

| Menu Item | Calories (kcal) | Sodium (mg) | Fiber (g) | Protein (g) | Carbohydrates (g) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) |
|---|--------------------|----------------|--------------|----------------|----------------------|------------------|----------------------|------------------|
| 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 |
| Hot Dog w/ Oven Baked Fries | 511.13 | 736.26 | 4.49 | 13.42 | 62.80 | 23.38 | 8.78 | 0.00 |
| 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 Alfredo Pasta w/ Steamed Broccoli | 486.04 | 902.98 | 7.71 | 29.84 | 53.77 | 18.87 | 4.87 | 0.02 |
| Cheesy Penne Alfredo w/ Steamed Broccoli & Dinner Roll | 404.34 | 767.13 | 4.88 | 21.13 | 38.37 | 19.97 | 8.37 | 0.02 |
| Smoked Turkey & Cheese Sandwich | 250.00 | 790.00 | 1.00 | 12.00 | 29.00 | 11.00 | 3.50 | 0.00 |
| Beef Nachos w/ Baked Chips | 337.65 | 566.86 | 6.51 | 21.65 | 31.39 | 13.37 | 6.65 | 0.00 |
| Chicken Tamale w/ Seasoned Corn | 394.50 | 416.52 | 2.94 | 13.83 | 43.84 | 17.94 | 7.00 | 0.00 |
| Italian Turkey Submarine | 270.00 | 730.00 | 0.00 | 14.00 | 29.00 | 11.00 | 4.50 | 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 |
| Baked Ziti w/ Tomato Basil Sauce | 484.13 | 843.93 | 7.70 | 22.53 | 55.04 | 21.71 | 7.19 | 0.00 |
| Penne & Meatballs w/ Tomato Basil Sauce | 331.50 | 818.02 | 4.60 | 15.52 | 34.07 | 16.51 | 4.21 | 0.00 |
| Chicken Fajitas w/ Refried Beans and Corn | 294.53 | 536.89 | 5.10 | 21.97 | 31.21 | 8.78 | 0.00 | 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 |
| Chicken Burrito Bowl | 363.81 | 681.36 | 8.88 | 26.15 | 56.35 | 5.33 | 1.02 | 0.00 |
| Pizza Friday | 350.00 | 770.00 | 3.00 | 20.00 | 37.00 | 15.00 | 5.00 | 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 |