

Recipe Description	Portion Size	Total Gram Weight	Calories	Total Fat g	Saturated Fat g	Cholesterol mg	Sodium mg	Carbohydrates g	Dietary Fiber g	Sugars g	Protein g	Vitamin A IU	Vitamin C mg	Calcium mg	Iron mg
Corn Dog, Chicken, Wrapped	1 Each	113.4	240	8	2.5	40	390	30	5	5	9	0	0	80	1.8
Pizza, Galaxy, Wrapped	1 Each	127.86	292	12.08	5.03	30	524	30.2	3.02	9.06	16.11	302	0	251.69	2.72
Chicken Tenders	1 Each	95	260	15	2.5	25	390	16	3	1	15	100	0	40	1.8
Burger w/Bun	1 Each	130.46	310	11	4	40	450	33	4	4	20	0	0	220	3.24
Hot Dog (Turkey) on a WG Bun	1 Each	117.7	292	13.14	3.04	46	909	32.01	3	4	14.09	0	1.22	260.75	2.89
Spaghetti w/Meat Sauce	1 Serving	320.33	420	10	2	55	525	59	4	8	24	900	36	80	2.88
Sandwich, Turkey and Cheese	1 Each	152.87	302	9.83	3.75	50	817	30.83	4	4.5	23.83	137	1	163.5	1.74
Sandwich, Turkey Ham & Cheese	1 Each	152.87	292	10.18	3.73	62	958	30.82	4	4.5	22.75	137	0.98	163.5	2.32
Celery Sticks	1 Each	65.2	10	0.11	0.03	0	52	1.94	1.04	0.87	0.45	293	2.02	26.08	0.13
Carrots, Fresh	1 Each	73.71	26	0.09	0.01	0	57	6.01	2.13	0	0.46	10163	1.95	23.4	0.66
Fruit, Fresh	12 1/2 C	119.29	64	0.26	0.04	0	1	16.2	2.57	9.62	0.89	244	23.93	19.97	0.24
Fruit Cup	6 1/2 Cup	125.05	67	0	0	0	3	16.67	1.33	13.67	0.33	68	14.2	8	0.49
Salad, Tossed Green (Side)	1 Each	23.5	4	0.07	0.01	0	2	0.77	0.49	0.28	0.29	2047	0.94	7.76	0.23
Chicken, Waffle Bites	1 Serving	91.85	210	11	2	30	320	13	2	2	13	0	0	0	1.08
Juice, 4.23 Oz Box	7 Box	119.92	55	0	0	0	7	13.31	0	12.01	0	0	52.33	78.45	0
Milk, 1% Lowfat	1 Carton	226.8	130	2.5	1.5	15	160	16	0	15	10	500	1.2	400	0
Milk, Fat Free Chocolate	1 Carton	226.8	8	0	0	0	10	1.47	0	1.27	0.6	33	0	20	0.02
Milk, Non Fat	1 Carton	226.8	90	0	0	5	130	13	0	13	9	500	1.2	300	0
Mayonnaise Packets	1 Packet	9	60	6	1	0	60	1	0	1	0	0	2.4	0	0
Cheese & Crackers	1 Each	50.35	186	8.82	4.05	15	328	14.51	1	0	9.59	1253	0	262.75	0.72
Pizza, Pepperoni, Big Daddy's	1 Slice	146.85	370	15.98	6.99	34	659	33.97	3	8.99	20.98	400	0	399.59	2.7
Pizza, Cheese, Big Daddy's	1 Slice	146.85	360	16	7	35	600	34	3	9	21	400	0	450	2.7
Sandwich, Grilled Cheese	1 Each	118.78	280	9.91	5.56	32	581	30.96	3	5.65	18.55	524	0	465.91	1.64
Burger, Chicken Hot & Spicy	1 Each	152.57	371	13.07	2.52	55	673	43.08	4.01	4	22.09	503	0	220.13	3.61
Salad, Chicken Caesar w/Cookie	1 Each	273.78	703	45.23	11.03	82	1170	46.03	2.23	16.99	31.17	3615	8.32	386.63	2.21
Macaroni and Cheese	1 Each	170.1	277	10.8	5.4	27	675	29.02	1.35	6.07	16.88	675	0	404.99	0.97
