

Item	Portion Size	Calories	Cholesterol Mg	Sodium Mg	Total Fat G	Sat Fat G	Protein G	Carbs G	Fiber G	Iron Mg	Calcium Mg	Vit A IU	Vit C Mg
Apple Pixie Pie	3.15 oz	302	0	399	8	3	3	40	0	1.62	20	0	0
Apple Sauce with Cinnamon	1 cup	195	0	72	0.48	0.08	0.48	51.23	3.37	1.11	17.26	30	4.5
Bacon Cheeseburger	1 each	401	75	808	20.85	7.17	27.45	24.09	1	3.33	48.7	2	0
Baked Potato	1 each	188	0	20	0.26	0.06	5.05	42.72	4.44	2.18	30.3	20	19.39
BBQ Chicken Drumstick	1 drumstick	100	60	390	3	1	14	4	0	0.36	0	0	0
BBQ Chicken Sandwich	1/3 cup scoop	169	51	427	4.5	1.21	16.96	15.57	0.5	1.08	21.5	344	4.8
Bean, Three Bean Salad	1/2 cup	151	0	183	8.32	1.08	2	18.75	2.08	0.74	22.4	128	9.62
Beans,Baked, Bush's	1/2 cup	150	0	550	1	0	7	29.02	7	0	0	0	0
Beef Chow Mein Hotdish	6 oz	218	23	404	7.32	2.43	9.83	26.96	0.56	2.15	16.36	52	0.1
Beef Patty on a Bun	1 each	367	68	662	18.2	6.3	25.1	24	1	3.24	48	0	0
Beef Ravioli in Meat Sauce	3/4 c	203	15	877	5.01	1.88	6.75	33	3.75	11.25	0	0	0
Beef Sliced Cooked	3 oz	75	17	395	1.75	0.75	15	0	0	0.18	0	0	0
Beef, Steak Philly Cheese	1 sandwich	349	45	750	11.01	5.09	27.03	36.75	2	3.07	300.57	147	0
Biscuit	1 each	242	0	0	9.91	2.75	4.41	33.87	0	1.7	65.08	6	0.14
Bread Italian	1 slice	81	0	175	1.05	0.25	2.64	15	0.81	0.88	23.4	0	0
Bread, Dinner Roll Wheat	1 roll	70	0	120	1	0	2	12	0	0.72	0	0	0
Bread, Dinner Roll white 12's	1 roll	101	0	202	2.02	0	3.04	18.22	1.01	1.09	40.5	0	0
Bread, Dinner Roll White, 16 c	1 roll	74	0	142	1.13	0	2.27	13.61	1.13	0.82	45.36	0	0
Bread, Footlong Hot Dog Bun	1 each	180	5	350	3	0	5	33	2	1.8	80	0	0
Bread, Hamburger Bun	1 each	130	0	270	2	0	4	24	1	1.44	40	0	0
Bread, Hoagie 5	1 each	150	0	280	2	0	5	27	0	1.44	80	0	0
Bread, Hot Dog Bun	1 bun	121	0	231	2.2	0	3.3	20.9	1.1	1.19	22	0	0
Bread, Kaiser Roll	1 bun	220	0	390	3	0	7	41	3	2.7	40	0	0
Bread, O.T. French sliced	1 slice	70	0	135	1.5	0	2	13	0	1.08	0	0	0
Bread, slice Autumn Grain	1 slice	80	0	140	1	0	3	15	1	1.08	0	0	0
Bread, slice Italian	1 slice	70	0	130	1	0	2	12	0	1.08	0	0	0
Bread, Slice White	1 slice	60	0	125	1	0	2	12	1	0.72	20	0	0
Bread, Wheat Sandwich	1 slice	70	0	140	1	0	2	13	1	0.72	20	0	0
Breadstick, 1 oz	1 each	28	2	161	1.01	0.24	2.8	14.71	0.56	0.87	0	0	0
Breadstick, Tony's Suffed Chee	1 breadstick	155	18	295	7	3	8.5	16	0.5	0.9	175	250	0
Breakfast Cheese Pizza	1.0000 2.3 oz	183	15	361	8.48	3.26	8.48	17.61	0.6	1.06	260.82	0	0.2
Breakfast Wrap	1 each	190	190	500	10	3.5	9	17	0	2.1	91	372	0
Brownie-Fudge w/ Sprinkles	1.4 oz	173	6	103	7.71	1.93	1.28	25.69	0.64	1.16	12.84	8	0
Bun, Footlong	1 bun	180	5	350	3	0	5	33	2	1.8	80	0	0
Bun, Hamburger	1 each	130	0	270	2	0	4	24	1	1.44	40	0	0
Bun, wheat hamburger	1 bun	164	0	358	2.56	0	5.11	30.69	1.02	1.84	61.38	0	0
Cabbage, Crunchy Asian	4 oz	69	0	108	5.99	0.78	0.24	4.14	0.47	0.72	22.32	89	0.65
Cake Donut Jumbo	1 each	330	20	590	16	3	4	41	1	0.72	20	0	0
Carnival Crunch	1 each	80	0	180	1.5	0	2	16	0.5	1.08	0	100	1.2
Carrot, Baby, Fresh raw	1/2 cup	34	0	28	0.15	0.02	0.82	8.11	2.4	0.4	21.6	22501	7.44
Carrots:frozen, boiled	1 cup	54	0	86	0.99	0.18	0.85	11.29	4.82	0.77	51.1	24274	3.36
Cereal, Cinnamon Toast Crunch	1 bowl	101	0	162	3.04	0	1.01	22.27	2.03	7.29	455.62	0	4.86
