

NUTRITIONAL INFORMATION

| LENAPE SCHOOL Description | Recipe Group Group | Portion Size Size | Calories | Cholesterol mg | Sodium mg | Total Fat mg | Saturated Fat gm | Protein gm | Carbohydrates gm | Dietary Fiber gm | Iron mg | Calcium mg | Vitamin A IU | Vitamin C mg |
|-------------------------------|-----------------------|----------------------|----------|-------------------|--------------|-----------------|---------------------|---------------|---------------------|---------------------|------------|---------------|-----------------|-----------------|
| LENAPE | | | | | | | | | | | | | | |
| Bagel | BREAD | 2.3 oz | 160 | 0 | 354.18 | 0.57 | 0 | 1.14 | 33.17 | 1.14 | 1.24 | 0 | 0 | 0 |
| Bread, french, loaf | BREAD | 1 slice | 139 | 0 | 298.42 | 0.99 | 0 | 4.97 | 27.85 | 0.99 | 1.79 | 19.89 | 0 | 0 |
| Breadstick | BREAD | 2oz | 164 | 0 | 314.99 | 0.63 | 0 | 5.04 | 34.02 | 1.26 | 2.27 | 0 | 0 | 0 |
| Roll, dinner, ww | BREAD | EACH | 130 | 0 | 240 | 1.5 | 0.5 | 4 | 24 | 36 | 0.72 | 20 | 0 | 0 |
| Roll, dinner, white | BREAD | EACH | 130 | 0 | 240 | 1.5 | 0.5 | 4 | 25 | 1 | 0.36 | 0 | 0 | 0 |
| Roll, kaiser, white | BREAD | 3.25 oz | 240 | 0 | 440 | 3 | 1 | 8 | 47 | 2 | 2.7 | 20 | 0 | 0 |
| Breaded Mozzarella sticks | DAIRY | 2 oz | 170 | 22.68 | 466.82 | 7.56 | 3.78 | 7.56 | 13.23 | 0.94 | 0 | 207.89 | 194.66 | 0 |
| Breaded Mozzarella sticks | DAIRY | 5 each | 440 | 30 | 741 | 21 | 8 | 7 | 33 | 4 | 2.2 | 407 | 404 | 0.4 |
| Barbecued Chicken | ENTREES | SERVING | 295 | 86 | 476 | 13.43 | 3.73 | 27.25 | 15.82 | 0.49 | 1.6 | 27 | 492 | 5.09 |
| Beef Sloppy Joe | ENTREES | SERVING | 147 | 45.28 | 677.08 | 6.17 | 2.26 | 13.38 | 9.26 | 1.03 | 2.06 | 33.96 | 450.7 | 8.23 |
| Calzone, cheese | ENTREES | 4oz | 214 | 0 | 428.57 | 4.64 | 1.43 | 12.14 | 30.71 | 0 | 0 | 0 | 0 | 0 |
| Cheeseburger on a bun | ENTREES | EACH | 435 | 97 | 686 | 24.44 | 11.26 | 30.19 | 21.72 | 0.9 | 3.39 | 234.31 | 268 | 0 |
| Chicken, nuggets | ENTREES | 1 serving | 118 | 54.54 | 350.66 | 6.58 | 1.32 | 9.87 | 8.55 | 1.32 | 1.32 | 25 | 90.13 | 0.66 |
| Chicken, popcorn | ENTREES | 1 serving | 156 | 35.71 | 512.18 | 8.93 | 1.62 | 11.36 | 10.55 | 0.81 | 1.62 | 18.67 | 97.4 | 0.81 |
| Chicken, tender | ENTREES | 1 serving | 156 | 39.06 | 435.55 | 9.11 | 1.95 | 12.37 | 10.42 | 1.3 | 1.95 | 30.6 | 122.4 | 0.65 |
| Chili Con Carne Without Beans | ENTREES | 1 serving | 85 | 33.33 | 54.39 | 4.66 | 1.96 | 7.6 | 3.37 | 0.77 | 1.28 | 20.33 | 446.67 | 7.69 |
