Consolidated Management Company
Nutritional Information
updated 5/28/2008

Recipe Name	Serving Size	Calories	Calories from Fat	Total Fat	% Daily Value *	Saturated Fat	% Daily Value *	Polyunsaturated Fat	Monounsaturated Fat	Cholesterol	% Daily Value *	Sodium	% Daily Value *	Potassium	% Daily Value *	Carbohydrates	% Daily Value *	Dietary Fiber	% Daily Value *	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
3 Cheese Potato Augratin	5 oz.	325	141	16gm	23%	7gm	36%	1gm	6gm	19mg	6%	1421mg	57%	523mg	13%	41gm	14%	2.1gm	8%	3.5gm	11gm	7%	11%	32%	7%
American Fries	4 oz.	147	22	2gm	4%	0gm	2%	0gm	2gm	0mg	0%	226mg	9%	728mg	18%	29gm	10%	3.0gm	12%	1.6gm	3gm	0%	22%	2%	8%
Apple & Grape Salad	3 oz.	90	60	7gm	10%	1gm	6%	3gm	2gm	5gm	2%	56mg	2%	101mg	3%	8gm	3%	1.0gm	4%	6.4gm	0gm	2%	4%	1%	1%
Apple Crisp	4 oz.	179	45	5gm	7%	2gm	10%	1gm	2gm	3mg	1%	5mg	0%	124mg	3%	34gm	11%	2.0gm	8%	27.9gm	1gm	1%	5%	2%	3%
Apple Waldorf Salad	4 oz.	258	146	16gm	24%	2gm	11%	8gm	5gm	6mg	2%	227mg	9%	881mg	22%	27gm	9%	7.3gm	29%	13.9gm	6gm	535%	117%	15%	20%
Asparagus	3 oz.	17	1	0gm	0%	0gm	0%	0gm	0gm	0mg	0%	2mg	0%	172mg	4%	3gm	1%	1.8gm	7%	1.6gm	2gm	13%	8%	2%	10%
Augratin Potatoes & Ham	6 oz.	241	131	15gm	22%	8 gm	8%	1gm	5gm	57mg	19%	1064mg	19%	362mg	9%	11gm	4%	.5gm	2%	0.0gm	17gm	13%	3%	28%	4%
Bacon	2 slices	87	60	7gm	10%	2gm	11%	1gm	3gm	18mg	6%	371mg	15%	91mg	2%	0gm	0%	0.0gm	0%	0.0gm	6gm	0%	0%	0%	1%
Bacon & Cheese Taters	1 each	381	97	11gm	16%	3gm	17%	2gm	5gm	12mg	4%	181mg	7%	1637mg	41%	63gm	21%	6.6gm	26%	3.5gm	10gm	1%	48%	5%	18%
Bacon Green Beans	3 oz.	122	75	8gm	12%	3gm	14%	1gm	4gm	12mg	4%	157mg	6%	241mg	6%	9gm	3%	3.2gm	13%	2.7gm	4gm	13%	26%	4%	6%
Bacon Swiss Quiche	1/6 slice	375	242	27gm	40%	13gm	64%	2gm	10gm	185mg	62%	400mg	16%	221mg	6%	16gm	5%	0.2gm	1%	3.5gm	17gm	10%	1%	36%	7%
Bacon/Egg Breakfast Sandwich	1 each	587	305	34gm	51%	10gm	49%	7gm	14gm	320mg	107%	1180mg	47%	327mg	8%	47gm	16%	1.5gm	6%	3.7gm	22gm	11%	1%	30%	23%
Barbecue Ham Sandwich	3 oz.-wt	256	7	1gm	1%	0gm	0%	0gm	0gm	0mg	0%	756mg	30%	72mg	2%	55gm	18%	1.3gm	5%	16.5gm	6gm	0%	0%	5%	5%
Barbecue Pork Ribs	6 oz.-wt	392	129	14gm	22%	5gm	24%	1gm	6gm	110mg	37%	695mg	28%	586mg	15%	29gm	10%	0.0gm	0%	22.0gm	34gm	0%	2%	4%	10%
Barbecue Pork Sandwich	3 oz.-wt	311	128	14gm	21%	5gm	24%	2gm	6gm	39mg	13%	596mg	24%	203mg	5%	34gm	11%	1.1gm	4%	17.9gm	12gm	0%	1%	4%	7%
Bars, Banana Nut	1 each	308	158	18gm	26%	6gm	29%	3gm	8gm	13mg	4%	376mg	15%	158mg	4%	38gm	13%	1.4gm	6%	34.5gm	1gm	1%	3%	3%	4%
Bars, Lemon	1 each	233	125	13gm	21%	5gm	27%	2gm	6gm	62mg	21%	18mg	1%	23mg	1%	26gm	9%	0.0gm	0%	25.8gm	2gm	1%	3%	1%	1%
Bars, Peanut Butter	1 each	523	291	32gm	49%	11gm	55%	5gm	15gm	18mg	6%	253mg	10%	211mg	10%	56gm	19%	1.2gm	500%	53.2gm	5gm	0%	0%	3%	4%
Bars, Pumpking	1 each	126	68	8gm	11%	1gm	7%	3gm	3gm	31mg	10%	10mg	0%	10mg	0%	14gm	5%	0.0gm	0%	14.2gm	1gm	1%	0%	0%	1%
Bars, Raisin	1 each	170	56	6gm	9%	1gm	6%	0gm	4gm	14mg	5%	108mg	4%	27mg	1%	26gm	9%	0.6gm	3%	11.3gm	2gm	0%	0%	1%	2%
Bars, Rice Krispie	1 each	190	69	8gm	11%	3gm	15%	1gm	3gm	4mg	`	19mg	1%	11mg	0%	30gm	10%	0.2gm	1%	13.1gm	1gm	0%	0%	1%	2%
BBQ Bacon Cheeseburger	1 each	798	533	59gm	89%	36gm	181%	2gm	18gm	154mg	51%	3754mg	150%	679mg	17%	19gm	6%	0.0gm	0%	18.7gm	48gm	34%	0%	130%	11%
BBQ Beef Pita	1 pita	546	200	22gm	33%	10gm	48%	2gm	9gm	63mg	21%	973mg	39%	331mg	8%	56gm	19%	1.3gm	5%	17.6gm	29gm	4%	0%	20%	20%
BBQ Meatloaf	4 oz.	319	164	18gm	27%	7gm	35%	1gm	8gm	123mg	41%	371mg	15%	402mg	10%	9gm	3%	0.6gm	3%	1.8gm	28gm	2%	1%	9%	18%
Beans, Baked	5 oz.	238	44	5gm	7%	1gm	7%	1gm	2gm	6mg	2%	187mg	7%	802mg	20%	39gm	13%	11.7gm	47%	10.4gm	12gm	4%	5%	9%	18%
Beans and Franks	10oz	298	80	9gm	13%	3gm	14%	1gm	4gm	12mg	4%	585mg	23%	882mg	22%	46gm	15%	10.8gm	43%	17.7gm	11gm	8%	10%	11%	21%
Beans, Trio Baked	5 oz.	187	77	9gm	13%	3gm	14%	1gm	4gm	12mg	4%	491mg	20%	361mg	9%	22gm	7%	4.7gm	19%	8.8gm	6gm	3%	6%	4%	8%
Beef & Broccoli Stir Fry	8 oz.	316	89	10gm	15%	3gm	14%	3gm	3gm	34mg	11%	494mg	20%	348mg	9%	31gm	10%	1.4gm	5%	0.4gm	24gm	2%	8%	4%	19%
Beef & Cheese Burrito	1 each	480	225	25gm	38%	13gm	67%	1gm	9gm	75mg	25%	1186mg	47%	649mg	16%	39gm	13%	2.4gm	9%	2.4gm	26gm	16%	2%	28%	25%
Beef & Spanish Rice	8 oz.	357	106	12gm	18%	4gm	22%	1gm	5gm	57mg	19%	684mg	27%	729mg	18%	40gm	13%	3.1gm	12%	6.1gm	22gm	13%	29%	6%	28%
Beef Enchiladas	2 each	273	155	17gm	26%	7gm	35%	1gm	6gm	71mg	24%	1081mg	43%	286mg	7%	7gm	2%	1.3gm	5%	1.6gm	22gm	56%	10%	9%	12%
Beef Fajitas	3 oz.	728	451	50gm	75%	18gm	89%	11gm	18gm	103mg	34%	1157mg	46%	597mg	15%	30gm	10%	1.9gm	8%	6.0gm	39gm	14%	32%	32%	29%
Beef Hoagies	1 each	282	12	12gm	19%	2gm	10%	5gm	3gm	2mg	1%	860mg	34%	139mg	3%	35gm	12%	1.8gm	7%	4.3gm	7gm	3%	21%	6%	12%
Beef Melt	1 each	613	317	35mg	53%	17gm	86%	2gm	13gm	94mg	31%	571mg	23%	408mg	10%	35gm	12%	3.9gm	16%	3.8gm	37gm	10%	2%	50%	22%
Beef N Cheddar Pita	1 each	413	147	16gm	25%	7gm	37%	2gm	7gm	84mg	28%	487mg	19%	517mg	13%	34gm	11%	1.3gm	5%	0.9gm	30gm	3%	0%	16%	25%
Beef Sandwich, Barbecue	1 each	259	133	15gm	22%	6gm	31%	0gm	6gm	39mg	13%	471mg	19%	127mg	3%	22gm	7%	0.0gm	0%	16.5gm	10gm	0%	0%	1%	6%
Beef Sandwich, Swiss Style	1 each	435	227	25gm	38%	10gm	52%	1gm	10gm	64mg	21%	756mg	30%	380mg	10%	27gm	9%	2.2gm	9%	5.6gm	25gm	8%	0%	26%	18%
Beef Short Ribs	6 oz.	308	56	6gm	9%	1gm	6%	2gm	2gm	46mg	15%	1358mg	54%	947mg	24%	56gm	19%	5.1gm	20%	11.0gm	11gm	88%	53%	7%	29%
Beef Stew	6 oz.	319	126	14gm	21%	5gm	26%	1gm	7gm	62mg	21%	139mg	6%	750mg	19%	17gm	6%	2.0gm	8%	2.2gm	29gm	92%	21%	3%	25%
Beef Stew, Kansas City	7 oz.	401	85	9gm	14%	3gm	17%	1gm	4gm	22mg	7%	1643mg	66%	703mg	18%	65gm	22%	11.8gm	47%	6.7gm	15gm	149%	37%	8%	21%
Beef Storganoff	8 oz.	310	153	17gm	26%	6gm	32%	2gm	7gm	63mg	21%	688mg	28%	322mg	8%	18gm	6%	2.3gm	9%	1.2gm	21gm	3%	9%	5%	12%
Beef Strips w/Spanish Sauce	4 oz.	277	67	7gm	11%	3gm	13%	0gm	3gm	92mg	31%	1005mg	40%	695mg	17%	14gm	5%	4.1gm	16%	7.3gm	34gm	9%	19%	2%	22%
Beef Tacos	2 each	463	232	26gm	39%	11gm	54%	4gm	9gm	47mg	16%	671mg	27%	444mg	11%	42gm	14%	3.9gm	16%	1.7gm	18gm	20%	9%	32%	14%
