

A La Carte Nutrient Specifications and Portion Size List

Item	Portion	Kcals	T Fat	% Kcals	Sat Fat	%Kcals	Sugar	Protein	Calcium	Vit A	Vit C	Riboflavin	Niacin	Thiamin	Iron
				Fat		Sat Fat									
TREE TOP 100% FRUIT JUICE															
Apple	10 oz	140	0	0%	0	0%	33g	0	0%	0%	0%	0%	0%	0%	0%
Orange	10 oz	150	0	0%	0	0%	31g	0	0%	0%	200%	0%	0%	0%	0%
Cranberry Cocktail	10 oz	220	0	0%	0	0%	50g	0	0%	0%	0%	0%	0%	0%	0%
Grapefruit	10 oz	130	0	0%	0	0%	25g	0	0%	0%	200%	0%	0%	0%	0%
Three Apple Blend	10 oz	150	0	0%	0	0%	33g	0	0%	0%	0%	0%	0%	0%	0%
Orange Passionfruit	10 oz	130	0	0%	0	0%	30g	0	0%	0%	100%	0%	0%	0%	0%
Tangerine Papaya	10 oz	140	0	0%	0	0%	30g	0	0%	0%	100%	0%	0%	0%	0%
Kiwi Strawberry	10 oz	130	0	0%	0	0%	30g	0	0%	0%	100%	0%	0%	0%	0%
Cherry Mango	10 oz	140	0	0%	0	0%	33g	0	0%	0%	100%	0%	0%	0%	0%
Vineyard Grape	10 oz	160	0	0%	0	0%	33g	0	0%	0%	0%	0%	0%	0%	0%
Bartlett Pear	10 oz	150	0	0%	0	0%	29g	0	0%	0%	0%	0%	0%	0%	0%
Harvest Peach	10 oz	150	0	0%	0	0%	27g	0	0%	0%	0%	0%	0%	0%	0%
Mountain Berry	10 oz	160	0	0%	0	0%	33g	0	0%	0%	0%	0%	0%	0%	0%
VERY FINE 100% FRUIT JUICE															
Orange	11.5 oz	170	0	0%	0	0%	40g	0	0%	0%	100%	0%	0%	0%	2%
Apple	11.5 oz	170	0	0%	0	0%	43g	0	0%	0%	4%	0%	0%	0%	2%
Grape	11.5 oz	220	0	0%	0	0%	49g	0	0%	0%	6%	0%	0%	0%	2%
Stark Raving Orange	11.5 oz	190	0	0%	0	0%	46g	0	10%	5%	100%	0%	20%	0%	0%
Twisted Cherry	11.5 oz	190	0	0%	0	0%	46g	0	10%	5%	100%	0%	20%	0%	0%
Krazy Kiwi	11.5 oz	190	0	0%	0	0%	46g	0	10%	5%	100%	0%	20%	0%	0%
Banana Madness	11.5 oz	190	0	0%	0	0%	46g	0	10%	5%	100%	0%	20%	0%	0%
MINUTE MADE 100% FRUIT JUICE															
Apple Juice	8 oz	110	0	0%	0	0%	26g	0	0%	0%	0%	0%	0%	0%	0%
Orange Juice	8 oz	120	0	0%	0	0%	24g	0	0%	0%	100%	0%	0%	10%	0%
Orange Juice W/Calcium	8 oz	120	0	0%	0	0%	24g	0	35%	0%	100%	0%	0%	10%	0%
BERKELEY FARMS MILK CHUG															
Chocolate	8 oz	190	2.5g	12%	1.5g	7%	29g	11g	40%	10%	4%	0%	0%	0%	0%
Size															
Fat															
Sat Fat															
HOME MADE SOUP															

