

Breakfast Food Item	Portion Size	Calories (g)	Total Fat (g)	Sat. Fat (g)	Carb (g)	Sodium (mg)	Protein (g)	Calcium (mg)	Fiber (g)
Bagel (20z)	1	280	1	0	58	500	11	0	0
Breakfast Pizza- Bacon Scrambler WG	1	210	8	3.5	23	340	10	210	2
Breakfast Wrap- Egg & Cheese WG	1	180	10	4	14	400	10	112	2
Breakfast Wrap- Sausage WG	1	180	9	3.5	14	400	10	91.9	2
Cereal, Apple Zings	1 cup	80	0.5	0	19	100	1	60	0
Cereal, Coco Roos	1 cup	100	1	0	21	110	1	80	0
Cereal, Marshmallow Mateys	1 cup	120	1	0	21	200	2	250	1
Cereal, Raisin Bran	1 cup	210	1	0	24	350	2	40	7
Cereal, Rice Chex	1 cup	100	0.5	0	24	250	2	100	1
Cereal, Tootie Fruities	1 cup	90	0.5	0	19	100	1	60	1
Cereal, Frosted Flakes	1 cup	120	0	0	28	200	1	0	0
Cereal, Toasty-Os	1 cup	100	1.5	0	18	120	3	80	2
Cereal, Frosted Mini Wheats Choc	1 cup	100	1	0	23	105	3	0	3
Cheese, String	1	80	6	4	1	210	7	200	0
Egg, Boiled	1	60	4	1.5	1	55	6	20	0
French Toast Sticks	4	270	12	2	35	280	6	235	3
Funnel Cake	1	280	9	4.5	45	360	5	40	1
Granola	2/3 cup	120	3.5	0	20	75	3	200	2
Juice- Apple	6.75 oz	90	0	0	21	5	0	100	0
Juice- Fruit Punch	6.75 oz	100	0	0	24	25	1	100	0
Juice- Orange Tangerine	6.75 oz	100	0	0	25	20	0	20	0
Juice- Strawberry/Kiwi	6.75 oz	100	0	0	24	20	0	20	0
Juice- Grape	6.75 oz	100	0	0	25	20	0	20	0
Juice- Verry Berry	6.75 oz	100	0	0	24	15	0	100	0
Juice cup- Orange Mango	4 oz	60	0	0	14	1	1	110	0
Milk, 1%	8 oz	110	2.5	1.5	13	130	8	300	0
Milk, Skim Fat Free	8 oz	90	0	0	13	130	8	300	0
Milk, Chocolate Fat Free	8 oz	120	0	0	20	180	8	200	0
Muffin, Blueberry	1	190	6	2	30	130	3	20	0
Muffin, Chocolate	1	190	6	1	32	130	4	40	2
Muffin, Banana Nut	1	220	9	2	32	270	3	40	0
Pancakes, Plain	2	210	3	1	39	540	6	40	0
Pancakes, Blueberry	2	200	4	0.5	38	500	6	70	0
Pop Tart- single, WG Cinnamon Sugar	1	180	3	1	37	190	2	100	3
Pop Tart- single, WG Strawberry	1	180	2.5	1	37	180	2	100	3

<b>Breakfast Food Item(cont)</b>	<b>Portion Size</b>	<b>Calories (g)</b>	<b>Total Fat (g)</b>	<b>Sat. Fat (g)</b>	<b>Carb (g)</b>	<b>Sodium (mg)</b>	<b>Protein (g)</b>	<b>Calcium (mg)</b>	<b>Fiber (g)</b>
Sausage Patty-	2	140	7	2	2	320	16	0	0
Syrup, Pancake	2 oz	60	0	0	17	30	0	0	0
Waffles, WG	2	200	6	1	32	260	4	60	1
Yogurt- Upstate	4 oz	90	0	0	19	75	3	300	0
<b>Menu Entrée</b>									
Alfredo, Penne Chicken	1 cup	299.26	5.5	2.16	44.43	417.56	18.64	230.49	5.53
Beef, Meatballs	5	150	9	3.5	4	230	14	40	1
Beef, Patty (hamburger)	1	130	8	3	0	135	15	0	0
Chicken, Breast (unbreaded)	1	110	2.5	0.5	1	380	19	20	0
Chicken, Strips	3	190	12	2.5	9	500	13	0	2
Chicken, Patty (unbreaded)	1	150	10	2.5	0	550	15	0	0
Chicken, Curry Casserole	3/4 cup	220.32	6.47	1.34	26.4	563.78	14.33	64.98	2.81
Chicken, Pot Pie	1	400	23	8	36	780	10	40	2
Chickpea Soup	1 cup	241	7.9	<1	37.92	156.06	7.8	93.35	5.62
Chicken, Wingettes	3	220	15	3.5	4	580	16	20	1
Chili, Vegetarian	4 oz	180	8.6	3.6	10.6	204	15.44	46	2.5
Corn Dog, Chicken	1	240	8	2.5	30	390	9	0	5
Dunker, Bread	1	330	15	6	30	680	18	0	3
Fish, Pollack Burger	1	160	9	0.5	5	250	18	20	0
Ham & Cheese on WG Bun	1	261	7.46	2.85	32.73	778	17.59	0	0
Hot Dog, Beef	1	290	19.5	5	22	540	12	0	2
Hot Dog, Chicken	1	120	10	2.5	1	300	7	0	0
Lasagna, Cheese Roll up	1	200	4.5	25	26	290	14	200	2
Macaroni & Cheese	3/4 cup	280	11	5	29	670	17	0	2
Nachos, Meat & Cheese Sauce	5 oz	447	24.2	4.5	44	638	19.41	0	4
Omelet, Cheese	1	110	8	3	1	210	8	84	0
Peanut Butter & Jelly, Grape	1	310	16	2.5	35	310	10	20	4
Peanut Butter& Jelly, Strawberry	1	300	16	2	34	310	10	20	4
Pizza, WG Pepp	1 slice	270	10	4	32	860	16	250	4
Pizza, 4x6 Cheese	1 slice	300	11	5	35	580	16	250	4
Pizza, Quesadilla Cheese	1 slice	320	10	2.5	43	790	14	250	6
Pizza, Quesadilla Chicken	1 slice	320	11	2.5	38	770	18	200	4
Rainbow Rice	1 cup	232.21	4.15	1.01	28.16	159.37	22.22	28.5	4.5
Rice, Brown	1/2 cup	85	0.75	0	18	0	2	0	1

