

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	Protein (g)	Fat (g)	Carbs (g)	Sodium (mg)
BREAKFAST ITEMS and SANDWICH OPTIONS:						
American Cheese Slice	0.5 oz	50	2.5	4.5	1	250
Bagel (plain)	1 each	280	11	1	65	650
Bacon	2 pieces	88	6	7	0	350
Biscuit	1 each	200	4	9	25	540
Blueberry Muffin (Chef Pierre)	1 each	170	2	5	30	125
Breakfast Burrito	1 serving	559	33	31	37	1031
Sausage Breakfast Skillet	1/2 cup	464	31	28	21	528
Cake Donut (unfrosted)	1 each	260	3	17	25	360
Croissant	1 each	210	4	11	25	170
Egg, Hard Cooked Peeled Whole	1 each	70	6	5	1	55
Egg Patty	1 each	80	4	7	1	222
English Muffin	1 each	160	6	1.5	30	370
Flour Tortilla	1 tortilla	210	5	6	35	736
French Toast	1 piece	178	7	5	25	288
Ham slice	2 oz	60	10	1.5	0	350
Hash Browns (prepared with marg)	1/2 cup	119	2	4	19	59
Homemade Muffins	1 each	varies	varies	varies	varies	varies
Sausage Gravy	1/4 cup	124	5	6	13	360
Sausage Patty	1 each	180	4	18	0	230
Scrambled Egg	#16 scoop (1/4 c)	78	6	5	<1	70
Cereal	Serving Size	Calories	Protein (g)	Fat (g)	Carbs (g)	Sodium (mg)
Refer to individual boxes		varies	varies	varies	varies	varies
Fruit	Serving Size	Calories	Protein (g)	Fat (g)	Carbs (g)	Sodium (mg)
Apple	1 small	72	0	0	19	1
Banana	1 medium (7-8 inches)	105	1	0	27	1
Blueberries	1 cup	84	1	0	22	1
Cantaloupe	1 cup cubes	54	1	0	13	26
Grapes	1 cup	102	1	0	27	3
Honeydew Melon	1 cup diced	61	1	0	16	31
Orange	1 medium	69	1	0	15	1
Pineapple	1 cup chunks	84	1	0	22	2
Yogurt	Serving Size	Calories	Protein (g)	Fat (g)	Carbs (g)	Sodium (mg)
Refer to individual cups		varies	varies	varies	varies	varies
Entrees	Serving Size	Calories	Protein (g)	Fat (g)	Carbs (g)	Sodium (mg)
Baked Ham	4oz	120	20	3	4	1028
Beef and Noodles	3/4 cup	200	17	6	19	102
Beef Pot Roast	3oz	168	21	10	0	48
Chicken Alfredo	2/3 cup+ noodles	302	25	11	23	1419
Chicken Alfredo (GF)	2/3 cup+ noodles	564	34	33	37	870
Chicken Breast, boneless/skinless	4 oz	123	26	1	0	73
Chicken Fajita Salad	1 each	463	23	33	22	1211
Chicken Fried Rice	3/4 cup	197	20	6	16	359
Chicken noodle casserole	3/4 cup	230.5		6	27	238
Chicken spinach Bake	1 serving	240	28	10	5	285
Chicken Tender	1 tender	145	9.0	6.0	14	530
Chicken Tender (GF)	3 oz serving	170	13.0	7.0	14	350
Cod Fillet (battered)	1 piece	230	13	10	20	590
Cod Fillet (unbreaded)	4 oz	148	32	1	0	110
Confetti Chicken Casserole	6oz	205	13	6	22	321
Corn Casserole	4 oz	293	6	16	34	393
Creamed Chicken over biscuits	3/4 cup + 1 biscuit	365	17	15	41	1051
Goulash	3/4 cup	215	9	8	25	548