Chicken Tenders with Cookie	1 Each	200.85	592	30.93	5.65	52	739	53.37	5.99	16.5	26.98	167	1.19	66.66	4.07
Cereal w/ Bear Grahams	1 Each	56	218	54.79	218	4.43	0.46	0	266	43.57	3.64	799	9.75	121.61	5.69
Cinnamon Roll, Shannon's	1 Each	85.05	280	9	2	15	300	43	2	18	6	0	0	75	2
Pizza, Meat Supreme, Big Daddy	8 Slices	177.18	426	18.97	8.08	54	845	35.18	3.3	9.13	27.31	415	0.22	404.62	3.29
Salad, Corn and Black Bean	2 Serving	52.6	32	0.25	0	0	59	7.69	1.71	1.19	1.65	34	0.48	12.22	1.69
Fries, French Ranch	1 Serving	60.52	90	3	0	0	225	15	0.99	0	1	0	2.4	0	0.36
Fresh Veggie Cup (#1)	1 Each	89.51	22	0.01	0	0	130	4.72	2.06	0.22	0.33	314	16.56	2.08	0.22
Fresh Veggie Cup (#2)	1 Each	82.85	14	0.07	0.02	0	28	2.94	1.09	0.65	0.31	460	6.17	15.12	0.1
Cake, Coffee, Whole Grain	1 Each	113	340	13	1.5	50	350	53	3	25	6	100	0	80	1.8
Supper - Beef Taco Salad	1 Each	406.61	459	14.75	6.87	58	643	58.59	4.44	28.92	21.96	2293	61.24	183.52	2.98
Fries, Extreme Gusto Garlic	1 Each	113.33	217	8.33	1.67	0	717	30	3.33	0	3.33	0	10	0	0.6
Bacon Cheeseburger on a Bun	1 Each	150.46	380	17.5	6.5	62	975	31	4	5.5	24.5	137	0	163.5	2.88
Pizza Poor Boy	1 Each	193.67	424	13.46	6.07	49	872	52.22	5.22	9.94	22.42	1202	12.26	323.82	3.89
Pizza, Hawaiian, Big Daddy	8 Slices	170.44	374	16.02	7.01	35	601	37.23	3.17	11.84	21.03	401	1.01	453.99	2.77
Chicken Alfredo	1 Each	206.95	440	15.84	1.15	72	636	45.77	4	3	27.8	0	0.92	0	0.55
Chicken & Waffles (Fries)	1 Each	159.38	388	18.16	4.13	60	557	36.29	3.88	9.11	19.27	100	3.46	20	2.26
Supper - Pack, Protien	1 Each	415.6	514	26.21	5.47	197	530	46.61	5.76	16.19	25.18	5638	5.11	480.68	2.74
Crackers, Cheez-Its	1 Pouch	21.26	101	3.54	1.01	4	152	14.17	1.01	0	2.03	506	0	101.25	0.73
Buttermilk Bar	1 Each	76.54	266	8	0.8	15	225	46	2.7	17	2.9	85	0	0	1.2
Yogurt Parfait	1 Each	236.25	209	1.98	0.5	3	99	43.33	1.99	23.13	5.96	509	0.1	100.16	0.71
French Toast Sticks (Elem)	1 Each	83.91	240	6.99	1	10	260	37.96	2	9.99	5.99	0	0	39.96	0.72
Max Stix w/ Dipping Sauce	1 Each	28.35	15	0	0	0	120	3	1	2	1	100	1.2	0	0.36
Ravioli Cheese w/Marinara Sauce	1 Each	339.68	230	4.5	1.5	55	600	35	4	11	15	5100	60	120	2.16
Salad, Fiesta Taco (w/ Chips)	1 Each	225.06	533	31.79	10.35	73	824	36.72	5.06	1.61	25.23	3690	5.96	269.25	2.97
Sandwich, Italian Sub	1 Each	229.62	440	17.51	7.72	79	1572	44.06	4.44	7.39	27.48	1483	3.36	450.53	3.31
Ketchup, Packet	1 Packet	9	10	0	0	0	85	3	0	2	0	10	0	0	0