| French Toast Sticks | ENTREES | 1 serving | 208 | 26.72 | 208.33 | 8.52 | 1.42 | 3.79 | 29.36 | 0.95 | 2.56 | 75.76 | 473.48 | 15.91 |
| French Toast Sticks, WW | ENTREES | 1 serving | 179 | 0 | 337.3 | 6.94 | 0.99 | 3.97 | 26.79 | 0.99 | 1.79 | 99.21 | 297.62 | 2.38 |
| Fried Chicken | ENTREES | 1 portion | 480 | 90 | 880 | 26 | 6 | 28 | 28 | 0 | 2.16 | 0 | 0 | 0 |
| Hamburger w/WW bun | ENTREES | 1 serving | 243 | 40 | 621 | 7.68 | 2.61 | 20.62 | 23.22 | 3.31 | 3.67 | 67.73 | 514 | 5.53 |
| Hot Dog on a bun | ENTREES | 1 SERVING | 223 | 35 | 726 | 9.97 | 2.33 | 9.16 | 23.34 | 1.16 | 2.02 | 126.37 | 0 | 0 |
| Lentil Burger | ENTREES | 1 PATTY | 289 | 0 | 11 | 6.3 | 0.93 | 17.52 | 41.76 | 18.74 | 5.04 | 44.33 | 22 | 3.47 |
| Macaroni and Cheese | ENTREES | 2/3 CUP | 1792 | 149 | 2294 | 86.21 | 36.2 | 98.91 | 153.62 | 5.8 | 6.02 | 2785.33 | 4547 | 0.17 |
| PB&J small uncrustable | ENTREES | small | 402 | 0 | 414.63 | 20.73 | 4.27 | 13.42 | 41.46 | 4.88 | 0.88 | 24.39 | 0 | 0 |
| pizza bites | ENTREES | 7 each | 217 | 7 | 595 | 4.9 | 1.4 | 8.4 | 35 | 2.8 | 2.52 | 105 | 350 | 2.52 |
| pizza, french bread, ww | ENTREES | slice | 330 | 30 | 460 | 11 | 7 | 24 | 33 | 3 | 0.72 | 400 | 400 | 9 |
| pizza, french bread, white | ENTREES | slice | 320 | 30 | 470 | 11 | 7 | 21 | 33 | 1 | 0.72 | 400 | 400 | 240 |
| pizza, stuffed crust | ENTREES | slice | 360 | 30 | 610 | 7.5 | 7 | 22 | 41 | 1 | 2.7 | 450 | 400 | 6 |
| pizza, ww, stuff crust | ENTREES | slice | 360 | 30 | 700 | 12 | 6 | 22 | 40 | 4 | 3.6 | 400 | 500 | 9 |
| Rotini w/Sauce | ENTREES | 4oz | 182 | 0 | 253 | 2.46 | 0.11 | 6.91 | 34.67 | 6.38 | 1.53 | 25.28 | 570 | 4.08 |
| Taco,Bean | ENTREES | 1 ea | 466 | 32 | 1109 | 16.53 | 7.6 | 27.23 | 51.15 | 9.09 | 3.28 | 567.58 | 974 | 8.27 |
| Taco,beef | ENTREES | 1 ea | 407 | 52 | 884 | 17.86 | 8.62 | 27.6 | 34.42 | 4.22 | 2.62 | 571.41 | 1339 | 8.71 |
| Turkey, Diced, w/gravy | ENTREES | 3/4 CUP | 444 | 93 | 204 | 9.53 | 2.98 | 47.09 | 38.6 | 1.71 | 6 | 75.68 | 46 | 0.45 |

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|-----------------------------------|----------|-----------|-----|------|--------|-------|------|-------|-------|-------|------|--------|---------|-------|
| Apple Juice | FRUIT | 4oz | 56 | 0 | 2 | 0 | 0 | 0 | 13.5 | *N/A* | 0.18 | 10 | *N/A* | 30 |
| Apples,Fresh | FRUIT | EACH | 72 | 0 | 1 | 0.23 | 0.04 | 0.36 | 19.06 | 3.31 | 0.17 | 8.28 | 75 | 6.35 |
| Applesauce | FRUIT | 4oz | 81 | 0 | 20.25 | 0 | 0 | 0 | 20.25 | 1.62 | 0 | 323.99 | 0 | 0 |
