

Breakfast Food Item	Portion Size	Calories (g)	Total Fat (g)	Sat. Fat (g)	Carb (g)	Sodium (mg)	Protein (g)	Calcium (mg)	Fiber (g)
Bar Benefit, Oatmeal Choc Chip	1 bar	290	9	3	47	240	5	20	3
Bar Benefit Banana Choc Chunk	1 bar	280	8	72	48	220	5	20	3
Bagel, WG	1	280	1	0	58	500	11	0	0
Breakfast Egg roll	1	200	10	3.5	20	430	8	58	1
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, Marshmellow Mateys	1 cup	120	1	0	21	200	2	250	1
Cereal. Coco Puffs	1.7oz	200	2.5	0	42	170	3	0	2
Cereal, Raisin Bran	1 cup	210	1	0	24	350	2	40	7
Cereal. Bluberry Chex	1 cup	120	2.5	0	23	180	1	60	1
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
Cereal, Honey nut Cheerios	1.8oz	190	2.5	0.5	41	290	4	0	<1
Cereal. Lucky Charms	1.7 oz	180	2	0	40	310	4	0	3
Ceral, Cheerios	1.3 oz	130	2.5	0.5	26	180	5	0	4
Cereal, Cinamon Toast Crunch	2oz	240	6	0.5	45	320	3	0	3
Cheese, String	1	80	6	4	1	210	7	200	0
Cheese, Cottage	1/2cup	210	16	3	19	240	1	20	2
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- White Grape Raspberry	6.75oz	100	0	0	21	15	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
Pancake Sausage on a Stick	1	200	11	3	19	380	6	20	1
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
Potato Fritter	1	230	11	3	19	380	6	20	1
Ranchero Taquito	1	180	6	1.5	23	350	8	60	2
Breakfast Food Item(cont)	Size	(g)	Fat (g)	(g)	(g)	(mg)	(g)	(mg)	(g)
Sausage Patty-	2	140	7	2	2	320	16	0	0
Syrup, Pancake	2 oz	60	0	0	17	30	0	0	0
Waffles, MINI	1pkg	210	6	1	38	170	4	20	oi7[]=
Waffles, WG	2	200	6	1	32	260	4	60]]]
Yogurt- Upstate	4 oz	90	0	0	19	75	3	300	0
Menu Entrée									
Alfredo, Penne Chicken	1 cup	299.26	5.5	2.16	44.43	417.56	18.64	230.49	5.53
BBQ Rib Patty	1	260	16	5	12	630	18	40	2
Beef, Meatballs	5	150	9	3.5	4	230	14	40	1
Beef/Bean Burrito	1	360	135	7	40	460	16	150	5
Beef, Patty (hamburger)	1	130	8	3	0	135	15	0	0
Burger, Black Bean	1	190	7	1	22	540	17	80	8
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, Cordon Bleu	1	270	13	4.5	15	690	23	100	0
Chicken, Kiev	1	310	22	9	11	360	15	20	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, black bean	4 oz	180	8.6	3.6	10.6	204	15.44	46	2.5
Chili Cheese Wrap, Vegetarian	1	300	11	3	35	590	17	200	4
Cinnamon Roll	1	460	21	11	30	1130	8	70	0
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
Gyro, Beef	5oz	200	14	6	2	370	15	40	1
Ham & Cheese on WG Bun	1	261	7.46	2.85	32.73	778	17.59	0	0
Hashbrown	1	250	13	2	31	550	3	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
Kielbasa	3oz	180	16	6	2	560	7	20	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
Onion Ring	5oz	180	8	1	24	550	3	25	1
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
Philly Cheesesteak	3oz	190	3.5	1.5	4	660	11	20	1
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
