

Category: Entrees Breakfast



	Item Description	Manufacturer	Portion Unit	Portion Quantity	Portion in Grams (if available)	Grams of Carbohydrate	Calories
1	Belgian waffles	Bakers cls	serving	2	136	52	330
2	Biscuit & gravy		serving	1		34	258
3	Breakfast pizza	Schwans	slice	1	91	25	230
4	Breakfast wrap	Conagra	serving	1	106	31	240
5	Cheerio	General mills	pack	1	19	14	70
6	Cheesy eggs & sausage		serving	1		2	220
7	Cheesy eggs & sliced ham		serving	1		2	161
8	Cinnamon roll	Richs	roll	1		51	170
9	Cinnamon toast crunch	General mills	pack	1	28	22	120
10	Cocoa puffs	General mills	pack	1	24	21	90
11	French toast	Bakers cls	serving	2	85	26	153
12	Froot loop	Kellogg	pack	1	21	18	81
13	Frosted flakes	Kellogg	pack	1	28	24	104
14	Frosted mini wheat	Kellogg	pack	1	37	30	101
15	Golden grahams	General mills	pack	1	28	23	110
16	Ham,egg & cheese biscuit		biscuit	1		33	395
17	Hashbrown		patty	1		15	140
18	Honey nut cheerio	General mills	pack	1	28	22	110
19	Lucky charms	General mills	pack	1	28	23	110
20	Pancake	Bakers cls	serving	3	105	40	210
21	Raisin bran	Kellogg	pack	1	35	27	111
22	Sausage,egg & cheese biscuit		biscuit	1		24	406
23	Trix	General mills	pack	1	21	18	80
24	Waffles	Bakers cls	serving	2	79	22	200

Category: Entrees Lunch



Item Description	Manufacturer	Portion Unit	Portion Quantity	Portion in Grams (if available)	Grams of Carbohydrate	Calories
1 BBQ burger		sandwich	1		54	532
2 BBQ chicken sandwich		sandwich	1		40	292
3 BBQ rib sandwich		sandwich	1		43	338
4 Beef stroganoff		cup	0.75		11	235
5 Burrito	Casasol	serving	1	113	34	270
6 Cheese burger on bun		sandwich	1		25	446
8 Chef salad		serving	1		7	125
9 Chicken & rice		cup	1		17	202
10 Chicken fried steak		serving	1		21	343
11 Chicken nuggets	Tyson	serving	6		14	292
12 Chicken parmesan sandwich		sandwich	1		37	444
13 Chicken patty sandwich	Tyson	sandwich	1		39	382
14 Chili		cup	0.75		40	306
15 Chili mac		serving	1		29	308
16 Corn dog	Sysco cls	serving	1	112	27	270
17 Deli sub		sandwich	1		28	256
18 Double grilled cheese		sandwich	2		58	720
19 Enchiladas		serving	1		25	418
20 Fish nuggets	Portdty	serving	4	112	21	183
21 Fish sandwich	Icelandic	serving	1	85	16	262
22 Grilled cheese		sandwich	1		28	465
23 Homemade cheese pizza		slice	1		38	259
24 Homemade pepperoni pizza		slice	1		38	276
25 Hot dog on bun	Jennieo	sandwich	1		23	252
26 Lasagna		serving	1		24	269
27 Meatball sub		sandwich	1		32	329
28 Nacho		serving	1		30	352
29 Open face turkey sandwich		serving	1		50	365
30 Pasta & sauce		cup	1		49	305
31 Peanut butter & jelly sandwich		sandwich	1		47	367
32 Peanut butter sandwich		sandwich	1		34	317

33	Pepperoni pizza	Schwans	slice	1	132	36	390
34	Pizza burger		sandwich	1		33	380
35	Pretzel & Cheese Sauce	J&J snacks	serving	1	142	83	180
36	Ravioli	Conagra	cup	1	255	42	270
37	Sausage pizza	Schwans	slice	1	136	36	320
38	Sloppy joe		cup	0.33		35	310
39	Soft taco		serving	2		41	419
40	Soup Chicken noodle	Campbells	cup	0.75	193	10	90
41	Soup Tomato	Campbells	cup	0.75	186	29	135
42	Spaghetti		cup	1		32	288
43	Steak finger	Advance	serving	4	113	21	344
44	Taco salad		serving	1		35	35