| Applesauce, cn,unswtnd | FRUIT | 4oz | 51 | 0 | 5 | 0.12 | 0.01 | 0.21 | 13.75 | 1.34 | 0.28 | 4.88 | 35.38 | 25.86 |
| Apricots,cn,diced | FRUIT | 4oz | 72 | 0 | 9 | 0 | 0 | 0.9 | 17.1 | 0.9 | 0 | 0 | 1574.97 | 2.15 |
| Apricots, frz, sliced | FRUIT | 4oz | 112 | 0 | 1.87 | 0.11 | 0.01 | 0.79 | 28.46 | 2.53 | 1.02 | 11.25 | 1905.28 | 10.22 |
| Apricots, canned,light syrup | FRUIT | 4oz | 80 | 0 | 5.06 | 0.06 | 0 | 0.67 | 20.86 | 2.02 | 0.49 | 13.91 | 1672.33 | 3.42 |
| Banana | FRUIT | EACH | 105 | 0 | 1 | 0.39 | 0.13 | 1.29 | 26.95 | 3.07 | 0.31 | 5.9 | 76 | 10.27 |
| Blueberries,frz | FRUIT | 4oz | 58 | 0 | 1 | 0.73 | 0.06 | 0.48 | 13.8 | 3.06 | 0.2 | 9.07 | 52.16 | 2.83 |
| Fruit, mixed, cn, fruit and juice | FRUIT | 4oz | 55 | 0 | 6.35 | 0.08 | 0.01 | 0.4 | 14.19 | 1.19 | 0.29 | 4.76 | 9.52 | 3.1 |
| Fruit,mixed,fruit,light syrup | FRUIT | 4 oz | 62 | 0 | 7.2 | 0.09 | 0.01 | 0.45 | 16.09 | 1.35 | 0.33 | 5.4 | 10.8 | 3.52 |
| Grapes,Fresh | FRUIT | 1/2 CUP | 31 | 0 | 0.92 | 0.16 | 0.05 | 0.29 | 7.89 | 0.41 | 0.13 | 6.44 | 46 | 1.84 |
| Melon, cantaloupe,raw | FRUIT | 4oz | 34 | 0 | 16 | 0.19 | 0.05 | 0.84 | 8.16 | 0.9 | 0.21 | 9 | 3382 | 36.7 |
| Melon, honeydew, raw | FRUIT | 4oz | 36 | 0 | 18 | 0.14 | 0.04 | 0.54 | 9.09 | 0.8 | 0.17 | 6 | 50 | 18 |
| Orange | FRUIT | EACH | 86 | 0 | 0 | 0.22 | 0.04 | 1.73 | 21.62 | 4.42 | 0.18 | 73.6 | 414 | 97.89 |
| Peaches,cn lt syrup | FRUIT | 4oz | 54 | 0 | 5 | 0.03 | 0 | 0.45 | 14.55 | 1.3 | 0.36 | 3 | 354 | 2.4 |
| Pears, fresh | FRUIT | EACH | 103 | 0 | 2 | 0.21 | 0.02 | 0.68 | 27.52 | 5.52 | 0.3 | 16.02 | 41 | 7.48 |
| Pears, canned,light syrup | FRUIT | 4 oz | 65 | 0 | 5.67 | 0.03 | 0 | 0.22 | 17.2 | 1.81 | 0.42 | 5.67 | 0 | 0.79 |
| Pineapple chunks, cn, in juice | FRUIT | 4oz | 60 | 0 | 1 | 0.08 | 0.01 | 0.42 | 15.7 | 0.8 | 0.28 | 14 | 38 | 9.5 |
| Pineapple chunks,canned,lt syr | FRUIT | 4 oz | 66 | 0 | 1.26 | 0.15 | 0.01 | 0.45 | 16.95 | 1.01 | 0.49 | 17.64 | 47.88 | 9.45 |
| PINEAPPLE, CANNED, TIDBITS | FRUIT | 4oz | 52 | 0 | 0.78 | 0.12 | 0.01 | 0.35 | 13.24 | 0.78 | 0.38 | 14.06 | 37.5 | 7.34 |
| Strawberries, frozen | FRUIT | 4 oz | 122 | 0 | 3.82 | 0.17 | 0.01 | 0.68 | 33.05 | 2.42 | 0.75 | 14.02 | 30.6 | 52.78 |
| Watermelon, raw | FRUIT | 4oz | 30 | 0 | 1 | 0.15 | 0.02 | 0.61 | 7.55 | 0.4 | 0.24 | 7 | 569 | 8.1 |
| Macaroni, cooked | GRAIN | 4 oz | 179 | 0 | 1.13 | 1.05 | 0.2 | 6.58 | 34.99 | 2.04 | 1.45 | 7.94 | 0 | 0 |
| Rice, Brown, cooked (B537) | GRAIN | 4oz | 110 | 0 | 5.1 | 0.9 | 0.18 | 2.57 | 22.85 | 1.84 | 7.53 | 102.04 | 0 | 0 |
