

Menu Item	Calories	Cholesterol (MG)	Sodium (MG)	Fiber (G)	Iron (MG)	Calcium (MG)	Vitamin A (IU)	Vitamin C (MG)	Protein (G)	Carbohydrate (MG)	Total Fat (G)	Saturated Fat (G)
Pizza Choice	345	22	863	2.00	2.93	243.3	406	0.0	15.5	43.0	12.5	4.62
Tossed Salad w/Dressing	55	3	92	0.64	0.18	9.1	1404	1.5	0.4	3.3	4.3	0.48
Potato Rounds	131	0	209	1.96	0.31	0.0	0	1.0	2.0	17.6	5.9	1.96
Baked Beans	130	0	550	5.00	1.80	40.0	0	0.0	7.0	29.0	0.0	0.00
Fresh Fruit	41	0	0	1.65	0.10	10.3	71	13.2	0.5	10.7	0.1	0.03
Mixed Fruit	46	0	3	0.97	0.23	4.2	178	3.2	0.3	12.3	0.1	0.01
Sherbet	152	6	45	0.34	0.23	47.6	102	13.6	1.1	32.9	2.3	1.13
Milk Choice	103	6.5	166	0.00	0.00	300.0	499	1.6	8.1	15.5	1.8	1.10
Menu Item	Calories	Cholesterol (MG)	Sodium (MG)	Fiber (G)	Iron (MG)	Calcium (MG)	Vitamin A (IU)	Vitamin C (MG)	Protein (G)	Carbohydrate (MG)	Total Fat (G)	Saturated Fat (G)
C.F. Steak w/Gravy	239	33	724	2.15	2.75	66.8	87	0.0	11.8	19.9	15.7	5.10
Ravioli	218	37	711	1.71	1.79	15.1	97	0.0	12.2	23.9	7.5	3.01
Roll	136	2	296	1.08	1.49	30.8	0	0.1	4.0	21.9	3.4	1.30
Mashed Potatoes	71	2	286	1.31	0.25	32.9	20	23.7	1.8	15.2	0.5	0.33
Honey Glazed Carrots	79	0	80	1.95	0.14	17.8	4904	1.0	1.0	10.6	3.1	0.58
Fried Okra	90	0	300	0.04	0.02	0.1	4	0.0	3.0	20.0	0.0	0.00
Sliced Pears	47	0	3	0.97	0.23	4.2	178	3.0	0.3	12.3	0.1	0.01
Fruit Pop	73	0	8	0.70	0.26	15.8	10	13.9	0.5	17.4	0.0	0.00
Milk Choice	103	6.5	166	0.00	0.00	300.0	499	1.6	8.1	15.5	1.8	1.10
Menu Item	Calories	Cholesterol (MG)	Sodium (MG)	Fiber (G)	Iron (MG)	Calcium (MG)	Vitamin A (IU)	Vitamin C (MG)	Protein (G)	Carbohydrate (MG)	Total Fat (G)	Saturated Fat (G)
Turkey & Dressing	271	45	441	0.79	2.20	54.9	366	0.4	19.8	18.3	12.6	2.92
Chicken Nuggets w/ Honey Mustard Sauce	235	20	675	2.00	2.36	40.0	110	1.0	13.0	21.0	10.5	2.00
Roll	136	2	296	1.08	1.49	30.8	0	0.1	4.0	21.9	3.4	1.30
Steamed Rice	95	0	95	0.56	1.34	14.1	0	0.0	2.1	20.5	0.3	0.08
Gravy	50	0	370	0.00	0.00	0.0	0	0.0	0.0	6.0	2.5	0.5
Breaded Squash	90	0	300	0.04	0.02	0.1	4	0.0	3.0	20.0	0.0	0.00
Green Beans	16	0	178	1.41	0.65	19.2	247	3.3	0.9	3.5	0.1	0.02
Fresh Fruit	41	0	0	1.65	0.10	10.3	71	13.2	0.5	10.7	0.1	0.03
Rice Krispie Treat	117	0	116	0.07	2.93	0.6	313	2.4	0.9	20.9	3.4	0.78

