	2.43	M
£ Beef Chow Mein	6.0 OZ	189	9.8	12.3	13.6	278.3	32.4	17	2.43	SWM
£ BEEF CHP FILET/ BACON	1 EACH	152	9.5	0.0	16.8	695.4	55.9	0	2.16	M
£ Beef Eye of Round/ Au Jus	3 OZ SLICE	168	10.8	0.1	17.4	170.4	49.8	5	1.16	SWM
£ Beef Fricassee	4 OZ	185	10.4	7.7	15.0	120.6	42.9	34	1.57	SWLM
£ Beef Lasagna	CUT 4 X 8	247	9.2	21.1	20.1	796.8	34.6	193	2.19	WLM
£ Beef Noodle Supreme-Lite	3/4 CUP	202	9.2	17.2	13.3	563.0	45.3	42	1.78	WELM
£ Beef Ravioli with Sauce	6 OZ	159	3.6	25.6	7.1	789.0	14.2	11	0.03	SWLM
£ Beef Stew	1 CUP	206	7.6	22.9	12.1	456.4	30.5	34	1.66	SWM
£ Beef Stroganoff/Lite	1/2 CUP	171	9.9	8.6	12.1	326.1	34.7	45	1.09	SWLM
£ Beef Taco Soup	1 CUP	169	5.7	22.9	9.0	861.0	15.4	45	2.41	WM
£ Beef Teriyaki	1/2 CUP	179	8.4	6.5	19.0	585.7	52.7	9	2.63	SM
£ Beef Teriyaki & Veg S/Fry	1/2 CUP	171	5.4	16.6	14.1	510.0	24.3	8	1.30	SM
£ Beef Tips with Sauce	3/4 CUP	126	7.9	3.0	10.6	148.8	32.7	9	1.09	SM
£ Cavatini	3/4 CUP	205	7.7	22.6	11.5	809.0	16.5	128	1.42	SWLM
£ Chili Mac	3/4 CUP	230	8.8	26.0	12.3	1019.7	29.1	46	2.57	WM
£ Chopped Sirloin/Au Jus	1 EACH	187	8.5	0	25.6	69.9	73.5	8	3.24	M
£ Country Steak with Gravy	1 EACH	144	8.7	0.3	15.6	55.4	45.0	4	1.45	SLM
£ Homemade Chili for Hotdog	1/4 CUP	55	3.3	3.1	3.4	165.2	11.5	8	0.66	SWM
£ Hungarian Goulash	6 OZ	182	9.5	11.9	12.7	467.8	37.9	38	1.81	SWLM
£ Ital. Meatsauce/Pasta Bar	1/2 CUP	171	10.4	12.5	7.5	397.7	24.6	25	1.12	M
£ Italian Spag Casserole	3/4 CUP	232	10.7	21.4	12.5	770.7	34.2	89	2.08	WLM
£ Korean Vermicelli w/ Beef	3/4 CUP	202	10.6	13.8	13.8	755.5	34.4	9	2.11	SWM
£ Liver & Onions	4 OZ	177	4.0	13.2	21.9	1071.1	308.8	13	6.07	WM
£ New England Beef Stew	1 CUP	214	10.8	17.2	12.7	384.5	34.3	26	1.42	SWM
£ Oriental Pepper Steak	5 OZ	173	9.3	8.3	14.8	425.9	39.2	15	2.17	SM
£ Porcupine Meatballs	1 EACH	160	9.2	9.6	9.3	819.9	44.8	22	1.34	SWELM
£ Richard's Ital. Meatsauce	1/2 CUP	116	6.6	8.0	6.8	573.0	23.3	17	1.15	M
£ Ropa Vieja - Spanish Stew	3/4 CUP	144	8.7	4.3	12.0	331.3	36.0	23	1.25	SM
£ Shaker Style Steak	1 EACH	194	8.8	12.7	16.8	657.9	45.0	19	2.01	WM
£ Smoked Beef Brisket Slices	2 OZ	131	6.5	0	16.8	131.4	52.5	3	1.59	M
£ Spanish Pot Roast	2 OZ SLICE/VEG	166	7.0	13.6	12.5	173.6	31.2	21	1.34	SWM
£ Spicy Cuban Beef	8 OZ	254	8.9	29.9	13.4	645.0	33.7	48	2.34	M
£ Sweet & Sour Meatballs	3 BALLS+ sauce	158	9.1	12.3	7.2	317.1	22.8	33	0.84	SWLM

## Beef

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
£ Swiss Steak Lite	1 STEAK	205	10.2	8.2	19.4	470.4	52.7	24	2.32	SWM
£ Tamale - 1	1 EACH	100	6.8	8.9	2.1	267.9	7.1	14	0.51	M
£ Texas Beef Brisket	3 OZ	209	10.5	0	26.9	210.3	84.0	6	2.54	M
American Goulash	3/4 CUP	235	11.9	18.5	13.1	524.1	39.1	77	1.96	SWLM
BBQ Meatloaf Aussie Style	PORTION	205	12.7	12.0	10.7	570.4	45.7	40	1.76	SWELM
£ Beef & Bean Chili	1 CUP	257	7.6	32.8	13.4	940.7	22.1	125	3.23	WM
Beef & Rice Casserole	3/4 CUP	210	11.1	17.7	10.4	686.0	31.7	32	1.83	SWLM
Beef and Bean Chili	1 CUP	336	20.0	25.3	15.5	1165.2	40.8	66	3.71	SEM
Beef Bourguignonne	3/4 CUP	176	11.0	4.0	14.9	95.7	45.0	11	1.58	SWM
Beef Chili	1 CUP	449	36.1	15.0	17.9	1701.0	75.1	60	3.61	SWM
Beef Chili-canned	1 CUP	450	36.2	15.0	18.0	1706.3	75.3	60	3.62	SM
Beef Chop Suey Casserole	1 CUP	226	11.4	21.5	9.6	435.6	28.1	33	1.95	SWLM
Beef Enchilada Bake	CUT 4 X 8	358	22.3	23.1	17.4	1148.6	55.4	149	2.77	SWLM
Beef Enchiladas & Chili Sauce	2 EACH	272	13.5	29.3	10.2	636.2	26.7	85	3.51	WLM
Beef Noodle Supreme	4 X 8	309	16.7	20.4	20.5	836.9	71.6	100	2.42	WLM
Beef Pot Pie	6 oz	246	14.4	20.2	9.3	158.2	21.1	15	1.53	SWM
Beef Stroganoff	1/2 CUP	240	19.0	4.6	13.2	366.5	61.1	33	1.37	SWLM
Beef w/ Bordelaise Sauce	4 OZ + SAUCE	286	15.4	10.3	26.5	421.1	69.7	23	2.75	SWM
Beef Wellington	7 OZS	517	27.2	25.6	41.2	450.0	119.0	68	6.05	EM
Beef/Rice Stuffed Peppers	1 EACH	273	13.2	23.3	14.7	517.0	109.4	56	2.29	SWELM
Braised Beef & Vegetables	3ozBF/3ozVG	214	13.9	11.0	12.0	287.6	32.4	32	2.40	SWM
Cajun Roast Beef	3 OZ SLICE	190	13.1	0.1	17.5	61.2	54.8	5	1.83	M
Carved Roast Beef	4 OZ SLICE	216	12.9	0.5	24.4	271.8	70.1	3	0.13	SWM
Cheese Enchiladas & Chili	2 EACH	244	11.3	26.8	10.7	993.3	28.0	219	1.72	WLM
Chicken Fried Steak	4 OZ	457	37.1	9.5	20.5	305.6	63.6	41	3.02	SWLM
Chicken Fried Steak - speciall	4 OZ	475	38.3	10.1	21.9	326.0	67.8	44	3.22	SWLM
Chicken Fried Steak-Home	1 EACH	392	29.6	12.0	19.6	1171.6	52.5	34	2.31	WELM
CHILI AUSTRALIAN DINKUM	1 CUP	446	34.2	8.0	26.7	730.5	96.5	63	3.00	SM
Chop Sirloin with Cheese	1 EACH	290	16.5	1.5	32.5	188.8	97.6	239	3.24	LM
Corned Beef and Cabbage	3oz bf + cab	252	13.8	5.4	26.0	930.5	78.0	58	2.47	M
Creole Spaghetti	1 CUP	254	11.5	25.0	13.6	1020.2	37.2	119	2.80	SWLM
Filet Mignon	1 FILET	265	16.1	0.2	27.8	267.8	92.9	9	3.40	M
Frito Pie	3/4 CUP	295	18.5	22.7	10.7	672.5	29.9	99	1.29	SWLM
Grandma's Meatloaf	1 SLICE	227	13.7	10.4	15.6	268.0	88.7	45	2.22	SWELM
Grl Tenderloin/ Peperonata	2 SLICES	237	14.3	2.7	24.4	477.4	71.7	13	3.06	M
Ground Beef Crumbles	2 TBSP	156	12.2	0	11.0	40.7	44.2	5	1.04	M
Hamburger Mac Casserole	3/4 CUP	233	10.9	21.8	11.6	362.3	33.2	12	1.63	SWLM
Herb Beef Tenderloin	2 SLICES	189	10.9	0.9	21.4	453.8	63.7	11	2.64	M
Homemade Beef Chili	3/4 CUP	183	11.1	10.3	11.3	552.7	38.5	27	2.22	SWLM
Homestyle Pot Roast	3oz meat+gvy	239	15.9	7.5	16.7	436.4	61.1	25	2.08	SWLM

## Beef

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
Italian Meat Sauce	1 CUP	223	11.8	18.6	12.4	1332.1	38.7	29	2.36	SWM
Italian Meatballs & Sauce	5 Ball/3ozSc	286	19.2	16.1	13.3	775.7	37.9	74	1.81	SLM
Keema ( Indian-Style Ground Beef)	1/2 CUP	202	14.9	3.1	13.6	428.1	51.8	14	1.44	M
Marzetti	3/4 CUP	242	11.7	20.9	13.2	508.2	58.0	100	2.14	WELM
Meatballs	4 BALLS	155	12.1	2.0	9.4	283.5	30.3	40	0.97	SLM
Ms Daisy's Beef Casserole	1 CUP	319	20.1	16.3	18.3	685.0	72.3	243	2.64	WLM
New York Strip Steak	STEAK	622	49.9	3.0	40.1	943.1	146.8	19	5.17	M
Nigerian O Jo Jo Meatballs	2 EACH	144	8.6	7.5	8.8	464.1	67.6	11	0.98	EM
Picadillo	1/2 CUP	174	12.3	4.3	11.7	485.2	44.2	14	1.43	M
Prime Rib	1/2 INCH SL	691	60.0	0.2	36.6	102.6	139.7	18	3.38	M
Ribeye Steak	1 EACH	343	30.5	0.1	16.3	52.4	69.4	9	1.65	M
Roast Beef Au Jus	3 OZ SLICE	191	13.2	0.0	17.6	112.6	55.2	4	1.82	SM
Roast Beef w/ Vegetables	3ozBF/3ozVEG	274	14.6	14.9	20.9	186.3	60.6	22	2.39	M
Roasted Rib Eye	4.5oz slice	438	38.9	0.4	20.8	139.0	88.5	12	2.10	M
Rosemary Beef Tenderloin	2 SLICES	230	14.3	0.0	24.6	298.0	73.7	6	2.99	M
Salisbury Steak	1 EACH	302	20.4	8.4	20.3	430.8	95.2	76	2.23	SWELM
Sauerbraten	4 OZ + SAUCE	209	15.0	1.5	17.1	135.6	53.1	10	1.82	M
Sauerbraten	4 OZ + SAUCE	209	15.0	1.5	17.1	135.6	53.1	10	1.82	M
£ Sliced Beef Brisket	3 OZ PORTION	195	9.8	0	25.1	196.5	78.5	5	2.37	M
Southwestern Lasagna	CUT 4 X 8	332	21.6	12.5	23.0	693.5	124.7	302	2.72	WELM
Spicy Flank Steak	3.2 OZ	203	14.2	0.8	17.8	108.2	55.3	6	1.91	SM
Spinach Meatsauce	4 OZ	147	11.9	4.7	6.4	141.8	16.3	34	1.27	SWM
Steak Fingers	4 EACH	442	33.2	8.1	26.6	335.6	79.9	20	3.73	WLM
Steak w/ Mushrooms	1 EACH	216	11.6	10.5	17.8	724.8	45.0	11	2.30	SWLM
Stuffed Peppers	1 EACH	273	16.5	13.0	17.7	653.4	80.0	74	1.98	SWELM
Swedish Meatballs	2 EACH	328	22.9	10.0	20.1	732.3	104.6	57	2.63	SWELM
Swiss Steak	1 STEAK	361	27.3	8.2	20.7	473.5	56.2	25	2.44	SWM
Tamales and Sauce	2 EACH	219	14.1	21.6	5.0	1275.8	14.5	43	1.82	M
T-Bone Steak	10 OZ STEAK	358	16.9	0	50.4	134.8	127.9	12	5.44	M
Tenderloin/ Horserdsh Sc	2 SLICES	245	14.6	2.0	25.8	359.4	81.2	34	3.10	WLM
Texas Chili	3/4 CUP	268	20.1	3.6	18.5	928.1	71.1	25	2.92	M
£ Three Flavor Chow Mein	3/4 CUP	257	9.6	26.6	16.2	715.5	46.0	30	2.45	SWMF



## Beverages

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
Apple Juice	1/2 CUP	105	1.5	27.0	1.5	0	0	0	0	V
Apricot Nectar	1/2 CUP	254	0.4	65.3	1.7	13.6	0	32	1.72	V
Cappuccino Coffee	6OZ CUP	94	3.2	16.3	0.7	154.0	0	121	0.24	V
Chocolate Milk	1 CUP	189	7.7	23.5	7.2	135.2	27.7	254	0.54	L
Chocolate Soy Milk	Cup	84	3.2	12.7	2.1	189.7	0	216	1.92	SV
Citrus Peach Jc. Cocktail	1/2 CUP	88	0.0	22.8	0.4	11.5	0	8	0.31	V
Coca Cola	1 CUP	1524	0	417.3	0	544.3	0	0	0	V
Coco Cola Old Bottle 8 oz	1 EACH	95	0	26.1	0	34.0	0	0	0	V
Coffee Catering	Each	22	0.2	5.0	0.1	6.5	0	4	0.04	V
Cranberry Juice	1/2 CUP	94	0	23.4	0	2.7	0	2	0.01	V
Dannon Water .5 Liter bottle	Each	0	0	0	0	13.7	0	9	0.05	V
Dasani Water 20 oz	Each	0	0	0	0	14.4	0	10	0.05	V
Edensoy Milk Liter	1 CUP	76	4.4	4.2	6.7	27.7	0	9	1.34	V
Grape Drink	1 CUP	0	0	0	0	0	0	0	0	V
Grape Juice	1/2 CUP	109	0.0	25.4	0.0	0	0	0	0	V
Hi-Octane Punch	1/2 CUP	78	0.0	20.0	0.1	8.3	0	4	0.05	V
Hot Chocolate Individual Pkt.	PACKET	18	0.2	4.0	0.2	20.1	0	10	0.07	SL
Hot Cocoa	CUP	21	0.2	4.6	0.2	28.8	0	15	0.09	SL
Hot Spiced Cider	6 OZ	7	0	1.7	0	7.1	0	3	0.02	V
Instant Coffee Packet	1 PACKET	0	0.0	0.0	0.0	0.1	0	0	0.00	V
JUICE SPARKLING GRAPE RED	1/2 CUP	80	0	19.9	0	18.1	0	0	0	V
Lowfat & Chocolate Milk	1 CUP	151	6.0	17.2	7.7	124.2	22.3	265	0.33	L
Orange Juice	1/2 CUP	84	0.0	18.6	0.0	0	0	0	0	V
Raspberry Lemonade	6 OZ	35	0	8.2	0.4	19.1	0	3	0.02	M
Root Beer	1 GALLON	1488	0	384.6	0	471.7	0	181	1.81	V
Skim Milk-Cup	1 CUP	79	0.4	11.0	8.5	116.8	4.1	280	0.09	L
SnowCones	1 CUP	66	0	27.7	0.3	27.2	0	7	0.16	V
Sparkling White Grape Juice	1/2 CUP	81	0	20.0	0	18.1	0	0	0	V
Spiced Tea Mix	2 TBSP	37	0.0	9.4	0.1	1.5	0	47	0.08	V
Sprite	1 CUP	1415	0	355.6	0	453.6	0	0	0	V
Sugar Free Cocoa from Mix	1 CUP	45	0.7	6.4	3.1	71.1	1.2	90	0.31	L
Tea Catering	8 OZ + ICE	18	0.0	5.1	0.1	7.0	0	8	0.07	V
Twister Fruit Drink	1 BOTTLE	40	0	9.6	0	5.7	0	0	0	V
Vanilla Milkshake	11 OZ SHAKE	358	1.6	70.5	9.3	212.9	6.4	360	0.02	L
Vanilla Soy Milk	Cup	150	5.0	20.0	7.5	282.4	0	756	4.53	SV
Whole Milk	1 CUP	139	7.6	10.6	8.2	111.1	30.8	271	0.11	L

## Bread/Coffee Cake

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
10 Inch Flour Tortillas	1 EACH	217	4.2	39.4	5.5	110.7	0	0	0	WV
7 Grain Bread	2 SLICES	135	1.5	27.0	3.7	255.1	0	0	1.08	SWL
Angel Biscuits	1 EACH	133	6.3	17.0	2.6	115.8	0.5	19	0.81	SWL
Apple Biscuit Cup	1 EACH	100	1.0	22.0	1.4	272.9	0	5	0.67	SWM
Apple Danish	1 EACH	149	8.1	16.9	2.7	162.1	23.6	6	0.47	SWEL
Apple Oatbran Muffins	1 EACH	152	5.5	23.8	3.1	199.8	6.5	22	0.96	SWEL
Apple Spice Muffins	1 EACH	177	8.8	21.9	2.8	162.4	0	18	0.59	SWEL
Apple Strudel	1 PIECE	231	13.2	26.0	2.8	151.8	20.1	4	0.20	SWE
Apple Strudel	1 EACH	176	7.2	26.4	2.1	172.9	18.0	10	0.27	SWV
Apricot Almond Bread	1 SLICE	202	6.8	32.3	4.6	227.5	12.2	85	1.62	SWAEL
Apricot Muffins	1 EACH	166	8.5	20.5	2.4	152.0	0	17	0.43	SWEL
Apricot Oat Muffins	1 EACH	252	12.6	31.0	5.1	193.9	0	35	1.32	SWAEL
Assorted Crumb Cakes	1 EACH	164	4.9	27.5	3.0	202.5	45.0	54	0.83	SWEL
Assorted Danish	1 EACH	140	7.7	15.7	2.2	141.4	10.8	13	0.60	SWPEL
Assorted Rolls	1 EACH	93	2.1	15.8	3.4	162.3	0	34	1.40	SWV
Avocado Bread	1 SLICE	363	19.8	43.0	5.7	163.6	27.7	37	1.54	WPEL
Bacon Cheddar Biscuits	1 EACH	172	9.2	16.7	4.9	456.1	8.4	80	0.72	SWLM
Bagel (Plain)	1 EACH	156	0.9	30.3	6.0	302.8	0	42	2.02	SWE
Bagelettes	1 EACH	69	0.4	13.5	2.6	134.6	0	19	0.90	WV
Bagelettes w/Cream Cheese	1 EACH	84	1.5	13.9	3.3	153.2	3.5	26	1.00	WL
Bagels & Cream Cheese	1 EACH	186	3.1	31.2	7.3	340.9	7.1	58	2.23	SWEL
Banana Bread	1 SLICE	171	6.4	26.0	3.0	179.9	32.2	26	0.94	SWE
Banana Muffins	1 EACH	170	8.3	21.4	2.7	150.3	0	17	0.54	SWEL
Banana Nut Bread	1 SLICE	341	13.1	52.1	5.3	360.6	33.5	104	1.51	WPEL
Basic Coffeecake	1.5# / CAKE	90	5.5	8.7	1.3	28.0	0	9	0.53	SWV
Beignets	1 EACH	173	9.4	20.0	2.4	103.6	4.4	4	0.99	SWE
Beignets - Creole Donut	EACH	116	5.8	13.9	2.3	44.1	7.5	13	0.77	SWEL
Bishop Bread Coffeecake	8 X 5	279	10.7	43.0	3.6	203.0	18.2	71	1.68	SWEL
BK Blueberry Turnover	Each	142	8.6	14.6	1.7	90.6	5.8	2	0.10	SWV
Black Forest Chry Strudel	1 EACH	276	16.6	28.8	2.9	154.5	5.6	3	0.28	SWEL
Blueberry Buckle Coffeecake	5 x 8	351	10.5	61.2	4.4	318.6	21.4	82	1.40	SWEL
Blueberry Crumb Cake	1 EACH	167	4.6	29.1	2.9	192.0	42.6	53	0.86	SWEL
Blueberry Muffin-homemade	1 EACH	156	6.1	23.7	2.1	72.0	9.8	33	0.93	SWEL
Blueberry Muffins - mix	1 EACH	160	8.3	19.1	2.4	150.3	0	17	0.43	SWEL

## Bread/Coffee Cake

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
Bran Muffins	1 EACH	112	3.1	21.0	2.5	220.3	11.2	24	1.43	SWEL
Bran Pan Muffins	8 X 5	131	5.3	20.3	2.9	218.1	13.2	76	1.41	SWEL
BREAD BOWL	BOWL	1439	18.0	269.4	54.1	2515.7	0	359	19.44	WL
Breakfast Apple Turnover	Each	141	8.6	14.7	1.7	94.6	6.4	1	0.08	SWV
Breakfast Cherry Turnover	Each	145	8.8	15.1	1.8	96.6	6.4	3	0.25	SWV
Buttermilk Biscuits	1 EACH	120	2.7	20.1	3.6	411.4	0.8	138	1.14	SWL
Buttermilk Cornbread	5 X 8	209	9.0	28.2	4.9	537.3	26.8	130	1.32	SWEL
Caramel Breakfast Cake	1 EACH	169	9.2	20.4	2.2	437.7	0.1	11	0.73	SWLM
Cheddar-Dill Biscuits	1 EACH	72	4.7	5.1	2.2	124.6	10.9	56	0.40	SWL
Cheese Danish	1 EACH	142	9.9	11.5	2.6	128.2	8.0	28	0.74	SWEL
Cherry Nut Bread	1 SLICE	256	10.0	39.3	3.5	248.9	18.8	34	1.04	SWPEL
Cherry Nut Oatbran Muffin	1 EACH	125	4.4	20.2	2.1	122.8	4.0	14	0.72	SWPEL
Chocolate Chip Muffins	1 EACH	205	11.2	23.5	2.8	150.1	0	16	0.64	SWEL
Chocolate Chip Pumpkin Pecan Bread	1 SLICE	301	13.7	42.5	3.4	203.6	29.0	10	1.25	SWPEL
Chocolate Nut Bread	1 SLICE	226	9.3	33.4	3.5	159.1	46.3	24	0.54	SWUEL
Chocolate Nut Muffins	1 EACH	164	6.8	24.3	2.5	115.7	33.6	18	0.39	SWUEL
Chocolate Swirl Coffeecake	5 X 8	201	11.9	21.5	2.9	91.2	41.0	27	0.82	SWPEL
Cinnamon Chip Scone	1 EACH	126	5.3	16.1	3.2	243.3	41.2	67	1.10	SWEL
Cinnamon Peach Coffeecake	5 X 8	191	6.2	31.7	2.7	43.9	29.2	28	0.70	SWAE
Cinnamon Pullapart Bread	1 EACH	116	5.2	16.0	1.5	300.7	0	7	0.60	SWPM
Cinnamon Raisin Bagel	1 EACH	156	0.9	30.3	6.0	302.8	0	42	2.02	SWEL
Cinnamon Raisin Danish	1 EACH	146	7.0	19.1	2.1	142.8	11.3	12	0.60	SWEL
Cinnamon Rolls - Fzn	1 EACH	158	7.0	21.6	2.6	162.9	28.1	31	0.68	SWEL
Cinnamon Rolls-Homemade	1 EACH	196	4.8	36.0	2.9	123.1	0.3	39	1.21	SWL
Cinnamon Toast	1 EACH	160	9.3	16.5	2.6	256.7	0.2	68	1.30	SWL
Corn Fritters	2 EACH	137	8.1	15.1	2.3	143.0	32.5	12	0.57	SWE
Cornbread Batter	2.0 OZ	136	5.7	18.2	3.4	347.8	17.2	95	0.83	SWEL
Cranberry Coffeecake	5 X 8	268	11.2	38.8	4.6	203.2	36.4	60	1.23	SWUEL
Cranberry Nut Bread GW	1 SLICE	183	5.3	32.3	2.4	143.1	16.2	21	0.70	WPEL
Creme Muffins	1 EACH	186	10.2	21.0	2.8	180.2	0	19	0.48	SWEL
Creole Cornbread	8 X 5	166	7.8	19.3	5.5	426.7	25.0	144	1.02	SWEL
Croissants	1 EACH	237	13.4	24.4	4.9	305.0	0	25	2.10	SWL
Dutch Apple Cake	8 X 5	180	6.4	28.9	2.7	119.5	21.4	54	0.76	SWEL
English Muffin	2 HALVES	70	0.5	13.5	2.5	110.0	0	10	0.72	SWL
Flagship Rum Buns	1 EACH	113	2.1	21.2	2.5	120.4	6.1	13	0.86	SWEL
Flakey Biscuits	1 EACH	69	1.2	12.8	1.8	336.1	0	5	0.72	SWM
Float Boat	3 OZ	299	16.8	33.5	4.8	22.1	14.6	50	1.38	SWEL
Flour Tortilla Bowl	1 BOWL	442	8.4	80.2	11.3	225.0	0	0	0	WV

## Bread/Coffee Cake

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
Flour Tortillas	1 EACH	97	2.4	15.3	2.4	209.2	0	48	0.58	WV
Focaccia Bread	1 OZ SLICE	86	1.5	15.2	2.7	173.7	0	2	0.57	SWE
French Bread	1 SLICE	91	1.1	17.1	3.4	159.7	0	23	1.23	WL
French Bun	1 EACH	298	3.5	54.1	12.4	556.8	0	41	3.18	SWL
French Crumb Cake	1 EACH	162	5.1	26.0	3.0	213.0	47.5	55	0.80	SWEL
French Loaf Bread	2 SLICES	180	2.2	33.7	6.8	314.5	0	45	2.43	WL
Fresh Cake Donuts	1 EACH	239	13.0	28.2	2.8	309.6	21.0	25	1.11	SWELM
Fresh Hot Biscuits	1 EACH	142	5.0	20.8	3.1	420.1	0.9	77	0.88	SWL
G&G Apple Oatbran Muffins	1 EACH	417	15.1	65.4	8.5	549.4	18.0	60	2.65	SWEL
G&G Apple Spice Muffins	1 EACH	442	22.0	54.7	7.0	406.0	0	46	1.46	SWEL
G&G Apricot Muffins	1 EACH	443	22.7	54.5	6.3	405.4	0	45	1.14	SWEL
G&G Banana Muffins	1 EACH	522	25.0	67.6	8.3	450.9	0	52	1.67	SWEL
G&G Blueberry Bagels	1 BAGEL	312	1.8	60.6	11.9	605.5	0	84	4.04	WV
G&G Blueberry Muffins	1 EACH	425	22.2	51.0	6.4	400.8	0	46	1.14	SWEL
G&G Cherry Nut Oat Muffin	1 EACH	376	13.3	60.5	6.2	368.3	12.0	43	2.15	SWPEL
G&G Choc Chip Muffins	1 EACH	614	33.5	70.5	8.3	450.4	0	48	1.93	SWEL
G&G Chocolate Nut Muffins	1 EACH	430	17.7	63.6	6.7	303.1	88.1	46	1.03	SWUEL
G&G Cinn Raisin Bagels	1 EACH	312	1.8	60.6	11.9	605.5	0	84	4.04	WV
G&G Creme Muffins	1 EACH	533	29.2	59.9	8.0	514.7	0	55	1.38	SWEL
G&G Everything Bagels	1 EACH	312	1.8	60.6	11.9	605.5	0	84	4.04	WV
G&G Health Muffin/Chuck	1 EACH	550	17.7	94.2	10.1	438.5	101.9	89	3.05	SWPE
G&G Oatbran Muffin	1 EACH	411	15.1	62.4	8.5	546.8	18.0	60	2.65	SWEL
G&G Orange Muffins	1 EACH	568	29.2	67.4	8.1	513.6	0	57	1.40	SWEL
G&G Peach Muffins	1 EACH	440	21.9	54.6	6.2	407.4	0	43	1.07	SWEL
G&G Plain Bagels	1 EACH	312	1.8	60.6	11.9	605.5	0	84	4.04	WV
G&G Pumpkin Muffins	1 EACH	589	21.9	93.7	7.0	539.5	77.3	25	2.60	SWE
G&G Quick Cinnamon Rolls	1 EACH	298	8.5	52.0	4.3	265.4	0.9	39	1.63	SWL
G&G Strawberry Muffins	1 EACH	480	22.7	63.8	6.2	404.1	0	43	1.07	SWEL
G&G Swt Potato Oat Muffin	1 EACH	277	9.1	44.5	5.5	373.3	10.8	41	1.86	SWEL
G&G Tropical Nut Muffins	1 EACH	595	23.2	89.9	9.3	641.5	59.5	187	2.68	SWPEL
G&G Wheat Bagels	1 EACH	324	1.6	66.2	11.8	578.0	0	22	4.07	WV
G&G Zucchini Muffins	1 EACH	531	27.0	67.7	6.5	360.3	58.6	38	1.90	SWPE
Garlic & Cheese Bread	1 EACH	180	10.5	17.5	4.4	300.4	1.6	56	1.27	SWL
Garlic Bread	1 EACH	170	9.8	17.4	3.6	261.7	0	27	1.25	SWL
Garlic Bread Sticks	1 STICK	171	6.0	24.8	4.3	215.7	0	16	1.57	SWL
Garlic Bread Sticks-home	6 INCH STICK	98	3.6	13.8	2.8	111.4	1.3	37	0.73	SWEL
Garlic Cheese Biscuits	1 EACH	153	8.7	15.2	3.5	367.7	5.3	92	0.67	SWL
German Peasant Rolls	1 EACH	135	3.4	23.2	3.8	235.6	0.2	28	1.28	SWL
Glaze for Cinnamon Rolls	1 TBSP	73	2.1	13.4	0.2	25.4	0.6	6	0.01	SL
Glazed Donuts	1 EACH	228	12.9	25.1	4.0	193.9	3.4	24	0.34	SWELM

## Bread/Coffee Cake

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
Gypsy Coffeecake	5 X 8	276	12.5	37.5	4.2	203.5	43.9	38	1.11	SWPEL
Hamburger Buns	1 EACH	135	2.5	24.5	4.9	245.2	0	93	1.84	SWL
Hard Rolls	1 EACH	136	0.9	26.1	5.0	252.1	0	1	0.11	SWEL
Hawaiian Banana Nut Bread	SLICE	221	10.4	29.9	2.5	93.7	19.8	11	0.81	SWDE
Hawaiian Bread	SLICE	140	3.7	23.4	3.4	42.0	20.7	8	1.18	SWE
Herbed Rolls	1 EACH	168	5.0	25.6	4.8	152.6	0.4	30	0.18	SWL
Hoagy Buns	1 EACH	204	3.1	36.8	6.1	357.8	0	256	1.84	WV
Honey Pecan Coffeecake	5 X 8	311	16.2	40.0	3.5	132.7	29.2	37	0.92	SWPEL
Honey Wheat Bagel/Crm Chs	1 EACH	354	3.8	67.2	13.2	616.1	7.1	38	4.28	WL
Honey Whole Wheat Rolls	1 EACH	83	1.7	15.1	2.4	137.9	0.1	13	0.76	SWL
Hot Cinnamon Milk	1/4 CUP	37	0.1	7.3	2.1	31.1	1.0	76	0.16	L
Hot Corn Tortillas	1 EACH	47	0.8	9.0	1.5	37.5	0	30	1.00	V
Hot Dog Buns	BUN	130	2.3	22.9	4.3	254.5	0	63	1.44	SWL
Hot Oatmeal Squares	CUT 5 X 8	239	10.0	32.9	5.7	244.2	32.5	98	1.01	SEL
Hot Rolls	1 EACH	70	0.7	13.2	2.1	132.3	0	28	0.75	SWEL
Hot Yeast Rolls	1 EACH	139	3.8	22.6	3.6	112.9	0.3	26	1.21	SWL
Hush Puppies	2 OZ.	264	15.9	26.1	4.4	378.7	25.5	158	1.72	SWL
Hush Puppies-Homemade	2 EACH	261	17.9	22.2	4.0	213.7	27.2	44	1.14	WEL
Indian Naan Bread	1 EACH	111	2.7	17.9	3.4	260.0	6.6	1	0.09	WL
Lemon Blueberry Bread	1 SLICE	275	8.3	47.6	3.8	176.9	38.0	50	1.00	SWEL
Lemon Poppy Seed Bread	1 SLICE	202	8.6	29.4	2.3	134.0	21.4	32	0.61	SWEL
Mexican Cornbread	5 X 8	150	7.7	15.5	5.9	252.4	49.7	92	0.89	SWEL
Oatbran Muffin	1 EACH	141	5.2	21.4	2.9	187.5	6.2	20	0.91	SWEL
Oklahoma Indian Fry Bread	PORTIONS	302	15.4	35.6	5.4	1000.1	0.1	215	2.12	WL
Onion Bagel	1 EACH	180	1.0	35.0	6.9	349.9	0	48	2.33	WV
Onion Buns	1 EACH	248	4.5	45.0	9.0	449.7	0	171	3.38	SWE
Pam's Cornbread	5 X 8	181	7.2	25.9	4.0	214.7	21.2	82	1.12	WEL
Pam's Cornbread Muffins	1 EACH	161	6.4	23.0	3.6	190.9	18.8	73	1.00	SWEL
Panini Yeast Bread	1 EACH	195	2.7	36.5	6.2	310.3	0	29	2.11	SWL
Parkerhouse Rolls	1 EACH	78	1.8	13.0	2.6	135.2	16.7	10	0.57	SWL
Peach Coffeecake	5 X 8	164	7.0	24.4	1.9	147.1	24.0	23	0.59	SWAEL
Peach Muffins	1 EACH	176	8.8	21.8	2.5	163.0	0	17	0.43	SWEL
Pecan Danish	1 EACH	139	8.3	14.2	1.9	137.7	0	11	0.66	SWPE
Pineapple Oatbran Muffin	1 EACH	158	5.1	26.2	2.9	182.8	6.0	24	0.97	SWEL
Pocket Bread	1 EACH	87	0	18.7	3.8	249.5	0	50	2.25	WV
Potato Rolls	1 EACH	169	5.3	26.4	4.1	188.8	0.6	57	1.25	SWL
Pumpkin Bread	1 SLICE	221	8.2	35.1	2.6	202.3	29.0	10	0.98	SWE
Pumpkin Muffins	1 EACH	196	7.3	31.2	2.3	179.8	25.8	8	0.87	SWE
Raisin Bread	1 SLICE	97	1.8	17.0	3.0	158.8	0.2	15	0.14	SWL