| Rice, brown, UB | GRAIN | 4oz | 300 | 0 | 0 | 2.65 | 0 | 7.06 | 61.73 | 3.53 | 1.27 | 0 | 0 | 0 |
| Rice, white | GRAIN | 4oz | 93 | 0 | 335.1 | 0.22 | 0 | 2.21 | 20.28 | 0.44 | 0.79 | 0 | 0 | 0 |
| Tortilla Chips | GRAIN | 1 serving | 260 | 0 | 220 | 12 | 2 | 4 | 38 | 2 | 0.27 | 58.66 | 29.12 | 0 |
| Pepperoni, sliced | MEAT | 1 oz | 130 | 25 | 530 | 13 | 5 | 5 | 0 | 0 | 0.36 | 0 | 0 | 0 |
| Sausage, breakfast | MEAT | 2 oz | 239 | 37.8 | 415.79 | 22.68 | 7.56 | 6.3 | 0 | 0 | 0.45 | 0 | 0 | 0 |
| Milk,1% Chocolate | MILK | HALF PINT | 158 | 8 | 153 | 2.5 | 1.54 | 8.1 | 26.1 | 1.25 | 0.68 | 290 | 490 | 2.25 |
| Milk,1% Lowfat | MILK | HALF PINT | 102 | 12 | 107 | 2.37 | 1.54 | 8.22 | 12.18 | 0 | 0.07 | 305 | 478 | 0 |
| MILK,Skim | MILK | HALF PINT | 83 | 5 | 103 | 0.2 | 0.14 | 8.26 | 12.15 | 0 | 0.07 | 298.9 | 500 | 0 |
| Pasta Salad | SALADS | 3/8 CUP | 141 | 0 | 165 | 7 | 0.98 | 3.27 | 16.83 | 2.03 | 0.98 | 16.91 | 1309 | 9.97 |
| Ranch Dressing | SALADS | 2 TBSP | 35 | 5 | 181 | 1.88 | 0.52 | 1.05 | 3.5 | 0.1 | 0.1 | 35 | 26 | 0.5 |
| Salad, tossed | SALADS | 1/2 CUP | 30 | 0 | 22.15 | 0.27 | 0.04 | 1.45 | 6.53 | 2.18 | 0.57 | 27.64 | 3287.06 | 15.69 |
| Bologna/cheese sand, ww | SANDWICH | sandwich | 370 | 62 | 1435 | 18.9 | 7.58 | 20.53 | 33.29 | 4.34 | 1.79 | 1041.1 | 414 | 7.99 |
| Chicken Parmesan Sandwich | SANDWICH | sandwich | 569 | 55 | 1487 | 16.57 | 5.6 | 34.49 | 68.82 | 4.37 | 3.83 | 236.07 | 714 | 4.08 |

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|--------------------------------------|-----------|------------|-----|-----|--------|-------|-------|-------|-------|------|-------|--------|----------|--------|
| Chicken Salad Sandwich | SANDWICH | sandwich | 379 | 87 | 658 | 13.31 | 2.6 | 32.9 | 34.41 | 5.05 | 2.85 | 109.41 | 542 | 6.53 |
| Egg Salad Sandwich | SANDWICH | sandwich | 305 | 261 | 680 | 13.69 | 2.8 | 14.1 | 34.58 | 4.58 | 2.37 | 119.76 | 564 | 3.26 |
| Grilled Cheese Sandwich WW | SANDWICH | sandwich | 425 | 54 | 1372 | 27.6 | 12.59 | 18.63 | 29.25 | 4.05 | 1.56 | 393 | 901 | 0 |
| Ham and Cheese Bagel | SANDWICH | sandwich | 451 | 67 | 1578 | 14.05 | 6.94 | 26.69 | 53.87 | 2.31 | 7.01 | 253.42 | 275 | 13.92 |
| Ham and Cheese Sandwich WW | SANDWICH | sandwich | 327 | 67 | 1556 | 14.42 | 6.53 | 22.5 | 30.03 | 4.39 | 2.23 | 246.07 | 417 | 13.66 |
| Meatball Parmesan Hero | SANDWICH | sandwich | 508 | 42 | 1290 | 20.05 | 8.59 | 26.09 | 59.03 | 4.06 | 4.48 | 280.97 | 496 | 2.47 |
