

NUTRIENT COUNTS

| MENU ITEM | CALORIES | PROTEIN (g) | SODIUM (mg) | FAT (g) | CARBS (g) |
|-----------------------------------|-----------------|--------------------|--------------------|----------------|------------------|
| 1% Milk (8oz) | 100 | 8 | 125 | 2 | 12 |
| 1% Chocolate Milk (8oz) | 150 | 8 | 100 | 3 | 24 |
| 1% Strawberry Milk (8oz) | 140 | 8 | 125 | 3 | 25 |
| 2% Milk (8oz) | 120 | 8 | 125 | 5 | 12 |
| 100% Apple Juice (6oz) | 90 | 0 | 15 | 0 | 22 |
| 100% Fruit Juice Blend (6oz) | 90 | 1 | 20 | 0 | 22 |
| 100% Orange Juice (6oz) | 80 | 1 | 0 | 0 | 20 |
| 100% Orange-Pineapple Juice (6oz) | 90 | 1 | 0 | 0 | 22 |
| Animal Cookies | 110 | 1 | 80 | 3 | 19 |
| Apple, Fresh Whole | 72 | 0 | 0 | 0 | 19 |
| Apple Crisp | 200 | 2 | 113 | 8 | 32 |
| Apple Slices | 35 | 0 | 0 | 0 | 9 |
| Applesauce (1/2 cup) | 90 | 0 | 0 | 0 | 22 |
| Apricots (1/2 cup) | 80 | 1 | 5 | 0 | 21 |
| Asian Chicken Salad (no dressing) | 221 | 23 | 335 | 6 | 19 |
| Baby Carrots (1/2 cup) | 20 | 0 | 44 | 0 | 5 |
| Bagel | 317 | 7 | 317 | 1 | 38 |
| Bagel Dog | 390 | 14 | 840 | 16 | 45 |
| Baked Beans (1/2 cup) | 120 | 6 | 460 | 1 | 26 |
| Baked Fries | 126 | 4 | 41 | 0 | 28 |
| Baja Chicken Burrito | 367 | 16 | 914 | 15 | 43 |
| Barbequed Turkey Sandwich | 272 | 18 | 1004 | 10 | 22 |
| Bavarian Cream Emapandas | 341 | 6 | 276 | 17 | 49 |
| BBQ chicken Sandwich | 296 | 17 | 758 | 11 | 28 |
| BBQ Turkey on Bun | 225 | 17 | 681 | 7 | 19 |
| Bean & Cheese Burrito | 355 | 16 | 587 | 8 | 54 |
| Bean & Cheese Burrito, Ultimate | 410 | 17 | 558 | 13 | 58 |
| Beef & Bean Burrito | 362 | 18 | 512 | 12 | 44 |
| Beef & Potato Burrito | 308 | 11 | 586 | 12 | 37 |
| Beef Soft Taco | 362 | 19 | 626 | 16 | 35 |
| Beef Taco (each) | 269 | 21 | 414 | 15 | 12 |
| Beef Taco Salad | 296 | 18 | 590 | 16 | 20 |
| Beef Taco Snack | 375 | 18 | 665 | 17 | 38 |
| Beef Tomato Macaroni | 263 | 16 | 410 | 6 | 35 |
| Big Virginian Sandwich | 353 | 23 | 1585 | 15 | 32 |
| Blazin' Chicken Burger on Bun | 329 | 24 | 868 | 11 | 34 |
| BLT Club Sandwich | 532 | 29 | 1662 | 14 | 72 |
| Breadstick, Cheese Filled | 178 | 10 | 217 | 10 | 22 |
| Breakfast Bars, Asst. | 160 | 4 | 139 | 0 | 29 |
| Brownie, Reduced Fat | 175 | 3 | 190 | 1 | 21 |
| Buffalo Chicken | 210 | 14 | 690 | 11 | 14 |
| Buttermilk Bar | 333 | 3 | 300 | 22 | 33 |
| Caesar Dressing | 120 | 1 | 160 | 120 | 0 |
| Caribbean Chicken Sandwich | 311 | 24 | 844 | 9 | 33 |

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|--|-----|-----|------|------|----|
| Caribbean Chicken Sandwich w/cheese | 417 | 30 | 1266 | 18 | 33 |
| Carnival Cookie | 149 | 2 | 84 | 5 | 25 |
| Carrot Coins (1/2 cup) | 27 | 0 | 43 | 0 | 6 |
| Chef's Salad (no dressing) | 279 | 22 | 963 | 15 | 15 |
| Cheese Bread Stick | 328 | 17 | 1100 | 15 | 32 |
| Cheese Omelet | 130 | 11 | 483 | 9 | 3 |