Cereal, Cocoa Puffs Reduced sugar	1 bowl	100	0	190	1.5	0	1	22	1	6.3	80	0	4.8
Cereal, Cold, Variety	1 bowl	93	0	158	0.96	0.2	1.43	20.43	1.04	3.95	84.52	380	5.44
Cereal, Froot Loops Reduced Sugar	1 bowl	70	0	105	0	0	1	16	1	2.7	0	0	9
Cereal, Frosted Flakes Reduced Sugar	1 bowl	100	0	160	0	0	1	25	1	4.5	0	0	6
Cereal, Golden Grahams	1 Bowl	110	0	260	1	0	1	23	1	3.6	80	0	4.8
Cheese Soup	1/2 cup	165	33	678	12.13	7.33	7.79	6.5	0.34	0.36	195.47	563	1.5
Cheese Soup w/Broc. & Carrots	1/2 cup	96	20	292	7.08	4.41	4.64	3.89	0.81	0.27	111.74	1914	12.74

Item	Portion Size	Calories	Cholesterol Mg	Sodium Mg	Total Fat G	Sat Fat G	Protein G	Carbs G	Fiber G	Iron Mg	Calcium Mg	Vit A IU	Vit C Mg
Cheese string cheese	1 each	79	15	150	4.85	3.08	7.79	0.89	0	0.07	207.24	199	0
Cheese,American,Past Processed	1 slice	105	26	417	8.75	5.51	6.2	0.45	0	0.05	154.56	269	0
Cheese,Cheddar,Red fat	1 oz	80	16	206	5.19	3.29	7.71	0.57	0	0.04	256.56	204	0
Cheese,Mozzarella,Part Skim,Lo	1 oz	72	18	175	4.51	2.87	6.88	0.79	0	0.06	221.7	136	0
Cheesy Bread	1 each	106	9	223	3.76	1.43	5.44	13.39	0	1.11	110.85	68	0
Cheesy Max Breadstick	1 each	164	7	340	7.3	2.6	8.7	16	0.6	1.4	119	187	0
Cheetos-low fat	1 package	120	0	210	4.5	1	2	17	0	68	19	133	0
Chicken Alfredo	1/2 serving	148	34	220	7.35	1.56	10.32	9.84	1.26	0.91	95.18	4062	0.74
Chicken Burger	1 each	300	45	600	14	3	18	26	1	1.8	40	0	0
Chicken Chop Suey	2/3 cup	170	51	535	5.65	1.38	19.75	10.9	1.39	1.46	47.04	197	10.46
Chicken Fajita	serving	338	76	1014	14.57	5.92	28.14	22.75	0.7	1.75	331.86	200	0
Chicken Fajita Mexican Salad	serving	427	73	1105	22.21	9.82	25.21	34.11	2.69	2.67	388.37	1555	14.63
Chicken Fajita Wrap	serving	275	62	1005	11.75	4.96	23.54	18.06	0.91	1.63	307.94	448	2.09
Chicken Fingers	3 each	230	55	730	13	3	16	12	1	1.8	20	0	0
Chicken Fried 8 cut	2 oz servings	162	49	164	10	3	13	5	0	0.8	12	0	0
Chicken Grill on a Bun	1 sandwich	299	46	631	13.5	3.21	19.13	25.43	0.9	7.44	80.03	11	0
Chicken Noodle Soup	1/2 cup	82	24	73	1.52	0.37	5.47	11.61	0.86	0.86	16.72	1254	1.03
Chicken Nuggets	5 nuggets	270	50	540	18	4.5	15	11	1	0.9	0	0	0
Chicken Pasta Salad	4 oz	194	21	218	12.36	1.49	7	14.01	1.09	0.93	14.52	234	1.67
Chicken Pattie,Grilled	1 each	160	45	390	10	2.5	15	3	0	6	20	0	0
Chicken Patty on a Bun	1 each	400	50	810	20	4.5	19	35	2	2.52	60	0	0
Chicken Patty, Hot & Spicy	1 each	350	60	830	13	2	23	36	2	3.24	60	0	0
Chicken Popcorn	15 pieces	250	25	780	13	2.5	16	18	2	1.08	20	0	0
Chicken Quesadillas	1 each	297	58	854	12.4	5.13	22.37	22.88	0.7	1.64	320.13	170	0
Chicken Salad	1/2 cup	179	22	235	11.47	2.04	5.96	13.39	0.28	0.49	35.38	128	0.13
Chicken Salad	1/2 cup	596	67	368	51.05	6.53	15.22	21.84	1.48	1.44	58.44	255	7.48
Chicken Strips	8 sticks	220	80	420	13	3	12	13	0	1.8	20	0	0
Chicken Teryaki Dippers	6 each	164	47	577	6.8	2	18	7.6	0.88	1.32	26	90	0
Chicken w/Orange Sauce	1 serving	200	40	575	5	1.5	13	26	0	0	0	0	0
Chicken Wild Rice Soup	1/2 cup	112	25	71	5.81	3.23	5.68	9.24	0.58	0.59	8.42	151	0.07
Chicken with Orange Sauce	1 serving	200	40	575	5	1.5	13	26	0	0	0	0	0
Chicken, BBQ Dippers	6 each	360	52	840	21	3.75	19.5	24	1.5	2.16	30	0	0
Chicken-N-Rice Soup	1/2 cup	80	32	124	2.76	0.75	10.54	2.7	0.29	0.56	15.23	76	0.6
