

Menu Item	Serving Size	Cals	Fat	Total Carb	Fiber	Sugar
Mini Corn Dogs	6 each	255	12	24	3	6
Chocolate Graham Crackers	1 pkg	120	4	21	2	7
CinniMini	1 pkg	240	7	40	3	14
Yogurt Cup	1 ea	70	0	14	0	10
String Cheese	1 ea	60	3	1	0	1
Turkey & Cheese Sub		283	8.5	27	4	3
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 Lays	1 ea	140	4	24	2	3
Grilled Cheese	1 ea	280	10	31	3	6
Baked Lays	1 ea	140	4	24	2	3
Chicken Patty on Bun		490	19.5	56	7	4
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
Cheese Pizza	1 slice	300	16	35	3	9
Cheese Pizza (Tony's Circle)	1 pkg	280	12	26	3	8
Oreos	1pkg	100	4.5	16	0	9
Cheeseburger on Bun		365	17	29	3.5	3.5

Menu Item	Serving Size	Cals	Fat	Total Carb	Fiber	Sugar
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
Flavored Pancakes						
Strawberry	1 pkg	230	6	39	2	14
Maple	1 pkg	220	6	37	2	11
Diced Ham	4 oz	147	7	0	0	0
String Cheese	1 ea	60	3	1	0	1
Ham & Cheese Sub		272	7.2	30	4	4.7
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
Sunbutter Sandwich	1 ea	310	15	33	4	11
Baked Cheetos	1 pkg	120	4.5	16	1	1
Muffins		320	10.5	53	2	29
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
Soft Pretzel Rods w/ Cheese Cup		400	11.5	56	3	10
Soft Prezels	3 ea	210	1.5	42	3	0

Menu Item	Serving Size	Cals	Fat	Total Carb	Fiber	Sugar
Cheese Cup	1 ea	190	10	14	0	10
Hot Dog on Bun		316	18	42	2	4
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
Cheesy PullApart	1 ea	300	13	32	2	5
Bosco Stick (2 - 6")	2 ea	300	10	34	4	2
Marinara Sauce	1 ea	20	0	4	1	2
Fruits & Veggies						
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
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

Menu Item	Serving Size	Cals	Fat	Total Carb	Fiber	Sugar
Mixed Berry Cup (frozen)	4.5oz	90	0	20	2	16
Condiments						
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
Milk						
1% White	1 ea	100	2.5	11	0	11
* or*						
Low-Fat Chocolate	1 ea	110	0	20	0	18