

Nutrition Information

NOTE: This list of food items is not a complete listing of all items offered. New items will be added as they continue to be analyzed.

Main Dishes					
Breakfast Items	Serving Size	Calories	Fat (g)	Carbs (g)	Sodium (mg)
Bacon	1 slice	37	3.6	<0.1	2 (0)
Biscuit	2 oz	180	8	22	490
Breakfast Burrito	1 serving	459	23	40	839
Cinnamon Roll w/ frosting	5 oz	605	26	85	1235
Croissant	2 oz	190	10	22	250
Egg Patty	1.5 oz	90	2.3	1	221.6
Egg, Bacon & Potato Skillet	1/2 cup	137	8	6	258
Egg, Hard Cooked Peeled Whole	1	80	5	1	60
Egg-Bacon Biscuit w/ cheese	1	467	27	35	1063
Egg-Sausage Biscuit w/ cheese	1	563	36	35	1319
English Muffin	1 muffin (2.5 oz)	160	1.5	31	340
Flour Tortilla	1 tortilla	210	5	36	460
Sausage Gravy	1/4 cup	45	2.5	5	220
Hash Browns	1/2 cup	91	4	14	50
Mini-Cinnamon Roll w/ frosting	1.5 oz	203	8	31	268
Sausage Patty	1.5 oz	133	12	<1	359
Scrambled Egg	#16 scoop (1/4 c)	78	5	<1	76

Cereal	Serving Size	Calories	Fat (g)	Carbs (g)	Sodium (mg)
Bran Flakes	1.25 cup	220	2	45	420
Rice Crispy	1.25 cup	120	0	29	310
Corn Flakes	1.25 cup	130	0	28	270
Instant Oatmeal - packet	1 oz	100	2	19	80
Toasted Oat	3/4 cup	110	2	23	280
Instant Cream of Wheat - packet	1 oz	100	0	19	160
Oatmeal	1 cup	150	3	27	0

Fruit & Yogurt Bar	Serving Size	Calories	Fat (g)	Carbs (g)	Sodium (mg)
Vanilla Yogurt	4 oz	105	0.75	21	55
Blueberries/Blackberries	3 oz	70	1	4	0
Cantaloupe	1 cup diced	50	0	12	20
Red Grapes	1 cup	90	0	23	15
Honeydew Melon	1 cup diced	50	0	12	30
Pineapple	1/2 cup	50	0	13	10
Mango	3oz	90	0	21	0

Lunch & Dinner Items	Serving Size	Calories	Fat (g)	Carbs (g)	Sodium (mg)
Baked Fish (Cheddar Crumb Pollock)	4oz	290	19	15	240
Baked Fish (Cod)	4oz	92	1	0	60
Baked Ham	4oz	140	7	0	1060
Bean, Corn & Tortilla Salad	1 serving	378	13.8	53	664
Beef Pot Roast	3oz	170	10	0	80
Beef Teriyaki over Rice	1 serving	262	7	21	229
Beijing Chicken Noodle Bowl	1c w/1/2 veg	394	8	46	428
Boneless Chicken Wings	5	238	10	18	775
Chicken Broccoli Alfredo over Noodles	6 oz/1 c noodl	424	7	44	230
Chicken enchilada	2 pcs	280	9	6	225
Chicken and noodle casserole	3/4 cup	230.5	6	27	238
Chicken Fried Rice	3/4 cup	132	5.5	8	373
Chicken Pot Pie	3/4 cup	367	16	44	802
Chicken Tender	1 tender	70	2.5	6	225
Confetti Chicken Casserole	6oz	300	19	17	960
Creamed Chicken over biscuits	1/2 cup + 1 biscuit	250	10	25	715
Grilled Chicken Breast	4 oz	140	4	0	40
Grilled Pork Chop	4 oz	165	8	1	465
Goulash	3/4 cup	161	7	13	505
Ham and Cheese Quiche	1 piece	274	16	16.2	545

