

Food Item	Serving Sz	K-cal	Carb	Protein*	Total Fat*	Fiber*
Bean & Cheese Burrito	1 burrito	310	40g	16g	9g	9g
Hot Italian Sandwich	1 sandwich	454	33.4g	22.5g	27.4g	2g
Chzy Garlic Bread w/Marinara	breadstick/marina	367	35.2g	18.8g	18.5g	3g
Chzy Garlic Bread	1 breadstick	266	26g	15.5g	10.6g	2g
Toasted Cheese Sandwich	1 sandwich	305	31 g	13.5g	15.5g	4g
Roasted Veggie Flatbread	1 flatbread	335	39.8g	13.3g	13.4g	4g
Lentil Soup w/ Cheesy Garlic Brea	1 cup	268	36.9g	14.4g	7g	5.4g
Lentil Soup	1 cup	166	23.9g	9.3g	4g	4.4g
Cheesy Garlic Bread	1 breadstick	102	13.1g	5.1g	3g	1.1g
Sunny Thai Noodles	1 1/2 c	294	28.5g	18.8g	11.2g	3.2g
Egg Fried Rice w/ Potato round	1 serving	384	68.5g	12.6g	6.6g	4.6g
Egg Fried Rice	1 1/4c	334	60.1g	12.5g	5.3g	4.1g
Potato Round	1 round	50	8g	.5g	1.8g	.5g
Black Bean, Chick. Fajita Rice Bow	1 bowl	432	85.4g	14.5 g	5g	8.8g
Tangy Chicken Hot Sandwich	1 sandwich	339	56.5g	18.8g	4.2g	4.5g
Hummus Platter w/ Pita Chips	1/2 c hum.w/1 pita	281	44.5g	9.5g	7.2g	8.3g
Hummus	1/2 c	106	12.8g	4.5g	4.1g	3.7g
Pita	1 pita (whole)	150	26g	4g	3g	3g
Cheesy Quesadilla	1 quesadilla	328	29g	16.9g	16.8g	3g
Chicken Pozole w/ Breadstick	1 cup/1 breadstick	261	41.4g	11.6g	5.7g	3.3g
Chicken Pozole Soup	1 cup	176	24.1g	9.1g	4.5g	2.1g
Breadstick	1 breadstick	70	14g	3g	1g	1g
Parm. Chicken Breast on Hoagie	1 sandwich	349	25.7g	26.6g	14.6g	1.9g
Fiesta Chicken Flautas w/ side of	1 flauta 1/4c beans	356	37g	22.2g	13.8g	6.9g
Flautas	1 flauta	275	23.5g	17.7g	12.5g	2.9g
Beans	1/4 cup	80.5	13.6g	4.5g	1.3g	4g
Pork Taco w/ Chips	1 taco & 1 oz chips	450	22.3g	22.7g	25.2g	2.1g
Pork Taco	1 taco	315	10g	21.6g	16.3g	1g
Chips	1 oz	120	11g	1g	8g	1g
Chicken Patty Sandwich	1 sandwich	392	42.2	22.5g	15.2g	6.4g
Chicken Tenders	3 Strips	230	12g	20g	12g	2g
Dinner Roll	1 roll	207	34.5g	7.1g	4.9g	3.3g
Chicken Corndog	1 corndog	250	30g	9g	9g	5g
Munch Lunch: Chicken Corn Dog,	Entirety	556	93.8g	12.3g	15.3g	14.9g
Munch Lunch Apple	whole med	94.6	25.1g	.47g	.31g	4.4g
Munch Lunch Carrots	1 pkg (1/2 cup)	46.6	10.9g	0.93g	.27g	3.2g
Munch Lunch Chocolate Chip Coc	1 cookie	136	20g	1.5g	5.6g	0.8g
Meaty Spaghetti w/ Beef&Veggie	3/4c	139	17g	9.3g	4.9g	3.5g
French Bread	1 piece	87	17.6g	3.2g	.3g	1.9g
Asian Tuna Burger	1 burger (no bun)	167	12.63	13.7	5.4g	0.4g
Veggie Burger	1 patty no bun	231	32.8	12g	5.5g	6.7g
Hamburger Bun	1 bun	140	25g	6g	2g	4g
French Toast	3 pieces	270	40g	7g	10g	4g

Scrambled Eggs	1/4 cup	29	.33g	2.7g	1.8g	0g
Arroz con Queso	3/4 cup	356	54.9g	15.6g	8.3g	7.4g
Hamburger	1 burger w/bun	322	29.2g	18.5g	15.2g	5.4g
3 Bean Chili w/ Cornbread	1 cup w/1 muffin	464	83.7g	18g	5.9g	18.9g
3 Bean Chili	1 cup	279	50.8g	15.9g	.8g	16.8g
Cornbread	1 muffin	185	32.9g	2.1g	5.1g	2.1g
Mac & Cheese w/ Mega Bites	1/2c & 3 bites	309	38.2g	14g	11.8g	2.2g
Mac & cheese	1/2 cup	152	31.4g	2.8g	2.1g	1.4g
Mega Bites	3 bites	158	6.8g	11.3g	9.8g	.8g
5 Mini pancakes w/2 Sausage Links	5 cakes/2links	189	18.8g	9.2g	8.1g	.6g
5 Mini pancakes	5 cakes	89	17.2g	2.2g	1.1g	.6g
2 Large Pancakes	2 cakes	153.3	26.7g	3.3g	4g	2g
Sausage Links	2 links	100	1g	7g	7g	0g
Syrup	2 oz	264	65	0	0	0
Moo Lunch: 1pk Crackers, string chz, Strawberry Yogurt	Entire lunch	281	35g	18g	7.6	1g
Moo Lunch: 1pk Crackers, string chz, St/Ban Yogurt	Entire lunch	241	30g	12g	7.6	1g
Moo Lunch Goldfish Crackers	1 pkg	90	16g	2g	1.5g	1g
Moo Lunch String Cheese	1 pkg	80	0g	6g	6g	0g
Moo Lunch Dannon Yog. St/Banana	4 oz	70	14g	4g	0g	0g
Moo Lunch DannonYog. Strawberry	4 oz	110	19	10	0	0
Food Item	Serving Sz	K-cal	Carb	Protein*	Total Fat*	Fiber*
PBJ	1 sandwich	661	83.6g	18.5g	30.4g	9.1g
Pizza, Cheese	1 slice	378	35g	17.8g	18.6g	5.4g
Pizza, Pepperoni	1 slice	431	35.4g	19.7g	23.6g	5.4g
Pizza, Veggie	1 slice	437	43.2g	18.9g	20.9g	7.5g
SW Blackbean and Corn Nachos without Cheese Sauce	2/3 cup	276	38.3	8.8	9.3g	6.8g
Cheese Sauce	1/4 cup	22	4.5g	0	.5g	0
Deli Sandwich	1 sandwich	280	29.9g	22.6g	8.4g	4.4g
Chicken Drumstick w/ Red Rice	1 drumstick/1c	428	52.4g	26.3g	11.5g	4.1g
Chicken Drumstick	1 drumstick	183	.7g	22.1g	10.1g	.23g
Red Rice	1 cup	245	51.7g	4.1g	1.4g	3.9g
Pork Carnitas	1 carnita	371	21.3g	28.7g	13.3g	2.1g
Thai Chicken Flatbread	1 flatbread	259	31.8g	12.7g	8g	3.8g
Fish Taco w/ Poke Sauce	1 taco	285	50.3g	9.5g	5.2g	3.7g
Wiener Wrap	1 wrap	366	42.2g	15g	16g	4g