

	Portion Size	Calories	Chol (mg)	Sodium (mg)	Protein (g)	Carbs (g)	Total Fat(g)	Sat Fat(g)	Fiber (g)
<b>ENTREES</b>									
Spaghetti & Meatsauce	6oz	364	72	433	26.8	35.8	12.3	4.2	
Spaghetti & Meat Balls	6oz	346	62	436	21.2	39	11.5	3.7	
French Toast Sticks	4 Sticks	310	0	410	5	45	12	3	<1
Nacho Platter	3 oz	345	57	611	16	19.8	22.6	9.8	1.2
Twin Tacos	2 ea	449	59	725	22.4	43.5	20.2	8.6	3.3
Crispy Chicken Nuggets	4 pcs	270	50	950	23	22	10	1.5	<1
Grilled Cheese	1 ea	250	25	650	10	29	11	5	1.3
Baked Ziti	6oz	251	26	390	14	30	8.8	5	1.6
Chicken Fajitas	3 oz	357	54	333	24	24	13.8	2.4	2.2
Roasted Turkey	4oz	150	60	510	21	1	7	2.5	0
Whole Wheat Pizza	1 slice	391	31	701	25.6	45.5	12.1	6.7	4.6
Cheeseburger	1 ea	342	69	489	21.2	21.9	18.2	7.8	1.2
Hamburger	1 ea	288	55	286	18	21.6	13.7	5	1.2
Grilled Chicken Sandwich	1 ea	329	56	369	28.5	45	4.4	1.2	4
Chicken Parmesan	1 ea	335	51	503	24.9	35.5	9	1.1	
Meatball Parmesan	1 ea	385	70	511	25.1	39.4	14	5.3	3.3
Sweet & Sour Chicken	3 oz	184	60	732	22.9	14.2	3.8	0.9	1
Chicken Teriyaki	3 oz	231	55	463	23.3	13.2	9.6	1.7	3.4
Chicken Lo Mein	1 cup	193	26	440	14.1	25.1	4.9	1	3.6
Sloppy Joe	3 oz	291	46	482	17.4	31.9	10.3	3.7	2.2

	Serving Size	Calories	Total Fat(g)	Sodium(mg)	Potassium(mg)	Total Carbs(g)	Sugars(g)	Vitamin C
<b>BEVERAGES</b>								
Milk - 2%	8oz							
Milk - 1%	8oz							
Milk - 1% Chocolate	8oz							
Milk - Skim	8oz							
Juice Fruit Punch 100%	4oz							
Izze								
Switch	8.3oz	140	0	15	n/a	36	35	100%
Snapple 100% Juice	12oz							
Minute Maid 100%	10oz	150	0	25	550	36	34	100%

	Calories	Fat	Calorie Saturated F	Cholesterol(n	Sodium(mg)	Total Carbs(g)	Fiber(g)	Sugar(g)	Protein(g)
<b>SNACKS</b>									
Baked Potato Chips	130	15	0	0	170	26	2	2	2
Baked Potato Chips BBQ	110	25	0	0	190	19	2	2	2
Baked Doritos	90	25	0.5	0	170	16	1	<1	2
Red. Fat Doritos Nacho	130	45	1	0	220	19	2	2	2
Red. Fat Doritos Cool Ranch	130	45	1	0	160	19	2	1	2
Sun Chips	140	50	1	0	160	19	2	2	2
Kettle Corn Popcorn	130	45	0	0	130	21	2	6	1
Pirate's Booty	130	45	1	0	150	18	1	0	2
Kellogg's Fruit Snacks	220	0	0	n/a	40	51	n/a	39	3
Linden Cookies (2 pack)	168	58.5	1.8	5	160	22	1.2	10.5	2
Quaker Kids Snack Mix	110	35	1	0	200	18	1	4	2
Rice Krispies Treats	150	30	1	0	170	28	0	12	1