Chicken-Wild Rice Soup	1/2 cup	83	17	70	3.23	1.67	5.15	8.2	0.49	0.48	25.46	110	0.21
Chili with Cheese	3/4 cup	261	65	324	13.07	5.6	23.04	13.54	3.42	3.16	172.78	983	17.57
Chili-Captian Ken's	1 cup	230	40	680	10	3.5	17	19	6	1.08	100	0	15
Chip, Dorito Bkd Nacho Cheese	1.75 oz bag	90	0	160	2.5	0	2	16	1	0.72	40	0	0
Churro, Apple	1 each	160	15	115	7	1.5	2	22	0	0.72	20	0	0
Churros - 10 Pastry"	1 each	130	10	115	8	2	2	13	1	1.8	0	0	0
Cinnamon Roll	2.25 each	190	5	0	3.5	1	5	34.6	0	1.72	18.81	10	0.17
Cookie, Chocolate Chip	1 each	120	10	70	6	2	2	17	0	0	0	0	0
Cookie, Oreo 2 pk	1 pkg	100	0	130	4	1	1	14	0	0.83	3.99	0	0
Cookie, Sugar Turkey	1 each	150	10	135	8	2	2	18	0	0.72	0	0	0
Cookie, Sugar, Snowman	1 each	141	10	116	7.07	1.51	2.02	16.16	0	0.73	0	0	0
Cookie,Sugar	1 each	120	5	130	5	1	1	17	0.3	0.1	10	1	0
Cookies, Mini Cinnamon Bears	1 pkgs	104	0	82	2.97	0.53	1.63	17.87	0	1.54	13.36	236	3.09
Cool Tube, Orange Sherbet	1 each	90	0	30	1	0.5	0	20	0	0	2	0	0
Cool Tube, Rainbow	1 each	90	5	25	1	0.5	0	20	0	0	0	0	0
Corn Chips, Plain	1 oz	153	0	179	9.47	1.29	1.87	16.13	1.39	0.37	36	27	0

Item	Portion Size	Calories	Cholesterol Mg	Sodium Mg	Total Fat G	Sat Fat G	Protein G	Carbs G	Fiber G	Iron Mg	Calcium Mg	Vit A IU	Vit C Mg
Corn Chowder	1/2 cup	118	15	101	6.07	3.69	2.07	15.12	1.54	0.67	10.94	271	5
Corn Dog, 2.67 oz, Trky	2 each	380	30	1280	14	3	12	52	2	2.16	0	0	0
Corn Dog, 4 oz Turkey	1 each	270	35	930	12	3	10	30	1	1.08	0	0	0
Corn dog, Chicken whole grain	1 each	240	20	590	8	2	9	33	5	2.7	150	0	0
Corn dogs, mini chicken whole	6 each	285	23	615	13.5	3.75	9	31.5	0	2.7	60	0	0
Corn Relish for Southwest Sala	3/8 cup	127	0	145	8.05	1.07	2.04	14.33	1.76	0.78	10.96	142	15.3
Corn,Sweet Yellow,Canned,Drain	1/4 cup	33	0	88	0.41	0.06	1.07	7.62	0.82	0.35	2.05	33	3.48
Crab Salad	1/2 cup	167	12	342	10.57	1.78	3.59	14.84	0.28	0.38	35.09	130	0.13
Cracker, Animal, Nabisco	1 oz bag	132	0	152	3.54	0.51	2.03	21.26	0	0.73	0	0	0
Cracker, Elf Grahams Choc Chip	1 each	130	0	135	4.5	1	2	21	0	0.72	0	0	0
Cracker, giant goldfish	1 each	120	0	150	4	1	2	19	1	1.08	0	0	0
Cracker, Goldfish Physedibles	1 each	120	0	100	4	4	2	18	1	3.6	0	0	2.4
Crackers, Goldfish Cheddar	1 Bag	100	0	180	4.5	1	2	13	1	0.72	20	0	0
Crackers,Club, Keebler	4-2 pack	99	0	222	2.9	0.71	1.58	13.42	0.53	0.76	31.85	0	0
Crainsins	2 Tablespoons	49	0	0	0	0	0	11.52	0.55	0	0	0	0
Craisins, Strawberry	1 each	90	0	0	0	0	0	21	1	0	0	0	0
Cupcake-Bobble	1 each	200	20	190	6	2.5	2	34	1	0.72	40	0	0
Dinner Roll	1 each	84	0	146	2.04	0.49	2.35	14.11	0.84	0.88	33.32	0	0.03
Dressing for Southwestern salad	2 ounce	29	3	196	1.65	0.01	0.57	2.65	0.53	0.85	4.54	208	1.51
Dressing, Poppyseed	2 ounce	302	20	193	27.07	3	1.08	15.4	0.17	0.33	44.92	116	0.05
Dressing, Ranch Low Fat	1 OUNCE	71	15	152	7.09	0	0	0	0	0	0	0	0
Dressing, Ranch, Fat Free Wish	1.5 oz	60	0	420	0.5	0	1	12	0	0	15	33	1.7
Egg Roll	1 each (1.5 oz)	91	6	224	3.87	1.07	3.41	10.89	1.02	0.9	0	500	4.2
Egg, Omelet, Colby Cheese	2.1 oz each	110	195	215	8	3.5	8	1	0	0.54	0	0	1.8
Footlong All Meat Hot Dog	1 each	401	50	1213	23.06	7.92	14.03	35.01	2	2.16	80	0	2.41
Footlong Beef Frank	1 each	198	0	639	18.59	0	7.23	0.64	0	0	0	0	0