Category: Vegetables



	Item Description	Manufacturer	Portion Unit	Portion Quantity	Portion in Grams (if available)	Grams of Carbohydrate	Calories
1	Broccoli w Cheese	Sysco rel	cup	0.5	43	2	161
2	Cheese potato		cup	0.5		17	113
3	Corn	Sysco rel	cup	0.5	125	23	150
4	Diced carrot cooked	Sysco rel	cup	0.5	64	4	26
5	Fresh carrot stix	Packer	cup	0.5		6	38
6	Fresh celery stix	Sysco rel	cup	0.5		2	8
7	Green beans	Sysco rel	cup	0.5	120	7	91
8	Mashed potato		cup	0.5		17	120
9	Peas	Sysco rel	cup	0.5	125	12	156
10	Refried beans	Rosarta	cup	0.5	126	20	181
11	Salad	Sysco rel	cup	0.5	18	1	5
12	Tator tots		cup	0.5		27	306

Category: Fruit



	Item Description	Manufacturer	Portion Unit	Portion Quantity	Portion in Grams (if available)	Grams of Carbohydrate	Calories
1	Applesauce		cup	0.5		25	125
2	Fresh banana	Packer	banana	1	154	29	90
3	Fresh grapes	Packer	cup	0.5		8	46
4	Fruit cocktail	Sysco cls	cup	0.5	126	19	103
5	Mandarin oranges	Intirel	cup	0.5	140	20	70
6	Peaches	Sysco cls	cup	0.5	126	17	102
7	Pears	Sysco Imp	cup	0.5	130	20	107
8	Pineapple	Dole	cup	0.5	122	19	98
9	Rosy applesauce	USDA	cup	0.5		27	141

Category: Grains



	Item Description	Manufacturer	Portion Unit	Portion Quantity	Portion in Grams (if available)	Grams of Carbohydrate
1	Bread	Earthgrain	slice	1	28	14
2	Cracker	Sunshine	pack	1	7	5
3	Dinner roll	Earthgrain	roll	1	40	21
4	Hamburger bun	Earthgrain	bun	1	54	28
5	Hot dog bun	Earthgrain	bun	1	43	22
6	Garlic Bread	Earthgrain	slice	1	28	15

Category: Condiments



	Item Description	Manufacturer	Portion Unit	Portion Quantity	Portion in Grams (if available)	Grams of Carbohydrate	Calories
1	BBQ sauce	Kens	Tbsp	2	30	12	50
2	Italian dressing	Kens	Tbsp	1		0	10
3	Jelly	Lyons	Tbsp	1	19	13	51
4	Ketchup	Diversified	Tbsp	1	17	4	15
5	Low cal jelly	Portion pac	pack	1	12	2	10
6	Low cal syrup	Portion pac	pack	1	28	2	8
7	Mayonnaise bulk	Kens	Tbsp	1	14	0	100
8	Mayonnaise packet	Heinz	pack	1	12	0	80
9	Mustard	Frenchs	Tbsp	1	15	1	10
10	Ranch dressing	Kens	Tbsp	2	30	1	80
11	Salsa	Campbells	Tbsp	2	30	2	10
12	Syrup	Sysco rel	oz	2	60	52	210
13	Sour Cream	Sysco rel	Tbsp	2	30	3	60

Category: Other-Dairy-Beverages



	Item Description	Manufacturer	Portion Unit	Portion Quantity	Portion in Grams (if available)	Grams of Carbohydrate	Calories
1	Baked cheetos	Frito lay	bag	1	25	17	120
2	Beef gravy	Unilever	cup	0.25	7	4	25
3	Birthday cake					41	145
4	Cheese sauce	Unilever	cup	0.25	13	7	60
5	Chicken gravy	Unilever	cup	0.25	7	4	25
6	Chocolate pudding	Sysco rel	cup	0.5	130	25	120
7	Fruit crisp		cup	0.5		67	353
8	Fruited jello	Jello	cup	0.5		21	127
10	Peanut butter	Sysco cls	Tbsp	2		8	200
11	Pepper gravy	Unilever	cup	0.25	10	5	50
12	Vanilla pudding	Sysco rel	cup	0.5	130	22	110
13							
14							
15							
16	Apple juice	Suncup	carton	1		3	60
17	Grape juice	Suncup	carton	1		4	80
18	Orange juice	Suncup	carton	1		3	50
19							
20							
21							
22	1% chocolate milk	Prairie farms	carton	1		27	170
23	1% strawberry milk	Prairie farms	carton	1		28	170
24	1% vanilla milk	Prairie farms	carton	1		27	170
25	1% white milk	Prairie farms	carton	1		11	120