

| 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 | | | | | | | | | | | | | | |
| BBQ Beef Sandwich | 1 EACH | 380 | 12.0 | 4.5 | 0 | 35 | 1070 | 49 | 3 | 19 | 3.6 | 140 | 300 | 1.2 |
| Beef & Cheese Nachos | SERVING | 393 | 22.2 | 8.6 | 0 | 52 | 809 | 27 | 2 | 22 | 2.8 | 251.3 | 1389 | 3.51 |
| Big Daddy's Cheese Harvest Crust Pizza | 1/10 Pizza | 312 | 10.4 | 4.0 | 0 | 28 | 664 | 37 | 2 | 18 | 2.16 | 280 | 0 | 320 |
| Big Daddy's Pepperoni Harvest Crust Pizza | 1/10 Pizza | 320 | 12.0 | 4.0 | 0 | 28 | 760 | 38 | 2 | 18 | 2.88 | 240 | 0 | 240 |
| Cheese Pizza | 1 EACH | 320 | 13.0 | 6.0 | 0 | 15 | 580 | 34 | 3 | 14 | 2.7 | 300 | 300 | 0 |
| Cheese Sticks | 5 EACH | 383 | 21.7 | 8.3 | 0 | 25 | 717 | 23 | 0 | 23 | 13.33 | 418.3 | 368 | 0 |
| Cheeseburger | 1 EACH | 345 | 15.6 | 6.5 | 0 | 57 | 797 | 29 | 2 | 21 | 3.45 | 202.2 | 222 | 0.01 |
| Chicken Nuggets | 6 EACH | 192 | 10.8 | 1.8 | 0 | 36 | 408 | 8 | 0 | 14 | 2.16 | 72 | 120 | 0 |
| Chicken Patty on a Bun | 1 EACH | 299 | 7.3 | 1.1 | 0 | 41 | 807 | 39 | 1 | 18 | 86.8 | 121.32 | 35.6 | 0 |
| Chili Cheese Dog | 1 EACH | 331 | 18.8 | 7.1 | 0 | 42 | 1028 | 27 | 1 | 16 | 3.18 | 215.8 | 691 | 2.38 |
| Fish Sticks | 3 EACH | 300 | 16.5 | 2.0 | 0 | 60 | 465 | 26 | 2 | 12 | 1.8 | 0 | 100 | 0 |
| Grilled Cheese Sandwich | 1 EACH | 314 | 11.1 | 5.1 | 0 | 32 | 829 | 31 | 4 | 16 | 1.9 | 359 | 574 | 0 |
| Hamburger | 1 EACH | 292 | 11.2 | 3.7 | 0 | 44 | 594 | 29 | 2 | 18 | 3.39 | 114.9 | 50 | 0.01 |
| Hot Dog | 1 EACH | 250 | 13.5 | 4.0 | 0 | 25 | 770 | 23 | 1 | 11 | 2.52 | 120 | 0 | 0 |
| Mini Corn Dogs | 6 EACH | 250 | 10.0 | 1.5 | 0 | 15 | 620 | 31 | 1 | 10 | 3.6 | 0 | 0 | 0 |
| Oven Baked Chicken | SERVING | 185 | 11.5 | 3.0 | 0 | 46 | 383 | 7 | 0 | 13 | 0.9 | 11 | 82 | 1 |
| Pepperoni Pizza | 1 EACH | 347 | 15.3 | 6.1 | 0 | 20 | 724 | 34 | 3 | 16 | 2.75 | 203.9 | 306 | 0 |
| Pizza Bites | 4 EACH | 300 | 13.0 | 3.0 | 0 | 15 | 770 | 29 | 2 | 17 | 6.75 | 80 | 300 | 3.6 |
| Popcorn Chicken | 10 EACH | 150 | 9.0 | 1.5 | 0 | 30 | 310 | 7 | 1 | 12 | 1.8 | 60 | 100 | 0 |
| Ravioli | 1 CUP | 230 | 7.0 | 3.0 | 0 | 30 | 640 | 27 | 5 | 15 | 7 | 200 | 200 | 0 |
| Shrimp Poppers | 20 EACH | 200 | 10.0 | 1.5 | 0 | 85 | 760 | 19 | 2 | 9 | 1.9 | 58 | 4 | 0.79 |
| Spaghetti in Meat Sauce | 1 CUP | 400 | 14.6 | 6.9 | 0 | 44 | 242 | 43 | 3 | 23 | 3.39 | 278.3 | 851 | 11.95 |
| Spicy Chicken Sandwich | 1 EACH | 400 | 11.5 | 2.0 | 0 | 95 | 870 | 51 | 4 | 22 | 3.24 | 80 | 100 | 1.2 |