| Cheese Quesadilla | 456 | 20 | 716 | 24 | 40 |
| Cheese Stick (Mozzarella, 1 oz.) | 82 | 8 | 170 | 5 | 1 |
| Cheeseburger on Bun | 404 | 25 | 678 | 22 | 24 |
| Cheeseburger Macaroni | 263 | 16 | 410 | 6 | 35 |
| Cheeseburger Twins (Sliders) | 451 | 21 | 737 | 22 | 42 |
| Cherry Crisp | 172 | 2 | 101 | 7 | 27 |
| Chicken Angelo | 345 | 24 | 209 | 24 | 43 |
| Chicken Bagel Dog | 460 | 17 | 730 | 14 | 63 |
| Chicken Caesar Salad (no dressing) | 304 | 43 | 242 | 12 | 5 |
| Chicken Drumsticks | 222 | 16 | 561 | 13.5 | 9 |
| Chicken Eggroll | 234 | 7 | 498 | 10 | 9 |
| Chicken Fingers (3 pieces) | 253 | 16 | 760 | 17 | 11 |
| Chicken Fritters (3) | 253 | 16 | 760 | 17 | 11 |
| Chicken & Noodles | 235 | 20 | 562 | 6 | 23 |
| Chicken Nuggets (6 pieces) | 276 | 17 | 600 | 14 | 20 |
| Chicken Patty on Bun | 159 | 4.5 | 456 | 2 | 31 |
| Chicken Quesadilla | 310 | 18 | 520 | 12 | 35 |
| Chicken Sandwich(Chicken Burger) | 287 | 20 | 679 | 8 | 34 |
| Chicken Strips w/potato triangles | 304 | 14 | 888 | 16 | 23 |
| Chicken Taco (each) | 132 | 9 | 126 | 6 | 10 |
| Chicken Taco Salad (no dressing) | 730 | 25 | 853 | 37 | 73 |
| Chili Cheese Burrito | 383 | 20 | 858 | 16 | 45 |
| Chili Cheese Dog | 299 | 12 | 1029 | 13 | 31 |
| Chili Macaroni | 302 | 18 | 342 | 10 | 35 |
| Cinnamon Graham Sticks (package) | 121 | 2 | 162 | 3 | 23 |
| Cinnamon Roll, Red. Fat | 316 | 6 | 520 | 3 | 60 |
| Choc. Chip Cookie, Red. Fat (2 oz) | 220 | 3 | 240 | 7 | 37 |
| Choc. Chip Cookie, Red. Fat (1.33 oz) | 149 | 2 | 89 | 5 | 25 |
| Chocolate Elf Grahams (package) | 130 | 2 | 125 | 5 | 21 |
| Colby jack Cheese, 1 oz. | 90 | 7 | 190 | 7 | 0 |
| Churro, cinnamon | 130 | 2 | 115 | 8 | 13 |
| Club Sub | 551 | 34 | 2166 | 16 | 62 |
| Cookie Bar | 133 | 2 | 100 | 5 | 20 |
| Corn (1/2 cup) | 66 | 2 | 1 | 1 | 15 |
| Corn Dog | 291 | 20 | 250 | 19 | 20 |
| Coyote Grill Cheese Quesadilla | 320 | 18 | 490 | 13 | 35 |
| Coyote Grill Chicken & Cheese Quesadilla | 310 | 18 | 520 | 12 | 35 |
| Crispy Chicken Salad | 255 | 22 | 453 | 7 | 26 |
| Crispy Marshmallow Treat (Rice Bar) | 130 | 1 | 170 | 3 | 25 |
| Cuban Pulled Turkey on a Roll | 383 | 21 | 883 | 11 | 33 |
| Cupcake (Happy Birthday) | 190 | 2 | 230 | 5 | 37 |

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| Dinosaur Cookies | 106 | 1 | 85 | 3 | 18 |
| Double Dogs | 265 | 12 | 792 | 12 | 29 |
| Elf Grahams | 130 | 2 | 125 | 4.5 | 21 |
| Fish Nuggets (4 ea) | 216 | 16 | 378 | 12 | 2 |
| Fortune Cookie (1 each) | 53 | 1 | 39 | 0 | 12 |
| French Bread Pizza (Cheese) | 411 | 21 | 824 | 17 | 40 |
| French Toast Sticks | 155 | 4 | 324 | 1 | 23 |
| Fresh Apple Slices (2oz bag) | 33 | 0 | 0 | 0 | 9 |
| Fresh Grapes w/apple slices (1 bag) | 40 | 0 | 0 | 0 | 10 |
| Fresh Orange Sections (wedges) (1bag) | 50 | 0 | 0 | 0 | 3 |
| Fries, baked | 227 | 3 | 307 | 9 | 33 |