## Bread/Coffee Cake

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
Raspberry Danish	1 EACH	122	5.4	16.8	1.6	135.1	11.0	8	0.55	SWEL
Seasoned Bread Sticks	1 STICK	86	2.9	12.9	2.5	131.1	0.6	12	0.14	SWEL
Sesame Breadsticks	1 STICK	174	6.1	25.0	4.4	215.9	0	15	1.56	SWL
Sesame Seed Buns	1 EACH	146	3.1	24.0	5.2	208.7	0	83	1.50	WL
Sherri's Muncho Muffins	1 EACH	108	3.0	18.7	2.3	207.1	7.2	22	0.96	SWEL
Shortcake Biscuits	1 EACH	139	4.8	20.8	3.0	391.7	0.1	120	1.13	SWL
Sliced Bread	2 SLICES	122	1.6	23.1	3.5	259.4	0	57	1.54	SWL
Soft Pretzels	1 EACH	490	4.4	98.8	11.6	2021.6	4.2	33	5.55	WV
Soft Sliced Bagel	1 EACH	198	3.0	37.6	6.9	336.8	9.9	0	2.68	WV
Sopapillas	1 EACH	247	16.1	21.9	3.2	503.6	0	122	1.46	SWL
Sour Cream Coffeecake	5 X 8	298	13.7	40.5	4.3	251.6	51.3	49	1.44	SWEL
Sourdough Bread-2 Slices	2 SLICES	166	1.8	31.4	5.3	368.3	0	45	1.53	SWL
Squaw Bread	1 EACH	327	5.0	1.1	12.5	410.5	1.1	74	4.08	SWL
Stoneground Cornbread	5 X 8	212	4.0	38.2	5.6	846.3	1.6	78	2.07	SWEL
Strawberry Bread	SLICE	360	17.0	47.9	4.7	303.3	0	32	0.81	SWEL
Strawberry Muffins	1 EACH	182	8.6	24.2	2.4	153.1	0	16	0.41	SWEL
Sweet Cinnamon Rolls	1 EACH	206	6.4	34.3	3.6	133.7	13.4	29	1.32	SWEL
Swt Potato Oatbran Muffin	1 EACH	92	3.0	14.8	1.8	124.4	3.6	14	0.62	SWEL
Taco Shell	1 EACH	5	2.3	6.2	0.7	0	0	0	0	SV
Tangy Ranch Toast	1 EACH	126	4.9	19.2	4.0	298.8	0	41	1.08	SWL
Texas Toast	1 EACH	90	1.0	19.0	4.0	240.1	0	40	1.08	SWL
Toast	1 EACH	85	2.6	13.5	1.6	144.0	0	39	0.64	SWL
Tomato Basil Rolls	1 EACH	224	4.3	38.6	8.0	423.3	0	56	2.97	SWV
Tostada/Taco Shell	1 EACH	40	3.1	7.3	1.0	36.3	0	9	0.25	SV
Tropical Nut Bread	1 SLICE	223	8.7	33.7	3.5	240.6	22.3	70	1.01	SWPEL
UB Coffeecake	5 X 8	266	11.1	39.4	3.1	189.6	16.1	57	1.07	SWEL
Vegan Banana Bran Muffin	1 EACH	113	3.0	22.4	2.1	205.1	0	9	1.47	SWV
Vegan Zucchini Nut Bread	PORTION	269	13.2	36.5	2.6	176.9	0	17	0.90	SWPV
Warm French Bread	1 EACH	91	1.1	17.1	3.4	159.7	0	23	1.23	WL
Western Ranch Toast	1 EACH	116	3.8	19.1	4.0	273.5	0	42	1.10	SWL
Wheat Buns	1 EACH	112	2.6	19.0	4.1	194.7	0	40	1.68	SWV
Whole Wheat Roll	1 EACH	101	1.1	18.7	4.0	168.4	0	16	0.81	SWL
Yeast Rolls	1 EACH	92	1.2	17.1	2.9	145.4	0	13	0.99	SWL
Zucchini Muffins	1 EACH	7	0.3	0.9	0.1	4.6	0.7	0	0.02	SWPE
Zucchini Nut Bread	1 SLICE	274	13.9	34.9	3.4	185.8	30.2	20	0.98	SWPE

## Breakfast Entrees

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
£ Pancakes - 2 each	2 PANCAKES	196	3.3	33.6	7.4	609.2	47.3	293	1.86	SWEL
£ Sausage Link	1 LINK	105	8.8	0.3	5.8	366.8	23.5	9	0.35	M
£ Scrambled Eggs	2 OZ	96	7.0	0.7	7.1	71.4	241.5	23	0.79	SE
Bacon	2 SLICES	61	6.5	0.0	0.9	88.0	7.6	0	0	M
Bacon - precooked	2 EACH	59	4.6	0	3.3	157.2	9.8	0	0	M
Bacon & Egg Bagel	1 EACH	355	16.6	38.9	13.6	666.1	154.4	96	3.29	SWELM
Bacon & Egg Bkfst Croissant	1 EACH	380	25.8	25.7	10.8	583.1	141.5	98	2.71	SWELM
Bacon Biscuit Roll	1 EACH	229	11.6	22.9	8.2	581.7	54.9	183	1.17	SWELM
Bacon-1	1 SLICE	31	3.2	0.0	0.5	44.0	3.8	0	0	M
Belgian Oatbran Waffles	1 EACH	346	6.5	63.9	7.1	470.3	0.0	143	0.90	SWEL
Belgian Waffles	1 EACH	362	6.8	66.9	7.4	492.2	0.0	149	0.94	SWEL
Blueberry Yogurt Parfait	PARFAIT	178	3.3	33.8	5.1	71.4	0	9	0.20	L
Breakfast Bacon Bagel	1 EACH	259	9.5	37.7	7.9	424.8	17.5	0	2.68	SWELM
Breakfast Bacon Biscuit	1 EACH	295	16.6	29.4	6.0	838.5	7.6	41	1.83	SWELM
Breakfast Bacon Croissant	1 EACH	298	19.9	24.5	5.9	393.0	7.6	25	2.10	SWELM
Breakfast Bacon Muffin	1 EACH	201	7.5	27.0	5.9	308.0	7.6	20	1.44	SWELM
Breakfast Bacon Pizza	1 SLICE	294	13.5	32.2	12.7	413.0	139.3	33	0.73	SWELM
Breakfast Biscuit w/ Bacon & Egg	1 EACH	376	22.6	30.7	10.9	1028.6	141.5	113	2.44	SWELM
Breakfast Burrito	1 EACH	356	19.4	26.8	17.6	771.5	114.4	276	1.93	SWELM
Breakfast Chicken Strips	1 PIECE	198	15.2	5.7	10.0	102.1	11.3	2	1.36	WELM
Breakfast Ham	2 OZ.	69	3.4	0.1	9.0	580.7	23.3	3	0.55	M
Breakfast Ham Croissant	1 EACH	282	14.9	24.4	12.0	681.2	15.6	27	2.36	SWELM
Breakfast Ham Muffin	1 EACH	185	2.6	27.0	12.1	596.2	15.6	22	1.71	SWLM
Breakfast Hamburger Patty	PATTY	107	8.8	0	6.8	25.8	30.0	3	0.68	M
Breakfast Muffin w/Bacon & Egg	1 EACH	283	13.4	28.3	10.9	498.1	141.5	93	2.05	SWELM
Breakfast Muffin w/Ham & Egg	1 EACH	319	12.5	28.3	21.0	1018.4	161.1	96	2.45	SWELM
Breakfast Sausage Pizza	1 SLICE	312	14.3	32.4	14.8	537.3	146.3	37	0.89	SWELM
Breakfast Steak Fingers	2 EACH	142	7.1	4.3	14.2	179.0	42.6	11	1.99	WLM
Breakfast Steak Fingers-1	1 EACH	71	3.5	2.2	7.1	89.5	21.3	5	0.99	WLM
Breakfast Taco	1 EACH	220	9.2	22.1	10.2	411.6	203.3	88	1.51	SWEL
Cheese Omelet-grilled	1 EACH	201	16.2	0.9	12.2	297.5	321.0	125	1.02	SEL
Cheese Omelets	1 EACH	262	22.5	3.6	11.5	576.7	217.5	141	1.72	SEL
Cheese Toast	1 EACH	136	7.8	10.0	6.2	421.5	17.7	178	0.61	SWL
Cheesy Scrambled Eggs	PORTIONS	102	7.4	0.7	7.4	123.4	232.7	43	0.76	SEL
Don's Breakfast Burrito	1 EACH	369	22.9	22.4	16.3	807.0	236.3	227	1.67	WELM
French Toast	1 SLICE	129	2.6	22.1	6.9	389.4	68.2	76	1.31	SWEL
French Toast Bagel	1/2 BAGEL	125	2.4	19.1	6.4	330.7	81.0	64	1.29	SWEL
Fried Eggs	1 EACH	84	5.7	0.7	7.4	71.4	241.0	28	0.82	SE
Grandma Bell's Chocolate Gravy	1/4 CUP	69	2.8	7.4	3.0	25.5	51.6	62	0.43	WEL
Granola Yogurt Parfait	PARFAIT	293	9.6	42.1	10.1	122.2	0	11	0.60	SWAPL



## Breakfast Entrees

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
Grilled Smoked Sausage	2 OZ	149	12.7	0.9	7.5	44.9	33.5	0	0	M
Grl Bacon & Egg Sandwich	1 EACH	396	27.2	25.4	11.7	786.8	151.2	211	2.09	SWELM
Grl Ham & Egg Sandwich	1 EACH	403	23.1	25.3	21.7	1277.6	167.6	214	2.50	SWELM
Grl Sausage & Egg Sandwich	1 EACH	507	35.2	25.8	19.9	1303.6	182.4	226	2.67	SWELM
Ham & Egg Bagel	1 EACH	369	15.5	39.0	18.9	996.3	165.6	98	3.65	SWELM
Ham & Egg Biscuit	1 EACH	390	20.9	30.7	17.6	1360.8	153.3	115	2.70	SWELM
Ham & Egg Bkfst Croissant	1 EACH	394	24.1	25.7	17.4	915.3	153.3	100	2.98	SWELM
Ham Bagel	1 EACH	243	5.1	37.7	12.7	711.1	25.0	2	3.03	WM
Ham Breakfast Biscuit	1 EACH	278	11.7	29.4	12.2	1126.7	15.6	43	2.09	SWLM
Hard Cooked Eggs	1 EACH	84	5.7	0.7	7.4	71.4	241.0	28	0.82	E
Hashbrown Omelets	8 X 4	251	17.1	13.1	11.7	623.3	174.1	164	1.27	ELM
Hashbrown Pie w/Sausage	5 X 5	326	22.6	11.4	18.8	776.8	230.7	200	1.72	ELM
Huevos Rancheros	1 EACH	220	12.8	12.5	14.7	403.7	237.8	237	2.09	EL
Impossible Bacon Pie	1/8	175	10.3	11.6	9.2	348.4	99.0	191	0.71	SWELM
Little Smokies	5 EACH	174	16.8	0.4	4.9	335.5	28.4	8	0.38	M
Little Smokies-3	3 EACH	105	10.1	0.3	2.9	202.1	17.1	5	0.23	M
Omelet Fixings	1 1/2 TBSP	69	5.3	2.2	3.5	207.4	11.8	98	0.08	L
Omelets	1 EACH	215	18.5	3.6	8.8	401.4	207.4	60	1.72	SEL
Omelets - grilled	1 OMELET	234	20.6	1.2	10.3	104.7	348.3	38	1.14	SEL
Pancake - 1	PORTIONS	98	1.7	16.8	3.7	304.6	23.7	146	0.93	SWEL
Peach Yogurt Parfait	PARFAIT	169	2.7	32.5	5.4	70.3	0	6	0.12	L
Sausage & Egg Bkfst Croissant	1 EACH	538	38.4	26.2	20.4	1199.4	180.1	114	3.35	SWELM
Sausage & Egg Bagel	1 EACH	483	26.7	39.4	21.5	1175.7	186.4	88	3.87	WEL
Sausage & Egg Biscuit	1 EACH	518	33.9	31.2	19.7	1589.4	176.5	128	3.02	SWELM
Sausage & Egg Breakfast Muffin	1 EACH	425	24.8	28.7	19.6	1058.9	176.5	108	2.64	SWELM
Sausage & Egg Casserole	8 X 4	230	16.2	6.8	13.6	779.1	134.1	129	1.12	SWELM
Sausage and Rice	1/2 CUP	179	8.0	19.4	6.6	597.6	20.8	25	1.20	M
Sausage Bagel	1 EACH	371	17.5	38.1	16.1	941.6	48.7	15	3.26	WM
Sausage Biscuit	1 EACH	172	14.6	0.5	9.2	604.8	38.8	15	0.58	SWLM
Sausage Biscuit Roll	1 EACH	245	12.8	23.0	9.3	670.0	59.0	185	1.25	SWELM
Sausage Croissant	1 EACH	410	28.0	24.9	14.2	912.5	39.0	40	2.68	SWLM
Sausage Links	2 LINKS	209	17.7	0.6	11.7	733.7	47.1	18	0.71	M
Sausage Muffin	1 EACH	313	15.6	27.5	14.2	824.8	38.8	35	2.02	SWLM
Sausage Patty	1 PATTY	172	14.6	0.5	9.2	604.8	38.8	15	0.58	M
Scrambled Egg with Turkey Ham	2 OZ	91	6.3	0.6	7.3	127.4	217.8	22	0.85	SEM
Scrambled Eggs w/Ham	2 OZ	90	6.2	0.6	7.3	124.5	216.9	21	0.74	SEM
Vegt Bkfst Patty Bagel	1 EACH	273	5.8	40.4	16.3	588.4	9.9	0	4.35	SWEL
Vegt Bkfst Patty Biscuit	1 EACH	308	12.9	32.2	14.4	1002.0	0	41	3.50	SWEL
Vegt Bkfst Strip Bagel	1 EACH	257	7.3	39.7	8.9	551.7	9.9	0	3.03	SWEL
Vegt Bkfst Strip Biscuit	1 EACH	292	14.5	31.4	7.1	965.9	0	41	2.18	SWEL

## Breakfast Entrees

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
Vegt Breakfast Links	2 LINKS	59	2.0	2.0	7.9	336.8	0	0	1.43	SWEL
Vegt Breakfast Patties	1 PATTY	75	2.8	2.8	9.3	251.5	0	0	1.68	SWEL
Vegt Breakfast Patty Muffin	1 EACH	215	3.8	29.8	14.3	471.5	0	20	3.12	SWEL
Vegt Breakfast Strip Muffin	1 EACH	206	5.6	30.1	7.3	452.1	0	21	1.86	SWEL
Vegt Breakfast Strips	2 STRIPS	59	4.4	2.0	2.0	215.4	0	0	0.35	SWE
Waffle Syrup	1/4 CUP	243	0	60.8	0	49.3	0	0	0	V
Waffles	2 EACH PLAIN	301	12.2	39.8	7.1	622.6	35.7	49	4.49	WEL
Western Omelet Lite	1 EACH	147	9.3	1.4	13.4	346.0	372.8	37	1.31	EM
Western Omelets	1 EACH	162	9.8	1.3	15.9	481.2	378.4	37	1.41	EM
Whole Wheat Pancakes	2 EACH	182	2.1	34.5	7.7	216.5	66.1	167	1.65	WEL

## Cakes & Frostings

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
Angel Food Cake	1/16	93	0.1	21.1	2.3	183.2	0	30	0.08	WE
Angel Food Cake-homemade	1/16	106	0.0	24.5	2.4	77.7	0	2	0.09	WE
Apricot Nectar Cake	5 X 8	230	12.5	26.4	3.3	205.7	50.8	14	0.53	SWE
Black Forest Cake	5 X 8	206	8.8	30.4	5.0	318.4	24.2	95	1.24	SWE
Boiled Coconut Frosting	.5 OZ	62	3.7	4.5	0.4	45.7	0.8	12	0.08	SL
Boston Cream Pie	1/8 PIE	346	13.2	54.3	3.7	342.7	20.0	17	0.48	SWEL
Caramel Frosting	.75 OZ	62	1.5	12.1	0.2	20.1	0.8	12	0.11	SL
Carrot Cake	8 X 6	202	11.3	23.1	2.0	164.2	0	18	0.64	WE
Carrot Cake/Crm Chs Icing	5 X 8	556	29.5	69.6	5.6	238.8	49.4	55	1.62	SWPEL
Carrot Cake/Crm Chs Icing Whole	8" Round Cake	1288 3	683.8	1615.0	126.5	5569.2	1134.2	1265	36.50	EL
Cherry Chip Icing	.5 OZ	50	1.5	9.2	0.1	22.3	0.0	2	0.01	L
Cherry Chocolate Cake	8 X 5	329	9.7	58.4	3.4	485.8	26.6	139	2.21	SWAEL
ChocButter Cream Frosting	.969	143	10.8	12.4	0.5	109.2	0.5	10	0.28	SL
Chocolate 22 Minute Icing	4 TEASPOONS	92	3.3	15.7	0.4	39.4	0.6	10	0.08	SL
Chocolate Angel Food Cake	1/16	182	0.2	41.0	4.4	130.9	0	6	0.30	WE
Chocolate Frosting	5 TEASPOONS	89	1.9	17.9	0.5	33.9	0.1	6	0.15	SL
Chocolate Fudge Frosting	1 OZ	115	5.3	17.0	0.6	35.5	0.1	6	0.22	SL
Chocolate Icing	1 TABLESPOON	52	1.9	8.3	0.5	22.7	0.0	5	0.14	SL
Chocolate Sheath Cake/Ici	6 X 8	353	15.5	51.4	3.2	204.7	22.2	25	0.92	SWEL
Coconut Cream Cake	1 SLICE	295	13.1	39.0	6.6	166.3	36.4	46	0.93	SWEL
Cream Cheese Icing	1 TABLESPOON	90	4.8	11.6	0.5	44.2	6.3	6	0.08	PL
Cream Cheese Icing-Purcha	2 OZ	234	9.8	37.8	0.1	134.4	0	2	0.09	PL
Cream Frosting	.5 OZ	67	2.4	11.6	0.1	50.9	0.3	4	0.01	SL
Crumb Cake	8 X 5	271	13.5	37.1	2.4	179.5	26.3	30	0.45	WPEL
Cupcake Decorations	1 TBSP	42	2.3	4.9	0.2	12.9	0	3	0.03	PM
Decorator Cake Icing	.75 OZ	97	4.4	14.6	0.0	0.2	0	0	0.01	SWAV

## Cakes & Frostings

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
Devil's Food Cake	5 X 8	194	8.1	27.9	2.7	435.1	34.5	132	1.50	SWE
Devil's Food Cake-homemade	8 X 5	203	7.7	32.2	1.7	224.2	23.7	24	0.37	SWEL
Devils Food Cupcakes	1 EACH	113	5.1	15.3	1.6	240.3	23.7	73	0.84	SWE
Fluffy Frosting	.4 OZ	24	0	5.9	0.3	4.4	0	0	0.00	E
Fresh Strawbry Shortcake	6 X 8	161	6.5	23.9	3.8	142.3	16.9	10	0.31	SWE
Frosted Banana Cake	5 X 8	295	11.8	45.4	2.9	216.5	25.8	54	0.88	SWEL
Frosted Banana Pecan Cake	5 X 8	314	13.7	45.9	3.1	217.5	25.8	54	0.88	SWPEL
Fudge Cake	5 X 8	198	8.2	29.9	1.6	145.3	22.1	18	0.41	SWEL
Fudge Frosting	4 TEASPOONS	72	2.4	12.2	0.5	29.6	0.1	6	0.14	SL
Fudgy Peppermint Truffle Cake	SLICE	318	13.3	46.0	4.7	434.7	47.6	168	1.71	SWEL
German Choc Cake/Frosting	5 X 8	327	18.2	36.9	2.2	169.6	33.9	35	0.49	SWPEL
German Chocolate Frosting	.577 OZ	76	5.1	4.9	0.5	45.8	0.7	11	0.08	SPL
Gingerbread & Lemon Sauce	5 X 8	309	9.1	54.6	3.6	223.1	31.9	64	2.47	SWEL
Glazed Orange Cake	5 X 8	217	9.7	29.2	3.5	215.0	46.0	14	0.48	SWEM
Hot Fudge Pudding Cake	1/2 CUP	329	8.8	59.5	4.0	232.4	1.9	100	1.57	SWL
Iced 22 Min. Choc Cake	5 X 8	297	14.8	40.6	1.6	168.6	21.2	21	0.37	SWEL
Iced Apple & Coconut Cake	5 X 8	250	10.5	35.7	2.8	233.8	20.4	24	0.84	SWEL
Iced Caramel Pound Cake	1/20	390	14.3	64.4	2.3	198.8	49.3	66	0.95	SWEL
Iced Cherry Chip Cake	8 X 5	246	9.2	38.4	2.8	254.2	0.0	16	0.43	SWEL
Iced Chocolate Cake	5 X 8	260	13.9	31.4	2.8	256.1	9.2	35	1.08	SWEL
Iced Italian Cream Cake	5 X 8	258	12.3	32.4	2.8	194.4	35.6	19	0.54	SWPEL
Iced Lemon Cake	5 X 8	308	12.4	46.4	3.6	286.3	39.0	30	0.95	SWEL
Iced Lemon Gelatin Cake	5 X 8	242	9.4	37.3	2.7	187.2	31.7	9	0.37	SWEM
Iced Orange Chiffon Cake	1/20	195	7.7	29.8	2.1	160.8	83.0	50	0.35	SWE
Iced Pumpkin Cake	8 X 5	287	13.0	41.8	2.1	146.7	42.7	23	0.59	SWPEL
Iced Red Velvet Cake	5 X 8	326	17.5	40.8	2.2	243.6	32.9	26	0.44	SWPEL
Iced Scotch Cake	5 X 8	386	17.3	53.8	3.8	197.2	20.4	22	1.08	SWPEL
Iced Strawberry Cake	5 X 8	370	14.8	57.7	3.2	253.5	23.2	16	0.54	SWEM
Kanom Kai (Thai Cake)	1 EACH	176	1.9	37.8	2.2	24.2	71.1	9	0.41	SWE
Kay's Decorator Icing	1 OZ	144	6.3	22.6	0	0.3	0	0	0.01	SL
Lamingtons	PIECE	294	6.1	43.0	3.8	153.0	42.2	40	0.72	SWEL
Lemon Blossom Cake	1/16	255	9.1	36.5	3.7	241.3	95.1	80	0.43	SWEL
Lemon Icing	1 OZ	120	2.7	24.4	0.1	46.1	0	2	0.02	SL
Lime Marbled Cake	5 X 8	178	7.4	24.6	3.2	215.5	28.5	14	0.46	SWEM
Mandarin Orange Cake	6 x 8	274	13.1	36.2	6.2	275.7	54.3	19	0.61	SWEL
Marble Cake	5 X 8	210	7.8	34.6	1.5	164.3	22.9	60	0.40	SWEL
Mardi Gras King Cake	1 SLICE	248	7.9	36.4	7.3	239.7	51.7	32	0.34	SWEL
Mexican Chocolate Sheath Cake/ Icing	6 X 8	353	15.5	51.5	3.3	204.8	22.2	26	0.95	SWEL
Mississippi Fudge Cake	5 X 8	369	15.2	56.0	3.9	173.1	41.5	20	0.93	SWPELM

## Cakes & Frostings

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
Molasses Cake	5 X 8	231	10.6	31.8	3.0	43.4	19.5	39	1.35	SWEL
Nutmeg Cake/Coconut Icing	5 X 8	337	15.3	44.5	2.2	202.8	30.6	54	0.52	SWPEL
Old Fashion Fluffy Frost	.6 OZ	45	0	10.8	0.5	8.3	0	0	0.01	E
Orange Cupcakes	1 EACH	151	8.9	15.6	2.3	145.0	35.5	10	0.36	SWE
Orange Frosting	.7 OZ	78	2.3	14.6	0.0	41.2	0	1	0.01	SL
Orange Glaze	.2 OZ	17	0.0	4.3	0.0	0.1	0	0	0.00	V
Orange Slice Cake	1 SLICE	415	11.9	73.7	4.0	156.1	38.8	20	1.09	SWPEL
Patriotic Cake	5 X 8	159	7.0	21.6	3.2	178.9	24.2	15	0.47	SWE
Petits Fours Sponge Cake	1.5 X 1.5 INCH	46	3.0	4.4	0.6	21.5	22.2	2	0.12	WAEL
Pineapple UpsideDown Cake	5 X 7	267	8.4	47.9	1.4	158.6	21.1	74	0.54	SWEL
Plantation Cake w/ Chocolate Cream	PORTIONS	559	39.0	49.4	5.4	247.8	87.6	56	0.83	SWPEL
Pound Cake	1/20	234	13.1	24.9	4.3	251.9	65.3	23	0.64	SWEL
Rainbow Cake	5 X 8	252	9.1	41.2	2.4	155.5	0.3	75	0.22	SWAELM
Scotch Cake Icing	1 OZ	122	5.7	16.4	0.7	39.4	0.0	5	0.08	SPL
Shortcake w/ Fzn Strawberry	5 X 8	227	6.8	41.5	3.1	141.6	17.5	50	0.42	SWELM
Sour Cream Pound Cake	1/20	298	15.6	35.0	5.1	219.3	76.9	21	1.25	SWEL
Spice Cake	5 X 8	170	7.1	25.8	1.2	104.2	24.6	37	0.35	SWEL
Swiss Cherry/Choc Torte	1/20	688	30.8	101.1	5.1	372.9	44.6	44	1.93	SWEL
Tres Leche Cake	5 X 8	300	12.1	41.1	7.6	163.8	134.7	175	1.07	WEL
Turtle Sundae Cake	1/16 CAKE	538	23.6	77.9	6.0	848.7	60.6	245	2.92	SWPEL
Vanilla Frosting	.5 OZ	64	2.1	11.4	0.0	28.7	0.0	1	0.01	SL
Waldorf Astoria Cake	5 X 8	165	6.2	26.0	2.7	133.2	24.3	38	0.91	SWEL
Walnut Fudge Cake	5 X 8	372	22.8	37.4	6.6	318.2	36.3	44	1.35	SUEL
Walnut Fudge Topping	1 ounce	182	13.5	13.1	3.8	72.4	3.6	40	0.50	SUL
White Cake (Homemade)	8 X 5	185	6.2	31.6	1.3	128.9	21.2	59	0.23	SWEL
White Cake (Plain Round)	20 CUT/2LAYR	143	6.3	19.0	2.5	177.5	24.2	12	0.39	SWE
White Cake-Plain-Bake Pan	5 X 8	163	7.2	21.7	2.9	202.9	27.6	13	0.44	SWE
White Cupcakes	1 EACH	112	4.9	14.9	2.0	139.2	18.9	9	0.30	SWE
White Sheet Cake	1 PIECE	163	7.2	21.7	2.9	202.9	27.6	13	0.44	SWE
Whole Wheat Carrot Cake	1 PIECE	368	21.5	42.0	4.0	266.7	47.8	40	1.03	SWPEL

## Cereals

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
Vegt Breakfast Links	2 LINKS	59	2.0	2.0	7.9	336.8	0	0	1.43	SWEL
Vegt Breakfast Patties	1 PATTY	75	2.8	2.8	9.3	251.5	0	0	1.68	SWEL
Vegt Breakfast Patty Muffin	1 EACH	215	3.8	29.8	14.3	471.5	0	20	3.12	SWEL
Vegt Breakfast Strip Muffin	1 EACH	206	5.6	30.1	7.3	452.1	0	21	1.86	SWEL
Vegt Breakfast Strips	2 STRIPS	59	4.4	2.0	2.0	215.4	0	0	0.35	SWE

## Cobblers & Crisps

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
Apple Cobbler	1/2 CUP	229	6.1	42.3	2.6	227.4	2.1	87	0.92	WV
Apple Cobbler- Homemade	1/2 CUP	209	8.6	37.6	1.3	192.2	0	14	0.56	WV
Apple Crisp	1/2 CUP	199	3.7	45.5	1.8	121.7	0	18	0.86	WV
Apple Crisp w/ Pecans	1/2 CUP	207	5.0	41.0	1.8	75.5	0	14	0.85	WPV
Apricot Cobbler	1/2 CUP	181	7.7	27.5	1.6	167.5	0	16	0.69	WV
Bing Cherry Cobbler	1/2 CUP	163	6.1	26.8	1.5	129.6	0	17	0.67	WV
Blackberry Cobbler-Homemd	1/2 CUP	270	11.1	42.5	2.1	198.1	0	29	1.02	WV
Blueberry Cobbler	1/2 CUP	265	7.0	48.9	3.1	234.0	1.4	94	1.25	WV
Blueberry Crisp	1/2 CUP	313	11.7	51.1	2.6	221.6	0	22	1.26	WV
Blueberry Peach Cobbler	1/2 CUP	215	5.3	41.4	2.1	231.4	1.5	58	0.83	SWL
Cherry Cobbler	1/2 CUP	222	6.1	40.5	2.7	230.3	1.0	78	1.91	WV
Cherry Cobbler-Homemade	1/2 CUP	270	6.1	54.3	1.4	119.5	0	24	1.26	WV
Cobbler Crust	1/30	91	6.1	8.1	1.1	110.2	0	11	0.44	WV
Homemade Apricot Cobbler	1/2 CUP	285	8.1	53.6	2.6	181.4	0	28	2.03	WV
Peach Cobbler-Homemade	1/2 CUP	230	7.9	39.7	1.5	139.2	0	15	0.67	WAV
Peach Crisp	1/2 CUP	317	8.6	60.8	2.4	256.6	0	17	1.22	WAV
Sizzling Apple Mango Crisp	1 CUP	453	11.7	86.1	2.3	139.1	27.0	25	1.07	SWL
Strawberry Cobbler	1/2 CUP	217	6.1	41.1	1.3	112.4	0	17	0.70	WV
Tropical Crisp	5 X 8	388	12.9	61.9	5.3	144.3	0	43	2.04	WV

## Cookies

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
Almond Cookies	1 EACH	79	4.0	9.5	1.5	49.7	29.9	6	0.33	SWAE
Almond Toffee Bars	1 EACH	156	8.8	18.0	1.8	77.8	10.1	14	0.78	SWAEL
Apricot Crunch Bars	1 EACH	214	8.1	34.9	2.7	82.9	0	24	1.71	SWV
Black Forest Bars	1 EACH	242	8.4	33.3	3.9	123.8	21.0	77	0.66	SWEL
Blondies	1 EACH	154	6.7	22.4	1.8	83.3	11.5	20	0.81	SWPEL
Brownie Pie	1/8	327	16.4	41.2	5.0	217.0	54.5	56	1.27	WPE
Brownies	1 EACH	127	6.4	15.9	1.9	84.2	21.0	22	0.49	SWPE
Butterscotch Pecan Square	1 EACH	128	5.9	17.5	1.6	101.8	20.1	28	0.62	WPE
Caramel Bars	1 EACH	211	10.6	27.8	3.1	193.2	0.2	25	0.79	SWLN
Cheerio Bars	12x8--1 bar	129	6.5	17.3	2.3	128.4	0	15	1.73	WNM
Chewy Peanut Butter Bars	8 X 12	133	5.6	15.0	2.5	67.6	17.6	15	0.40	SWNE
Choc Pnut Butter Cookies	1 EACH	172	9.0	20.2	2.9	155.7	5.4	13	0.56	SWNE
Chocolate Biscotti	1 EACH	52	1.3	8.7	1.4	32.6	7.2	6	0.40	SWAEL
Chocolate Caramel Squares	1 EACH	275	16.2	30.8	2.9	275.5	6.8	29	0.89	SWPEL
Chocolate Chip Cookies	1 EACH	136	6.7	17.8	1.5	103.7	8.6	7	0.61	SWPEL
Chocolate Chip Walnut Cookie GW	1 EACH	270	14.2	32.8	4.6	134.8	30.8	35	1.25	WUEL
Chocolate Chunk Cookies GW	1 EACH	233	11.1	32.4	2.5	167.1	25.4	19	1.18	SWEL

## Cookies

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
Chocolate Oatmeal Cookies	1 EACH	195	9.1	25.9	3.0	140.1	6.9	10	0.93	SWEL
Cocoa Puffs Bars	12x8--1 bar	84	3.1	13.9	0.6	80.1	0	1	1.09	SWM
Cranberry Crunch Bars	1 EACH	200	8.0	31.3	2.0	75.8	0	16	0.85	SWV
Cranberry Walnut Cookies GW	1 EACH	260	12.9	33.8	3.9	184.7	28.3	16	1.20	SWUEL
Fortune Cookies	1 EACH	26	0.2	5.9	0.3	19.1	0.7	1	0.10	SWE
Fruit Loops Bars	12x8--1 bar	85	3.2	14.0	0.5	71.3	0	2	0.97	SWM
Ginger Cookies	1 EACH	70	2.4	11.5	0.8	40.3	1.9	8	0.39	SWE
Ginger Snap Cookies	1 EACH	232	9.5	35.1	2.4	158.2	10.3	25	1.38	SWE
Gingerbread for House	COOKIE	126	5.7	17.5	1.8	112.8	0.1	30	0.85	SWL
Granola Bars	1 EACH	171	9.0	19.6	4.8	104.7	5.4	62	0.80	SNL
Holiday Spritz Cookies	1 EACH	55	3.2	6.0	0.6	57.2	4.0	3	0.21	SWE
Ice Box Cookies	1 EACH	150	7.3	19.7	1.9	66.7	10.0	9	0.70	SWPE
Jumbo Almond Cookies	Each	365	22.7	34.0	8.2	209.2	78.9	51	1.83	SWAE
Jumbo Choc Chip Cookies	1 EACH	409	19.6	54.9	4.6	321.2	27.1	22	1.90	SWPEL
Jumbo Choc Oatmeal Cookie	1 EACH	394	18.3	52.8	6.1	280.3	13.8	21	1.91	SWEL
Jumbo Choc w/Chip Cookies	1 EACH	421	22.7	50.1	6.1	284.2	26.8	18	1.81	SWAEL
Jumbo Ice Box Cookies	1 EACH	350	17.1	46.0	4.3	155.6	23.4	20	1.63	SWPE
Jumbo M & M Cookies	1 EACH	433	19.2	61.3	4.7	405.7	29.0	44	1.81	SWE
Jumbo Oatmeal Cookies	1 EACH	514	22.4	74.0	7.1	108.7	36.2	56	2.63	SWPE
Jumbo P'nut Butter Cookie	1 EACH	519	29.7	57.7	8.9	269.9	37.2	31	1.99	SWNE
Jumbo Ranger Cookies	1 EACH	347	13.4	53.1	4.8	267.4	29.3	47	1.86	SWE
Jumbo Sugar Cookies	1 EACH	422	17.5	61.5	5.4	534.4	34.5	35	1.83	SWE
Lemon Ice Box Cookies	1 EACH	84	4.2	10.8	1.3	53.5	6.4	7	0.38	WPE
M & M Cookies	1 EACH	140	6.2	19.8	1.5	131.3	9.4	14	0.59	SWE
Mexican Wedding Cookies	1 EACH	153	8.0	18.5	2.1	78.8	0	5	0.77	SWPV
Mini Golden Coconut Lemon Bar	1 MINI SQUARE	61	2.0	7.1	0.8	23.0	16.4	3	0.18	WEL
Oatmeal Cookies	1 EACH	207	9.1	29.5	2.8	39.8	14.4	22	1.05	SWPE
Peach Crunch Bars	1 EACH	246	8.0	41.8	2.0	93.8	0	15	0.82	SWV
Peanut Butter Cookies	1 EACH	218	12.5	24.3	3.8	113.6	15.7	13	0.84	SWNE
Peanut Butter Cookies GW	1 EACH	202	10.7	24.3	3.8	131.0	23.2	13	0.84	SWPE
Peanut Butter Fingers	1 EACH	174	8.1	24.2	2.5	121.7	8.1	12	0.56	SWNE

