

Item	Serving Size	Calories	M/MA	Grain =	Calories from Fat	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbs	Protein
						g	g	mg	mg	g	g
CheeseBurger											
Burger, AP 1-155-525-20	2.5	119	2			6.16	2.47	20.5	399.64	1.42	14.85
Roll	1 bun (57g)	140		1.75	20	2	0	0	310	23	7
Cheese	1 slices (28g)	55	0.5		40	4.5	2.5	13	140	1	2.5
Total		314	2.5	1.75	60	12.66	4.97	33.5	849.64	25.42	24.35

Grilled Cheese

Bread	2 slices	140		2	10	2	0	0	200	28	6
Cheese	4 slices	220	2		160	18	10	50	560	4	10
Butter	1 T	100			100	11	5	0	85	0	0
Total		460	2	2	270	31	15	50	845	32	16

PB&J

Bread	2 slices	140		2	10	2	0	0	200	28	6
Peanut Butter	4T or 2oz	400	2		280	32	6	0	280	12	14
Jelly	1T	50			0	0	0	0	5	13	0
Total		590	2	2	290	34	6	0	485	53	20

Bacon CheeseBurger

Burger, AP 1-155-525-20	2.5	119	2			6.16	2.47	20.5	399.64	1.42	14.85
Roll	1 bun (57g)	140		1.75	20	2	0	0	310	23	7
Cheese	1 slices (28g)	55	0.5		40	4.5	2.5	13	140	1	2.5
Bacon	1 slice	80			60	7	3	15	270	0	4
Total		394	2.5	1.75	120	19.66	7.97	48.5	1119.64	25.42	28.35

Hot Dog on a Bun

Hot Dog Farmland (81096 7)	2oz	180		2	140	16	7	35	480	2	6
Hot Dog Roll	1	120	1.75		120	10	1	0	280	22	5
Total		300	1.75	2	260	26	8	35	760	24	11

BBQ Rib on a bun

Ribs, Advance Pierre 3787	3	190	2		90	10	3.5	40	400	10	13
Roll	1 bun (57g)	140		1.75	20	2	0	0	310	23	7
Total		330	2	1.75	110	12	3.5	40	710	33	20

Item	Serving Size	Calories	M/MA	Grain =	Calories from Fat	Total Fat g	Saturated Fat g	Cholesterol mg	Sodium mg	Carbs g	Protein g
Submarine Sandwich											
Sub Roll/ Wrap	1 roll	150		1.75	15	1.5	0	0	280	27	6
Cheese	1 slices (28g)	55	0.5		40	4.5	2.5	13	140	1	2.5
Turkey	2oz	50	2		5	0.5	0	20	260	0	11
Ham	2oz	60	2		15	2	0.5	25	610	2	8
Total		255/265	2.5	1.75	60/70	6.5/8	2.5/3	33/38	680/1030	28/30	19.5/16.5
Baked Breaded Chicken (Goldkist)											
Baked Breaded Chicken (Goldkist)	1 breast 1 thigh	215	2	1	117	13	3	41	591	11	12
Roasted Chicken (Goldkist)											
Roasted Chicken (Goldkist)	3oz	150	2		90	10	3	55	300	0	14
Snack Attack											
Chicken Tenders (6243)		254	2	1	126	14	3	59	321	15	17
Cheese Sticks		110			36	4	1	5	220	12	7
Total		364	2	1	162	18	4	64	541	27	24
Breaded Chicken Pattie on a Bun											
Chicken Pattie (goldkist 6616)	3.9oz	254	2	1	126	14	3	59	321	15	17
Roll	1 bun (57g)	140		1.75	20	2	0	0	310	23	7
Total		394	2	2.75	146	16	3	59	631	38	24
Buffalo Chicken Patty on a bun											
Chicken Pattie	1 piece	200	2	0.75	100	11	2.5	55	460	12	15
Hamburger Roll	1 bun (57g)	140		1.75	20	2	0	0	310	23	7
Total		340	2	2.5	120	13	2.5	55	770	35	22
Charbroiled Chicken Sandwich											
Charbroiled Chicken	2.6oz	120	2		50	5	1.5	35	360	4	14
Hamburger Roll	1 bun (57g)	140		1.75	20	2	0	0	310	23	7
Total		260	2	1.75	70	7	1.5	35	670	27	21
Chicken Nuggets (2378)											
Chicken Nuggets (2378)	5 each	225	2	1	112	12.5	2	44	475	12.5	16.25
	6 each	270	2	1	113	13	2	53	570	15	20