Ham and Cheese Quiche	1 piece	240	18	12	16	450
Ham Balls	2 each	248	21	7	23	722
Ham, Broccoli and cheese Quiche	1 serving	240	18	12	16	450
Herb Roasted Pork Loin	3oz	160	21	9	0	352
Homemade Supreme Pizza	1 piece	662	29	40	51	1574
Homemade Cheese Pizza	1 piece	405	20	16	46	998
Hot Beef Sandwich (potato/gravy)	1 serving	397	33	15	35	422
Hot Turkey Sandwich (potato/gravy)	1 serving	261	23	3	33	390
Lasagna Casserole	1 serving	344	24	16	29	775
Polish Sausage (beef/pork)	4 oz	360	13	32	5	930
Macaroni & Cheese	1 serving	213	6	5	35	651
Meatloaf	4oz	352	24	18	25	302
Mexican Beef and Rice Caserole	1 serving	284	15	15	20	1179
Mexican Chicken and Black Bean Roll	1 each	358	18	12	43	890
Pork Loin, Baked	3oz	160	21	0	9	352
Roast Beef	4oz	253	31	0	15	72
Salisbury Steak	4 oz	368	29	23	12	373
Salmon Spinach Feta Patty	1	160	20	6	5	340
Scalloped Potatoes and Ham	3/4 cup	194	12	4	27	1268
Sesame Chicken	4 oz	184	32	2	2	161
Spaghetti Bake	2/3 cup	296	13	13	31	484
Sloppy Joe on Bun	1 each	307	16	12	34	482
Taco Salad	1 individual	410		20	36	859
Tater Tot Casserole	3/4 cup	384	17	21	29	578
Turkey Broccoli Casserole	2/3 cup	139	16	3	11	167
Roast Turkey	3 oz	96	18	1	0	90
Turkey Tetrazini	# 6 scoop	215	15	4	24	443
Vegetable Lasagna	1 square	247	19	8	24	817

Sandwiches	Serving Size	Calories	Protein (g)	Fat (g)	Carbs (g)	Sodium (mg)
BBQ Beef Sandwich on Bun	1 each	304	20	11	37	516
BBQ Pork Sandwich on Bun	1 each	310	19	10	38	854
Black Bean Burger on Bun	1 each	260	16	7	37	940
BLT Wrap	1 each	356	13	17	37	995
Brat Patty on Bun	1 each	520	21	37	24	1070
Brat Patty on Bun w/ 1/2 cup Sauerkraut	1 each	533	21	37	27	1600
Battered Cod on Bun	1 each	370	18	14	41	800
Cheeseburger on Bun	1 each	410	26.5	25.5	22	750
Chicken Salad	1 each	354		16	41	844
Chili Dog on Bun	1 each	404	17	26	26	1074
French Dip on Hoagie	1 each	412	28	19	38	596
Grilled Ham and Cheese on Sourdough	1 each	400	26	13	43	1347
Grilled Patty Melt	1 each	553	32	28	43	1162
Grilled Reuben Sandwich	1 each	460	24	19	45	1536
Grilled Tuna Melt	1 each	404	29	12	43	1233
Hamburger on Bun	1 each	360	24	21	21	500
Hot Dog on Bun	1 each	371	14	25	23	1020
Hot Ham & Cheese on Bun	1 each	285	18	14	24	968
Sloppy Joe on Bun	1 each	307	16	12	34	482
Turkey Burger on Bun	1 each	440	27	27	21	880

Salads	Serving Size	Calories	Protein (g)	Fat (g)	Carbs (g)	Sodium (mg)
Cottage Cheese	1/2 cup	99	13	3	5	450
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	Protein (g)	Fat (g)	Carbs (g)	Sodium (mg)
Baked Potato Soup	8oz	296	9	16	31	676
African Yam	8oz	112	5	2	18	590
Baked Potato Soup	8oz	296	9	16	31	676
Beef Barley Soup	8oz	225	19	6	26	199
Beef Noodle	8oz	183	17	7	13	112
Bean and Ham	8oz	139	12	1	20	747
Black Bean	8oz	161	9	1	29	660
Cheese, Ham, Bacon and Onion Soup	8oz	183	9	5	24	1256

Chicken Dumpling	8oz	234	26	3	24	383
Chicken Noodle	8oz	82	11	1	7	82
Chicken Pot Pie	8oz	193	13	5	24	574
Chicken Tortilla	8oz	113	13	1	13	233
Chili	8oz	164	11	6	17	273
Creamy Potato Soup	8oz	194	2	5	31	596
Creamy Potato with Ham Soup	8oz	189	5	5	31	769
Hamburger Vegetable Soup	8oz	185	13	6	19	607
Mexican Chicken Tortilla	8 oz	113	13	1	13	233
Red Chicken Chili	8 oz	151	23	1	11	246
Spicey African Yam	8 oz	121	5	2	20	419
Stuffed Pepper Soup	8 oz	276	15	12	30	1711
Turkey & Wild Rice	8oz	179	18	5	14	231
Taco Soup (toppings not included)	8oz	157	9	4	21	723
Cream of Tomato	8oz	106	4	0	18	475
Turkey Rice	8oz	61	7	1	5	372
Vegetable Beef	8oz	86	9	3	6	67
Vegetarian Vegetable	8oz	72	2	0	17	108

*omit added salt?

