

Menu Item	Serving Size	Cals	Fat	Total Carb	Fiber	Sugar
<b>Stuffed Crust Cheesy Bites</b>	1 pk = 4 Bites	280	10	28	2	2
Marinara Sauce	1 ea	20	0	4	1	2
Chips	1 bag	110	2.5	19	1	0
Salsa	4oz Cup	15	0	3	0	1
<b>Mini Corn Dogs</b>	6 each	255	12	24	3	6
Chocolate Graham Crackers	1 pkg	120	4	21	2	7
<b>Grilled Cheese</b>	1 ea	280	10	31	3	6
Baked Lays	1 ea	140	4	24	2	3
<b>Lucky Charms Cereal Cup (KS)</b>	1 cup	210	2.5	46	4	19
Yogurt Cup	1 ea	70	0	14	0	10
String Cheese	1 ea	60	3	1	0	1
<b>Uncrustable (RMS)</b>						
Grape	1 ea	300	16	32	4	15
Strawberry	1 ea	300	16	33	4	15
Yogurt Cup	1 ea	70	0	14	0	10
String Cheese	1 ea	60	3	1	0	1
<b>Turkey &amp; Cheese Sub</b>		<b>283</b>	<b>8.5</b>	<b>27</b>	<b>4</b>	<b>3</b>
Sliced Turkey	4 slices	73	3	0	0	0
Sliced American Cheese	2 slices	70	4	2	1	1
Sub Roll	1 ea	140	1.5	25	3	2
Baked Cheetos	1 ea	120	4.5	16	1	1

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<b>Nachos</b>		<b>315</b>	<b>12.5</b>	<b>36</b>	<b>1</b>	<b>11</b>
Tortilla Chips	1 bag	110	2.5	19	1	0
Cheese Cup	4oz cup	190	10	14	0	10
Salsa	4oz cup	15	0	3	0	1
<b>Chicken Patty on Bun</b>		<b>490</b>	<b>19.5</b>	<b>56</b>	<b>7</b>	<b>4</b>
Chicken Patty	1 ea	240	14	16	3	1
Bun	1 ea	150	2	26	3	3
Cheez-Its	1 ea	100	3.5	14	1	0
<b>Cheese Pizza</b>	1 slice	300	16	35	3	9
<b>Cheese Pizza (Tony's Circle)</b>	1 pkg	280	12	26	3	8
Chocolate Chip Cookie	1 ea	180	5	31	2	16
Oreos **Will be the norm starting 9/24	1pkg	100	4.5	16	0	9
<b>Turkey Club Croissant</b>		<b>388</b>	<b>18.5</b>	<b>30</b>	<b>3</b>	<b>5</b>
Croissant	1 ea	200	8	28	2	4
Sliced Turkey	4 slices	73	3	0	0	0
Sliced American Cheese	2 slices	70	4	2	1	1
Bacon	1 slice	45	3.5	0	0	0
Chocolate Graham Crackers	1 pkg	120	4	21	2	7
<b>Cheeseburger on Bun</b>		<b>365</b>	<b>17</b>	<b>29</b>	<b>3.5</b>	<b>3.5</b>
Hamburger Patty	1 ea	180	13	2	0	0
Sliced American Cheese	1 slice	35	2	1	0.5	0.5
Bun	1 ea	150	2	26	3	3
<b>Ham &amp; Cheese Sub</b>		<b>272</b>	<b>7.2</b>	<b>30</b>	<b>4</b>	<b>4.7</b>

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Sliced Ham	4 slices	62	1.7	3	0	1.7
Sliced American Cheese	2 slices	70	4	2	1	1
Sub Roll	1 ea	140	1.5	25	3	2
Nacho Cheese Doritos	1 pkg	130	5	20	1	2
<b>Orange Chicken</b>		<b>402</b>	<b>4.5</b>	<b>71</b>	<b>3</b>	<b>18</b>
Rice Pilaf	3 oz	200	0.5	43	1	3
Orange Chicken	4 oz	190	4	25	2	13
Fortune Cookie	1 ea	12	0	3	0	2
<b>Muffins</b>		<b>320</b>	<b>10.5</b>	<b>53</b>	<b>2</b>	<b>29</b>
Whole Grain Banana Muffin	1 ea	140	3.5	24	1	12
Whole Grain Choc. Chip Muffin	1 ea	180	7	29	1	17
Yogurt Cup (Strawberry Smash)	1 ea	70	0	14	0	10
String Cheese Stick	1 ea	60	3	1	0	1
<b>Breaded Chicken Wrap</b>		<b>442.5</b>	<b>22</b>	<b>37.5</b>	<b>6.25</b>	<b>3.25</b>
Breaded Chicken Tenders	3 ea	260	15	16	3	1
Tortilla	1 ea	110	3	19	2	1
Sliced American Cheese	2 slices	70	4	2	1	1
Shredded Romaine	1/4 cup	2.5	0	0.5	0.25	0.25
Cheez-Its	1 ea	100	3.5	14	1	0
<b>Soft Pretzel Rods w/ Cheese Cup</b>		<b>400</b>	<b>11.5</b>	<b>56</b>	<b>3</b>	<b>10</b>
Soft Prezels	3 ea	210	1.5	42	3	0
Cheese Cup	1 ea	190	10	14	0	10
<b>Hot Dog on Bun</b>		<b>316</b>	<b>18</b>	<b>42</b>	<b>2</b>	<b>4</b>

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All Beef Hot Dog	1 ea	170	16	1	0	0
White Wheat Hot Dog Bun	1 ea	146	2	26	2	4
Fritos	1 pkg	160	10	16	1	0
<b>Cheesy PullApart</b>	<b>1 ea</b>	<b>300</b>	<b>13</b>	<b>32</b>	<b>2</b>	<b>5</b>
Marinara Sauce	1 ea	20	0	4	1	2
<b>Fruits &amp; Veggies</b>						
Applesauce	4oz	50	0	13	1	12
Apple Slices	2oz	30	0	7	1	6
Broccoli	4oz	25	0.25	5.5	2.5	1
Veggie Juice	1 ea	50	0	14	0	12
Corn & Black Bean Salad	4oz	110	0.5	20	3	5
Diced Peaches	4oz	60	0	14	0	13
Diced Mixed Fruit	4oz	60	3.5	14	1	0
Carrots	4oz	50	0	12	4	6
Diced Pineapples	4oz	60	0	15	1	13
Sliced Cucumbers	4oz	5	0	1	0	0.4
Grape Tomatoes	4oz	15	0	3.5	1	2.5
Diced Pears	4oz	60	0	16	2	12
Grapes	4oz	70	0	20	0	16
Cauliflower	4oz	20	0	4	1.5	1.5
Celery	4oz	15	0	3	2	2
Strawberry Cup (frozen)	4.5oz	80	0	21	2	16
Peach Cup (frozen)	4.5oz	90	0	21	2	19
Mixed Berry Cup (frozen)	4.5oz	90	0	20	2	16
<b>Condiments</b>						

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Mayo Packet	1 ea	50	4.5	2	0	0
Mustard Packet	1 ea	5	0	0	0	0
Taco Sauce	2 ea	5	0	1	0	0
Ranch Cup	1 ea	110	11	2	0	1
Ranch Packet (for salads)	1 ea	100	8	6	0	1
French Packet (for salads)	1 ea	50	0	12	0	11
Italian Packet (for salads)	1 ea	20	0	4	0	3
<b>Milk</b>						
1% White	1 ea	100	2.5	11	0	11
* or*						
Low-Fat Chocolate	1 ea	110	0	20	0	18