Beef, Bowtie	6 oz.	543	248	28gm	41%	11gm	53%	1gm	12gm	137mg	46%	161mg	6%	433mg	11%	25gm	8%	0.8gm	3%	1.2gm	46gm	2%	7%	4%	27%
Beef, Korean	7.5 oz.	391	123	14gm	21%	4gm	19%	4gm	5gm	44mg	15%	344mg	14%	458mg	11%	36gm	12%	1.5gm	6%	4.1gm	29gm	2%	6%	5%	22%
Biscuits	1 each	180	58	6gm	10%	2gm	9%	2gm	3gm	2mg	1%	446mg	18%	66mg	2%	27gm	9%	0.8gm	3%	3.1gm	4gm	1%	0%	14%	9%
Bratwurst, Heartland	1 each	402	157	17gm	26%	5gm	26%	2gm	6gm	35mg	12%	1448mg	58%	494mg	12%	46gm	15%	3.3gm	13%	10.6gm	17gm	8%	23%	12%	25%
Bread, Banana	1 slice	183	10	1gm	2%	0gm	2%	0gm	0gm	39mg	13%	209mg	8%	49mg	1%	40gm	13%	0.5gm	2%	24.8gm	4gm	1%	0%	2%	2%
Bread Dressing	4 oz.	228	99	11gm	17%	4gm	21%	2gm	4gm	5mg	2%	668mg	27%	116mg	3%	27gm	9%	1.9gm	8%	2.6gm	5gm	0%	2%	8%	11%
Breakfast Bar	1 each	471	350	39gm	58%	13gm	63%	5gm	17gm	113mg	38%	1220mg	49%	424mg	11%	0gm	0%	0.0gm	0%	0.gm	28gm	1%	1%	2%	10%
Breakfast Burritos	1 each	452	268	30gm	45%	12gm	62%	3gm	12gm	77mg	26%	954mg	38%	334mg	8%	19gm	6%	1.2gm	5%	0.9gm	26gm	8%	17%	25%	10%
Breakfast Casserole	4 oz.	142	52	6gm	9%	2gm	10%	1gm	2gm	13mg	4%	589mg	24%	314mg	8%	18gm	6%	1.0gm	4%	1.8gm	5gm	2%	14%	5%	5%
Breakfast Pizza	1/12 pie	295	184	20gm	31%	9gm	47%	2gm	8gm	46mg	15%	399mg	16%	307mg	8%	14gm	5%	0.9gm	4%	1.0gm	15gm	5%	4%	18%	6%
Breakfast Rice	6 oz.	65	39	4gm	7%	1gm	7%	1gm	2gm	106mg	35%	100mg	4%	72mg	2%	0gm	0%	0.0gm	0%	0.1gm	6gm	2%	3%	1%	2%
Broccoli & Cauliflower Casserole	4 oz.	97	32	4gm	5%	2gm	9%	0gm	1gm	8mg	3%	911mg	36%	184mg	5%	13gm	4%	3.4gm	14%	2.7gm	5gm	66%	5%	9%	4%
Broccoli & Cheese Taters	1 each	306	25	3gm	4%	1gm	3%	1gm	1gm	0mg	0%	37mg	1%	1688mg	42%	65gm	22%	6.6gm	26%	3.5gm	8gm	17%	90%	6%	19%
Broccoli Cuts	3 oz.	24	1	0gm	0%	0gm	0%	0gm	0gm	0mg	0%	222mg	9%	121mg	3%	5gm	2%	2.6gm	10%	1.2gm	3gm	19%	57%	3%	3%
Broccoli Spears	3 oz.	24	1	0gm	0%	0gm	0%	0gm	0gm	0mg	0%	222mg	9%	121mg	3%	5gm	2%	2.6gm	10%	1.2gm	3gm	19%	57%	3%	3%
Broccoli Spears w/Cheese	3 oz.	107	53	6gm	9%	3gm	16%	1gm	2gm	15mg	5%	759mg	30%	210mg	5%	8gm	3%	3.3gm	13%	1.6gm	7gm	29%	73%	16%	4%
Broccoli Super Salad	3 oz.	300	194	22gm	32%	5gm	23%	8gm	7gm	27mg	9%	532mg	21%	291mg	7%	20gm	7%	1.9gm	7%	14.6gm	9gm	10%	44%	4%	5%
Broccoli w/Lemon Butter	3 oz.	88	59	7gm	10%	2gm	10%	1gm	3gm	0mg	0%	646mg	26%	159mg	4%	6gm	2%	3.3gm	13%	1.6gm	3gm	24%	75%	4%	4%
Brownies	1 each	215	133	15gm	22%	4gm	18%	2gm	8gm	63mg	21%	43mg	2%	116mg	3%	21gm	7%	2.1gm	8%	17.5gm	3gm	2%	0%	2%	6%
Brownies, Texas	6 x 4 bar	234	77	9gm	13%	2gm	11%	4gm	2gm	0mg	0%	137mg	5%	51mg	1%	38gm	13%	09gm	3%	25.6gm	2gm	6%	0%	1%	2%
Buttered Asparagus	3 oz.	73	61	7gm	10%	2gm	11%	1gm	3gm	0mg	0%	271mg	11%	157mg	4%	2gm	1%	1.5gm	6%	0.3gm	3gm	15%	37%	2%	3%
Buttered Carrots	3 oz.	69	34	4gm	6%	1gm	5%	1gm	2gm	0mg	0%	336mg	13%	267mg	7%	9gm	3%	3.7gm	15%	5.4gm	1gm	255%	5%	4%	3%
Buttered Mixed Vegetables	3 oz.	87	33	4gm	6%	1gm	6%	1gm	2gm	0mg	0%	302mg	12%	193mg	5%	12gm	4%	3.6gm	15%	0.0gm	3gm	92%	16%	2%	5%
Buttered Peas	3 oz.	99	31	3gm	5%	1gm	5%	0gm	2gm	0mg	0%	325mg	13%	100mg	2%	13gm	4%	5.0gm	20%	4.2gm	5gm	38%	15%	2%	8%
Cake, Banana	1 slice	190	95	11gm	16%	3gm	14%	3gm	5gm	41mg	14%	29mg	1%	89mg	2%	24gm	8%	0.5gm	2%	21.6gm	2gm	1%	3%	2%	1%

* Percent Daily Values are based on a 2,000 calorie diet.

Cake, Carrot	1 slice	207	119	13gm	20%	2gm	11%	5gm	6gm	31mg	10%	137mg	5%	101mg	3%	22gm	7%	0.9gm	4%	20.3gm	2gm	43%	2%	1%	3%
Cake, Cherry Coffee	1 slice	350	188	21gm	31%	8gm	41%	2gm	9gm	92mg	31%	94mg	4%	84mg	2%	39gm	13%	0.6gm	2%	37.6gm	3gm	4%	2%	5%	3%
Cake, Chocolate	1 slice	202	81	9gm	13%	2gm	12%	2gm	4gm	41mg	14%	189mg	8%	84mg	2%	29gm	10%	1.0gm	4%	18.3gm	3gm	1%	0%	5%	8%
Cake, Chocolate Chip Oatmeal	1 slice	153	39	4gm	6%	2gm	9%	1gm	2gm	22mg	7%	13mg	1%	194mg	5%	29gm	10%	3.5gm	14%	18.7gm	4gm	0%	0%	3%	10%
Cake, Coffee	1 slice	179	43	5gm	7%	1gm	6%	1gm	2gm	1mg	0%	132mg	5%	92mg	2%	32gm	11%	0.8gm	3%	17.3gm	3gm	0%	0%	6%	6%
Cake, Devil's Food	1 slice	147	54	6gm	9%	2gm	8%	1gm	3gm	35mg	12%	243mg	10%	75mg	2%	22gm	7%	0.8gm	3%	13.8gm	3gm	1%	0%	4%	6%
Cake, Marble	1 slice	181	77	9gm	13%	2gm	11%	2gm	4gm	46mg	15%	177mg	7%	53mg	1%	24gm	8%	0.5gm	2%	15.1gm	3gm	1%	0%	2%	6%
Cake, Mississippi Mud	1 slice	342	175	19gm	29%	4gm	21%	5gm	9gm	37mg	12%	253mg	10%	197mg	5%	41gm	14%	1.7gm	7%	30.7gm	5gm	2%	1%	9%	9%
Cake, Streusel Coffee	1 slice	126	37	4gm	6%	0gm	2%	1gm	2gm	8mg	3%	119mg	5%	37mg	1%	21gm	7%	0.7gm	3%	9.5gm	2gm	1%	0%	2%	5%
Cake, White	1 slice	173	41	5gm	7%	1gm	6%	1gm	2gm	78mg	26%	71mg	3%	65mg	2%	29gm	10%	0.2gm	1%	18.4gm	4gm	2%	0%	5%	8%
Cake, Yellow	1 slice	224	73	8gm	12%	2gm	11%	2gm	3gm	1mg	0%	30mg	1%	53mg	1%	36gm	12%	0.3gm	1%	22.3gm	2gm	0%	0%	4%	7%
Candied Yams	4 oz.	210	12	1gm	2%	0gm	2%	0gm	1gm	1mg	0%	272mg	11%	759mg	19%	49gm	16%	4.3gm	17%	16.2gm	2gm	3%	23%	2%	4%
Caribbean Shrimp	4 oz.	149	22	2gm	4%	0gm	2%	1gm	0gm	207mg	69%	296mg	12%	266mg	7%	2gm	1%	0.2gm	1%	0gm	28gm	5%	6%	8%	20%
Carrots	3 oz.	31	5	1gm	1%	0gm	1%	0gm	0gm	0mg	0%	252mg	10%	163mg	4%	7gm	2%	2.8gm	11%	3.5gm	0gm	288%	3%	3%	3%
Carrots, Sugar Glazed	3 oz.	252	42	5gm	7%	2gm	9%	1gm	2gm	3mg	1%	326mg	13%	426mg	11%	53gm	18%	2.0gm	8%	49.0gm	1gm	313%	16%	8%	10%
Cauliflower	3 oz.	16	2	0gm	0%	0gm	0%	0gm	0gm	0mg	0%	217mg	9%	118mg	3%	3gm	1%	2.3gm	9%	0.9gm	1gm	0%	44%	2%	2%
Cauliflower/Brocc. Salad	3 oz.	72	2	0gm	0%	0gm	0%	0gm	0gm	0mg	0%	226mg	9%	127mg	3%	17gm	6%	1.8gm	7%	14.6gm	2gm	7%	54%	3%	3%
Cauliflower/Cheese Sauce	3 oz.	136	82	9gm	14%	5gm	24%	1gm	3gm	22mg	7%	301mg	12%	212mg	5%	7gm	2%	2.5gm	10%	1.3gm	8gm	7%	68%	20%	3%
Cheddar Rice	4 oz.	101	61	7gm	10%	4gm	21%	0gm	2gm	21mg	7%	308mg	12%	57mg	1%	4gm	1%	0.1gm	1%	0.9gm	6gm	5%	0%	15%	2%
Cheddarwurst	1 each	521	245	27gm	41%	11gm	57%	3gm	9gm	66mg	22%	1632mg	65%	523mg	12%	46gm	15%	3.3gm	13%	10.7gm	24gm	14%	23%	33%	26%
Cheese & Tomato Strata	1 square	347	153	17gm	25%	8gm	40%	2gm	5gm	306mg	102%	480mg	19%	472mg	12%	27gm	9%	1.8gm	7%	9.2gm	22gm	16%	24%	40%	17%
Cheese Burger	1 each	233	108	12gm	18%	7gm	33%	0gm	4gm	83mg	28%	334mg	13%	423mg	11%	2gm	1%	0.0gm	0%	0.0gm	28gm	4%	0%	15%	15%