French Toast Sticks, Cinnamon	1 serving=3 eac	170	110	100	3.5	1	7	27	0	3.6	100	0	0
French Toast Sticks-3 each	Serving	270	15	330	9	3	6	39	0	2.16	60	33	0
French Toast Sticks-4 each	Serving	360	20	440	12	4	8	52	0	2.88	80	44	0
French Toast, Cinn Glazed	1 each	240	120	340	8	2	8	34	1	0	0	0	0
Frozen Dessert, Ice Cm.Sand.,	1 each	120	15	100	5	3	2	16	0	0.72	40	200	0
Frozen Dessert,Orange Sherbert	1 each	90	5	35	0.5	0	0	20	0	0	0	0	0
Fruit Cocktail,Canned	1/4 cup	34	0	4	0.04	0.01	0.24	9.03	0.6	0.18	3.63	124	1.15
Fruit Salad	1/2 cup	163	1	77	1.63	0.3	2.22	37.53	2.33	0.69	57.15	354	6.08
Fruit Snacks	1 each	80	0	15	0	0	2	19	0	0	0	0	60
Fruit, Canned, Variety	1/2 cup	75	0	4	0.11	0.01	0.37	19.87	1.54	0.43	8.18	127	3.88
Fruit,Fresh Assorted	serving	73	0	1	0.34	0.07	0.77	18.63	2.95	0.24	19.89	106	28.02
Garden Salad Pre-packaged	each	414	248	663	18.66	8.95	30.25	38.13	7.11	3.45	729.19	4118	76.31
Gelatin,Prepared Plain	1 cup	167	0	203	0	0	3.29	38.31	0	0.05	8.1	0	0
Glorified Rice	1/2 cup	213	0	108	0.17	0.05	29.22	24.7	0.46	0.97	58.04	82	3.64
Grahams, Elf Choc chip	1 oz	130	0	90	5	2	2	20	1	0.72	100	0	0
Gravy,Chicken	3 oz	33	1	567	0.82	0	1.22	5.17	0	0.01	38.29	0	0
Green Beans: canned,cooked	1 cup	27	0	339	0.14	0.03	1.62	6.08	2.57	1.22	35.1	471	5.81
Grilled Cheese, Whole Grain	1 each	316	41	968	14	8.5	20	34	4	1.44	380	0	0
Ham and Cheese Sandwich	1 Sandwich	252	32	1193	8.08	3.67	14.92	28.65	1.01	2.39	230.12	136	0
Ham Patty	2 oz servings	74	27	810	2.81	0.92	10.97	0.55	0	0.43	3.97	0	0
Hamburger on a Bun	1 each	367	68	662	18.2	6.3	25.1	24	1	3.24	48	0	0
Hard Shell Taco	1 serving	125	16	379	7.45	2	5.14	9.94	0	0.8	2.17	23	0
Hot Dog On a Bun	1 each	246	25	683	14.6	4.82	8.36	19.22	1.13	1.69	25.4	53	0.27

Item	Portion Size	Calories	Cholesterol Mg	Sodium Mg	Total Fat G	Sat Fat G	Protein G	Carbs G	Fiber G	Iron Mg	Calcium Mg	Vit A IU	Vit C Mg
Hot Pocket, Italian Style	1 each	350	5	560	12	4.5	15	41	2	3.6	350	0	0
Ice Cream Cotton Candy	1 each	110	10	60	3	2	3	18	0	0	350	0	0
Ice Cream Cup, Choc Swirl	1 each	140	25	75	7	4.5	2	17	0	0	80	0	0
Ice Cream cup-Vanilla 4 oz	4 oz	228	50	91	12.47	7.7	3.97	26.76	0.79	0.1	145.15	441	0.68
Ice Cream Sandwich, mini	each	110	13	97	4.53	2.26	1.29	16.17	0.65	0.47	25.87	0	0
Ice Cream, malt cup 3 oz	1 cup	100	20	35	5	3.5	1	12	0	0.72	40	0	0
Ice Cream, Birthday Cake	1 each	70	0	40	1	0.5	2	13	0	0	250	1150	0
Ice Cream, Fudgesicle	1 Bar	99	0	0	0.49	0	2.96	19.74	0.99	0.36	98.68	0	0
Iced Animal Cookie	1 package	99	0	72	3	0	1	18	0	0.72	0	0	0
Jicama	1/2 cup	23	0	3	0	0	0.5	5.5	3	0	70	0	6
Juice Bomb Pop Jr.	1 each	35	0	15	0	0	0	9	0	0	0	0	60
Ketchup	1 oz	29	0	336	0.1	0.01	0.43	7.74	0.37	0.2	5.39	288	4.28
Ketchup: individual	pc	6	0	67	0.03	0	0.1	1.55	0.05	0.03	1.08	56	0.91
King's Beef Crumbles	2.6 oz	127	36	210	8.67	3.29	11.27	0	0	0.95	4.33	0	0
Kiwi,Fresh,Raw	1/2 cup	54	0	3	0.46	0.02	1.01	12.97	2.66	0.27	30.09	77	82.04
Lasagna Roll Up	each	295	43	1271	9.69	4.94	18.06	34.45	3.81	1.9	316.84	1116	3.05
Lettuce,Iceberg,Fresh	1 cup	8	0	6	0.08	0.01	0.5	1.63	0.66	0.23	9.9	276	1.54
Macaroni and Cheese-Reduced Fat	6 oz	290	30	1030	11	7	16	33	1	1.08	400	0	1.2
Malt Cup	each	200	15	120	4	2.5	5	37	1	0	150	100	0
Max Snax, Totally Taco,Beef	serving	220	10	650	9	3	14	24	3	1.8	150	0	0
