

## BEVERAGES

Chocolate Milk	4 oz		28g
Skim Milk	4oz	13g	
2% Milk	4oz	12g	
Juice	4oz	12g	

## BREADS

Wheat Bun	1	19g	
Garlic Bread	1 slice	16g	
Sub Buns	1	18g	
Taco Shells	2 shells		15g
Tortilla Shells	1 shell	11g	
Pizza Bread	1 pc	28g	
Bosco Stick	1 stick	28g	
French Toast Sticks	4 sticks		56g

## ENTREES

Hot Dog	1	3g	
Chili	1 cup	29g	
Cheese Sauce	¼ cup	3g	
Chicken Fries	per serving	11g	
Spaghetti Noodles	2 oz	40g	
Mostaccoli Noodles	2 oz	40g	
Meatballs	per serving	6 g	
Hamburger	1	3g	
Cheese Slice	1 slice	1g	
Chicken Quesadilla	1 triangle	35g	
Pizza	1 slice	36 g	
Mini Corn Dogs	per serving	7g	
Turkey	3 oz	1g	
Turkey Gravy	2oz	6g	
Turkey Patty	1	18g	
Turkey for Sub	3 slices		1g
Ham for Sub	3 slices	1g	
Taco Meat	3 oz	2g	
Chicken Nuggets	per serving	14g	
Chicken Tender	per serving	15g	
Chicken Fajita Meat	per serving	3g	
Sausage Patties	per serving		0g
Chicken and Noodles	per serving	86g	
Chicken Patty	1	17g	

Ham for Sub	3 slices	1.5g	
Tomato Soup	1 cup	40g	
Corn Dog	1	30g	
BBQ	4 oz	20g	
Ravioli	1/2 cup	14g	
Macaroni & Cheese	3 oz	64g	
Pork and gravy	3 oz		8g

### SIDES & CONDIMENTS

Augratin Potatoes	1/2 cup	18g	
Mashed Potatoes	1/2 cup	32.5g	
French Fries	3oz	26g	
Rice	1/2 cup	21g	
Cottage Cheese	1/2 cup	4g	
Tator Tots	3 oz	19g	
Pickles	1 oz	.4g	
Lettuce	3 oz	3g	
Cheddar Cheese	1 oz	1g	
Salsa	1 oz	3g	
Ranch Dressing	2 oz		2g
Cottage Cheese	1/2 cup	4g	
Syrup	2 oz	33g	
BBQ Sauce	2T.	12g	
Catsup	1 pkg	3g	
Mustard	1 pkg	.0g	
Mayonnaise	1 pkg		.0g

### VEGETABLES

Broccoli	1/2 cup	2g	
California Blend	1/2 cup	4g	
Carrots	1/2 cup	11g	
Corn	1/2 cup	19g	
Country Trio	1/2 cup	1g	
Green Beans	1/2 cup	4g	
Peas	3 oz	12g	
Carrot Stix	3	9g	
Cucumber Slices	3	0g	
Salad	1/2c	3/4g	
Cole Slaw	1/3c	17g	
Sweet Potatoes	w/br sugar		
1/2c	58g		

## FRUITS

Apple	1	15g
Applesauce	½ cup	23g
Banana	1	32g
Grapes	½ cup	13g
Mandarin Oranges	½ cup	28g
Mixed Fruit	½ cup	18g
Orange	1	15g
Peaches	½ cup	17g
Raisins	1 box	33g
Watermelon	½ cup	3g
Strawberries	½ cup	6g
Cantalope	½ cup	22g
Honeydew	½ cup	12g

## DESSERTS

Apple Crisp	½ cup	36g
Cherry Crisp	½ cup	36g
Brownie	1	23g
Blueberry Muffin (mini)	1	12g
Chocolate Muffin (mini)	1	14g
Chocolate Cake w/ frosting	2x2"	37g
Yellow Cake w/ frosting	2x2"	39g
Ice Cream cup	4oz	16g
Sherbet cup	4oz	26g
Tarts w/ peach filling	1	27g
Tarts w/ cherry filling	1	33g
Yogurt	4oz	17g
Chocolate Chip cookie	1	19g
Sugar Cookie	1	18g
Chocolate Chip Cookie Bar	2x2"	14g
Cool whip frosting	2T	3g
Pound Cake	1 slice	17g
Cool Whip	2T	2g
Blueberry pie filling	2T	2g
Strawberries (froz)	2T	10g
Lemon Bars	2x2"	

	24g		
Fruit Slushies		4.4 oz	20g
Jello		1/2c	17g
mini cherry dumplings			1 pc
9g			
chocolate cupcake		1	27g
pumpkin bars		1 pc	20g

This information is provided to the best of my ability..new items to be added as needed.