Sauce, BBQ Packets	1 Packet	12	25	0	0	0	50	7	0	2	0	10	1.2	0	0.36
Mustard, Packet	1 Packet	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Applesauce Cup, Unsweetened	1 Unit/Cup	127.57	51	0	0	0	2	14	1	11	0	0	0	0	0
Dressing,Buttermilk Ranch Pckt	1 Packet	12	51	5.14	0.64	4	107	0.86	0	0.86	0	0	0	0	0
Soy Sauce Packets	1 Packet	9	0	0	0	0	270	0	0	0	0	0	0	0	0
French Toast Sticks (MS/HS)	1 Serving	125.87	360	10.49	1.5	14.99	389.6	56.94	3	14.99	8.99	0	0	59.94	1.08
Burger, Flambroiled w/Cheese	1 Serving	160.05	440	23.5	9.5	83	795	31	3	4.5	25.5	137	0	303.5	3.24
Cereal Bowls	7 Container(28 g)	28.29	110	1.43	0.21	0	167	23.57	2.14	7.86	1.57	443	7.2	82.86	4.11
Mix, Kid's Snack	1 Package	24.81	110	3.5	0	0	180	17	2	2	2	0	0	30	2.8
Chex Mix (4 Flavors)	4 Pouch	27.52	118	3.13	0.88	0	100	21.02	2	5	2	20	0	0	0.63
Juice, 6.75 Oz. Box	4 Container	191.36	74	0	0	0	10	18.44	0	16.91	0	0	69.02	99.69	0
Soy Milk, Vanilla	1 Cartoon	233.88	140	4.63	0.73	0	172	16.61	0.56	15.86	8	543	0	320.42	1.08
Bagel w/Cream Cheese, BBrry	1 Each	92.14	198	3.84	1.62	8	237	34.41	4	7.41	7.41	121	0	76.2	1.8
Cereal, Snack Pouch	2 Pouch	28.35	111	1.01	0.51	0	167	24.3	3.04	8.1	2.03	405	12.15	0	3.64
PB & J Sack Lunch - Juice	1 Sack	570.68	693	31.11	4.53	0	693	88.4	8.04	41.64	21.05	826	62.02	146.08	2.86
PB & J Sack Lunch - Applesauce	1 Sack	564.16	678	31.11	4.53	0	692	84.4	10.04	35.14	21.05	366	2.02	126.08	1.96
Ham & Ch. Sack Lunch - Juice	1 Sack	564.79	375	10.29	3.75	62	1031	50.22	5.04	21.14	23.81	963	63	229.58	3.38
Ham & Ch. Sack - Applesauce	1 Sack	558.27	360	10.29	3.75	62	1030	46.22	7.04	14.64	23.81	503	3	209.58	2.48
Turkey & Ch. Sack - Juice	1 Sack	564.79	385	9.94	3.78	50	890	50.24	5.04	21.14	24.88	963	63.02	229.58	2.8
Turkey & Ch. Sack - Applesauce	1 Sack	558.27	370	9.94	3.78	50	889	46.24	7.04	14.64	24.88	503	3.02	209.58	1.9
Salsa Picante Packet	1 Packet	14	0	0	0	0	140	1	0	0	0	100	1.2	0	0
Fresh Veggie Cup (#3)	1 Each	80.76	20	0.11	0.03	0	54	4.31	1.6	0.65	0.53	5007	2.31	26.28	0.42
Fresh Veggie Cup (#4)	1 Each	85.4	21	0.06	0.01	0	29	4.84	1.58	0.22	0.31	5161	6.1	13.24	0.35
Veggie Cup, Fresh	5 Each	88.71	20	0.07	0.02	0	59	4.43	1.67	0.44	0.39	3247	7.58	16.19	0.29
Bar,Rice Krispies Chwy Granola	2 Bar	37	145	3.75	0.75	0	122	27	3	9.5	2	500	0	99.99	0.72
Sauce, Sweet & Sour Packets	1 Packet	13	26	0	0	0	25	5	0	4	0.75	0	3.6	0	0
Dressing, MS/HS Caesar Salad	2 Packets	42.52	218	22.75	3.46	10	321	1.98	0	1.48	0.99	0	0	19.78	0