## Cookies

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
Pecan Pie Bars	1 BAR	196	13.0	17.8	3.0	94.6	14.7	53	0.36	WPEL
Pecan Sandies	1 EACH	203	14.4	18.5	0.6	130.6	0	5	0.12	SWPV
Pnut Bt Choc Chip Cookies	1 EACH	194	10.9	22.4	2.7	157.4	4.5	7	0.70	SWNEL
Ranger Cookies	1 EACH	151	6.0	22.8	2.0	120.0	13.2	21	0.77	SWE
Rice Krispie Bars	12x8--1 bar	84	3.1	13.9	0.6	111.8	0	2	0.43	SM
S'mores	1 EACH	164	7.3	22.2	2.5	67.0	4.8	39	0.19	WLM
S'mores Indoor	1 EACH	158	4.7	28.2	1.4	150.8	0.0	9	2.36	SWLM
Snickerdoodles	1 EACH	184	8.8	25.0	2.1	114.8	19.3	9	0.78	SWE
Sticky Goopy Brownies	CUT 8 X 10	355	14.5	54.8	3.7	195.3	36.4	23	0.80	WPELM
Strawberry Crunch Bar	1 EACH	202	7.1	33.8	2.0	78.2	0	15	0.82	SWV
Sugar Cookies	1 EACH	173	7.4	24.7	2.3	225.0	14.5	15	0.76	SWE
Sugar Cookies to Decorate	3 INCH CKIE	67	3.3	8.4	1.0	35.0	8.6	2	0.33	SWE
Super Bowl Goodie Football	1 OZ	115	4.5	16.9	3.7	97.4	0.7	50	0.42	SNL
Texas Cowchip Cookies	1 EACH	122	5.8	15.7	1.5	71.6	8.8	12	0.53	SWPEL
Toffee Sandies GW	1 EACH	250	12.5	32.7	3.2	147.6	34.8	21	0.86	SWAEL
Toffee Snickerdoodles	1 EACH	135	6.7	17.6	1.8	90.0	13.3	12	0.46	SWAEL
TX-Size Choc Chip Cookies	1 EACH	371	18.4	48.5	4.1	282.8	23.4	20	1.67	SWPEL
TX-Size Sugar Cookies	1 EACH	358	15.2	51.1	4.7	465.1	30.1	31	1.58	SWE
Vegan Brownies	1 EACH	255	13.0	32.8	2.8	78.2	0	18	0.89	SWUV
Vegan Lemon Ice Box Cookies	PORTIONS	90	4.9	10.9	1.1	73.0	0	21	0.35	SWPV
Vegan Peanut Butter Cookies	1 EACH	183	4.6	33.7	3.7	306.2	0	4	1.54	NV
White Choc Macadamia Nut Cookies	1 EACH	285	16.2	32.7	3.3	176.3	25.4	27	1.11	SWPEL

## Desserts

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
Amaretto Marzipan Torte	SLICE	30	1.7	3.2	0.4	17.0	11.8	3	0.12	WAEL
Apple Caramel Bagel	1/2 BAGEL	193	6.2	32.0	3.3	280.2	0.1	32	1.12	SWL
Apple Crisпитos	3 EACH	85	1.2	18.5	0.5	58.2	0	14	0.26	SWV
Apple Dumplings	1 EACH	167	6.7	24.7	2.0	297.0	0	7	0.48	SWV
Apple Kutchen	1 SQUARE	226	11.6	29.0	2.8	256.2	25.6	20	0.48	SWEL
Apple Paisano	10 CUT	234	9.4	34.3	3.9	289.4	0	21	1.68	SWV
Apple Turnover	Each	283	17.2	29.3	3.3	189.3	12.9	3	0.17	SWE
Apricot Cheesecake	1/12	218	11.3	25.5	5.3	174.1	17.7	46	0.53	SWLM
Apricot Palatschinken	2 TBSP	78	0.1	20.0	0.8	2.3	0	10	1.07	V
Banana Split Topping	1.2 OZ	165	8.8	16.5	3.2	87.3	0	26	0.76	AV
Banana Split Torte	5 X 8	356	18.5	47.2	4.9	219.0	24.3	10	0.66	SWPEL
Banana Splits	1 EACH	849	37.9	126.7	12.8	203.4	63.6	262	1.38	SPELM
Blueberry Crm Chse Square	5 X 8	276	9.7	45.7	3.9	194.4	10.4	13	0.82	SWL



## Desserts

Desserts	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
Blueberry Turnover	Each	284	17.2	29.2	3.5	181.3	11.6	3	0.20	SWE
Blueberry Yogurt Crepes	1 EACH	93	4.3	11.0	4.6	68.9	29.6	52	0.31	SWL
Bluebery Parisian Parfait	Each	234	5.1	45.0	2.3	235.3	4.7	62	0.39	SWL
Bluebery Pudding Parfait	Each	177	3.6	34.0	2.7	153.9	6.2	80	0.38	SWL
Brigadeiro Chocolates	PORTION	90	3.5	13.6	1.9	32.8	6.7	58	0.19	SL
Bruce Ice Cream Novelties	PORTIONS	184	10.0	21.8	3.3	58.2	20.1	81	0.29	SLM
Caramel Pecan Cheesecake	1/16	497	31.3	49.1	8.0	378.5	119.4	88	1.13	WPEL
Champs Ice Cream Novelties	1 EACH	198	8.2	31.0	3.3	121.2	13.6	87	0.30	SLM
Cheesecake w/Toffee	1/16	536	37.2	44.7	8.5	452.6	126.1	93	1.18	SWAEL
Cherry Cream Cheese Bagel	1/2 BAGEL	194	4.0	35.6	5.8	203.6	5.3	35	1.59	SWL
Cherry Crm Cheese Squares	5 X 8	289	10.1	47.9	3.9	216.7	10.4	16	1.38	SWL
Cherry Crm Cheese Squares	5 X 8	289	10.1	47.9	3.9	216.7	10.4	16	1.38	SWL
Cherry Parisian Parfait	Each	243	5.4	46.5	2.3	250.1	4.7	64	0.76	SWL
Cherry Pudding Parfait	Each	185	3.8	35.2	2.7	166.8	6.2	82	0.70	SWL
Cherry Turnover	Each	290	17.5	30.2	3.5	193.3	12.9	5	0.50	SWE
Cheryl's Cheesecake	1/8	279	20.1	18.3	6.9	258.5	75.3	123	0.69	SWPEL
Choc Dipped Strawberries	4 EACH	120	7.9	14.4	1.4	15.1	0	18	0.92	L
Choc Peanut Honey Bagel	1/2 BAGEL	272	11.5	37.4	8.1	243.9	0	30	1.59	SWNL
Choc/Vanilla Cheesecake	12 X 8	235	16.3	17.6	4.9	168.5	65.5	65	0.83	SWEL
Chocolate Cheesecake	1/8	440	26.9	43.6	8.7	341.5	79.7	64	1.28	SWEL
Chocolate Cream Crunch	8 X 5	255	14.2	29.4	5.8	205.6	35.5	57	0.55	SWPEL
Chocolate Napoleons	7 X 4	338	18.2	43.8	6.0	116.0	0	6	0.03	SWV
Chocolate Pizza	1 TRIANGLE	232	12.5	26.8	3.6	201.8	16.3	99	0.72	SWL
Christmas Wreath	1 EACH	177	12.6	12.9	4.9	418.8	72.9	40	0.36	SWEL
Cinnamon Crisps	3 PIECES	210	1.8	47.2	1.8	151.8	0	46	0.76	SWV
Cinnamon Nut Croissant	2 EACH	573	26.6	80.5	7.1	272.8	0	55	0.87	SWAE
Cinnamon Sopapillas	1 EACH	260	16.1	25.4	3.3	503.8	0	127	1.63	SWL
Clark Ice Cream Novelties	1 EACH	237	11.5	33.5	3.2	130.4	20.0	87	0.39	SLM
Cookies'n Cheesecake	1/16 SLICE	586	39.0	51.9	9.2	536.4	123.3	73	2.26	SWEL
Crepes Fitzgerald Filling	2 TABLESPOONS	93	8.5	2.7	1.9	72.5	26.8	20	0.30	L
Crepes with Strawberry Preserves	CREPE	154	2.0	33.2	1.6	57.9	28.6	17	0.29	SEL
Eclairs	1 EACH	198	9.2	25.5	2.6	62.4	45.4	11	0.74	SWEM
Eclairs-Homemade	1 EACH	283	13.5	38.6	2.5	289.1	49.8	30	0.26	SWEL
G&G Apple Turnover	Each	181	9.9	21.8	1.7	108.2	6.8	5	0.08	SWE
G&G Blueberry Turnover	Each	188	10.1	22.9	1.8	107.2	6.2	6	0.09	SWE
G&G Cherry Turnover	Each	184	10.0	22.0	1.8	109.7	6.8	6	0.21	SWE
German Choc Cheesecake	cut 1/16	518	32.7	37.0	7.8	292.7	107.8	60	1.29	SWPEL
Heath Crunch Mousse	6 OZ	455	37.6	20.5	11.9	54.3	369.3	86	0.81	SAELM

## Desserts

Desserts	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
Hot Funnel Cake	5 INCH CAKE	224	11.7	23.5	5.9	219.9	50.8	103	1.50	SWEL
Ice Cream Sundaes	4 OZ+TOPPING	238	9.6	36.2	4.6	83.9	25.0	92	0.30	SWEL
Jelly Roll w/Strawberry	1 EACH	328	2.9	73.4	3.6	157.7	120.8	41	0.56	SWE
Jelly Rolls	1 EACH	247	4.8	48.1	2.9	239.2	96.6	33	0.45	SWE
Kerr Ice Cream Novelties	1 EACH	34	1.0	6.2	0.4	9.8	3.4	13	0.02	SLM
M & M Dessert Topping	1 TABLESPOON	58	2.5	8.4	0.5	7.2	1.7	12	0.13	V
Maple Ice Cream Novelties	1 EACH	198	8.2	31.0	3.3	121.2	13.6	87	0.30	SLM
Meringue Shells	1 EACH	112	0	27.4	1.5	68.4	0	1	0.02	E
MINI PECAN TART	1 EACH	63	5.2	4.3	0.4	26.4	13.7	4	0.09	SWPEL
Mini Rudra Cheesecakes	10X14	103	7.0	8.5	1.7	67.5	30.7	17	0.27	WEL
Mocha Napoleons	7 X 4	326	21.0	32.9	11.9	92.7	0	1	0.35	SWEL
Napoleons	7 X 4	238	13.3	28.6	7.3	88.8	0	2	0.04	SWV
Orange Mousse Squares	8 X 5	187	7.6	28.5	7.6	63.9	0	6	0.18	SWE
Oreo Cookie Crumb Topping	1 OZ	140	6.0	20.0	2.0	170.1	0	0	0.72	SWL
Paris Spitz Cookies	2 EACH	215	16.6	18.0	2.8	30.3	24.8	16	1.67	WL
Pastelillo	2 EACH	113	5.8	14.4	1.4	252.3	0	10	0.74	WM
Peach Yogurt Crepes	1 EACH	84	3.4	10.9	3.8	67.5	29.6	51	0.32	SELM
Pecan Topping	Tablespoon	47	4.7	1.2	0.5	2.5	0	0	0	PV
Peppermint Cheesecake	1/16	473	30.3	44.3	7.8	359.9	121.5	64	1.46	SWEL
Peppermint Cheesecake	1/20	572	27.1	79.2	11.4	332.9	40.9	161	1.38	SWEL
Rudra Cheesecake	1/16	419	30.6	29.8	7.5	297.0	134.0	72	1.17	WEL
S'Mores Bagels	1/2 BAGEL	336	14.5	44.8	7.1	194.0	10.0	101	1.02	SWLM
Soft Frozen Yogurt	1 CUP	168	0	34.9	3.9	96.9	0	155	0	L
Soft Serve Choc Ice Cream	3/4 CUP	133	0	26.5	2.8	56.8	0	91	0.68	L
Soft Serve Sundaes	1 BOWL	261	1.0	54.8	4.8	139.0	0.1	174	0.18	PL
Soft Serve Van Ice Cream	3/4 CUP	123	0	25.6	2.8	71.1	0	114	0	L
Strawberry Napoleons	7 X 4	220	11.3	28.8	5.4	88.9	0	3	0.13	SWV
Strawberry Pizza	1 TRIANGLE	252	12.6	31.5	3.6	211.8	16.3	102	0.74	SWL
Strawberry Topping	Ounce	50	0.1	12.9	0.1	15.3	0	19	0.50	V
Sundaes & Milkshakes	SERVING	442	4.6	82.7	8.8	228.0	2.5	282	0.83	SWPLM
Sweet Buds - Ghana	PORTIONS	138	9.2	13.1	1.1	96.2	3.2	10	0.39	SWEL
Tapioca Pearls Dessert Soup	1 CUP	179	6.1	32.6	0.6	36.5	0	10	0.98	V
Tropical Cheesecake	1/16	398	23.8	37.5	7.4	261.5	91.6	121	1.07	SWPEL
Vanilla Ice Cream	1/2 CUP	142	7.8	16.7	2.7	56.7	31.2	91	0.06	LM
West Ice Cream Novelties	1 EACH	257	11.0	41.8	3.4	171.4	21.2	70	0.59	SLM
Whipped Topping	3 TBSP	28	2.2	2.2	2.2	4.5	0	0	0.00	SV

## Fish & Seafood

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
£ Baked Cod	1 PIECE	148	6.9	6.7	8.5	251.3	17.1	43	14.24	SWLF
£ Batter-Dipped Cod	2 PIECES	196	9.1	7.9	19.7	142.2	58.4	33	0.82	WF
£ Cod Almondine	1 PIECE	94	3.6	1.6	7.6	92.4	16.7	22	14.07	SWAF
£ Cod Bonne Femme	1 PIECE	87	2.2	3.1	7.4	123.9	16.7	17	14.32	SF
£ Country Baked Cod	1 EACH	174	7.9	7.5	17.1	445.7	51.4	35	0.91	SWF
£ Creamed Salmon	3/4 CUP	178	10.7	9.8	10.4	333.6	20.6	140	0.83	SWLF
£ Creamed Tuna	3/4 CUP	170	8.6	9.8	13.3	258.4	12.7	60	1.11	SWLF
£ Fiesta Fish Wraps	1/2 WRAP	285	10.7	31.2	11.8	426.7	18.6	90	10.23	LF
£ Grilled Tilapia	4 OZ	172	10.99	.20	17.35	39.0	47.7	37	.53	F
£ Herb Baked Cod	1 PIECE	135	7.8	1.7	8.3	240.6	19.1	64	14.04	SLF
£ Lemon Peppered Cod	1 PIECE	121	7.3	0.9	6.9	280.4	16.7	16	14.11	F
£ Light Baked Cod	1 PIECE	151	6.8	2.3	20.5	123.8	35.0	23	0.54	SWLF
£ Louisiana Jambalaya	1 CUP	274	10.9	26.1	16.7	289.1	71.7	39	1.91	SWLMF
£ Louisiana Jambalaya Lite	3/4 CUP	248	7.7	25.9	17.6	295.4	71.3	42	2.09	SWLMF
£ Newberg Seafood	1/2 CUP	99	2.4	4.2	12.2	127.7	55.3	95	8.48	SLF
£ Peel Your Own Shrimp	2 OZ	60	1.0	0.5	11.9	83.9	86.2	29	1.37	F
£ Shrimp Cocktail	2 OZ.	68	1.1	2.1	12.0	85.6	86.2	29	1.37	F
£ Shrimp Creole	3/4 CUP	98	1.3	13.4	9.6	1490.6	56.1	60	2.19	SF
£ Shrimp Jambalaya	1 CUP	275	8.5	30.0	18.6	715.8	76.9	52	2.67	SLMF
£ Shrimp Stir Fry	1/2 CUP	74	1.7	7.7	7.5	177.4	48.6	28	1.16	SWLMF
£ Tuna Noodle Casserole	1 CUP	265	7.1	26.3	23.7	433.5	56.4	206	2.43	WELF
Baked Catfish	1 PIECE	149	12.3	2.2	17.6	213.2	71.1	12	0.22	F
Baked Orange Roughy	4 OZ	163	7.1	6.7	17.7	264.3	21.6	63	0.53	SWLF
Beer Batter Cod	1 PIECE	100	5.3	6.0	6.6	185.7	13.3	7	0.20	SWEF
Buffalo Popcorn Fried Fish	4 OZ	0	0	0	0	0	0	0	0	SWLF
Cajun Cod	1 PIECE	221	14.7	5.9	9.9	2158.3	21.0	81	20.30	SF
Cod Meuniere	1 PIECE	182	14.2	0.6	7.0	272.0	16.7	17	13.93	SF
Cod w/Cheddar	5 OZ	274	17.0	6.9	14.9	338.6	65.2	168	17.82	ELF
Crawfish Boil	2 OZ	51	0.7	0	9.8	245.3	77.8	35	0.49	F
Fish Plate	5 OZ	360	17.3	17.5	31.7	599.6	198.5	99	8.15	SWELF
Flounder Bonne Femme	5 OZ	119	2.9	3.1	19.4	176.9	47.6	24	0.80	SF
Flounder Meuniere	4 OZ	215	14.9	0.6	19.0	291.1	47.6	24	0.39	SF
Flounder w/Sour Cream	1 PIECE	308	19.8	6.4	25.7	690.8	86.1	163	1.30	SWLF
Foo Yong Hai	4 X 8	231	12.5	15.8	13.6	1349.5	262.3	42	2.12	SEF
Fried Catfish Fillet	6 OZ	386	26.8	26.3	20.0	293.7	69.9	2	1.19	WF
Fried Catfish Nuggets	2 PIECES	193	13.4	13.1	10.0	146.9	34.9	1	0.60	WF
Fried Clams	2 OZ	91	4.1	5.6	7.4	177.9	28.6	39	7.34	SWLF
Fried Cod-2 oz	1 PIECE	98	4.5	3.9	9.9	71.1	29.2	17	0.41	SWF
Fried Cod-Battered Wedge	1 PIECE	148	6.8	5.9	14.9	107.3	44.1	25	0.62	SWLF
Fried Popcorn Shrimp	4 OZ	278	13.8	13.7	23.4	518.1	208.1	68	3.29	SWLF
Fried Shrimp Pieces	4 OZ	278	13.9	13.5	23.4	560.2	208.3	77	3.43	SWELF

## Fish & Seafood

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
Fruity Shrimp	1/2 CUP	126	3.9	9.8	14.1	170.7	120.1	48	2.09	SWLF
Grilled Salmon	4 OZ	268	19.1	0.2	23.4	66.9	66.9	14	0.43	F
Grilled Tuna Steak	6 OZ	311	10.7	4.4	48.6	978.6	92.1	62	2.00	F
Herb Baked Flounder	4 OUNCES	153	7.6	1.6	19.0	201.1	47.6	27	0.47	SF
Krabby Kake	1 CAKE	228	14.8	7.3	16.7	700.9	117.2	288	1.59	SWELF
Lemon Baked Flounder	4.5 OZ	123	1.6	2.0	24.8	231.6	62.7	35	0.60	F
Marinated Orange Roughy	4 OZ	105	2.3	7.3	16.7	229.1	21.2	63	0.61	SF
Moroccan Fish with Cumin	PORTION	77	0.8	2.8	7.9	485.1	18.1	33	15.93	F
New Orleans Style Catfish	2 PIECES	325	24.1	19.3	15.9	69.2	55.6	7	1.05	F
New Orleans Style Flounder	1 PIECE	302	15.8	19.3	21.1	81.2	47.6	25	1.41	F
Pasta Primavera/ClamSauce	1 CUP	370	19.7	34.4	14.6	423.4	62.0	69	9.56	SWLF
Salmon Filets w/ Pecan-Crunch Coating	4 OZ	382	25.4	10.6	26.6	402.1	90.7	23	0.69	SWPLF
Salmon Patties	2 EACH	409	28.0	20.7	17.9	727.1	91.5	206	2.27	SWELF
Salmon Tournedos with Herb Sauce	PORTIONS	577	40.0	25.4	27.2	644.0	137.1	51	1.38	WLF
Seafood Enchiladas	2 EACH	445	26.8	26.6	25.9	1346.0	94.7	511	3.01	SWLF
Seafood Gumbo	1 CUP	275	13.1	27.3	11.4	670.4	42.2	37	1.78	SWMF
Seafood Linguine Alfredo	8 OZ	325	9.8	40.1	19.3	1210.2	69.4	226	2.54	WLF
Seafood Platter	6 OZ	331	18.9	12.7	27.0	764.5	142.5	286	5.43	SWELF
Shrimp & Crab Etouffee	6 OZ PORTION	141	2.9	13.0	15.5	922.6	70.6	35	1.69	SWF
Shrimp Quiche	1/7	395	26.3	19.1	22.4	464.5	150.5	437	1.78	SWAELF
Spicy Catfish	1 PIECE	286	26.2	8.2	12.6	262.8	43.9	38	1.21	SLF
Spicy Flounder	3 OZ.	150	7.1	1.4	19.6	426.1	49.0	30	0.88	SF
Spicy Hot Cod	1 PIECE	266	23.4	1.2	7.2	603.0	16.7	28	14.27	SF
Tuscan Style Grilled Tilapia	4 OZ	118	4.7	2.4	16.7	241.8	44.8	52	0.78	F

## Fruit

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
3 Melon Boat	1/2 CUP	32	0.2	8.2	0.6	6.0	0	1	0.02	V
Apple & Orange Wedges	1/4 OF EACH	53	0.4	16.3	0.8	1.1	0	41	0.52	V
Apple Wedges w/Grapes	1/2 CUP	64	0.4	16.9	0.4	1.1	0	11	0.25	V
Apples	1 EACH	90	0.5	23.3	0.3	0	0	11	0.27	V
Applesauce	1/2 CUP	59	0	16.3	0	7.3	0	0	0	V
Apricots	1/2 CUP	57	0.1	14.7	0.4	2.7	0	6	0.21	V
Apricots & Bananas	1/2 CUP	79	0.1	20.4	0.6	3.3	0	8	0.28	V
Assorted Melons	1/2 CUP	36	0.3	8.7	0.7	6.7	0	6	0.12	V
Banana Half	HALF	79	0.4	20.1	0.9	0.9	0	5	0.27	V
Bananas	1 EACH	139	0.7	35.4	1.6	1.5	0	9	0.47	V
Cantaloupe Slices	1/2 CUP	26	0.1	6.6	0.6	10.4	0	0	0	V
Cantaloupe Slices-West	1/2 CUP	26	0.1	6.6	0.6	10.4	0	0	0	V

Fruit	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
Cantaloupe/Watermelon	1/2 CUP	36	0.3	8.5	0.8	7.5	0	5	0.11	V
Citrus Bowl	1/2 FRUIT	56	0.2	17.1	1.1	1.9	0	34	0.39	V
Fresh Fruit -- Luau Mix	1/2 CUP	56	0	0.6	97.2	0	0	0	0	V
Fresh Fruit-Ban/App/R/Gf	3.8 OZ	67	0.3	17.5	0.7	1.3	0	5	0.19	V
Fresh Fruit-Ban/Ctlp/R/Gf	4 OZ	67	0.2	17.4	0.9	3.7	0	4	0.18	V
Fresh Fruit-Ban/Grp/Gf	4 OZ	62	0.3	16.2	0.7	1.4	0	5	0.14	V
Fresh Fruit-Ban/Org/Gft	4.2	57	0.3	16.4	1.0	1.5	0	23	0.31	V
Fresh Fruit-Gf/Ban/App/Rs	1.5 OZ	32	0.2	8.2	0.3	0.4	0	2	0.10	V
Fresh Fruit-Gf/Ban/Ctlp/R	1.4 OZ	23	0.1	5.8	0.3	2.0	0	1	0.05	V
Fresh Fruit-Gf/Ban/Grp/Pr	1/2 CUP	99	0.5	25.7	1.1	1.7	0	10	0.37	V
Fresh Fruit-Gf/Ban/Orange	1.2 OZ	22	0.1	6.1	0.3	0.4	0	8	0.13	V
Fresh Peaches	1 EACH	49	0.1	12.6	0.8	0	0	6	0.12	V
Fresh Pears	1 PIECE	94	0.6	24.1	0.6	0	0	18	0.40	V
Fresh Pineapple Slices	1/2 CUP	72	0.6	18.2	0.6	1.5	0	10	0.54	V
Fresh Plums	2 EACH	50	0.6	11.8	0.7	0	0	4	0.09	V
Fresh Strawberries	1/2 CUP	34	0.4	8.0	0.7	1.1	0	16	0.43	V
Frozen Blueberries	1/2 CUP	58	0.7	13.8	0.5	1.1	0	9	0.20	V
Frozen Peaches & Topping	1/2 CUP	116	0.9	27.9	1.4	8.3	0	3	0.42	V
Frozen Strawberries	1/2 CUP	99	0.2	26.6	0.6	2.3	0	12	0.60	V
Fruit Basket	1 PIECE	99	0.6	27.8	1.2	1.3	0	39	0.62	V
Fruit Cocktail	1/2 CUP	69	0.1	17.9	0.5	7.2	0	7	0.35	V
Fruit Cocktail/Apples/MM	1/2 CUP	78	0.1	20.3	0.5	7.9	0	7	0.33	M
Fruit Kabobs	1 KABOB	39	0.3	10.3	0.4	0.8	0	6	0.20	V
Glazed Strawberry/Banana	1/2 CUP	54	0.3	13.2	0.6	6.5	0	7	0.24	V
Grapefruit Half	1/2 EACH	86	0.2	22.7	1.1	2.3	0	0	0	V
Grapes	1/2 CUP	71	0.4	19.4	0.7	2.3	0	16	0.33	V
Hawaiian Baked Bananas	1/3 CUP	133	4.6	23.8	0.7	72.1	0	16	0.45	SDV
Hawaiian Fruit Tray	4 OZ	58	0.4	14.6	0.6	2.0	0	15	0.42	V
Honeydew Slices	1/2 CUP	30	0.1	7.9	0.4	8.7	0	5	0.06	V
Kiwi	1/2 CUP	49	0.4	12.0	0.8	4.0	0	21	0.33	V
Kiwi/Pineapple	1/2 CUP	55	0.2	14.0	0.5	1.9	0	16	0.29	V
Mandarin Oranges	1/2 CUP	47	0.0	11.7	1.0	6.2	0	15	0.34	V
Oranges	1 EACH	72	0.5	28.0	2.5	3.6	0	126	1.44	V
Peach Halves	1/2 CUP	56	0.1	15.1	0.3	4.6	0	2	0.21	V
Peach Slices	1/2 CUP	73	0.1	19.5	0.4	5.9	0	3	0.26	V
Pear Halves	1/2 CUP	56	0.0	14.8	0.2	5.4	0	5	0.27	V
Pear Halves & Kiwi	1/2 CUP	55	0.1	14.5	0.3	4.8	0	8	0.29	V
Pears & Honeydew Chunks	1/2 CUP	30	0.0	8.0	0.2	3.8	0	3	0.13	V
Pears w/Orange Honey Sauce	1/2 CUP	105	2.4	20.3	1.5	10.4	100.1	16	0.53	E
Pineapple Chunks	1/2 CUP	58	0.1	15.1	0.4	1.0	0	13	0.27	V

## Fruit

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
Pineapple Slices	1/2 CUP	58	0.1	15.1	0.4	1.0	0	13	0.27	V
Pineapple Tidbits	1/2 CUP	58	0.1	15.1	0.4	1.0	0	13	0.27	V
Pineapple/Ban/Strawberry	1/2 CUP	67	0.2	17.4	0.6	1.1	0	14	0.33	V
Pineapple/Strawberries	1/2 CUP	49	0.1	12.7	0.4	0.9	0	13	0.27	V
Red & Green Apples	1 EACH	107	0.7	27.7	0.4	0	0	13	0.33	V
Sliced Strawberries	1/4 CUP	9	0.1	2.0	0.2	0.3	0	4	0.11	V
Strawberry/Kiwi/Pineapple	1/2 CUP	39	0.2	9.8	0.4	1.0	0	12	0.26	V
Tangerines	1 EACH	50	0.2	12.7	0.7	1.1	0	16	0.11	V
Watermelon Slices	4 OZ	36	0.5	8.1	0.7	2.3	0	9	0.19	V

## Pasta, Rice & Stuffing

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
Alfredo Noodles	1 CUP	333	23.9	23.8	6.7	446.1	60.2	65	1.54	SWEL
Almond Rice	1/2 CUP	156	4.3	25.7	3.8	237.5	0	41	1.36	AV
Apple & Nut Stuffing	1/2 CUP	219	12.4	22.8	4.2	331.1	21.3	85	1.47	SWPELM
Bowties w/ Italian Sauce	1 CUP	172	2.9	31.5	5.4	297.9	0	18	1.52	SWV
Brown Rice	1/2 CUP	134	1.1	28.0	3.0	313.3	0	10	0.54	V
Cheese Grits	1/2 CUP	162	11.2	11.1	4.3	435.5	38.5	68	0.68	SEL
Cheese Tortellini	4 EACH	340	7.9	46.0	16.0	551.1	60.0	248	3.20	WEL
Chicken Flavor Rice Pilaf	1/2 CUP	123	3.3	20.7	2.5	496.9	0	11	1.34	SM
Chow Mein Noodles	1 OZ	149	8.7	16.3	2.6	124.5	0	6	1.34	WV
Coconut Rice	1/2 CUP	121	0.2	26.0	2.3	324.9	0	20	1.14	V
Cornbread Dressing	4 OZ	131	4.8	18.5	3.8	303.4	38.0	84	1.21	SWELM
Cornbread Stuffing	1/2 CUP	173	7.6	23.0	3.4	713.7	0	23	1.23	SWLM
Dirty Rice	1/2 CUP	110	1.4	21.9	2.0	9.0	0	19	1.00	SM
Fettuccine	1 CUP	182	2.2	34.3	6.4	323.3	0	9	1.70	SWV
Fettuccine Alfredo	3/4 CUP	358	23.7	29.7	7.3	579.5	30.3	63	1.49	SWL
Four Grain Pilaf	1/2 CUP	87	0.5	19.1	2.8	267.1	0	2	0.01	SWV
Fried Rice	1/2 CUP	118	1.6	22.0	3.4	160.7	17.3	22	1.14	EM
Fried Rice-entree	3/4 CUP	130	2.7	19.1	7.8	1023.7	40.5	26	1.68	SEM
Garden Blend Rice	1/2 CUP	137	5.7	19.4	1.9	286.5	0.9	12	1.07	SM
Green Pilau Rice/Cashews	1/2 CUP	163	4.7	27.3	3.6	84.2	0	29	1.06	CV
Green Rice	PORTIONS	157	3.8	27.6	3.5	272.7	0.0	72	3.31	L
Lo Mein Noodles	1 CUP	13	1.5	0	0	126.8	0	0	0.00	SWLM
Lo Mein Noodles with Chicken	1 CUP	47	2.7	4.3	1.6	652.2	3.9	6	0.16	SWMF
Lo Mein Spinach Fettuccine	1 CUP	155	3.8	25.4	4.4	193.7	0	7	0.16	SWV
Macaroni & Cheese	1/2 CUP	283	14.7	24.6	12.1	586.1	31.3	222	1.16	SWL
Macaroni & Tomatoes	3/4 CUP	91	0.5	18.3	3.5	142.5	0	25	1.20	W
Macaroni Con Queso	1 CUP	199	6.5	25.6	9.3	764.5	16.3	162	1.38	SWL

## Pasta, Rice & Stuffing

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
Mexican Rice	PORTIONS	115	2.4	20.3	2.8	148.4	0.0	26	1.20	SWLM
Mostaccioli	1 CUP	191	2.2	36.0	6.7	542.4	0	9	1.79	WV
Noodles	1 CUP	170	3.2	29.3	6.1	135.1	38.9	14	1.88	SWE
Noodles with Parmesan	1 CUP	200	5.2	29.5	8.8	255.7	44.0	103	1.94	SWEL
Pasta Bow Ties	1 CUP	171	1.7	32.7	6.1	124.1	0	8	1.62	SWV
Pasta Spirals	1 CUP	163	0.8	32.7	6.1	1.2	0	8	1.62	WV
Pasta w/Carbona Sauce	1 CUP	358	22.5	24.2	14.7	613.4	89.0	223	1.81	SWELM
Penne Pasta	1 CUP	136	1.6	23.2	5.6	567.2	56.0	15	1.61	W
Pesto & Bow Ties	1 CUP	236	7.4	33.7	8.7	112.8	4.7	111	2.11	WL
Pesto & Fettuccine	1 CUP	236	7.4	33.7	8.7	112.8	4.7	111	2.11	WL
Pesto & Mostaccioli	1 CUP	236	7.4	33.7	8.7	114.7	4.7	113	2.12	WL
Pesto & Rainbow Pasta	1 CUP	225	7.4	31.5	7.7	117.2	4.7	105	0.50	WL
Pesto & Rainbow Spirals	1 CUP	225	7.4	31.5	7.7	117.6	4.7	105	0.51	WL
Pesto & Spinach Fettuccine	1 CUP	248	8.1	34.7	8.5	129.1	5.2	115	0.56	WL
Pilaf Lebanese	1/2 CUP	307	7.5	52.4	7.2	323.6	0	37	2.57	SWV
Polenta Disks/Circles	PORTIONS	45	2.0	6.4	0.8	75.6	4.8	4	0.30	L
Quinoa	1/2 CUP	213	12.7	20.7	5.7	17.2	0	23	2.88	WAV
Rainbow Pasta	1 CUP	153	0.7	30.6	5.1	5.6	0	1	0.01	WV
Rainbow Potpourri Pasta	1 CUP	174	1.4	33.6	5.6	276.7	0	2	0.01	WV
Rainbow Scroodles	1 CUP	194	2.1	36.5	6.1	301.1	0	2	0.02	WV
Rainbow Spiral Pasta	1 CUP	153	0.7	30.6	5.1	5.9	0	1	0.01	WL
Rice Dressing	1/2 CUP	89	1.1	16.7	3.2	339.0	26.7	32	0.89	SWELM
RICE FRAGRANT	1/2 CUP	110	0.2	24.2	2.2	321.3	0	22	1.21	V
Rice O'Brien	1/2 CUP	105	0.3	22.9	2.1	156.3	0.0	20	1.04	SLM
San Juana Spanish Rice	1/2 CUP	107	1.1	21.5	2.1	342.1	0	23	1.09	SV
Shell Macaroni	1 CUP	192	2.3	36.0	6.7	271.8	0	9	1.78	SWV
Southwestern Rice	1/2 CUP	119	0.9	24.8	2.4	270.8	0.0	26	1.48	SLM
Spaghetti	1 CUP	193	1.7	37.3	7.0	280.0	0	9	1.85	WV
Spaghetti w/Clam Sauce	1 CUP	253	5.4	41.3	9.8	435.8	6.3	79	2.87	SWLM
Spinach Fettuccine	1 CUP	180	2.1	33.6	5.6	276.8	0	2	0.01	WV
Steamy Rice	1/2 CUP	107	0.2	23.6	2.0	320.9	0	19	1.04	V
Tanzania Yellow Coconut Rice	1/2 CUP	200	9.1	26.1	4.2	183.6	5.8	74	2.01	SL
Three Color Penne Pasta	1 CUP	142	2.3	23.2	5.6	567.2	56.0	15	1.62	WV
Tortellini	4 OZ	340	7.9	46.0	16.0	551.1	60.0	248	3.20	WEL
Vegan Dirty Rice	1/2 CUP	104	1.3	20.7	1.9	8.9	0	18	0.95	SV
Vegan Southwestern Rice	1/2 CUP	118	0.9	24.7	2.4	271.8	0	24	1.37	SV
Vegetarian Dirty Rice	1/2 CUP	116	1.5	23.2	2.1	248.7	0	20	1.06	SV
Vegetarian Dressing	1/2 CUP	117	4.5	16.0	3.5	273.8	37.9	76	1.02	SWEL
Vegetarian Rice O'Brien	1/2 CUP	105	0.3	22.9	2.1	152.2	0	20	1.04	V
Vegt Lo Mein Noodles	1 CUP	28	2.5	1.1	0.3	147.5	0	5	0.12	SWE