Ham Loaf	4oz	787	51.7	44	1225
Herbed Chicken Pasta (hot or cold)	3 oz	469	24	38	511
Herbed Tilapia	4 oz	230	11	17	550
Homemade Vegetable Lasagna	1 square	250	7	26	464
Hot Beef Sandwich (potato/gravy)	1 serving	290	6	27	651
Hot Turkey Sandwich (potato/gravy)	1 serving	287	5	27	745
Lasagna Casserole	2/3 cup	245	11	21	651
Macaroni & Cheese	1 serving	476	22.5	45	841
Mexican Caserole	1 serving	323	14.6	24.8	511
Meatloaf (22 servings/pan)	1 serving	318	12	26.5	336
Oven Fried Chicken	4oz	152	4	6	168
Pizza, Supreme Individual	1 (6 oz)	450	22	49	810
Pork Chop	4oz	165	8	0	465
Pork Loin, Baked	4oz	160	9	0	330
Quiche	1 serving	274	16	16	545
Roast Beef	4oz	226	13	0	107
Salisbury Steak	4 oz	306	12	21	354
Scalloped Potatoes and Ham	3/4 cup	183	4	27	1199
Chicken spinach Bake	1 serving	280	16	2.5	492
Sesame Chicken	4 oz	90	1	2	270
Sizzlin' Fajita Salad	1 serving	244	14.5	9	446
Taco Salad - incl LF sour cream and salsa	1 individual	410	20	36	859
Tater Tot Casserole	3/4 cup	288	16	19	503
Tamale Pie	1 serving	351	9	53	1046
Tuna Noodle Casserole	# 6 scoop	215	7	27	384
Roast Turkey	3 oz	75	1.5	0	390
Turkey Tetrazini	# 6 scoop	187	6	20.5	712
Turkey, roasted (skinless)	3 oz	75	1.5	0	390
Walking Tacos (Beef)	1 bag with 1/3 cup meat	287	11.6	30	536
Walking Tacos (chicken)	1 bag with 1/3 cup meat	276	7.6	29.5	514

Sandwiches	Serving Size	Calories	Fat (g)	Carbs (g)	Sodium (mg)
BBQ Pork on Bun	3 oz	418	23.5	30	927
BBQ Beef on Bun	3 oz	468	20.5	38	332
Garden Vegetable Burger on bun	1 (3 oz burger)	248	5	44	642
BLT Wrap	1 wrap	443	22	42	1325
Brat on bun w/ 1/2 cup sauerkraut	1	416	27	27	1394
Brat on bun w/o sauerkraut	1	403	27	24	925
Breaded Fish on Bun (Cod)	1	390	11	32	740
Chicken Salad	1	354	16	41	844
Chili Dog on Bun	1	449	14	58	1125
Egg Roll	1	180	9	18	450
Garden Vegetable Burger on Bun	1	238	5	32	512
Grilled Cheese on Sourdough	1	330	13.5	39	650
Grilled Reuben Sandwich	1	653	43	34	1698
Hamburger on Bun	3 oz	368	18.5	29	1024
Hot Ham & Cheese	1	523	22	45	445
Philly Steak Sandwich	1	300	10	35	825
Pork Tenderloin on Bun	4 oz	408	16	50	682
Sloppy Joe on Bun	1/4 cup	304	9	40	605
Smoked Brisket Sandwich	1	365	9.5	28	446
Turkey Burger on Bun	1	378	22.5	28	812

Sides					
Crackers	Serving Size	Calories	Fat (g)	Carbs (g)	Sodium (mg)
Club Crackers	2/pkg	30	1.5	4	75
Graham Cracker	2/pkg	60	1.5	11	80
Saltine, Unsalted Tops	2/pkg	50	1	9	105
Wheat Harvest	2/pkg	35	1.5	4	60
Animal Crackers	1 package	120	3	22	85
Rice	Serving Size	Calories	Fat (g)	Carbs (g)	Sodium (mg)
Kluski Noodles	1 cup	220	3	40	15
Rice	1/2 cup	85	0	19	0
Rice Pilaf	1/3 cup	183	3	34	177

