

Entrée/Recipe Description	Portion Size	Calories	Cholesterol mg	Sodium mg	Total Fat g	Saturated Fat g	Protein g	Carbs g	Dietary Fiber g	Sugar g	Iron mg/Daily	Calcium mg/Daily	Vitamin A IU	Vitamin C mg/daily	Vitamin D mcg	Potassium mg
BUN Hamburger 3.5" ww	1 each	140	0	230	2	0	6	28	3	3	1.8	80	0	0	0	0
BUN Hotdog 6" ww	1 each	150	0	270	2	0	7	29	3	3	1.8	80	0	0	0	0
BURRITO Chicken Cheese & Bean 5.5 oz Long Legacy	1 each	330	50	550	12	4	20	37	5	<1	2.9	160	0	0	0.1	410
CALZONE Three Cheese 5.5oz Buena Vista	1 each	350	35	570	13	6	17	45	4	5	3	365	0	0	0	215
CHALUPA Beef & Cheese tostada bowl HOTG 3.11 oz	1 each	244.5	44.07	404.03	13.9	5.92	16.28	11.18	0.32	0.56	0.84	347.14	296.12	0.24	0	0
CHEESE Cheddar Shred 1/4 cup 1 oz	1 serving	110	30	190	9	6	6	1	0	0	0	199	0	0	0	20
CHEESE String 1 oz	1 each	80	15	210	6	3.5	7	<1	0	0	0	20%	4%	0	0	0
CHEESEBURGER Sliders on Whole Grain Red Sodium HOTG	4.35 oz	273	31.5	475	9.16	3	18.65	30	2.4	2.81	3.09	114	78.52	10.3	0	0
CHICKEN Tinga Del Real	4.25 oz	110	60	320	3.5	0.5	16	4	1	2	1	19	0	0	0	310
CHICKEN Wing w/bone-in, Oven Roasted 3 ea Tyson	3 each	210	95	250	17	4.5	14	1	0	0	0	9	0	0	0	270
CHIPS Tortilla corn El Rancho 1.5 oz	1.5 oz	210	0	225	12	1.7	2	23	2.25	0.4	1	2.2	3	0	0	0
COOKIE Fortune Asian Food Solutions	1 each	11.67	0	0	0	0	0.17	2.67	0	1.67	0	0.5	0	0	0	3.83
CORNDOG whole grain jumbo chicken 4 oz Don Lee	1 each	238	40	690	9.2	2.5	11.6	27.8	2.3	7.6	1.4	25	120	0	0	0
EGGROLL Chicken 2.5 oz	1 each	150	35	200	4	1	10	20	2	1	0.08	0	0	0	0	0
JUICE Apple 4 oz	1 each	55	0	15	0	0	0	15	0	15	0	0	0	50%	0	0
JUICE Orange 4 oz	1 each	55	0	14	0	0	1	14	0	14	0	1%	2%	50%	0	0
JUICE Wildberry 4 oz	1 each	60	0	15	0	0	0	15	0	15	0	0	0	50%	0	0
LIL BITES Nacho Fathers Table	8 pieces	300	20	520	13	3.5	14	33	3	1	1	187	0	0	0	174
MILK Chocolate NonFat 8oz	1 each	120	5	150	0	0	8	22	0	20	0	30%	10%	3%	25%	0
MILK White 1% 8oz	1 each	120	15	150	2.5	1.5	11	14	0	14	0	35%	10%	4%	25%	0
ONION Rings Whole grain breaded 2.69oz Tasty Brands	5 pieces	200	0	200	8	1.5	3	28	3	5	0.06	0.1	0	0.04	0	0
PIZZA Crunchers Rich's	4 pieces	420	30	670	20	9	20	41	6	3	2.21	427	482	1.86	0	0
PIZZA Domino's Cheese & Pepperoni Smart Slice	1 slice	260	20	490	9	4	20	28	3	3	2	479	0	0	0	464
PIZZA Domino's Cheese Smart Slice	1 slice	240	15	460	8	3.5	21	28	3	3	2	540	0	0	0	348
PORK Patty Fully Cooked Honey BBQ 3.25 oz	1 each	210	45	660	12	4.5	13	12	1	9	0	0	0.06	0.02	0	0
POTSTICKERS Chicken & Veggie O'Tasty Jlord Foods	2 each	95	12.5	290	1.75	0.25	5	14.5	1	1	0.9	10	0	6	0	0
PULLAPARTS 3x5 Ardella's 4.10 oz	4.10 oz	290	30	630	14	5	15	29	0	0.99	0.54	243.23	136.56	0.48	0	0
PUPUSA Bean & Cheese 5.5 oz Del Real #705	1 each	290	15	480	11	3.5	13	35	4	1	1	250	0	0	0	330
PUPUSA Chorizon,Bean & Cheese 5.5 oz Del Real #748	1 each	330	40	620	18	8	14	30	3	2	1	369	0	0	0	282
RICE Brown Long Grain Parboiled	1 cup	357	0	2.34	1.98	0.4	8.06	76.76	2.95	0.65	1.22	9.05	0.98	0	0	258
RICE Brown w/veggies Asian Food Solutions	4.56 oz	210	0	390	3	0.5	7	38	1	3	1	34	0	0	0	239
SAUCE Bbq 1.25oz JTM	1.25 oz	48	0	135	0	0	0	11	1	10	0	8	57	3	0	0
SAUCE Teriyaki	1 tbsp	30	0	230	0	0	0	7	0	5	0	0	0	0	0	0
SMOOTHIE Strawberry Banana Yogurt 7.6oz BarFresh	1 bottle	125	0	70	0	0	5	40	<1	20	<1	160	0	10	1	430
TAQUITO Chicken whole grain Michael B's 4.4oz	2 each	227	55	226	4	0.5	22	27	5.2	0	1.76	52	12	0	0	0
TORTILLA Flour 6" Romero's Ind 2pk	2 each	64	0	19	1	0	1	13	1	0	2%	2%	0	0	0	0
TORTILLA Chips bulk La Vencedora	1.5 oz	210	0	225	12	1.7	2	23	2.25	0.4	1	2.2	3	0	0	0
TORTILLA Chips ind La Vencedora	2 oz	280	0	300	16	2.3	3	31	3	0.5	1	2.9	3.75	0	0	0
TORTILLA Flour 10"	1 each	168	0	156	4	1	5	28	3	0	9%	9%	0	0	0	0
UNCRUSTABLE pb&j Grape 150 g Smuckers	1 each	600	0	540	34	6	18	64	7	29	3	78	0	0	0	484