| Steak Fingers | 4 EACH | 327 | 20.3 | 6.8 | 0 | 50 | 815 | 21 | 2 | 18 | 2.76 | 30.3 | 73 | 68 |
| Fruit | | | | | | | | | | | | | | |
| Applesauce | 1/4 CUP | 37 | 0.0 | 0.0 | 0 | 0 | 6 | 9 | 0 | 0 | 0.74 | 0 | 0 | 0.99 |
| Diced Pears | 1/4 CUP | 36 | 0.0 | 0.0 | 0 | 0 | 3 | 10 | 1 | 0 | 0.18 | 3.1 | 0 | 0.44 |
| Fresh Mixed Fruit | 1/4 CUP | 15 | 0.1 | 0.0 | 0 | 0 | 4 | 4 | 0 | 0 | 0.06 | 3.7 | 606 | 12.51 |
| Fruit Cocktail | 1/4 CUP | 34 | 0.0 | 0.0 | 0 | 0 | 4 | 9 | 1 | 0 | 0.18 | 3.6 | 126 | 1.15 |
| Mandarin Oranges | 1/4 CUP | 61 | 0.0 | 0.0 | 0 | 0 | 11 | 14 | 1 | 1 | 0.55 | 15.2 | 76 | 18.18 |
| Oranges (Smiles:EACH = 6 wedges) | 1 EACH | 62 | 0.2 | 0.0 | 0 | 0 | 0 | 15 | 3 | 1 | 0.13 | 52.4 | 269 | 69.69 |
| Peaches | 1/4 CUP | 34 | 0.0 | 0.0 | 0 | 0 | 3 | 9 | 1 | 0 | 0.23 | 1.9 | 222 | 1.51 |
| Pineapple | 1/4 CUP | 33 | 0.1 | 0.0 | 0 | 0 | 1 | 8 | 1 | 0 | 0.25 | 8.8 | 9 | 4.72 |
| Red Grapes | 1/4 CUP | 15 | 0.1 | 0.0 | 0 | 0 | 0 | 4 | 0 | 0 | 0.07 | 3.2 | 23 | 0.92 |
| Watermelon | WEDGE | 92 | 1.2 | 0.1 | 0 | 0 | 6 | 21 | 1 | 2 | 0.49 | 22.9 | 1047 | 27.46 |

| 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) |
|-------------------------------|--------------|----------|---------------|-------------------|---------------|------------------|-------------|-------------------|-----------|-------------|-----------|--------------|----------------|----------------|
| Vegetables | | | | | | | | | | | | | | |
| Baked Beans | 1/4 CUP | 79 | 0.3 | 0.1 | 0 | 0 | 261 | 18 | 3 | 3 | 0.43 | 43 | 176 | 4.08 |
| Baked Potato Wedges | 9 EACH | 118 | 0.7 | 0.0 | 0 | 0 | 379 | 26 | 3 | 3 | 0.94 | 0 | 0 | 11.75 |
| Broccoli | 1/4 CUP | 15 | 0.2 | 0.0 | 0 | 0 | 0 | 3 | 0 | 2 | 0.4 | 28.5 | 535 | 22.5 |
| Glazed Carrots | 1/4 CUP | 18 | 0.7 | 0.1 | 0 | 0 | 79 | 3 | 0 | 0 | 0.21 | 8.6 | 3940 | 0.77 |
| Lettuce/Tomato/Pickle | 1 EACH | 11 | 0.2 | 0.0 | 0 | 0 | 273 | 2 | 1 | 1 | 0.32 | 6.9 | 288 | 5.88 |
| Mashed Potatoes & Cream Gravy | SERVING | 227 | 5.4 | 0.3 | 0 | 0 | 1120 | 42 | 2 | 3 | 1.14 | 28.5 | 0 | 60.05 |
| Mseasoned Mixed Vegetables | 1/4 CUP | 27 | 0.1 | 0.0 | 0 | 0 | 16 | 6 | 2 | 1 | 0.37 | 11.4 | 1946 | 1.46 |
| Seasoned Green Beans | 1/4 CUP | 7 | 0.0 | 0.0 | 0 | 0 | 85 | 2 | 1 | 0 | 0.3 | 8.8 | 118 | 1.45 |
| Seasoned Peas | 1/4 CUP | 29 | 0.2 | 0.0 | 0 | 0 | 93 | 5 | 2 | 2 | 0.4 | 8.5 | 326 | 3.87 |
| Tossed Salad | 1/2 CUP | 4 | 0.1 | 0.0 | 0 | 0 | 3 | 1 | 0 | 0 | 0.13 | 5.4 | 1228 | 1.55 |
