Recipe Description	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	113.4	240	8	2.5	40	390	30	5	5	9	0	0	80	1.8
Pizza, Galaxy, Wrapped	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	95	260	15	2.5	25	390	16	3	1	15	100	0	40	1.8
Burger w/Bun	130.46	310	11	4	40	450	33	4	4	20	0	0	220	3.24
Hot Dog (Turkey) on a WG Bun	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	320.33	420	10	2	55	525	59	4	8	24	900	36	80	2.88
Sandwich, Turkey and Cheese	153.05	307	9.83	1.25	50	727	31.83	4	4.5	23.83	0	1	80	1.74
Sandwich, Turkey Ham & Cheese	153.05	297	10.18	1.23	62	868	31.82	4	4.5	22.75	0	0.98	80	2.32
Cheese & Crackers	50.35	186	8.82	4.05	18	328	14.51	1	0	9.59	1101	0	262.75	1.08
Pizza, Pepperoni, Big Daddy's	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	146.85	360	16	7	35	600	34	3	9	21	400	0	450	2.7
Burger, Chicken Hot & Spicy	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	308.03	693	41.37	10.64	90	1067	56.91	2.74	17.58	30.36	3585	8.59	322.6	1.59
Macaroni and Cheese	170.1	277	10.8	5.4	27	675	29.02	1.35	6.07	16.88	675	0	404.99	0.97
Cereal w/ Bear Grahams	54.83	218	4.5	0.42	0	267	43.5	3.5	14.33	3.25	806	8.95	135.42	5.78
Cinnamon Roll, Shannon's	85.05	280	9	2	15	300	43	2	18	6	0	0	75	2
Pizza, Meat Supreme, Big Daddy	177.18	416	18.65	7.59	49	772	35.42	3	9.88	26.03	400	0.12	400.17	2.81
Cake, Coffee, Whole Grain	113	340	13	1.5	50	350	53	3	25	6	100	0	80	1.8
Sandwich, Pizza Poor Boy	183.47	330	11.72	5.35	47	817	35.33	3.5	5.75	20.48	176	2.25	306.25	2.46
Pizza, Hawaiian, Big Daddy	189.93	396	17.03	7.35	49	720	37.45	3.17	11.84	24.4	401	1.27	453.99	3.02
Yogurt Parfait	240.5	225	2.16	0.5	3	106	46.85	2.28	24.45	6.32	509	0.1	100.16	0.82
Sandwich, Italian Sub	229.62	440	17.51	7.72	79	1572	44.06	4.44	7.39	27.48	1483	3.36	450.53	3.31
Muffin Tops - 2 Flavors	90.72	250	8.5	1.25	25	220	42	2.5	18.5	4	500	0	20	2.25
Chicken, Popcorn	92	250	14	2.5	25	380	15	3	1	15	100	0	40	1.8
Yogurt w/Graham Crackers	135.4	180	2.5	0	0	146	36	1	18.75	5	0	0.6	300	0.72
Bagel w/Cream Cheese, BBrry	92.14	198	3.84	1.62	8	237	34.41	4	7.41	7.41	121	0	76.2	1.8
Sandwich, PB & J, w/Crust	141.75	550	33	7	0	480	52	7	18	20	100	1.2	60	2.7
Sandwich, Dbl Meat & Cheese	166.87	348	14.47	6.24	67	1098	30.83	4	5	25.9	274	0.99	247	1.97
Bowl Border (Elem.)	224.56	477	22.06	5.04	26	522	52.5	8	2	17.54	391	8	271.13	2.75
Pizza, Wild Mike's Cheese	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	100	370	6	2	0	390	76	6	30	5	1000	0	200	3.6
Pop Tarts	100	367	5.17	2	0	377	75.33	6	30.33	4.67	667	8	133.33	3.6
Burrito, Bean and Cheese	163.01	380	15	6	25	490	46	7	3	17	200	3.6	300	3.6
Nachos, Walking	140.05	380	20	6.6	49	807	32	2	4	18	389	0	243	0.36
Grahams and Sun Butter	106.37	583	37.85	4.24	0	441	47.98	6.48	16.79	16.79	1000	0	250.85	4.61