Cheese Enchiladas	2 each	228	98	11gm	16%	6gmq	30%	0gm	3gm	34mg	11%	1418mg	57%	155mg	4%	11gm	4%	1.2gm	5%	5.0gm	20gm	54%	8%	66%	2%
Cheese Sandwich, Grilled	1 each	253	191	21gm	32%	10gn	50%	3gm	7gm	36mg	12%	633mg	25%	210mg	5%	5gm	2%	0.0gm	0%	0.0gm	11gm	14%	0%	28%	3%
Cheese Supreme, Grilled	1 each	461	213	24gm	35%	13gm	64%	2gm	7gm	61mg	20%	1317mg	53%	265mg	7%	38gm	13%	1.9gm	8%	4.5gm	23gm	18%	0%	58%	11%
Cheese, Great Grilled	1 each	301	100	11gm	17%	4gm	21%	1gm	4gm	24mg	8%	784mg	31%	204mg	5%	35gm	12%	1.9gm	9%	1.5gm	14gm	2%	0%	15%	10%
Cheeseburger Casserole	6 oz.	298	137	15gm	23%	6gm	31%	1gm	6gm	76mg	25%	1107mg	44%	365mg	9%	18gm	6%	0.5gm	2%	5.9gm	22gm	9%	22%	8%	15%
Cheeseburger Pie	8 oz.	519	256	28gm	43%	10gm	52%	3gm	12gm	99mg	33%	656mg	26%	677mg	17%	30gm	10%	2.4gm	10%	5.9gm	35gm	23%	52%	24%	29%
Cheesecake	1 slice	420	257	29gm	43%	14gm	71%	3gm	9gm	114mg	38%	333mg	13%	137mg	3%	35gm	12%	0.6gm	2%	24.2gm	7gm	21%	0%	8%	8%
Cheesy Hashbrowns	6 oz.	165	93	10gm	15%	5gm	24%	1gm	4gm	10mg	3%	96mg	4%	259mg	6%	16gm	5%	1.1gm	4%	0.9gm	3gm	2%	6%	6%	5%
Chef's Collection BLT	1 each	427	182	20gm	30%	5gm	25%	5gm	8gm	28mg	9%	2102mg	84%	2387mg	60%	49gm	16%	9.7gm	39%	25.5gm	21gm	15%	42%	9%	39%
Chef's Salad Bowl	11.67 oz-wt	316	163	18gm	27%	8gm	40%	2gm	6gm	271mg	90%	516mg	21%	591mg	15%	9gm	3%	2.4gm	9%	4.4gm	28gm	73%	20%	30%	13%
Chef's Turkey Club	1 each	429	334	37gm	56%	10gm	52%	9gm	14gm	69mg	23%	1152mg	46%	452mg	11%	6gm	2%	1.1gm	4%	3.8gm	17gm	12%	19%	2%	8%
Chicken & Broccoli With Mushroom Sauce	6 oz.	239	129	14gm	21%	3gm	17%	4gm	6gm	46mg	15%	301mg	12%	332mg	8%	10gm	3%	2.2gm	9%	1.4gm	19gm	22%	41%	4%	8%
Chicken A La King	6 oz.	109	48	5gm	8%	2gm	8%	1gm	2gm	35mg	12%	786mg	31%	170mg	4%	2gm	1%	0.4gm	2%	0.3gm	12gm	3%	5%	2%	4%
Chicken And Mozzarella Sandwich	1 each	240	124	14gm	21%	8gm	38%	1gm	4gm	45mg	15%	631mg	25%	161mg	4%	14gm	5%	1.4gm	6%	2.7gm	15gm	12%	6%	32%	6%
Chicken and Noodles	8 oz.	181	101	11gm	17%	3gm	17%	2gm	5gm	44mg	15%	626mg	25%	183mg	5%	4gm	1%	0.4gm	2%	0.2gm	15gm	9%	1%	2%	5%
Chicken and Rice Stir Fry	8 oz.	294	103	11gm	17%	3gm	13%	3gm	5gm	134mg	45%	78mg	3%	199mg	5%	30gm	10%	1.0gm	4%	0.4gm	16gm	4%	0%	4%	16%
Chicken Breast, Grilled	1 each	97	22	2gm	4%	1gm	3%	1gm	1gm	47mg	16%	41mg	2%	144mg	4%	0gm	0%	0.0gm	0%	0.0gm	17gm	0%	0%	1%	3%
Chicken Breast, Herb Marinated	1 each	259	183	20gm	31%	2gm	10%	6gm	11gm	47mg	16%	325mg	13%	156mg	4%	1gm	0%	0.0gm	0%	0.1gm	17gm	0%	0%	1%	4%
Chicken Broccoli Casserole	6 oz.	200	81	9gm	13%	3gm	16%	2gm	3gm	42mg	14%	452mg	18%	232mg	6%	14gm	5%	1.5gm	6%	0.7gm	16gm	11%	25%	9%	8%
Chicken Caesar Salad, Grilled	14.44 oz. - wt	484	115	13gm	19%	6gm	30%	2gm	4gm	53mg	18%	2695mg	108%	197mg	5%	63gm	21%	1.5gm	`6	29.6gm	30gm	4%	7%	47%	16%
Chicken Casserole, Alpine	6 oz.	411	275	31gm	46%	6gm	30%	14gm	9gm	73mg	24%	966mg	39%	416mg	10%	7gm	2%	0.7gm	3%	4.6gm	26gm	15%	2%	24%	5%
Chicken Chow Mein	6 oz.	329	60	7gm	10%	2gm	9%	2gm	3gm	42mg	14%	1259mg	50%	514mg	13%	46gm	15%	5.0gm	20%	4.3gm	20gm	58%	30%	89%	19%
Chicken, Cream Cheese	1 each	197	115	13gm	19%	8gm	39%	1gm	4gm	79mg	26%	147mg	6%	228mg	6%	1gm	0%	0.0gm	0%	0.1gm	19gm	10%	2%	4%	6%
Chicken Enchiladas	2 each	438	156	17gm	26%	7gm	36%	2gm	5gm	359mg	120%	1417mg	57%	326mg	8%	37gm	12%	3.0gm	12%	2.6gm	32gm	138%	24%	28%	44%
Chicken Fajitas	3 oz.	575	336	37gm	56%	13gm	66%	12gm	10gm	65mg	22%	1794mg	72%	439mg	11%	35gm	12%	1.9gm	8%	8.0gm	26gm	12%	32%	30%	15%
Chicken Fried Steak	1 each	289	139	15gm	23%	5gm	23%	2gm	8gm	65mg	22%	81mg	3%	348mg	9%	12gm	4%	0.5gm	2%	0.1gm	24gm	0%	2%	1%	18%
Chicken Grilla	1 each	139	27	3gm	5%	1gm	3%	1gm	1gm	0gm	14%	207mg	8%	86mg	8%	23gm	8%	1.3gm	5%	3.6gm	4gm	1%	21%	6%	8%
Chicken Hindquarters, Herbed	1 qtr.	230	190	21gm	32%	2gm	11%	6gm	12gm	32mg	11%	30mg	1%	94mg	2%	1gm	0%	0.1gm	0%	0.1gm	9gm	1%	0%	1%	3%
Chicken Kiev	7 oz.	131	47	5gm	8%	1gm	7%	1gm	2gm	53mg	18%	45mg	2%	153mg	4%	1gm	0%	0.1gm	0%	0.0gm	19gm	1%	0%	1%	4%
Chicken Malibu	1 each	47	5	1gm	1%	0gm	1%	0gm	0gm	9mg	3%	486mg	19%	112mg	3%	3gm	1%	0.0gm	0%	2.1gm	7gm	6%	0%	15%	1%
Chicken Marsala Club	1 each	313	141	16gm	24%	4gm	20%	5gm	6gm	67mg	22%	669mg	27%	449mg	11%	16gm	5%	2.1gm	8%	3.3gm	27gm	12%	14%	5%	11%
Chicken Parma	1 each	299	127	14gm	21%	7gm	35%	2gm	4gm	82mg	27%	886mg	35%	566mg	14%	11gm	4%	1.9gm	8%	0.4gm	31gm	13%	15%	33%	9%
Chicken Parmesan	2 each	391	98	11gm	16%	4gm	20%	2gm	4gm	136mg	45%	826mg	33%	360mg	9%	29gm	10%	1.0gm	4%	1.3gm	41gm	3%	1%	14%	17%
Chicken Parmesan Pasta Bake	7 oz.	201	85	9gm	14%	4gm	20%	1gm	3gm	213mg	71%	705mg	28%	278mg	7%	12gm	4%	1.4gm	5%	2.2gm	17gm	121%	18%	15%	21%
Chicken Past Salad, Grilled	7.29 oz-wt	315	174	19gm	29%	3gm	14%	9gm	6gm	74mg	25%	319mg	13%	432mg	11%	7gm	2%	1.0gm	4%	1.3gm	27gm	33%	35%	4%	8%
Chicken Rice Supreme	8 oz.	330	79	9gm	13%	3gm	15%	1gm	3gm	247mg	82%	432mg	17%	299mg	7%	39gm	13%	1.6gm	6%	2.3gm	22gm	68%	18%	10%	36%
Chicken Salad, Caribbean w/lime dressing	8 oz.	521	237	26gm	40%	12gm	58%	3gm	10gm	47mg	16%	569mg	23%	770mg	19%	63gm	21%	4.7gm	19%	45.1gm	13gm	20%	27%	12%	14%
Chicken Salad Croissant	1 each	473	305	34gm	51%	6gm	29%	17gm	9gm	48mg	16%	695mg	28%	283mg	7%	26gm	9%	1.5gm	6%	0.9gm	15gm	7%	2%	4%	12%
Chicken Salad, Creamy	4 oz.	149	50	6gm	8%	2gm	8%	1gm	2gm	36mg	12%	240mg	10%	294mg	7%	13gm	4%	2.2gm	9%	7.7gm	12gm	8%	46%	3%	3%
Chicken Salad, Mandarin	8 oz.	290	181	20gm	30%	3gm	14%	10gm	6gm	34mg	11%	496mg	20%	377mg	9%	14gm	5%	2.3gm	9%	11.3gm	14gm	29%	29%	5%	6%
Chicken Salad, Southwest	18.45 oz.-wt	733	426	47gm	71%	13gm	64%	19gm	12gm	133mg	44%	1105mg	44%	1375mg	34%	37gm	12%	10.3gm	41%	14.3gm	44gm	84%	182%	36%	23%
Chicken Sandwich	1 each	251	147	16gm	25%	3gm	14%	8gm	4gm	27mg	9%	300mg	12%	203mg	5%	22gm	7%	1.7gm	7%	2.5gm	5gm	13%	13%	5%	8%
Chicken Sandwich, Patty's	1 each	260	160	18gm	27%	3gm	14%	10gm	4gm	41mg	17%	1405mf	56%	185mg	5%	5gm	2%	0.5gm	2%	0.9gm	20gm	8%	10%	2%	4%

* Percent Daily Values are based on a 2,000 calorie diet.