Salads	Serving Size	Calories	Fat (g)	Carbs (g)	Sodium (mg)
Coleslaw	1/2 cup	90	7	6	188
Cottage Cheese	1/2 cup	80	1.2	5	459
Potato Salad	1/2 cup	150	8	17	200
Sweet Macaroni Salad	1/2 cup	186	4.5	30	145
Cottage Cheese fluff salad	3/4 cup	135	3	21	219
Soup	Serving Size	Calories	Fat (g)	Carbs (g)	Sodium (mg)
African Yam	6 oz	98	2.5	15	357
Beef Noodle	6 oz	103	2	10	120
Beef Vegetable	6 oz	77	1.8	7	158
Black Bean	6 oz	211	5.7	29	1468
Broccoli Cheese	6 oz	126	2.2	13	698
Chicken Barley	6 oz	178	4	25	382
Chicken Dumpling	6 oz	214	2.7	15	472
Chicken Noodle	6 oz	167.3	0.7	5.7	308.9
Chicken Pot Pie	6 oz	162	7.5	15.9	520
Chicken Tortilla	6 oz	101	5.5	17	866
Chicken Vegetable Alfredo	6 oz	160	7.7	11	745
Chicken Vegetable	6 oz	57	2	5	289
Chili	6 oz	118	3.5	13	390
Chipotle Pork Chili	6 oz	177	4.5	18	476
Bean and Ham	6 oz	187.5	5.3	23.25	759.8
Mexican Tortilla	6 oz	184	1	20	499
Minnesota Turkey & Wild Rice	6 oz	96	2	9	293
Potato	6 oz	90	2	16	375
Taco	6 oz	88	3	10.3	102
Tomato	6 oz	56	0.5	12	505
Turkey Rice	6 oz	53	1.5	15	320
Vegetable Beef	6 oz	50	1	5	221
Vegetable Chili	6 oz	116	1	22	789
WW Vegetable	6 oz	40	0.5	9	354

Vegetables	Serving Size	Calories	Fat (g)	Carbs (g)	Sodium (mg)
Au gratin Cauliflower	1/2 cup	89	5	8	270
Au gratin Potatoes	1/2 cup	140	4	22	420
Baked potato	1 each	248	0	30	0
Baked Beans	1/2 cup	198	2	42	441
Broccoli	1/2 cup	30	0.5	8	80
cabbage, braised	1/3 cup	12	0.7	1.4	4.5
Cabbage, steamed	4 oz	69	4.5	6.5	22
Capri Vegetables	1/2cup	25	0	4	20
Chunky Applesauce	1/2 cup	90	0	23	10
Cauliflower	1/2 cup	25	0	5	20
Corn Casserole	1/3 cup	197	12	20	322
Cheesy Mashed Potatoes	1/2 cup	145	7	17	117
French Fries	4 oz	208	9	30	429
Fried Apples	1/2 cup	44	0	11.7	1
Fresh Vegetable Stir Fry	1/2 cup	60	4	5.5	141
Green bean Casserole	1/2 cup	45	2	6	123
Green beans	1/2 cup	15	1	3.5	259
Glazed Carrots	1/2 cup	116	4	20	20
Harvard Beets	1/2cup	97	0	19	4
Mandarin Vegetables	1/2 cup	30	0	5	20
Mashed Potatoes, Flake Dehydrated	1/2 c (3.2 oz)	70	0	16	15
Mixed Vegetables	1/2 cup	60	0	12	85
Peas	1/2 cup	70	0	12	200
Potato Munchers (Jalapeno)	3 oz	180	9	20	330
Potato Wedge	3 oz	140	6	19	430
Roasted Red Potatoes	1/2 cup	176	4.8	30	115
Root Vegetables	1/2 cup	136	3	26	204
Spinach	1/2 cup	30	0	3	125
Stewed tomatoes	1/2 cup	37	0.8	7	273
Squash Casserole	1/3 cup	69	1.8	13.7	22.2
Squash Saute	1/2 cup	34	2.7	2	32