Max Snax, Wings Xtreme	serving	220	15	880	8	2	15	32	2	1.8	200	0	1.2
Meatball Sub Sandwich	sandwich	436	49	971	18.31	5.67	22.14	45.07	3.57	3.68	228.99	1214	10.46
Melons,Cantaloupe,Raw	8 slice	46	0	22	0.26	0.07	1.14	11.1	1.22	0.29	12.25	4602	49.94
Milk - Variety	1/2 pint	113	10	128	2.21	1.46	8.23	15.21	0	0.14	289.83	351	1.02
Milk, Strawberry, Skim	1/2 pint	100	5	180	0	0	8	15	0	0	300	0	2.4
MILK,1% Lowfat	1/2 pint	102	12	107	2.37	1.54	8.22	12.18	0	0.07	290.36	478	0
Milk-MV Variety	1/2 pint	110	7	138	1.35	0.93	8.29	16.47	0	0.17	291.29	314	1.2
Mini Burgers with Buns	2 burgers	165	80	513	6.97	2.19	9.73	15.47	2.87	3.69	65.56	117	0
Mini Corn Dogs,Turkey	6 each	283	37	670	14.89	3.72	8.93	26.8	0	1.07	0	0	0
Mixed Vegetables: canned,ckd	1 cup	80	0	243	0.41	0.08	4.22	15.09	4.89	1.71	44.01	18985	8.15
Mustard	serving	28	0	340	0	0	0	0	0	0	0	0	0
Nacho Cheese Sauce	2 oz	140	10	740	10	4	4	8	0	0	120	0	0
Nachos Super Beef	serving	523	21	1190	23.28	5.94	13.06	66.75	0	1.52	199.05	23	0
Olives,Ripe,Canned	1.5 OZ	16	0	124	1.51	0.2	0.12	0.89	0.45	0.47	12.47	57	0.13
Omelet, Frittata	1 each	110	200	300	7	3	7	2	0	0.7	65	360	0
Onions,Fresh	1/4 OZ	3	0	0	0.01	0	0.08	0.61	0.13	0.02	1.42	0	0.45
Orange Glaze	2 Tbsp	33	0	0	0.01	0	0.04	8.48	0.02	0.01	0.75	6	2.12
Orange Juice	4 oz	60	0	1	0.32	0	1	15	0	0.2	120	4850	60
Oranges, Mandarin	1/2 cup	71	0	7	0.16	0.01	0.61	18.21	1.36	0.42	9.07	1467	22.23
Oriental Chicken Wrap	each	516	54	728	19.79	3.86	28.28	58.38	5.25	4.03	92.07	231	1.55
Oriental Chix Pasta Salad	1 cup	363	42	48	13.38	1.66	19.19	42.67	2.68	2.14	40.75	964	69.25
Pancake	1 each	93	3	256	2.66	0.66	1.6	15.6	0.33	14.94	10	0	0
Pancake Sausage Nuggets	3 each	230	20	400	14	4	12	14	3	0.72	0	0	0
Pancakes Mini	8 each	160	0	370	5	1	3	26	2	1.8	60	0	0
Pasta Salad	4 oz	57	0	60	3.7	0.52	0.97	5.32	0.51	0.38	7.32	79	5.95
Peaches; canned,lt syrup	1 cup	136	0	13	0.08	0.01	1.13	36.52	3.26	0.9	7.53	889	6.02
Pears; canned,light syrup	1 cup	142	0	12	0.07	0	0.47	37.77	3.98	0.7	12.45	0	1.74
Peas; frozen,boiled	1 cup	125	0	115	0.43	0.06	8.24	22.82	8.8	2.43	38.4	3360	15.84
Pepper, Grn, Julienne	1/2 oz	4	0	0	0.03	0	0.13	0.91	0.26	0.07	1.28	0	12.66

Item	Portion Size	Calories	Cholesterol Mg	Sodium Mg	Total Fat G	Sat Fat G	Protein G	Carbs G	Fiber G	Iron Mg	Calcium Mg	Vit A IU	Vit C Mg
Pepperoni Pasta Salad	1/2 cup	224	8	355	17.06	3.13	3.58	14.87	1.13	0.76	13.9	586	11.62
Pickle Relish,Sweet	1/2 oz	18	0	115	0.07	0.01	0.05	4.97	0.16	0.12	0.43	26	0.14
Pickles, Dill	spear	7	0	476	0.07	0.02	0.23	1.53	0.45	0.2	3.34	122	0.71
Pineapple & Mandarin Salad	1/4 cup	37	0	3	0.07	0.01	0.47	9.46	0.84	0.27	10.81	583	17.68
Pineapple fresh	1/4 cup	19	0	0	0.05	0	0.21	4.89	0.54	0.11	5.04	22	14.03
Pineapple,Canned,Light Syrup	1/2 cup	66	0	1	0.15	0.01	0.45	16.95	1.01	0.49	17.64	48	9.45
Pizza 8 cut	1 slice	324	31	438	12.74	6.78	9.51	43.41	1.2	2.83	33.09	382	0
Pizza Hot Pocket Pepperoni	1 each	350	30	700	11	4.5	19	40	3	4.5	400	0	0
Pizza Hut Cheese 10 cut	1 slicr	371	17	765	19.48	8.32	0.82	33.48	3.08	2.03	0.65	569	0.65
Pizza Stuffed Crust	1 slice	419	21	1086	15.9	5.6	19.3	50.7	2.2	6	352	0	0
Pizza, Big Daddy's Harvest -10 cut	1 slice	320	25	600	10	3.5	19	37	2	2.7	300	0	0