## Pasta, Rice & Stuffing

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
Vegt Walnut Rice Dressing	1/2 CUP	204	9.4	24.1	7.9	476.5	1.9	69	1.62	WAL
Vermicelli	1 CUP	186	2.2	35.0	6.5	301.9	0	9	1.74	WV
Walnut Rice Dressing	1/2 CUP	242	12.0	24.2	11.2	671.4	9.0	71	1.74	SWALM
Wild Rice	1/2 CUP	105	0.4	22.1	3.2	440.8	0	24	1.12	SWV
Wild Rice Casserole	1/2 CUP	110	0.3	23.6	2.9	236.8	0	23	1.23	V

## Pies

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
Apple Pie	1/8 PIE	378	19.9	55.4	3.0	244.5	0	7	1.22	SWV
Apple Sour Cream Pie	1/8 PIE	376	18.8	53.2	4.6	260.0	44.9	32	1.56	SWEL
Banana Cream Pie	1/8 PIE	331	14.3	46.7	7.2	245.3	37.3	78	0.90	SWEL
Bavarian Lemon Pie	1/8 PIE	280	14.5	35.8	7.3	241.1	0	3	0.42	SWV
Caramel Coconut Pie	Dozen	6238	556.7	232.5	50.5	3768.1	1209.8	616	6.91	SWPLM
Caramel Pie	1/8 PIE	344	14.5	50.3	7.2	353.0	35.2	68	0.99	SWEL
Cherry Cream Cheese Pie	1/8 PIE	439	18.8	63.6	5.1	302.0	79.7	35	1.49	WEL
Cherry Mousse Pie	1/8 PIE	267	13.4	34.9	6.4	237.0	0	4	0.54	SWV
Cherry Pie	1/8 PIE	387	17.6	56.0	3.0	211.5	0	9	1.66	SWV
Cherry Tart	1 EACH	170	7.4	25.6	2.0	79.6	0	8	0.94	SWV
Choc Crumb Crust-Bake Pan	5 X 8	102	7.0	9.3	0.9	135.2	0.3	6	0.51	SWEL
Chocolate Cream Pie	1/8 PIE	337	15.4	44.9	7.6	232.1	73.7	84	1.16	SWEL
Chocolate Cream Pie-fzn	1/8 PIE	235	9.5	32.0	5.6	338.7	11.3	121	0	SWL
Chocolate Meringue Pie	1/8 PIE	310	12.5	44.8	5.5	239.9	58.9	69	1.07	SWEL
Chocolate Mousse Pie	1/8 PIE	313	14.6	42.8	7.7	248.5	0	2	0.55	SWV
Chocolate Pecan Pie	1/8 PIE	527	29.8	61.8	5.3	239.2	72.5	12	1.10	SWPEL
Coconut Cream Corbitt Pie	1/8 PIE	338	16.1	36.6	8.2	311.5	72.2	65	1.04	SWAEL
Coconut Cream Pie	1/8 PIE	316	13.0	35.0	5.2	236.7	70.0	81	0.91	SWEL
Cooked Meringue	1.2 OZ	36	0.0	8.4	0.8	35.3	0	1	0.01	E
Crust For Meat Pies	1/40 PIE	104	7.4	8.3	1.3	87.0	0	2	0.51	SWV
Dutch Apple Pie	1/8 PIE	426	17.1	72.2	3.5	434.9	0	17	1.63	SWV
Dutch Peach Pie	1/8 PIE	467	24.2	59.5	5.8	270.1	19.8	88	1.73	SWPEL
Fluffy Lemon Pie	1/8 PIE	348	14.4	50.9	8.1	241.5	16.1	144	0.58	SWL
Fluffy Lime Pie	1/8 PIE	363	14.7	53.6	8.3	247.9	17.5	155	0.64	SWL
German Chocolate Pie	1/8 PIE	392	17.6	49.3	6.7	176.9	51.8	85	1.03	SWPEL
Graham Cracker Pan Crust	5 X 8	89	5.5	8.8	0.8	111.3	0	2	0.27	SWV
Impossible Pie	1/8 PIE	194	6.5	23.8	4.6	231.3	78.1	89	0.42	SWEL
Key Lime Pie	1/8 PIE	350	14.6	48.9	7.1	244.4	116.7	155	0.82	SWEL
Lemon Chess Pie	1/8 PIE	424	15.8	66.1	6.3	194.0	127.7	33	1.27	SWEL
Lemon Cream Pie	1/8 PIE	256	10.7	39.1	2.8	271.2	0	8	0.51	SWL
Lemon Cream Tart	1 EACH	80	2.8	14.2	0.9	81.7	0	4	0.13	WSL
Lemon Meringue Pie	1/8 PIE	380	12.8	62.9	4.8	244.2	77.8	15	0.96	SWE

## Pies

Pies	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
Meringue	2 OZ	75	0	17.1	2.1	31.3	0	1	0.02	E
Nutty Graham Cracker Pie	1/8 PIE	266	12.4	36.4	6.1	117.3	0	4	0.34	SWPE
Nutty Graham Cracker Pie	1/8 PIE	266	12.4	36.4	6.1	117.3	0	4	0.34	SWPE
Nutty Graham Cracker-Meringue Pie	1/8 PIE	264	12.4	36.3	5.6	105.8	0	2	0.34	SWPE
Peach Pie	1/8 PIE	444	18.0	70.0	3.6	244.8	0	8	1.49	SWV
Peanut Butter Pie	1/8 PIE	561	36.6	50.2	14.2	464.0	39.2	160	1.71	SWLN
Pecan Cream Cheese Pie	1/8 PIE	407	25.3	40.2	5.8	289.7	88.6	25	1.13	SWPEL
Pecan Pie	1/8 PIE	479	24.2	62.2	5.4	306.8	88.6	12	0.98	SWPE
Pie Crust	1/8 PIE	138	9.7	11.3	1.6	113.1	0	2	0.66	SWV
Pie Crust-fzn shell	1/8 PIE	137	9.5	11.6	2.1	137.5	0	0	0.76	SWV
Pineapple Millionaire Pie	1/8 PIE	563	37.7	55.1	3.9	339.5	66.0	31	0.85	SWPEL
Pineapple Pie	1/8 PIE	309	13.0	43.4	5.6	268.8	70.0	82	0.94	SWEL
Pumpkin Pie	1/8 PIE	251	12.3	31.1	5.1	264.6	54.0	90	1.69	SWEL
Quiche Crust	1/7 PIE	152	10.2	13.0	2.2	143.5	0.1	11	0.77	SWL
Southern Coconut Pie	1/8 PIE	420	19.4	52.2	3.7	241.7	48.4	36	1.36	SWEL
Southern Pecan Chess Pie	1/8 PIE	514	32.0	54.6	4.7	246.2	48.4	36	1.36	SWPEL
Strawberry Bavarian Pie	1/8 PIE	298	14.6	40.2	7.5	241.4	0	5	0.50	SWV
Strawberry Chiffon Pie	1/8 PIE	340	14.0	50.9	9.1	158.5	0	12	0.95	SWEM
Strawberry Cream Pie	1/8 PIE	365	13.6	57.3	6.4	219.7	33.3	71	0.97	SWEL
Strawberry Pie	1/8 PIE	230	10.6	32.0	2.7	142.4	0	9	0.85	SWV
Strawberry Tart	1 EACH	259	7.0	50.2	2.0	58.1	0	6	0.35	SWM
Strwbry Cream Cheese Pie	1/8 PIE	383	12.8	66.0	3.1	152.3	9.6	23	0.97	SWLM
Sweet Potato Pie	1/8 PIE	341	16.2	45.8	4.3	396.7	50.8	43	1.40	SWEL
Sweet Potato Pie - Whole	PIES	2098	98.6	283.9	29.4	2591.1	312.5	248	9.22	SWEL
Traditional Pumpkin Pie	1/8 PIE	305	14.7	40.0	4.9	362.1	53.4	92	2.20	SWEL
Two Pie Crust	1/8 PIE	222	15.6	18.3	2.7	183.5	0	4	1.07	SWV
Whole Pumpkin Pie - Traditional	PIES	2437	116.7	322.0	43.2	3091.4	427.4	718	18.42	SWEL

## Pork

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
£ Baked Ham	3 OZ SLICE	135	4.1	4.5	18.8	1031.4	41.1	7	0.77	SM
£ Baked Ham-Cure 81	3 OZ SLICE	127	3.9	4.2	17.8	967.6	38.8	6	0.72	SM
£ Baked Pork Chinese Style	1/2 CUP	174	9.2	5.6	17.3	220.7	57.4	20	0.92	SMF
£ Baked Pork Chops	1 EACH	211	10.6	3.7	24.7	317.6	66.3	28	0.94	WM
£ Bami Goreng Udang Noodles	4 OZ	49	2.2	3.2	4.3	481.2	25.4	11	0.47	SWMF
£ Cuban Marinated Pork	1.5 OZ	77	2.8	1.3	11.2	405.3	32.7	11	0.59	M
£ Grilled Ham	3 OZ	138	6.7	0.2	18.0	1161.4	46.7	6	1.10	M
£ Ham & Broccoli Roll-Ups	1-2 EACH	169	8.1	6.9	17.9	1003.9	39.0	106	1.14	LM
£ Ham & Potato Casserole	1 CUP	235	7.0	24.3	18.4	831.9	35.9	168	1.09	SWLM
£ Ham A La King	1/2 CUP/1 SL	129	2.7	16.3	9.3	586.5	41.7	80	1.26	SWELM
£ Pork & Broccoli Stir Fry	1 CUP	191	9.2	12.2	16.6	520.6	45.6	58	1.52	SMF
£ Pork Almondine/Rice Lite	3/4 CUP+RICE	242	9.4	24.6	14.4	501.5	36.5	40	1.96	SWALM
£ Pork Egg Rolls - 3	3 EACH	219	8.0	20.9	8.0	417.9	10.0	0	1.43	SWM
£ Pulled BBQ Pork	5 OZ	276	9.8	18.4	29.9	631.4	85.7	28	1.88	SM
£ Red Beans/Ham	3/4 CUP	158	1.2	26.0	11.6	385.8	6.7	52	2.74	M
£ Red Beans/Smoked Sausage	1/2 CUP	187	4.6	26.3	11.0	239.5	10.8	51	2.63	M
£ Sausage Crumbles	2 TBSP	96	8.1	0.3	5.1	337.5	21.6	8	0.33	M
£ Sliced Pit Ham	3 OZ SLICE	141	5.9	5.4	15.9	1029.4	41.1	7	1.01	SM
Arista Pork Roast	3 OZ	205	13.6	0.5	19.9	52.8	66.4	25	1.00	SWLM
Asian Style Pork Chops	1 EACH	209	11.4	2.3	24.6	57.9	66.3	45	1.63	M
Barbecue Spare Ribs	8.4 OZ	580	43.5	14.3	33.2	616.8	143.3	75	2.53	SM
Basted Pork Chops	1 EACH	218	13.0	0.7	24.2	240.9	66.3	32	0.86	SM
BBQ Pork Sandwich	1 EACH	367	11.1	34.2	34.3	622.6	85.7	111	3.36	SWLM
Black Bean/Pork Stew- Feijoada	1 CUP	283	17.0	18.9	15.0	717.5	38.6	43	2.57	M
Breaded Pork Chops	1 EACH	399	17.4	27.2	32.8	1548.2	101.5	62	1.52	SWLM
Breaded Pork Chops/Apples	1 EACH	416	17.0	35.3	31.3	1552.5	97.9	62	1.52	SWLM
Cheese Rarebit/Tst/Bacon	6.3 OZ	205	11.5	13.0	9.0	625.8	23.3	59	0.66	LM
Creole Style Pork Chops	1 EACH	359	24.9	8.5	25.7	169.0	66.3	66	1.33	SM
German Sausage on a Stick	3 OZ	260	23.6	1.6	11.3	781.3	53.3	16	0.67	M
Grilled Pork Steak	1 EACH	254	13.8	6.8	25.2	1178.5	84.4	70	3.37	M
Ham & Cheese Quiche	1/7 PIE	361	22.3	16.8	23.6	783.6	170.2	339	1.56	SWELM
Hot & Spicy Pork	3/4 CUP	307	17.5	6.0	30.2	595.6	90.2	26	1.75	M
Macaroni & Cheese/Ham	3/4 CUP	295	14.2	21.5	19.8	944.1	41.0	230	1.33	SWLM
Maple Dijon Roast Pork	4 OZ	303	16.3	7.3	30.6	1132.0	101.9	38	1.81	SM
Orange Glazed Pork Chops	1 EACH	301	14.4	18.3	24.3	662.0	66.3	38	0.96	SM
Pan-Fried Pork Chops	5 OZ	368	20.9	19.6	27.0	582.8	66.3	73	1.99	SMF
Peruvian Pork Chops	1 EACH	295	19.6	5.3	25.3	510.5	66.3	61	2.68	SM
Pork & Potato Taco	1 EACH	247	20.2	13.0	15.0	407.7	46.7	161	0.94	SLM
Pork Almondine/Rice	3/4 CUP+RICE	360	22.0	25.7	15.8	527.1	36.5	56	2.18	SWALM
Pork Chow Mein/Noodles	3/4 CUP	266	15.1	19.6	14.1	277.6	36.4	26	2.08	SWM
Pork Loin w/Rice Stuffing	3ozMT/.3cStf	297	14.8	16.2	25.2	186.7	78.1	38	1.70	SWPLM

## Pork

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
Pork Roast	3 OZ	211	12.7	0	23.6	24.8	79.4	25	1.10	M
Quiche Lorraine	1/7 PIE	405	28.3	20.1	18.5	488.3	181.6	410	1.38	SWELM
Quick Ham & Cheese Quiche	1/7 PIE	351	22.0	16.8	22.1	701.9	166.8	339	1.50	SWELM
Smoked BBQ Sausage	1 PIECES+SC	189	13.8	8.9	7.9	276.9	33.5	9	0.33	SM
Smoked Sausage	2 PIECES	322	27.4	2.0	16.1	96.9	72.4	0	0	M
Sophia's Broccoli Quiche	1/7 PIE	312	21.3	19.2	12.1	523.5	101.3	212	1.51	SWELM
Sweet & Sour Pork w/Sauce	8.2 OZ	400	14.2	38.0	26.3	629.1	106.2	53	1.74	SWELM
Swiss Cheese/Bacon Pie	1/7 PIE	346	24.2	17.0	16.3	483.3	100.0	374	1.11	SWELM
V Stuffed Pork Chops	8 OZ	445	27.1	7.4	42.6	291.3	104.7	78	1.91	SWLM

## Potatoes & Chips

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
Baked Potatoes	1 EACH	136	0	28.5	3.7	13.0	0	0	1.32	V
Baked Potatoes in Wrap	1 EACH	167	0	35.0	4.6	16.0	0	0	1.63	V
Baked Potatoes Stuffed w/ Vegetables	1 EACH	267	6.6	44.8	8.4	160.4	12.7	40	0.74	SL
Baked Sweet Potatoes	5 OZ	190	2.4	40.5	2.3	13.1	0	25	0.78	SV
Blue Corn Tortilla	1 OZ	16	0.2	3.3	0.4	11.4	0	12	0.10	V
Broc Cheese Ham Potato Skins	2/SERVING	264	12.5	23.4	11.9	596.8	33.6	98	0.29	LM
Cajun Style Yams	1/2 CUP	248	12.6	32.8	2.1	246.1	0	25	0.66	SPV
Candied Sweet Potatoes	1/2 CUP	137	0.1	34.6	1.1	187.7	0	13	0.44	V
Candied Sweet Potatoes	1/2 CUP	215	6.1	39.2	1.7	136.0	0	38	1.53	SV
Candied Yam Patties	1 EACH	103	0.8	23.0	0.5	104.3	0	20	0.55	SL
Celeried Potato Puffs	1/2 CUP	183	12.3	9.8	8.6	441.5	102.1	229	0.83	SEL
Cheddar Potato Skins	2/SERVING	341	22.1	24.2	9.8	270.6	47.2	210	0.25	LM
Corn Chips	1 OZ	150	9.0	16.0	2.0	220.0	0	20	0	SV
Creamed Potatoes	1/2 CUP	131	3.8	22.1	2.7	156.2	0.3	25	0.43	SWL
Creamed Potatoes with Horseradish	1/2 CUP	157	8.0	20.0	2.3	295.4	27.4	21	0.35	L
Crinkle Cut Fries	4 OZ	307	15.5	39.2	4.5	13.1	0	15	1.66	SV
Curly Q Fries	4 OZ	307	15.5	39.2	4.5	13.1	0	15	1.66	M
Duchess Potatoes	1/2 CUP	102	4.3	11.8	4.2	198.3	43.2	66	0.69	SEL
Fiesta Hash Brown Potatoes	1/2 CUP	86	3.3	13.3	1.7	189.4	0	12	0.66	SV
Fried Onion Rings	4 OZ	332	20.4	34.6	3.9	279.0	0	52	1.05	SWEL
Garlic Mashed Potatoes	3/4 CUP	130	4.5	18.2	3.4	394.8	0.6	43	0.80	SL
Grilled Chicken Potato Skins	2/SERVING	324	16.6	24.0	18.2	211.5	58.9	209	0.47	LM
Grilled German Fries	1/2 CUP	168	8.6	20.9	2.6	241.9	4.9	7	0.35	SM
Hashbrown Casserole	1/2 CUP	212	14.1	15.3	7.1	600.6	36.1	140	1.02	SWL
Hashbrown Potato Patty-baked	EACH	133	8.9	13.6	1.5	167.3	0	5	0.52	SV

## Potatoes & Chips

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
Hashbrown Potatoes	1/2 CUP	45	1.3	8.0	0.7	97.5	0	1	0.01	SV
Holiday Mashed Potatoes	3/4 CUP	196	12.7	15.9	5.2	282.6	57.6	63	1.07	SL
Homestyle Mashed Potatoes	3/4 CUP	112	2.9	17.6	3.3	394.5	0.6	40	0.76	SL
Hot German Potato Salad	1/2 CUP	166	8.1	21.5	2.6	324.2	8.8	6	0.45	WM
Indian Potatoes Aloo Saag	1/2 CUP	62	1.9	9.8	2.5	167.0	0	51	2.34	SV
Large Baked Potato	1 EACH	237	0	49.6	6.5	22.7	0	0	2.31	V
Mashed Potato/ Sr Crm	3/4 CUP	149	6.0	20.3	4.3	348.2	8.3	75	0.97	L
Mashed Potatoes	3/4 CUP	127	4.1	20.2	3.0	280.7	0.5	41	0.92	SL
Multi- Colored Tortilla Chips	1 OZ	128	6.4	17.4	1.8	348.0	0	0	2.47	V
Nachos	1oz ch+3oz s	146	7.1	19.7	2.2	584.6	1.6	17	2.71	SL
Orange Sweet Potato Bake	1/2 CUP	120	1.9	25.0	1.0	189.8	0	17	0.79	SM
Oven Baked Crinkle Fries	4 OZ	307	15.5	39.2	4.5	81.8	0	15	1.67	SV
Oven Browned Potatoes	1/2 CUP	77	1.5	14.2	2.9	21.8	0	35	3.72	SM
Oven Browned Potatoes - Fresh	1/2 CUP	116	1.3	24.5	2.3	131.5	0	6	0.43	SV
Parmesan Potatoes	HALF	166	8.5	14.7	6.9	288.7	9.5	168	0.78	SL
Pizza Potato Skins	2/SERVING	292	14.0	24.5	14.1	575.5	25.3	249	0.34	LM
Plain Nacho Chips - White	1 OZ	128	6.4	17.4	1.8	348.0	0	0	2.47	SV
Potato Chips	1 OZ	160	10.0	14.0	2.0	150.0	0	0	0	SV
Potato Gratin	1/2 CUP	202	13.0	17.5	5.2	239.8	47.0	113	0.30	L
Potato Pancakes	2 PANCAKES	132	5.4	17.1	4.2	383.4	52.5	39	1.07	SWEL
Potatoes Au Gratin	1/2 CUP	145	4.7	21.4	5.0	192.7	6.4	100	0.46	SWL
Potatoes Parsillade	3 OZ	104	2.8	18.5	1.8	36.9	0	7	0.35	SV
Potatoes W/Red Onion	1/2 CUP	98	3.8	14.3	2.7	91.4	0	37	2.93	V
Potatoes Whipped with Horseradish	1/2 CUP	171	8.6	22.1	2.1	102.1	22.5	22	0.40	L
Red Corn Tortillas	1 OZ	283	3.2	59.4	7.3	205.4	0	223	1.79	V
Regular Cut Fries	4 OZ	307	15.5	39.2	4.5	13.1	0	15	1.66	M
Scalloped Potatoes	1/2 CUP	116	4.2	17.0	3.1	221.7	0.7	55	0.37	SWL
Seasoned Baked Potatoes	1/2 CUP	83	0.0	17.4	2.3	214.3	0	0	0.82	V
Seasoned French Fries	4 Oz	242	13.8	27.0	5.0	432.0	0	0	0	M
Seasoned Potato Wedges	4 Oz	200	10.0	26.0	2.0	440.0	13.4	0	0.71	SV
Seasoned Potatoes	1/2 CUP	134	3.8	23.5	2.3	228.6	0	7	0.38	SV
Shredded Hashbrown Potato	1/2 CUP	105	2.1	20.1	2.4	36.0	0	12	1.13	SV
Straight Cut Fries	4 OZ	307	15.5	39.2	4.5	13.1	0	15	1.66	V
Stuffed Baked Potatoes	1 EACH	295	8.7	44.0	11.1	412.7	17.9	148	0.48	SL
Supreme Whipped Potatoes	3/4 CUP	121	3.7	19.5	3.2	261.5	5.5	42	0.94	SL
Sweet Potato Casserole	1/2 CUP	251	12.9	32.1	2.8	109.3	25.3	19	0.96	SWPE
Taco Boat Tortilla	EACH	96	4.0	14.3	1.9	0	0	31	0.56	V
Tangy Ranch Potatoes	1/2 CUP	178	12.9	13.3	3.5	115.7	16.3	45	3.39	SEL
Tater Tots	4 OZ	346	26.1	27.6	3.0	674.7	0	27	1.41	SV
Thincut Crisp Fries	1/2 CUP	307	15.5	39.2	4.5	13.1	0	15	1.66	M

## Potatoes & Chips

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
Tumeric Potatoes	1/2 CUP	135	4.6	22.1	2.1	697.0	0	6	0.49	SV
Twice Baked Potatoes	3/4 CUP	125	4.1	17.7	3.6	404.8	4.4	43	0.80	SL
Vegan Mashed Potatoes	3/4 CUP	111	3.3	16.6	2.9	381.7	0	2	0.91	SV
Whole New Potatoes	1/2 CUP	65	0.1	14.0	2.9	11.2	0	34	3.64	V
Whipped Sweet Potatoes	1/2 CUP	88	1.9	17.1	.8	186.2	0	16	.77	SM
Yam Fries	4 OZ	234	12.0	31.0	1.6	9.2	0	17	0.55	V
Yellow Nacho Chips	1 OZ	128	6.4	17.4	1.8	348.0	0	0	2.47	V

## Poultry

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
£ Apricot Glazed Chicken	PORTION	274	10.3	20.9	24.8	430.8	59.7	57	1.27	SWALM
£ Baked Chicken Breast/Legs	2L/1Br-0skin	227	7.2	0.7	39.2	306.3	110.2	21	1.71	M
£ BBQ Chicken Breast	1 PC-NO SKIN	267	6.2	11.5	41.6	427.8	107.7	32	1.79	SM
£ BBQ Chicken Legs & Breast	2L/1Br-0skin	281	9.1	14.0	36.5	501.4	102.6	33	1.92	SM
£ BBQ Chicken Quarters/DkMt	1 PC-NO SKIN	298	10.2	14.0	36.8	509.3	109.8	34	2.05	SM
£ Boneless Turkey Roast	2 SLICES	108	3.0	0.0	19.8	340.0	35.9	8	0.56	M
£ Cajun Chicken Breast	1 PIECE	107	2.3	1.3	20.0	351.9	52.0	15	0.81	M
£ Cantonese Chicken	1/2 CUP	173	5.8	11.1	18.7	259.2	46.9	21	0.85	SAM
£ Chicken & Dumplings	3/4 CUP	189	5.3	16.8	17.9	270.4	84.8	53	1.67	SWELM
£ Chicken & Ham Jambalaya	1 CUP	261	6.0	32.5	17.9	471.5	35.3	37	2.15	SWLM
£ Chicken & Spirals	3/4 CUP	203	6.7	19.2	16.6	483.3	41.5	86	1.55	WLM
£ Chicken A La Bagel	6 OZ-1/2 BGL	249	3.5	29.5	24.2	257.0	83.1	89	2.51	SWELM
£ Chicken A La King	6 OZ/1 TOAST	229	4.0	25.0	22.7	232.0	83.1	113	2.14	SWELM
£ Chicken Breast w/ Gourmet Sauce	1 PC-NO SKIN	279	5.6	4.3	51.6	207.2	131.7	79	1.88	SWLM
£ Chicken Breast/Gourmet Sc-Boneless	4.000 oz Portion	120	2.3	3.3	21.2	115.4	52.7	51	0.85	SWLM
£ Chicken Breast/Mushrooms	1 PC-NO SKIN	237	4.7	3.8	43.5	238.8	110.6	73	1.57	SLM
£ Chicken Breast/Mushrooms - Bneless	1 PIECE	118	2.2	2.7	21.0	152.0	52.5	49	0.77	SLM
£ Chicken Breast/Sour Cream	1 PC-NO SKIN	263	9.0	2.3	42.7	151.0	119.2	72	2.08	SLM
£ Chicken Breasts/ Mango Salsa	4 OZ	119	4.4	7.6	12.4	477.9	35.2	10	0.86	SM
£ Chicken Brocc Casserole	1 CUP	245	10.6	21.0	18.3	802.6	47.4	114	1.44	SWLM
£ Chicken Brst/ Peach Glaze	EACH	276	4.2	45.6	12.2	2003.2	35.1	11	0.84	SM
£ Chicken Cacciatore	1 PC-NO SKIN	265	9.4	5.6	37.9	351.6	112.0	37	2.15	SM
£ Chicken Cacciatore/Dk Mt	1 PC-NO SKIN	261	9.2	5.6	37.1	349.5	109.8	36	2.12	SM
£ Chicken Cacciatore/Lt Mt	1 PC-NO SKIN	270	9.5	5.6	38.6	353.6	114.1	37	2.18	SM
£ Chicken Cassoulet	1 CUP	255	9.6	20.2	22.0	637.6	48.0	80	2.56	SM
£ Chicken Chow Mein	3/4 CUP	154	6.5	9.4	15.1	243.9	35.2	19	0.95	SWLM
£ Chicken Curry	1/2 CUP	235	9.1	13.5	23.7	151.5	52.9	119	1.28	SWALM
£ Chicken Egg Rolls - 3	3 EACH	179	7.0	20.9	8.9	427.8	10.0	0	1.07	SWM

## Poultry

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
£ Chicken Enchilada/ Sour Cream	2 EACH	241	8.7	28.6	12.8	396.3	37.1	122	3.13	SLM
£ Chicken Kabob	Each	206	3.0	15.7	28.4	526.0	70.4	24	1.33	SM
£ Chicken Noodle Casserole	1 CUP	182	4.4	18.7	16.9	328.0	48.6	59	1.46	SWELM
£ Chicken Parmigiana	Each	217	7.9	18.5	18.4	833.1	39.6	169	1.58	LM
£ Chicken Pot Pie	1 CUP	256	10.9	25.5	14.4	376.6	41.5	20	1.75	SWELM
£ Chicken Primavera	3/4 CUP	279	7.5	27.6	24.3	148.0	98.5	36	2.59	SWM
£ Chicken Spaghetti	3/4 CUP	213	6.4	19.6	19.3	398.8	44.0	99	1.56	SWM
£ Chicken Spaghetti Sauce	4.0 OZ	122	4.5	4.0	16.4	197.0	46.9	19	1.00	SWLM
£ Chicken Stir Fry	3/4 CUP	163	6.7	11.2	15.2	636.8	35.2	24	1.24	SM
£ Chicken Stir Fry Thigh Meat	2 OZ	120	5.9	0	16.2	53.0	53.0	9	0.76	M
£ Chicken Taco Soup	1 CUP	145	2.6	17.2	13.9	395.0	23.5	35	1.61	WM
£ Chicken Tetrazzini	3/4 CUP	258	7.9	21.5	25.1	344.3	55.1	210	1.72	SWLM
£ Chicken Valenciana	1/2 CUP	173	6.0	4.1	25.4	122.3	65.7	19	1.16	SWLM
£ Chinese Chicken	1 PC-NO SKIN	282	8.5	11.9	37.5	646.1	112.0	24	1.91	SM
£ Chinese Chicken/Dark Meat	1 PC-NO SKIN	277	8.4	11.9	36.8	644.1	109.8	24	1.88	SM
£ Chinese Chicken/Lt Meat	1 PC-NO SKIN	286	8.7	11.9	38.2	648.1	114.1	24	1.94	SM
£ Creamed Chicken	3/4 CUP	189	6.8	9.0	22.3	96.7	64.5	81	1.37	SWLM
£ Crunchy Chicken Breasts	1 PIECE	129	2.4	6.3	20.2	118.4	52.0	19	1.02	LM
£ Fried Rice w/ Chicken & Shrimp	1/2 CUP	122	1.6	21.9	4.4	119.5	23.3	23	1.18	SWELMF
£ Garlic Honey Chicken	2L/1Br-0skin	288	7.2	16.9	39.5	307.5	110.2	28	1.84	M
£ Grilled Chicken Chunks	2 OZ	114	5.0	0.3	16.8	197.3	44.0	9	0.65	SLM
£ Grilled Indian Chicken	1 EACH	70	1.6	1.2	12.3	144.3	35.3	10	0.88	LM
£ Hawaiian Chicken Breast	4 OZ	78	1.4	3.0	12.6	749.2	35.2	10	0.97	SM
£ Herb Baked Chicken Breast	1 PC-NO SKIN	210	4.5	0.2	40.9	93.8	107.6	22	1.52	M
£ Herb Baked Chicken Legs	2 EACH	227	10.7	0.2	31.4	102.5	102.4	20	1.67	M
£ Lemon Pepper Chicken Breast	1 PIECE	141	6.6	0.1	20.0	48.2	52.7	9	0.66	M
£ Liz's Upside Down Chicken	4 X 8	209	6.0	22.2	16.7	333.4	45.2	131	1.41	SWELM
£ Mar. Jerk Chicken Tenders	3 OZ	200	9.7	0.9	26.8	541.3	70.4	19	1.07	SM
£ Marinated Chicken Tenders	3 OZ	144	3.1	1.1	27.1	142.6	71.1	13	0.87	SLM
£ Mesquite Baked Chicken	2L/1Br-0skin	220	7.5	0.3	36.7	132.1	105.9	19	1.40	SM
£ Mesquite Baked Chicken Quarters	1 PC-NO SKIN	252	8.5	3.9	37.2	507.6	112.0	27	1.51	SM
£ Mesquite Bkd Chicken/DkMt	1 PC-NO SKIN	247	8.4	3.9	36.5	505.6	109.8	27	1.48	SM
£ Mesquite Bkd Chicken/LtMt	1 PC-NO SKIN	256	8.7	3.9	37.9	509.6	114.1	28	1.54	SM
£ Pad Thai with Peanuts	1/3 CUP	58	2.4	3.9	5.7	178.9	17.7	14	0.55	WNMF
£ Paprika Baked Chicken	1 PC-NO SKIN	233	8.3	0.9	36.4	392.6	110.2	23	1.78	M
£ Paprika Bkd Chicken Brst	1 PC-NO SKIN	210	4.6	0.7	40.6	316.6	106.6	22	1.53	M
£ Paprika Bkd Chicken Legs	2 LEGS	219	10.3	0.6	30.2	276.1	98.1	18	1.58	M
£ Paprika Bkd Chicken/Dk Mt	1 PC-NO SKIN	229	8.2	0.9	35.7	390.6	108.1	22	1.75	M
£ Paprika Bkd Chicken/Lt Mt	1 PC-NO SKIN	238	8.5	0.9	37.1	394.5	112.3	23	1.80	M
£ Poppy Seed Chicken & Rice	6 OUNCES	276	7.9	28.5	22.3	660.7	51.7	78	2.15	SWLM



