

Recipe Description	Portion Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Protein (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
<b>Entrees</b>														
BBQ Beef Sandwich	1 Each	380	12.0	4.5	0.0	35	1070	49	3	19	3.6	140	300	1.2
<b>Big Daddy's Cheese Harvest Crust Pizza</b>	1/10 Pizza	312	10.4	4.0	0.0	28	664	37	2	18	2.16	280	0	320
<b>Big Daddy's Pepperoni Harvest Crust Pizza</b>	1/10 Pizza	320	12.0	4.0	0.0	28	760	38	2	18	2.88	240	0	240
Cheese & Beef Nachos	1 EACH	489	22.9	7.6	0.0	73	1063	39	3	31	4.68	154.5	2129	6.58
Cheese Pizza	1 EACH	320	13.0	6.0	0.0	15	580	34	3	14	2.7	300	300	0
Cheese Sticks	5 EACH	383	21.7	8.3	0.0	25	717	23	0	23	13.33	418.3	368	0
Cheeseburger	1 EACH	345	15.6	6.5	0.0	57	797	29	2	21	3.45	202.2	222	0.01
Chicken Nuggets	6 EACH	192	10.8	1.8	0.0	36	408	8	0	14	2.16	72	120	0
Chicken Patty on a Bun	1 EACH	299	7.3	1.1	0.0	41	807	39	1	18	86.8	121.32	35.6	0
Chili Cheese Dog	1 EACH	331	18.8	7.1	0.0	42	1028	27	1	16	3.18	215.8	691	2.38
<b>Fish Sticks</b>	3 EACH	300	16.5	2.0	0.0	60	465	26	2	12	1.8	0	100	0
<b>Grilled Cheese Sandwich</b>	1 EACH	314	11.1	5.1	0.0	32	829	31	4	16	1.9	359	574	0
Hamburger	1 EACH	292	11.2	3.7	0.0	44	594	29	2	18	3.39	114.9	50	0.01
Hot Dog	1 EACH	250	13.5	4.0	0.0	25	770	23	1	11	2.52	120	0	0
Mini Corn Dogs	6 EACH	250	10.0	1.5	0.0	15	620	31	1	10	3.6	0	0	0
Pepperoni Pizza	1 EACH	347	15.3	6.1	0.0	20	724	34	3	16	2.75	203.9	306	0
Popcorn Chicken	10 EACH	150	9.0	1.5	0.0	30	310	7	1	12	1.8	60	100	0
<b>Ravioli</b>	1 CUP	230	7.0	3.0	0.0	30	640	27	5	15	7	200	200	0
Shrimp Poppers	20 EACH	200	10.0	1.5	0.0	85	760	19	2	9	1.9	58	4	0.79
Spaghetti in Meat Sauce	1 CUP	400	14.6	6.9	0.0	44	242	43	3	23	3.39	278.3	851	11.95
Spicy Chicken Sandwich	1 EACH	400	11.5	2.0	0.0	95	870	51	4	22	3.24	80	100	1.2
Steak Fingers	4 EACH	327	20.3	6.8	0.0	50	815	21	2	18	2.76	30.3	73	68
<b>Fruit</b>														
Applesauce	1/2 CUP	52	0.1	0.0	0.0	0	2	14	1	0	0.15	3.7	35	25.86
Fresh Mixed Fruit	1/2 Cup	31	0.2	0.0	0.0	0	7	8	1	1	0.13	7.3	1211	25.01
Fruit Cocktail	1/2 CUP	69	0.1	0.0	0.0	0	7	18	1	0	0.35	7.3	252	2.3
Mandarin Oranges	1/2 Cup	121	0.0	0.0	0.0	0	23	29	2	2	1.09	30.3	152	36.36
Oranges (Smiles:EACH = 6 wedges)	1 EACH	62	0.2	0.0	0.0	0	0	15	3	1	0.13	52.4	269	69.69