Pizza, breakfast scramble	1 each	246	48	490	12.4	3.2	10.3	23.3	0.9	1.6	185	405	0.4
Pizza, Build your own	1 each	474	48	1575	28.2	9.59	25.59	30.03	2.56	1.49	512.9	1147	1.34
Pizza, Dbl Stfd Crust Tky Pepp	1 serving	260	25	680	9	4.5	17	27	4	1.8	260	0	0
Pizza, French Bread Cheese	1 each	330	20	520	7	3	21	46	0	3	277	558	0
Pizza, Fresh Baked Pepperoni	1 each	325	0	772	9.3	3.72	20.46	39.98	3.72	3.35	232.46	279	94.84
Pizza, Fruit, Cold;	1 slice	446	31	467	12.88	6.79	9.9	73.82	2.05	2.97	41.29	733	25.35
Pizza, Max Cheese Quesadilla;	1 slice	380	15	1000	18	7	15	39	5	1.44	250	0	0
Pizza, Max Chix Quesadilla	1 slice	350	25	960	16	5	15	36	4	1.44	200	0	0
Pizza, Multicheese Grlc Smartp	4.22 oz	374	20	758	21.23	7.08	17.19	27.3	1.01	1.82	404.42	758	1.21
Pizza, Papa Jhn 8 Ct Asst	1 slice	359	37	985	16.75	6.95	18.06	38.24	1.87	2.2	291.49	0	4.37
Pizza, Papa John Ssg 14 8 Cut"	1 slice	353	36	956	16.06	7.02	18.67	38.61	1.85	2.15	336.58	0	4.36
Pizza, Pizza Hut 10 Ct Pepperoni	1 slice	381	28	831	20.42	8.47	15.95	33.34	3.01	2.26	257.2	589	0.69
Pizza, Pizza Hut 10 Cut Ssg	1 slice	413	33	893	22.71	8.61	0.82	34.74	2.77	2.42	218	0	0.65
Pizza, Pizza Hut 8 CT, Asst	1 slice	485	33	1037	26.09	10.58	7.33	42.32	3.69	2.8	198.27	482	0.83
Pizza, Veggie Cold;	1 slice	502	61	793	26.53	11.5	17.84	49.69	2.08	3.23	304.02	2895	21.46
Pizza,Fiestada,Sausage & Ched	1 slice	341	32	970	15.4	5.9	17.9	32.5	1.9	2.6	285	826	0.9
Pizza,Multi-Cheese Glc Fr Brd	1 slice	405	25	986	24.7	10	18	26.9	1	2	403	490	0
Pizza-The Max Cheese Slice	1 slice	323	19	908	13.7	4.9	15.6	35.2	1.6	5	301	742	0
Pizza-The Max Personal Pan	1 each	397	76	897	18.4	5.7	17.3	40.5	2.3	4.4	354	522	0
Potato Choice	1/2 cup	133	0	277	5.6	1.65	1.25	18.75	1.25	0.42	6	0	1.3
Potato Pearls	1/2 cup	61	0	276	0.8	0.2	1.3	12	0.23	0	0	0	4
Potato rounds	1 serving	65	0	213	3.7	1.5	0	8	1	0.3	2	0	1
Potato Salad	4 oz	225	65	440	17.83	2.2	2.96	13.83	1.32	0.55	22.47	167	5.02
Potato Smiles	5 pieces	160	0	390	6	1.5	2	24	2	0.36	0	0	0
Potato Soup	1/2 cup	195	24	859	7.29	4.55	7.59	25.21	1.89	1.51	232.43	563	7.21
Potato Starz	5 each	108	0	234	6.61	0.6	1.2	11.41	1.2	0.43	0	0	1.44
Potato Wedges	1 cup	365	0	118	0.75	0.18	11.16	82.05	5.67	4.74	36.29	0	53.3
Potato, ABC	1/4 cup	60	0	140	4	0.5	0	7	0	2	2	22	2
Potato, French Fries Oven	1/4 cup	56	0	8	2.2	0.3	0	7.99	0	0.3	2	0	2
Potato, French Fries, oil	1/2 cup	140	5	280	6	2.5	2	19	2	0.72	0	0	9
Potato, sweet french fries	1 serving	180	0	200	8	0.5	2	25	3	0.36	20	0	6
Potato, Tri Tator	1 each	110	0	320	6	3	1	12	1	0.36	0	0	1.2
Potato,French Fries,Oven	1 oz	227	0	34	8.57	1.43	3.59	35.37	3.63	1.41	9.07	6	11.45
Potatoes, Crispy Cubed	3 oz	130	5	340	6	2.5	2	18	2	0.72	0	0	1.2
Potatoes, Garlic Mashed	1/2 cup	61	9	187	3.16	1.94	4.79	3.44	0.3	0.11	149.06	117	0.64
Potatoes,1/4 Shoestring	1 cup	373	0	880	15.99	0	5.33	53.34	0	1.92	0	0	16
Potatoes,Wedge Seasoned	1 each	43	2	70	2	0	0.67	6	0	0	0	0	0
Pretzel Bites	1 package	110	0	100	1	0	3	23	1	0	0	0	0

Item	Portion Size	Calories	Cholesterol Mg	Sodium Mg	Total Fat G	Sat Fat G	Protein G	Carbs G	Fiber G	Iron Mg	Calcium Mg	Vit A IU	Vit C Mg
Pretzel Cheese Max Stick	1 stick	170	0	330	9	1.5	6	17	0.6	1.2	86	322	0