## Poultry

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
£ Ranch Baked Chicken	2L/1Br-0skin	257	10.6	2.4	36.7	204.6	103.8	67	1.37	LM
£ Ranch Bk Chicken Breast	1 Breast-0skin	252	7.7	2.4	41.9	202.0	108.1	68	1.33	LM
£ Smoked BBQ Chicken Breast	1 PC-NO SKIN	207	4.5	0	40.5	92.7	106.5	19	1.30	SWLM
£ Smoked BBQ Chicken Legs	2 LEGS	216	10.3	0	30.1	98.1	98.1	16	1.40	SWLM
£ Stuffed Chicken Breast	1 BREAST	249	7.4	18.7	26.8	349.1	97.4	95	2.21	SWELM
£ Sweet & Sour Chicken	3/4 CUP	184	2.7	22.9	17.4	519.4	43.3	27	0.99	SLM
£ Teriyaki Chicken Breast	1 PC-NO SKIN	297	4.6	16.8	45.7	621.8	108.4	25	1.47	SWM
£ Tropical Chicken	3/4 CUP	99	1.1	12.8	9.9	240.8	24.0	18	0.67	SLM
£ Turkey A La King	6 OZ/1 TOAST	296	5.1	33.5	22.1	365.5	93.0	120	3.29	SWELM
£ Turkey Florentine	2 ROLLS	227	9.8	10.1	19.6	370.7	57.2	324	2.33	LM
£ Turkey Roast	3 OZ	145	3.4	0	16.2	59.5	64.6	21	1.51	M
£ Turkey/Rice Casserole	8 X 4	204	10.4	12.1	10.2	475.6	39.6	38	1.78	SWAELM
£ Tuscan Chicken	1 BREAST	143	5.5	2.5	20.2	103.1	52.0	17	0.86	SWM
BBQ Chicken Legs	2 LEGS	262	11.6	8.6	30.9	347.9	99.2	26	1.77	SM
BBQ Chicken Quarters	1 PC-NO SKIN	303	10.4	14.0	37.5	511.4	112.0	35	2.08	SM
BBQ Chicken Quarters/LtMt	1 PC-NO SKIN	307	10.5	14.0	38.2	513.4	114.1	35	2.11	SM
Breaded Chicken & Banan	1 PIECE	237	3.0	28.5	22.2	169.7	54.0	30	1.52	M
Breaded Chicken Tenders	2 PIECES	484	29.6	16.9	37.3	1086.1	90.8	37	2.24	WLM
Bruce's Original Hot Legs	2 LEGS	471	12.5	53.7	36.2	921.1	98.1	52	5.13	WM
Cajun Fried Turkey	3 OZ SLICE	233	11.1	2.6	29.7	264.5	93.5	30	2.26	M
Caribbean Jerk Chicken	1 PC-NO SKIN	380	18.8	11.1	41.8	708.6	106.5	37	1.83	SM
Cheese Enchiladas/Chicken	2 EACH	376	23.8	23.8	18.4	840.8	68.7	247	1.86	SWLM
Chichen W/Bean Sprouts	1/2 CUP	203	11.6	10.1	15.0	721.7	35.2	18	0.92	SM
Chicken Adobo	PORTIONS	135	5.6	1.0	19.9	51.6	52.0	16	0.90	M
Chicken and Sausage Bake	3/4 CUP	355	22.4	15.6	23.5	628.9	88.5	78	1.94	SWLM
Chicken Breast Stuf br/ch	1 CHIX PIECE	511	17.5	32.4	53.5	894.5	331.6	156	4.26	SWELM
Chicken Diane	1 PIECE	530	35.7	27.4	24.7	212.3	53.1	28	2.96	WM
Chicken Divan	3/4 CUP	282	20.2	5.1	20.4	555.9	63.5	86	1.05	SELM
Chicken Flautas	1 EACH	186	14.4	7.0	7.5	111.0	20.0	28	0.54	M
Chicken Fried Chicken	4 OZ	411	27.2	5.9	34.3	415.9	95.0	22	1.40	WM
Chicken Kiev	5 OZ PORTION	499	41.8	13.9	17.9	854.4	112.0	41	0.02	SWLM
Chicken Lasagna	CUT 4 X 8	324	12.2	17.9	35.5	821.7	70.5	559	1.84	WLM
Chicken Marengo w/Rice	2L/1Br-0skin	326	8.5	18.8	41.6	489.0	114.8	41	2.75	SLM
Chicken Nuggets	4 OZ	145	16.4	0	0	0	0	0	0	SWELM
Chicken Strips	2 PIECES	396	30.4	11.3	20.0	204.1	22.7	5	2.72	WELM
Chicken Tempura	6 OUNCES	498	33.6	11.9	36.6	543.3	126.0	21	1.34	SEM
Chicken Vegetable Alfredo	1 CUP	304	12.2	25.3	24.2	978.9	46.5	135	1.76	SWLM
Chicken w/ Cashew Nuts	1/2 CUP	307	17.1	16.2	23.8	277.0	52.8	28	2.16	SWCM
Chicken Wellington	1 EACH	398	21.2	22.0	29.8	332.4	65.7	118	1.46	WLM
Chicken/Apple Stuffing	1 EACH	281	16.0	13.4	20.3	57.8	0	0	0	M



## Poultry

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
Chicken/Broccoli & Cheese	1 EACH	297	17.5	18.7	17.5	800.0	0	0	0	LM
Chinese Chicken Casserole	1 CUP	278	16.1	13.9	20.1	831.7	47.5	41	1.35	SWLM
Chipotle Chicken w/ Potatoes	PORTION	340	11.1	21.0	39.7	112.3	102.3	78	7.03	M
Coconut Chicken Drumstick	4 OZ + SAUCE	422	35.1	5.7	24.6	633.1	69.6	37	4.97	SMF
Crunchy Chicken Quarters	1 PC-NO SKIN	326	9.4	18.8	39.4	466.1	114.5	72	2.72	LM
Fried Chicken	1 BRS/2 LG	436	28.0	20.7	25.4	1007.9	109.3	21	2.54	WELM
Fried Chicken Wings	1 WING	241	14.8	7.0	18.7	615.1	55.7	24	1.33	WELM
Hawaiian Chicken	1 PC-NO SKIN	333	7.0	20.9	46.1	1052.0	118.0	32	2.02	SM
Homestyle Fried Drumstick	2 LEGS	338	15.4	14.1	35.0	810.7	108.0	46	2.52	WELM
Honey Mustard Chicken Breasts & Legs	2L/1Br-0skin	402	16.8	24.8	39.6	757.2	110.2	30	1.80	SELM
Honey Mustard Chicken Legs	2 LEGS	406	20.6	26.4	30.6	796.6	98.0	28	1.80	SELM
Honey Mustard Chicken Wings	1 WING	241	15.0	13.2	13.9	554.9	42.4	14	0.84	SELM
Hot Wings	1 EACH	494	38.2	14.9	22.6	828.4	62.3	22	1.76	WM
Kenyan Coconut Chicken Stew	PORTIONS	244	12.0	12.6	22.5	200.5	52.8	23	2.11	SM
Lebanese Chicken	1 BREAST	212	4.6	1.8	40.2	242.7	104.9	30	1.80	M
Mexican Chicken	CUT 4 X 8	296	16.0	15.2	23.3	1073.5	64.4	267	1.77	SWLM
Mid East Turkey Stir Fry	8 OUNCES	370	5.5	38.7	25.7	662.3	86.2	76	4.80	M
Monterey Chicken Breast	1 PIECE	210	10.8	1.1	27.6	198.5	77.0	222	0.92	LM
Orange Chicken Breast	1 PIECE	200	8.3	9.9	20.8	203.2	52.0	23	0.86	SAM
Orien Sesame Chicken/DkMt	1 PC-NO SKIN	272	11.1	1.5	39.0	326.2	116.7	21	1.68	SM
Orien Sesame Chicken/LtMt	1 PC-NO SKIN	282	11.5	1.5	40.5	330.5	121.2	21	1.74	SM
Oriental Baked Chicken	1 SKEWER	326	19.5	3.2	34.6	538.5	87.4	19	1.25	SM
Oriental Sesame Chicken	1 PC-NO SKIN	268	11.0	1.5	38.3	324.1	114.4	20	1.65	SM
Paella De La Costa Brava	6 OZ	214	6.8	23.1	14.6	393.5	44.2	32	1.83	MF
Pecan Crusted Chicken	1 EACH	331	24.9	9.7	18.1	576.9	46.9	32	1.75	SWPLM
Peruvian Baked Chicken	2L/1Br-0skin	269	12.7	3.2	35.4	373.9	100.8	38	2.56	SM
Ranch Baked Chicken Legs	2 LEGS/NO SKIN	261	13.5	2.4	31.4	207.2	99.5	65	1.42	LM
Sesame Chicken	1 PC-NO SKIN	388	22.9	6.2	37.2	713.1	110.2	22	1.86	SWM
Sesame Chicken/Dark Meat	1 PC-NO SKIN	384	22.7	6.2	36.5	711.1	108.1	22	1.83	SWM
Sesame Chicken/Light Meat	1 PC-NO SKIN	393	23.0	6.2	37.9	715.1	112.3	22	1.89	SWM
Smoked Turkey Leg	Each	708	33.3	0	94.9	3388.3	289.2	109	7.82	M
Smothered Chicken Wings	2 EACH	545	34.1	6.6	49.6	870.7	147.8	111	2.65	SWLM
Southwest Chicken Fettuccini	1 PC/6OZ SAUCE	499	27.3	41.5	23.1	758.5	102.5	155	3.48	LM
Spicy Peanut Chicken	1/2 CUP	192	11.6	5.8	16.5	488.2	47.1	19	1.11	SNM
Stan's Sesame Chicken	PORTIONS	370	15.0	31.2	27.1	1132.9	108.5	20	1.54	SEMF
Supreme Chicken Breast	1 PC-NO SKIN	411	21.3	8.7	48.6	251.8	147.9	112	2.85	SWALM
Teriyaki Chicken Legs	2 EACH	318	10.7	17.8	36.4	683.6	102.5	22	1.61	SWM
Teriyaki Chicken Thigh Meat	4 OZ	243	8.3	13.3	27.9	502.5	79.1	17	1.24	SWM
V Chicken Adobo	6 OZ	274	11.4	2.0	40.4	104.5	105.5	32	1.82	M
Wings of Fire	3 OZ	209	12.7	0.9	20.9	526.2	127.9	0	0	SWM

## Puddings & Custards

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
Baked Custard	5 X 8	87	1.7	13.5	4.7	76.9	65.8	100	0.25	EL
Banana Cream Pudding	1/2 CUP	217	8.2	32.6	3.7	151.1	57.5	77	0.65	SWEL
Bluebry Brd Pudding/ Orange Sauce	CUT 5 X 8	215	6.3	36.6	3.6	239.1	35.1	75	0.87	SWEL
Brazilian Flan-Pudim de Leite	1/2 CUP	292	7.4	50.5	7.4	104.9	83.5	204	0.33	EL
Bread Pudding/Lemon Sauce	5 X 8	171	4.6	32.2	2.1	134.8	35.1	41	0.35	SWEL
Butterscotch Pudding	1/2 CUP	164	3.6	31.1	1.6	258.0	0	83	0.13	SL
Chocolate Mousse	1/2 CUP	347	20.4	43.1	15.9	55.0	0	14	1.48	SE
Chocolate Oreo Crunch	1/2 CUP	226	5.8	40.1	4.9	182.9	37.3	78	0.68	SEL
Chocolate Pudding	1/2 CUP	176	5.3	30.2	3.9	170.7	4.0	126	0.67	SL
Chocolate Pudding Special	1/2 CUP	228	7.1	38.1	4.5	167.6	60.5	98	0.45	SEL
Chocolate Pudding-Homemade	1/2 CUP	218	4.4	41.1	5.2	147.1	47.8	100	0.50	SEL
Fluffy Tapioca Pudding	1/2 CUP	124	1.1	24.3	4.5	144.5	40.3	116	0.18	EL
Homemade Pudding Parfait	1/2 CUP	177	4.6	30.8	5.1	122.8	55.6	91	0.35	SEL
Lemon Cream Pudding	1/2 CUP	136	4.6	24.2	2.0	128.5	0	2	0.06	SL
Lemon Pudding	1/2 CUP	167	4.0	33.4	0.1	186.8	0	3	0.09	L
Lite Banana Pudding	1/2 CUP	203	6.6	32.7	3.8	152.4	51.3	80	0.64	SWEL
Mocha Mousse Parfait	1/2 CUP	246	12.0	34.1	11.9	53.2	0	7	0.56	SE
Pudding Parfait	1/2 CUP	158	5.0	26.2	3.9	141.0	5.1	95	0.35	SL
Strawberry Mousse Parfait	1/2 CUP	164	5.7	27.8	6.6	31.1	0	3	0.09	SE
Sudanese Caramel Custard	PORTION	78	3.3	9.3	3.0	43.4	64.8	45	0.22	SEL
Tapioca Pudding	1/2 CUP	92	0.7	18.1	3.8	122.2	24.2	107	0.12	EL
Vanilla Cream Pudding	1/2 CUP	179	4.5	30.1	5.0	154.9	95.8	132	0.33	SEL
Vanilla Pudding	1/2 CUP	172	4.8	29.0	3.3	178.6	9.3	116	0.17	SL
Vegan Chocolate Pudding	1/2 CUP	187	3.5	37.1	3.0	64.5	0	8	0.76	SV

## Salad Bar

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
Blanched Broccoli	1 OUNCES	8	0.1	1.5	0.9	7.7	0	14	0.25	V
Boiled Eggs	1/2 EGG	30	2.0	0.2	2.6	25.4	85.8	10	0.29	E
Breakfast Taco Fixings	1 OZ	111	9.5	0.2	6.3	466.2	23.6	190	0.03	L
Catsup	Ounce	29	0.1	7.5	0.4	327.3	0	5	0.19	V
Cheese Cubes	1 oz Portion	4262	301.5	21.7	370.2	12557.7	934.9	10296	4.49	L
Citrus Basil Vinaigrette	Tablespoon	63	6.7	0.9	0.0	4.8	0	1	0.03	V
Cottage Cheese	1/2 CUP	102	2.2	4.1	17.4	460.4	9.5	78	0.18	L
Cottage Cheese Dressing	3 TBSP	51	0.9	4.5	6.7	170.8	3.7	55	0.24	L
Creole Cottage Cheese	1/2 CUP	87	1.9	3.8	14.7	387.5	8.0	66	0.19	L
Dill Pickle Slices, pail	1 TBSP	2	0.0	0.4	0.1	124.9	0	1	0.05	V
Flaked Salmon	1/4 CUP	65	2.9	0	9.2	251.6	23.9	101	0.40	F
Flaked Tuna	1/4 CUP	55	0.4	0	12.6	161.5	14.3	5	0.73	F
Fruit Flavored Yogurt	1/2 CUP	115	1.2	21.5	4.9	65.9	4.7	172	0.08	LM
Garlic Roasted Mayonnaise	1 TBSP	102	11.3	0.4	0.2	80.4	7.5	3	0.07	SE
Grated American Cheese	1/2 CUP	220	18.9	0	12.6	818.2	47.2	378	0	L
Grted Monterey Jack Cheese	1/4 CUP	106	8.6	0.2	7.7	152.0	25.2	212	0.20	L
Honey Mustard Dressing	2 TBSP	92	5.0	12.8	0.3	168.3	0	6	0.19	SEL
Lemony Cucumbers	1/2 CUP	30	0.2	7.3	0.5	284.0	0	10	0.24	V
Lettuce & Tomato Slices	2 SLICES	17	0.3	3.5	0.8	8.2	0	9	0.43	V
Lite Cream Cheese	1 TBSP	33	2.5	1.1	1.6	42.9	8.0	18	0.24	L
Oil & Vinegar Dressing	2 TBSP	120	13.4	0.8	0	0.1	0	1	0.09	V
Pasta Bar Salad	5.4 OZ	161	13.0	7.1	5.3	426.2	7.1	153	1.13	L
Pico De Gallo	1/3 CUP	21	0.3	4.8	0.8	66.3	0	10	0.51	V
Ranch Dressing	2 TBSP	111	11.7	1.1	0.6	102.4	8.9	19	0.08	SEL
Salad Dressing	2 TBSP	111	9.5	6.8	0.3	202.0	7.4	4	0.06	SEL
Sandwich Spread	1 TBSP	44	3.8	2.8	0.3	118.1	2.8	1	0.02	E
Special Union Dressing	2 TBSP	117	11.3	4.4	0.3	82.5	8.4	7	0.10	SEL
Sun-Dried Tomato Mayonnaise	Tablespoon	80	8.5	0.9	0.3	61.4	6.2	3	0.13	SUE
Thousand Island Dressing	2 TBSP	186	20.0	2.1	0.4	198.1	14.9	5	0.16	SE
Tomato Slices	1 SLICE	7	0.1	1.5	0.3	2.8	0	2	0.14	V

## Salads: Entree

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
£ Beef Taco Meat	1/4 CUP	115	7.9	1.6	10.0	80.6	24.6	14	1.09	SWM
£ Boiled Shrimp	2 OZ PORTION	56	0.6	0	12.2	127.0	110.6	22	1.75	F
£ Cajun Chicken Salad	1/3 CUP	183	9.8	8.1	16.2	247.3	71.6	20	0.85	SEM
£ Chicken Fajita Salad	Each	121	3.3	4.7	18.1	226.2	44.7	42	1.52	M
£ Chicken Salad	1/3 CUP	158	7.5	6.0	16.8	359.8	96.2	22	0.81	SEM
£ Chicken Salad Sandwich Plate	PLATE	299	8.7	35.6	21.1	620.4	95.9	48	2.32	SWELM
£ Chicken Taco Salad	Each	181	5.3	9.2	25.6	312.6	59.1	67	2.33	SM
£ Chicken, Pasta Toss Salad Plate	SALAD PLATE	281	10.0	36.7	14.3	953.6	57.1	79	2.53	SELM
£ Individual Tuna Salad	1/3 CUP	136	6.0	7.8	13.4	327.0	71.0	27	1.27	SEF
£ Jack's Lite Tuna Salad	1/2 CUP	121	1.8	7.6	18.6	518.6	54.2	34	1.41	SELF
£ Ranch Chicken Taco Salad	Each	221	9.5	10.5	24.5	800.8	62.6	186	2.27	SELM
£ Tuna Salad	1/4 CUP	129	5.9	6.5	12.9	323.7	70.4	19	0.98	SEF
£ Tuna Salad Sandwich Plate	PLATE	281	7.6	37.7	17.6	598.2	70.4	49	2.63	SWELF
Bowtie Pesto Shrimp Salad	3/4 CUP	240	10.6	25.4	11.9	458.8	28.8	120	1.98	WULF
Caesar Salad	SALAD	60	3.0	3.5	5.4	184.6	7.7	150	0.47	SWL
Cajun Deviled Eggs	2 HALVES	123	8.9	3.3	6.7	370.6	217.3	26	0.87	SE
Chef Salad/Ham/Turkey	1 1/2 CUPS	230	13.7	4.3	22.9	1010.9	212.5	180	1.36	ELM
Chef Salad/Turkey/Salami	1 1/2 CUPS	308	18.8	3.9	24.4	268.1	263.7	248	2.31	ELM
Chicken Parmesan Salad	1/2 CUP	347	29.1	2.9	19.0	600.2	62.8	120	0.98	SELM
Chicken Pecan Salad	1/3 CUP	172	11.6	3.6	13.9	150.3	39.4	12	0.53	SPEM
Chicken Salad 1/2 cup	1/2 CUP	237	11.3	9.0	25.2	539.7	144.3	33	1.22	SEM
Chicken Salad Croissant	1 EACH	487	24.9	36.2	30.7	850.4	144.3	63	3.65	SWELM
Chicken Salad Plate	1/2CUP + VEG	221	11.8	8.6	20.9	703.1	243.7	56	1.99	SEM
Chicken Tortellini Salad	1/2 CUP	408	23.5	29.5	17.1	1081.8	104.8	151	2.58	SWELM
Deluxe Chef Salad	1 SALAD	267	14.5	5.3	25.6	688.0	182.4	282	2.01	ELM
Deviled Egg Half	1 HALF	62	5.0	0.8	3.4	71.8	109.1	13	0.39	E
Deviled Eggs	2 HALVES	124	10.1	1.7	6.7	144.0	218.7	26	0.78	SE
Eagle Greens Plus	SALADS	266	12.7	16.8	22.5	1098.1	143.5	149	1.95	SWELM
Egg Salad	1/2 CUP	171	11.5	6.8	10.4	409.2	333.3	40	1.35	SE
Fried Chicken Salad	Each	182	11.4	11.2	10.3	236.4	49.6	45	1.64	SWPEM
Fruited Chicken Salad	1/2 CUP	172	12.9	5.3	9.5	192.5	31.8	17	0.62	SWEM
Hot Roast Beef Salad	1/2 CUP	397	33.6	8.1	17.3	448.7	64.7	80	1.94	SWELM
Individual Taco Salad	1.5CUP+CHIPS	390	23.4	32.1	16.0	926.1	46.4	192	5.17	SLM
Jack's Tuna Salad	1/2 CUP	236	15.7	5.1	19.3	461.0	75.6	34	1.64	SELF
Ranch Deviled Eggs	2 HALVES	130	11.1	0.9	6.6	122.3	218.6	26	0.76	SE
Seafood Salad	1/2 CUP	105	4.9	7.3	8.5	439.7	41.7	37	0.88	SELF
Seafood Salad - Individual	1 CUP	148	2.9	11.6	19.1	1072.6	112.5	57	2.24	LF
Shrimp Pasta Salad	1 CUP	305	20.7	18.9	11.8	380.1	70.3	42	2.20	SWEF
Taco Salad	3/4 CUP	346	20.8	28.6	14.2	823.2	41.2	170	4.60	SELM
Three Salad Plate	1 PLATE	598	31.2	60.7	23.3	1636.7	201.0	260	2.81	SELM

## Salads: Entree

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
Tortellini/Pesto Salad	3/4 CUP	469	37.9	22.6	10.2	727.4	45.1	227	2.68	SWEL
Tuna Salad 1/2 cup	1/2 CUP	258	11.8	13.1	25.8	647.4	140.7	39	1.97	SEF
Tuna Salad Croissant	1 EACH	508	25.4	40.3	31.3	958.1	140.7	69	4.40	SWELF
Tuna Tomato Almondine	1 EACH	301	20.4	9.9	22.3	513.7	31.0	57	2.32	SAELF
Turkey Caesar Salad	SALAD	321	11.2	22.8	23.2	589.7	62.4	215	3.15	SWLM
Turkey Ham Pasta Salad	1 CUP	285	18.1	16.8	14.3	870.4	34.0	58	3.02	SWM

## Salads: Fruit

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
Ambrosia	1/2 CUP	63	0.2	11.9	0.7	3.0	0	8	0.21	V
Chunky Fruit Salad	1/2 CUP	49	0.3	12.5	0.6	1.3	0	14	0.29	V
Cranberry Orange Relish	1/3 CUP	132	4.1	24.1	2.1	4.9	0	11	0.36	WAM
Fruit Cocktail Delight	1/2 CUP	104	2.1	16.4	1.0	24.6	6.2	9	0.26	LM
Grape Waldorf Salad	1/2 CUP	89	3.9	14.0	1.5	33.6	0.9	11	0.29	SWAEM
Hawaiian Salad	1/2 CUP	121	5.2	18.9	1.4	24.6	6.6	17	0.34	PLM
Heavenly Hash	1/2 CUP	117	5.5	17.6	2.9	12.6	0	8	0.17	SPM
Luau Fresh Fruit	1/2 CUP	49	0.1	4.5	55.0	1.2	0	8	0.14	V
Old Fashion Fruit Salad	1/2 CUP/TOPG	117	2.8	25.0	2.2	5.9	0	15	0.32	SPV
Polish Fruit Delight	1/2 CUP	92	3.4	11.1	1.3	33.9	10.4	13	0.24	LM
Sour Cream Fruit Salad	1/2 CUP	104	4.0	17.3	1.2	37.8	12.5	15	0.35	LM
Spiced Pear Halves	1/2 CUP	101	0.0	26.8	0.1	3.2	0	4	0.27	V
Tropical Fruit Salad	1/2 CUP	45	0.3	9.4	12.2	3.5	0	12	0.27	V
Waldorf Salad	1/2 CUP	123	6.3	17.6	1.2	88.6	2.5	18	0.29	SPE

## Salads: Gelatin

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
Almond Flavored Gelatin	1/2 CUP	76	0.6	14.7	2.5	15.9	2.2	24	0.18	LM
Angel Gelatin Salad	1/2 CUP	98	5.6	10.5	3.7	56.9	6.4	18	0.27	SPLM
Apple Cider Gelatin Salad	1/2 CUP	131	2.3	29.2	1.4	22.4	0	2	0.06	PM
Apricot Gelatin	1/2 CUP	113	0.1	27.4	2.1	57.4	0	6	0.25	M
Berry Blue Gelatin	1/2 CUP	65	0	15.4	1.5	45.9	0	2	0.03	M
Blue Gel/Ice Cream	1/2 CUP	100	0	22.7	2.3	65.1	0	34	0.03	LM
Blue Yogurt Gel Delight	1/2 CUP	85	0.4	18.4	2.7	55.2	1.5	54	0.05	LM
Cherry Cola Gelatin	1/3 CUP	109	1.8	23.2	1.3	31.6	0	4	0.11	M
Cherry Gel w/Frt Cocktail	1/2 CUP	74	0.0	17.8	1.6	46.9	0	3	0.08	M
Cherry Gelatin	1/2 CUP	65	0	15.4	1.5	45.9	0	2	0.03	M
Cherry Gelatin Salad	1/2 CUP	112	0.0	27.8	1.5	38.2	0	5	0.14	M
Cherry Gelatin w/Bananas	1/2 CUP	76	0.1	18.2	1.7	46.0	0	3	0.07	M
Cherry Gelatin w/Peaches	1/2 CUP	117	0.0	29.4	1.6	52.1	0	3	0.09	M
Cherry Nut Gelatin	1/2 CUP	132	1.7	28.9	1.9	48.0	0	3	0.22	PM
Cherry Yogurt Gel Delight	1/2 CUP	85	0.4	18.4	2.7	55.2	1.5	54	0.05	LM
Citrus Sugar Free Gelatin	1/2 CUP	0	0	0	0.0	3.4	0	2	0.01	M
Cranberry Apple Gel Salad	1/2 CUP	106	0.1	26.6	1.0	53.9	0	10	0.29	M
Cranberry Gelatin Salad	1/2 CUP	140	2.1	30.8	1.8	29.9	0	7	0.15	SPM
Cranberry Swirl Gel Salad	1/2 CUP	170	6.0	27.6	2.9	104.0	18.7	16	0.30	LM
Cranberry/Orange Gel Salad	1/2 CUP	87	0.1	22.2	1.2	29.5	0	10	0.16	M
Cranberry/Pineapple Gel Salad	1/2 CUP	147	2.5	31.6	1.9	29.1	0	5	0.13	SPM
Crunchy Lime Gelatin	1/2 CUP	237	10.9	35.0	4.2	163.0	4.4	12	0.22	SPEM
Fluffy Lime Gelatin Salad	1/2 CUP	144	3.3	24.6	8.0	144.9	2.1	20	0.12	SLM
Fluffy Orange Gel Salad	1/2 CUP	130	2.9	21.1	8.4	165.7	2.7	25	0.14	SLM
Frosted Fruit Gel Salad	1/2 CUP	144	4.6	25.5	1.8	48.4	20.2	14	0.22	WELM
Fruity Nectar Gelatin	1/2 CUP	90	0.0	21.3	2.2	50.3	0	6	0.19	M
Golden Buffet Gel Salad	1/2 CUP	101	2.2	19.1	2.2	61.1	7.0	14	0.57	LM
Grape Gel/Fruit Cocktail	1/2 CUP	74	0.0	17.8	1.6	46.9	0	3	0.08	M
Grape Gel/Ice Cream	1/2 CUP	100	0	22.7	2.3	65.1	0	34	0.03	LM
Grape Gelatin	1/2 CUP	65	0	15.4	1.5	45.9	0	2	0.03	M
Grape Gelatin/Grapes	1/2 CUP	69	0.1	16.6	1.5	42.4	0	4	0.07	M
Halloween Gelatin Salad	1/2 CUP	156	5.7	24.0	3.5	96.7	18.3	29	0.23	LM
Hawaiian Gelatin Delight	1/3 CUP	99	1.3	18.2	2.2	22.9	0	5	0.11	SM
Italian Mixed Gelatin	1/2 CUP	68	0	16.2	1.6	48.3	0	2	0.04	M
Layered Strawberry Gel Salad	1/3 CUP	211	10.5	28.0	3.6	313.7	10.4	12	0.31	SWLM
Lemon Gel/Fruit Cocktail	1/2 CUP	74	0.0	17.8	1.6	46.9	0	3	0.08	M
Lemon Gel/Ice Cream	1/2 CUP	100	0	22.7	2.3	65.1	0	34	0.03	LM
Lemon Gel/PineappleCarrot	1/2 CUP	64	0.0	15.4	1.4	40.6	0	5	0.10	M
Lemon Gelatin	1/2 CUP	65	0	15.4	1.5	45.9	0	2	0.03	M
Lemon Gelatin/Pears	1/2 CUP	73	0.0	17.7	1.6	46.7	0	3	0.08	M

## Salads: Gelatin

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
Lime Gel/Ice Cream	1/2 CUP	100	0	22.7	2.3	65.1	0	34	0.03	LM
Lime Gelatin	1/2 CUP	65	0	15.4	1.5	45.9	0	2	0.03	M
Lime Gelatin w/ Pineapple	1/2 CUP	56	0.0	13.5	1.2	35.5	0	3	0.05	M
Lime Gelatin/Peaches	1/2 CUP	117	0.0	29.4	1.6	52.1	0	3	0.09	M
Lime Gelatin/Pears	1/2 CUP	63	0.0	15.1	1.3	40.0	0	3	0.07	M
Mardi Gras Gelatin	1/2 CUP	184	2.9	38.1	3.6	100.3	9.6	45	0.32	LM
Mexican Ribbon Gel Salad	1/2 CUP	183	5.7	29.4	4.1	111.5	18.3	53	0.23	LM
Natural Grape Gelatin	1/2 CUP	20	0.0	2.8	2.3	7.5	0	3	0.04	M
Old Fashioned Strwbry Gel	1/2 CUP	147	3.4	28.8	2.3	66.3	10.4	15	0.35	LM
Orange Gel/Fruit Cocktail	1/2 CUP	74	0.0	17.8	1.6	46.9	0	3	0.08	M
Orange Gel/Ice Cream	1/2 CUP	100	0	22.7	2.3	65.1	0	34	0.03	LM
Orange Gel/Mandrn Oranges	1/2 CUP	70	0.0	16.7	1.7	46.6	0	4	0.07	M
Orange Gel/Pnapple,Carrot	1/2 CUP	64	0.0	15.4	1.4	40.6	0	5	0.10	M
Orange Gelatin	1/2 CUP	65	0	15.4	1.5	45.9	0	2	0.03	M
Orange Gelatin/Apricots	1/2 CUP	137	0.0	35.2	1.1	39.0	0	4	0.12	M
Orange Gelatin/Pears	1/2 CUP	73	0.0	17.7	1.6	46.7	0	3	0.08	M
Orange Yogurt Gel Delight	1/2 CUP	84	0.4	18.2	2.7	54.9	1.4	54	0.05	LM
Orchid Lady Gel Salad	1/2 CUP	141	4.3	25.0	2.7	36.1	0	6	0.12	SPM
PA/Cucumber Gelatin Salad	1/2 CUP	62	0.0	15.2	1.3	33.6	0	6	0.16	M
Patriotic Gelatin Salad	1/2 CUP	210	8.8	29.7	4.5	125.7	28.2	51	0.36	LM
Peach Gelatin	1/2 CUP	65	0	15.4	1.5	45.9	0	2	0.03	M
Peach Gelatin/Peaches	1/2 CUP	117	0.0	29.4	1.6	52.1	0	3	0.09	M
Peach Sour Cream Gelatin	1/2 CUP	150	5.6	24.5	2.4	82.4	17.4	15	0.31	LM
Peach Yogurt Gel Delight	1/2 CUP	85	0.4	18.4	2.7	55.2	1.5	54	0.05	LM
Pineapple Paradise CrmGel	1/2 CUP	100	2.4	19.8	2.1	25.3	0	8	0.16	SPM
Pink Bavar Crm Gel Salad	1/2 CUP	122	0.5	29.0	2.2	46.6	0	4	0.12	SM
Rainbow Gelatin	1/2 CUP	184	2.9	38.1	3.6	100.3	9.6	45	0.32	LM
Raspberry Gel/Bananas	1/2 CUP	76	0.1	18.2	1.7	46.0	0	3	0.07	M
Raspberry Gel/FrtCocktail	1/2 CUP	74	0.0	17.8	1.6	46.9	0	3	0.08	M
Raspberry Gel/Ice Cream	1/2 CUP	100	0	22.7	2.3	65.1	0	34	0.03	LM
Raspberry Gel/Peaches	1/2 CUP	117	0.0	29.4	1.6	52.1	0	3	0.09	M
Raspberry Gel/Pears	1/2 CUP	73	0.0	17.7	1.6	46.7	0	3	0.08	M
Raspberry Gelatin	1/2 CUP	65	0	15.4	1.5	45.9	0	2	0.03	M
Raspby Yogurt Gel Delight	1/2 CUP	85	0.4	18.4	2.7	55.2	1.5	54	0.05	LM
Red Sugar Free Gelatin	1/2 CUP	0	0	0	0.0	3.4	0	2	0.01	M
Red,White,Beautiful Gel	1/2 CUP	177	10.8	15.4	6.6	109.9	30.0	76	0.40	SALM
Ribbon Gelatin Salad	1/2 CUP	105	2.0	20.4	2.5	73.9	6.4	15	0.15	LM
Sprite Layered Gel Salad	1/2 CUP	101	5.0	12.0	2.7	14.7	18.7	11	0.04	LM
Strawberry Aspvc	1/2 CUP	68	0.0	16.5	1.4	38.8	0	3	0.09	M
Strawberry Gel/Bananas	1/2 CUP	76	0.1	18.2	1.7	46.0	0	3	0.07	M

## Salads: Gelatin

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
Strawberry Gel/FtCocktail	1/2 CUP	74	0.0	17.8	1.6	46.9	0	3	0.08	M
Strawberry Gel/Peaches	1/2 CUP	99	0.0	25.0	1.4	44.3	0	2	0.07	M
Strawberry Gel/Strawberry	1/2 CUP	96	0.0	23.5	1.6	46.1	0	4	0.11	M
Strawberry Gelatin	1/2 CUP	65	0	15.4	1.5	45.9	0	2	0.03	M
Stwbry Gel/Ice Cream	1/2 CUP	100	0	22.7	2.3	65.1	0	34	0.03	LM
Stwbry Yogurt Gel Delight	1/2 CUP	85	0.4	18.4	2.7	55.2	1.5	54	0.05	LM
Under the Sea Gel Salad	1/2 CUP	162	6.9	23.8	2.7	177.4	21.4	19	0.37	LM
UNT Ribbon Gelatin Salad	1/2 CUP	156	5.7	24.0	3.5	97.1	18.3	29	0.23	LM