Chicken Stir Fry w/Pita	6 oz.	373	208	23gm	35%	4gm	19%	11gm	7gm	35mg	12%	563mg	23%	369mg	9%	26gm	9%	2.9gm	12%	2.9gm	16gm	7%	545%	5%	11%
Chicken Teriyaki	1 each	254	81	9gm	14%	3gm	13%	2gm	4gm	97mg	32%	85mg	3%	315mg	8%	6gm	2%	0.1gm	1%	6.0gm	35gm	2%	1%	2%	8%
Chicken Wings, Zippy	4 oz.	391	85	9gm	14%	3gm	13%	2gm	3gm	96mg	32%	877mg	35%	238mg	6%	39gm	13%	0.0gm	0%	29.4gm	36gm	1%	0%	2%	7%
Chicken, Caribbean Jerk	4 oz.	252	89	10gm	15%	2gm	10%	2gm	5gm	103mg	34%	90mg	4%	313mg	8%	1gm	0%	0.0gm	0%	0.0gm	38gm	1%	0%	2%	7%
Chicken, Crispy Oven-Fried	2 pieces	550	257	29gm	43%	7gm	35%	7gm	11gm	176mg	59%	570mg	23%	555mg	14%	14gm	5%	0.3gm	1%	2.4gm	55gm	13%	1%	9%	18%
Chicken, Fried	1 piece	126	31	3gm	5%	1gm	5%	1gm	1gm	32mg	11%	1181mg	47%	127mg	3%	12gm	4%	0.6gm	2%	0.7gm	11gm	4%	1%	3%	7%
Chicken, Hawaiian	1 each	249	25	3gm	4%	1gm	3%	1gm	1gm	47mg	16%	795mg	32%	423mg	11%	39gm	13%	1.3gm	5%	34.6gm	19gm	7%	28%	4%	8%
Chicken, Oven Baked	1/4 portion	286	164	18gm	27%	4gm	20%	6gm	7gm	87mg	29%	177mg	700%	238mg	6%	3gm	1%	0.1gm	0%	0.0gm	27gm	10%	0%	2%	8%
Chicken, Scalloped	8 oz.	348	185	21gm	31%	6gm	31%	3gm	10gm	89mg	30%	1207mg	48%	208mg	5%	23gm	8%	1.1gm	4%	1.7gm	17gm	3%	0%	8%	13%
Chicken, Sweet & Sour	5 oz.	279	5	1gm	1%	0gm	1%	0gm	0gm	6mg	2%	706mg	28%	241mg	6%	60gm	20%	1.9gm	8%	23.9gm	7gm	57%	17%	4%	15%
Chili Con Carne	8 oz.	346	146	16	24%	6gm	31%	1gm	7gm	77mg	26%	778mg	31%	753mg	19%	20gm	7%	7.2gm	29%	3.7gm	29gm	15%	11%	4%	25%
Chili Dog	1 each	155	71	8gm	12%	3gm	16%	1gm	3gm	20mg	7%	396mg	16%	377mg	9%	14gm	5%	3.6gm	14%	3.4gm	8gm	11%	2%	4%	11%
Chili Topped Taters	1 each	440	108	12gm	18%	6gm	30%	1gm	4gm	29mg	10%	463mg	19%	1841mg	46%	71gm	24%	9.3gm	37%	4.4gm	15gm	8%	50%	20%	30%
Chimichanga	4 oz.	577	266	30gm	44%	12gm	58%	2gm	13gm	93mg	31%	1612mg	64%	1566mg	39%	47gm	16%	7.0gm	28%	13.8gm	34gm	20%	41%	17%	43%
Chinese Ham Salad	7.65 oz-wt	422	215	24gm	36%	4gm	18%	12gm	7gm	35mg	12%	1939mg	78%	509mg	13%	39gm	13%	1.8gm	7%	25.6gm	15gm	5%	50%	5%	11%
Cole Slaw	2 1/2 oz.	71	1	0gm	0%	0gm	0%	0gm	0gm	0mg	0%	225mg	9%	169mg	4%	17gm	6%	1.5gm	6%	15.9gm	1gm	2%	34%	3%	3%
Cole Slaw, Creamy	2 1/2 oz.	100	73	8gm	12%	2gm	9%	4gm	2gm	7mg	2%	278mg	11%	174mg	4%	7gm	2%	1.5gm	6%	4.6gm	1gm	3%	34%	4%	2%
Cole Slaw, Mandarin	2 1/2 oz.	115	74	8gm	12%	2gm	9%	4gm	2gm	7mg	2%	278mg	11%	209mg	5%	10gm	3%	1.8gm	7%	5.8gm	1gm	3%	64%	5%	3%
Cookies, Chocolate Chip	2 each	198	65	7gm	11%	2gm	11%	1gm	3gm	23mg	8%	139mg	6%	84mg	2%	31gm	10%	0.7gm	3%	18.9gm	3gm	4%	0%	3%	6%
Cookies, Chocolate Cream	2 each	247	129	14gm	21%	7gm	33%	1gm	6gm	52mg	17%	31mg	1%	155mg	4%	29gm	10%	1.1gm	5%	26.7gm	2gm	3%	0%	5%	6%
Cookies, Chow Mein	2 each	312	142	16gm	24%	3gm	15%	7gm	5gm	2mg	1%	259mg	10%	119mg	3%	39gm	13%	1.9gm	8%	18.7gm	6gm	0%	0%	1%	9%
Cookies, Corn Flake	2 each	127	55	6gm	9%	2gm	8%	2gm	2gm	10mg	3%	93mg	4%	41mg	1%	17gm	6%	0.3gm	1%	9.4gm	1gm	5%	0%	1%	3%
Cookies, No Bake	6 x 4 bar	607	190	21gm	32%	4gm	18%	9gm	7gm	0mg	0%	199mg	8%	442mg	11%	95gm	32%	8.4gm	34%	52.6gm	15gm	11%	0%	6%	19%
Cookies, Cowboy	2 each	120	53	6gm	9%	2gm	8%	1gm	3gm	11mg	4%	63mg	3%	44mg	1%	15gm	5%	0.6gm	2%	9.4gm	2gm	0%	0%	1%	3%
Cookies, Oatmeal	2 each	155	54	6gm	9%	1gm	6%	2gm	3gm	31mg	10%	223mg	9%	122mg	3%	23gm	8%	1.0gm	4%	12.7gm	3gm	5%	0%	2%	7%
Cookies, Peanut Butter	2 each	123	59	7gm	10%	1gm	7%	2gm	3gm	14mg	5%	75mg	3%	62mg	2%	14gm	5%	0.5gm	2%	9.3gm	2gm	2%	0%	1%	3%
Cookies, Potato Chip	2 each	261	77	9gm	13%	2gm	888%	2gm	4gm	21mg	7%	180mg	7%	69mg	2%	43gm	14%	0.6gm	3%	24.4gm	3gm	7%	0%	2%	8%
Cookies, Rollout Sugar	2 each	423	286	32gm	48%	6gm	31%	2gm	22gm	65mg	22%	22mg	1%	23mg	1%	34gm	11%	0.0gm	0%	33.8gm	2gm	2%	0%	1%	2%
Cookies, Sugar	2 each	148	79	9gm	13%	2gm	10%	2gm	4gm	8mg	3%	92mg	4%	25mg	1%	16gm	5%	0.2gm	1%	9.5gm	1gm	4%	0%	0%	2%
Corn	3 oz.	75	6	1gm	1%	0gm	1%	0gm	0gm	0mg	0%	3mg	0%	179mg	4%	18gm	6%	2.0gm	8%	0.0gm	3gm	0%	9%	0%	2%
Corn Chowder	8 oz.	160	42	5gm	7%	2gm	9%	1gm	2gm	4mg	1%	485mg	19%	285mg	7%	27gm	9%	1.6gm	6%	5.6gm	5gm	2%	10%	8%	4%
Corn O'Brien	3 oz.	127	40	4gm	7%	1gm	7%	1gm	2gm	10mg	3%	328mg	13%	287mg	7%	19gm	6%	2.4gm	10%	3.2gm	6gm	4%	16%	1%	3%
Corn Scallop, Midwest	3 oz.	297	134	15gm	22%	7gm	33%	1gm	6gm	66mg	22%	680mg	27%	205mg	5%	31gm	10%	1.7gm	7%	3.7gm	12gm	6%	7%	22%	10%
Corn, Mexicali	3 oz.	128	66	7gm	11%	3gm	14%	1gm	3gm	4mg	1%	31mg	1%	184mg	5%	16gm	5%	2.0gm	8%	0.4gm	2gm	2%	34%	1%	2%
Corn, Whole Kernel	3 oz.	100	27	3gm	4%	1gm	5%	1gm	1gm	1mg	0%	3mg	0%	191mg	5%	19gm	6%	2.2gm	9%	0.0gm	3gm	0%	10%	0%	2%
Cornbread	1 each	132	52	6gm	9%	1gm	6%	0gm	4gm	35mg	12%	459mg	18%	57mg	1%	18gm	6%	1.2gm	5%	5.2gm	3gm	1%	0%	11%	5%
Cornbread dressing with Chicken	4 oz.	100	16	2gm	3%	1gm	3%	0gm	0gm	32mg	11%	1363mg	55%	102mg	3%	17gm	6%	1.1gm	4%	0.1gm	4gm	2%	1%	11%	7%
Cottage Cheese Salad	3 1/2 oz.	149	96	11gm	16%	2gm	9%	6gm	3gm	9mg	3%	516mg	21%	127mg	3%	3gm	1%	0.6gm	2%	2.2gm	10gm	7%	10%	3%	2%
Cucumber Salad	3 oz.	146	122	14gm	20%	3gm	17%	6gm	3gm	11mg	4%	86mg	3%	144mg	4%	6gm	2%	0.5gm	2%	2.6gm	1gm	4%	5%	3%	2%
Cupcakes, Chocolate	1 each	176	61	7gm	10%	2gm	9%	2gm	3gm	25mg	8%	156mg	6%	77mg	2%	27gm	9%	1.0gm	4%	15.8gm	3gm	1%	0%	2%	8%
Cupcakes, White	1 each	163	65	7gm	11%	2gm	10%	2gm	3gm	36mg	12%	154mg	6%	39mg	1%	22gm	7%	0.2gm	1%	12.8gm	2gm	1%	0%	5%	6%
Denver Scramble	3 1/2 oz.	159	100	11gm	17%	3gm	15%	2gm	5gm	316mg	105%	302mg	12%	180mg	4%	3gm	1%	.2gm	1%	2.7gm	11gm	12%	13%	8%	8%
Denver Style Taters	1 each	335	35	4gm	6%	1gm	5%	1gm	2gm	12mg	4%	377mg	15%	1718mg	43%	64gm	21%	6.9gm	27%	3.8gm	13gm	2%	74%	5%	20%
Eggs, Hard or Soft Cooked	2 each	171	104	12gm	17%	4gm	18%	2gm	4gm	491mg	164%	162mg	6%	155mg	4%	1gm	0%	0.0gm	0%	0.9gm	15gm	11%	0%	6%	12%
Fettucini Alfredo	6 oz.	208	112	12gm	19%	4gm	21%	3gm	5gm	14mg	5%	560mg	22%	41mg	1%	15gm	5%	0.0gm	0%	0.2gm	9gm	8%	0%	19%	5%
Fiesta Bread	1 each	201	56	6gm	9%	1gm	7%	1gm	4gm	37mg	12%	478mg	19%	109mg	3%	31gm	10%	1.7gm	7%	6.2gm	5gm	3%	11%	13%	10%
Fish Sandwich	1 each	210	104	12gm	17%	4gm	18%	3gm	5gm	28mg	9%	621mg	25%	192mg	5%	15gm	5%	0.8gm	3%	3.6gm	11gm	4%	0%	17%	4%
Fish, Batter Fried	1 each	272	110	12gm	18%	2gm	11%	4gm	5gm	61mg	20%	295mg	12%	216mg	5%	29gm	10%	1.5gm	6%	2.9gm	11gm	2%	1%	6%	10%
Fish, Caribbean Jerk	4 oz.	322	176	20gm	29%	3gm	14%	5gm	10gm	36mg	12%	478mg	19%	245mg	6%	24gm	8%	1.6gm	6%	2.8gm	13gm	2%	0%	3%	7%
Fish, Lemon Baked	2 each	352	194	22gm	32%	3gm	17%	7gm	10gm	39mg	13%	573mg	23%	277mg	7%	26gm	9%	1.9gm	8%	3.2gm	13gm	10%	6%	4%	7%
Fishwich, Mexican	1 each	286	206	23gm	34%	9gm	44%	7gm	6gm	44mg	15%	452mg	18%	242mg	6%	5gm	2%	1.9gm	8%	1.4gm	15gm	4%	6%	28%	5%
Five Bean Salad	3 oz.	151	83	9gm	14%	1gm	6%	5gm	3gm	0mg	0%	261mg	10%	192mg	5%	14gm	5%	4.1gm	16%	0.7gm	4gm	4%	7%	3%	7%
Focaccia	1 roll	14	9	1gm	1%	0gm	1%	0gm	0gm	0mg	0%	532mg	21%	51mg	1%	1gm	0%	0.1gm	0%	0.4gm	1gm	0%	0%	1%	1%
Four Cheese Rotini	8 oz.	199	103	11gm	17%	7gm	33%	1gm	3gm	47mg	16%	512mg	20%	166mg	4%	11gm	4%	0.7gm	3%	1.8gm	14gm	17%	14%	28%	7%
French Dip Dijon	3 oz.	441	222	25gm	37%	10gm	49%	1gm	11gm	64mg	21%	484mg	19%	341mg	9%	31gm	10%	1.6gm	7%	1.3gm	22gm	0%	1%	7%	22%
French Toast	2 each	125	50	6gm	8%	2gm	11%	1gm	2gm	185mg	62%	322mg	13%	155mg	4%	11gm	4%	0.0gm	0%	11.2gm	8gm	7%	0%	10%	4%
French Toast - Texas Cut	2 each	68	35	4gm	6%	1gm	7%	1gm	2gm	96mg	32%	216mg	9%	104mg	3%	3gm	1%	0.1gm	0%	2.3gm	4gm	3%	1%	7%	3%
Fried Eggs	2 each	225	168	19gm	28%	5gm	24%	3gm	9gm	420mg	140%	188mg	8%	135mg	3%	1gm	0%	0.0gm	0%	0.8gm	13gm	13%	0%	5%	10%
Fried Fish	6 oz.	378	28	3gm	5%	1gm	3%	1gm	0gm	198mg	66%	281mg	11%	878mg	22%	0gm	0%	0.0gm	0%	0.0gm	82gm	3%	6%	5%	10%
Fried Rice	4 oz.	62	12	1gm	2%	0gm	1%	0gm	1gm	29mg	10%	2044mg	82%	80mg	2%	10gm	3%	1.2gm	5%	1.4gm	3gm	19%	4%	2%	5%
Fruit Turnovers	1 each	271	162	18gm	27%	5gm	23%	2gm	10gm	0mg	0%	120mg	5%	60mg	2%	24gm	8%	1.0gm	4%	2.8gm	4gm	1%	1%	1%	7%
Fruited Rice Salad	3 oz.	62	24	3gm	4%	0gm	2%	1gm	1gm	0mg	2%	122mg	5%	62mg	2%	9gm	3%	0.6gm	2%	3.5gm	1gm	1%	11%	1%	2%
Ginger Marinated Pork Sandwich	3 oz.	244	178	20gm	30%	6gm	30%	3gm	9gm	49gm	16%	37mg	1%	202mg	5%	5gm	2%	.1gm	0%	4.7gm	11gm	0%	1%	2%	3%
Goulash	8 oz.	366	147	16gm	25%	6gm	30%	1gm	7gm	73mg	24%	640mg	26%	771mg	19%	27gm	9%	2.8gm	11%	5.9gm	27gm	10%	21%	3%	25%
Greek Salad	11.04 oz.-wt	404	346	38gm	58%	10gm	51%	16gm	11gm	25mg	8%	347mg	14%	437mg	11%	12gm	4%	3.2gm	13%	7.9gm	6gm	74%	28%	18%	6%
Green Bean Casserole	4 oz.	52	14	2gm	2%	0gm	2%	0gm	1gm	1mg	0%	105mg	4%	188mg	5%	9gm	3%	2.7gm	11%	1.5gm	2gm	12%	20%	4%	5%
Green Beans	3 oz.	28	2	0gm	0%	0gm	0%	0gm	0gm	0mg	0%	3mg	0%	158mg	4%	6gm	2%	2.4gm	10%	0.0gm	2gm	8%	18%	4%	4%
Green Beans Almandine	3 oz.	57	30	3gm	5%	1gm	5%	0gm	2gm	0mg	0%	45mg	2%	190mg	5%	6gm	2%	3.1gm	12%	1.3gm	2gm	13%	25%	3%	5%
Green Beans Buttered	3 oz.	42	15	2gm	3%	1gm	3%	0gm	1gm	0mg	0%	119mg	5%	190mg	5%	6gm	2%	3.1gm	12%	1.3gm	2gm	13%	25%	3%	5%
Green Beans Country Style	3 oz.	92	56	6gm	9%	2gm	10%	1gm	3gm	9mg	3%	119mg	5%	223mg	6%	7gm	2%	3.1gm	13%	1.4gm	3gm	13%	25%	4%	6%

* Percent Daily Values are based on a 2,000 calorie diet.