| Frozen Juice Bar | 90 | 0 | 15 | 0 | 23 |
| Ghost Goop | 35 | 1 | 180 | 2 | 4 |
| Goblin's Brew (Look at milk!) | | | | | |
| Goldfish Grahams (Package of 2) | 120 | 2 | 150 | 4 | 19 |
| Gravy | 22 | 0.6 | 86 | 0.4 | 4 |
| Green Beans (1/2 cup) | 19 | 1 | 6 | 0 | 4 |
| Grilled Cheese on Wheat | 322 | 13 | 934 | 16 | 32 |
| Grilled Chicken Salad (no dressing) | 288 | 26 | 674 | 13 | 18 |
| Hamburger on Bun | 310 | 18 | 636 | 13 | 29 |
| Holiday Treat (cookie) | 140 | 2 | 82 | 7 | 19 |
| Hot Dog on Bun | 253 | 11 | 721 | 13 | 23 |
| Hot Ham & Cheese Double Stack | 285 | 22 | 1425 | 13 | 19 |
| Italian Dressing, lite (1oz cup) | 5 | 0 | 435 | 0 | 2 |
| Jamaican Jerk Turkey on Roll | 333 | 23 | 893 | 11 | 33 |
| Juice Bars (any flavor) 3.1 oz. | 90 | 0 | 15 | 0 | 23 |
| Jumbo Corn Dog | 260 | 10 | 860 | 10 | 35 |
| Lasagna w/meat sauce | 253 | 11 | 668 | 7 | 37 |
| Lasagna Roll ups | 200 | 16 | 610 | 4 | 22 |
| Mac & Beef | 210 | 11 | 880 | 6 | 29 |
| Macaroni & Cheese (1 cup) w/green bean | 397 | 18 | 777 | 24 | 29 |
| Macho Chili Cheese Burrito | 383 | 20 | 858 | 16 | 45 |
| Marshmallow Crispy Square | 130 | 1 | 170 | 3 | 25 |
| Mashed Potatoes | 102 | 2 | 172 | 5 | 11 |
| Maple Syrup (1 oz.) | 35 | 0 | 95 | 0 | 9 |
| Meatball Sub | 483 | 21 | 1086 | 24 | 47 |
| Meatloaf | 206 | 11 | 549 | 14 | 8 |
| Mini Corn Dogs (6 pieces) | 260 | 10 | 860 | 10 | 35 |
| Mixed Fruit Cup (1/2 cup) | 69 | 0 | 7 | 0 | 18 |
| Monster Toes (Tater Tots) | | | | | |
| Mixed Vegetables (1/2 cup) | 59 | 3 | 32 | 0 | 12 |
| Muffin, Red. Fat Assorted | 170 | 5 | 190 | 1.5 | 28 |
| Mummy Dogs (Hot Dogs) | | | | | |
| Nacho | 497 | 25 | 1158 | 26 | 25 |
| Nacho Grande | 515 | 12 | 1200 | 30 | 46 |
| Oatmeal Raisin Cookie, Red. Fat (2 oz) | 233 | 4 | 73 | 5 | 43 |
| Orange Chicken w/rice | 376 | 19 | 303 | 5 | 61 |

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| Orange, Small | 45 | 1 | 0 | 0 | 11 |
| Orange Wedges | 50 | 0 | 0 | 0 | 3 |
| Oriental Rice (1 cup) | 300 | 6 | 1020 | 6 | 56 |
| Oven Fried Potatoes | 104 | 2 | 302 | 4 | 22 |
| Pancakes and Sausage | 273 | 15 | 459 | 15 | 17 |
| Pasta Bowl | 539 | 35 | 506 | 18 | 59 |
| Pasta and Meat Sauce | 264 | 14 | 111 | 5 | 39 |
| Peach Cup | 80 | 1 | 0 | 0 | 21 |
| Peaches, diced (1/2 cup) | 68 | 0 | 7 | 0 | 18 |
| Pears, Chilled (1/2 cup) | 80 | 0 | 6 | 0 | 19 |
| Pepperoni French Bread Pizza | 341 | 22 | 591 | 12 | 40 |
| Pepperoni Stuffed Sandwich | 370 | 18 | 820 | 15 | 43 |
| Pig in a Blanket | 266 | 15 | 562 | 9 | 29 |
| Pineapple (1/2 cup) | 65 | 0 | 2 | 0 | 17 |
| Pizza, Breakfast | 170 | 9 | 420 | 5 | 19 |
| Pizza Cheese (Wild Mikes) | 320 | 17 | 520 | 5 | 51 |
| Pizza, Cheese (Elementary) | 353 | 12 | 528 | 6 | 44 |
| Pizza, Ind. Box cheese | 348 | 20 | 516 | 12 | 41 |
| Pizza Pack | 420 | 24 | 896 | 15 | 47 |
