

Item	Serving Size	Calories	Calories from Fat	Total Fat	SF	Cholesterol	Sodium	Carbs	Protein
				g	g	mg	mg	g	g
Sweet Potato Fries	1/2cup - 2.11oz	85	30	3	0.5	0	125	13	1
Baked Beans									
Baked Beans	1/2cup	110	0	0	0	0	400	21	7
Brown Sugar	2tsp	30	0	0	0	0	0	8	0
Ketchup	1/2T	7	0	0	0	0	95	2	0
Total		147	0	0	0	0	495	31	7
Tossed Salad									
Tossed Salad	100-1 1/2cup								
Markon Salad Mix	1-1/2cup	1854	0	0	0	0	0	309	103
Tomatoes		256	32	3.2	0	0	64	56	12.8
Cucumber		202	25	2.5	0	0	38	36	10
Italian Dressing		16000	16000	1728	0	0	25344	128	0
Total		183	161	17	0	0	254	5	1
Romaine Tossed Salad Mix									
Romaine Tossed Salad Mix	128-1 1/2cup								
Markon Romaine Salad Mix	1-1/2cup	1780	0	0	0	0	0	309	103
Tomatoes		256	32	3.2	0	0	64	56	12.8
Cucumber		202	25	2.5	0	0	38	36	10
Italian Dressing		16000	16000	1728	0	0	25344	128	0
Total		142	125	14	0	0	199	4	1
French Fries									
French Fries	1/2 cup	130	40	4.5	0.5	0	160	21	2
Hashbrown Patties									
Hashbrown Patties	1 each	130	45	6	1	0	250	17	1
Tator Tots									
Tator Tots	1/2 cup	140	63	7	1.5	0	280	16	2
Carrots, glazed									
Carrots, glazed	100 - 1/2cup								
carrots		2700	0	0	0	2400	4300	600	0
Butter (sun-glow)		3200	3200	352	160	0	2720	0	0
Brown Sugar		1710	0	0	0	0	0	456	0
Total		76	32	4	2	24	70	11	0

Item	Serving Size	Calories	Calories from Fat	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbs	Protein
				g	g	mg	mg	g	g
Colden Corn	24 - 1/2 cup serv								
Corn, canned		2160	120	24	0	0	3360	432	72
Butter (sun-glow)		800	800	88	40	0	680	0	0
Total		123	38	5	2	0	168	18	3
Broccoli	1/2 cup	26	9	1	0	0	15	5	3
Butter (sun-glow)	1tsp	30	30	0.3	0	0	3	0	0
Total		56	39	1.3	0	0	18	5	3
Broccoli with Cheese Sauce	1/2 cup	26	9	1	0	0	15	5	3
Cheese Sauce	1T	15	10	1	0	0	125	1	0
Total		41	19	2	0	0	140	6	3
California Blend Vegetables									
California Blend Vegetables	1/2 cup	25	0	0	0	0	30	5	1
Butter	1tsp	30	30	3	1	0	0	25	0
Total		55	30	3	1	0	30	30	1
Mexican Bean Salad	100 - 1/2 cup								
Black Beans		2340	0	0	0	0	9360	416	156
Chick Peas		2860	520	52	13	0	9360	468	156
Kidney Beans		4420	0	13	0	0	11700	754	312
Italian Dressing		4037	3840	448	65		6089	33	
Corn		1610	162	18	0	0	6072	368	46
Total		153	45	5	1	0	426	20	7
Green Beans		20	0	0	0	0	140	8	8
Butter (sun-glow)		33	3.5	1.5			29		
Total		53	3.5	1.5	0	0	169	8	8
Baby Carrots	3oz	40					50	9	1
Ranch Dressing	1T	85	80	9	1.5	2.5	130	0.5	
Total		125	80	9	1.5	2.5	180	9.5	1

Mashed Potatoes

Instant mashed potatoes	2cns	19200					5760	4032	576
Bttermatch (sunglow)	4#	12800	12800	1408	640		10880		
Skim Milk	10cts	1200	0	0	0	50	1300	220	80
Salt	12T						55808		
Water	5-1/2 gl								
Total		166	64	7	3	0	369	21	3