Pretzel, Heart	1 each	180	0	930	1	0	6	36	2	0	0	0	0
Pretzel, Pumpkin	1 each	180	0	930	1	0	6	36	2	0	0	0	0
Pretzels Soft super pretzel	1 oz	80	0	65	0	0	3	17	1	1.44	0	0	0
Pudding, Chocolate	1/2 cup	220	0	200	6.5	1	5	35	0	0.36	150	0	1.2
Pudding, Vanilla	1/2 cup	190	0	200	6	1	4	30	0	0.36	150	0	1.2
Ravioli, Beef in Meat Sauce	3/4 cup	203	15	877	5.01	1.88	6.75	33	3.75	11.25	0	0	0
RIB-B-Q, pork on a bun	1 each	267	36	647	10.01	2.93	17.03	27.11	2.07	2.86	72.64	97	1.35
Rice Krispy Bar, Choc Covered	1 each	127	0	117	2.48	0.87	1.13	25.73	0.34	0.37	3.66	590	5.56
Rice Pilaf	1/2 cup	140	0	79	0.31	0.08	2.78	30.49	0.51	1.64	13.51	0	0.18
Rice, Hawaiian	1/4 cup	83	0	81	0.11	0.02	1.24	19.74	0.44	0.32	28.62	69	2.77
Rice, Infused Chicken Flavored	1/2 cup	94	0	364	0.47	0.24	2.35	19.76	0.47	0.17	38.55	0	0
Rice, White and Wild	2 oz	95	0	540	0	0	2.5	21	0.5	0.72	10	0	0
Roll, Cinnamon, 2.25 Oz	2.25 OZ	170	5	180	3	1	4	30	1.12	1.57	14.67	5	0.08
Rotini, Precooked	4 oz	180	0	0	1	0	7	36	2	1.8	0	0	0
Salad Dressing Mayo Mrs. Clarks	1 Tbsp	94	14	61	10.39	1.89	0	0	0	0	0	0	0
Salad Dressing, Ceasar ken's	1.5 oz	158	20	455	15.82	2.97	1.98	2.97	0	0	59.34	0	0
Salad Dressing, French Fat Free	1.5 oz	45	0	440	0	0	0	12	1	0	0	0	0
Salad Dressing, Honey Mustart	1 oz	140	10	250	13	2	0	5	0	0.36	0	0	0
Salad Dressing, Italian Creamy	1.5 oz	181	0	422	18.07	2.51	0	4.02	0	0	0	0	0
Salad Dressing, Italian Fat Free	1.5 oz	20	0	700	0	0	0	5	1	0	0	0	0
Salad Dressing, Mrs. Clarks	1 Tbsp	57	9	94	5.67	0.95	0	1.89	0	0	0	0	0
Salad Dressing, Ranch	2 Tbsp	246	28	208	26.46	7.56	0	3.78	0	0	0	0	0
Salad Dressing, Ranch Fat Free	1 oz	40	0	280	0.33	0	0.67	8	0	0	10	22	1.13
Salad Dressing, Ranch Low Fat	1 oz	71	15	152	7.09	0	0	0	0	0	0	0	0
Salad, Ceasar chicken	1 each	443	90	1330	27.45	7.02	25.86	24.3	1.79	1.87	203.35	3356	13.61
Salad, Chef's	1 each	221	154	958	13.76	2.88	18.35	5.51	1.77	1.81	163.74	3798	22.8
Salad, Chicken Zesty Parmesan	1 salad	351	61	893	16.03	5.16	22.38	30.01	5.24	3.01	227.26	5676	65.38
Salad, Crunchy Asian	4 oz	125	0	133	10.14	1.24	2.32	7.81	1.47	1.42	43.98	130	9.98
Salad, Oriental Chicken	1 Each	493	63	1232	19.72	3.57	22.31	59.55	3.91	2.48	43.09	4760	35.83
Salad, Strawberry Romain	1 salad	203	51	58	9.48	1.49	20	11.25	4.31	2.21	59.77	5503	72.14
Salsa	1 oz	10	0	122	0.06	0.01	0.43	1.98	0.4	0.64	3.4	156	1.13
Sandwich, Ham and Cheese melt	1 each	314	39	1312	10.3	5.1	19.9	35.7	1.4	0	0	0	0
Sandwich, Build your own sub	sandwich	328	33	1024	8.99	2.33	19.38	42.04	1.66	3.02	36.07	92	0.22
Sandwich, cold cut combo	1 each	317	30	1270	11.5	4.9	18.5	35	1.4	2.52	310	0	2.4
Sandwich, Combo	1 each	302	55	1001	13.45	5.45	14.17	29.4	1.18	2.56	268.36	207	0.39
Sandwich, Grilled Cheese	sandwich	330	45	978	14.5	9.5	18	34	2	1.44	380	0	0
Sandwich, Grilled Turkey Ham	1 each	322	52	1070	13.4	8.35	18.75	33.3	0	1.44	250	0	2.4
Sandwich, Turkey Hoagie	each	244	31	1001	6.88	2.94	17.14	27.23	0	2.07	164.25	136	0
Sandwich, wheat PB & Jelly	1 sandwich	320	0	350	16	3	9	33	3	1.44	20	0	0
Sauce, Alfredo	4 oz	197	42	756	15.58	3.48	12.42	2.38	0	0.26	197.77	7366	0.02
Sauce, BBQ	1 Tbsp	12	0	127	0.28	0.04	0.28	2	0.19	0.14	2.97	3	1.09
Sauce, Cocktail	1 Tbsp	16	0	170	0.09	0	0.21	3.6	0.11	0.08	0	0	1.11