| Pizza Pepperoni (Elementary) | 360 | 12 | 574 | 6 | 44 |
| Pizza Pepperoni (Wild Mikes) | 310 | 10 | 580 | 8 | 44 |
| Popcorn Chicken (Reg. or Spicy) | 210 | 14 | 690 | 11 | 14 |
| Potato Smiles (5) | 170 | 2 | 390 | 7 | 24 |
| Potato Wedges, baked | 173 | 3 | 307 | 5 | 29 |
| Pretzel, Mini (.5 oz package) | 50 | 1 | 120 | 0 | 12 |
| Pretzel, Soft | 190 | 8 | 160 | 0 | 41 |
| Pretzel, Soft Rod | 70 | 0 | 60 | 2 | 16 |
| Pulled Jerk Turkey on Roll | 374 | 29 | 690 | 9 | 45 |
| Pudding (Vanilla or chocolate) | 130 | 4 | 170 | 0 | 23 |
| Raisins | 42 | 1 | 2 | 0 | 11 |
| Ranch Dressing, lite (1oz cup) | 76 | 1 | 227 | 7 | 2 |
| Real Fruit Bar | 67 | 0 | 15 | 0 | 16 |
| Real Fruit Stick | 67 | 0 | 7 | 0 | 18 |
| Reduced Fat Carnival Cookie (Otis) (each) | 149 | 2 | 84 | 5 | 25 |
| Reduced Fat Oatmeal Raisin Cookie (Otis) | 149 | 2 | 109 | 4 | 24 |
| Reduced Fat Sugar Cookie (Otis) (each) | 149 | 2 | 104 | 5 | 25 |
| Refried Beans (1/2 cup) | 118 | 7 | 377 | 2 | 20 |
| Roll, Wheat | 77 | 2.4 | 96 | 2 | 13 |
| Salisbury Steak on Bun | 361 | 21 | 451 | 14 | 36 |
| Salsa | 19 | 0 | 246 | 0 | 4 |
| Santa Fe Salad (no dressing) | 320 | 22 | 666 | 19 | 18 |
| Shape up Juice Bar | 90 | 0 | 15 | 0 | 23 |
| Sherbet Cup | 70 | 0 | 10 | 0 | 18 |
| Sloppy Joe | 281 | 16 | 713 | 9 | 32 |
| SMART Cheese Pizza | 310 | 17 | 560 | 10 | 39 |
| Spaghetti & Meatsauce | 266 | 10 | 66 | 3 | 50 |
| Spanish Rice | 150 | 3 | 500 | 3 | 28 |

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| Southern style Chicken Drummies (3 ea) | 222 | 16 | 561 | 14 | 9 |
| Spicy Chicken Burger | 366 | 21 | 970 | 13 | 40 |
| Spicy Chicken Drummies | 450 | 32 | 1152 | 27 | 21 |
| Spooky Bar (Cookie Bar) | | | | | |
| Sport Grahams | 113 | 2 | 93 | 3 | 20 |
| Strawberry Cup | 71 | 1 | 11 | 0 | 18 |
| Sugar Cookie, Red. Fat | 149 | 2 | 104 | 5 | 25 |
| Taco Boat Chalupa | 240 | 8 | 342 | 4 | 19 |
| Taco Nada | 350 | 13 | 520 | 11 | 50 |
| Taco Salad (no dressing) | 730 | 25 | 853 | 37 | 73 |
| Tangelo | 45 | 1 | 0 | 0 | 11 |
| Take-out Cheese Pizza (1 slice) | 346 | 17 | 957 | 15 | 38 |
| Take-out Pepperoni Pizza (1 slice) | 349 | 17 | 1005 | 16 | 38 |
| Tater Tots | 215 | 2 | 544 | 10 | 31 |
| Teriyaki Chicken w/rice | 344 | 26 | 283 | 5 | 47 |
| Tossed Salad (1 cup) | 18 | 2 | 2 | 0 | 4 |
| Totilla Chips | 140 | 2 | 65 | 6 | 19 |
| Turkey & Bacon Club Sandwich | 316 | 23 | 1229 | 13 | 25 |
| Turkey, Ham & Cheese Sandwich on Roll | 289 | 21 | 1186 | 10 | 28 |
| Turkey & Cheese Deli Style Sandwich | 246 | 10 | 899 | 4 | 23 |
| Turkey & Cheese Sub | 374 | 29 | 1490 | 10 | 43 |
| Turkey, Roast | 117 | 16 | 514 | 4 | 2 |
| Turnover, Fruit | 168 | 2 | 189 | 5 | 30 |
| Vegetable Chef Salad (no dressing) | 494 | 25 | 1081 | 31 | 31 |
| Vegetarian Nachos | 548 | 14 | 1160 | 27 | 64 |
| Yogurt | 110 | 5 | 75 | 1.5 | 20 |