| PB & Grape Jelly,WW, uncrustable 2.8 | SANDWICH | small | 319 | 0 | 329.13 | 16.46 | 3.39 | 10.65 | 32.91 | 3.87 | 0.7 | 19.36 | 0 | 0 |
| Pb+j, ww | SANDWICH | sandwich | 565 | 0 | 715 | 29.87 | 5.36 | 18.33 | 59.92 | 7.23 | 2.66 | 110.53 | 0 | 0 |
| Pb+j, white | SANDWICH | sandwich | 558 | 0 | 615 | 29.51 | 5.72 | 16.15 | 57.23 | 4.43 | 3.09 | 106.03 | 0 | 0 |
| Roast beef sand, ww | SANDWICH | sandwich | 216 | 30 | 718 | 4.06 | 1.01 | 18.33 | 30.19 | 4.39 | 3.01 | 86.1 | 142 | 0.79 |
| Salami/cheese sand, ww | SANDWICH | sandwich | 442 | 77 | 1692 | 25.61 | 10.87 | 25 | 31 | 4.39 | 2.51 | 250.61 | 414 | 0.79 |
| Tuna Salad Sandwich,WW | SANDWICH | sandwich | 295 | 37 | 928 | 9.08 | 1.34 | 21.01 | 34.83 | 4.54 | 2.25 | 97.38 | 84 | 0.64 |
| Turkey Salad Sandwich | SANDWICH | sandwich | 301 | 45 | 1500 | 7.89 | 1 | 22.28 | 38.23 | 5.51 | 3.06 | 103.06 | 522 | 11.7 |
| Turkey sand, ww | SANDWICH | sandwich | 204 | 25 | 466 | 4.05 | 1 | 16 | 29.19 | 4.39 | 2.38 | 96.1 | 161 | 4.04 |
| BAKED SWEET POTATOES Baked sweet p | VEGETABLE | 1/2 CUP | 100 | 0 | 28.98 | 0.22 | 0.05 | 0.9 | 23.99 | 2.13 | 0.71 | 18.41 | 6332.36 | 7.46 |
| Beans, Green, frozen, (A070) | VEGETABLE | 4oz | 28 | 0 | 8.82 | 0.16 | 0.04 | 1.49 | 6.4 | 2.94 | 15.62 | 485.29 | 552.94 | 305.88 |
| Beans, vegetarian | VEGETABLE | 4oz | 97 | 0 | 388.01 | 0.44 | 0 | 5.29 | 19.4 | 3.53 | 3.18 | 70.55 | 661.39 | 2.12 |
| BROCCOLI SPEARS Broccoli Spears | VEGETABLE | 4oz | 29 | 0 | 22.98 | 0 | 0 | 2.29 | 4.59 | 2.29 | 0.37 | 21.47 | 583.32 | 39.94 |
| Carrot Sticks | VEGETABLE | 1/2 cup | 13 | 0 | 21 | 0.07 | 0.01 | 0.28 | 2.92 | 0.85 | 0.09 | 10.07 | 5127 | 1.8 |
| Carrots, baby, raw | VEGETABLE | 1/2 cup | 35 | 0 | 78 | 0.13 | 0.02 | 0.64 | 8.24 | 2.9 | 0.89 | 32 | 13790 | 2.6 |
| Carrots, canned, cooked | VEGETABLE | 1/2 cup | 18 | 0 | 176.66 | 0.14 | 0.03 | 0.47 | 4.04 | 1.1 | 0.47 | 18.25 | 8154.1 | 18.25 |
| Carrots, frozen, boiled | VEGETABLE | 1/2 CUP | 27 | 0 | 43.07 | 0.5 | 0.09 | 0.42 | 5.62 | 2.41 | 0.39 | 25.55 | 12357.44 | 1.68 |
| Celery Sticks | VEGETABLE | 1/2 CUP | 24 | 0 | 118.84 | 0.25 | 0.06 | 1.03 | 4.41 | 2.38 | 0.3 | 59.42 | 667 | 4.61 |
| Chinese Style Vegetables | VEGETABLE | 4oz | 70 | 0 | 124.52 | 4.41 | 0.62 | 1.54 | 7.09 | 2.45 | 0.6 | 35.84 | 4603.77 | 19.05 |
| Corn, canned, yellow | VEGETABLE | 1/2 Cup | 66 | 0 | 244.36 | 0.76 | 0.14 | 2.16 | 15.42 | 1.56 | 0.59 | 4.1 | 36.9 | 0.57 |
| Corn, frozen, yellow | VEGETABLE | 1/2 cup | 66 | 0 | 0.82 | 0.55 | 0.08 | 2.09 | 15.83 | 1.97 | 0.39 | 2.46 | 163.18 | 2.87 |