Sides	Serving Size	Calories	Protein (g)	Fat (g)	Carbs (g)	Sodium (mg)
Augratin Cauliflower	1/2 cup	154	3	4	20	397
Baked potato	1 each	156	3	0	35	26
Baked Beans	1/2 cup	221	7	2	47	638
Broccoli	1/2 cup	28	3	0	5	24
Brussel Sprouts	1/2 cup	28	2	0	6	16
Cabbage, braised	1/2 cup	30	1	1	3	28
Cabbage, steamed	1/2 cup	30	1	2	3	28
Capri Vegetables	1/2cup	25	0	0	5	15
Chunky Applesauce	1/2 cup	90	0	0	23	10
Cauliflower	1/2 cup	17	1	0	3	16
Corn Casserole	1/2 cup	293	6	34	16	393
Cheesy Mashed Potatoes	1/2 cup	130	5	4	18	180
French Fries	4 oz	227	4	11	32	428
Fried Apples	1/2 cup	55	0	0	15	5
Fresh Vegetable Stir Fry	1/2 cup	91	4	5	11	128
Seasoned Green Beans	1/2 cup	28	1.5	0	6	165
Glazed Carrots	1/2 cup	147	1	6	23	146
Harvard Beets	1/2cup	71	1	0	16	135
Mashed Potatoes, Flake Dehydrated	1/2 cup	80	2	0	17	115
Mixed Vegetables	1/2 cup	63	2	1	13	48
Peas and Carrots	1/2 cup	40	2	0	8	58
Rice	1/3 cup	87	2	0	19	1
Seasoned Potato Wedges	3 oz	120	2	5	17	280
Potato Salad	1/2 cup	170	3	6	27	531
Roasted Herbed Potatoes	1/2 cup	128	2	6	18	181
Roasted Root Vegetables	1/2 cup	143	2	6	20	168
Scalloped Potatoes	1/2 cup	112	2	2	21	477
Spinach	1/2 cup	32	4	1	5	92
Stir Fry Vegetables	1/2 cup	91	4	5	11	128
Stewed tomatoes	1/2 cup	122	4	2	22	915
Roasted Squash	1/2 cup	54	1	3	7	3
Sweet Potato Fries	3 oz	160	1	6	24	240
Whole Kernal Corn	1/2 cup	72	3	1	18	3

Condiments	Serving Size	Calories	Protein (g)	Fat (g)	Carbs (g)	Sodium (mg)
BBQ Sauce	1 each	45	0	0	10	210
Brown Sugar Packet	1 each	50	0	0	12	4
Cream Cheese- light	1 each	60	3	5	2	110
Coffee Creamer	1 each	10	0	1	0	7
Creamer, powdered Non-Dairy	1 each	10	0	1	2	0

Jelly, assorted Reduced Calorie	1 each	10	0	0	4	0
Jelly, Grape/Strawberry	1 each	36	0	0	9	4
Ketchup Packet	1 each	10	0	0	3	85
Maple Syrup	1 each	120	0	0	31	40
Maple Syrup, Sugar-free	1 each	25	0	0	10	75
Margarine, Promise	1 each	25	0	3	0	30
Mayo - Kraft	1 each	90	0	10	0	65
Mayo - light	1 each	25	0	2	0	73
Miracle Whip Light	1 each	15	0	1	2	105
Mustard Packet	1 each	5	0	0	1	65
Peanut Butter, SS cup	1 each	84	3	7	3	65
Picante Mild	1 each	5	0	0	1	140
Sour Cream	2 T	60	1	6	2	0
Sour Cream Fat Free	1 each	25	2	0	4	30
Tartar Sauce	1 each	40	0	3	3	100
White Sugar Packet	1 each	12	0	0	3	0