## Salads: Veggie, Pasta, Rice

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
3-Bean Salad	1/2 CUP	82	0	18.8	1.6	532.6	0	49	0.88	V
Apple & Honey Pasta Salad	1/2 CUP	100	0.7	21.3	3.2	98.6	1.2	49	0.68	WL
Asparagus Vinaigrette	3 SPEARS	78	7.0	3.8	1.6	385.0	0	12	1.33	SV
Avoc Stbry Balsamic/ Honey Salad	1/2 CUP	161	10.6	17.6	5.2	23.5	0	10	0.58	SV
Avocado/Olive Salad	1/2 CUP	75	6.4	4.8	1.4	204.7	0	33	0.94	V
Avocado-Orange Salad	1/2 CUP	174	15.5	10.0	3.3	91.7	0	56	1.04	AV
Blackeyed Pea Salad	1/2 CUP	182	9.6	22.9	2.1	326.5	0	74	0.73	SV
Broc/Cauliflower Salad	1/3 CUP	66	4.8	4.7	2.2	121.1	11.2	27	0.48	SEL
Broccoli Pasta Salad	1/2 CUP	157	6.3	20.8	5.0	291.0	1.0	36	1.17	SWL
Cabbage Slaw	1/2 CUP	79	4.8	9.0	1.4	341.0	0	43	0.66	SV
Cajun Macaroni Salad	1 CUP	197	7.9	24.4	7.5	690.9	80.0	64	1.62	SWEL
Carrot & Raisin Salad	1/3 CUP	113	4.9	17.6	1.3	124.4	3.9	32	0.48	SEL
Carrot/Raisin Salad	1/2 CUP	137	5.0	23.6	1.5	217.5	6.7	31	0.67	SEL
Cauliflower/Avocado Salad	1/2 CUP	65	4.2	6.9	2.2	149.9	0	22	0.72	V
Chinese Pasta Salad	1/2 CUP	146	2.7	25.5	5.8	217.7	0	19	1.64	SWNV
Christmas Eve Salad	3 OZ	46	1.0	9.9	1.1	86.1	0	15	0.39	NV
Cilantro Corn Salad	1/2 CUP	118	4.2	17.6	4.6	389.0	0	22	1.24	V
Cindy's Vegetable Salad	1/2 CUP	37	1.2	6.4	1.5	536.4	0	15	0.41	L
Cobb Salad	1 CUP	181	13.6	4.6	8.8	243.8	137.1	58	1.55	SELM
Corn & Ham Salad	1/3 CUP	85	2.6	14.9	3.0	80.2	1.4	4	0.40	SM
Corn Relish	1/3 CUP	78	1.8	15.9	2.2	102.4	0	4	0.39	SV
CornRelish/Macaroni Salad	1/2 CUP	91	2.9	14.7	2.7	254.6	0	9	0.70	SWV
Creamy Cole Slaw	1.2 CUP	91	6.4	8.1	1.7	102.8	12.3	39	0.52	SEL
Creamy Confetti Slaw	1/2 CUP	125	8.5	11.7	2.2	140.2	16.5	48	0.67	SEL
Cucumber/Tomatoes/Onions	1/3 CUP	15	0.3	3.1	0.6	81.1	0	9	0.22	L
Cucumbers & Sour Cream	1/3 CUP	56	3.8	4.5	1.6	71.0	11.8	28	0.35	L
Deli Pasta Salad	2/3 CUP	219	7.1	30.0	8.4	88.1	8.8	66	0.68	WLM
Fattoush Salad	1/2 CUP	71	5.7	4.6	1.0	157.4	0	26	0.56	V



## Salads: Veggie, Pasta, Rice

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
Five Layer Salad	3/4 CUP	78	5.3	5.6	2.8	107.3	3.5	25	0.62	SL
French Potato Salad	1/2 CUP	194	14.8	13.8	2.5	566.6	0.0	38	3.31	SM
Fresh Guacamole	1/4 CUP	59	5.1	3.7	0.9	180.5	0	7	0.46	V
Fresh Potato Salad	1/2 CUP	128	5.2	17.5	2.6	315.5	25.6	7	0.75	SE
Frito Salad	3/4 CUP	110	5.1	12.6	4.8	462.6	5.8	80	1.22	SL
Fruity Pasta Salad	1/2 CUP	86	1.0	16.4	3.6	963.9	1.4	64	0.83	WL
Garbanzo Bean Salad	1/2 CUP	91	2.6	14.5	3.3	600.8	0	29	1.28	L
Garlic Fettuccini Salad	1 CUP	240	11.1	26.5	9.3	344.9	11.7	160	1.37	WL
Gazpacho Pasta Salad	1/2 CUP	107	4.2	15.2	2.8	354.5	0	7	0.82	WV
Green Pea Salad	1/2 CUP	159	8.1	16.7	6.0	380.8	39.7	67	1.22	SEL
Honey Glow Salad	1/3 CUP	86	2.4	11.9	5.4	150.5	2.4	30	0.36	L
Italian Rice Salad	1/2 CUP	173	12.5	14.0	1.5	362.2	5.6	18	0.61	SE
Italian Vegetable Salad	1/2 CUP	95	8.4	4.5	1.7	125.9	2.8	16	0.48	SEL
Jalapeno Pineapple Slaw	1/2 CUP	160	13.1	9.8	1.8	219.3	19.2	36	0.64	SEL
Jamaican Slaw	1/2 CUP	206	19.0	8.6	2.5	208.5	12.5	63	0.91	SAE
Kerr's Marinated Slaw	1/2 CUP	113	4.5	18.7	1.0	62.4	0	24	0.36	SV
Kidney Bean Salad	1/2 CUP	138	6.1	16.6	5.4	443.2	55.1	30	1.11	SE
Macaroni Salad	1 CUP	219	10.0	26.0	7.3	528.2	18.9	112	1.22	SWEL
Marinated Broccoli	1/3 CUP	28	0.9	4.4	1.7	444.2	0	21	0.36	L
Marinated Brussel Sprouts	1/4 CUP	24	0.7	4.0	1.4	309.9	0	9	0.33	L
Marinated Carrots	1/2 CUP	97	0.3	24.0	0.9	581.0	0	17	0.44	SWV
Marinated Cauliflower	1/4 CUP	18	0.6	2.8	0.8	314.8	0	8	0.19	L
Marinated Mushrooms	1/4 CUP	73	6.9	2.8	1.1	49.8	0	5	0.67	SV
Marinated Vegetables	1/2 CUP	115	9.8	6.8	1.9	155.4	0	27	0.54	SV
Marinated Zucchini Squash	1/2 CUP	107	7.0	10.7	2.2	148.4	0	19	0.71	SV
Maui Pasta Salad	1/2 CUP	87	1.1	16.6	2.8	246.3	0	21	0.77	WL
Mean Greens	SALADS	164	5.6	24.5	5.4	368.7	0.9	53	1.66	V
Mexican Cucumber Salad	PORTION	39	0.5	8.2	1.5	153.6	0	20	0.69	V
Mexican Salad	3/4 CUP	133	7.0	14.5	4.9	424.6	9.7	87	2.17	SL
New Potato Salad	1/2 CUP	116	5.3	15.2	3.0	317.9	25.6	31	2.80	SE
Oriental Cashew Salad	3/4 CUP	42	2.2	4.5	1.9	19.0	0	32	1.10	CV
Oriental Peanut Salad	3/4 CUP	42	2.4	3.9	2.3	37.9	0	34	0.91	SNV
Oriental Salad	1/2 CUP	77	0.2	18.8	1.5	130.6	0	21	0.56	V
Parr's Salad	1/2 CUP	81	6.0	7.1	1.3	8.7	0	4	0.48	SV
Pepperoni Pasta Salad	3/4 CUP	123	5.7	14.1	4.1	677.8	5.6	31	0.75	SWLM
Pork & Bean Salad	1/2 CUP	157	6.5	19.5	7.6	611.8	33.5	125	2.87	SELM
Quinoa Salad	1/2 CUP	130	8.4	12.6	2.7	137.4	0	16	1.52	SV
Raita Salad	PORTION	91	7.1	4.2	3.2	75.5	22.3	70	0.52	L
Ranch Pasta Salad	1/2 CUP	273	17.8	19.2	10.1	762.5	27.8	187	1.44	SWELM
Raw Vegetable Salad	1/2 CUP	112	9.7	4.4	3.4	477.5	6.9	79	0.83	SL

## Salads: Veggie, Pasta, Rice

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
Rice Salad	1/2 CUP	136	5.5	19.5	2.7	440.8	34.2	29	0.89	SEL
Romaine & Gorgonzola Salad	1 CUP	326	31.1	8.3	6.5	520.5	14.0	122	1.06	NUL
Romaine & Orange Salad	1 CUP	162	10.9	16.1	1.9	11.3	0	26	0.71	SPV
Santa Fe Spinach Salad	3/4 CUP	74	4.9	6.4	2.7	98.6	5.4	46	1.26	M
Sauerkraut Salad	1/4 CUP	32	2.0	2.8	1.0	323.9	5.9	19	0.78	L
Southwest Lentil Salad	1/2 CUP	192	9.1	21.1	8.2	211.5	0	23	2.45	V
Spicy Bamboo Shoot Salad	1/2 CUP	81	1.4	14.9	3.4	142.8	0	18	0.65	SV
Spinach Apple Salad	1/2 CUP	188	15.0	12.7	3.4	230.6	0	36	1.04	SV
Spinach Mushroom Salad	1/2 CUP	14	0.2	2.6	1.4	27.7	0	36	1.12	V
Spinach Salad	1/2 CUP	186	14.6	11.6	3.8	159.4	70.0	43	1.21	SEM
Spinach Salad/Mand Orange	3/4 CUP	221	17.7	15.2	2.9	104.3	8.9	31	1.44	SCE
Tabouli	1/2 CUP	143	10.5	12.0	1.6	416.9	0	11	0.43	SWV
Texas Cabbage Slaw	1/2 CUP	102	6.3	11.6	1.1	359.1	4.7	26	0.37	SE
Texas Caviar	1/4 CUP	32	0.3	6.5	1.1	193.2	0	31	0.42	V
Thai Cabbage Salad	1/2 CUP	89	6.8	6.5	2.7	168.1	0	41	0.88	SV
Tomato & Cucumber Salad	1/3 CUP	16	0.2	3.5	0.7	25.0	0	5	0.22	L
Tortellini Salad	3.1 OZ	234	19.0	11.3	5.1	363.7	22.5	113	1.34	SEL
Tossed Garden Salad	3/4 CUP	26	0.3	5.3	1.6	17.2	0	26	0.68	V
Tossed Garden Salad-Summr	1 BOWL	18	0.2	3.5	1.2	11.2	0	22	0.63	V
Tossed Italian Salad	1/2 CUP	129	9.9	8.5	2.0	320.2	1.0	34	0.68	SL
Vegetable Pasta Salad	1/2 CUP	200	9.4	24.2	4.2	449.4	0.0	11	0.29	SWV
Whole Pickled Beets	1/2 CUP	53	0.0	13.8	0.4	163.2	0	14	0.61	V
Wilted Salad	1/2 CUP	53	3.0	5.7	2.7	134.7	3.2	76	2.12	M
Yankee Slaw	1/3 CUP	88	6.2	8.2	1.0	231.3	4.7	30	0.39	SE

## Sandwiches: Cold

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
£ Bacon, Lettuce, Tom Sandwch	1 EACH	194	9.8	22.0	4.6	352.7	9.5	80	1.42	SWLM
£ BEEF & PROVOLONE for Sandwich	3 OZ	173	10.0	0.6	20.5	283.4	53.6	217	1.38	LM
£ Beef Round 2 oz Coldcuts	2 OZ	115	7.4	0.0	11.8	114.3	34.0	3	0.78	M
£ Feather Weight Turkey Sandwich	SANDWICHES	183	2.6	19.5	19.8	1083.6	25.0	195	1.98	SWLM
£ Ham & Low Fat Cheese	2.75 OZS	127	4.6	0.7	19.4	1056.0	38.6	149	0.62	LM
£ Light Weight Turkey Sandwich	SANDWICHES	297	4.8	44.4	21.0	1210.8	25.0	4	1.82	WM
£ Shaved Ham	2 OZ	89	3.1	0	14.2	752.4	31.2	4	0.53	M
£ Shaved Ham & Mozzarella	3 OZS	132	3.1	1.0	23.3	953.9	36.3	256	0.62	LM
£ Shaved Ham & Provolone	3 OZS	189	10.7	0.6	22.3	1002.6	50.9	220	0.68	LM
£ Shaved Turkey Breast	2 OZ	96	2.3	0	10.8	39.7	43.1	14	1.01	M
£ Shaved Turkey Ham	2 OZS	73	2.9	0.2	10.7	564.7	31.8	6	1.56	M
£ Shaved Turkey Ham & Swiss	2oz MT+1ozCH	180	10.7	1.2	19.9	639.0	58.0	280	1.61	LM

## Sandwiches: Cold

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
£ Sliced Turkey & American	3.0 OZ	206	11.7	0	17.1	448.8	66.7	203	1.01	LM
£ Smk Turkey & Swiss	3 OUNCES	177	9.8	3.0	21.2	734.3	46.2	275	0.05	LM
£ Smoked Turkey	2 OZ	70	2.0	2.0	12.0	660.0	20.0	0	0	M
£ Smoked Turkey & Jack	3 OZ	176	10.6	2.2	19.8	813.2	45.4	213	0.21	LM
£ Smoked Turkey & Mozzarella	3 OZ	112	2.0	3.0	21.1	861.4	25.2	252	0.09	LM
£ Smoked Turkey & Provolon	3 OUNCES	170	9.6	2.6	20.1	910.2	39.7	216	0.15	LM
£ Thin Sliced Beef	2 OZ	74	2.5	0	12.5	35.2	34.0	2	1.23	M
£ Tky Ham/Lite Cheese Bagel	1 EACH	296	6.8	38.4	21.2	1104.3	46.6	103	4.30	WLM
£ Tky/Lite Cheese Bagel	1 EACH	320	6.2	38.1	21.2	579.2	58.0	111	3.75	WLM
£ Turkey & American Cheese	2.75 OZ	179	9.4	0	15.5	346.5	60.8	156	1.01	LM
£ Turkey & Lofat Am Cheese	2 SL TK+1 CH	111	4.4	1.0	16.0	868.8	39.2	151	1.66	LM
£ Turkey & Lofat Am Cheese	2.75 OZ	135	3.8	0.7	16.0	343.7	50.5	160	1.10	LM
£ Turkey & Provolone	3 OZ	196	9.8	0.6	18.8	287.9	62.6	228	1.16	LM
£ Turkey & Provolone/ Pocket	4.25 oz Portion	200	6.9	13.6	15.9	379.3	44.2	196	2.40	WLM
£ Turkey Ham & Cheddar	2.75 OZ	159	10.0	0.5	16.1	698.3	54.5	161	1.71	LM
£ Turkey Ham & Provolone	3 OUNCES	173	10.5	0.8	18.8	814.9	51.4	222	1.71	LM
£ Turkey Pastrami	2 OZ	80	3.5	0.9	10.9	592.5	30.6	5	0.94	M
£ Turkey Pastrami on Wheat	1 EACH	238	6.4	29.4	15.6	1026.5	30.6	103	3.63	SWLM
American Cheese Bagel Sandwich	1 EACH	418	21.9	37.6	19.5	1155.0	57.1	378	2.68	WL
American Cheese Slice 1/2 oz	.5 oz SLICE	55	4.7	0	3.1	204.5	11.8	94	0	L
Assorted Cheese for Grill	SERVINGS	94	7.6	0.4	6.5	219.6	21.5	188	0.07	L
Bacon,Lettuce, Tomato Sand	1 EACH	264	13.1	21.9	11.6	634.6	24.5	80	1.42	SWLM
Beef & Cheddar for Sandwich	3 OZ	189	12.0	0.4	19.6	213.3	64.4	209	1.42	LM
Beef & Cheddar Sandwich Plate	PLATES	343	13.7	32.3	24.5	1539.9	64.4	246	3.41	SWLM
Beef N Cheese Muffaleta	SANDWICHES	586	18.1	73.8	31.0	705.1	105.7	109	1.71	WLM
Beef,Bologna,Turkey Ham	2 OZ	111	7.3	0.4	10.4	387.2	32.5	5	1.11	M
Bologna	2 OZ	179	16.0	1.6	7.1	577.8	31.2	7	0.86	M
Cajun Poboy Sandwich	1 EACH	529	27.2	56.1	22.1	426.9	55.6	263	2.89	WLM
Ched,Sm Turkey Bagel Sand	1 EACH	354	12.1	39.9	24.3	1130.2	52.7	155	2.82	WLM
Cheddar Cheese Squares	1 SLICE	86	7.0	0.3	5.9	131.9	22.3	153	0.14	L
Chef Sld/ Ham/ Trky Wrap	1 EACH	380	11.4	43.7	26.1	1064.5	37.4	236	0.82	SWLM
Chicken Caesar Wrap	Each	550	22.7	47.3	38.8	673.0	80.1	170	1.69	SWLM
Chicken Ranch Wrap	WRAP	368	8.9	45.4	26.9	229.0	54.5	42	1.16	SWELM
Chicken Salad Sub	6 INCH SUB	439	10.3	65.7	24.1	968.0	96.2	63	3.46	SWEM
Chicken Salad Sub Bagel	1 BAGEL	368	10.6	46.3	24.3	700.9	106.1	30	3.72	SWEM
Classic American Sub	6 INCH SUB	487	14.5	59.7	24.4	1056.9	66.7	245	3.66	WL
Club Sub	6 INCH SUB	543	19.5	59.7	29.3	1570.5	70.6	240	3.42	WLM
Club Sub Bagel	6 INCH SUB	559	34.1	45.2	21.0	1118.6	66.4	202	3.49	WELM
Cowboy Bagel Sub	1 BAGEL	441	20.0	40.7	26.5	633.5	74.3	217	3.89	WLM
Cowboy Sub on Hoagy	1 EACH	434	19.9	37.2	25.1	650.2	64.4	465	2.82	WLM

## Sandwiches: Cold

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
Ham & Beef Sub	1 SANDWICH	306	8.3	36.8	19.2	791.1	32.6	259	2.50	WM
Ham & Swiss Sandwich Plate	PLATE	364	12.2	31.5	32.8	1454.9	66.3	240	2.46	SWLM
Ham & Swiss Sub	6 INCH SUB	476	13.7	60.7	30.6	1434.3	57.2	318	3.23	WLM
Hero Croissant	1 SANDWICH	485	28.9	25.5	30.4	1306.3	62.1	245	2.99	SWLM
Jack Cheese	1 SLICE	79	6.4	0.1	5.8	114.0	18.9	159	0.15	L
KC's Cowboy Sub	6 INCH SUB	511	19.7	60.1	26.3	900.6	64.4	251	3.62	WLM
KC's Poboy Sub	6 INCH SUB	489	15.8	58.3	30.8	1606.8	56.4	257	3.31	WLM
KC's Turkey & Cheddar Sub	6 INCH SUB	493	14.6	60.1	25.2	826.0	73.5	262	3.85	WLM
Kerr Bagel Trio Sub	1 BAGEL	378	9.8	40.5	28.7	1113.7	68.3	20	4.06	WM
Kerr Trio Sub	6 INCH SUB	448	9.5	59.9	28.5	1380.8	58.4	53	3.79	WM
Lowfat American Cheese	1 SLICE	38	1.5	0.7	5.2	301.7	7.4	144	0.09	L
Mozzarella Cheese	1 SLICE	31	0	0.7	6.7	148.7	3.8	186	0.07	L
Muenster Cheese Slices	1 SLICE	78	6.4	0.2	5.5	133.5	20.3	153	0.09	L
Poboy Bagel Sub	1 BAGEL	419	16.1	38.9	31.0	1339.7	66.3	223	3.57	WLM
Poboy Sub Sandwich	1 EACH	408	14.5	43.9	25.4	1219.0	50.4	201	2.55	WLM
Poboy Sub Sandwich Plate	PLATE	441	14.8	51.1	26.8	1266.7	50.4	230	3.24	WLM
Provolone Cheese	1 SLICE	75	5.7	0.5	6.0	186.1	14.6	161	0.11	L
Salami	2 OZ	238	19.3	1.7	13.0	2.8	45.4	6	0.85	M
Shaved Ham & Amer Cheese	3 OZS	200	12.6	0	20.5	1164.8	55.0	194	0.53	LM
Shaved Ham & Cheddar	3 OZS	205	12.7	0.4	21.4	931.9	61.8	212	0.73	LM
Shaved Ham & Swiss	3 OZ	196	10.9	1.0	23.3	826.1	57.2	276	0.58	LM
Smk Turkey, Ham Slices	2 OZ	82	2.7	0.9	13.5	724.1	26.7	2	0.30	LM
Soaring Eagle Sub	6 INCH SUB	617	28.4	64.6	25.2	1317.5	70.4	243	3.74	WELM
Soaring Eagle Sub Bagel	1 BAGEL	546	28.8	45.2	25.4	1050.4	80.3	209	4.00	WELM
Sub Sandwich Loaves	6 INCH SUB	269	2.7	57.1	6.7	604.3	0	34	2.42	WV
Swiss & Turkey Bagel Sand	1 EACH	362	11.4	38.5	24.5	694.2	66.8	214	4.00	WLM
Swiss Cheese	1 SLICE	80	5.8	0.7	6.8	55.3	19.5	204	0.04	L
Swiss,Ham & Turkey Bagel	1 EACH	371	11.5	38.4	26.2	788.1	66.5	213	3.48	WLM
Trky & Provolone Sub Sand	1 EACH	400	12.9	37.4	24.9	645.7	62.6	484	3.00	WLM
Tuna Texas Bagel Sub	1 BAGEL	332	8.6	46.4	19.6	644.6	75.9	26	3.83	SWEF
Tuna Texas Sub	6 INCH SUB	402	8.3	65.8	19.4	911.6	66.0	60	3.57	SWEF
Turkey & Beef Sub Sand	1 EACH	350	9.6	37.3	22.9	731.0	53.9	267	3.21	WM
Turkey & Cheddar Bagel Sub	1 BAGEL	422	14.9	40.7	25.4	558.9	83.4	229	4.11	WLM
Turkey & Cheddar for Sandwich	PORTIONS	212	11.8	0.4	17.9	217.8	73.5	221	1.20	LM
Turkey & Cheddar Sandwich Plate	PLATE	494	21.3	38.6	31.6	1845.8	93.0	472	3.56	SWLM
Turkey & Provolone Focaccia	SANDWICHES	624	20.2	79.3	32.3	1504.1	89.6	217	0.23	WLM
Turkey & Provolone Sandwich Plate	PLATE	378	11.8	38.2	24.4	1667.6	62.6	265	3.36	SWLM
Turkey & Provolone Sub	6 INCH SUB	467	12.5	58.1	25.7	893.7	62.6	266	3.68	WLM
Turkey Club Sandwich Plate	1 SANDWICH	521	24.3	44.5	22.5	802.5	64.5	164	2.51	SWLM
Turkey Club Twist Wrap	WRAP	488	20.3	42.4	26.5	374.0	74.8	294	1.34	SWELM

## Sandwiches: Cold

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
Turkey Ham & American	3 OUNCES	183	12.3	0.2	17.0	973.8	55.3	195	1.56	LM
Turkey Ham & Swiss Sub	1 EACH	384	13.8	38.0	26.0	996.8	58.0	536	3.45	WLM
Turkey,Beef,Bologna	2 OZ	96	3.6	0.1	11.1	87.0	38.7	9	1.08	M

## Sandwiches: Hot

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
£ BBQ Beef	3 OZ.	146	5.1	16.8	8.7	585.1	14.5	36	1.63	SWM
£ BBQ Beef Sandwich	1 EACH	281	7.5	41.3	13.6	830.3	14.5	130	3.47	SWLM
£ BBQ Glazed Chicken	1 EACH	186	5.3	15.5	20.8	552.9	52.0	23	1.10	SM
£ Beef & Bean Chalupas	1 TOSTADA	199	10.0	17.5	11.1	304.0	17.7	50	2.30	SWM
£ Beef Fajita Pita	1 EACH	155	1.9	20.0	14.5	393.0	26.1	54	3.27	WM
£ Beef Fajitas	2ozMT/1ozVEG	233	7.9	22.9	15.9	327.0	35.2	74	2.49	SWM
£ Beef Taco -1	1 EACH	135	7.5	12.9	9.9	176.3	17.3	42	1.41	SWM
£ Beef Taco Meat	1/4 CUP	108	7.4	1.5	9.4	75.9	23.0	13	1.02	SWM
£ Blackhawk Sandwich	Each	277	7.5	23.6	24.7	885.4	56.4	107	2.42	SWLM
£ Cheese Pizza Bagel	1/2 BAGEL	139	0.5	19.9	12.7	416.6	5.1	274	1.50	WL
£ Chicken Fajita Chunks	3 OZ	157	5.2	0.0	26.7	104.8	70.4	13	0.86	SM
£ Chicken Fajita Pita	1 POCKET	186	2.1	20.0	21.4	475.9	47.8	60	2.90	WM
£ Chili for Hotdogs	2 OZ LADLE	112	9.0	3.7	4.5	425.2	18.8	15	0.90	SM
£ Chopped BBQ Pork	4 OZ PORTION	224	8.6	4.8	31.4	536.1	93.0	12	1.30	SM
£ Deluxe Meat Burrito	5 OZ	260	9.4	30.6	13.2	526.3	17.7	99	2.62	SWM
£ French Bread Pizza	1 EACH	242	7.7	21.7	20.5	845.1	19.4	399	2.07	WLM
£ FrenchBrd Hamburger Pizza	1 SLICE	192	5.8	20.7	14.0	498.6	16.9	217	2.21	WLM
£ Grilled Chicken Breast Sandwich	1 EACH	198	3.8	24.5	16.7	537.0	34.8	100	2.56	SWLM
£ Grilled Chicken Breasts	1 EACH	98	5.4	0.1	11.8	291.9	34.8	7	0.78	M
£ Grilled Ital. Chicken Breast	1 EACH	140	6.6	0	19.8	45.3	52.0	9	0.65	M
£ Grld Ranch Chicken Chunks	3 OZ	151	4.1	0.6	27.1	96.2	70.7	24	0.87	LM
£ Hamburger K- Zone	1/6 K-ZONE	280	6.5	43.4	12.1	404.4	14.3	72	1.05	SWLM
£ Hot Ranch Chicken for Snd	1 EACH	151	4.1	0.6	27.1	96.2	70.7	24	0.87	LM
£ Hot Turkey Sandwich	1 EACH	249	6.7	21.8	17.9	329.7	53.9	60	2.52	SWLM
£ Lite Beef Fajitas	3oz MT/3oz V	259	6.9	26.2	21.0	526.6	41.7	79	2.51	SWM
£ Lite Chicken Fajita	3oz MT/1oz V	286	7.0	22.9	29.8	633.6	71.7	83	1.76	SM
£ Lite Philly Steak Sndwich	PORTION	269	7.3	28.6	23.4	584.6	41.4	246	3.48	WLM
£ Marinated Beef Fajitas	4oz MT/3oz V	283	7.7	26.1	25.2	583.2	52.2	80	2.89	SWM
£ Marinated Bf Fajita Meat	3 OZ MT	93	2.9	0	15.7	210.6	38.7	3	1.43	SM
£ Mighty Rib w/BBQ Sauce	1 PATTY	205	7.0	31.5	5.5	575.4	11.8	50	0.91	SM
£ Pepperoni K- Zone Supreme	1/6 K-ZONE	294	8.1	43.7	11.8	588.7	12.5	72	0.97	SWLM
£ Pepperoni Pizza Bagel	1/2 BAGEL	186	4.7	20.1	14.6	609.4	12.6	275	1.64	WLM

## Sandwiches: Hot

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
£ Roast Beef Eye of Round	1 OZ SLICE	57	3.7	0.0	5.9	57.1	17.0	1	0.39	M
£ Sante Fe Steak Tacos	1 EACH	168	5.3	21.1	8.6	281.0	13.0	53	1.22	WM
£ Seasoned Grilled Chicken	1 EACH	145	6.7	1.0	19.9	47.0	52.0	9	0.65	M
£ Sloppy Joe	1/2 CUP	173	9.6	10.1	12.5	816.4	34.6	23	1.72	SWM
£ Spicy Thai Pizza	1 SLICE	199	1.7	32.9	13.1	355.4	11.3	130	0.68	SWLM
£ Teriyaki Steak Sandwich	1 OPN-FCD SN	343	9.6	38.2	26.2	1117.0	50.6	48	4.41	SWLM
£ Tuna Melt	1 EACH	196	7.0	18.5	14.7	500.4	59.0	106	1.46	SWELF
7" Cheese Pizza	EACH	389	16.0	46.9	17.0	907.7	20.0	299	2.69	SWL
7" Pepperoni Pizza	EACH	440	21.0	47.0	18.0	1140.2	30.0	240	2.70	SWLM
B&B Meatball Sandwich	1 EACH	396	19.9	33.1	21.3	959.3	40.5	250	2.99	SWLM
B&B Smoked Sausage Dog	1 EACH	390	25.6	23.4	15.5	1167.2	57.7	97	2.61	SWLM
Bacon Hamburger	1 EACH	442	26.9	24.5	23.1	715.1	67.3	97	2.74	WM
BBQ Glazed Chicken Sandwich	1 EACH	321	7.7	40.0	25.7	798.1	52.0	117	2.94	SWLM
Beef & Onion (Runza)	1/2 CUP	176	11.5	6.4	11.2	215.7	41.5	12	1.28	SWM
£ Beef Fajitas	1 FAJITA	278	10.7	23.8	19.6	509.8	39.1	75	2.32	SWM
Beef Tacos	2 EACH	201	12.5	13.0	14.6	199.9	34.6	44	1.82	SWM
Burrito Grande	EACH	1056	46.4	108.5	57.1	3043.7	113.6	777	6.77	SWLM
California Hamburger	Each	337	19.0	20.3	22.3	366.5	55.6	306	2.70	SWLM
Cheeses for Pizza	2 OZ	168	11.0	1.2	16.7	421.2	33.6	461	0.30	L
Chicken Club Sandwich	1 SANDWICH	560	18.9	59.8	37.4	1011.6	73.4	258	4.36	SWLM
Chicken Cordon Blue Sand	1 SANDWICH	335	14.1	20.4	32.3	461.7	73.4	196	2.49	SWLM
Chicken Fajita Nachos	6.5 OZ	406	16.2	36.0	30.2	1142.3	73.0	22	5.87	SLM
Chicken Fajita Wrap	1 EACH	515	21.5	47.3	33.8	933.0	92.8	242	1.63	WLM
Chicken Fajitas	Each	304	8.7	23.7	29.9	634.1	71.7	84	1.75	SWM
Chicken Filet	2.6 OZ	173	10.6	8.2	11.3	303.2	68.6	17	0.98	SWEM
Chicken Quesadillas	2 WEDGES	345	14.2	21.9	31.2	652.3	78.0	290	1.67	SWLM
Chicken Tenders/Sourdough	1 EACH	338	5.3	37.9	33.4	574.3	71.1	66	2.67	SWLM
Chili Cheeseburger	1 EACH	365	20.3	27.4	17.9	558.9	53.9	144	2.79	SWLM
Chimichanga	1 EACH	442	29.3	30.7	14.0	406.1	31.9	69	3.02	SWM
Corny Dogs	1 EACH	298	12.2	36.2	11.6	630.5	51.0	66	4.00	SWM
Cuban Sandwich	1 EACH	732	42.8	48.5	42.8	2354.9	95.0	458	2.97	SWLM
Double Meat Hamburger	2 PATTIES	286	23.5	0	18.2	68.9	80.0	8	1.80	WM
Fish Square for Sandwich	3 OZ SQUARE	240	12.3	9.4	21.7	471.0	65.2	42	1.15	SWF
Foot Long Hot Dogs	1 EACH	541	29.8	48.7	18.4	1393.9	40.9	139	4.08	SWLM
French Dip Sandwich/AuJus	1 EACH	374	15.4	34.6	24.4	436.7	54.8	52	4.33	WLM
Grill Burger	PATTY	201	15.7	0	14.1	52.4	57.0	6	1.34	M
Grilled Ham/Swiss/Rye	1 EACH	457	20.8	41.6	26.0	1234.3	47.2	339	2.79	SWLM
Grilled Ham/Swiss/White	1 EACH	380	20.0	27.0	22.8	980.4	47.2	374	2.01	SWLM
Grilled Hamburger	1 EACH	336	18.2	24.5	19.0	297.6	57.0	99	3.19	SWLM
Grilled Reuben Sandwich	1 EACH	562	29.8	46.1	28.5	1427.9	66.3	349	3.63	SWELM

## Sandwiches: Hot

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
Grilled Turkey & Provolone/White	1 EACH	378	19.2	26.7	19.4	670.2	48.8	323	2.43	SWLM
Grld Chili Chse Sandwich	1 EACH	378	26.8	23.6	11.0	868.2	27.7	231	1.85	SWL
Grld Corn Beef/Swiss/Rye	1 EACH	470	20.6	41.3	29.1	1221.9	67.5	266	3.59	SWLM
Grld Ham & Cheese Sand	1 EACH	328	18.9	21.0	17.7	1155.5	38.9	220	1.95	SWLM
Ham & Swiss Panini	1 SANDWICH	660	31.4	58.8	36.6	1509.0	62.5	331	4.35	SWELM
Ham Stromboli	1 ROLL	333	11.7	35.4	21.1	1001.3	35.1	244	2.44	SWLM
Ham/Cheese Pockets	1 EACH	269	11.9	19.1	21.6	991.9	53.8	259	2.84	WLM
Hamburger Patty	PATTY	143	11.7	0	9.1	34.4	40.0	4	0.90	M
Hamburger Pizza	1SLICE	351	17.3	29.7	18.5	935.4	30.8	292	2.51	SWLM
Hearth Sandwich	1 EACH	562	28.8	45.8	29.8	1604.7	12.2	673	2.93	SWL
Hot Beef Sandwich/Gravy	Each	302	15.6	19.4	23.4	381.7	60.7	46	3.09	SWLM
Hot Beef Sub Sandwich	1 EACH	388	8.0	59.6	22.1	648.6	40.8	41	3.95	WM
Hot Dog on Bun	1 EACH	294	17.9	22.8	10.1	785.6	25.6	66	2.07	SWLM
Hot Dogs	1 EACH	172	15.7	1.2	6.0	545.8	25.6	6	0.71	M
Hot Ham Sub Sandwich	1 EACH	357	5.8	57.0	20.9	1356.3	31.2	38	2.95	WM
Hot Meatball Sub Sandwich	1 EACH	574	20.9	70.7	28.7	1474.5	43.0	352	4.16	SWLM
Hot Sub Sandwich	Each	430	18.5	37.0	24.7	1005.3	64.7	563	2.96	WLM
Hot Turkey Sub Sandwich	1 EACH	365	4.9	57.0	17.5	643.6	43.1	48	3.42	WM
Marinated Chicken Fajitas	4oz MT/1oz V	332	8.0	22.9	38.5	746.0	95.6	87	2.05	SWM
Meatball Sandwich	1 EACH	357	16.9	32.6	18.9	888.4	32.9	240	2.75	SWLM
Meatball Sandwich Lite	1 EACH	318	13.9	32.1	16.6	817.5	25.3	230	2.50	SWLM
Patty Melt Sandwich	1 EACH	499	34.5	27.0	24.2	1071.9	74.9	346	2.42	SWLM
Pepperoni K- Zone	1/6 K-ZONE	312	9.5	42.7	14.1	625.6	17.2	138	0.95	SWLM
Pepperoni Pizza	1 SLICE	384	21.0	29.1	19.6	1272.0	61.1	234	3.04	SWLM
Pepperoni Pizza	1SLICE	385	21.0	29.1	19.6	1274.5	61.2	235	3.04	SWLM
Pepperoni Pizza Sub	1 EACH	256	7.8	28.0	16.6	895.1	16.3	380	2.74	WLM
Pepperoni Pizza Supreme	1SLICE	387	21.0	29.6	19.7	1274.1	61.2	235	3.07	SWLM
Philly Steak Sandwich	1 EACH	503	24.9	40.1	28.4	865.3	71.1	454	3.72	WLM
Philly Steak Sandwich - Kerr	1 EACH	501	23.1	46.4	27.4	963.0	71.1	223	3.70	SWLM
Philly Steak Sandwich/Sw	7.83	501	23.2	41.6	31.3	530.2	73.5	538	3.78	WLM
Pigs in a Blanket	1 EACH	254	18.1	10.9	11.5	312.4	45.6	3	0.54	WM
Pizza Pockets	1 EACH	439	19.2	48.5	18.0	1083.3	22.5	184	3.67	SWLM
Pizzaria Pepperoni Pizza	1SLICE	384	21.0	29.1	19.6	1272.0	61.1	234	3.04	SWLM
Pizzaria Sausage Pizza	1/8 PIZZA	352	17.9	29.4	17.8	1105.6	28.7	294	2.33	SWLM
Quails(Stuffed Franks)	1 EACH	265	23.5	1.3	11.1	858.8	43.6	101	0.75	LM
Sausage K- Zone	1/6 K-ZONE	317	9.8	43.6	13.5	640.5	20.7	77	1.07	SWLM
Sausage Pita	1 EACH	285	16.9	21.1	12.8	428.3	45.8	62	2.56	WLM
Sausage Pizza	1 SLICE	352	17.9	29.4	17.8	1105.6	28.7	294	2.33	WLM
Sausage Supreme Pizza	1 SLICE	354	17.9	29.9	17.9	1105.3	28.7	295	2.36	SWLM
Shredded Fajita Chicken	PORTIONS	103	2.2	0.1	20.1	205.3	52.8	10	0.65	M