Gyros	1 each	368	152	17gm	25%	8gm	39%	1gm	7gm	96mg	32%	264mg	11%	453mg	11%	20gm	7%	1.1gm	4%	1.8gm	32gm	1%	4%	5%	17%
Ham & Cheese Grilled	1 each	198	108	12gm	18%	5gm	27%	1gm	5gm	14mg	5%	529mg	21%	139mg	3%	16gm	5%	1.9gm	8%	3.8gm	7gm	2%	0%	18%	6%
Ham & Cheese Pocket	1 each	268	167	19gm	28%	5gm	24%	2gm	10gm	26mg	9%	126mg	5%	37mg	1%	21gm	7%	0.7gm	3%	0.4gm	4gm	1%	0%	1%	7%
Ham & Cheese Stack	1 each	161	71	8gm	12%	2gm	11%	1gm	3gm	42mg	14%	1346mg	54%	298mg	7%	6gm	2%	0.0gm	0%	1.2gm	15gm	1%	0%	5%	6%
Ham & Egg Breakfast Sandwich	1 each	544	253	28gm	42%	8gm	39%	6gm	12gm	323mg	108%	1294mg	52%	388mg	10%	48gm	16%	1.5gm	6%	3.7gm	24gm	11%	1%	30%	24%
Ham & Swiss Egg Bake	6 oz.	211	82	9gm	14%	4gm	22%	1gm	3gm	139mg	46%	662mg	26%	264mg	7%	19gm	6%	1.8gm	7%	8.5gm	13gm	8%	0%	27%	9%
Ham, Carved	3 oz.	45	0	0gm	0%	0gm	0%	0gm	0gm	0mg	0%	4mg	0%	57mg	1%	11gm	4%	0.0gm	0%	10.7gm	0gm	0%	3%	1%	1%
Ham/Broccoli/Pasta Casserole	6 oz.	273	122	14gm	20%	6gm	28%	2gm	5gm	47mg	16%	920mg	37%	419mg	10%	22gm	7%	1.9gm	8%	6.8gm	16gm	23%	52%	28%	9%
Hamburger	1 each	207	123	14gm	20%	5gm	26%	0gm	6gm	70mg	23%	57mg	2%	233mg	6%	0gm	0%	0.0gm	0%	0.0gm	20gm	0%	0%	2%	11%
Hamwiches	1 each	149	110	12gm	18%	7gm	34%	1gm	4gm	28mg	9%	83mg	3%	31mg	1%	2gm	1%	0.1gm	1%	0.6gm	8gm	5%	0%	23%	1%
Hot Beef & Gravy	3 oz.	531	298	33gm	50%	14gm	71%	1gm	15gm	95mg	32%	123mg	5%	971mg	24%	29gm	10%	2.4gm	10%	1.2gm	28gm	0%	31%	2%	20%
Hot Beef Sandwich	1 each	531	298	33gm	50%	14gm	71%	1gm	15gm	95mg	32%	123mg	5%	971mg	24%	29gm	10%	2.4gm	10%	1.2gm	28gm	0%	31%	2%	20%
Hot Beef Sundae	1 each	368	138	15gm	23%	8gm	41%	1gm	4gm	39mg	13%	1295mg	52%	851mg	21%	46gm	15%	3.6gm	14%	6.3gm	12gm	11%	29%	28%	7%
Hot Dog	1 each	149	120	13gm	20%	5gm	26%	1gm	6gm	24mg	8%	513mg	21%	70mg	2%	2gm	1%	0.0gm	0%	1.5gm	5gm	0%	0%	1%	4%
Hot Dog, Jumbo	1 each	170	138	15gm	23%	6gm	30%	1gm	7gm	29mg	10%	600mg	24%	76mg	2%	2gm	1%	0.0gm	0%	1.8gm	6gm	0%	0%	1%	5%
Italian Casserole	6 oz.	167	62	7gm	10%	3gm	13%	1gm	2gm	33mg	11%	578mg	23%	342mg	9%	19gm	6%	1.6gm	6%	0.2gm	8gm	8%	12%	11%	8%
Italian Meatball Sandwich	1 each	511	205	23gm	34%	10gm	49%	2gm	8gm	95mg	32%	1015mg	41%	615mg	15%	43gm	14%	3.3gm	13%	2.2gm	31gm	13%	13%	30%	25%
Italian Pasta Salad	4 oz.	161	50	6gm	8%	0gm	2%	1gm	3gm	0mg	0%	453mg	18%	186mg	5%	27gm	9%	3.3gm	13%	6.1gm	2gm	5%	10%	2%	4%
Italian Potato	3 oz.	107	18	2gm	3%	1gm	3%	1mg	0gm	1mg	0%	191mg	8%	324mg	8%	20gm	7%	3.4gm	13%	1.4gm	2gm	0%	12%	1%	10%
Italian Sausage Sandwich	1 each	251	47	5gm	8%	1gm	4%	2gm	1gm	0mg	0%	636mg	25%	602mg	15%	42gm	14%	3.0gm	12%	2.5gm	12gm	93%	78%	13%	22%
Lasagna, Baked	6 oz.	430	90	10gm	15%	3gm	16%	1gm	4gm	44mg	15%	877mg	35%	762mg	19%	55gm	18%	4.0gm	16%	1.7gm	29gm	12%	21%	7%	27%
Lasagna Casserole	6 oz.	355	133	15gm	22%	7gm	35%	1gm	5gm	62mg	21%	734mg	29%	652mg	16%	28gm	9%	2.6gm	10%	6.3gm	27gm	15%	16%	19%	20%
Lasagna, Mexican	6 oz.	548	250	28gm	42%	14gm	69%	2gm	10gm	90mg	30%	1612mg	64%	904mg	23%	45gm	15%	5.1gm	20%	9.2gm	32gm	33%	51%	44%	29%
Lasagna, Spinach	6 oz.	349	102	11gm	17%	5gm	27%	2gm	3gm	46mg	15%	982mg	39%	677mg	17%	40gm	13%	3.8gm	15%	7.9gm	23gm	72%	40%	29%	20%
Lasagna, Vegetable	4 oz.	165	73	8gm	12%	4gm	22%	0gm	3gm	26mg	9%	916mg	37%	653mg	16%	14gm	5%	2.7gm	11%	7.2gm	11gm	41%	27%	23%	10%
Layered Peach Crisp	1 each	177	88	10gm	15%	2gm	12%	3gm	4gm	0mg	0%	76mg	3%	91mg	2%	22gm	7%	1.1gm	4%	13.6gm	2gm	0%	0%	2%	5%
Liver & Onions, Baked	4 oz.	299	158	18gm	26%	5gm	23%	4gm	7gm	311mg	104%	489mg	20%	357mg	9%	12gm	4%	0.8gm	3%	2.0gm	23gm	425%	6%	2%	30%
Liver & Onions, Grilled	4 oz.	278	134	15gm	22%	3gm	16%	4gm	6gm	311mg	104%	193mg	8%	375mg	9%	13gm	4%	1.0gm	4%	2.0gm	23gm	439%	6%	2%	30%
Macaroni & Cheese	4 oz.	153	65	7gm	11%	2gm	9%	2gm	3gm	5mg	2%	424mg	17%	118mg	3%	17gm	6%	0.8gm	3%	3.5gm	5gm	7%	0%	9%	3%
Macaroni Salad	4 oz.	229	172	19gm	29%	5gm	23%	8gm	5gm	85mg	28%	314mg	13%	83mg	2%	9gm	3%	0.4gm	1%	1.6gm	6gm	7%	7%	9%	4%
Meat Loaf, Mom's	4 oz.	345	182	20gm	30%	8gm	39%	1gm	9gm	122mg	41%	227mg	9%	441mg	11%	8gm	3%	0.6gm	2%	3.0gm	31gm	3%	10%	4%	18%
Meatball Minestrone	8 oz.	280	149	17gm	25%	6gm	32%	2gm	6gm	56mg	19%	1107mg	44%	332mg	8%	15gm	5%	3.8gm	15%	1.4gm	18g	77%	3%	21%	11%
Meatball Sandwich	1 each	505	115	13gm	19%	4gm	21%	2gm	5gm	63mg	21%	1171mg	47%	278mg	7%	74gm	25%	1.7gm	7%	31.2gm	22gm	1%	1%	7%	20%
Meatball Wrap	1 each	372	251	28gm	42%	10gm	48%	3gm	14gm	44mg	15%	1302mg	52%	433mg	11%	16gm	5%	3.2gm	13%	0.6gm	15gm	23%	22%	34%	13%
Mexican Burger	1 each	244	126	14gm	21%	5gm	27%	1gm	6gm	73mg	24%	1761mg	70%	360mg	9%	3gm	1%	0.2gm	1%	2.1gm	25gm	11%	68%	17%	12%
Mixed Green Salad	3 1/2 oz.	57	4	0gm	1%	0gm	0%	0gm	0gm	0mg	0%	299mg	12%	222mg	6%	12gm	4%	1.9gm	7%	3.7gm	1gm	69%	17%	3%	3%
Mixed Vegetables	3 oz.	51	1	0gm	0%	0gm	0%	0gm	0gm	0mg	0%	231mg	9%	144mg	4%	11gm	4%	3.7gm	15%	2.7gm	2gm	73%	5%	2%	4%
Mostaccioli, Baked	4 oz.	350	163	18gm	27%	6gm	32%	1gm	8gm	89mg	30%	1224mg	49%	977mg	24%	17gm	6%	3.6gm	14%	1.0gm	28gm	15%	28%	7%	24%
Muffin Mix, Refrig. Bran	1 each	59	23	3gm	4%	1gm	3%	1gm	1gm	10mg	3%	105mg	4%	36mg	1%	9gm	3%	0.5gm	2%	7.1gm	1gm	2%	0%	1%	5%
Muffins, Blueberry	1 each	172	52	6gm	9%	1gm	7%	0gm	4gm	22mg	7%	281mg	11%	82mg	2%	26gm	9%	0.8gm	3%	8.1gm	4gm	2%	2%	11%	7%
Muffins, Bran	1 each	176	28	3gm	5%	1gm	4%	1gm	1gm	22mg	7%	448mg	18%	347mg	9%	36gm	12%	1.7gm	7%	17.7gm	3gm	6%	0%	11%	18%
Muffins, Cranberry Orange	1 each	167	44	5gm	7%	1gm	6%	1gm	2gm	22mg	7%	409mg	16%	70mg	2%	27gm	9%	0.9gm	3%	8.3gm	4gm	5%	3%	10%	8%
Mushroom Swiss Burger	1 each	257	127	14gm	21%	7gm	36%	1gm	5gm	89mg	30%	472mg	19%	483mg	12%	2gm	1%	0.3gm	1%	0.9gm	30gm	6%	1%	23%	15%
Nacho Dog	1 each	457	226	25gm	38%	12gm	59%	1gm	8gm	72mg	24%	2648mg	106%	678mg	17%	41gm	14%	2.1gm	8%	17.4gm	21gm	18%	30%	36%	18%
Omelet Basic	3 oz.	312	211	23gm	35%	12gm	59%	2gm	8gm	465mg	155%	605mg	24%	174mg	4%	`gm	0%	0.0gm	0%	1.0gm	23gm	18%	0%	35%	12%
Orange Salad, Mandarin	2 1/2 oz.	89	33	4gm	6%	3gm	14%	0gm	1gm	3mg	1%	11mg	0%	119mg	3%	14gm	5%	1.3gm	5%	8.8gm	1gm	2%	26%	3%	2%
Pancakes, Blueberry	2 each	197	68	8gm	11%	2gm	10%	2gm	3gm	65mg	22%	540mg	22%	142mg	4%	25gm	8%	0.9gm	3%	5.0gm	7gm	2%	2%	11%	9%
Pancakes, Buttermilk	2 each	193	68	8gm	11%	2gm	10%	2gm	3gm	65mg	22%	540mg	22%	137mg	3%	24gm	8%	0.7gm	3%	4.3gm	7gm	2%	1%	11%	9%