Milk Choice	103	6.5	166	0.00	0.00	300.0	499	1.6	8.1	15.5	1.8	1.10
Menu Item	Calories	Cholesterol (MG)	Sodium (MG)	Fiber (G)	Iron (MG)	Calcium (MG)	Vitamin A (IU)	Vitamin C (MG)	Protein (G)	Carbohydrate (MG)	Total Fat (G)	Saturated Fat (G)
Ground Beef Stroganoff w/Noodles	360	78	649	1.45	3.37	70.6	50	0.0	3.6	20.1	1.7	0.34
Fish Nuggets w/Ketchup	190	42	335	0.00	0.82	0.0	0	0.0	9.1	18.3	9.1	1.52
Baked Beans	130	0	550	5.00	1.80	40.0	0	0.0	7.0	29.0	0.0	0.00
Potato Rounds	131	0	209	1.96	0.31	0.0	0	1.0	2.0	17.6	5.9	1.96
Macaroni & Cheese	244	17	356	1.12	1.18	335.9	572	0.8	12.9	24.5	10.2	4.45
Mixed Fruit	46	0	3	0.97	0.23	4.2	178	3.2	0.3	12.3	0.1	0.01
Chocolate Chip Cookie	128	13	86	0.50	0.66	9.0	121	0.0	1.4	16.1	6.8	2.03
Milk Choice	103	6.5	166	0.00	0.00	300.0	499	1.6	8.1	15.5	1.8	1.10
Menu Item	Calories	Cholesterol (MG)	Sodium (MG)	Fiber (G)	Iron (MG)	Calcium (MG)	Vitamin A (IU)	Vitamin C (MG)	Protein (G)	Carbohydrate (MG)	Total Fat (G)	Saturated Fat (G)
Chicken Sandwich w/Mayo & Mustard	444	27	940	3.05	3.95	125.9	144	1.0	18.3	43.6	21.7	3.43
Deli Sandwich	265	55	1179	0.77	1.43	190.6	273	7.4	20.5	15.8	13.2	6.79
Lettuce & Tomato	5	0	2	0.35	0.10	4.1	198	2.3	0.3	1.0	0.1	0.01
Baked Potato	214	0	16	4.80	1.46	23.0	23	28.7	4.8	48.0	0.3	0.05
Black Eyed Peas	80	0	390	3.00	1.25	34.0	0	0.0	5.0	15.0	0.0	0.00
Vegetable Sticks	140	0	390	0.00	0.04	0.02	10	0.8	3.0	20.0	5.0	1.00
Diced Pears	47	0	3	0.97	0.23	4.2	22	3.0	0.3	12.3	0.1	0.01
Brownie	164	5	154	1.02	1.11	153.7	0	0.0	2.0	29.7	4.1	1.02
Milk Choice	103	6.5	166	0.00	0.00	300.0	499	1.6	8.1	15.5	1.8	1.10
Menu Item	Calories	Cholesterol (MG)	Sodium (MG)	Fiber (G)	Iron (MG)	Calcium (MG)	Vitamin A (IU)	Vitamin C (MG)	Protein (G)	Carbohydrate (MG)	Total Fat (G)	Saturated Fat (G)
Burrito w/Salsa	412	15	1080	8.90	5.00	207.0	1093	3.8	17.9	54.4	13.1	6.02
Corn Dog w/Mustard & Ketchup	363	35	1086	1.05	1.89	3.8	100	0.0	9.2	35.3	21.2	6.01
Macaroni & Cheese	244	17	356	1.12	1.18	335.9	572	0.8	12.9	24.5	10.2	4.45
Refried Beans	118	10	377	6.70	2.09	44.0	0	7.6	6.9	19.6	1.6	0.60
Potato Rounds	131	0	209	1.96	0.31	0.0	0	1.0	2.0	17.6	5.9	1.96
Fresh Fruit	41	0	0	1.65	0.10	10.3	71	13.2	0.5	10.7	0.1	0.03