| Whole Kernel Corn | 1/4 CUP | 33 | 0.2 | 0.0 | 0 | 0 | 2 | 8 | 1 | 1 | 0.14 | 1.6 | 90 | 1.27 |
| Bread/Grains | | | | | | | | | | | | | | |
| Banana Bread | 1 EACH | 154 | 4.4 | 1.5 | 0 | 22 | 675 | 26 | 1 | 3 | 0.92 | 54.6 | 72 | 1.42 |
| Baked Chips | 1 BAG | 110 | 1.5 | 0.0 | 0 | 0 | 150 | 23 | 2 | 2 | 0.44 | 80 | 0 | 2.4 |
| Cornbread | 1 EACH | 226 | 7.7 | 0.9 | 0 | 49 | 292 | 33 | 2 | 6 | 1.83 | 132.2 | 143 | 0.18 |
| Macaroni and Cheese | 1/4 CUP | 131 | 8.7 | 4.7 | 0 | 22 | 492 | 7 | 0 | 6 | 0.41 | 154.9 | 339 | 0.14 |
| Whole Wheat Roll | 1 EACH | 128 | 2.4 | 0.6 | 0 | 0 | 277 | 22 | 3 | 5 | 1.15 | 11.6 | 1 | 10.04 |
| Texas Toast | 1 EACH | 90 | 2.5 | 0.0 | 0 | 0 | 190 | 14 | 1 | 4 | 0.72 | 20 | 500 | 0 |
| Milk | | | | | | | | | | | | | | |
| Chocolate Milk, 1% | 1/2 PINT | 150 | 2.5 | 1.5 | 0 | 15 | 190 | 25 | 0 | 8 | 0 | 300 | 500 | 2.4 |
| Strawberry Milk, 1% | 1/2 PINT | 160 | 2.5 | 1.5 | 0 | 10 | 115 | 27 | 0 | 7 | 0 | 300 | 10 | 2.4 |
| Skim White Milk | 1/2 PINT | 80 | 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 | 65 | 1452 | 30 | 5 | 25 | 3.76 | 354.7 | 18875 | 43.81 |
| Chicken Caesar Salad | 1 EACH | 223 | 8.4 | 1.9 | 0 | 7 | 674 | 32 | 5 | 10 | 3.78 | 150 | 15300 | 47.4 |
| Southwest Chicken Salad | 1 EACH | 339 | 14.1 | 5.4 | 0 | 59 | 1824 | 29 | 4 | 27 | 2.34 | 270 | 3250 | 15 |
| Spinach Salad | 1 EACH | 398 | 6.0 | 0.6 | 0 | 0 | 724 | 71 | 12 | 19 | 7.95 | 215.1 | 9202 | 65.25 |
| Chicken for Salads | 3 oz | 100 | 2.5 | 1.0 | 0 | 45 | 530 | 3 | 0 | 17 | 0 | 20 | 0 | 0 |

| 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) |
|-----------------------------------|--------------|----------|---------------|-------------------|---------------|------------------|-------------|-------------------|-----------|-------------|-----------|--------------|----------------|----------------|
| A la Carte | | | | | | | | | | | | | | |
| Bug Bites, Keebler | 1 package | 140 | 4.5 | 1.5 | 0 | 0 | 125 | 23 | 1 | 2 | 0.72 | 100 | 0 | 0 |
| Goldfish, Ind | 1 package | 70 | 3.0 | 0.5 | 0 | 0 | 115 | 9 | 0 | 2 | 0.36 | 0 | 0 | 0 |
| Oreo Thin Crisp | 1 package | 100 | 2.0 | 0.0 | 0 | 0 | 160 | 19 | 1 | 1 | 1.08 | 0 | 0 | 0 |
| Rice Krispies Treats Ele | 1 package | 130 | 3.0 | 1.5 | 0 | 0 | 170 | 25 | 0 | 1 | 1.8 | 0 | 100 | 0 |
| Lays Regular Baked Potato | 1 bag | 110 | 1.5 | 0.0 | 0 | 0 | 150 | 23 | 2 | 2 | 0.44 | 80 | 0 | 2.4 |
| Condiments | | | | | | | | | | | | | | |
| Balsamic Vinaigrette, 1.5 oz | 1 package | 160 | 17.0 | 2.5 | 0 | 0 | 400 | 2 | 0 | 0 | 0 | 0 | 0 | 0 |