Sweet Potato Fries	1/2 cup	120	4.5	19	170
Whole Kernal Corn	1/2 cup	103	1	23.5	95

Sauces					
Condiments					
	Serving Size	Calories	Fat (g)	Carbs (g)	Sodium (mg)
American Cheese Slice	0.5 oz	70	6	1	310
BBQ Sauce - ind cup/pump	1 1/2 Tbsp (full cup)	68	0	15	360
Brown Sugar	1 pkt = 13 g	44	0	12	0
Cream Cheese	0.75 oz cup	20	0	1	135
Creamer, Coffee Mate Individual cup	.38 oz	30	1.5	4	0
Creamer, powdered Non-Dairy	2.5 gm SS	13	0.5	1.5	4.5
Gravy	1/2 cup	90	5	10	440
Jelly, assorted Reduced Calorie	.12 g	10	0	2	0
Jelly, Grape/Strawberry	0.5 oz	35	0	9	0
Ketchup - indiv cup/pump	1 1/2 Tbsp (full cup)	15	0	5	120
Ketchup, foil pack	9 gm	10	0	3	80
Maple Syrup	1.5 oz cup	130	0	32	45
Maple Syrup, Sugar-free cup	1.5 oz cup	25	0	10	75
Margarine, SS pac	0.5 g	25	3	0	30
Mustard, SS pac	5.5 g	5	0	1	85
Peanut Butter, SS cup	0.5 oz	80	7	4	65
Sugar, granulated white	1 tsp	16	0	4	0
Sugar, SS pac	1/10 oz	10	0	3	0

Salad Dressing					
	Serving Size	Calories	Fat (g)	Carbs (g)	Sodium (mg)
1000 Island	2 Tbsp	140	14	5	276
Catalina	2 Tbsp	130	11	8	
Catalina Free	2 Tbsp	50	0	11	252
Honey Mustard	2 Tbsp	140	14	7	200
Italian FF	2 Tbsp	10	0	3	258
Mayonnaise	1Tbsp	57	4.9	3.5	105
Mayonnaise - Light	1 Tbsp	49	4.9	1.2	101
Miracle Whip Light	1 Tbsp	30	3	2.5	131
Ranch	2 Tbsp	160	16	2.5	250
Ranch Light	2 Tbsp	48	2.4	2	306
Raspberry Viniagrette	2 Tbsp	50	0	14	150

Other Dressings					
	Serving Size	Calories	Fat (g)	Carbs (g)	Sodium (mg)
Picante Mild	1 oz	10	0	2	260
Sweet & Sour, SS cup	1 oz	60	0	14	115
Gravy	2 oz	45	2.5	5	220

Snacks					
Breads/Bagels/Muffins					
	Serving Size	Calories	Fat (g)	Carbs (g)	Sodium (mg)
Bun: Hot Dog, Brat or Hamburger	Whole, 2 oz	158	2.5	28	272
Bread, whole wheat	1 slice (1.1 oz)	77	1	13	147
Cornbread Muffins	1 muffin	180	4.5	31	
Croissant	1 (2.2 oz)	253	13	29	464
Bread, white	1 slice (1.1 oz)	83	1	16	212
Sourdough Bread	1 slice (1.1 oz)	95	<1	9	170
Garlic Bread	1 slice	160	9	17	280
Bagel	4 oz	310	1	65	650
Biscuit	2 oz	180	8	22	490
Muffin (assorted)	1 muffin (2 oz)	180	6	28	160