Burrito, Chckn & Rice (Verde)	350.48	507	25.1	13.26	93	890	42.28	7.09	6.12	27.79	1249	4.05	623.82	4.88
Yogurt w/Graham Crackers	141.75	200	3.5	0	0	166	39	2	21.75	5	14750	3	420	0.36
Chicken, Tryki w/Rice & Cookie	182.85	203	3.58	1	70	494	25.28	0.35	9.99	16.83	0	0	2.37	1.01
Omelet, Cheese w/Sunrise Bites	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/ Frnch Toast Goldfish	56.68	240	6	1.17	0	308	44.5	4	15.83	3.5	450	6.4	116.67	4.92
Sandwich, Croissant Ham & Ch	118.89	279	12.71	5.73	42	795	30.49	3	3.5	14.85	337	0.59	183.5	1.97
Burger, Cheese w/Bun	144.63	365	15.5	4	52	585	34	4	4.5	22.5	0	0	220	3.24
Taco, Turkey w/Cheese (Flour)	90.94	228	12.56	5.04	36	448	16	0	2	13.54	152	0	161.25	0.9
Taco, Chicken w/Cheese (Flour)	103.87	233	9.56	4.04	57	642	16	1	0	17.54	152	0	161.25	0.9
Cereal Bowls (CC)	28	103	1.67	0.17	0	123	22.67	3	6	2.33	143	1.6	66.67	6.6
Chicken, Buffalo Dip w/Chips	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	170.1	405	17.53	3.66	68	698	42.65	2.44	17.73	22.27	0	9.88	0	2.11
Crisps, Maple Waffle	28.35	110	3.5	0.5	0	115	20	2	7	2	328	4	13	2
Hot Dog, WG Bun w/Cheese	146.05	383	19.21	7.09	66	1121	33.03	3	4	21.17	0	1.22	260.75	2.89
Bagel w/Cream Cheese, Cin Rais	92.14	198	4.34	1.62	8	197	33.4	5	8.41	7.41	121	3.6	36.2	1.8
Bar, Cin.Toast Crunch Soft Fil	66.9	250	8	3	5	280	40	2	14	6	100	0	20	1.44
Bar, Cocoa Puffs, Soft Filled	68.89	250	7	2	5	310	43	3	15	7	0	2.4	40	2.7
Pull Aparts, Pillow	144.58	306	14.39	5	30	721	31.77	0.4	2.59	15.39	136	0.48	243.01	0.54
Sandwich, Italian Melt	128.42	318	15	8.68	39	584	30.63	3.17	4.56	16.9	18	1.14	276.98	1.73
Burger, Western w/Cheese & Bac	187.43	511	26.56	7	93	1019	38.5	3	10.5	29.58	50	0	220	3.24
Sandwich, Grilled Chckn Pesto	232.97	541	27.52	8.23	83	1012	35.12	3.69	3.91	34.69	827	2.19	183.57	2.76
Chicken, Enchiladas	161.28	282	14.63	7.83	63	610	17.58	1.02	2	18.14	314	0	263	1.46
Salad, Buffalo Chicken	301.54	646	39.29	10.54	60	1264	50.92	5.46	19.51	25.1	3815	5.92	261.31	4.36
Chicken, Mndrn OrngwRiceCookie	262.96	323	3.33	0.56	44	325	54.72	0.81	12.1	14.64	0	1.33	3.16	1.96
Chicken, Tryki w/Rice & Cookie	260.12	337	4.87	1.39	98	683	47.54	0.81	13.53	24.71	0	0	3.16	2.16
Baked Ziti	220.84	421	12.54	5.27	70	571	49.01	5	6.5	29.54	451	3.6	141.25	1.08
Chicken, Waffle Sliders	170.1	361	16.07	2.02	40	684	42.1	2.02	6	18.11	0	0	82.34	3.42
Bread, Cheesy Garlic	127.57	356	16.78	8.32	38	447	31	2	3	20.25	124	0	420	1.86
Bagel w/Cream Cheese	92.14	198	4.09	1.62	8	217	33.91	4.5	7.91	7.41	121	1.8	56.2	1.8
Salad, Buffalo Chicken (Chddr)	287.71	591	34.33	7.57	45	1081	51.42	5.46	19.51	21.64	3515	5.92	61.31	4.36
Beef, Enchiladas	237.34	425	19.11	9.68	92	837	30	0.99	2	32.09	654	0	422.5	2.16