| Cucumber, peeled, raw | VEGETABLE | 1 oz | 3 | 0 | 0.57 | 0.05 | 0 | 0.17 | 0.61 | 0.2 | 0.06 | 3.97 | 20.41 | 0.91 |
| French fries/crinkle cut | VEGETABLE | 4 oz | 107 | 0 | 306.67 | 0 | 0 | 2.67 | 24 | 1.33 | 0.48 | 0 | 0 | 6.4 |
| Fries, wedge cut, country | VEGETABLE | 4oz | 129 | 0 | 23.52 | 5.29 | 0.59 | 2.35 | 17.64 | 2.35 | 0.42 | 0 | 0 | 4.23 |
| Green Beans: canned,cooked | VEGETABLE | 4 oz | 14 | 0 | 169.43 | 0.07 | 0.01 | 0.81 | 3.04 | 1.28 | 0.61 | 17.55 | 235.58 | 2.9 |
| Home Fries | VEGETABLE | 4oz | 83 | 0 | 14 | 0.15 | 0.02 | 2.84 | 17.97 | 1.76 | 0.75 | 2.04 | 606 | 12.82 |
| Lettuce & Tomato | VEGETABLE | 1 lf,2 slc | 9 | 0 | 4 | 0.1 | 0.01 | 0.49 | 2.01 | 0.66 | 0.17 | 6.7 | 409 | 5.5 |
| Lettuce, iceberg | VEGETABLE | 4 oz | 16 | 0 | 10 | 16 | 0.02 | 1.02 | 3.37 | 1.36 | 0.46 | 20.41 | 569.26 | 3.18 |
| Lettuce, romaine, raw | VEGETABLE | 4 oz | 19 | 0 | 9.07 | 0.34 | 0.04 | 1.39 | 3.73 | 2.38 | 1.1 | 37.42 | 9876.97 | 27.22 |
| Mexicali Corn | VEGETABLE | 4oz | 98 | 0 | 306.97 | 3.09 | 0.58 | 2.55 | 17.95 | 2.09 | 0.95 | 9.3 | 474.41 | 18.14 |
| Mixed vegetables, frozen,boiled | VEGETABLE | 1/2 CUP | 59 | 0 | 31.85 | 0.14 | 0.03 | 2.6 | 11.91 | 4 | 0.75 | 22.75 | 3892.07 | 2.91 |
| Oven Brown Potatoes | VEGETABLE | 4oz | 87 | 0 | 264 | 4.69 | 0.72 | 0.9 | 10.15 | 1.89 | 0.54 | 16.67 | 2070 | 7.4 |
| Peas & Carrots, frozen,boiled | VEGETABLE | 1/2 CUP | 38 | 0 | 109 | 0.34 | 0.06 | 2.47 | 8.1 | 2.48 | 0.75 | 18.4 | 7611.2 | 6.48 |

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|--|-----------|-----------|-----|----|--------|------|------|-------|-------|------|------|-------|---------|--------|
| Peas, frozen,boiled | VEGETABLE | 1/2 CUP | 62 | 0 | 115 | 0.22 | 0.04 | 4.12 | 11.41 | 4.4 | 1.22 | 19.2 | 1680 | 7.92 |
| Potato Puffs, frozen,cooked | VEGETABLE | 1/2 Cup | 122 | 0 | 614 | 5.52 | 1.16 | 1.31 | 17.76 | 1.6 | 0.41 | 8.96 | 3.2 | 4.03 |
| Potato, patty, hash brown | VEGETABLE | EACH | 107 | 0 | 222.22 | 5.33 | 0.89 | 0.89 | 14.22 | 2.67 | 0 | 0 | 0 | 2.13 |
| Potatoes, mashed | VEGETABLE | 4 oz | 415 | 0 | 158.76 | 2.51 | 0.7 | 10.49 | 87.6 | 7.94 | 2.15 | 70.31 | 0 | 196.18 |
| Refried beans | VEGETABLE | SERVING | 122 | 0 | 390 | 1.5 | 0 | 7 | 19 | 6 | 1.8 | 20 | 0 | 2.4 |
| Saurkaut, canned | VEGETABLE | 2 oz | 3 | 0 | 93.7 | 0.02 | 0 | 0.13 | 0.61 | 0.41 | 0.21 | 4.25 | 2.55 | 2.08 |
| Soup, tomato, cb | VEGETABLE | 1 serving | 180 | 0 | 1420 | 0 | 0 | 4 | 40 | 2 | 1.44 | 0 | 800 | 12 |