Pancakes, German Apple	2 each	437	183	20gm	31%	7gm	34%	2gm	10gm	3mg	1%	347mg	14%	132mg	3%	62mg	3%	62gm	21%	1.5gm	4gm	0%	3%	12%	7%
Parsley Buttered Potatoes	3 oz.	168	42	5gm	7%	2gm	9%	1gm	2gm	3mg	1%	14mg	1%	731mg	18%	29gm	10%	3.0gm	12%	1.6gm	3gm	1%	23%	2%	8%
Pasta (Rotini) Salad	6 oz.	145	85	9gm	14%	1gm	6%	5gm	3gm	7mg	2%	397mg	16%	68mg	2%	14gm	5%	0.5gm	2%	8.6gm	1gm	2%	7%	2%	5%
Pasta Primavera	9 oz.	174	63	7gm	11%	2gm	11%	1gm	3gm	3mg	1%	1796mg	72%	240mg	6%	23gm	8%	2.1gm	8%	3.3gm	6gm	75%	36%	8%	9%
Patty Melt, Diner-Style	1 each	351	156	17gm	26%	7gm	34%	3gm	6gm	26mg	9%	563mg	23%	174mg	4%	35gm	12%	4.1gm	16%	4.1gm	13gm	11%	4%	28%	11%
Pea Salad	4 oz.	231	166	18gm	28%	7gm	35%	5gm	5gm	32mg	11%	424mg	17%	137mg	3%	8gm	3%	2.5gm	10%	2.3gm	9gm	24%	7%	21%	5%
Peanut Butter Pie, Fluffy	1 slice	824	707	79gm	118%	61gm	305%	4gm	9gm	40mg	13%	236mg	9%	308mg	8%	24gm	8%	1.7gm	7%	19.8gm	10gm	9%	4%	11%	6%
Pear Walnut Salad	1/2 pear	658	489	54mg	81%	9gm	45%	19gm	24gm	21mg	7%	517mg	21%	342mg	9%	37gm	12%	3.0gm	12%	32.3gm	9gm	15%	6%	20%	8%
Peas	3 oz.	36	2	0gm	0%	0gm	0%	0gm	0gm	0mg	0%	4mg	0%	163mg	4%	6gm	2%	2.6gm	11%	0.0gm	2gm	2%	31%	4%	9%
Peas & Carrots	3 oz.	45	4	0gm	1%	0gm	0%	0gm	0gm	0mg	0%	68mg	3%	165mg	4%	9gm	3%	2.9gm	12%	0.0gm	3gm	162%	16%	2%	5%
Peas & Mushrooms	3 oz.	82	44	5gm	7%	2gm	9%	1gm	2gm	3mg	1%	277mg	11%	190mg	5%	7gm	2%	3.1gm	12%	0.3gm	3gm	3%	33%	5%	11%
Pepper Steak	4 oz.	395	92	10gm	15%	3gm	17%	1gm	5gm	92mg	31%	307mg	12%	540mg	14%	34gm	11%	1.2gm	5%	0.2gm	38gm	0%	2%	3%	34%
Philly Pepper & Cheese Steak	1 each	275	58	6gm	10%	1gm	6%	2gm	2gm	3mg	1%	789mg	32%	319mg	8%	42gm	14%	3.0gm	12%	7.5gm	13gm	16%	79%	27%	12%
Pie, Apple	1 slice	468	212	24gm	35%	5gm	27%	7gm	10gm	0mg	0%	356mg	14%	164mg	4%	64gm	21%	3.8gm	15%	37.0gm	3gm	4%	9%	2%	9%
Pie, Banana Cream	1 slice	402	154	17gm	26%	5gm	24%	4gm	7gm	95mg	32%	405mg	16%	183mg	5%	55gm	18%	0.5gm	2%	37.1gm	7gm	7%	0%	12%	7%
Pie, Boston Cream	1 slice	235	115	13gm	19%	4gm	21%	2gm	6gm	32mg	11%	41mg	2%	270mg	7%	33gm	11%	4.8gm	19%	22.8gm	5gm	1%	0%	6%	13%
Pie, Coconut Cream	1 slice	429	171	19gm	29%	7gm	33%	4gm	7gm	95mg	32%	407mg	16%	203mg	5%	58gm	19%	0.8gm	3%	37.1gm	7gm	7%	0%	12%	7%
Pie, Pumpkin	1 slice	277	123	14gm	21%	4gm	19%	3gm	6gm	65mg	22%	358mg	14%	128mg	3%	34gm	11%	0.5gm	2%	21.6gm	5gm	3%	0%	7%	7%
Pizza Burger	1 each	275	91	10gm	15%	3gm	17%	0gm	2gm	65mg	22%	617mg	25%	320mg	8%	21gm	7%	4.0gm	16%	10.5gm	24gm	15%	22%	1%	13%
Pizza Garden Homemade	1 slice	278	129	14gm	21%	7gm	37%	1gm	5gm	39mg	13%	974mg	39%	335mg	8%	24gm	8%	1.8gm	7%	6.0gm	14gm	19%	29%	28%	7%
Pizza Pocket	1 each	482	311	35gm	52%	12gm	61%	3gm	17gm	49mg	16%	704mg	28%	204mg	5%	25gm	8%	1.2gm	5%	2.3gm	17gm	5%	1%	22%	10%
Pizza Supreme	1 slice	304	121	13gm	20%	5gm	26%	2gm	5gm	34mg	11%	808mg	32%	255mg	6%	32gm	11%	2.8gm	11%	3.7gm	14gm	4%	1%	13%	10%
Pizza, Cheese	1 slice	371	154	17gm	26%	9gm	43%	2gm	5gm	39mg	13%	956mg	38%	305mg	8%	35gm	12%	1.9gm	7%	6.0gm	20gm	11%	2%	42%	12%
Pizza, Garden	1 slice	280	92	10gm	15%	5gm	24%	1gm	4gm	24mg	8%	864mg	35%	205mg	5%	35gm	12%	0.9gm	4%	3.6gm	12gm	12%	14%	17%	3%

* Percent Daily Values are based on a 2,000 calorie diet.

Pizza, Pepperoni	1 slice	398	175	19gm	29%	10gm	48%	2gm	6gm	46mg	15%	1060mg	42%	323mg	8%	35gm	12%	1.9gm	8%	6.1gm	21gm	11%	2%	42%	13%
Pizza, Sausage	1 slice	360	132	15gm	22%	7gm	33%	2gm	4gm	37mg	12%	963mg	39%	331mg	8%	35gm	12%	1.9gm	7%	6.3gm	22gm	9%	2%	49%	13%
Pork Chops, Baked	4 oz.	182	102	11gm	17%	4gm	20%	1gm	5gm	56mg	19%	71mg	3%	337mg	8%	1gm	0%	0.1gm	0%	0.1gm	18g	0%	6%	2%	5%
Pork Mozzarella Sandwich	1 each	492	290	32gm	48%	11g	53%	8gm	10gm	79mg	26%	980mg	39%	580mg	15%	24gm	8%	1.8gm	7%	0.3gm	26gm	11%	15%	18%	15%
Pork Salad, Mandarin	6.96 oz.-wt	188	108	12gm	18%	2gm	8%	3gm	7gm	21mg	7%	335mg	13%	421mg	11%	11gm	4%	2.2gm	9%	8.7gm	10gm	29%	28%	4%	5%
Pork Tenderloin	1 each	373	226	25gm	38%	7gm	34%	8gm	8gm	57mg	19%	532mg	21%	329mg	8%	17gm	6%	0.6gm	2%	0.0gm	19gm	2%	6%	2%	12%
Pork, Herb Rubbed Roast	4 oz.	295	137	15gm	23%	5gm	26%	2gm	7gm	118mg	39%	131mg	5%	663mg	17%	1gm	0%	0.3gm	1%	0.5gm	36gm	16%	4%	5%	11%
Pork, Sweet & Sour	5 oz.	535	174	19gm	29%	7gm	36%	2gm	8gm	85mg	28%	594mg	24%	559mg	14%	60gm	20%	1.9gm	7%	23.7gm	28gm	56%	21%	6%	20%
Pot Roast, Southern Style	4 oz.	401	145	16gm	24%	6gm	30%	1gm	7gm	116mg	39%	564mg	23%	967mg	24%	18gm	6%	2.9gm	11%	4.2gm	44gm	128%	14%	5%	24%
Pot. w/ Ham Dried, Scall.	6 oz.	118	42	5gm	7g%	2gm	9%	1gm	2gm	28mg	9%	897mg	36%	275mg	7%	10gm	3%	0.6gm	2%	0.0gm	9gm	3%	3%	8%	3%
Potato Bake, Tex-Mex	4 oz.	155	15	2gm	3%	0gm	2%	1gm	1gm	0mg	0%	218mg	9%	892mg	22%	33gm	11%	4.4gm	18%	6.0gm	5gm	7%	66%	5%	11%
Potato Salad	4 oz.	216	96	11gm	16%	2gm	10%	5gm	3gm	62mg	21%	233mg	9%	476mg	12%	27gm	9%	1.8gm	7%	3.9gm	4gm	2%	25%	2%	4%
Potato Salad, Mexican	4 oz.	219	96	11gm	16%	2gm	10%	5gm	3gm	62mg	21%	295mg	12%	493mg	12%	27gm	9%	2.0gm	8%	4.1gm	4gm	2%	32%	2%	5%
Potatoes & Ham, Scalloped	6 oz.	134	55	6gm	9%	2gm	11%	1gm	2gm	37mg	12%	1015mg	41%	259mg	6%	11gm	4%	0.7gm	3%	0.4gm	10gm	3%	3%	10%	4%
Potatoes, Baked	1 each	419	140	16gm	23%	7gm	34%	2gm	6gm	13mg	4%	40mg	2%	1626mg	41%	64gm	21%	6.6gm	26%	3.6gm	8gm	3%	48%	7%	18%
Potatoes, Cheddar Whipped	4 oz.	191	73	8gm	12%	5gm	23%	0gm	3gm	21mg	7%	570mg	23%	404mg	10%	23gm	8%	2.0gm	8%	2.0gm	7gm	4%	13%	16%	3%
Potatoes, Dilled	3 oz.	168	43	5gm	7%	2gm	9%	1gm	2gm	3mg	1%	14mg	1%	734mg	18%	29gm	10%	3.0gm	12%	1.6gm	3gm	0%	22%	2%	9%
Potatoes, Hashed Brown	4 oz.	118	21	2gm	4%	0gm	2%	1gm	1gm	0mg	0%	6mg	0%	372mg	9%	23gm	8%	2.0gm	8%	1.0gm	2gm	0%	14%	1%	2%
Potatoes, O'Brien	4 oz.	318	165	18gm	28%	7gm	37%	2gm	8gm	10mg	3%	79mg	3%	888mg	22%	35gm	12%	3.7gm	15%	2.2gm	4gm	1%	30%	3%	10%
Potatoes, Oven Brown	3 oz.	50	45	5gm	7%	1gm	4%	3gm	1gm	1mg	0%	109mg	4%	10mg	0%	1gm	0%	0.1gm	0%	0.2gm	0gm	0%	0%	1%	0%
Potatoes, Scalloped	6 oz.	101	23	3gm	4%	1gm	5%	0gm	1gm	0mg	0%	694mg	28%	251mg	6%	20gm	7%	1.2gm	5%	0.0gm	3gm	3%	6%	12%	2%
Potatoes, Whipped	4 oz.	118	19	2gm	3%	1gm	4%	0gm	1gm	2mg	1%	457mg	18%	386mg	10%	23gm	8%	2.0gm	8%	1.9gm	3gm	1%	13%	3%	2%
Potato-Vegetable Chowder	8 oz.	149	21	2gm	3%	1gm	4%	0gm	1gm	3mg	1%	652mg	26%	525mg	13%	30gm	10%	3.6gm	14%	5.6gm	4gm	55%	34%	7%	5%