## Sandwiches: Hot

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
Smoked Sausage Dogs	1 EACH	267	23.4	1.8	11.4	927.3	57.7	38	1.25	M
Smoked Sausage on a Stick	3.2 OZ	267	23.4	1.8	11.4	927.3	57.7	38	1.25	M
Southwest Hamburger	1 EACH	474	27.3	34.8	23.3	648.0	72.4	347	3.42	SWLM
Supreme Pizza	1 SLICE	358	17.8	29.3	19.7	1186.5	33.1	292	2.77	WLM
Taco Pizza	1/8	286	14.4	23.7	16.5	686.2	40.6	168	2.93	SWLM
Taco Rice Wrap	1/2 WRAP	306	11.4	37.9	13.4	403.9	25.4	131	1.45	SWLM
Teriyaki Steak for Sandwich	1/2 CUP	207	7.9	12.8	21.1	879.4	50.6	14	2.57	SWM
Tky & Provolone Panini	SANDWICH	661	30.4	58.5	32.1	970.8	68.0	283	4.92	SWELM
Turkey Cutlet	1 EACH	400	30.5	16.3	14.9	591.2	36.7	0	0	SWM

## Sauces: Dessert

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
Blueberry Sauce	2 TBSP	25	0.1	6.3	0.1	0.6	0	2	0.04	V
Blueberry Syrup	1/3 CUP	134	0.3	34.1	0.2	1.5	0	4	0.11	V
Butterscotch Sauce	2 TBSP	94	3.2	16.3	0.4	122.8	1.4	23	0.23	SL
Caramel Sauce	1/4 CUP	276	18.6	28.6	0.5	81.4	59.2	32	0.39	L
Caramel Topping	2 TBSP	103	0.0	26.9	0.7	142.2	0.4	22	0.08	L
Cherry Topping	2 TBSP	116	0.1	29.5	0.2	13.8	0	11	0.08	V
Chocolate Cherry Sauce	4 TBSP	123	3.9	22.7	1.6	65.3	4.3	43	0.53	SL
Chunky Peach Sauce	1/3 CUP	83	2.8	14.0	1.5	81.9	5.7	54	0.15	SL
Cinnamon Syrup	2 OZ.	150	1.9	32.9	0.0	81.1	0	10	0.25	SV
Fudge Sauce	2 TBSP	136	7.6	18.3	1.0	77.8	1.5	19	0.53	SL
Glazed Strawberries	1/4 CUP	56	0.1	13.6	0.1	23.0	0	3	0.07	V
Hershey's Syrup	2 TBSP	114	0	26.0	1.0	20.6	0	0	0.38	V
Lemon Sauce	2 TBSP	56	1.1	12.1	0.1	42.5	0	2	0.03	SV
Marshmallow Topping	1 OUNCE	70	0.0	18.0	0.4	10.6	0	1	0.05	E
Orange Sauce	1 OZ	58	1.8	10.5	0.2	21.5	0	1	0.08	SW
Peach & Honey Sauce	1/3 CUP	170	2.0	40.1	0.3	35.8	0	7	0.26	SAV
Peach Sauce for Crepes	1/4 CUP	289	15.2	39.6	0.3	181.1	0	8	0.08	S
Pineapple Sauce	2 TBSP	29	0.0	7.6	0.1	0.4	0	3	0.07	V
Pineapple Topping	2 TBSP	95	0.0	24.8	0.0	23.5	0	8	0.18	V
Praline Ice Cream Sauce	2 TBSP	126	6.9	15.9	0.9	41.1	1.0	18	0.23	SWPL
Strawberry Sauce	1/4 CUP	55	0.1	14.5	0.2	1.1	0	5	0.23	V
Strawberry Shortcake Sc	1/2 CUP	134	0.3	33.8	0.5	1.3	0	12	0.33	V
Strawberry Syrup	1/3 CUP	157	0.1	41.1	0.3	1.9	0	7	0.34	V
Sweet Cream Sauce	1/4 CUP	259	22.3	15.6	0.6	191.4	25.9	33	0.36	SL
Whiskey Sauce	1/4 CUP	264	14.1	35.2	0.9	14.7	52.2	26	0.06	L



## Sauces: Meat & Vegetable

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
£ Chicken Ranchero Sauce	1/2 CUP	62	2.1	5.0	6.2	335.7	17.4	15	0.93	WM
£ Italian Sauce	1/2 CUP	131	5.7	19.0	2.2	594.0	0	34	0.84	V
£ Italian Sauce-Homemade	1/2 CUP	56	0.8	12.2	1.8	628.0	0	16	0.95	SWV
£ Richard's Italian Sauce	1/2 CUP	50	0.2	11.8	1.5	579.6	0	22	0.90	V
Alfredo Sauce	1/2 CUP	496	53.3	2.0	4.4	712.1	70.2	128	0.16	SL
Alfredo Sauce - Lite	1/2 CUP	122	3.3	12.6	10.3	439.1	10.7	379	0.43	L
Au Jus	2 TBSP	1	0.0	0.2	0.0	3.2	0	1	0.03	SM
Au Jus from mix	2 OZ	0	0	0.1	0	29.5	0	1	0.01	SWV
Basil Parsley Pesto Sauce	Cup	1533	171.5	4.4	1.1	20.4	0	50	2.94	V
BBQ Sauce	1/4 CUP	41	0.1	10.2	0.5	230.6	0	9	0.25	SWM
BBQ Sauce-Homemade	1/4 CUP	54	0.1	14.0	0.6	491.8	0	18	0.72	SV
Bing Cherry Sauce	1/4 CUP	54	0.1	13.6	0.3	36.7	0	4	0.16	V
Brown Gravy	1/4 CUP	2	0.1	0.4	0	18.6	0	1	0.01	SL
Brown Sauce	1/4 CUP	2	0.1	0.3	0	15.4	0	1	0.01	SL
Brown Sugar Glaze	2 OUNCE	102	2.5	18.4	2.5	443.4	0	13	0.35	SL
Bruce's BBQ Sauce	2 OZ	88	3.2	16.0	1.0	381.9	0	14	0.42	SV
Cheese Sauce	1/4 CUP	10	0.4	1.2	0.2	71.3	1.0	9	0.00	SL
Cheese Sauce - Homemade	1/4 CUP	89	6.6	3.5	4.1	283.4	9.3	121	0.11	SWL
Cheese Sauce w/Broccoli	1/4 CUP	67	4.5	3.4	3.4	159.9	8.6	85	0.19	SWL
Cheesy Enchilada Sauce	3 TBSP	87	4.9	6.1	4.8	540.8	16.8	146	0.30	SWL
Chicken Gravy	1/3 CUP	49	3.6	3.5	0.6	50.9	0.0	4	0.22	SWLM
Chicken Wing Hot Sauce	CUP	1544	156.8	27.2	2.5	3893.3	0	81	0.79	SV
Chili Bean Sauce	1/4 CUP	37	0.4	7.5	2.0	477.1	0	14	0.82	V
Chili Sauce	1/4 CUP	112	9.0	3.7	4.5	425.2	18.8	15	0.90	SM
Chunky Enchilada Sauce	1/4 CUP	20	0.0	4.5	0.5	92.4	0	21	0.47	SM
Clam Sauce	1/2 CUP	170	10.2	12.0	7.9	458.9	17.5	186	2.64	SWLF
Coney Sauce	1/4 CUP	80	3.9	12.2	1.1	593.5	0	12	0.31	SV
Country Style Cream Gravy	1/3 CUP	63	3.5	6.9	0.9	233.3	0.4	8	0.14	SWL
Cranberry Sauce	1/4 CUP	87	0.1	22.4	0.1	16.7	0	2	0.13	V
Cream Gravy	1/3 CUP	107	6.9	8.3	3.5	279.5	1.3	92	0.32	SWL
Cream Sauce	1/3 CUP	121	8.8	7.6	3.4	173.9	1.3	92	0.29	SWLM
Dee's Marinating Sauce	2 OZ.	25	0.3	5.9	0.5	300.3	0	3	0.04	V
Dipping Sauce for Wings	2 TABLESPOONS	30	0.0	4.5	0.0	278.1	0	3	0.08	V
Eggroll Sauce	1/4 CUP	41	0.0	10.5	0.2	67.9	0	4	0.10	SV
Enchilada Meat Sauce	1/4 CUP	52	2.6	5.3	2.7	491.4	8.3	12	0.79	WM
Fresh Mushroom Sauce	1/4 CUP	29	1.9	2.6	0.5	25.4	0	3	0.24	SWM
Giblet Gravy	1/3 CUP	80	4.5	4.6	5.3	183.7	66.6	44	0.99	SWELM
Ginger Vinaigrette	1/4 CUP	150	13.9	6.1	1.5	99.0	0	20	0.87	S
Gingersnap Gravy	1/4 CUP	77	5.3	6.4	1.3	66.4	15.6	15	0.40	L
Herbed Vegetable Sauce	1/4 CUP	105	3.7	11.3	7.5	180.7	11.0	219	0.63	L

## Sauces: Meat & Vegetable

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
Hollandaise Sauce	1/4 CUP	141	14.8	1.8	1.3	113.0	42.0	41	0.02	SWLM
Horseradish Sauce	2 TBSP	39	4.3	0.3	0.1	35.8	3.1	2	0.03	SE
Low Fat White Sauce	2 OUNCES	36	0.1	6.2	2.6	163.0	1.0	69	0.25	WL
Marinara Sauce	PORTIONS	31	0.0	6.4	1.3	363.3	0	45	0.86	V
Mornay Sauce	1/4 CUP	70	3.4	4.7	5.3	111.3	11.2	172	0.08	L
Muffuleta Sauce	1 TBSP	47	5.1	0.8	0.1	60.4	0	10	0.36	SV
Nacho Cheese Sauce	1/4 CUP	10	0.4	1.4	0.2	113.7	0.9	10	0.07	L
Olive/Crm Cheese Topping	1/4 CUP	94	7.3	3.9	3.6	324.1	17.0	58	1.24	L
Panini Sauce	2 TSP	66	7.2	0.4	0.1	51.6	5.4	2	0.05	SE
Parmesan Sauce	1/2 CUP	70	3.3	9.0	1.5	378.1	1.0	35	0.40	SWL
Peanut Sauce	3 TBSP	54	3.5	4.6	1.8	425.6	0.0	5	0.18	SWNLMF
Pesto Cream Sauce	1/2 CUP	200	15.3	9.8	6.6	520.7	6.6	195	0.52	SWL
Picante Sauce	2 TBSP	9	0.2	1.4	0.3	356.6	0	5	0.18	V
Red Pepper Salsa	Tablespoon	16	1.4	1.0	0.1	122.6	0	2	0.11	V
Red Sauce	2 TBSP	22	0.1	5.8	0.3	249.9	0	5	0.18	SV
Ruby's BBQ Sauce	1/4 CUP	90	2.5	17.9	1.0	519.7	0	20	0.73	SV
Smooth Enchilada Sauce	1/4 CUP	15	0.3	3.2	0.6	677.8	0	13	0.72	V
Sour Cream Sauce	1/4 CUP	38	3.2	1.0	1.4	45.4	9.5	29	0.10	SLM
Sour Cream Topping	2 TBSP	91	9.0	1.0	2.0	86.3	26.9	25	0.31	L
Spanish Sauce	1/4 CUP	30	2.2	2.4	0.5	207.1	0	17	0.28	SV
Supreme Sauce	1/2 CUP	217	19.9	5.9	4.6	619.5	49.7	48	0.55	SWL
Sweet & Sour Chef Sauce	1/4 CUP	82	0	18.7	0	187.4	0	12	0.23	SWV
Sweet & Sour Sauce	1/4 CUP	67	0.1	17.2	0.3	111.4	0	6	0.17	SV
Szechuan Sauce	2 TBSP	13	0.0	2.9	0.2	518.0	0.0	2	0.09	SWLMF
Tartar Sauce	2 TBSP	80	6.4	6.2	0.3	160.1	4.9	4	0.13	SE
Teriyaki Sauce	1/4 CUP	142	0	24.0	11.6	1259.8	0	0	0	SV
Tiger Sauce	.50 OZ	96	10.6	0.4	0.2	78.5	7.9	3	0.07	SE
Tomatillo & Mango Salsa	TABLESPOON	6	0.1	1.5	0.1	15.6	0	1	0.06	V
Turkey Gravy	1/3 CUP	46	0.9	8.2	1.3	555.8	1.8	20	0.42	SWLM
Vegan Gravy	1/4 CUP	56	4.6	3.3	0.6	186.8	0	4	0.23	SWV
Vegan Mighty Sauce	1/2 CUP	96	2.6	15.9	5.9	298.3	0	53	2.96	SV
Vegan Peanut Sauce	2 TBSP	98	8.1	3.8	4.5	280.4	0	11	0.52	SNV
Vegan Sour Cream Sauce	2 TBSP	41	2.7	1.2	4.0	10.6	0	49	2.49	SV
Vegetable Sauce	1/4 CUP	36	0.0	7.9	0.8	325.8	0	24	0.49	V
Veggie Sauce	1/4 CUP	15	0.0	3.3	0.4	190.5	0	14	0.23	V
White Sauce	1/4 CUP	77	5.0	5.9	2.4	216.5	0.9	62	0.24	SWL
White Sauce w/ Green Peas	1/4 CUP	12	0.2	2.0	0.6	15.4	0.2	4	0.15	SLM

## Soups

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
£ Vegan Chili Bean Soup	1 CUP	179	1.5	32.8	8.0	921.2	0	123	2.71	WV
Baked Potato Soup	PORTION	304	19.6	23.3	9.8	512.6	31.4	142	1.13	SWLM
Barb's Soup	6 OZ	21	0.1	4.7	1.0	219.5	0	31	0.40	V
Beef Flav Vegetable Soup	6 OZ	24	0.0	5.3	0.7	76.2	0	21	0.37	SM
Beef Noodle Soup	6 OZ	39	1.0	5.6	2.0	18.4	9.7	8	0.46	SWEM
Beef Pho Soup	15 OZ	311	12.4	28.8	22.2	451.4	51.2	57	3.63	M
Beef Pho Soup Broth	Cup	3	0.0	0.8	0.1	25.3	0	15	0.32	SWM
Beef Rice Soup	6 OZ	86	1.7	13.9	3.3	27.4	6.7	15	0.79	SM
Beef Stock	Gallon	384	0.3	39.2	10.6	6291.1	0	550	11.53	M
Beef/Rice/Carrots Soup	6 OZ	89	2.3	14.0	2.9	17.8	5.5	15	0.72	SM
Boston Clam Chowder	6.4 OZ	112	5.1	12.8	5.7	497.6	1.6	112	0.04	L
Broccoli Cheese Soup	6 OZ	208	13.7	9.2	11.8	798.4	34.4	317	0.42	SWL
Broccoli Parmesan Soup	6 OZ	35	1.5	3.5	2.6	78.8	3.1	66	0.35	SLM
Cajun Beef Vegetable Soup	6 OZ	145	3.9	17.9	9.4	449.3	14.3	34	2.24	WM
Canadian Cheese Soup	6 OZ	293	20.8	10.8	16.5	932.8	47.0	485	0.49	SWL
Cheese Chowder	6.4 OZ.	142	9.2	9.2	5.8	315.3	14.6	150	0.38	SWL
Chicken & Sausage Gumbo	6 OZ	50	1.4	7.2	4.3	744.3	7.2	31	0.27	SM
Chicken Corn Soup	6 OZ	187	4.0	25.3	12.9	269.3	141.8	28	1.00	SWEM
Chicken Curry Soup	6.3 OZ	52	1.7	4.1	5.1	131.5	15.6	11	0.47	SLM
Chicken Gumbo	6 OZ	70	0.8	12.4	3.2	61.6	6.2	29	0.80	SLM
Chicken Noodle Soup	6 OZS	54	1.6	6.8	3.0	673.3	4.4	12	0.56	SWEM
Chicken Noodle Soup - Homemade	6 OZ	76	1.0	10.5	6.0	28.9	23.7	12	0.85	SWELM
Chicken Pho Soup	15 OZ	286	4.6	27.6	34.3	279.1	74.6	46	2.95	M
Chicken Pho Soup Broth	Cup	3	0.0	0.8	0.0	28.8	0.1	15	0.32	SM
Chicken Rice Soup	6 OZ	85	0.5	14.1	5.3	21.9	10.7	16	0.76	SLM
Chicken Soup W/Dumpling	6 OZ	44	1.7	5.7	1.4	107.3	13.8	40	0.42	SWELM
Chicken Stock - Quick	Quart	1	0	0.2	0	98.4	0.2	18	0.09	SWLM
Cold Cucumber Soup	6 OUNCES	27	1.2	3.6	1.0	269.0	0.0	14	0.34	SLM
Corn Chowder	6 OZ	111	4.2	99.7	5.6	368.8	11.1	170	0.21	L
Corn Chowder-Homemade	6 OZ	88	0.6	18.5	4.1	412.6	1.9	88	0.42	L
Cream of Asparagus Soup	6 OZ	18	0.6	2.5	0.8	76.1	0.7	9	0.40	SLM
Cream of Broccoli Soup	6 OZ	149	6.4	16.2	8.2	281.6	6.0	224	0.82	SWL
Cream of Celery Soup	6 OZ	15	0.4	2.6	0.4	31.1	0.6	14	0.11	SLM
Cream of Chicken Soup	6 OZ	100	7.4	4.2	4.6	114.7	10.7	17	0.24	SLM
Cream of Potato Soup	6.4 OZ	100	2.0	14.4	4.3	829.6	1.6	136	0.58	L
Cream of Potato Soup-Homemade	6 OZ	155	4.3	25.1	4.8	339.4	1.1	86	0.61	SWL
Cream of Tomato Soup	6 OZ	103	1.8	17.9	4.2	587.4	1.6	111	0.32	SWL
Cream of Vegetable Soup	6 OZ	63	0.5	13.4	2.5	215.6	0.3	32	0.65	SLM

## Soups

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
Creamy Cauliflower Soup	6 OZ	24	0.5	4.2	1.0	23.6	0.7	14	0.20	SLM
Creole Soup	6 OZ	32	0.1	6.4	1.2	94.7	0	23	0.53	SWM
Duke Homestead Soup	6 OZ	91	2.8	11.1	5.5	273.9	6.6	69	0.61	SWLM
Egg Drop Soup	6 OZ	30	0.8	4.6	1.0	28.1	32.6	7	0.15	SELM
Eggplant Soup	6 OZ	348	34.3	9.6	2.6	174.3	99.5	61	0.34	LM
Eggplant Soup	6 OZ	348	34.3	9.6	2.6	174.3	99.5	61	0.34	LM
Eggplant Soup	6 OZ	348	34.3	9.6	2.6	174.3	99.5	61	0.34	LM
French Onion Soup	6 OZ	71	3.1	7.7	3.3	292.7	4.0	83	0.38	SWLM
Garden Veg/Rotini Soup	6 OZ	66	0.7	13.2	1.5	609.9	3.7	16	0.54	WE
Gazpacho	1/2 CUP	40	1.2	6.0	0.7	356.3	0	1	0.45	SV
Ham & Bean Veggie Soup	6 OZ	151	2.2	19.1	13.9	516.8	18.7	47	1.85	M
Hot & Sour Soup	6 OZ	37	1.9	3.0	3.0	206.8	23.0	32	1.41	SWELM
Lentil Vegan Soup	6 OZ	67	1.4	10.3	4.0	422.2	0	22	1.60	V
Minestrone Soup	6 OZ	57	0.3	11.1	2.8	153.4	0	22	0.75	SWM
Mulligatawny Soup	6 OZ	91	2.0	9.1	9.3	47.2	23.6	54	0.83	SWLM
Navy Bean Soup	6 OZ	107	1.8	11.9	11.0	374.0	15.2	36	1.40	SM
New England Clam Chowder	6 OZ	122	5.3	12.4	6.4	356.3	15.2	104	2.68	WLMF
Onion Soup	6 OZ	2	0.1	0.3	0	45.1	0	3	0.02	SWM
Oriental Pork Soup	6 OZ	43	2.4	2.4	3.3	286.2	9.1	10	0.47	SM
Oriental Soup	6 OZ	14	0.3	2.4	0.7	142.3	1.6	9	0.28	SWELM
Peanut Soup	6 OZ	142	7.4	4.6	15.7	276.3	31.9	20	1.12	SWPEM
Potato Cheese Soup	6 OZ	187	8.3	17.9	10.7	463.4	24.4	285	0.56	WL
Potato Leek Soup	6 OZ	163	6.0	23.8	4.5	320.9	8.2	80	0.59	SWL
Seafood Chowder	6 OZ	56	0.5	8.8	3.4	58.6	12.4	19	2.15	SLMF
Shrimp Chowder	6 OZ	52	0.5	9.3	2.7	56.6	12.2	18	0.45	SLMF
Sopa Mexicana	6 OZ	90	3.3	10.2	6.5	379.6	9.6	14	0.80	SM
Sour Cream/Mushroom Soup	6 OZ	182	12.2	11.5	7.9	689.1	25.4	196	0.73	SWL
Split Pea Soup	6 OZ	112	1.0	16.7	9.5	571.0	6.7	18	1.19	M
Stock Chicken	Gallon	4	0.1	1.0	0.1	146.0	0	127	2.43	M
Tomato Basil Soup	6 OZ	89	1.6	15.5	3.5	366.2	0	58	1.60	WV
Tomato Bisque Soup	6 OZ	160	7.2	22.3	3.2	1008.6	31.9	161	0.30	SWL
Tomato Cheese Soup	6 OZ	126	6.5	12.3	4.8	772.3	11.5	110	0.38	SWLM
Tomato Soup	6 OZ	71	1.6	13.5	0.8	543.6	0	2	0.30	SWV
Tomkahgai Soup	6 OZ	96	7.2	3.7	5.6	31.6	11.4	32	1.63	M
Tortilla Soup	6 OZ	74	1.3	6.5	9.2	184.6	21.3	34	1.03	SLM
Veg Beef Soup - Homemade	6 OZ	39	1.8	3.2	2.6	41.8	7.2	13	0.37	SM
Vegan Bean Soup	6 OZ	84	0.3	15.7	5.2	101.5	0	42	1.50	V
Vegan Black Bean Soup	6 OZS	167	2.2	28.9	9.6	609.0	0	69	2.97	SV
Vegan Sopa Mexicana	6 OZ	75	2.8	12.4	2.5	178.3	0	16	0.77	SV
Vegan Vegetable Soup	6 OZ	29	0.1	6.3	0.9	240.1	0	24	0.43	V

## Soups

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
Veget. Cream Spinach Soup	6 OZ	154	11.0	9.5	3.7	851.4	18.3	75	0.54	SWL
Vegetable Pho Soup	13 OZ	148	1.5	29.2	6.2	214.5	0	37	2.10	V
Vegetable Pho Soup Broth	Cup	10	0.1	2.4	0.3	27.6	0	20	0.37	V
Vegetable Stock	6 OZ	0	0	0.0	0	27.0	0	4	0.02	V
Vegetaian Tomato Ravioli	6 OZ	80	1.5	13.9	3.7	1026.9	11.0	31	0.54	SWEL
Vegetarian Garden VegSoup	6 OZ	55	0.4	12.6	0.8	718.5	0	21	0.29	WE
Vietnamese Beef Soup/Shrm	6 oz	71	4.1	1.5	7.0	244.6	28.0	17	0.87	SWMF
Wisconsin Cheese Soup	6.4 OZ	111	4.9	10.3	6.8	415.9	16.2	217	0.33	SWLM
Zuppa Toscana	6 OZ	121	9.6	5.6	3.3	135.5	27.1	23	0.49	SWLM

## Vegetables

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
Almondine Green Beans Fsh	1/2 CUP	74	4.3	8.0	2.8	303.0	0	60	1.03	SAV
Almondine Green Beans, cn	1/2 CUP	54	4.2	3.5	1.5	266.2	0	24	0.75	SAV
Asparagus Casserole	4 X 8	174	12.4	8.4	8.0	665.5	62.8	163	1.47	SWEL
Asparagus Cuts	3 OZ	20	0.2	3.5	2.9	6.8	0	21	0.62	V
Asparagus Grilled with Sesame	3 OZ	29	1.5	3.4	1.7	1.5	0	16	0.64	V
Asparagus in Sauce	1/3 CUP	54	3.6	4.4	2.2	284.6	0.3	33	1.21	SWL
Baby Green Lima Beans	1/3 CUP	125	0.4	23.7	7.3	49.1	0	33	2.09	V
Baked Apple Rings	2 SLICES	137	5.7	22.8	0.2	64.3	0	6	0.12	SV
Baked Apples/Nutmeg	1/2 CUP	163	5.5	37.6	0.1	220.5	0	22	0.45	SV
Baked Beans	1/2 CUP	147	2.8	27.8	6.1	697.3	9.1	67	3.66	SM
Baked Yellow Squash	1/2 CUP	19	0.2	4.1	1.1	137.3	0	19	0.43	V
Beans Ala Charro	1/2 CUP	116	1.2	20.6	6.8	325.4	0.8	45	2.24	M
Black Beans a la Charro	1/2 CUP	112	1.2	19.2	7.3	324.6	0.8	29	1.85	M
Black Beans and Corn	1/2 CUP	89	0.5	17.1	5.3	249.5	0	26	1.53	SV
Black Turtle Beans	1/2 CUP	120	0.5	21.5	8.4	273.1	0	26	1.91	V
Blackeyed Peas, canned	1/2 CUP	114	0.4	23.9	3.7	336.3	0	151	1.32	V
Blackeyed Peas, dried	1/2 CUP	96	0.5	17.4	6.2	435.8	0	18	1.56	V
Blackeyed Peas, frozen	1/2 CUP	119	0.6	21.4	7.7	202.0	0	21	1.91	V
Broccoli & Cauliflower	1/2 CUP	25	0.3	4.6	2.5	17.9	0	31	0.59	V
Broccoli & Mushrooms	1/2 CUP	28	0.3	5.2	3.0	15.2	0	36	0.76	V
Broccoli Casserole	CUT 8 x 4	177	12.7	10.7	7.1	732.6	12.0	156	0.87	SWL
Broccoli Florets	1/2 CUP	31	0.4	5.7	3.4	18.1	0	44	0.77	V
Broccoli Rice Casserole	1/2 CUP	202	11.1	17.8	7.3	531.6	22.8	153	0.91	SWL
Broccoli Spears	1/2 CUP	26	0.3	4.9	2.9	15.4	0	37	0.65	V

## Vegetables

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
Broiled Peach Half	1 EACH	74	2.0	15.2	0.3	27.2	0	6	0.22	SV
Broiled Tomato Half	1 HALF	75	6.1	4.8	1.1	117.6	0.8	17	0.42	SWL
Brussel Sprouts	1/2 CUP	37	0.4	7.1	3.4	9.1	0	24	0.84	V
Cabbage & Sprouts Saute	1/3 CUP	69	5.2	5.2	1.7	8.0	0	33	0.54	SV
Cabbage Au Gratin	1/2 CUP	113	7.1	8.4	4.8	164.9	10.3	138	0.66	SWLM
Cajun Style Cabbage	1/2 CUP	160	15.1	4.8	2.8	384.8	16.7	42	0.52	M
Canned Asparagus	1/2 CUP	12	0.4	1.6	1.4	182.1	0	10	1.16	V
Caramelized Onions	1/4 CUP PORTION	65	4.7	5.6	0.8	2.0	0	13	0.14	SV
Caraway Carrots	1/2 CUP	46	0.2	10.7	1.1	36.9	0	29	0.55	V
Carrot Souffle	1/2 CUP	255	14.1	30.1	3.6	255.4	75.5	74	0.83	SWE
Carrots/Cabbage Stir Fry	1/2 CUP	28	0.6	5.4	1.2	129.6	0	34	0.49	SV
Cauliflower Au Gratin	1/2 CUP	24	0.3	4.4	1.9	37.2	0.2	22	0.49	SL
Cauliflower Steamed Frozn	1/2 CUP	22	0.2	4.2	1.9	21.8	0	20	0.49	V
Cauliflower w/ Red Pepper	1/2 CUP	23	0.3	4.5	1.9	21.9	0	20	0.51	V
Cauliflower/Orange Pepper	1/2 CUP	23	0.3	4.5	1.9	21.9	0	20	0.51	V
Celery Almond Stir-Fry	1/2 CUP	76	6.3	4.2	2.1	305.3	0.0	44	0.51	SALM
Celery Au Gratin	1/2 CUP	143	7.4	14.9	4.5	248.4	6.5	121	1.07	SWL
Corn Cob on a Stick	1 COB	113	0.9	27.2	3.9	3.5	0	5	0.82	V
Corn Nuggets, fried	1/2 CUP	315	21.9	26.3	2.6	368.2	0	35	0.63	SWL
Corn O'Brien	1/2 CUP	95	3.1	17.1	2.9	34.8	1.4	5	0.47	SM
Corn on the Cob	1 COB	113	0.9	27.2	3.9	3.5	0	5	0.82	V
Couve a Mineira (Brazilian Greens)	1/3 CUP	73	4.8	6.6	2.9	387.7	0	8	0.06	SV
Cream Style Corn	1/2 CUP	87	0.5	21.8	2.3	342.6	0	4	0.46	V
Creamed Pearl Onions	1/2 CUP	38	0.3	8.3	1.1	6.3	0.2	20	0.20	SLM
Cuban Black Beans	1/2 CUP	110	1.8	17.9	6.6	249.0	0	24	1.57	V
Cuban Black Beans	1/2 CUP	110	1.8	17.9	6.6	88.4	0	24	1.57	V
Curried Fruit Compote	1/2 CUP	152	5.1	28.0	0.4	73.6	0	20	0.53	SV
Cut Green Beans, canned	1/2 CUP	11	0	2.5	0.6	218.8	0	13	0.56	V
Cut Green Beans, frozen	1/2 CUP	30	0.2	6.9	1.7	2.7	0	38	0.78	V
Eggplant Casserole	1/2 CUP	213	14.7	12.1	8.9	730.6	72.3	214	0.93	SWEL
Eggplant Creole	1/2 CUP	35	1.2	5.9	1.1	252.7	0	15	0.50	SWV
Fiesta Corn	1/2 CUP	97	2.1	20.1	3.2	20.9	0	6	0.55	SV
Fiesta Hominy Casserole	1/2 CUP	119	7.7	9.2	3.4	360.6	21.3	59	0.68	L
Florentine Vegetables	1/2 CUP	27	0.2	5.5	2.0	21.1	0	27	0.54	V
Florentine Vegetables,fzn	1/2 CUP	26	0.2	5.4	2.0	25.4	0	34	0.54	V
Ford Hook Lima Beans	1/2 CUP	96	0.3	18.0	5.9	52.6	0	22	1.37	V
French Cut Green Beans Almondine	1/2 CUP	60	3.1	7.6	2.3	21.5	0	47	0.90	SV
French Cut Green Beans,fz	1/2 CUP	30	0.2	6.9	1.7	2.7	0	38	0.78	V
Fresh Baby Carrots	1/2 CUP	34	0.5	7.4	0.8	31.8	0	21	0.71	V
Fresh Cabbage w/ Dash	1/2 CUP	23	0.2	5.1	1.3	91.7	0	43	0.55	LM

## Vegetables

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
Fresh Cabbage W/Red Peppr	1/2 CUP	23	0.2	5.0	1.3	15.8	0	41	0.53	V
Fresh Cabbage Wedges	1/2 CUP	23	0.2	4.9	1.3	16.3	0	43	0.54	V
Fresh Cauliflower	1/3 CUP	23	0.2	4.7	1.8	27.2	0	20	0.40	V
Fresh Spinach	1/2 CUP	15	0.2	2.4	2.0	56.5	0	70	1.90	V
Fresh Steamed Carrots	1/2 CUP	41	0.2	9.7	1.0	33.3	0	26	0.48	V
Fresh Stir Fry Green Bean	1/2 CUP	52	2.4	7.2	2.0	302.6	0	51	0.90	SV
Fresh Whole Baked Apple	1 EACH	172	0.4	44.3	0.2	45.6	0	10	0.26	V
Fresh Yellow Squash	1/2 CUP	19	0.2	4.0	1.1	1.9	0	19	0.43	V
Fresh Zucchini Squash	1/2 CUP	21	0.4	3.1	2.8	3.0	0	21	0.79	V
Fried Corn	1/2 cup	139	3.6	27.4	3.2	349.3	0	8	1.01	SWV
Fried Eggplant	3 OUNCES	169	13.7	9.9	2.5	95.6	23.4	28	0.58	EL
Fried Mushrooms	4 OZ	252	19.1	18.1	3.1	181.0	3.2	25	1.97	SWEL
Fried Okra	1/2 CUP	219	15.4	17.8	2.9	150.9	2.6	75	1.56	SWV
Fried Vegetable Sticks	4 OZ	278	14.1	34.9	4.7	712.9	0.0	27	1.96	SL
Fried Zucchini Squash	1/2 CUP	232	19.2	13.6	2.2	136.6	2.4	27	1.23	SWV
Glazed Baby Carrots	1/2 CUP	121	6.3	16.3	0.9	123.1	0	28	0.84	SV
Glazed Carrot Sticks	1/2 CUP	126	6.0	18.2	1.1	123.1	0	32	0.57	SV
Glazed Carrots	1/2 CUP	134	6.5	19.0	1.1	130.9	0	33	0.59	SV
Golden Fried Pantains	2 OZ	92	2.5	18.5	0.9	163.9	0	4	0.46	SV
Gourmet Mushroom Saute	1/2 CUP	44	2.8	4.0	1.4	99.4	0	13	0.93	SV
Great Northern Beans, dry	1/2 CUP	87	0.3	15.5	6.4	273.7	0	51	1.57	V
Green Bean & Onion Casserole	1/2 CUP	128	9.7	7.6	3.5	441.2	6.9	68	0.57	SWL
Green Beans with Crushed Garlic	1/2 CUP	49	2.1	7.1	1.6	173.4	0	39	0.82	SV
Green Beans with Potatoes	1/2 CUP	83	3.6	11.0	2.9	83.5	4.0	37	2.25	SWLM
Green Peas & Cauliflower	1/2 CUP	46	0.3	8.3	3.4	61.7	0	20	0.94	V
Green Peas & Pearl Onions	1/2 CUP	73	0.4	13.2	5.0	101.9	0	22	1.41	V
Green Peas w/Mushrooms	1/2 CUP	117	6.6	11.0	4.4	235.8	0	17	1.34	SV
Green Peas, canned	1/3 CUP	40	0.2	7.5	2.6	205.3	0	12	0.97	V
Green Peas, frozen	1/2 CUP	70	0.3	12.4	4.9	101.6	0	20	1.39	V
Greens in Peanut Sauce	1/2 CUP	96	6.9	6.1	4.9	154.5	0	11	0.33	NV
Greens w/Diced Turnips	1/2 CUP	24	0.2	4.3	2.4	29.9	0	105	1.48	V
Grilled Aussie Vegetables	PORTION	60	4.1	5.7	1.2	102.1	0	19	0.51	V
Grn Beans/Almond Stir Fry	1/2 CUP	58	4.7	3.5	1.5	239.4	0	23	0.75	AV
Gujerati- Style Green Beans	1/2 CUP	140	11.2	9.6	2.2	455.0	0	47	1.02	SV
Harvard Beets	1/3 CUP	41	1.0	8.1	0.4	226.6	0	6	0.31	SV
Herbed Carrots	1/2 CUP	43	0.9	8.5	1.0	129.2	0	31	0.58	SV
Herbed Carrots & Celery	1/2 CUP	94	7.0	7.7	0.9	174.0	0	26	0.38	SV
Herbed Cauliflower	1/2 CUP	69	4.9	5.6	2.2	83.7	0	30	0.85	SV
Herbed Vegetables	1/2 CUP	27	0.2	5.5	2.1	39.6	0	36	0.62	V
Hominy O'Brien	1/2 CUP	78	3.4	10.6	1.5	188.5	1.6	9	0.47	SM