| Tomatoes, red, raw | VEGETABLE | 2 slice | 7 | 0 | 2 | 0.08 | 0.01 | 0.35 | 1.57 | 0.48 | 0.11 | 4 | 333.2 | 5.08 |
| Vegetable Oriental Blend | VEGETABLE | 4oz | 33 | 0 | 22.22 | 0 | 0 | 1.11 | 5.56 | 2.22 | 0.4 | 22.22 | 333.33 | 13.33 |
| Vegetable, mixed, frozen | VEGETABLE | 4oz | 31 | 0 | 37.48 | 0 | 0 | 1.32 | 6.17 | 1.32 | 0 | 0 | 0 | 0 |
| Vegetable, parisian mix, frozen | VEGETABLE | 4oz | 19 | 0 | 19.4 | 0 | 0 | 1.41 | 4 | 0 | 0.48 | 24.69 | 4597.97 | 26.46 |
| Winter Blend | VEGETABLE | 4oz | 29 | 0 | 29.41 | 0 | 0 | 2.35 | 4.71 | 2.35 | 0 | 23.53 | 352.94 | 35.29 |
| Cookie, C. Chip | ALA CARTE | EACH | 180 | 10 | 130 | 8 | 4 | 2 | 27 | 0 | 0.72 | 0 | 200 | 0 |
| Cookie, Carnival | ALA CARTE | EACH | 180 | 10 | 160 | 8 | 4 | 2 | 27 | 0 | 0.72 | 0 | 300 | 0 |
| Cookie, Double C.Chip | ALA CARTE | EACH | 180 | 10 | 170 | 9 | 4 | 2 | 26 | 1 | 0.72 | 20 | 300 | 0 |
| Cookie, Oatmeal Raisin | ALA CARTE | EACH | 180 | 10 | 140 | 7 | 4 | 2 | 26 | 1 | 1.08 | 20 | 200 | 0 |
| Cookie, Sugar | ALA CARTE | EACH | 180 | 10 | 180 | 8 | 3.5 | 2 | 26 | 0 | 0.72 | 0 | 400 | 0 |
| Ice Cream, choc marsh cone, Perry's | ALA CARTE | EACH | 210 | 20 | 115 | 8 | 6 | 3 | 30 | 0 | 0 | 60 | 0 | 0 |
| Ice Cream, cotton candy, Perry's | ALA CARTE | EACH | 100 | 10 | 25 | 3 | 2 | 1 | 16 | 0 | 0 | 60 | 0 | 0 |
| Ice Cream, fudge bar, Perry's | ALA CARTE | EACH | 90 | 5 | 60 | 1.5 | 1 | 3 | 20 | 0 | 0 | 80 | 0 | 0 |
| Ice Cream, ital ice, sour cherry, Rosati | ALA CARTE | EACH | 98 | 0 | 15 | 0 | 0 | 0 | 24.5 | 0 | 0 | 0 | 0 | 0 |
| Ice Cream, LF choc eclair, Perry's | ALA CARTE | EACH | 140 | 0 | 41.15 | 6 | 1.5 | 2 | 21 | 0 | 0 | 60 | 0 | 0 |
| Ice Cream, LF choc sand, Perry's | ALA CARTE | EACH | 160 | 0 | 90 | 4 | 2 | 3 | 29 | 0 | 0 | 60 | 0 | 0 |
| Ice Cream, LF cookie+crm, GH | ALA CARTE | EACH | 90 | 5 | 55 | 1.5 | 1 | 2 | 18 | 0 | 0 | 100 | 0 | 0 |
| Ice Cream, LF Creamsicle, GH | ALA CARTE | EACH | 110 | 5 | 40 | 2 | 1 | 1 | 21 | 0 | 0 | 60 | 0 | 0 |
| Ice Cream, LF Ice Cream bar, Perry's | ALA CARTE | EACH | 160 | 15 | 35 | 12 | 9 | 2 | 14 | 0 | 0 | 60 | 0 | 0 |
| Ice Cream, LF straw eclair, Perry's | ALA CARTE | EACH | 140 | 0 | 35 | 5 | 1.5 | 2 | 21 | 0 | 0 | 60 | 0 | 0 |
| Ice Cream, LF toasted almond, Perry's | ALA CARTE | EACH | 140 | 0 | 55 | 6 | 1.5 | 2 | 21 | 0 | 0 | 60 | 0 | 0 |
| Ice Cream, lime buddy, Perry's | ALA CARTE | EACH | 100 | 10 | 25 | 3 | 2 | 1 | 16 | 0 | 0 | 40 | 0 | 0 |
| Ice Cream, pop ups, GH | ALA CARTE | EACH | 80 | 5 | 20 | 1 | 1 | 1 | 18 | 0 | 0 | 20 | 0 | 0 |