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Minestrone Soup	4 oz	70	1g	13%	0	0%	2g	3g	4%	40%	10%	0%	0%	0%	4%
Homestyle Chicken Noodle Soup	4 oz	110	3g	24%	1g	8%	1g	9g	2%	10%	2%	0%	0%	0%	4%
Mexicali Tortilla Soup	4 oz	110	3g	24%	1g	8%	5g	3g	2%	6%	10%	0%	0%	0%	6%
Tomato Florentine W/ Shell Pasta	4 oz	90	1g	10%	1g	10%	6g	5g	8%	15%	10%	0%	0%	0%	8%
SIDE DISH / SNACK															
Dannon Yogurt	4.1 oz	120	1.5g	11%	1g	7%	20g	4g	10%	0%	0%	10%	0%	4%	0%
Minute Made Juice Bar Cherry	3.1 oz	80	0	0%	0%	0%	20	0	0%	0%	100%	0%	0%	0%	0%
OS Low Fat Chocolate Chip Cookie	1.33 oz	150	4.5g	27%	1.5g	9%	13g	2g	0%	2%	0%	6%	4%	8%	6%
Fruit and Oatmeal Bites - Apple	2 oz	210	4g	15%	0	0%	23g	2g	30%	30%	0%	40%	40%	25%	4%
Fruit and Oatmeal Bites - Strawberry	2 oz	210	4g	15%	0	0%	22g	3g	30%	30%	0%	40%	40%	25%	4%
Soy Crisps Rich Cheddar Cheese	1 oz	110	2g	16%	0	0%	1g	7g	8%	2%	0%	0%	0%	0%	10%
Soy Crisps Zesty Barbecue	1 oz	110	2g	16%	0	0%	2g	7g	8%	2%	2%	0%	0%	0%	10%
Norsun Baked Potatoes	6 oz	180	0	0%	0	0%	3g	4g	7%	0%	15%	0%	0%	0%	15%
Sunflower Kernel Honey Roasted	1oz	160	12g	51%	1.5	8%	4g	6g	0%	0%	0%	0%	0%	0%	0%
JOSE OLE / MEXICAN ORIGINAL															
Burrito, Scrbld Egg,Cheese,Potato	3.45 oz	230	7g	27%	2.5g	10%	1g	8g	6%	15%	0%	0%	0%	0%	15%
Burrito, Fiesta Bean N Cheese	7.11 oz	430	15g	31%	4g	8%	1g	15g	10%	10%	2%	0%	0%	0%	25%
Fiesta Bean N Cheese Tortilla	4.12 oz	260	9g	31%	2.5g	9%	1g	9g	6%	4%	0%	0%	0%	0%	15%
Chicken Taquitos	1.74 oz	90	3g	30%	0	0%	0	5g	54mg	216 IU	0.45mg	0%	0%	0%	1.2mg
Wrap Express*	6 oz	490	18.5g	34%	2g	4%	N/A	26g	N/A	N/A	N/A	N/A	N/A	N/A	N/A
LAMB WESTON HAND FULLS															
Italian Vegetable Medley	5 oz	310	6g	17%	2g	6%	8g	11g	15%	15%	8%	0%	0%	0%	15%
Southwest Fiesta Vegie	5 oz	300	6g	18%	2g	6%	9g	12g	10%	10%	8%	0%	0%	0%	20%
Lam Weston Oven Roasted Wedges	3 oz	90	0	0%	0	0%	<1g	2g	0%	0%	20%	0%	0%	0%	2%
POCKETS															
Tasty Nada Del Sol Pocket	4 oz	249	7g	25%	2g	7%	1g	11g	3%	1%	2%	14%	19%	3%	16%
Tasty Nada Chicken Pot Pie Pocket	5 oz	280	7g	23%	2g	6%	3g	11g	8%	35%	8%	0%	0%	0%	15%
	Size			Fat		Sat Fat									
BURGERS															
Chicken Burger	5.2 oz	294	9.5g	29%	2.5g	8%	3g	21g	3%	151 IU	1mg	7%	7%	11%	7%
FlameGrilled SubPatty Garden Burger	4.75 oz	290	6g	19%	0	0%	3g	21g	2%	0%	0%	6%	6%	10%	6%
Beef Burger	4.2 oz	294	9.4g	29%	2.9g	9%	3g	16.5g	3%	103 IU	0%	6%	6%	10%	7%

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PIZZA / RIBLETS															
Tony's classic Wedge Pep Pizza	4.67 oz	313	11.52g	33%	4.26g	12%	3.17g	18.26g	273.03mg	400 IU	0.31mg	0%	0%	0%	2.85mg
Naked Riblets	5 oz	240	6g	23%	0	0%	4g	19g	2%	0%	0%	6%	6%	10%	6%
French Bread Pizza	6.25 oz	407	12.53g	28%	6.14g	14%	0	22.54g	433mg	154 RE	13mg	0%	0%	0.31mg	3.1mg
SANDWICH															
Deli Style Turkey Breast Sandwich	5 oz	345	7.2g	19%	1.5g	4%	1g	21.6g	9.6 mg	0%	0%	0%	0%	0%	10%
Deli Style Turkey Ham Sandwich	5 oz	336	5.1g	14%	1.2g	3%	1.9g	24g	6.9 mg	0%	0%	0%	0%	0%	10%
SUSHI															
California Roll	4 oz	118	1.35g	10%	0.24g	2%	1.30g	2.78g	5.68g	61IU	0.81mg	0.03mg	1.33mg	0.13mg	1.16mg
Teriyaki Chicken Roll	4 oz	123	1.73g	13%	1.04g	8%	1.80g	4.89g	13.62mg	667IU	3.19mg	0.05mg	2.07mg	0.13mg	1.47mg
Crab Roll	4 oz	119	1.46g	11%	0.26g	2%	1.28g	3.00g	6.17mg	37IU	0.63mg	0.03mg	1.35mg	0.12mg	1.14mg
SALAD															
Shaker Salad	6 oz	85	0	0%	0	0%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Chef's Salad	14.5 oz	262	8.35g	29%	0.8g	3%	N/A	16.5g	N/A	N/A	N/A	N/A	N/A	N/A	N/A
CHINESE															
Kung Pao Chicken	4 oz	156	1.1g	6%	>0.5g	3%	9g	7g	1.50%	34%	1%	0%	0%	0%	6%
Chicken Lo Mein	8 oz	322	6g	17%	1g	3%	5g	20g	4%	66%	10%	0%	0%	0%	12%
Sweet & Sour Chicken	4 oz	170	1g	5%	>0.5	3%	11g	9g	1%	0%	0%	0%	0%	0%	6%
Gourmet Chicken Egg Roll	5 oz	264	3.5g	12%	1g	3%	3g	22g	4%	41%	9%	0	0	0	13%
Vegetable Egg Roll	5 oz	175	0.62g	3%	0.092g	1%	2g	0	65.8mg	65.2RE	28.6mg	0	0	0	2.5mg
Vegetable Fried Rice	8 oz	292	5.8g	18%	1g	3%	3g	6g	4%	56%	12%	0	0	0	16%
Teriyaki Chicken	8 oz	150	4g	24%	1g	6%	5g	21g	2%	2%	6%	0	0	0	6%

* SNS is still seeking a LF Tortilla