Mixed Fruit	46	0	3	0.97	0.23	4.2	178	3.2	0.3	12.3	0.1	0.01
Brownie	164	5	154	1.02	1.11	153.7	0	0.0	2.0	29.7	4.1	1.02

Milk Choice	103	6.5	166	0.00	0.00	300.0	499	1.6	8.1	15.5	1.8	1.10
Menu Item	Calories	Cholesterol (MG)	Sodium (MG)	Fiber (G)	Iron (MG)	Calcium (MG)	Vitamin A (IU)	Vitamin C (MG)	Protein (G)	Carbohydrate (MG)	Total Fat (G)	Saturated Fat (G)
C.F. Steak w/Gravy	239	33	724	2.15	2.75	66.8	87	0.0	11.8	19.9	15.7	5.10
Ravioli	218	37	711	1.71	1.79	15.1	97	0.0	12.2	23.9	7.5	3.01
Roll	136	2	296	1.08	1.49	30.8	0	0.1	4.0	21.9	3.4	1.30
Mashed Potatoes	71	2	286	1.31	0.25	32.9	20	23.7	1.8	15.2	0.5	0.33
Green Beans	16	0	178	1.41	0.65	19.2	247	3.3	0.9	3.5	0.1	0.02
Pineapple Tidbits	66	0	1	1.00	0.49	18.0	48	9.4	0.5	16.9	0.2	0.01
Banana Pudding	168	0	183	1.36	0.38	33.8	34	4.5	1.0	33.5	3.9	0.95
Milk Choice	103	6.5	166	0.00	0.00	300.0	499	1.6	8.1	15.5	1.8	1.10
Menu Item	Calories	Cholesterol (MG)	Sodium (MG)	Fiber (G)	Iron (MG)	Calcium (MG)	Vitamin A (IU)	Vitamin C (MG)	Protein (G)	Carbohydrate (MG)	Total Fat (G)	Saturated Fat (G)
Tacos w/Lettuce, Tomato & Cheese	560	85	1399	2.83	3.60	334.2	1981	11.6	29.5	31.1	35.0	10.48
Rib-B-Q Sandwich	309	38	688	2.20	3.12	139.7	267	2.8	21.5	37.7	8.1	2.50
Refried Beans	118	10	377	6.70	2.09	44.0	0	7.6	6.9	19.6	1.6	0.60
Baked Apples	35	0	5	1.00	1.44	0.0	0	1.2	0.0	9.0	0.0	0.00
Honey Glazed Carrots	79	0	80	1.95	0.14	17.8	4904	1.0	1.0	10.6	3.1	0.58
Fresh Fruit	41	0	0	1.65	0.10	10.3	71	13.2	0.5	10.7	0.1	0.03
Chocolate Chip Cookie	128	13	86	0.50	0.66	9.0	121	0.0	1.4	16.1	6.8	2.03
Milk Choice	103	6.5	166	0.00	0.00	300.0	499	1.6	8.1	15.5	1.8	1.10
Menu Item	Calories	Cholesterol (MG)	Sodium (MG)	Fiber (G)	Iron (MG)	Calcium (MG)	Vitamin A (IU)	Vitamin C (MG)	Protein (G)	Carbohydrate (MG)	Total Fat (G)	Saturated Fat (G)
Spaghetti w/Meat Sauce	366	73	323	2.98	5.22	71.1	583	10.3	27.2	32.1	14.1	4.84
Chicken Pot Pie	344	52	261	1.90	2.23	32.0	3708	2.8	20.4	22.9	18.7	4.60
Texas Toast	113	0	204	0.07	0.90	33.0	168	0.0	2.5	14.7	4.9	0.94
Broccoli	84	0	1460	3.40	0.83	49.5	1544	77.5	3.5	6.1	6.1	1.05
English Peas	59	0	140	3.50	0.81	17.0	453	8.2	3.8	10.7	0.3	0.05
Vegetable Sticks	140	0	390	0.00	0.04	0.02	10	0.8	3.0	20.0	5.0	1.00
