

Category: Entrees Breakfast

Version:
 Revision Date:



	Item Description	Manufacturer	Portion Unit	Portion Quantity	Portion in Grams (if available)	Grams of Carbohydrate	Calories	Protien
1	Belgian waffles	Bakers cls	serving	2	136	52	330	8
2	Biscuit & gravy		serving	1		34	258	4.3
3	Breakfast pizza	Schwans	slice	1	91	25	230	9
4	Breakfast wrap	Conagra	serving	1	106	31	240	9
5	Cheerio	General mills	pack	1	19	14	70	2
6	Cheesy eggs & sausage		serving	1		2	220	16.9
7	Cheesy eggs & sliced ham		serving	1		2	161	14.21
9	Cinnamon toast crunch	General mills	pack	1	28	22	120	1
	French toast	Bakers cls	serving	2	85	26	153	5.33
16	Ham,egg & cheese biscuit		biscuit	1		33	395	17
17	Hashbrown		patty	1		15	140	1
20	Pancake	Bakers cls	serving	3	105	40	210	6
22	Sausage,egg & cheese biscuit		biscuit	1		24	406	18.14
23	Trix	General mills	pack	1	21	18	80	1
24	Waffles	Bakers cls	serving	2	79	22	200	4
25	Rice Krispie Cereal	General mills	pack	1	18	16	69	1
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38								
39								Portion in Grams (if available)

Version: 2
 Revision Date: 11/16/11



Item Description	Manufacturer	Portion Unit	Portion Quantity	Portion in Grams (if available)	Grams of Carbohydrate	Calories	Protein
1 BBQ burger		sandwich	1		54	532	27.13
2 BBQ chicken sandwich		sandwich	1		40	292	21.65
3 BBQ rib sandwich		sandwich	1		43	338	15
4 Beef stroganoff		cup	0.75		11	235	17.65
5 Burrito	Casasol	serving	1	113	34	270	9
6 Cheese burger on bun		sandwich	1		25	446	27.5
8 Chef salad		serving	1		7	125	13.85
9 Chicken & rice		cup	1		17	202	25.29
10 Chicken fried steak		serving	1		21	343	9.55
11 Chicken nuggets	Tyson	serving	6		14	292	14.61
12 Chicken parmesan sandwich		sandwich	1		37	444	31.73
13 Chicken patty sandwich	Tyson	sandwich	1		39	382	17.85
14 Chili		cup	0.75		40	306	20.9
15 Chili mac		serving	1		29	308	10
16 Corn dog	Sysco cls	serving	1	112	27	270	20.99
17 Deli sub		sandwich	1		28	256	16.31
18 Double grilled cheese		sandwich	2		58	720	73.62
19 Enchiladas		serving	1		25	418	24.59
20 Fish nuggets	Portdty	serving	4	112	21	183	10.29
21 Fish sandwich	Icelandic	serving	1	85	16	262	15.85
22 Grilled cheese		sandwich	1		28	465	24.61
23 Homemade cheese pizza		slice	1		38	259	12.97
24 Homemade pepperoni pizza		slice	1		38	276	13.6
25 Hot dog on bun	Jennio	sandwich	1		23	252	10.5
26 Lasagna		serving	1		24	269	17.55
28 Nacho		serving	1		30	352	13
29 Open face turkey sandwich		serving	1		50	365	23
30 Pasta & sauce		cup	1		49	305	10.28
33 Pepperoni pizza	Schwans	slice	1	132	36	390	19
34 Pizza burger		sandwich	1		33	380	26.18
35 Pretzel & Cheese Sauce	J&J snacks	serving	1	142	83	180	6

Category: Grains

Version:

2

 Revision Date:

11/16/11



	Item Description	Manufacturer	Portion Unit	Portion Quantity	Portion in Grams (if available)	Grams of Carbohydrate	Protein
1	Bread	Earthgrain	slice	1	28	14	2.5
2	Cracker	Sunshine	pack	1	7	5	0.34
3	Dinner roll	Earthgrain	roll	1	40	21	3.04
4	Hamburger bun	Earthgrain	bun	1	54	28	4
5	Hot dog bun	Earthgrain	bun	1	43	22	4
6	Garlic Bread	Earthgrain	slice	1	28	15	2.5
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Version:

2

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Item Description	Manufacturer	Portion Unit	Portion Quantity	Portion in Grams (if available)	Grams of Carbohydrate	Calories	Protein
1 Baked cheetos	Frito lay	bag	1	25	17	120	2
2 Beef gravy	Unilever	cup	0.25	7	4	25	1
4 Cheese sauce	Unilever	cup	0.25	13	7	60	0
5 Chicken gravy	Unilever	cup	0.25	7	4	25	0
6 Chocolate pudding	Sysco rel	cup	0.5	130	25	120	1.8
7 Fruit crisp		cup	0.5		67	353	3.28
8 Fruited jello	Jello	cup	0.5		21	127	1.35
11 Pepper gravy	Unilever	cup	0.25	10	5	50	0
12 Vanilla pudding	Sysco rel	cup	0.5	130	22	110	1
13							
14							
15							
16 Apple juice	Suncup	carton	1		3	60	0.66
17 Grape juice	Suncup	carton	1		4	80	0.66
18 Orange juice	Suncup	carton	1		3	50	0.66
19							
20							
21							
22 fat free chocolate milk	Prairie farms	carton	1		27	170	8
25 1% white milk	Prairie farms	carton	1		11	120	8
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