

Nutritional Codes: Chol. = Cholesterol; Na=Sodium; Ca=Calcium; Fe= Iron; P=Phosphorus; Zn= Zinc; K= Potassium

Nutritional Values

	Serving	Calories	Fat Calories	Total Fat	Sat. Fat	Trans Fat	Chol.	Na	Total Carbs	Dietary Fibers	Sugars	Protein	Ca	Fe	Poly Fat	Mono Fat	Vit. A	Vit. C	P	Niacin	Zn	K
				Grams	Grams	Grams	MG	MG	Grams	Grams	Grams	Grams	MG	MG	Grams	Grams	IU	MG	MG	MG	MG	MG
Milk (White)	1	100		2.5	1.5	0	10	120	12	0	11	8										
Milk (Choc)	1	130		0	0	0	5	180	25	0	22	8										
Soy Milk	8.25 fl oz	149	44.1	4.9	0.8			183	17.7	0.2	16.9	8.5	341	1.2			578		401			408
Wheat Bun	1			0.5	0	0	0	220	20	5	4	4										
Wheat Bread	1	60		1				135	9	1	1	3										
Wheat Roll	1	100	9	1		0		200	20	2	2	3	80	0.4								
Taco Shell	1	90	22.5	2.5	1.5	0		750	15	2	1	2	20	0.07								
Pitas	1	230	36	4	0.5	0		440	40	2	5	8	150	2.9								
Cheese (Shredded)	1/4 c (1 oz)	110	81	9	5	0		170	0	0	0	6	200				400					
Popcorn Chicken	12 pieces	220	126	14	2.5		30	660	12	1			20		6	4.5						
Ribs	1	180		12			45	260	5	1	3	14										
Beef Crumble	2 oz	140	81	9	2.5	0	10	270	4	2		11	60	1.8			4.1					
Taco Meat	2 tbsp	90		6	2.5	0	25	310	4	1	1	7										
Deli Turkey	4	101.2	42.3	4.7	1.4	0.1	54.6	613.2	0.5			14.3		1			38.3	1.7				
Ham (Sliced)	4 oz																					
Ham (Deli)	3.18 oz	101	42	4.7	1.4	0	54.6	613.2	0.5			14.3	7	1			38.3	1.7				
Ham(Salad)	2 oz	60	18	2	1		20	620	3			6		0.7								
Chicken Fried Steak	1	260	162	18	6	0	35	620	14	1	1	10	40	1.8			100					
Rotini Noodles	2 oz	200	9	1		0			40	1	1	7		1.8								
Spaghetti Noodles	3.5 oz (dry)	180	4.5	1.5		0		125	37	2		7		0.4								
Spaghetti Sauce	4 oz	60	9	1				490	12	3	10	2	20	1.4			2250	6				
Fish Nuggets	4 oz (4 ea)	260	117	13	2	0	30	930	21	1	1	15	20	1.8				2.4				
Fish Sandwich	1																					
Hot Dogs	1 (2 oz)	180	149	16.6	6.5	0	31.5	599.9	1.4	0.1		6.4	25.5	0.6			50.1	1.3				
Chili (hot dog)	2.01	50	9	1		0	3.1	250	8	2	0.6	2		0.7			200					
Chicken Fajita	3 oz	120	36	4	1	0	75	540	2			20		1.1								
Pork Egg Roll	1 (4.2 oz)	250	90	10	4		102	599.9	25	2	2	14	45	3			10	45				
Chicken Strips	3.32 oz	230	135	15	3.5		40	590	10	1	1	15	20	1.4								
Corn Dog	1	290		15	4	0	55	740	28	2	2	11	40	1.8			100					
Grilled Chicken	1	160	99	11	2.5	0	45	290	2				13	0.7	4	4						
Burritos	1 (5.75 oz)	354	72	8	4	0	18	586	53	6.1		16	172	4.2			350	1.8				
Tenderloin	1	230	135	15	4.5		30	470	13	1	1	12										
Tony 4x6 Pizza	1	360		13	3.5		15	850	44	3	5	17										
The Max Pizza	1	360		13	6	0	30	920	43	4		21	40	30			15	0				