Pudding, Bread	4 oz.	206	53	6gm	9%	3gm	13%	1gm	2gm	132mg	44%	203mg	8%	246mg	6%	28gm	9%	0.5gm	2%	21.4gm	9gm	7%	0%	18%	6%
Rarebit Burger	1 each	219	124	14gm	21%	5gm	26%	0gm	6gm	77mg	26%	57mg	2%	268mg	7%	1gm	0%	0.2gm	1%	0.0gm	22gm	2%	5%	2%	13%
Red Beans & Rice	11.19 oz.-wt	183	33	4gm	5%	0gm	2%	1gm	2gm	0mg	0%	499mg	20%	444mg	11%	30gm	10%	9.5gm	38%	2.0gm	8gm	5%	28%	5%	11%
Reuben Sandwich	1 each	345	98	11gm	16%	2gm	12%	3gm	5gm	9mg	3%	1604mg	64%	329mg	8%	43gm	14%	4.6gm	19%	10.2gm	19gm	23%	5%	45%	13%
Rib Sandwich	1 each	428	51	6gm	8%	1gm	5%	1gm	1gm	9mg	3%	1554mg	62%	187mg	5%	82gm	27%	1.9gm	8%	38.2gm	12gm	1%	2%	8%	15%
Rice	4 oz.	46	6	1gm	1%	0gm	1%	0gm	0gm	0mg	0%	297mg	12%	19mg	0%	9gm	3%	0.3gm	1%	0.0gm	1gm	0%	0%	1%	3%
Rice Pilaf	4 oz.	86	43	5gm	7%	2gm	9%	1gm	2gm	3mg	1%	547mg	22%	46mg	1%	9gm	3%	0.6gm	2%	0.6gm	1gm	1%	2%	2%	4%
Roast Beef, Savory	3 oz.	399	152	17gm	25%	6gm	31%	1gm	7gm	147mg	49%	76mg	3%	557mg	14%	2gm	1%	0.3gm	1%	0.6gm	57gm	1%	1%	3%	32%
Russian Stroganoff	6 oz.	286	93	10gm	15%	4gm	18%	2gm	4gm	82mg	27%	670mg	27%	406mg	10%	17gm	6%	1.0gm	4%	1.7gm	30gm	3%	10%	5%	19%
Salami Submarine	1 each	88	26	3gm	4%	1gm	5%	1gm	1gm	25mg	8%	866mg	35%	176mg	4%	5gm	2%	0.3gm	1%	3.6gm	11gm	10%	1%	21%	3%
Salisbury Steak	5 oz.	381	200	22gm	33%	8gm	42%	1gm	10gm	171mg	57%	369mg	15%	506mg	13%	9gm	3%	0.4gm	2%	2.0gm	34gm	2%	1%	9%	22%
Sausage	3 oz.	174	97	11gm	16%	4gm	20%	1gm	5gm	55mg	18%	473mg	19%	274mg	7%	1gm	0%	0.0gm	0%	0.0gm	17gm	0%	1%	2%	5%
Sausage & Egg Pita	1 each	256	100	11gm	17%	4gm	20%	1gm	5gm	55mg	18%	634mg	25%	310mg	8%	18gm	6%	0.7gm	3%	0.4gm	20gm	0%	1%	5%	9%
Sausage & Gravy Biscuit	1 each	654	307	34gm	51%	11gm	56%	6gm	15gm	79mg	26%	1268mg	51%	593mg	15%	53gm	18%	1.6gm	7%	5.3gm	32gm	2%	2%	35%	24%
Sausage Cheese Scramble	7.90 oz-wt	379	235	26gm	39%	9gm	45%	4gm	11gm	460mg	153%	854mg	34%	434mg	11%	9gm	3%	0.5gm	2%	1.2gm	25gm	16%	3%	13%	16%
Sausage Strata	4 oz.	103	63	7gm	11%	3gm	17%	1gm	2gm	136mg	45%	191mg	8%	107mg	3%	2gm	1%	0.0gm	0%	2.2gm	7gm	6%	0%	13%	3%
Scone, Chocolate Chip	1/54th	242	51	6mg	9%	2gm	9%	1gm	2gm	2mg	1%	396mg	16%	75mg	2%	43gm	14%	1.3gm	5%	15.5gm	4gm	10%	0%	10%	4%
Scrambled Eggs	3 1/2 oz.	156	100	11gm	17%	3gm	15%	2gm	5gm	316mg	105%	301mg	12%	159mg	4%	2gm	1%	0.0gm	0%	2.3gm	11gm	12%	0%	8%	8%
Sloppy Joe	1 each	158	82	9gm	14%	4gm	18%	0gm	4gm	44mg	15%	390mg	16%	222mg	6%	4gm	1%	0.5gm	2%	1.6gm	14gm	9%	12%	1%	8%
Sloppy Joe, Southwest	1 each	260	136	15gm	23%	6gm	29%	1gm	7gm	73mg	24%	292mg	12%	466mg	12%	7gm	2%	0.7gm	3%	4.4gm	23gm	8%	15%	2%	15%
Soup, Beef Barley	8 oz.	83	20	2gm	3%	1gm	4%	0gm	1gm	13mg	4%	52mg	2%	214mg	5%	7gm	2%	1.7gm	7%	1.4gm	9gm	43%	3%	2%	4%
Soup, Beef Noodle	8 oz.	79	56	6gm	9%	2gm	11%	1gm	2gm	15mg	5%	34mg	1%	72mg	2%	2gm	1%	0.3gm	1%	0.3gm	3gm	1%	1%	1%	3%
Soup, Beef Rice	8 oz.	86	55	6gm	9%	2gm	11%	1gm	2gm	13mg	4%	34mg	1%	77mg	2%	4gm	1%	0.3gm	1%	0.3gm	4gm	1%	1%	1%	3%
Soup, Broccoli & Ham	8 oz.	160	59	7gm	10%	3gm	13%	1gm	3gm	24mg	8%	1347mg	54%	256mg	6%	14g	5%	2.0gm	8%	1.8gm	12gm	11%	32%	11%	6%
Soup, Broccoli Cheese	8 oz.	41	29	3gm	5%	1gm	5%	0gm	2gm	0mg	0%	137mg	5%	60mg	1%	2gm	1%	1.2gm	5%	0.7gm	1gm	9%	25%	2%	1%
Soup, Cabbage	8 oz.	54	27	3gm	5%	1gm	6%	0gm	1gm	15mg	5%	127mg	5%	133mg	3%	2gm	1%	0.2gm	1%	1.4gm	5gm	11%	9%	1%	3%
Soup, California Cheese	8 oz.	192	108	12gm	18%	6gm	32%	1gm	4gm	28mg	9%	503mg	20%	282mg	7%	12gm	4%	1.8gm	7%	4.2gm	10gm	72%	29%	28%	4%
Soup, Cheese	8 oz.	35	29	3gm	5%	1gm	5%	0gm	2gm	0mg	0%	55mg	2%	55mg	1%	2gm	1%	0.5gm	2%	0.7gm	0gm	32%	2%	1%	0%
Soup, Cheeseburger	8 oz.	151	96	11gm	16%	4gm	20%	1gm	5gm	37mg	12%	87mg	3%	196mg	5%	2gm	1g%	0.5gm	2%	0.7gm	12gm	32%	2%	1%	6%
Soup, Chicken Noodle	8 oz.	42	11	1gm	2%	0gm	2%	0gm	0gm	9mg	3%	1106mg	44%	73mg	2%	4gm	1%	0.4gm	1%	0.5gm	3gm	16%	1%	2%	2%
Soup, Chicken Rice	8 oz.	37	10	1gm	2%	0gm	2%	0gm	0gm	6mg	2%	1105mg	44%	74mg	2%	4gm	1%	0.3gm	1%	0.5gm	3gm	16%	1%	2%	2%
Soup, Chop House Potatoes	8 oz.	154	36	4gm	6%	2gm	8%	0gm	2gm	17mg	6%	808mg	32%	426mg	11%	21gm	7%	1.8gm	7%	4.8gm	9gm	2%	21%	10%	5%
Soup, Cream of Broccoli	8 oz.	187	121	13gm	20%	7gm	34%	1gm	5gm	27mg	9%	213mg	9%	215mg	5%	10gm	3%	1.5gm	6%	2.5gm	7gm	13%	43%	20%	4%
Soup, Cream of Chicken	8 oz.	109	56	6gm	9%	2gm	12%	1gm	3gm	15mg	5%	1126mg	45%	189mg	5%	6gm	2%	0.1gm	0%	4.1gm	7gm	0%	2%	13%	2%
Soup, Cream of Mushroom	8 oz.	160	75	8gm	13%	3gm	16%	1gm	4gm	6mg	2%	479mg	19%	274mg	7%	17gm	6%	2.3gm	9%	6.5g	6gm	0%	3%	13%	6%
Soup, Cream of Potato	8 oz.	95	22	2gm	4%	1gm	5%	0gm	1gm	5mg	2%	395mg	16%	295mg	7%	15gm	5%	1.2gm	5%	3.5gm	3gm	2%	9%	9%	2%
Soup, French Onion	8 oz.	45	15	2gm	3%	1gm	3%	0gm	1gm	0mg	0%	53mg	2%	97mg	2%	7gm	2%	0.8gm	3%	2.4gm	1gm	0%	9%	2%	2%
Soup, Hearty Beef Vegetable	8 oz.	143	55	6gm	9%	2gm	12%	0gm	3gm	27mg	9%	98mg	4%	339mg	8%	5gm	2%	1.1gm	4%	1.5gm	16gm	40%	7%	3%	9%
Soup, Italian Tomato Rice	8 oz.	47	2	0gm	0%	0gm	0%	0gm	0gm	0mg	0%	458mg	18%	131mg	3%	10gm	3%	1.4gm	6%	2.0gm	2gm	22%	24%	2%	3%
Soup, Mexican Beef	8 oz.	74	44	5gm	7%	2gm	9%	0gm	2gm	7mg	2%	1680mg	67%	136mg	3%	5gm	2%	0.7gm	3%	1.9gm	3gm	2%	8%	2%	6%
Soup, Minestrone	8 oz.	96	37	4gm	6%	1gm	6%	1gm	2gm	10mg	3%	297mg	12%	251mg	6%	10gm	3%	2.7gm	11%	1.3gm	5gm	28%	12%	5%	12%
Soup, Navy Bean	8 oz.	75	9	1gm	1%	0gm	1%	0gm	0gm	13mg	4%	472mg	19%	223mg	6%	9gm	3%	2.1gm	8%	0.5gm	8gm	0%	1%	3%	5%
Soup, Pepper Pot	8 oz.	102	49	5gm	8%	2gm	10%	1gm	3gm	2mg	1%	1170mg	47%	185mg	5%	11gm	4%	0.8gm	3%	2.3gm	3gm	1%	11%	4%	2%
Soup, Tomato Rice	8 oz.	71	25	3gm	4%	1gm	4%	0gm	1gm	0mg	0%	1304mg	52%	377mg	9%	11gm	4%	1.7gm	7%	4.6gm	2gm	8%	17%	2%	9%
Soup, Turkey Noodle	8 oz.	42	8	1gm	1%	0gm	1%	0gm	0gm	13mg	4%	1106mg	44%	76mg	2%	4gm	1%	0.4gm	1%	0.5gm	4gm	16%	1%	2%	2%
Soup, Vegetable	8 oz.	48	21	2gm	4%	1gm	4%	0gm	1gm	0mg	0%	1682mg	67%	152mg	4%	5gm	2%	1.0gm	4%	2.4gm	2gm	40%	6%	3%	4%
Soup, Wild Rice	8 oz.	109	56	6gm	9%	2gm	12%	1gm	3gm	5mg	2%	699mg	28%	178mg	4%	10gm	3%	0.7gm	3%	4.0g	3gm	27%	15%	10%	3%
Soup/Mexican Chowder	8 oz.	117	4	0gm	1%	0gm	0%	0gm	0gm	0mg	0%	636mg	25%	593mg	15%	25gm	8%	6.2gm	25%	4.8gm	5gm	7%	17%	4%	10%
Soup/New England Chowder	8 oz.	200	68	8gm	11%	3gm	17%	1gm	3gm	16mg	5%	816mg	33%	570mg	14%	24gm	8%	1.3gm	5%	9.1gm	9gm	1%	11%	24%	4%

* Percent Daily Values are based on a 2,000 calorie diet.