Potato Smile	3oz	160	6	1	25	230	2	0	2
Rainbow Rice	1 cup	232.21	4.15	1.01	28.16	159.37	22.22	28.5	4.5
Ravioli, beef	5oz	290	8	3.5	39	350	14	80	2
Ravioli, cheese	5oz	200	6	3	24	380	14	80	2
Red Beans & Rice	4oz	207	0.8	0.2	41	527	7.4	80	6.5
Rice, fried	1/2 cup	270	2.5	0	54	440	6	10	4
Rice, brown	1/2 cup	85	0.75	0	18	0	2	0	1
	Size	(g)	Fat (g)	(g)	(g)	(mg)	(g)	(mg)	(g)
Menu Entrée(cont)									
Roast Beef	4oz	110	6	2	0	740	13	0	0
Shrimp Poppers	1 cup	238.44	7.09	1.36	34.96	312.64	8.76	53.46	3.24
Stir Fry Rice, Eggs & Ham	1	325	12.5	4.46	29	490	20.95	0	2
Sloppy Joe w bun	1	276.5	7.08	1.58	33.1	963	20.8	0	0
Sub, Ham w/o fixings	1	170	6	1	15	540	16	80	3

Sub, Turkey w/o fixings	1	217	11.7	4	14	192	19	0	0
Taco, Hard Shell Beef w/o fixings	1	237	9.2	2.5	20	532	22	0	0
Taco, Soft Shell Beef w/o fixings	1	281.66	11.83	6.16	30	845	18	0	2
Tator Tot Hotdish	1cup	174	5.6	2.3	5.4	460	23.8	12	0.8
Toasted Cheese Sandwich	1	200	6	1	32	260	4	60	1
Tempeh, Soy	4oz	160	7	1	9	10	16	80	3
Tortellini, Cheese	5oz	290	6	3.5	44	400	13	200	2
Tofu	3oz	70	4	0	2	10	7	100	2
Vegan Nuggets	4each	180	8	1	18	350	12	40	4
Vegan Chicken Sandwich	1	160	6	1	19	250	9	20	3
Veggie Burger	1	170	6	1	15	540	16	80	3
Vegetable									
Asparagus	5e	20	0	0	4	0	2	20	2
BBQ Baked Beans	1/2 cup	80	0	0	18	240	2	40	3
Bean, Baked (vegetarian)	1/2 cup	120	0.32	0.082	22.52	140	7.57	51	7.7
Bean, Black	1/2 cup	143	1.37	0.14	27.14	359	5.94	38	5.3
Bean, Garbanzo	1/2 cup	19	0.11	0.03	4.35	6	1.01	33	2
Bean, Green, Frozen	1/2 cup	114	1.48	0.492	19.22	140	6.82	42	6.4
Bean, Refried	1/2 cup	109	0.44	0.06	19.96	436	6.72	31	8.2
Bean, Kidney	1/2 cup	15	0	0	2	10	1	60	1
Broccoli, Frozen	1/2 cup	15	<.5	0	3	15	1	21	1
Broccoli, Fresh	1/2 cup	20	0	0	5	20	1	40	2
Brussels Sprouts	1cup	38	0.3	0.1	7.9	22	3	37	3.3
California Blend, Frozen	1/2 cup	27	2.4	0.09	5.64	43	0.42	26	2.4
Carrots, Frozen	1/2 cup	25	<.5	0	6	42	1	20	2
Carrots, Fresh	1/2 cup	13	<.5	0	3	15	1	11	1
Cauliflower, Fresh	1/2 cup	8	<.5	0	2	40	0	20	1
Celery, Fresh	1/2 cup	72	0.63	0.098	17.06	172	2.48	0	2
Corn, Frozen	1/2 cup	8	<.5	0	2	1	0	8	2
Cucumber	1/2 cup	80	1	0	17	310	2	19.2	1
Fries, curly	1/2 cup	130	5	0.5	21	290	1	0	1
Edamame	1/2cup	100	4	0.5	6	5	9	50	4
Mashed Potatoes	1/2 cup	62	0.22	0.04	11.41	58	4.12	19	4.4
Peas, Frozen	1/2 cup	180	7	0.5	26	200	3	0	3
Oven Fries	1/2 cup	15	<.5	0	3	2	1	7	1
Peppers, Fresh	1/2 cup	90	3	0	15	115	1	0	<1
Potato Crinkle Cut	1/2 cup	130	4.5	0.5	20	180	2	0	2

Potato Smiles(4)	1/2 cup	150	6	1.5	23	380	2	20	2
Steak Fries	1/2cup	110	2.5	0	19	20	2	0	1
Potato Spudster	1/2 cup	9	<.5	0	2	23	0	15	1
Zuchinni, frozen	1/2 cup	15	0	0	3	0	1	20	1
Winter Squash	1/2 cup	15	0	0	2	15	1	0	1
Radish	1/2								
	Size	(g)	Fat (g)	(g)	(g)	(mg)	(g)	(mg)	(g)