## Vegetables

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
Honey Lemon Grass Pears	1/2 PEAR	113	0.4	29.1	0.4	1.2	0	14	0.34	V
Hot & Spicy Blackeyed Pea	1/2 CUP	63	1.3	11.1	2.0	235.1	1.3	66	0.76	M
Ital Cut Green Beans,fz	1/2 CUP	31	0.1	6.9	1.9	1.1	0	48	0.86	V
Ital Seasoned Green Beans	1/2 CUP	31	0.6	5.8	1.7	8.3	0.6	39	0.70	M
Italian Vegetable Medley	1/2 CUP	62	3.3	7.7	2.4	284.6	0	15	0.62	SV
Julienne Carrots	1/2 CUP	41	0.2	9.7	1.0	33.3	0	26	0.48	V
Karue (German Vegetable)	1/2 CUP	36	1.2	6.0	1.1	157.6	1.2	19	0.43	M
Kidney Beans,cn	1/2 CUP	69	0.3	12.7	4.6	296.7	0	23	1.05	V
Large Lima Beans	1/2 CUP	100	0.3	18.2	7.1	273.9	0	16	2.09	V
Lebanese Green Beans	PORTION	63	2.9	6.3	3.8	208.6	10.1	39	1.11	M
Lentils	1/2 CUP	81	0.3	14.1	6.3	368.7	0	15	2.34	V
Lyonnais Carrots	1/2 CUP	58	2.0	9.7	1.1	51.0	0	26	0.45	SV
Mandioca Frita (Fried Yucca)	2 OZ	22	2.2	0.5	0.1	0.1	0	0	0	V
Mexican Beans	1/2 CUP	111	1.3	21.2	6.3	911.6	0	39	2.34	V
Milan Style Celery	1/2 CUP	67	5.3	2.8	2.5	194.8	3.7	95	0.34	SLM
Mixed Greens	1/2 CUP	22	0.2	3.6	2.7	160.8	0	119	1.53	V
Mixed Greens W/ Salt Pork	1/2 CUP	75	5.9	3.9	2.3	479.3	6.4	81	1.12	M
Mixed Hominy	1/3 CUP	48	0.6	9.5	1.1	139.9	0	7	0.41	V
Mixed Squash w/Onions	1/2 CUP	22	0.3	4.1	2.0	2.6	0	21	0.61	V
Mixed Vegetables	1/2 CUP	58	0.5	12.2	3.1	42.6	0	23	0.86	V
Mustard Greens	1/2 CUP	21	0.3	3.4	2.5	301.5	0	112	1.24	V
Navy Beans, dried	1/2 CUP	93	0.4	17.2	5.9	272.8	0	47	1.63	V
New England Veggie Saute	1/2 CUP	68	5.0	5.9	1.2	204.1	0	29	0.53	SV
Okra Creole	1/2 CUP	37	1.4	5.4	1.2	99.3	0	53	0.57	SV
Okra Succotash	1/2 CUPS	67	2.7	10.9	2.1	86.1	0	40	0.57	SV
Onion/Grn Pepper/Mushroom	1/3 CUP	67	5.9	3.3	1.2	70.5	0	6	0.50	SV
Orange Glazed Carrots	1/2 CUP	81	2.9	13.7	0.9	86.2	0	28	0.51	V
Oriental Sugar Snap Peas	1/2 CUP	124	7.6	11.1	3.8	50.7	0	9	0.60	SCV
Oriental Vegetables	1/2 CUP	29	0	6.8	1.9	14.5	0	38	0.69	V
Parisienne Green Beans	1/2 CUP	54	3.0	5.7	1.7	378.4	1.9	35	0.50	SWL
Parsley Buttered Carrots	1/2 CUP	59	1.8	10.4	1.1	247.7	0	29	0.54	SV
Peach Halves w/Cran Sauce	1 HALF	70	0.1	18.6	0.3	8.9	0	2	0.19	V
Peas & Carrots	1/3 CUP	48	0.4	10.1	3.2	71.7	0	24	0.99	V
Philadelphia Corn	1/2 CUP	123	4.9	19.3	4.0	63.1	13.3	17	0.53	L
Pickled Beets	1/3 CUP	45	0.0	11.6	0.3	115.4	0	5	0.25	V
Pinto Beans, dried	1/2 CUP	104	0.4	19.5	6.5	273.7	0	38	2.00	V
Pork & Beans	1/2 CUP	124	1.3	24.6	6.8	558.8	8.9	71	4.17	M
Ratatouille	1/2 CUP	65	3.6	7.3	2.0	55.6	0	25	0.66	SV
Red Cabbage w/Apples	1/2 CUP	113	4.4	19.0	1.5	209.0	0	54	0.54	SV
Red Kidney Beans,dried	1/2 CUP	115	0.5	20.6	7.8	368.2	0	26	2.66	V



## Vegetables

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
Refried Beans, canned	1/2 CUP	83	1.5	13.8	5.5	313.9	0	40	1.99	V
Refried Beans, Homemade	1/2 CUP	92	0.4	17.1	5.7	211.6	0	34	1.79	V
Rice & Peas	1/2 CUP	100	0.2	21.4	2.7	26.4	0	19	1.14	V
Roasted Parmesan Asparagus	3 OZ	60	4.0	4.1	3.7	196.3	3.1	72	0.76	L
Rst Balsamic Asparagus	3 OZ	89	8.2	3.6	1.8	489.9	0	16	0.70	V
Sauerkraut	1/2 CUP	16	0.1	3.6	0.7	352.5	0	19	0.80	V
Sauteed Mushrooms	1/2 CUP	49	3.7	3.5	1.7	43.1	0	5	0.91	SV
Scalloped Apples	1/2 CUP	194	7.3	32.8	1.1	140.9	0	28	0.57	SWL
Scandinavian Vegetables	1/2 CUP	40	0.3	6.3	2.5	47.2	0	15	0.91	V
Seasoned Cut Green Beans	1/2 CUP	36	0.7	7.1	1.8	10.1	0.6	39	0.79	M
Seasoned Frijoles, dried	1/2 CUP	115	2.2	18.9	6.2	114.9	2.0	38	1.93	SM
Seasoned Mixed Greens	1/2 CUP	32	1.4	3.6	2.7	166.9	1.1	119	1.53	M
Seasoned Mustard Greens	1/2 CUP	41	1.0	3.5	5.8	476.1	7.1	114	1.38	M
Seasoned Pinto Beans	1/2 CUP	154	2.3	25.8	8.9	251.6	2.0	49	2.63	M
Seasoned Turnip Greens	1/2 CUP	44	0.9	3.8	6.1	191.2	7.1	129	1.95	M
Seasoned Zucchini/Tomato	1/2 CUP	54	3.7	4.3	1.6	378.0	0	28	0.68	SV
Sesame Green Beans	1/2 CUP	43	2.8	3.8	1.2	266.4	0	15	0.61	SV
Sesame Vegetable Stir Fry	1/2 CUP	89	4.0	10.1	4.0	705.0	0	16	0.59	SV
Sesame Zucchini Squash	1/2 CUP	39	1.4	4.7	3.4	170.5	0	17	0.65	SV
Sliced Beets	1/2 CUP	27	0.1	6.4	0.8	243.7	0	13	0.61	V
Sliced Carrots	1/2 CUP	35	0.2	8.2	1.0	53.5	0	29	0.55	V
Snow Peas	1/2 CUP	36	0.2	6.5	2.5	79.3	0	37	1.80	SV
Southern Baked Corn	1/2 CUP	198	7.3	30.3	5.4	576.6	56.7	22	1.51	SWEL
Southern Fried Eggplant	3 OZ	421	29.4	31.2	9.4	58.4	134.3	58	2.11	WEL
Spanish Eggplant	1/2 CUP	76	3.7	7.3	4.0	232.7	11.5	106	0.44	L
Spiced Apple Rings	2 EACH	36	0	9.7	0	0	0	0	0	V
Spiced Apples	1/2 CUP	109	0.9	34.2	0.0	49.4	0	9	0.19	SV
Spiced Applesauce	1/2 CUP	73	0.0	19.8	0.0	7.4	0	1	0.03	V
Spiced Eggplant Indian Style	PORTION	46	3.1	4.8	0.8	22.6	8.0	6	0.27	L
Spiced Peach Half	1 HALF	42	0.1	11.4	0.3	3.8	0	2	0.15	V
Spinach Souffle	1/2 CUP	176	14.9	6.3	5.4	457.1	74.2	93	1.45	SWEL
Spinach, canned	1/3 CUP	13	0.3	2.0	1.5	223.3	0	58	1.11	V
Spinach, frozen	1/2 CUP	22	0.3	3.6	2.8	67.1	0	101	1.86	V
Squash Casserole	4 X 8	251	17.7	17.0	7.5	693.4	37.7	144	1.34	SWLM
Squash Medley	1/2 CUP	97	6.7	6.5	3.4	473.9	7.1	89	0.63	SWL
Steamed Fresh Whole Green Beans	1/2 CUP	52	2.4	7.2	2.0	253.4	0	51	0.90	V
Steamed Okra	1/2 CUP	34	0.3	7.5	2.0	3.4	0	92	0.65	V
Steamed Red Cabbage	1/2 CUP	35	0.3	8.0	1.8	14.4	0	67	0.64	V
Stewed Tomatoes	1/2 CUP	53	3.1	5.3	1.0	189.3	0	38	0.62	SV
Stir Fry Cauliflower/Nuts	1/2 CUP	342	27.1	19.3	11.7	404.9	0	55	2.85	SCPV

## Vegetables

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
Stir-Fried Broc/Carrots	1/2 CUP	48	2.0	7.2	0.9	342.3	0.0	13	0.39	SWLMF
Succotash	1/2 CUP	92	0.7	20.7	4.0	14.7	0	8	0.65	V
Sugar Snap Peas	1/2 CUP	57	0	10.3	3.4	17.0	0	0	0	V
Sweet And Sour Zucchini	1/2 CUP	97	5.9	10.5	3.2	117.0	0	32	0.97	AV
Sweet Potatoes & Apples	1/2 CUP	130	0.3	32.0	1.0	5.5	0	13	0.41	V
Thai Mx Veg/Coconut Milk	3/4 CUP	108	9.5	5.9	2.0	12.0	0	24	1.53	SV
Thai Stuffed Zucchini	1/2 CUP	61	4.4	2.3	1.6	3.0	0	12	0.46	SV
Toasted Almond Broccoli	1/2 CUP	79	5.4	5.9	4.1	128.1	0	52	0.86	AV
Turnip Greens	1/2 CUP	23	0.2	3.8	2.8	20.0	0	127	1.81	V
Tuscan Vegetable Saute	1/2 CUP	85	3.1	12.8	2.5	231.9	0.5	23	0.75	V
Vegan Baked Beans	1/2 CUP	168	0.6	34.0	8.4	445.8	0	81	2.67	V
Vegan Vegetable Stir Fry	1/2 CUP	117	6.0	12.6	4.8	324.9	0	30	0.91	SWV
Vegan Vegetables w/ Peanut Sauce	1/2 CUP	74	3.7	9.5	2.6	143.1	0	31	0.79	SNV
Vegetable Blend Stir Fry	1/2 CUP	80	4.5	8.3	1.3	226.4	0.0	24	0.07	SLM
Vegetable Herb Medley	1/2 CUP	95	6.5	9.7	0.5	238.2	0.0	19	0.40	SV
Vegetable Kabob	1 EACH	17	0.2	3.7	0.8	4.8	0	5	0.26	V
Vegetable Stir Fry	1/2 CUP	52	2.3	6.9	1.5	18.7	0	18	0.33	SV
Vegetable Stir Fry, fresh	1/2 CUP	50	3.0	5.3	1.4	110.4	0.0	21	0.43	SLM
Vegetables in Herb Sauce	1/2 CUP	56	1.3	8.9	3.6	66.5	3.1	84	0.67	L
Vegetables in Vegan Sauce	1/2 CUP	74	4.2	8.5	2.1	16.8	0	36	0.66	SV
Vegetarian Beans a la Charro	1/2 CUP	110	0.4	20.6	6.7	315.6	0	45	2.24	V
Warm Escalloped Apples	PORTION	208	3.1	44.4	0.5	34.0	0	0	0.17	SWL
Whole Baked Apples	1 EACH	111	0.4	28.7	0.2	0.1	0	7	0.20	V
Whole Beets	1/3 CUP	24	0.1	5.6	0.7	215.1	0	11	0.54	V
Whole Green Beans,cn	1/2 CUP	13	0	3.0	0.7	261.1	0	15	0.67	V
Whole Green Beans,fz	1/2 CUP	30	0.2	6.9	1.7	2.7	0	38	0.78	V
Whole Kernel Corn, canned	1/2 CUP	67	0.8	15.4	2.4	177.5	0	4	0.71	V
Whole Kernel Corn, frozen	1/2 CUP	80	0.7	18.9	3.0	2.7	0	4	0.38	V
Yellow Squash w/Onion	1/2 CUP	21	0.2	4.5	1.2	2.0	0	20	0.45	V
Zoila Guatamalan Spinach	1/2 CUP	44	1.9	5.8	2.7	65.8	0.0	81	2.29	SM
Zucchini & Tomatoes	1/2 CUP	25	0.8	3.4	1.6	119.7	0	24	0.61	SV
Zucchini Parmesan	1/2 CUP	41	2.2	3.6	3.6	320.8	0.8	39	0.93	SL
Zucchini Squash Casserole	1/2 CUP	188	11.5	13.3	9.3	481.8	20.5	175	1.58	SWLM
Zucchini Squash Strips	1/2 CUP	21	0.4	3.1	2.8	3.0	0	21	0.79	V
Zucchini Squash w/Onions	1/2 CUP	22	0.4	3.4	2.7	3.0	0	21	0.75	V

Vegetarian Entrees	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
£ Beans & Spirals	1 CUP	148	3.7	21.8	7.1	616.7	9.3	98	1.23	WL
£ Beans/Rainbow Pasta	1 CUP	147	3.8	21.8	7.1	619.1	8.2	104	1.23	WL
£ Black Bean Casserole	PORTION	186	4.9	28.4	9.7	343.5	12.4	147	1.84	L
£ California Vegt Casserole	4 X 8	203	10.1	22.9	7.7	778.7	18.4	71	1.26	L
£ Cheese Enchilada & Sauce - 1	1 EACH	135	6.4	14.0	6.1	541.1	16.9	154	0.72	SWL
£ Cheese Ravioli	5 EACH	142	5.9	14.3	7.5	515.5	74.9	117	1.12	SWEL
£ Cheese Ravioli/Ital Sauce	5 OZ	221	9.3	25.7	8.8	871.9	75.6	138	1.63	SWEL
£ Cheese Stuffed Pasta/Sc	1 EACH	167	7.3	18.2	7.3	446.7	48.4	120	1.16	WEL
£ Cheese Stuffed Pasta/Sc-1	1 EACH	167	7.3	18.2	7.3	446.7	48.4	120	1.16	WEL
£ Chunky Veg Spaghetti Sc	1/2 CUP	59	2.4	8.9	1.8	372.6	0	30	0.99	V
£ Chunky Vegetable Paella	3/4 CUP	176	5.9	27.5	4.1	2979.9	0	46	1.68	V
£ Curry Wheat Roast	1/2 CUP	128	2.8	10.4	14.7	177.3	0	28	1.00	SWAV
£ Eggplant Parmesan	CUT 4 X 8	126	4.9	12.4	8.9	514.3	8.1	241	0.62	L
£ Homemade Vegan Bean Chili	3/4 cup	140	1.8	24.2	8.3	210.1	0	48	2.30	SV
£ Lentil Lasagna	CUT 4 X 8	202	4.9	29.9	11.6	905.1	1.9	128	3.07	SWL
£ Moroccan Couscous	PORTION	208	4.2	37.1	5.9	4.6	0	34	0.88	WA
£ Paul's Vegan Pasta Tofu	1 CUP	213	7.3	28.7	10.3	1701.6	0	87	4.84	SWCV
£ Potato Lasagna	CUT 4 X 8	168	3.7	22.4	12.4	226.7	14.5	282	0.82	L
£ Red Beans & Rice	1 CUP	224	0.6	45.1	9.9	621.8	0	64	3.38	V
£ Rice Olive Casserole	3/4 CUP	201	7.0	27.8	8.1	702.6	15.2	146	2.38	SWL
£ Spinach Lasagna	CUT 4 X 8	212	2.7	24.7	22.9	1217.6	13.1	428	2.36	WL
£ Spinach Orzo	3/4 CUP	147	5.7	20.5	4.6	136.4	0	42	1.99	WV
£ Steamed Rice & Vegetables	1/2 CUP	205	9.4	27.9	5.1	315.4	0	52	1.28	SAPV
£ Stuffed Portabella Mushrooms	EACH	92	6.4	7.1	3.7	1276.8	1.4	34	1.63	SWL
£ Tofu Braised in Brown Sauce	PORTION	76	4.7	2.8	7.3	274.6	0	88	4.49	SV
£ Tofu Vegan Stir Fry	1 CUP	255	5.7	33.6	20.8	1144.3	0	129	6.47	SWV
£ Tofu W/Chinese Mushroom	3/4 CUP	159	9.9	9.1	11.1	567.3	0	138	6.72	SV
£ Vegan Bean Casserole	CUT 4 X 8	90	0.8	17.8	4.2	499.7	0	28	1.26	V
£ Vegan Beans & Spirals	1 CUP	113	0.7	22.1	4.8	531.6	0	37	1.21	WV
£ Vegan Bns/Rainbow Pasta	1 CUP	111	0.7	21.8	4.7	524.9	0	37	1.20	WV
£ Vegan Broccoli Rice Casserole	1 CUP	221	3.0	42.8	9.6	334.1	0	109	4.48	SWL
£ Vegan Chili	3/4 CUP	212	2.6	28.5	23.5	1187.2	0	72	5.35	SWV
£ Vegan Chili Pie	6 OZ	294	10.7	35.7	17.6	1003.0	0	70	3.55	SWV
£ Vegan Couscous Pilaf	1/2 CUP	121	3.9	18.4	3.8	19.1	0	13	0.71	SWV
£ Vegan Crumbles	1/4 CUP	94	3.1	5.2	11.5	386.1	0	21	1.50	SV
£ Vegan Dumplings	PORTIONS	83	2.5	12.0	4.9	162.0	0	38	2.17	SWV
£ Vegan Fried Rice	4 OZ	101	1.1	20.3	2.1	125.6	0	22	1.03	SV
£ Vegan Italian Spirals	1 CUP	188	3.6	33.9	5.1	348.7	0	19	0.45	WV
£ Vegan Jambalaya	3/4 CUP	92	1.1	18.3	2.7	254.5	0	32	1.02	SV
£ Vegan Manicotti/Ital Sc	1 EACH	134	4.0	20.4	6.6	359.3	0	60	2.96	SWV
£ Vegan Pasta Primavera	1 CUP	205	4.5	32.5	7.7	222.4	63.0	32	2.35	SWL

## Vegetarian Entrees

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
£ Vegan Ravioli/Italian Sc	1 CUP	167	4.5	27.7	6.8	301.5	34.9	53	2.10	SWV
£ Vegan Stew	1 CUP	127	5.6	17.1	2.9	169.1	0	34	1.12	SWV
£ Vegan Stuffed Cabbage	ROLL	128	2.1	23.0	5.2	161.9	0	24	0.81	SWV
£ Vegan Stuffed Pasta/Sauce	1 EACH	115	3.2	17.0	4.9	296.3	0	42	2.19	SWV
£ Vegan Sweet & Sour Wheat	3/4 CUP	220	6.2	31.1	10.7	884.7	0	29	0.80	SWV
£ Vegan Tofu Chili	1 CUP	214	7.7	25.4	15.0	566.1	0	203	8.93	SV
£ Vegan Tortellini/Ital Sc	3/4 CUP	194	3.4	36.6	7.5	358.4	0	45	2.57	SWV
£ Vegan Vegetable Alfredo	1 CUP	237	5.4	41.1	10.5	381.1	0	71	3.97	WL
£ Vegan Vegetable Curry	1/2 CUP	94	2.7	13.9	3.6	21.0	0	16	0.85	SWAV
£ Vegetable Cass/ Cornbread Top	PORTIONS	158	4.7	26.0	4.5	229.2	18.4	59	1.33	SWEL
£ Vegetable Egg Rolls - 2	2 EACH	106	2.7	15.9	4.6	265.4	0	13	0.48	SWV
£ Vegetable Lasagna	CUT 8 X 4	180	2.6	22.7	16.9	552.0	8.8	305	1.71	WL
£ Vegetable Omelette	4 X 8	154	9.6	4.2	13.3	444.0	183.7	203	1.11	EL
£ Vegetarian Bean Casserole	CUT 4 X 8	145	3.9	21.4	7.0	551.3	9.5	97	1.38	L
£ Vegetarian Fried Rice	1 CUP	107	1.5	20.4	2.6	130.4	16.1	24	1.08	SE
£ Vegetarian Ital Spirals	1 CUP	193	6.5	26.0	7.9	388.7	9.8	122	0.42	WL
£ Vegetarian Meatballs	PORTION	58	0.5	11.9	1.7	384.8	0	12	0.60	SWV
£ Vegetarian Polenta	1/4 PIE	65	3.6	6.7	1.1	128.7	0	4	0.01	SL
£ Vegetarian Stroganoff	3/4 CUP	136	2.3	21.0	9.0	188.6	1.5	63	2.91	WL
£ Vegetarian Style Nuggets	4 NUGGETS	163	4.1	17.3	13.2	681.2	0	41	3.66	SWEL
Baked Penne Pasta	1 CUP	346	9.3	45.8	17.7	467.2	125.8	234	3.03	WEL
Baked Vegan Falafel	3 BALLS	280	15.9	25.4	11.0	234.5	0	43	2.73	SWV
Broccoli Rice Cass/Wheat	CUT 8 X 4	275	14.8	18.6	15.6	718.9	33.9	206	0.97	SWL
Broccoli Vegetable Quiche	1/7 PIE	279	18.4	17.7	11.4	474.3	122.9	199	1.37	SWEL
Broccoli Wrap Italiano	1/2 WRAP	345	11.7	50.8	10.2	424.8	2.5	69	1.38	SWL
California Vegan Casserol	CUT 4 X 8	265	14.2	30.2	5.0	245.4	0	66	1.90	SWV
Cheddar Cheese Souffle	PORTION	326	25.7	8.5	15.4	424.4	219.7	300	1.03	SWEL
Cheese Enchiladas & Sauce - 2	2 EACH	252	11.9	26.3	11.3	939.6	30.7	280	1.36	SWL
Cheese Enchiladas/Sc Homemade	2 EACH	357	21.9	22.7	19.4	888.7	56.6	531	2.39	SWL
Cheese Souffle	CUT 4 X 8	213	12.2	14.3	11.7	712.9	136.0	272	0.36	EL
Cheesy Macaroni & Cheese	3/4 CUP	323	17.5	24.6	15.5	631.1	42.3	334	1.06	SWL
Chilaquiles	CUT 4 X 8	299	18.2	26.2	10.5	603.5	16.4	285	2.90	SL
Chili Relleno Casserole	CUT 8 X 4	268	20.0	5.2	18.1	499.4	166.9	285	0.91	SWEL
Enchiladas de Papas	2 EACH	343	16.7	39.9	10.2	921.9	19.7	233	2.55	SWL
Fried Vegan Falafel	3 BALLS	278	15.6	25.4	11.0	234.5	0	43	2.73	SWV
Garbanzo Patties W Onion	1 PTY/ONION	238	11.3	28.4	7.4	265.7	37.7	49	2.50	SWE
Manicotti Santa Fe	1 EACH	252	13.8	18.6	13.0	1012.0	72.4	263	1.35	SWEL
Manicotti/Italian Sauce	1 EACH	250	11.6	26.1	11.0	710.9	63.7	200	1.64	WEL
Mexican Quiche	1/7 PIE	311	21.1	17.9	13.4	439.4	122.8	254	1.40	SWEL
Nutty Cheese Patty/Sauce	1 PATTY/SC	339	17.9	25.0	21.9	977.4	49.7	260	1.83	SWAEL

## Vegetarian Entrees

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
Potato Skins	EACH	82	3.1	11.6	0.8	7.7	3.1	0	0	V
Ripe Olive Casserole	CUT 4 X 8	200	13.6	8.4	12.3	510.9	69.2	315	1.20	WEL
Shepherd's Pie Casserole	CUT 4 X 8	258	11.9	28.9	10.1	779.2	74.1	145	2.05	SEL
Soy Etouffee	PORTIONS	202	12.7	15.0	12.5	479.8	0	72	2.30	SWV
Spinach Mushroom Quiche	1/7	281	18.6	16.3	12.7	340.0	154.8	218	1.81	WEL
Swiss Cheese Pie	1/7 PIE	317	21.1	17.0	15.9	441.4	96.4	374	1.11	SWEL
Toju Etouffee	PORTIONS	273	19.4	12.2	17.4	487.0	0	206	10.65	SWV
Vegan Pot Pie	CUT 8 X 4	236	14.3	23.1	5.2	178.0	0	18	1.54	SWL
Vegan Pot Pie/Wheat & Veg	CUT 4 X 8	216	11.1	22.4	7.3	202.4	0	20	1.17	SWV
Vegan Pot Pie/Wheat & Peas	CUT 4 x 8	285	15.6	28.4	8.8	440.2	0	18	1.61	SWV
Vegan Stir Fry Wheat	1 CUP	391	3.5	55.4	34.9	2130.2	0	26	0.82	SWV
Vegan Stir Fry Wht/Cashew	1 CUP	366	6.9	49.8	27.7	1864.9	0	28	1.23	SWCV
Vegan Tofu Fingers	3 EACH	270	14.3	23.3	15.1	248.3	0	148	8.64	SWV
Vegan Tortellini/ Pesto Sauce	3/4 CUP	559	25.5	74.0	16.5	431.2	0	88	5.88	SWV
Vegetable Frittata	PORTION	270	13.0	20.0	20.1	445.2	274.3	280	3.14	SEL
Vegetable Quiche	1/7 PIE	381	24.7	22.5	18.8	446.5	177.3	422	1.62	SWEL
Vegetarian Rice Nut Cass	CUT 8 X 4	245	12.5	23.2	10.8	495.6	89.6	163	1.21	SWAEL
Vegetarian Shepherd's Pie	1 SLICE	316	18.4	28.9	10.2	855.6	74.1	147	2.05	SEL
Vegetarian Tofu Fingers	3 EACH	356	16.5	36.2	19.9	969.4	0	192	10.45	SWEL
Vegetarian Wheat Fingers	3 FINGERS	341	13.5	25.0	30.4	730.8	23.7	41	1.98	SWE

## Vegetarian Sandwiches

	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
£ American Cheese/ Pocket	1 EACH	197	9.4	18.7	10.0	658.6	23.6	239	2.25	WL
£ Black Bean Burger	1 PATTY	121	1.5	19.1	11.1	563.6	0	60	1.81	SWE
£ Bruschetta Sandwich	Each	172	7.3	22.2	5.4	276.0	4.2	81	1.08	SWL
£ Cheese K- Zone	1/6 K-ZONE	272	5.6	43.3	12.4	446.1	10.1	140	0.84	SWL
£ Cheese Pizza- Round	1 SLICE	172	5.5	18.6	11.5	413.1	17.7	241	1.71	SWL
£ Deluxe Burrito w/Veggies	1 EACH	198	4.4	31.9	7.5	532.6	0	95	2.14	SWV
£ Fiesta Rice Wrap	1/2 WRAP	200	3.1	37.4	6.3	291.6	0	19	0.95	SWL
£ Garden Sub	6 INCH SUB	392	11.5	62.5	12.5	869.8	27.8	94	3.51	SWL
£ Gardenburger Patty	1 PATTY	151	4.0	18.9	9.0	105.5	9.0	60	1.79	WL
£ Jicama Burritos	1 EACH	238	8.0	34.1	7.5	796.7	11.4	114	1.40	SWL
£ Vegan BBQ Wheat Roast	1/2 CUP	195	3.4	23.9	19.1	604.8	0	36	1.02	SWV
£ Vegan Bean Chalupas	1 EACH	154	5.3	21.6	6.6	391.7	0	54	2.18	SV
£ Vegan Blk Bn/Corn Burrito	1 EACH	241	4.1	41.9	9.7	626.0	0	87	2.23	SWV
£ Vegan Bologna Slices	1 SLICE	20	0	0.8	4.0	118.7	0	0	2.14	SWV
£ Vegan Ham-Flavored Slice	1 SLICE	22	0	1.6	3.8	131.7	0	11	0.30	SWV
£ Vegan Quesadilla	1 EACH	236	4.2	37.5	11.7	1286.9	0	361	2.16	SWV
£ Vegan Salami Slices	1 SLICE	23	0	1.3	4.3	99.0	0	102	1.14	SWV

Vegetarian Sandwiches	Portion Description	CAL	FAT	CHO	PRO	Na	CHOL	Ca	Fe	Item Type
£ Vegan Sloppy Joe	1/2 CUP	99	2.1	16.6	3.9	670.2	0	9	0.47	SWV
£ Vegan Taco Filling	2 EACH	218	3.7	23.2	28.1	1017.8	0	80	6.22	SWV
£ Vegan Tacos	2 EACH	115	4.1	17.8	14.8	508.9	0	40	3.11	SWV
£ Vegan Veggie Sub Sandwich	1 EACH	264	6.3	44.5	8.1	369.1	0	281	2.64	WV
£ Vegan Wheat Roast BBQ	1/2 CUP	196	2.8	25.6	19.1	733.1	0	42	1.31	SWV
£ Vegan Wheat Roast Fajitas	2oz WT/3oz V	273	4.2	35.5	22.6	1260.1	0	102	1.87	SWV
£ Vegetarian Hot Dog	FRANK	79	0.5	6.0	10.9	579.1	0	0	2.68	E
£ Vegetarian Pizza Open Sub	1 EACH	218	2.4	29.1	18.5	772.7	7.7	511	3.00	WL
£ Vegt Corny Dogs	1 EACH	149	4.0	21.8	6.9	495.6	0	0	1.07	SWEL
American Cheese Slices 3/4 oz	.75 oz SLICE	82	7.0	0	4.7	303.8	17.5	140	0	L
Cheese Panini	1 SANDWICH	709	39.2	5.9	28.7	991.2	56.2	528	4.87	SWEL
Cheese Pizza Squares	1 SLICE	360	18.0	33.0	18.0	789.7	30.0	350	1.81	SWL
Cheese Sandwich (CN)	1 EACH	360	20.9	26.0	16.6	1118.1	47.2	469	1.90	WL
Cold Veggie Croissant	1 EACH	524	35.2	31.5	22.8	933.4	49.1	501	3.40	SWL
Cold Veggie Sub Sandwich	1 EACH	491	24.9	43.9	24.0	986.1	49.1	732	3.14	WL
Garden Pizza	1 SLICE	316	14.4	31.5	15.5	998.2	16.9	297	2.54	SWL
Garden Sub Bagel	1 BAGEL	322	11.8	43.1	12.7	602.7	37.7	60	3.77	SWL
Gardenburger Philly	1 SANDWICH	489	15.8	61.8	24.4	716.1	28.5	537	4.27	WL
Grilled Cheese Sandwich	1 EACH	370	23.4	26.0	13.5	997.5	35.3	376	1.90	SWL
Grld Cheese/Veg Sandwich	1 EACH	513	32.0	35.3	22.3	777.0	56.4	534	2.00	SWL
Grld Mx Cheese Sandwich	1 SANDWICH	455	26.5	33.1	21.7	707.6	56.4	528	1.79	SWL
KC'S Veggie Bagel Sub	1 BAGEL	413	19.0	41.3	22.2	912.9	56.6	427	3.71	WL
KC'S Veggie Sub Sandwich	6 INCH SUB	484	18.7	60.7	22.0	1179.9	46.7	460	3.45	WL
Peanut Butter/Jelly Sand	1 SANDWICH	317	16.1	35.5	10.6	380.3	0	88	1.80	SWLN
Pimiento Cheese	1/4 CUP	258	22.1	7.0	8.7	747.7	38.8	256	0.14	SEL
Pizzaria Cheese Pizza	1SLICE	300	13.5	29.2	15.0	922.2	17.0	289	2.16	SWL
Portabella Mushrm Sandwch	1 EACH	467	18.7	57.5	21.9	675.6	5.1	445	5.45	SWEL
Quesadilla	1 EACH	398	21.8	30.0	21.1	1011.3	53.4	503	2.55	SWL
Refried Bean Pizza	1/8 PIZZA	254	11.3	26.1	13.8	766.2	27.8	253	2.94	SWL
Stacked Bean Tostados	1 EACH	335	19.3	24.7	18.9	847.6	37.3	383	3.29	SL
Vegan American Cheese Sl	1 SLICE	20	0	3.0	2.0	222.7	0	101	0	SV
Vegan Burger/Hoagy Bun	1 EACH	331	6.2	55.3	12.1	543.6	0	262	2.06	SWV
Vegan Mozzarella Slices	1 SLICE	20	0	3.0	2.0	222.7	0	101	0	SV
Veganburger Philly Sandwich	1 SANDWICH	365	7.3	60.8	13.5	548.6	0	270	2.56	SWV
Vegetarian Cheese K- Zone	1/6 K-ZONE	301	7.5	44.4	14.5	576.2	13.8	211	1.07	SWL
Vegetarian Cheese Pizza	1 SLICE	335	15.7	29.9	18.3	1054.7	22.5	389	2.33	SWL
Veggie Sandwich	EACH	722	34.5	87.7	17.4	745.5	81.4	85	2.12	WL
Veggie Wheat Roast Salad	1/3 CUP	243	16.5	9.8	14.3	390.1	59.3	35	0.95	SWE
Veggies & Cheese for Sandwich	3.5 OZ	245	19.7	3.2	14.9	577.9	53.5	424	0.97	L
Veggies & Cheese Sandwich Plate	PLATE	407	21.5	36.4	19.7	877.8	53.5	450	2.62	SWL
Vegt Canadian Bacon Slice	1 SLICE	27	0.2	0.3	5.6	159.2	0	7	1.49	SWV