Soup/Potato Chowder	8 oz.	112	17	2gm	3%	1gm	6%	0gm	0gm	1mg	0%	401mg	16%	403mg	10%	22gm	7%	2.2gm	9%	1.2gm	2gm	7%	17%	5%	4%
Soup/Vegetable Chowder	8 oz.	160	73	8gm	12%	3gm	17%	0gm	3gm	20mg	7%	1009mg	40%	425mg	11%	16gm	5%	2.6gm	11%	2.7gm	7gm	33%	16%	3%	9%
Southern Potatoes	4 oz.	316	183	20gm	31%	6gm	32%	4gm	9gm	0mg	0%	124mg	5%	515mg	13%	33gm	11%	2.4gm	10%	2.1g	4gm	7%	19%	2%	10%
Spaghette, Meatless	10 oz.	197	32	4gm	5%	0gm	2%	2gm	1gm	0mg	0%	910mg	36%	786mg	20%	34gm	11%	4.6gm	18%	0.0gm	7gm	16%	30%	6%	11%
Spaghetti with Meat Sauce	10 oz.	339	136	15gm	23%	5gm	25%	2gm	6gm	59mg	20%	1870mg	75%	854mg	21%	28gm	9%	5.2gm	21%	0.0gm	22gm	13%	24%	5%	18%
Spanish Rice	4 oz.	81	4	0gm	1%	0gm	0%	0gm	0gm	0mg	0%	1299mg	52%	471mg	12%	18gm	6%	2.5gm	10%	7.5gm	3gm	16%	27%	3%	10%
Spinach	3 oz.	27	4	0gm	1%	0gm	0%	0gm	0gm	0mg	0%	275mg	11%	257mg	6%	4gm	1%	3.1gm	13%	0.4gm	3gm	205%	3%	13%	9%
Spinach-Rice Supreme	4 oz.	55	27	3gm	4%	2gm	9%	0gm	1gm	9mg	3%	347mg	14%	90mg	2%	4gm	1%	0.9gm	4%	0.3gm	3gm	54%	1%	9%	4%
Sticky Top Rolls	1 each	170	67	7gm	11%	2gm	11%	1gm	4gm	13mg	4%	119mg	5%	58mg	1%	24gm	8%	0.4gm	2%	11.2gm	2gm	1%	0%	2%	5%
Stuffed Pepper	1 each	232	123	14gm	21%	4gm	22%	1gm	7gm	37mg	12%	171mg	7%	250mg	6%	14g	5%	0.6gm	3%	1.4gm	13gm	5%	11%	7%	12%
Stuffed Pepper, Vegetarian	1 each	140	70	8gm	12%	2gm	11%	1gm	5gm	7mg	2%	140mg	6%	122mg	3%	14g	5%	0.7gm	3%	1.4gm	3gm	5%	11%	6%	7%
Submarine Sandwich	1 each	394	143	16gm	24%	6gm	32%	3gm	5gm	66mg	22%	1533mg	61%	463mg	12%	35gm	12%	1.9gm	8%	1.9gm	27gm	6%	1%	23%	19%
Swedish Meatballs	2 each	339	146	16gm	24%	7gm	33%	1gm	7gm	71mg	24%	751mg	30%	500mg	13%	22gm	7%	1.4gm	6%	7.1gm	25gm	4%	3%	16%	14%
Swiss Steak	4 oz.	338	135	15gm	23%	5gm	24%	2gm	7gm	87mg	29%	978mg	39%	589mg	15%	14gm	5g%	1.4gm	6%	2.2gm	35gm	34%	12%	4%	18%
Taco Burger	1 each	226	125	14gm	21%	5gm	26%	1gm	6gm	73mg	24%	1980mg	79%	502mg	13%	3gm	1%	0.8gm	3%	1.7gm	21gm	10%	102%	3%	15%
Taco Casserole	6 oz.	484	180	20gm	30%	7gm	35%	3gm	8gm	67mg	22%	1431mg	57%	1241mg	31%	48gm	16%	11.0gm	44%	9.1gm	30gm	23%	32%	18%	34%
Taco Hot Dish	13.19 oz.-wt	130	66	7gm	11%	2gm	8%	2gm	3gm	10mg	3%	339mg	14%	146mg	4%	14gm	4%	0.9gm	4%	2.4gm	3gm	2%	10%	5%	7%
Taco Meat	3 oz.	248	135	15gm	22%	6gm	29%	1gm	7gm	73mg	24%	194mg	8%	344mg	9%	4gm	1%	0.2gm	1%	2.2gm	23gm	3%	6%	1%	13%
Taco Salad, Sante Fe	11.90 oz-wt	626	310	34gm	52%	16gm	81%	2gm	13gm	142mg	47%	910mg	36%	772mg	19%	32gm	11%	4.3gm	17%	2.4gm	45gm	19%	22%	28%	31%
Tator Tot Casserole	6 oz.	258	138	15gm	23%	7gm	36%	1gm	6gm	67mg	22%	396mg	16%	348mg	9%	9gm	3%	2.4gm	10%	2.6gm	21gm	50%	3%	16%	12%
Texan Tater	1 each	306	28	3gm	5%	1gm	4%	1gm	1gm	0mg	0%	71mg	3%	1629mg	41%	64gm	21%	6.8gm	27%	3.9gm	8gm	2%	53%	5%	19%
Tomato/Cucumber Vinagret	4 oz.	10	1	0gm	0%	0gm	0%	0gm	0gm	0mg	0%	2mg	0%	96mg	2%	2gm	1%	0.4gm	1%	1.1gm	0gm	2%	3%	1%	1%
Tuna Melt	1 each	451	163	18gm	27%	7gm	37%	3gm	6gm	71mg	24%	848mg	34%	535mg	13%	30gm	10%	3.9gm	15%	5.9gm	42g	4%	0%	26%	18%
Tuna Noodle Casserole	8 oz.	173	55	6gm	9%	2gm	12%	1gm	2gm	29mg	10%	1008mg	40%	210mg	5%	12gm	4%	0.9gm	4%	1.1gm	17gm	3%	2%	6%	8%
Tuna Salad	4 oz.	208	131	15gm	22%	2gm	11%	8gm	4gm	30mg	10%	191mg	8%	187mg	5%	2gm	1%	0.2gm	1%	0.3gm	17gm	3%	1%	1%	6%
Tuna Salad Roll Up	1 each	261	49	5gm	8%	1gm	5%	1gm	2gm	30mg	10%	301mg	12%	408mg	10%	30gm	10%	2.0gm	8%	3.0gm	23gm	17%	8%	14%	13%
Tuna Salad, Light w/ Fruit	7.81 oz-wt	211	62	7gm	10%	4gm	18%	1gm	2gm	41mg	14%	394mg	16%	460mg	12%	14gm	5%	2.2gm	9%	10.7gm	23gm	17%	70%	26%	5%
Turkey & Dressing	8 oz.	441	130	14gm	22%	4gm	19%	5gm	4gm	118mg	39%	631mg	25%	452mg	11%	37gm	12%	0.0gm	0%	0.0gm	38gm	5%	0%	24%	21%
Turkey Club Roll Up	1 each	484	213	24gm	35%	9gm	45%	2gm	10gm	42mg	14%	790mg	32%	648mg	16%	42gm	14%	6.2gm	25%	8.6gm	28gm	29%	45%	56%	14%
Turkey Dip Au Jus	1 each	306	82	9gm	14%	2gm	11%	3gm	3gm	39mg	13%	1436mg	57%	300mg	8%	31gm	10%	1.3gm	5%	1.0gm	23gm	0%	0%	10%	17%
Turkey Melt	1 each	310	111	12gm	19%	4gm	19%	2gm	5gm	66mg	22%	678mg	27%	377mg	9%	16gm	5%	1.1gm	4%	4.2gm	33g	8%	0%	24%	12%
Turkey Pot Pie	6 oz.	229	103	11gm	17%	3gm	17%	2gm	6gm	33mg	11%	565mg	23%	238mg	6%	16gm	5%	0.6gm	2%	3.0gm	15gm	3%	6%	11%	8%
Turkey Tetrazzini	8 oz.	243	95	11gm	16%	4gm	18%	2gm	4gm	50mg	17%	578mg	23%	226mg	6%	15gm	5%	1.1gm	4%	0.8gm	21gm	6%	11%	9%	8%
Turkey, Oven Roasted	4 oz.	213	82	9gm	14%	1gm	7%	3gm	4gm	26mg	9%	428mg	17%	96mg	2%	28gm	9%	0.0gm	0%	0.0gm	4gm	4%	0%	16%	9%
Turkey, Sliced	3 oz.	82	5	1gm	1%	0gm	1%	0gm	0gm	41mg	14%	1000mg	40%	0mg	0%	1gm	0%	0.0gm	0%	0.0gm	18	0%	0%	0%	0%
Veal Cutlet Parmesan	1 each	612	191	21gm	32%	5gm	27%	2gm	10gm	227mg	76%	519mg	21%	1302mg	33%	34gm	11%	4.8gm	19%	17.9gm	69gm	21%	31%	15%	22%
Vegetable Chow Mien	6 oz.	337	153	17gm	25%	2gm	12%	10gm	4gm	0mg	0%	798mg	32%	257mg	6%	42gm	14%	4.5gm	18%	3.6gm	8gm	66%	27%	4%	18%
Vegetable Stir Fry	6 oz.	231	36	4gm	6%	0gm	2%	1gm	2gm	0mg	0%	34mg	1%	398mg	10%	44gm	15%	3.8gm	15%	3.2gm	5gm	99%	36%	6%	14%
Waffles	1 each	195	197	22gm	33%	4gm	19%	7gm	10gm	0mg	0%	8mg	0%	10mg	0%	0gm	0%	0.0gm	0%	0.0gm	0gm	19%	0%	1%	0%
Winter Mix	3 oz.	5	0	0gm	0%	0gm	0%	0gm	0gm	0mg	0%	24mg	1%	14mg	0%	1gm	0%	0.4gm	1%	0.3gm	0gm	7%	0%	0%	0%
Wrap, Veggie	1 each	285	56	6gm	9%	1gm	7%	3gm	2gm	4mg	1%	314mg	13%	1530mg	38%	56gm	19%	6.6gm	26%	18.5gm	9gm	28%	70%	20%	21%
Wrap, Turkey Reuben	1 each	322	139	15gm	23%	5gm	26%	4gm	5gm	60mg	20%	1179mg	47%	372mg	9%	22gm	7%	1.6gm	6%	4.3gm	23gm	5%	5%	16%	16%
Wrap, Turkey Club	1 each	297	145	16gm	24%	5gm	23%	3gm	7gm	42mg	14%	794mg	32%	336mg	8%	21gm	7%	1.3gm	5%	2.2gm	16gm	4%	1%	5%	11%
Wrap, Sandwich	1 each	301	57	6gm	9%	1gm	7%	3gm	2gm	5mg	2%	451mg	18%	1555mg	39%	57gm	19%	6.6gm	26%	19.2gm	12gm	33%	70%	27%	21%
Wrap, Ham & Swiss	1 each	303	130	14gm	22%	5gm	24%	4gm	5gm	57mg	19%	1474mg	59%	407mg	1`0%	23gm	8%	1.6gm	6%	3.2gm	21gm	11%	7%	17%	14%
Wrap, Southwestern Chicken	1 each	438	68	8gm	11%	2gm	10%	2gm	3gm	53mg	18%	908mg	36%	475mg	12%	58gm	19%	3.4gm	13%	1.8gm	33gm	7%	0%	21%	22%
Wrap, Chicken Salsa	1 each	226	89	10gm	15%	4gm	20%	2gm	3gm	19mg	6%	541mg	22%	308mg	8%	28gm	9%	2.7gm	11%	3.9gm	8gm	14%	29%	14%	9%
Wrap, Chicken Salad	1 each	136	46	5gm	8%	1 gm	5%	2gm	2gm	4mg	1%	294mg	12%	90mg	2%	20gm	7%	1.3gm	5%	1.7gm	3gm	3%	1%	5%	6%
Wrap, Chicken Bacon	1 each	496	161	18gm	27%	7gm	33%	3gm	6gm	67mg	22%	1493mg	60%	1691mg	42%	58gm	19%	6.6gm	26%	18.6gm	33gm	31%	70%	31%	25%
Wrap, BLT	1 each	271	137	15gm	23%	4gm	22%	3gm	6gm	30mg	10%	544mg	22%	293mg	7%	21gm	7%	1.6gm	6%	2.5gm	12gm	8%	7%	5%	9%
Zucchini & Summer Squash, Seasoned	3 oz.	31	17	2gm	3%	0gm	2%	1gm	1gm	0mg	0%	134mg	5%	235mg	6%	3gm	1%	1.2gm	5%	1.8gm	1gm	14%	16%	1%	2%

* Percent Daily Values are based on a 2,000 calorie diet.