HS PB & J Sack Lunch - Fruit	1 Sack	689.96	757	31.37	4.57	0	694	104.61	10.61	51.26	21.94	1070	85.96	166.04	3.09
HS PB & J Sack Lunch - Applsc	1 Sack	684.07	743	31.11	4.53	0	703	100.4	10.04	49.64	21.05	866	62.02	146.08	2.86
HS Ham & Ch. Sck Lunch - Fruit	1 Sack	684.08	439	10.54	3.79	62	1032	66.42	7.61	30.76	24.69	1207	86.94	249.55	3.62
HS Ham & Ch. Sack - Applsc	1 Sack	678.19	425	10.29	3.75	62	1041	62.22	7.04	29.14	23.81	1003	63	229.58	3.38
HS Turkey & Ch. Sack - Fruit	1 Sack	684.08	449	10.2	3.82	50	891	66.44	7.61	30.76	25.77	1207	86.96	249.55	3.03
HS Turkey & Ch. Sack - Applsc	1 Sack	678.19	435	9.94	3.78	50	900	62.24	7.04	29.14	24.88	1003	63.02	229.58	2.8
Raisins, Unsweetened	1 Box	37.7	113	0	0	0	4	30	1	22	1	0	0	0	0
Sandwich, PB & J, w/Crust	1 Each	141.75	550	33	7	0	480	52	7	18	20	100	1.2	60	2.7
Grahams, Gripz Cinnamon	1 Pouch	25	100	3	1	0	80	19	3	5	2	750	0	100	0.72
Chips, Doritos Cool Ranch	1 Package	28	130	5	1	0	160	19	2	1	2	0	0	40	0.36
Sandwich, Dbl Meat & Cheese	1 Sandwich	166.87	348	14.47	6.24	67	1098	30.83	4	5	25.9	274	0.99	247	1.97
Bowl, Beef Border (Elem.)	1 Each	242.35	551	27.33	8.74	49	725	52.42	8.4	1.16	23.35	559	8.13	375.81	3.56
Pizza, Wild Mike's Cheese	1 Slice	155.64	359	15.96	7.98	30	509	33.92	2.99	3.99	19.95	499	5.99	448.96	1.8
Pop Tart Frosted Fudge	1 Package	100	370	6	2	0	390	76	6	30	5	1000	0	200	3.6
Pop Tarts	3 Packages	100	363	5.17	2	0	373	75.33	6	31	5	667	8	133.33	3.6
Goldfish, Pretzels WG	1 Bag	21.26	90	1.5	0	0	250	16	1	0	2	0	0	0	0
Supper - Zee Zee Snack Pack	1 Serving	476.27	384	8.75	5.59	21	553	56.33	5.53	18.27	20.41	10633	4.56	534.39	2.56
Fresh Veggie Cup (#5)	1 Each	105.01	24	0.1	0.02	0	55	5.33	2.04	0.44	0.45	5293	6.74	24.2	0.38
Goldfish, Giant Crackers	1 Pouch	25.51	118	3.93	0.98	0	107.95	18.65	0.98	5.89	0.98	0	0	98.13	0.71
Goldfish, Cheddar Colors	1 Bag	21.26	100	3.5	0.5	0	170	14	1	0	2	200	0	20	0.72
Sandwich, Meatball	1 Each	146.05	340	12.65	5.14	11	615	33.9	3	4.97	24.24	179	2.38	394.15	3.29
Pack, Pickle	1 Pack	80.37	12	0.16	0.03	0	177	2.48	0.92	1.54	0.63	400	4.66	20.91	0.27
Supper - Pizza Fun Pizza	1 Each	443.67	446	16.46	9.08	78.33	999.35	54.71	3.52	29.78	20.57	33.33	0	30.12	1.14
Chips, Doritos Nacho Cheese	1 Bag	28.35	130	5	0.5	0	200	20	2	0	2	100	0	0	0.36
Burrito, Bean and Cheese	1 Each	163.01	380	15	6	25	490	46	7	3	17	200	3.6	300	3.6
Burger, Western w/Cheese	1 Each	192.36	505	25.09	9.8	83	961	43.07	3.6	11.49	26.1	187	0.48	323.38	3.45