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Fruits

	Serving	Calories	Fat Calories	Total Fat	Sat. Fat	Trans Fat	Chol.	Na	Total Carbs	Dietary Fibers	Sugars	Protein	Ca	Fe	Poly Fat	Mono Fat	Vit. A	Vit. C	P	Niacin	Zn	K
				Grams	Grams	Grams		MG	MG	Grams		Grams	Grams	MG	MG	Grams	Grams	IU	MG	MG	MG	MG
Applesauce	1/2 c	90	0	0	0	0		10	23	2								2.4				85
Peaches	1/2 c	70						10	17		13						300	1.2				90
Strawberries	5 oz	150		0					38	1	33	1	20	0.4				48				
Apples	1	80	4.5	0.5	0	0	0	0	22	4	20	2	0	0				36				
Pineapple	1/2 c	60	0	0	0	0	0	10	15	1	13							12				
Fruit Bar (Cherry)	1	60						10	13	3	10						500	60				
Fruit Bar(Berry)	1	50				0		10	14	3	11		60				500	60				
Ice Cream Cups	1 (4 oz)	130	63	7	4		27	60	16		16	2	80				200					
Orange	1	80							21	5	14	1	40					72				
Fruit Cocktail	1/2 c	80	0	0	0	0	0	10	19	2	13	1										90
Pears	1/2 c	80	0	0	0	0	0	5	20	2	14	0										85
Mandarin Oranges	1/2 c	70	0	0	0	0	0	10	17	1	17	1										
Tropical Fruit	1/2 c	80	0	0	0	0	0	0	20	1	14	0										
Baked Apples	1/2 c	35	0	0	0	0	0	5	20	1	7	1										85
Cantaloupe	1/4 c	50						35	11			1					638.2	63				120
Grapes	1.5	85							24	2	23	1	20	0.4			100	4.8				
Watermelon	2 c	80							27	2	25	1		0.7			1000	15				
Kiwi	1	50	4.5	0.5					12	2	8	1	24	0.3			50	72				
Banana	1/4 c	110							29	4	21	1		0.4				9				400

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Vegetables

	Serving	Calories	Fat Calories	Total Fat	Sat. Fat	Trans Fat	Chol.	Na	Total Carbs	Dietary Fibers	Sugars	Protein	Ca	Fe	Poly Fat	Mono Fat	Vit. A	Vit. C	P	Niacin	Zn	K
				Grams	Grams	Grams		MG	MG	Grams			Grams	Grams			MG	MG	Grams	Grams	IU	MG
Peas	1/2 c	60	4.5	0.5	0	0	0	320	10	3	4	4	20	1.4								
Carrots	1/2 c	30						300	5	2	4		40					5000				
Salsa	3.5 oz	27	1.8	0.2	0.3			600	6.3	1.6	3.1	1.5	27	0.5	0.1		292	1.9	31	0.1	0.4	
Tomatoes Sliced	1 ea	22																				
Potato (Mashed)	1/2 c	76	9	1	0.1	0.3		345	15	1.3		1.5	8	0.2				3.6				
Diced Tomatoes	1/2 c	25						210	5	1	3	1	40	0.7			750	12				
Green Beans	1/2 c	20						140	4	2	2											75
Mexican Corn	3 oz	70							15	2	3	2		0.4			300	15				
Hash brown	2.14 oz (1)	140	72	8	1			130	15	2		1						2.4				
Raisin	1 pk	120	0	0	0	0	0	5	29	2	27	1										
Cherries																						
Sweet Potato Fries	3.43 oz	160	54	6	1			210	24	4	9	2	40	0.4			4500	4.8				270
French Fries	3 oz	120	40.5	4.5	1	0	0	31	19	2		2		0.4				0.4				
Baby Spinach	4 oz																					
Tossed Salad	4 oz	14.8						10.3	2.4	0.6		1.2	21.7	0.6			376.2	4.5				
Broccoli	1 oz	5.6	0.9	0.1				14.1	0.7	0.9		0.9	9	0.1			100	27	15	0.2	0.1	103.7
Lettuce(Shred)	4 oz	14.8						10.3	2.4	0.6		1.2	21.7	0.6			376.2	4.5				
Lettuce(Chopped)	2.5 oz	10						7	2	1	1	1	10	0.4			350	1.8				
Cabbage (Shred)	4 oz	27	1.8	0.2				20.5	6.1	0.9		1.4	53.6	0.6			143.6	53.9				
Mixed Veggies	1/2 c	35						320	7	2	3	1	20	0.7			4500	3.6				
Rice	1/4 C	160		1.5					34	1	0	4										160
Red Beans	1/2 c	80	0	0	0	0	0	140	15	5	0	6										
Baked Beans	1/2 c																					
Refried Beans	1/2 c	110		0	0	0	0	160	20	5	1	7										
Baby Carrots	1.6 oz	15						35	4	1	3						3000					
Cheese (Shred)	1/4 c	110	81	9	5		30	180					200				300					
Red Onion	1/4 c	15						1.2	4	0.75		0.25	10	0.1				2.3				