Peach Cobbler	1/2 CUP	167	2.1	0.5	0.0	0	31	39	2	1	0.73	8.1	418	2.92
Pears	1/2 CUP	72	0.0	0.0	0.0	0	6	19	2	0	0.35	6.3	0	0.88
Pineapple Tidbits	1/2 CUP	66	0.2	0.0	0.0	0	1	17	1	0	0.49	17.6	19	9.45
Red Grapes	1/2 CUP	31	0.2	0.1	0.0	0	1	8	0	0	0.13	6.4	46	1.84
Sliced Peaches	1/2 Cup	68	0.0	0.0	0.0	0	6	18	2	1	0.45	3.8	444	3.01
Watermelon	WEDGE	92	1.2	0.1	0.0	0	6	21	1	2	0.49	22.9	1047	27.46

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<b>Vegetables</b>														
Baby Carrots	1/2 CUP	38	0.2	0.0	0.0	0	31	9	3	1	0.44	23.7	24721	8.17
Diced Carrots	1/2 CUP	26	0.1	0.0	0.0	0	43	6	3	1	0.34	20.4	12922	2.04
Green Beans	1/2 CUP	14	0.1	0.0	0.0	0	169	3	1	1	0.61	17.6	236	2.9
Lettuce/Tomato/Pickle	1 EACH	11	0.2	0.0	0.0	0	273	2	1	1	0.32	6.9	288	5.88
Mashed Potatoes & Cream Gravy	1/2 CUP	114	2.7	0.2	0.0	0	560	21	1	2	0.57	14.3	0	30.03
Mixed Vegetables	1/2 CUP	54	0.1	0.0	0.0	0	32	12	4	3	0.75	22.8	3892	2.91
Peas	1/2 Cup	59	0.3	0.1	0.0	0	186	11	3	4	0.81	17	653	7.74
Seasoned Pinto Beans	1/2 CUP	146	0.6	0.1	0.0	1	427	27	9	9	3.13	56.5	367	6.66
Tossed Salad	1/2 Cup	4	0.1	0.0	0.0	0	3	1	0	0	0.13	5.4	1228	1.55
Whole Kernel Corn	1/2 CUP	66	0.4	0.1	0.0	0	4	16	2	2	0.29	3.3	180	2.54
<b>Bread/Grains</b>														
Baked Chips	1 BAG	110	1.5	0.0	0.0	0	150	23	2	2	0.44	80	0	2.4
Banana Bread	1 EACH	154	4.4	1.5	0.0	22	675	26	1	3	0.92	54.6	72	1.42
Cornbread	1 EACH	226	7.7	0.9	0.0	49	292	33	2	6	1.83	132.2	143	0.18
Macaroni and Cheese	1/2 CUP	276	17.5	9.5	0.0	43	837	17	0	13	0.93	310.2	658	0.25
Whole Wheat Roll	1 EACH	128	2.4	0.6	0.0	0	277	22	3	5	1.15	11.6	1	10.04
<b>Milk</b>														
Chocolate Milk, 1%	1/2 PINT	150	2.5	1.5	0.0	15	190	25	0	8	0	300	500	2.4
Strawberry Milk, 1%	1/2 PINT	160	2.5	1.5	0.0	10	115	27	0	7	0	300	10	2.4
Skim White Milk	1/2 PINT	80	0.0	0.0	0.0	0	125	12	0	9	0	300	500	2.4
<b>Salads</b>														
Chef's Salad	1 EACH	386	19.5	10.3	0.0	65	1452	30	5	25	3.76	354.7	18875	43.81
Chicken Caesar Salad	1 EACH	223	8.4	1.9	0.0	7	674	32	5	10	3.78	150	15300	47.4
Southwest Chicken Salad	1 EACH	339	14.1	5.4	0.0	59	1824	29	4	27	2.34	270	3250	15
Spinach Salad	1 EACH	398	6.0	0.6	0.0	0	724	71	12	19	7.95	215.1	9202	65.25
Chicken for Salads	3 oz	100	2.5	1.0	0.0	45	530	3	0	17	0	20	0	0

