

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)
Entrees														
Baked Chicken Breast	1 EACH	155	5.8	1.7	0.0	47	453	4	1	21	1.35	34.4	27.3	0.01
BBQ Beef on Bun	1 EACH	400	13.0	4.5	0.0	35	1100	53	4	20	3.6	120	300	1.2
Big Daddy's Cheese Harvest Crust Pizza	1/8 Pizza	390	13.0	5.0	0.0	35	830	46	3	23	2.7	350	0	400
Big Daddy's Pepperoni Harvest Crust Pizza	1/8 Pizza	400	15.0	5.0	0.0	35	950	47	3	22	3.6	300	0	300
Cheese Quesadilla	1 EACH	350	16.0	4.5	0.0	15	830	37	1	16	2.7	300	211	0
Cheese Ravioli	4 EACH	390	15.5	6.9	0.0	35	1266	47	5	19	4.36	408	2431	21.62
Cheese Sticks	5 EACH	383	21.7	8.3	0.0	25	717	23	0	23	13.33	418.3	368	0
Cheesy Garlic Flatbread Pizza Sticks	2 EACH	340	12.0	3.5	0.0	15	650	44	2	16	2.7	250	100	0
Chicken Eggroll	1 EACH	220	3.0	0.5	0.0	55	550	26	4	25	3.35	102	2277	9.84
Chicken Fried Steak	1 EACH	302	17.1	6.6	0.6	39	520	23	2	15	2.8	66	62	0
Chicken Nuggets	7 EACH	224	12.6	2.1	0.0	42	476	10	0	17	2.52	84	140	0
Chicken Quesadilla	1 EACH	320	14.0	3.0	0.0	15	880	35	1	15	2.7	200	149	0
Chicken Soft Tacos	2 EACH	866	33.0	12.8	0.0	126	2925	90	4	57	3.36	445.6	518	0
Chipotle Burrito	1 EACH	503	20.0	7.6	0.0	44	1219	57	4	24	4.65	198.4	208	0.67
Fish Nuggets	5 EACH	250	10.0	1.9	0.0	44	637	20	1	16	1.8	0	0	0
French Bread Cheese Pizza	1 Each	320	12.0	3.0	0.0	15	590	36	2	15	2.7	250	400	15
French Bread Pepperoni Pizza	1 Each	330	12.0	3.5	0.0	25	510	35	2	17	3	252	482	15
Impenger Pizza	1 Slice	396	20.8	11.3	0.0	49	1143	38	5	24	2.35	433.4	650	1.25
Lasagna	1 EACH	413	12.0	5.2	0.0	54	1467	50	5	28	4.4	206.1	1624	27.17
Mini Corn Dogs	7 EACH	292	11.7	1.8	0.0	18	723	36	1	12	4.2	0	0	0
Nachos w/ Beef and Cheese	SERVING	535	25.5	7.9	0.0	71	978	45	3	32	4.87	159.8	2129	6.58
Oven Baked Chicken (avg)	3 OZ	207	13.0	3.0	0.0	43	601	9	0	12	1	10	83	2
Popcorn Chicken	10 EACH	150	9.0	1.5	0.0	30	310	7	1	12	1.8	60	100	0
Pork Eggroll	2 EACH	400	22.0	7.0	0.0	70	800	36	4	16	3.6	80	800	7.2
Shrimp Poppers	20 EACH	200	10.0	1.5	0.0	85	760	19	2	9	1.9	58	4	0.79
Spicy Chicken Sandwich	1 EACH	400	11.5	2.0	0.0	95	870	51	4	22	3.24	80	100	1.2
Spicy Chicken Tenders	2 EACH	190	4.5	1.0	0.0	40	760	18	1	18	2.16	30	450	0
Steak Fingers	4 EACH	327	20.3	6.8	0.0	50	815	21	2	18	2.76	30.3	73	68
Taco Tender Wraps	2 EACH	410	12.9	3.8	0.0	48	1064	52	3	24	2.55	146.8	904	1.17
Twisted Cheese Sticks	2 EACH	480	16.0	5.0	0.0	10	1160	64	6	20	5.4	300	200	0

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Fruit														
Apple	1 EACH	81	0.5	0.1	0.0	0	0	21	4	0	0.25	9.7	73	7.87
Applesauce	1/2 CUP	52	0.1	0.0	0.0	0	2	14	1	0	0.15	3.7	35	25.86
Banana	1 EACH	105	0.6	0.2	0.0	0	1	27	3	1	0.35	6.8	92	10.37
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 Cobbler	1/2 CUP	243	2.1	0.5	0.0	0	34	59	3	1	1.04	12.3	654	4.56
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
Orange	1 EACH	62	0.2	0.0	0.0	0	0	15	3	1	0.13	52.4	269	69.69
Peach Cups	1 EACH	118	0.2	0.0	0.0	0	8	30	2	1	0.46	4	85	117.75
Pear	1 EACH	98	0.7	0.0	0.0	0	0	25	4	1	0.42	18.3	33	6.64
Pineapple Tidbits	1/2 CUP	66	0.2	0.0	0.0	0	1	17	1	0	0.49	17.6	19	9.45
Spiced Apples	1/2 CUP	105	0.0	0.0	0.0	0	5	27	1	0	1.47	0.9	0	1.22
Watermelon	Wedge	92	1.2	0.1	0.0	0	6	21	1	2	0.49	22.9	1047	27.46
Vegetables														
Broccoli w/ Cheese	1/2 CUP	27	0.6	0.2	0.0	1	82	4	2	2	0.5	42.1	1278	34.89
French Fries	2.5 OZ	142	5.4	0.9	0.0	0	189	22	2	2	0.88	5.7	0	7.16
Glazed Carrots	1/2 Cup	36	1.3	0.3	0.0	0	158	6	1	0	0.42	17.1	7881	1.53
Italian Blend Vegetables	1/2 CUP	32	0.0	0.0	0.0	0	21	6	2	1	0.38	21.2	1323	15.87
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
Seasoned Gren Beans	1/2 CUP	14	0.1	0.0	0.0	0	169	3	1	1	0.61	17.6	236	2.9
Seasoned 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	2/3 Cup	6	0.1	0.0	0.0	0	4	1	1	0	0.17	7.1	1638	2.07
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

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Bread														
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	262	17.4	9.5	0.0	43	985	14	0	13	0.81	309.7	677	0.29
Rice Pilaf	1/2 Cup	47	0.4	0.0	0.0	1	436	9	0	1	0.36	10	0	0
Spanish Rice	1/2 Cup	55	1.6	0.3	0.0	0	52	9	1	1	0.56	13.9	136	8.75
Stir Fried Rice	1/2 cup	52	1.1	0.2	0.0	0	300	9	1	2	0.72	10	950	1.8
Texas Toast														
Whole Wheat Roll	1 EACH	90	2.5	0.0	0.0	0	190	14	1	4	0.72	20	500	0
	1 EACH	128	2.4	0.6	0.0	0	277	22	3	5	1.15	11.6	1	10.04
Milk														
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
Salads														
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
Mega Meal Components														
Ham & Cheese on White Hoagie	1 Each	479	15.2	7.1	0.0	52	1716	53	2	31	3.73	226.8	336	3.76
Turkey & Cheese on Wheat Hoagie	1 Each	440	13.9	6.1	0.0	57	1553	50	4	28	3.66	216.7	309	8.17
Mandarin Oranges	1/2 Cup	121	0.0	0.0	0.0	0	23	29	2	2	1.09	30.3	152	36.36
Chocolate Chip Cookie	1 Each	192	5.8	1.9	0.0	13	147	34	1	2	1.04	11.3	168	0.08