| Ice Cream, straw yogurt bar, Perry's | ALA CARTE | EACH | 80 | 5 | 40 | 1.5 | 1 | 2 | 15 | 0 | 0 | 80 | 0 | 0 |
| Ice Cream, sundae cone, GH | ALA CARTE | EACH | 260 | 15 | 80 | 15 | 9 | 4 | 29 | 0 | 0 | 60 | 0 | 0 |
| Ice Cream. LF vanilla sand, Perry's | ALA CARTE | EACH | 160 | 10 | 95 | 4 | 2 | 3 | 28 | 0 | 0 | 60 | 0 | 0 |
| Shape up, cherry | ALA CARTE | EACH | 80 | 0 | 15 | 0 | 0 | 0 | 21 | 0 | 0 | 60 | 0 | 60 |
| BBQ Sauce | MISC | 1oz | 40 | 0 | 283.5 | 0.08 | 0 | 0 | 8.91 | 0 | 0.29 | 0 | 81 | 0.97 |
| Butter spread, cup | MISC | EACH | 25 | 0 | 30 | 3 | 0.5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Ketchup | MISC | 1oz | 27 | 0 | 315.81 | 0.09 | 0.01 | 0.49 | 7.13 | 0.09 | 0.14 | 5.1 | 264.5 | 4.28 |
| Crackers | MISC | 4 EACH | 51 | 0 | 134 | 1.06 | 0.24 | 1.14 | 8.92 | 0.35 | 0.62 | 2.52 | 0 | 0 |

| | | | | | | | | | | | | | | |
|----------------------------------|-------------|-----------------|-----|-------|--------|------|------|------|-------|------|------|------|--------|------|
| Cream Cheese | MISC | 1 oz | 104 | 28.35 | 80.32 | 9.45 | 6.61 | 0.94 | 2.83 | 0 | 0 | 37.8 | 377.99 | 0 |
| Croutons | MISC | 1/2 oz | 61 | 0 | 202.5 | 2.03 | 0 | 2.03 | 10.12 | 0 | 0.73 | 0 | 0 | 0 |
| Italian Salad Dressing | MISC | 1/2 oz | 73 | 0 | 201 | 7.56 | 1.09 | 0 | 1.06 | 0 | 0 | 0.45 | 0 | 0 |
| Jelly | MISC | 1 TBSP | 56 | 0 | 6 | 0 | 0 | 0.03 | 14.69 | 0.21 | 0.04 | 1.47 | 1 | 0.19 |
| Jelly cup, strawberry, pc | MISC | EACH | 35 | 0 | 0 | 0 | 0 | 0 | 9.11 | 0 | 0 | 0 | 0 | 0 |
| Ketchup, pc, Hunts | MISC | EACH | 5 | 0 | 80 | 0 | 0 | 0 | 2 | 0 | 0 | 0 | 0 | 0 |
| mayonnaise, pc | MISC | 12 gm | 90 | 5 | 65 | 10 | 1.5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Mustard, individual PC | MISC | 1 Pkt 5g | 3 | 0 | 57 | 0.2 | 0.01 | 0.22 | 0.27 | 0.17 | 0.08 | 2.9 | 4 | 0.08 |
| Relish, individual PC | MISC | 1 packet | 10 | 0 | 62 | 0.04 | 0 | 0.03 | 2.68 | 0.08 | 0.07 | 0.23 | 93 | 0.08 |
| Salsa, comd | MISC | 1 OZ | 10 | 0 | 122 | 0.06 | 0.01 | 0.43 | 1.98 | 0.4 | 0.64 | 3.4 | 156 | 1.13 |
| Sauce, cheddar, lite | MISC | 2 oz | 50 | 0 | 480 | 1.5 | 0.5 | 1 | 7 | 0 | 0 | 40 | 3000 | 0 |
| Sauce, marinara, stan | MISC | 2 oz | 41 | 0 | 249.48 | 1.81 | 0 | 0.91 | 4.54 | 1.36 | 0.33 | 9.07 | 566.99 | 4.08 |
| Sauce, spaghetti, Frmn | MISC | 2 oz | 23 | 0 | 204.49 | 0.46 | 0 | 0.93 | 4.18 | 0.93 | 0.5 | 9.29 | 232.37 | 1.12 |
| Syrup, pancake | MISC | 1.5 oz | 105 | 0 | 7.5 | 0 | 0 | 0 | 22.5 | 0 | 0 | 0 | 0 | 0 |