Salad Dressing	Serving Size	Calories	Protein (g)	Fat (g)	Carbs (g)	Sodium (mg)
1000 Island	1 packet	130	0	12	7	480
French	1 packet	180	0	15	11	480
Honey Mustard	1 packet	180	1	16	10	240
Italian Fat Free	1 packet	15	0	0	3	490
Ranch	1 packet	150	0	16	3	370
Ranch Fat Free	1 packet	60	0	0	14	260
Raspberry Viniagrette	1 packet	40	0	0	9	370

Snacks	Serving Size	Calories	Protein (g)	Fat (g)	Carbs (g)	Sodium (mg)
See individual snack packages	1 each	varies	varies	varies	varies	varies

Breads/Bagels/Muffins	Serving Size	Calories	Protein (g)	Fat (g)	Carbs (g)	Sodium (mg)
Hamburger Bun - white	1 each	140	5	4	21	210
Gluten Free Bun	1 each	200	4	6	37	370
Gluten Free Bread	1 slice	90	2	1.5	16	140
Bread - white	1 slice	80	3	1	15	150
Corn Bread	1 serving	180	3	4.5	31	440
Croissant	1 each	210	4	11	25	170
Bread - Wheat	1 slice	80	3	1	15	150
Texas Toast	1 each	140	4	3	24	250
Sourdough Bread	1 slice	110	4	1	20	190
Garlic Bread	1 slice	290	4	20	24	415
Plain Bagel	1 each	280	11	1	65	650
Biscuit	1 each	200	4	9	25	540
Chef Pierre Blueberry Muffin	1 each	170	2	5	30	125
Homemade Muffins	1 each	varies	varies	varies	varies	varies

Cookies	Serving Size	Calories	Protein (g)	Fat (g)	Carbs (g)	Sodium (mg)
Sugar Cookie - Otis Spunkmeyer	1	160	2	7	23	140
Chocolate Chip - Otis Spunkmeyer	1	170	2	8	23	130
M & M cookie - Otis Spunkmeyer	1	160	2	7	24	140
Oatmeal Raisin cookie - Otis Spunkmeyer	1	160	2	7	23	135
Chocolate Energy Balls	2 balls	260	6	12	37	50

Desserts	Serving Size	Calories	Protein (g)	Fat (g)	Carbs (g)	Sodium (mg)
Angelfood Cake	1 slice (1 oz)	70		0	15	210
Banana Bar with Cream Cheese Frosting	1	222	2	12	29	147
Banana Pumpkin Bars	1	180		7	28	172
Best Yet Banana Bread	1 slice	267	4	10	44	361
Blonde Brownies	1 bar	353		15	4	54
Boston Cream Pie	1 slice	260		10	41	270
Brownies (Frosted)	1	215	2	9	32	112
Brownies (Prosted/with filling)	1	274	4	10	45	106
Can't Leave Alone Bar	1	228	3	9	38	237
Frosted Carrot Cake Muffin	1	337	3	22	35	235
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	260	6	12	37	50
Five Layer Bars	1 each	220	2	12	30	44
Lemon Bars	1 each	237	3	10	34	136
Mandarin Orange Bread	1 slice	241		7	45	319
Mint Brownies	1 piece	510	3	28	66	247
Monster Bars	1	330	8	16	41	138
No Bake Chocolate Oat Bars	1	652	12	43	63	329
Oatmeal Scotchies	1	405		21	52	440
Pay Day Bars	1	344		14.5	6	50
Peanut Butter Corn Flake Bars	1	235	4	9	36	120
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 (Hunts)	Ind pack	110	1	2.5	20	135
Pudding, Vanilla (Hunts)	Ind pack	110	0	2.5	20	130
Pumpkin Bars	1	245		12.5	2	32
Pumpkin Whoopie Bar	1 sandwich	618		37	67	497
Salted Nut Bars	1	227	7	14	22	160
Seven Layer Magic Bar	1 bar	212		12.6	3	24
Scotch-a-Roo Bars	1	324	5	14	47	102
Sour Cream Raisin Bars	1	221	3	9	34	58
Twix Bars	1	321	4	17	39	329
Zucchini Bars	1	182		5	2	34
Beverages	Serving Size	Calories	Protein (g)	Fat (g)	Carbs (g)	Sodium (mg)
Hot Drinks						
Hot Chocolate	1 each	120	1	0.5	27	190
SF Hot Chocolate (individual packet)	1 each	50	3	0	10	180