Sauce, Tarter	1 Tbsp	31	4	120	1.75	0.28	0.11	3.88	0.19	0.18	2.44	31	0.19
Sausage Egg and Cheese Bagel	1 each	452	164	1066	19.18	7.67	22.64	46.85	2	2.84	175.62	148	0.38
Sausage Links	2 links	180	30	720	16	8	8	0	0	0	0	0	0
Sausage, Patty	1.5 oz	168	30	346	15.82	7.91	4.94	3.96	0	0	0	0	0
Shape Up	1 each	60	0	20	0	0	0	16	0	0.36	20	100	60
Sherbet, Grape	4 oz	120	5	20	1.5	1	1	26	0	0	40	0	60

Item	Portion Size	Calories	Cholesterol Mg	Sodium Mg	Total Fat G	Sat Fat G	Protein G	Carbs G	Fiber G	Iron Mg	Calcium Mg	Vit A IU	Vit C Mg
Sherbet, Raspberry	4 oz	120	5	35	1.5	1	0	27	0	0.36	20	0	60
Shrimp, Poppers	21 pieces	230	50	560	13	2	8	20	2	4	38	291	0
Sloppy Joe on bun	1/3 cup	297	36	691	10.86	3.34	16.4	33.83	1.98	3.04	56.22	406	6.19
S'mores, Pixie pie	1 each	190	0	180	7	2.5	3	28	1	1.44	0	0	2.4
Soft Taco	1 each	140	0	353	3.5	0.7	3.6	22.2	0.7	1.35	81	0	0
Soup, Tomato	4.34 OZ	85	1	599	0.05	0.07	3.77	16.56	0.78	0.02	81.67	133	0
Spaghetti Sauce	1/2 cup	70	5	630	1	0	3	13	3	1.44	40	750	2.4
Spaghetti with Meat Sauce	1/2 cup	373	85	1973	18.32	8.56	29.84	25.23	4.56	4.83	250.59	1857	29.78
Spanish Rice	1/2 cup	124	6	159	2.33	1.38	2.35	22.91	0.8	1.85	12.86	245	1.31
Spudster Potato Bites	4 bites	120	0	304	4.8	1.2	1.6	18.4	1.6	0.29	16	0	0
Sunflower Seeds roasted	1 bag	165	0	1	14.12	1.48	5.48	6.82	3.15	1.08	19.84	3	0.4
Taco in a bag	1 serving	208	24	750	9.12	3.15	11.54	20.62	1.56	1.87	176.33	350	1.52
Taco Meat	2.6 oz	156	36	1108	8.89	3.38	11.56	6.48	0	0.98	4.44	76	0
Taco Salad Pre-packaged	1 each	405	16	831	15.79	4.92	19.54	47.81	1.24	1.47	356.69	696	10.56
Taco Snack	1 each	480	45	830	25	9	20	43	4	4.5	200	0	1.2
Taco Soft	2 each	411	32	1434	14.9	4.4	17.47	48.29	1.4	3.57	166.34	45	0
Tastries	1 each	248	2	378	9.44	0.93	4.78	36.94	0.99	2.87	50.1	35	0.23
Teddy Grahams	1 package	100	0	120	3	0	0	16	0	0	0	0	0
Tiny Twists Pretzels	1 bag	50	0	210	0	0	1.5	11.5	0.5	0	0	0	0
Toasty Dog	1 each	255	37	805	14	5.75	12.5	17	1	0	0	0	0
Tomatoes fresh	1 oz	6	0	3	0.09	0.01	0.24	1.32	0.31	0.13	1.42	177	5.41
Tortilla Chips -3 oz	3 oz pkg	390	0	480	15	3	6	60	0	1.08	120	0	0
Tuna Pasta Salad	4 oz	179	12	280	11.37	1.22	5.77	13.8	1.04	0.94	13.27	232	1.51
Tuna Salad	1/2 cup	336	31	328	29.55	3.25	9.69	8.48	0.89	1.11	16.58	389	2.8
Turkey Gravy	6 oz	192	46	1343	2.73	0.81	17.41	23.18	0.58	2.79	12.54	0	0
Turkey Ranch Wrap	1/2 wrap	292	31	1224	9.47	4.01	17.26	33.7	1.85	2.56	164.01	182	0.76
Vegetables, fresh	1/2 cup	52	0	304	0.4	0.01	1.03	10.91	0.97	0.18	23.36	6227	4.48
Vegetables, Hot variety	1/2 cup	56	1	151	0.54	0.15	2.64	11.24	3.37	0.87	26.54	2675	10.21
Waffle Stix	2 each	140	0	380	2	0	4	28	0	1.44	80	0	0
Waffle, Lego Eggo	1 each	100	10	260	3	0.75	2.5	15	0.5	1.8	40	0	0
Waldorf Salad	1/2 cup	29	1	13	1.99	0.21	0.26	2.79	0.2	0.05	3.49	13	0.31
Watermelon	1 cup	24	0	1	0.12	0.01	0.49	6.04	0.32	0.19	5.6	455	6.48
White Rice	1/2 cup	132	8	126	3.12	1.88	1.99	23.37	0.48	1.02	20	89	0
Wiener Winks	1 each	284	58	1003	21.13	6.77	13.2	12.26	1	4.75	104.16	389	2.01
Wrap, Sub	1 each	258	37	851	10.95	3.79	18.26	23.89	2.17	1.43	110.77	207	0.39
Yogurt Trix	1 each	110	5	65	1.5	1	4	19	0	0	100	0	0
Zesty Vegetable Soup	1/2 cup	31	1	190	0.39	0.13	1.28	6.36	1.37	0.8	22.05	823	7.89

0.13