Diced Pears	47	0	3	0.97	0.23	4.2	22	3.0	0.3	12.3	0.1	0.01
Sherbet	152	6	45	0.34	0.23	47.6	102	13.6	1.1	32.9	2.3	1.13
Milk Choice	103	6.5	166	0.00	0.00	300.0	499	1.6	8.1	15.5	1.8	1.10

Menu Item	Calories	Cholesterol (MG)	Sodium (MG)	Fiber (G)	Iron (MG)	Calcium (MG)	Vitamin A (IU)	Vitamin C (MG)	Protein (G)	Carbohydrate (MG)	Total Fat (G)	Saturated Fat (G)
Pizza Choice	345	22	863	2.00	2.93	243.3	406	0.0	15.5	43.0	12.5	4.62
Chicken Nuggets w/ Honey Mustard Sauce	235	20	675	2.00	2.36	40.0	110	1.0	13.0	21.0	10.5	2.00
Carrots w/Dip	138	7	382	1.71	0.18	20.1	10255	3.6	2.0	8.7	10.1	1.44
Baked Beans	130	0	550	5.00	1.80	40.0	0	0.0	7.0	29.0	0.0	0.00
Sweet Potato Fries	142	0	152	2.03	0.73	20.3	3037	2.4	2.0	17.2	7.1	1.52
Diced Peaches	47	0	3	0.97	0.23	4.2	178	3.2	0.3	12.3	0.1	0.01
Jell-O	80	0	103	0.00	0.03	1.0	0	13.2	1.6	19.0	0.0	0.00
Milk Choice	103	6.5	166	0.00	0.00	300.0	499	1.6	8.1	15.5	1.8	1.10
Menu Item	Calories	Cholesterol (MG)	Sodium (MG)	Fiber (G)	Iron (MG)	Calcium (MG)	Vitamin A (IU)	Vitamin C (MG)	Protein (G)	Carbohydrate (MG)	Total Fat (G)	Saturated Fat (G)
Hot Dog	293	30	906	1.05	1.53	103.8	100	0.0	12.2	26.3	16.2	5.01
Hamburger w/Mustard & Ketchup	453	0	536	1.04	3.69	83.8	100	0.0	25.2	33.3	25.2	9.01
Lettuce & Tomato	5	0	2	0.35	0.10	4.1	198	2.3	0.3	1.0	0.1	0.01
Corn	75	0	258	1.57	0.60	4.5	79	0.6	2.2	15.6	1.7	0.31
Potato Rounds	131	0	209	1.96	0.31	0.0	0	1.0	2.0	17.6	5.9	1.96
Diced Peaches	47	0	3	0.97	0.23	4.2	178	3.2	0.3	12.3	0.1	0.01
Sherbet	152	6	45	0.34	0.23	47.6	102	13.6	1.1	32.9	2.3	1.13
Milk Choice	103	6.5	166	0.00	0.00	300.0	499	1.6	8.1	15.5	1.8	1.10
Menu Item	Calories	Cholesterol (MG)	Sodium (MG)	Fiber (G)	Iron (MG)	Calcium (MG)	Vitamin A (IU)	Vitamin C (MG)	Protein (G)	Carbohydrate (MG)	Total Fat (G)	Saturated Fat (G)
Fish Nuggets w/Ketchup	190	42	335	0.00	0.82	0.0	0	0.0	9.1	18.3	9.1	1.52
Chicken Fajitas	161	34	189	1.20	1.40	36.0	160	4.5	14.7	15.6	4.2	0.93
Spanish Rice	166	0	1146	1.47	3.14	21.9	464	3.6	3.7	35.8	0.4	0.10
Baked Apples	35	0	5	1.00	1.44	0.0	0	1.2	0.0	9.0	0.0	0.00
French Fries	73	0	11	1.00	0.20	0.0	0	3.9	1.0	12.0	2.0	0.60
Mixed Fruit	46	0	3	0.97	0.23	4.2	178	3.2	0.3	12.3	0.1	0.01