Vegetable(cont)									
	1 cup	8	<.5	0	2	4	0	16	<.5
Romaine Lettuce	1 cup	6	<.5	0	2	24	0	30	<.5
Spinach	1	100	5	1.5	12	230	1	0	1
Tri Tator	1	110	0	0	26	0	3	20	2
Potato, Baked									
Bread									
	1	70	0.5	0	13	125	3	100	1
Bread, Sandwich WG	1	90	2.5	0	14	170	2	0	1
Breadstick WG	1	110	1.5	0	21	190	4	40	2
Bun, Hamburger	1	110	1.5	0	21	190	4	40	2
Bun, Hot Dog	1	150	2	0	30	270	6	150	4
Bun, Sub (Hoagie)	1 oz	50	2	0	7	135	2	0	1
Crouton WG	1	110	2	0	18	130	4	0	2
Corn Bread Muffin	1	240	13	2	29	210	3	0	0
Dinner Roll WG									
Pita Bread	1	180	2.5	0.5	32	330	6	100	2
Special Items	1 oz	69.5	4.06	2.65	0.78	186	7.31	200	0
Cheese, Shredded	1	140	8	1	16	210	2	0	1
Chips, Nacho (Doritos)	1	100	3.5	1	14	170	3	20	1
Crackers, WG (Goldfish)	1 pkg	25	0.5	0	5	80	<1	0	0
Cracker, Saltine	1	210	9	1	27	220	4	20	4
Chips, Harvest Cheddar (Sun Chips)	1	210	9	1	27	220	4	20	4
Chips, Kettle Salt & Vinegar	1pkg	180	7	1	28	180	3	14	2
Chips, Kettle Original	1pkg	180	7	1	27	190	3	0	2
Chips, Garden Salsa (Sun Chip)	1 tbsp	190	17	2	6	160	6	20	3
Sunflower Seeds	2 oz	290	14	1.5	36	210	4	60	4
Chip, Yellow Tortilla	1/2 cup	128	1.6	0.4	24	646	4.5	20	0.5
Stuffing	1 tbsp	80	7	0.5	5	85	2	20	2

Hummus	1/2 cup	210	16	3	19	240	1	20	2
Coleslaw	4oz	210	16	3	19	240	1	20	2
Potato Salad	4oz	250	17	4.5	22	510	2	0	1
Desserts									
	1/2 cup	60	0	0	15	30	0	0	2
Applesauce Cup, Mixed Berry	1	110	3	1	19	115	2	0	1
Cheesecake, Squares	1	140	8	4.5	15	105	2	22	0
Cookie, Chocolate Chip w/M&Ms WG	1	110	3	1	18	110	2	0	1
Cookie, Chocolate Chip WG	1	100	2	0	20	135	2	0	<1
Cookie, Sugar WG	1	100	2	0	20	135	2	0	1
Pudding, Chocolate	1/2cup	140	3.5	0.5	24	180	2	60	1
Pudding, Vanilla	1/2cup	140	5	0.5	22	200	2	60	0
Sorbet, Blue Raspberry	1	70	0	0	19	5	0	60	3
Condiments, Other		(g)	Fat (g)	(g)	(g)	(mg)	(g)	(mg)	(g)
	1 oz	30	0	0	7	150	0	0	0
BBQ Sauce	1 tbsp	100	11	7	0	90	0	0	0
Butter	1	33	3.66	2.33	0	30	0	0	0
Butter Cup	2 oz	70	4.5	1.5	6	450	1	40	0
Cheese Sauce	3/4 oz	70	6	4	4	55	1	83	0
Cream Cheese									
Dressing, Bleu Cheese	2 tbsp	130	13	2.5	2	380	2	140	0
Dressing, Caesar	2 tbsp	140	14	2.5	2	290	0	0	0
Dressing, Italian	2 tbsp	35	0	0	10	390	0	0	1
Dressing French (fat free)	2 tbsp	25	0	0	6	280	0	0	0
Dressing Ranch (low fat)	2 tbsp	80	7	0	4	135	0	20	0
Dressing, Balsamic	2 tbsp	130	10	1.5	9	270	0	0	0
Dressing, Raspberry Balsamic	1/4 cup	15	0.5	0	2	210	0	0	0
Gravy, Chicken	1/4 cup	40	1.5	0	6	130	1	2	0
Gravy (poultry)	1 tbsp	50	0	0	13	5	0	0	0
Jelly, Grape	1 tbsp	35	0	0	9	0	0	0	0
Jelly, Strawberry	1 oz	0	0	0	0	190	0	0	0
Hot Sauce	1 oz	30	0	0	9	255	0	0	0
Ketchup, 3pk	1 tbsp	45	5	0.5	0	100	0	0	0
Mayo, Light	7/16 oz	15	1	0	1	105	0	0	0
Mayo, 1 pk	7/16 oz	5	0	0	1	85	0	0	0
Mustard, 1pk	1 tsp	30	1.61	1	1	50.47	2	60	0

