

LUNCH NUTRITIONAL INFORMATION

Menu Items	Serving Size	Calories	Protein	Carb gm	Fat gm	S Fat gm	Sodium mg	Fiber gm
Baked Potato w/Taco Meat	w/3 oz Topping	340	19	45	9	2	537	4
Baked Potato w/BBQ	w/3 oz Topping	288	13	51	4	2	340	5
Baked Potato w/Broccoli & Chees	w/ 1/2 cp Topping	295	13	53	5	2	334	7
Baked Potato w/Cheese	w/ 1/2 cp Topping	328	17	47	8	6	860	5
Baked Potato w/Marg. & Salt	each	141	1	1	15	6	105	1
BBQ Sandwich	each	213	12	27	7	3	517	3
Breaded Chicken Burger	each	383	19	30	21	5	737	3
Burrito	each	420	18	49	17	5	1051	0
Calzone	each	345	16	31	17	7	1038	2
Cheeseburger	each	305	22	22	18	6	809	3
Chicken Fried Steak	each	400	18	22	25	7	1160	1
Chicken Nuggets	6 pc	292	15	13	20	5	572	1
Chicken Strips	5 each	383	27	20	22	5	1214	2
Chicken Teriyaki Rice Bowl	1 bowl	318	29	36	6	2	3742	2
Corn Dogs	2 each	400	14	50	16	4	1060	2
Egg Roll w/Fried Rice	each	272	22	35	4	1	965	1
Fish Sandwich	each	280	21	34	7	1	415	2
Grilled Chicken Sandwich	each	269	25	23	9	2	651	3
Hamburger	each	270	19	21	16	5	599	3
Hot&Spicy Chicken Sandwich	each	333	23	31	14	3	757	3
Hot Dogs	2 each	502	24	45	24	8	2099	2
Nachos	serving	564	29	46	29	9	1445	4
Pasta & Sauce	serving	436	13	73	10	0	939	0
Pizza Cheese	slice	340	19	40	12	4	720	5
Pizza Pepperoni	slice	370	20	40	15	5	830	5
Popcorn Chicken	3 oz	214	15	16	9	2	367	1
Popcorn Shrimp	2oz	115	5	17	3	0	400	1
Steak Fingers	4 each	324	15	18	20	6	506	2
Sub Sandwich Grilled Chicken	each	432	28	62	9	3	1485	4
Sub Sandwich Turkey	each	416	26	64	7	3	1828	4
Sub Sandwich Meatball	each	576	30	69	21	8	1494	3
Sub Sandwish Ham	each	419	25	63	8	3	1409	3
Tacos	3 each	400	22	30	21	6	995	4
Wrap Grilled Chicken	each	437	23	52	15	4	1211	4
Wrap Ham	each	433	21	53	14	4	1610	4
Wrap Turkey	each	406	20	53	12	4	1454	4
Yogurt Plate	each	295	8	52	6	1	332	3
Average Salad Plate	salad bar	204	19	12	9	3	736	3
Apples	each	72	0	19	0	0	1	3
Applesauce	1/2 cup	97	0	25	0	0	4	2
Baby Carrots	1/2 cup	25	0	6	0	0	55	1
Bananas	each	101	1	26	0	0	1	3
Braedstick	each	128	3	19	4	0	130	1
Broccoli & Cheese	1/2 cup	198	13	10	13	8	611	3
Celery Sticks	1/2 cup	8	0	2	0	0	46	1
Chips Cheetos Baked	bag	130	2	19	5	1	240	0
Chips Cheetos Flamin Hot	bag	200	4	29	8	1	360	0
Chips Doritos Bakes	bag	120	2	21	4	0	220	2

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Sun Chips		bag		140	2	19	6	1	15	2
Chips Pretzels		bag		110	2	23	1	0	580	1
Corn		1/2 cup		66	2	16	0	0	1	2
Cream Gravy		2oz		24	0	6	0	0	322	1
French Fries		3oz		160	2	18	9	3	340	2
Grapes		1/2 cup		31	0	8	0	0	1	0
Green Bean Casserole		1/2 cup		123	2	11	8	2	653	1
Mandarin Oranges		1/2 cup		57	1	14	0	0	8	2
Mashed Potatoes		1/2 cup		87	2	17	1	0	397	2
Mixed Vegetables		1/2 cup		23	2	4	0	0	23	2
Oranges		each		62	1	15	0	0	0	3
Peaches		1/2 cup		93	1	24	0	0	8	3
Pears		1/2 cup		109	0	29	0	0	10	5
Peas		1/2 cup		75	5	14	0	0	69	5
Pineapple Chunks		1/2 cup		113	1	29	0	0	2	2
Pudding		each		205	5	33	6	1	200	0
Refried Beans		1/2 cup		118	7	20	2	0	377	7
Roasted Vegetables		1/2 cup		35	1	6	1	0	215	2
Roll Wheat		each		171	5	29	4	1	295	3
Rolls		each		176	4	30	4	1	294	1
Spanish Rice		1/2 cup		106	2	23	0	0	478	0
Tossed Salad		1/2 cup		6	0	1	0	0	0	1
Watermelon		1/2 cup		24	0	6	0	0	1	0
Ketchup		1 pack		20	0	6	0	0	120	0
Mayonaise		1 pack		5	0	1	0	0	130	0
Mustard		2 packs		3	0	0	0	0	56	0
Ranch Fat Free		2 oz		26	0	6	0	0	241	0
Caesar Dressing		1oz		180	1	0	19	4	230	0
Italian		1oz		10	0	3	0	0	660	0
Honey Mustard		1oz		180	0	13	15	3	130	0
Lite Ranch		1oz		110	1	2	11	2	340	0
Thousand Island		1oz		170	0	5	17	3	180	0
Milk White 1%		1/2 pint		102	8	12	2	2	107	0
Milk White Skim		1/2 pint		103	8	12	0	0	103	0
Milk Chocolate		1/2 pint		158	8	26	3	2	153	1