

Menu Item	Calories (kcal)	Sodium (mg)	Fiber (g)	Protein (g)	Carbohydrates (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)
Hot Dog w/ Oven Baked Fries	511.13	736.26	4.49	13.42	62.80	23.38	8.78	0.00
Cheeseburger w/ Oven Baked Fries	352.37	563.87	5.26	16.14	34.06	19.69	4.55	0.00
Turkey & Cheese Torta w/ Oven Baked Fries	325.13	631.77	3.00	19.24	35.05	13.62	4.55	0.00
Cheesy Penne Alfredo w/ Steamed Broccoli	404.34	767.13	4.88	21.13	38.37	19.97	8.37	0.02
Cheese Lasagna w/ Tomato Basil Sauce	274.01	668.93	2.96	15.08	40.14	6.55	2.16	0.00
Turkey Breast Sandwich	270.00	750.00	0.00	15.00	29.00	11.00	4.50	0.00
Chicken Fajitas w/ Refried Beans & Mixed Veggies	294.53	536.89	5.10	21.97	31.21	8.78	0.00	0.00
Smoked Turkey & Cheese Sandwich	250.00	790.00	1.00	12.00	29.00	11.00	3.50	0.00
Chicken Taco Salad w/ Baked Chips	437.00	774.36	9.34	28.83	53.46	13.14	2.85	0.00
Beef Nachos w/ Baked Chips	337.65	566.86	6.51	21.65	31.39	13.37	6.65	0.00
Cheese Tamale w/ Seasoned Corn	444.50	502.52	3.95	10.84	49.84	21.95	10.00	0.00
Italian Turkey Submarine	270.00	730.00	0.00	14.00	29.00	11.00	4.50	0.00
Chicken Teriyaki w/Not So Fried Rice	486.53	734.22	4.47	23.34	74.23	11.86	1.90	0.00
Chicken Tamale w/ Seasoned Corn	394.50	416.52	2.94	13.83	43.84	17.94	7.00	0.00
Pizza Friday's	350.00	770.00	3.00	20.00	37.00	15.00	5.00	0.00
Chicken Enchiladas w/ Creamy Green Salsa	269.78	447.45	12.00	24.50	50.99	8.98	3.74	0.00
Cheese Enchiladas w/ Creamy Green Salsa	349.78	637.45	10.00	22.50	50.99	16.98	7.74	0.00
Chicken Nuggets w/ Seasoned Corn	462.59	894.94	3.00	15.00	53.99	20.69	2.85	0.00
Chicken Patty Burger w/ Oven Baked Fries	527.87	694.24	8.78	20.80	77.72	17.89	4.16	0.00
Firecracker Chicken w/ Yakisoba Noodles	372.92	959.49	5.73	22.19	60.96	5.40	1.35	0.00
Chicken Burrito Bowl	363.81	681.36	8.88	26.15	56.35	5.33	1.02	0.00
Cheesy Baked Ziti w/Tomato Basil Sauce	484.13	843.93	7.70	22.53	55.04	21.71	7.19	0.00
Honey Mustard Grilled Chicken Sandwich w/ Oven Baked Fries	501.79	582.71	7.75	27.55	67.80	16.90	2.78	0.00
Penne & Meatballs w/ Tomato Basil Sauce	331.50	818.02	4.60	15.52	34.07	16.51	4.21	0.00
Breakfast for Lunch: Pancake, Turkey Sausage Links and Potatoes	401.21	1228.90	17.18	18.18	43.44	17.27	4.09	0.00

#### Fruit

100% Fruit Juice	60.00	10.00	0.00	0.00	15.00	0.00	0.00	0.00
Orange	61.57	0.00	3.14	1.23	15.39	0.16	0.02	0.00
Banana	105.02	1.18	3.07	1.29	26.95	0.39	0.13	0.00
Apple	57.79	1.11	2.67	0.29	15.35	0.19	0.03	0.00
Apple Sauce	53.33	2.08	1.03	0.00	14.63	0.00	0.00	0.00

#### Vegetable

Baby Carrots	28.35	49.61	2.13	0.71	7.09	0.00	0.00	0.00
Cucumber Slices w/ Tajin	8.17	185.82	0.21	0.27	1.49	0.05	0.02	0.00
Celery Sticks	4.56	26.08	0.52	0.22	0.97	0.06	0.01	0.00

#### Milk

Fat Free White Milk	90.00	130.00	0.00	9.00	12.00	0.00	0.00	0.00
Fat Free Chocolate Milk	120.00	100.00	0.00	8.00	22.00	0.00	0.00	0.00
1% White Milk	120.00	135.00	0.00	10.00	16.00	2.50	1.50	0.00