Nachos, Walking	1 Each	176.33	482	25	9.31	84	1199	33.25	3.19	2.49	29.06	449	0.4	260.79	2.26
Tacos, Street (Pork)	1 Serving	1277.24	458	10.59	3.62	75	795	56.27	10.07	5.63	33.55	1599	18.62	138.81	4.35

Grahams and Sun Butter	1 Serving	106.37	583	37.85	4.24	0	441	47.98	6.48	16.79	16.79	1000	0	250.85	4.61
Cookies, Mini Choc. Chip	1 Package	34.59	160	6	1.5	0	160	25	3	11	2	0	0	180	0.18
Supper - Bistro Box	1 Serving	396.87	449	20.34	10.23	60	907	37.87	8.13	17.86	27.55	11267	6.75	645.9	3.36
Burrito, Chckn & Rice (Verde)	1 Serving	398.4	564	27.03	13.84	109	1009	43.04	7.42	6.4	35.74	1288	5.12	624.31	5.16
Supper - Go Big Energy Pack	1 Serving	501.52	435	10.18	5.57	26	586	70.54	5.13	40.31	15.17	10197	7.97	163.42	1.82
Yogurt w/Graham Crackers	1 Each	255.15	247	3.5	0	0	194	48.92	2	29.33	6.57	14750	3.03	576.67	0.36
Chicken, Tryki w/Rice & Cookie	1 Each	182.85	203	3.58	1	70	494	25.28	0.35	9.99	16.83	0	0	2.37	1.01
Chicken, Teriyaki w/Rice & Cookie	1 Each	182.85	203	3.58	1	70	494	25.28	0.35	9.99	16.83	0	0	2.37	1.01
Chicken, Teriyaki w/Rice & Cookie	1 Each	309.57	293	5.03	1.39	98	686	37.49	0.71	13.53	23.95	0	0	4.74	1.58
Sandwich, Bahn Mi (SpicyKorean)	1 Each	213.82	475	15.11	3.06	70	1052	60.26	5.09	24.38	23.46	1811	4.11	259.02	2.9
Roll, Chocolate Crescent	1 Roll	64.92	230	7.99	1.5	0	270	36.95	2	9.99	5.99	0	0	19.98	1.44
Pancakes, Mini Confetti	1 Pouch	85.9	220	7	1	10	300	36	4	11	4	0	0	60	3.6
Pack, Taco	1 Pack	95	13	0.14	0.02	0	146	3.82	0.97	1.89	0.72	656	8.37	10.98	0.27
Omelet, Cheese w/Sunrise Bites	1 Each	85.05	243	14.33	3.35	171	425	21.3	2	7.4	8.97	15056	2.4	187.47	1.17
Cereal w/ French Toast Goldfish	1 Each	56.64	240	5.93	1.21	0	307	44.57	4.14	15.86	3.57	443	7.2	102.86	4.83
Sandwich, Croissant Ham & Ch	1 Each	118.89	279	12.71	5.73	42	795	30.49	3	3.5	14.85	337	0.59	183.5	1.97
Juice, Frozen Cup	2 Cups	124.74	70	0	0	0	5	18	3	15	0	500	60	80	0.36
Raisins, Sun-Maid Flavored	3 Boxes	38	120	0	0	0	7	29	2	27	1	0	0	19.67	1.13
Supper - Asian Chicken Wrap	1 Serving	467.67	576	20.03	4.42	63	941	68.5	4.32	35.59	30.65	6218	13.06	541.99	3.2
Supper - Chicken Rnch Snck Pck	1 Each	480.2	526	23.58	10.04	108	1300	43.64	2.5	25.42	31.75	980	4.53	628.23	1.76
Grahams, Jurassic Wrld Honey	1 Pouch	28	130	4	1	0	95	21	0	8	2	0	0	0	0.72
Grahamz, Birthday Cake	1 Serving	28.35	120	4	1	0	50	21	0	8	2	0	0	40	0
Burger, Cheese w/Bun	1 Each	144.46	360	15.5	6.5	52	675	33	4	4.5	22.5	137	0	303.5	3.24