Cookies					
	Serving Size	Calories	Fat (g)	Carbs (g)	Sodium (mg)
Butter Sugar Cookie	1	160	7	23	140
Chocolate Chunk Cookie	1	170	8	23	140
M & M cookie	1	160	7	24	140
Oatmeal Raisin cookie	1	150	7	23	130
White Chocolate Macademia Nut	1	170	8	21	120

Desserts	Serving Size	Calories	Fat (g)	Carbs (g)	Sodium (mg)
Angelfood Cake	1 slice (1 oz)	70	0	15	210
Banana Bar with Cream Cheese Frosting	1	210	10.5	28	107
Banana Pumpkin Bars	1	180	7	28	172
Best Yet Banana Bread	1 slice	244	6.5	44	396
Blonde Brownies	1 bar	353	15	4	54
Boston Cream Pie	1 slice	260	10	41	270
Brownies (Frosted)	1	206	8.6	1.7	32
Can't Leave Alone Bar	1	197	9	27	157
Cereal Cookie Bars	1	141	6.5	21	81
Cheesecake (w/ cherry topping)	1 slice	424	15.8	62.4	398
Cheesecake Bars	1	516	27	10	58
Chocolate Oatmeal Squares	1	275	9.5	45	205
Chocolate Mint Brownies	1	426	18.6	63	187
Chocolate Oatmeal Squares	1	276	9.5	5	45
Coconut Cream Dessert	1	377	20	45	349
Energy Bites	2 bites	274	15	32	83
Mandarin Orange Bread	1 slice	241	7	45	319
Oatmeal Scotchies	1	405	21	52	440
Pay Day Bars	1	344	14.5	6	50
Peanut Butter Fluff	1 serving	210	10	27	324
Peanut Butter chocolate chip banana bread	1 slice	606	22.2	97	567.4
Peanutty Candy Bar (Frosted)	1	299	18	32	231
Pecan Pie Bars	1	67	2	12	46
Popcorn Cake	1	174	9	1	24
Pudding, Chocolate	1nd pack	100	1	23	150
Pudding, Tapioca	1nd pack	120	3.5	20	140
Pudding, Vanilla	1nd pack	90	1	21	160
Pumpkin Bars	1	245	12.5	2	32
Salted Nut Bars	1	281	15	8.5	31
Seven Layer Magic Bar	1 bar	212	12.6	3	24
Scotch-a-Roo Bars	1	287	13.5	5	40.5
Twix Bars	1	255	14	3	31
Zucchini Bars	1	182	5	2	34
	Serving Size	Calories	Fat (g)	Carbs (g)	Sodium (mg)

Rolls/Donuts *

Bismark, custard filled w/o icing	3.5 oz	300	13	39	400
Bismark, Jelly filled w/o icing	3.5 oz	300	13	42	380
Crème filled Danish	3.5 oz	330	17	40	340
Danish, Jelly filled	3.5 oz	330	17	40	320
Glazed donut	3 3/4 inch	239	11	30	232
Long John w/o icing	2.5 oz	280	14	31	340
Long John, Crème filled w/o icing	3.5 oz	420	22	48	340
Twist	3 oz	359	17	46	348

* Nutrition information unavailable from vendor. Information based on other nutrition resources.

	Serving Size	Calories	Fat (g)	Carbs (g)	Sodium (mg)
Snack Bar					
Apple Cinnamon	1.3 oz	140	3	26	105
Strawberry NutriGrain Bar	1.3 oz	140	3	26	120
Oat N' Honey Granola Bar	1.5 oz	190	6	29	160
Peanut Sweet and Salty	1.2 oz	170	9	19	130
Trail Mix Fruit and Nut	1.2 oz	140	4	25	65
Cheddar Cheese Stick	1 oz	110	9	0	200
Mozzarella String Cheese Stick	1 oz	80	6	0	200

Beverages

	Serving Size	Calories	Fat (g)	Carbs (g)	Sodium (mg)
Hot Drinks					
Hot Chocolate	8 oz	120	0.5	27	190
SF Hot Chocolate (individual packet)	6 oz	50	0	10	180