Menu Entrée(cont)	Portion Size	Calories (g)	Total Fat (g)	Sat. Fat (g)	Carb (g)	Sodium (mg)	Protein (g)	Calcium (mg)	Fiber (g)
Shrimp Poppers	4	230	11	2	22	490	12	31	3
Stir Fry Rice, Eggs & Ham	1 cup	238.44	7.09	1.36	34.96	312.64	8.76	53.46	3.24
Sloppy Joe w bun	1	325	12.5	4.46	29	490	20.95	0	2
Sub, Ham w/o fixings	1	276.5	7.08	1.58	33.1	963	20.8	0	0
Veggie Burger	1	170	6	1	15	540	16	80	3
Sub, Turkey w/o fixings	1	278.3	7	1.62	34.2	965	22	0	0
Taco, Hard Shell Beef w/o fixings	1	217	11.7	4	14	192	19	0	0
Taco, Soft Shell Beef w/o fixings	1	237	9.2	2.5	20	532	22	0	0
Toasted Cheese Sandwich	1	281.66	11.83	6.16	30	845	18	0	2
Waffles	2	200	6	1	32	260	4	60	1
<b>Vegetable</b>									
Bean, Baked (vegetarian)	1/2 cup	150	1	0	29	350	7	40	6
Bean, Black	1/2 cup	120	0.32	0.082	22.52	140	7.57	51	7.7
Bean, Garbanzo	1/2 cup	143	1.37	0.14	27.14	359	5.94	38	5.3
Bean, Green, Frozen	1/2 cup	19	0.11	0.03	4.35	6	1.01	33	2
Bean, Refried	1/2 cup	114	1.48	0.492	19.22	140	6.82	42	6.4
Bean, Kidney	1/2 cup	109	0.44	0.06	19.96	436	6.72	31	8.2
Broccoli, Frozen	1/2 cup	15	0	0	2	10	1	60	1
Broccoli, Fresh	1/2 cup	15	<.5	0	3	15	1	21	1
California Blend, Frozen	1/2 cup	20	0	0	5	20	1	40	2
Carrots, Frozen	1/2 cup	27	2.4	0.09	5.64	43	0.42	26	2.4
Carrots, Fresh	1/2 cup	25	<.5	0	6	42	1	20	2
Cauliflower, Fresh	1/2 cup	13	<.5	0	3	15	1	11	1
Celery, Fresh	1/2 cup	8	<.5	0	2	40	0	20	1
Corn, Frozen	1/2 cup	72	0.63	0.098	17.06	172	2.48	0	2
Cucumber	1/2 cup	8	<.5	0	2	1	0	8	2
Mashed Potatoes	1/2 cup	80	1	0	17	310	2	19.2	1
Peas, Frozen	1/2 cup	62	0.22	0.04	11.41	58	4.12	19	4.4
Oven Fries	1/2 cup	180	7	0.5	26	200	3	0	3
Peppers, Fresh	1/2 cup	15	<.5	0	3	2	1	7	1
Potato Crinkle Cut	1/2 cup	90	3	0	15	115	1	0	<1
Potato Smiles(4)	1/2 cup	130	4.5	0.5	20	180	2	0	2
Potato Spudster	1/2 cup	150	6	1.5	23	380	2	20	2
Radish	1/2 cup	9	<.5	0	2	23	0	15	1