Bread, Garlic w/Marinara Cup	1 Each	198.45	396	17.78	8.32	38	647	38	4	7	21.25	124	0	439	1.86
Fries, Smile Potato	1 Serving	51.23	98	3.39	0.38	0	136	15.07	1.51	0	1.51	0	1.81	0	0.27
Taco, Beef w/Cheese (Corn Tor)	1 Serving	425.25	297	15.67	8.47	67.54	559.48	16.83	2.79	0.99	21.71	340.18	0.27	231.86	1.99
Taco, Chicken w/Cheese	1 Serving	458.24	319	14	7.5	85	605	18	3	0	27	300	1.2	220	1.44
Roll-Up, Fruit, Crazy Colors	1 Roll	14.17	46	1.01	0	0	56	11.14	2.03	4.05	0	0	15.19	0	0
Chicken, Curry w/Rice	1 Serving	276.12	208	4.53	1.25	87	488	20.31	0.71	2.5	20.41	0	0	4.74	1.47
Chicken, Tryki Drmstck	1 Serving	243.81	459	12.48	2.77	100	706	57.33	4	6.33	24.86	0	0	0	0.8
Chicken, Mandarin w/Chow Mein	1 Serving	290.3	367	5.33	0.56	44	1031	61.11	4	13.11	20.22	2500	13.33	40	6.2
Wrap, Chipotle Chicken	1 Each	196.95	522	31.37	9.65	77	767	35.15	3.25	4.14	25.94	1423	1.39	323.88	2.83
Supper - Salad, Chicken Ranch	1 Each	518.85	601	41.78	10.91	73	611	33.96	2.99	14.53	20.96	2384	1.64	289.76	1.4
Grahams, Goldfish Honey Bun	1 Package	28.35	130	4.5	1	0	130	21	1	8	2	0	0	20	0.72
Brownie, Cup	1 Each	48.19	149	4	0.7	2	74	26.5	2	14.5	1.6	23	0.5	0.1	0.6
Burrito, Wet w/ Shredded Beef (Red Sauce)	1 Each	437.31	530	17.65	8.1	92	1036	58.51	7.67	6.48	35.15	1153	6.88	406.8	3.92
Burrito, Wet w/ Shredded Beef (Green Sauce)	1 Each	443.31	515	17.65	8.1	92	1441	55.51	9.18	6.18	33.66	1153	1.48	406.8	3.92
Crackers, Bug Bites	1 Each	28	120	3.5	1	0	115	21	1	8	2	500	0	100	0.72
Supper - Yo Zoo Pack	1 Each	520.61	534	19.27	8.71	29.89	566.17	76.9	6.09	48.99	15.12	10500.48	7.97	365.92	2.53
Supper - Rice Krispies Treat Snack Pack	1 Each	450.76	332	8.94	5.01	20.58	622.43	44.97	4.36	11.4	19.25	10632.72	4.56	532.39	2.41
Supper - Sandwich Stackable	1 Each	480.69	350	15.14	4.88	56.95	2011.82	31.75	3.37	13.51	18.49	203.33	4.88	218.5	1.9
Milk, Lowfat Strawberry	1 Each	226.8	120	0	0	5	135	22	0	20	9	500	0	0	0
Supper - Jump Start Box	1 Each	522.57	342	14.81	5.23	44.87	742.97	34.96	2.36	14.34	18.16	109.54	2.03	31.61	0.23
Chicken, Buffalo Dip w/Chips	1 Serving	205.53	488	26.74	9.82	90	1224	33.55	3	2.81	23.15	518	0.92	157.83	1.09
Chicken, Nashville Hot Bites	1 Each	170.1	405	17.53	3.66	68	698	42.65	2.44	17.73	22.27	0	9.88	0	2.11
Maple Waffle Crisps	1 Serving	28	110	3.5	0.5	0	115	20	2	7	2	328	4	13	2
Chicken, Mandarin Orange w/Rice	1 Each	312.41	278	3.49	0.56	11	328	44.67	0.71	12.1	13.88	0	1.33	4.74	1.37