| BBQ Sauce, 9g | 1 packet | 15 | 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 | 20 | 450 | 3 | 0 | 2 | 0 | 60 | 0 | 0 |
| Honey Dijon, 1.5 oz | 1 package | 120 | 7.0 | 1.0 | 0 | 15 | 430 | 15 | 0 | 0 | 0 | 20 | 100 | 0 |
| Lite Italian, 1.5 oz | 1 package | 45 | 3.5 | 0.5 | 0 | 0 | 530 | 3 | 0 | 0 | 0 | 0 | 0 | 0 |
| Lite Ranch, 1.5 oz | 1 package | 140 | 13.0 | 2.0 | 0 | 10 | 380 | 7 | 0 | 0 | 0 | 20 | 0 | 0 |
| Mayo, 12 g | 1 packet | 88 | 9.5 | 1.5 | 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 | 50 | 1 | 0 | 1 | 0 | 0 | 0 | 0 |
| Ranch, 12g | 1 packet | 70 | 7.0 | 1.0 | 0 | 5 | 100 | 1 | 0 | 0 | 0 | 0 | 0 | 0 |
| Soy Sauce, 9g | 1 packet | 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 | 25 | 5 | 0 | 1 | 0 | 0 | 0 | 0 |
| Syrup, 1.5 oz | 1 package | 120 | 0.0 | 0.0 | 0 | 0 | 25 | 31 | 0 | 0 | 0 | 0 | 0 | 0 |
| Mega Meals Components | | | | | | | | | | | | | | |
| Cheese on White Sandwich | 1 Each | 326 | 16.0 | 10.0 | 0 | 38 | 900 | 32 | 0 | 14 | 1.44 | 340 | 1000 | 0 |
| Cheese on Croissant Sandwich | 1 Each | 306 | 21.0 | 12.5 | 0 | 43 | 810 | 18 | 1 | 12 | 1.08 | 340 | 3500 | 0 |
| Cheese on Wheat Sandwich | 1 Each | 333 | 19.7 | 11.2 | 0 | 53 | 1094 | 23 | 4 | 21 | 0.83 | 393 | 545 | 0 |
| Ham & Cheese on Croissant | 1 Each | 276 | 16.6 | 8.3 | 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 | 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 | 49 | 1365 | 34 | 0 | 21 | 1.98 | 190 | 500 | 0 |
| Turkey & Cheese on Wheat Sandwich | 1 Each | 293 | 12.0 | 5.0 | 0 | 49 | 1315 | 26 | 4 | 25 | 1.26 | 230 | 500 | 0 |
| Turkey & Cheese on Croissant | 1 Each | 313 | 17.0 | 7.5 | 0 | 54 | 1275 | 20 | 1 | 19 | 1.62 | 190 | 3000 | 0 |
| White Grape Juice Box | 1 Box | 80 | 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 | 5 | 14 | 0 | 0 | 0 | 100 | 100 | 60 |
| Orange Tangerine Juice Box | 1 Box | 60 | 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 | 5 | 14 | 0 | 0 | 0 | 100 | 0 | 60 |
| All Sports Bites | 1 Package | 114 | 3.3 | 0.9 | 0 | 0 | 9 | 20 | 1 | 2 | 2.01 | 12.5 | 295 | 3.54 |
| Apple | 1 Each | 72 | 0.2 | 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 | 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 | 6 | 0 | 0 | 0.6 | 38 | 5940 | 2 |
| Goldfish | 1 Package | 70 | 3.0 | 0.5 | 0 | 0 | 115 | 9 | 0 | 2 | 0.36 | 0 | 0 | 0 |
| Peach Cups | 1 Each | 118 | 0.2 | 0.0 | 0 | 0 | 8 | 30 | 2 | 1 | 0.46 | 4 | 85 | 117.8 |