

Item Name	Calories	Sodium	Protein Grams	Carb Grams	Total Fat Grams	Saturated Fat Grams	Cholesterol mg	Calcium mg	Iron mg	Niacin mg	Phosphorous mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassium mg	Fiber grams
Bean & Cheese Burrito	351.4	655.5	16.1	52.3	9.3	4.8	21.1	277	3.6					4.2	2.4		7.9
Beef Hot Diggity Dog	273.4	490	7.4	15.4	21	8	40	8.9	1						10.3	422	0.3
Beef Soft Taco	330	546.4	18	26	12	4	30	80	3.6						60		3
Breaded Chicken Patty	216	380	14	12	12.5	2.5	40	26	2	6					47.4		
Cheeseburger	189.3	600.1	17.6	1.6	12	4.7	53	109.3	1.6	1.4	90.3		0.1	69.3		173.8	
Cheese Pizza	372.4	657.9	20.1	45.9	12.5	5.7	23	345	1.9	0.5	222.8	0.2	0.1	181.5	3.4	40.4	1
Chicken Fajita strips w spanish rice	327.5	943.3	22	38.1	9.1	4.1	82.4	147.7	2.5	1.4	90.9	0.1	0.3	200.8	10.8	84	1.1
Chicken fillet w/green beans	247.6	382.1	21.4	29.3	5.2	1	55.4	51.7	2.4	6.5	54.7	0.2	0.2	72.6	9.4	78.2	5.6
Chicken Nuggets w/ Potato	325.2	667.7	17.4	27.6	14.8	3.2	55	20	2					40	0.8	176.8	1.4
Chicken Tenders w/ Potato	331.1	567	18	33.2	14.5	3	40		2.2					20	3.6	363.6	2
Chicken Tostada Boat	275.7	448.7	14.2	19	16	5.6	191.7	106.8	4.3	0.5	78.9	0.1	0.2	46.2	2.1	164.1	2.9
Creamy Chicken Pasta	344.9	484	26.3	25	15.4	7.7	93.3	103.9	3.4	10.9	194.7	0.3	0.4	135.2	1.4	335.8	1.5
French Bread Cheese Pizza	377.4	657.9	22.9	47.8	11.2	6	23	420	3	3.5	222.8	0.4	0.5	181.5	3.3	40.4	3.4
French Bread Pepperoni Pizza	394.5	799	23.1	47.9	12.9	6.1	27.9	368	3.3	3.5	185.7	0.4	0.5	170.5	3.3	33.7	3.4
Grilled Chicken Patty w/green beans	247.6	292.1	21.4	29.3	5.2	1	55.4	51.7	2.4	6.5	54.7	0.2	0.2	72.6	9.4	78.2	5.6
Hamburger & Corn	241.3	288	21.1	14.7	11.7	2.8	52.3	34.3	2.1	2.8	163.3	0.1	0.3	13.5	1.7	646.3	1.5
Hamburger w/ Potatoes	318.3	562.7	23.9	13.3	17.8	4.2	58.7	36.7	2.9	3.6	167.3	0.1	0.3	0.3	0.8	732.3	1.4
Homestyle Chili	176.2	615.5	12.6	20.7	4.6	1	18.5	30.8	1.9	1.9	135.4	0.1	0.2	174.4	5.5	406.3	5.3
Hot Dog & Oven Baked Fries	270	648.8	11.8	24.8	15	3.4	45	20	1.6						2.7	525	5
Mac & Cheese w /Green Beans	440	933.4	21.5	49.4	17	9.7	43.2	445	2.7	2.8	466.7	0.6	0.5	173.4	8	343.3	4
Mac & Cheese w Turkey Ham	432.4	1172.4	25.1	44.2	16.7	9.5	66.8	470.9	2.1	2.1	501.5	0.6	0.4	134.5	5.4	1942.6	1.4
Orange Chicken	358.8	681.2	20.4	53.8	6.7	1.3	44.7	67.9	3.8	3.7	132.7	0.2	74.1	347	6.7	405.2	1.7
Patty Melt Sandwich	363.5	708	22.2	36	14.4	4.9	53.7	114	3.2	4	90.3	0.2	0.3	32.5		173.8	2.2
Penne Pasta w/ Meatsauce	291.3	918.2	20.8	33.6	7.9	2.3	40.7	51.8	3.2	3.9	108	0.2	0.4	163.9	5.3	220.5	1.4
Pepperoni Hot Pocket	360	600	16	42	14	4.5	10	350	3.6					150			3
Pepperoni Pizza (whole wheat crust)	424.9	799	23.8	46.1	17.2	7.2	35.5	351.2	2.7	0.5	222.8	0.2	0.1	181.5	3.4	40.4	4
Pizza Dippers	320	740	16	34	14	5	20	320	2.5					60			
Rotini Bake w/ Meatsauce	319	671.6	23.2	28.8	11.4	3.9	47.4	151.1	2.7	3.9	166.3	0.3	0.4	176.2	5.4	391.1	1.4
Spaghetti w/ Meatsauce	437.6	697	25.6	61.2	8.6	2.2	40.9	52.4	4.3	5.8	108.5	0.4	0.7	210.4	7.2	221.4	3
Swedish Meatballs w/ Green Beans	199.8	504.2	12.6	13.4	10.5	4.6	39.6	81.9	2.2	0.2	18.8			72.2	9.1	171	3
Sweet/Sour Rice Bowl w/Chicken & Veg	315.5	414.8	17.5	48.8	6.3	1.1	16.3	59.5	4.4	6.9	193.2	0.2	0.4	305.4	6.9	517.6	3.2
Teriyaki Beef w/ Rice & Vegetables	443.6	547.8	23	62.5	10	3.6	41.4	45.4	4.8	3.6	271	0.2	0.6	450.3	4.7	399.8	4.1
Teriyaki Glazed Chicken	288	599.2	20.9	33	7.3	2	60.3	31.4	2.6	6	234.1	0.2	0.3	35.8	0.9	260.3	1.3
Teriyaki Meatballs w/rice	318.3	582.7	12.5	38.6	11.7	4.1	35	21.5	2.6		0.4		0.2	11.2	1.4	8.4	1
Tex Mex Rice Bowl	316.1	844.1	16.6	29.7	14.3	3.1	50.6	150.3	2	1.1	131.6	0.1	0.2	275.6	8	171.7	1.3
Toasted Cheese Sandwich	312.3	370.1	16.3	36.2	11.2	5	20	300	1.6	1.7		0.1	0.3	120			1.6
Toasted Turkey Ham and Cheese Sandwich	334	662.6	17.1	36.5	14	6.4	54.3	177	1.8	3.5	125.7	0.2	0.2	57.1		122.7	2.2
Turkey Bagel Dog	340.12	897.21	13.34	44.74	12.25	3.33	45	114.61	3.2	3.11	84.79	0.26	0.39		2.92	66.44	1.39
Veggie Nuggets	170	450	12	24	4	0.5	0	80	5					200			25
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