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<b>Condiments</b>														
Balsamic Vinaigrette, 1.5 oz	1 package	160	17.0	2.5	0.0	0	400	2	0	0	0	0	0	0
BBQ Sauce, 9g	1 packet	15	0.0	0.0	0.0	0	85	4	0	0	0	0	0	0
Creamy Caesar, 1.5 oz	1 package	160	16.0	3.0	0.0	20	450	3	0	2	0	60	0	0
Honey Dijon, 1.5 oz	1 package	120	7.0	1.0	0.0	15	430	15	0	0	0	20	100	0
Lite Italian, 1.5 oz	1 package	45	3.5	0.5	0.0	0	530	3	0	0	0	0	0	0
Lite Ranch, 1.5 oz	1 package	140	13.0	2.0	0.0	10	380	7	0	0	0	20	0	0
Mayo, 12 g	1 packet	88	9.5	1.5	0.0	9	62	0	0	0	0.03	1.4	13	0.01
Mustard, 5.5g	1 packet	5	0.0	0.0	0.0	0	50	1	0	1	0	0	0	0
Ranch, 12g	1 packet	70	7.0	1.0	0.0	5	100	1	0	0	0	0	0	0
Soy Sauce, 9g	1 packet	0	0.0	0.0	0.0	0	270	0	0	0	0	0	0	0
Sweet & Sour Sauce	1 packet	25	0.0	0.0	0.0	0	25	5	0	1	0	0	0	0
Syrup, 1.5 oz	1 package	120	0.0	0.0	0.0	0	25	31	0	0	0	0	0	0
<b>Mega Meals Components</b>														
Cheese on White Sandwich	1 Each	326	16.0	10.0	0.0	38	900	32	0	14	1.44	340	1000	0
Cheese on Croissant Sandwich	1 Each	306	21.0	12.5	0.0	43	810	18	1	12	1.08	340	3500	0
Cheese on Wheat Sandwich	1 Each	333	19.7	11.2	0.0	53	1094	23	4	21	0.83	393	545	0
Ham & Cheese on Croissant	1 Each	276	16.6	8.3	0.0	40	910	17	1	13	1.34	199.2	2774	0.23
Ham & Cheese on White Sandwich	1 Each	316	10.9	5.6	0.0	40	1296	32	0	21	1.95	196.7	504	0.58
Turkey & Cheese on White Sandwich	1 Each	333	12.0	5.0	0.0	49	1365	34	0	21	1.98	190	500	0
Turkey & Cheese on Wheat Sandwich	1 Each	293	12.0	5.0	0.0	49	1315	26	4	25	1.26	230	500	0
Turkey & Cheese on Croissant	1 Each	313	17.0	7.5	0.0	54	1275	20	1	19	1.62	190	3000	0
White Grape Juice Box	1 Box	80	0.0	0.0	0.0	0	10	20	0	0	0	100	0	60
Apple Juice Box	1 Box	60	0.0	0.0	0.0	0	5	14	0	0	0	100	100	60
Orange Tangerine Juice Box	1 Box	60	0.0	0.0	0.0	0	15	15	0	0	0.54	100	0	60
Fruit Punch Juice Box	1 Box	60	0.0	0.0	0.0	0	5	14	0	0	0	100	0	60
All Sports Bites	1 Package	114	3.3	0.9	0.1	0	9	20	1	2	2.01	12.5	295	3.54
Apple	1 Each	72	0.2	0.0	0.0	0	1	19	3	0	0.17	8.3	75	6.35
Raisins, Box	.5 oz Box	127	0.2	0.0	0.0	0	5	34	2	1	0.8	21.3	0	0.98
Baby Carrots, 2 oz	1 Package	28	0.2	0.0	0.0	0	0	6	0	0	0.6	38	5940	2
Goldfish	1 Package	70	3.0	0.5	0.0	0	115	9	0	2	0.36	0	0	0
Peach Cups	1 Each	118	0.2	0.0	0.0	0	8	30	2	1	0.46	4	85	117.8