Item	Serving Size	Calories	M/MA	Grain =	Calories from Fat	Total Fat g	Saturated Fat g	Cholesterol mg	Sodium mg	Carbs g	Protein g
Tuna Salad Sandwich											
Tuna Salad	1/2 cup	263	0	0	183	20	4	57	482	20	17
Bread	2 slices	140		2	10	2	0	0	200	28	6
Total		403	0	2	193	22	4	57	682	48	23
Nachos Grande											
Taco Meat	2oz	198	2		100	10	1	48	450	8	14
Nachos	12	150		1	60	6	1	0	55	21	2
Cheese Sauce	1 - 2oz	60			30	3.5	2	0	471	6	0
Lettuce											
Tomato											
Total		408	2	1	190	19.5	4	48	976	35	16
Tacos											
Taco meat	2oz	198	2		100	10	1	48	450	8	14
Tortilla Shells 6"	1	180		0	60	6	1.5	0	420	25	5
Cheese	1oz	70			29	4.5		16	132	1	7
Total		448	2	0	189	20.5	2.5	64	1002	34	26
Tacos											
Taco meat	3oz	297	3	0	150	15	1.5	72	675	12	21
Tortilla Shells 10"		190		0	60	7	2	0	460	28	5
Cheese	2oz	140	0	0	58	9	0	32	264	2	14
Total		627	3	0	268	31	3.5	104	1399	42	40
Chicken Parm Dinner											
Chicken Pattie (goldkist 6616)	3.9oz	254	2	1	126	14	3	59	321	15	17
Spaghetti Sauce		12.5			2	0	0	0	90	2	0
Mozzarella Cheese		70	1		40.5	4.5	0	0	132	0.8	7
Total		337	3	1	169	19	3	59	543	18	24
Pasta With MeatSauce											
Pasta	1/2 cup	80		1	7	0.3	0	0	10	16	2
Meatsauce		283	0	2	109	12	0	48	516	26	22
Total		363	0	3	116	12.3	0	48	526	42	24

Item	Serving Size	Calories	M/MA	Grain =	Calories from Fat	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbs	Protein
						g	g	mg	mg	g	g
Pasta with sauce and Meatballs											
Spaghetti Sauce		12.5			2	0	0	0	90	2	0
Meatballs		201	0	2	139	14	1	18	127	1	18
Pasta	1/2 cup	80	1		7	0.3	0	0	10	16	2
Total		294	1	2	148	14	1	18	227	19	20
Steak & Cheese on a bun											
Roll	96	14400		2	1440	144	0	0	26880	2592	576
Steak	15#	9600	2		4800	576	240	2880	14400	96	960
Peppers & Onions	3#10	1440			0	0	0	0	7920	288	0
Total		265	2	2	65	8	3	30	513	31	16
Shrimp Poppers with Cheese Stix											
Shrimp Poppers	20 each	220		1	90	10	1.5	55	760	22	9
Cheese Stick	1oz	80		1	50	6	3.5	15	200	0	6
Total		300	0	2	140	16	5	70	960	22	15
Fish Nuggets	4 pieces/ 4oz	280	2	1	140	16	3	55	420	20	15
Clam Strips with Cheese Sticks											
Clam Strips	4oz	310	1		140	15	2	20	690	36	10
Cheese Stick	1oz	80	1		50	6	3.5	15	200	0	6
Total		390	2	0	190	21	5.5	35	890	36	16
Fishermans Platter											
Fish Nuggets	3 each	210	1.75	0.75	105	12	2	41	315	15	12
Clam Strips	2oz	155	0.5		70	7.5	1	10	345	18	5
Shrimp poppers	10 pieces	110	0.5		110	5	0.75	30	380	11	4.5
Total		475	2.75	0.75	285	24.5	3.75	81	1040	44	21.5
Fish Patty with cheese											
Fish Pattie (viking 06543)	1 - 3.6oz	240	2	0.5	100	11	2.5	65	290	16	14
Hamburger Roll	1 bun (57g)	140		1.75	20	2	0	0	310	23	7
Cheese	1 slices (28g)	55	0.5		40	4.5	2.5	13	140	1	2.5
Total		435	2.5	2.25	160	17.5	5	78	740	40	23.5