Chocolate Pudding	130	0	190	0.00	0.72	20.0	0	0.0	1.0	22.0	4.5	1.00
Milk Choice	103	6.5	166	0.00	0.00	300.0	499	1.6	8.1	15.5	1.8	1.10

Menu Item	Calories	Cholesterol (MG)	Sodium (MG)	Fiber (G)	Iron (MG)	Calcium (MG)	Vitamin A (IU)	Vitamin C (MG)	Protein (G)	Carbohydrate (MG)	Total Fat (G)	Saturated Fat (G)
C.F. Steak w/Gravy	239	33	724	2.15	2.75	66.8	87	0.0	11.8	19.9	15.7	5.10
Beef & Cheese Nachos	281	42	590	2.10	1.67	277.0	410	0.4	17.8	19.3	15.1	6.10
Roll	136	2	296	1.08	1.49	30.8	0	0.1	4.0	21.9	3.4	1.30
Mashed Potatoes	71	2	286	1.31	0.25	32.9	20	23.7	1.8	15.2	0.5	0.33
Green Beans	16	0	178	1.41	0.65	19.2	247	3.3	0.9	3.5	0.1	0.02
Vegetable Sticks	140	0	390	0.00	0.04	0.02	10	0.8	3.0	20.0	5.0	1.00
Fresh Fruit	41	0	0	1.65	0.10	10.3	71	13.2	0.5	10.7	0.1	0.03
Fruit Pop	73	0	8	0.70	0.26	15.8	10	13.9	0.5	17.4	0.0	0.00
Milk Choice	103	6.5	166	0.00	0.00	300.0	499	1.6	8.1	15.5	1.8	1.10
Menu Item	Calories	Cholesterol (MG)	Sodium (MG)	Fiber (G)	Iron (MG)	Calcium (MG)	Vitamin A (IU)	Vitamin C (MG)	Protein (G)	Carbohydrate (MG)	Total Fat (G)	Saturated Fat (G)
Meatloaf	195	67	122	1.29	2.23	47.0	154	2.9	17.0	8.0	10.3	4.22
Tater Tot Casserole	230	53	633	1.65	2.07	88.3	268	4.9	17.4	14.4	10.2	3.57
Macaroni & Cheese	244	17	356	1.12	1.18	335.9	572	0.8	12.9	24.5	10.2	4.45
Turnip Greens	31	0	159	2.44	0.00	73.3	1832	14.7	1.2	6.2	0.0	0.00
Breaded Squash	90	0	300	0.04	0.02	0.1	4	0.0	3.0	20.0	0.0	0.00
Diced Pears	47	0	3	0.97	0.23	4.2	22	3.0	0.3	12.3	0.1	0.01
Chocolate Chip Cookie	128	13	86	0.50	0.66	9.0	121	0.0	1.4	16.1	6.8	2.03
Milk Choice	103	6.5	166	0.00	0.00	300.0	499	1.6	8.1	15.5	1.8	1.10
Menu Item	Calories	Cholesterol (MG)	Sodium (MG)	Fiber (G)	Iron (MG)	Calcium (MG)	Vitamin A (IU)	Vitamin C (MG)	Protein (G)	Carbohydrate (MG)	Total Fat (G)	Saturated Fat (G)
Pizza Choice	345	22	863	2.00	2.93	243.3	406	0.0	15.5	43.0	12.5	4.62
Baked Beans	130	0	550	5.00	1.80	40.0	0	0.0	7.0	29.0	0.0	0.00
Sweet Potato Fries	142	0	152	2.03	0.73	20.3	3037	2.4	2.0	17.2	7.1	1.52
Pineapple Tidbits	66	0	1	1.00	0.49	18.0	48	9.4	0.5	16.9	0.2	0.01
Banana Pudding	168	0	183	1.36	0.38	33.8	34	4.5	1.0	33.5	3.9	0.95
Milk Choice	103	6.5	166	0.00	0.00	300.0	499	1.6	8.1	15.5	1.8	1.10