Item	Serving Size	Calories	M/MA	Grain =	Calories from Fat	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbs	Protein
						g	g	mg	mg	g	g
Lasagna Roll ups with Meat Sauce											
Lasagna Roll ups	1	170	1		50	6	4	35	230	20	7
Lasagna Roll Ups HS	2	340	2		100	12	8	70	460	40	14
Meat Sauce	2 -3 oz	283	2		109	12	0	48	516	26	22
Total		453	3	0	159	18	4	83	746	46	29
Total HS		623	4	0	209	24	8	118	976	66	36

Bacon Swiss Cheese Burger											
Burger, AP 1-155-525-20	2.5	119	2			6.16	2.47	20.5	399.64	1.42	14.85
Roll	1 bun (57g)	140		1.75	20	2	0	0	310	23	7
Cheese	1 slices (28g)	70	0.5		45	5	3	15	35	0	5
Bacon	1 slice	80			60	7	3	15	270	0	4
Total		409	3	2	125	20	8	51	1015	24	31

Chicken Parm Sandwich											
Chicken Pattie (goldkist 6616)	3.9oz	254	2	1	126	14	3	59	321	15	17
Roll	1 bun (57g)	140		1.75	20	2	0	0	310	23	7
Spaghetti Sauce		12.5			2	0	0	0	90	2	0
Mozzarella Cheese		70	1		40.5	4.5	0	0	132	0.8	7
Total		477	3	3	189	21	3	59	853	41	31

Chicken Cordon Sandwich											
Chicken Pattie (goldkist 6616)	3.9oz	254	2	1	126	14	3	59	321	15	17
Roll	1 bun (57g)	140		1.75	20	2	0	0	310	23	7
Cheese	1 slices (28g)	70	0.5		45	5	3	15	35	0	5
Ham	1oz	30	0.5		7.5	1	0	12.5	305	1	4
Total		494	3	3	199	22	6	87	971	39	33

Breaded Chicken Pattie BBQ & Cheese											
Chicken Pattie (goldkist 6616)	3.9oz	254	2	1	126	14	3	59	321	15	17
Roll	1 bun (57g)	140		1.75	20	2	0	0	310	23	7
Cheese	1 slices (28g)	55	0.5		40	4.5	2.5	13	140	1	2.5
BBQ Sauce		61							155	12	
Total		510	3	3	186	21	6	72	926	51	27

BBQ Chicken

Chicken, either Gov - GF 13395	3oz	150	2		90	10	3	55	300	0	14
BBQ Sauce		61							155	12	
Total		211	2	0	90	10	3	55	455	12	14

Fish Pattie on a Bun

Fish Pattie (viking 06543)	1 - 3.6oz	240	2	0.5	100	11	2.5	65	290	16	14
Hamburger Roll	1 bun (57g)	140		1.75	20	2	0	0	310	23	7
Total		380	2	2.25	120	13	2.5	65	600	39	21

