

<b>MENU ITEM</b>	<b>CARBS</b>	<b>FAT</b>	<b>CALORIES</b>
American Cheese Slice - 1 slice	1 g		
Apple - whole	34 g	0 g	130
Apple Crisp	32 g	8 g	200
Apple Juice	13 g	9 g	60
Apple Slices - 1/2 cup	9 g	0 g	35
Apple Slices - Bagged	12 g	0 g	50
Applesauce - 1/2 cup	22 g	0 g	90
Asian Chicken Teriyaki	14 g	4 g	150
Bagel - Plain (whole)	41 g	2 g	210
Baked Bean - 1/2 cup	26 g	0 g	135
Banana	27 g	0 g	105
BBQ Rib Patties w/o bun	1 g	10 g	170
BBQ Sauce Cup 1 oz	17 g	0	70
BBQ Sauce Cups	35 g	0 g	140
Beef & Bean Burrito	36 g	22 g	380
Beef & Cheese Burrito	42 g	22 g	440
Beef Taco Filling 2 oz	3 g	9 g	124
Bentino's Cheese Pizza	32 g		
Bentino's Sausage Pizza	38 g	6.9 g	186.3
Birthday Cake	53 g	7 g	281
Black Beans - 3 oz	15 g	0	82.5
Bosco Applestick	40 g	2 g	170
Bread - Roll	17 g	1 g	90
Bread/Wheat - 2 slices	24 g	1 g	120
Breaded Mozzarella Cheesesticks - 5 pcs	33 g	21 g	440
Breadstick	22 g	1.5 g	120
Bun - Footlong	36 g	2.5 g	180
Bun - Hamburger	28 g	1.5 g	140
Bun - Hoagie	35 g	2.5 g	180
Bun - Hot Dog	20 g	2 g	120
Buttermilk Biscuit - 2 each	30 g	8 g	200
Calzone - Split Top	41 g	13 g	370
Carrot Stix - 3 1/2 oz	10 g	0 g	41
Carrots Frozen - 1/2 cup	6 g	.5 g	27
Celery Stix - 1/2 cup	1.5 g	0 g	7
Cheese Sauce - 2 oz	3.5 g	3 g	40
Cheese/Pepperoni Breadsticks - 2 pcs	33 g	9 g	260
Cheeseburger Sliders w/bun (2 each)	30 g	20 g	360
Cheesestick	1 g	2.5 g	60
Cheezy Breadstick	37 g	10 g	300
Chicken - Popcorn (12 pc)	24 g	9 g	210
Chicken & Stars Soup - 1/2 cup	12 g	1 g	80
Chicken Fajita	23.38 g	6.28 g	241
Chicken Nuggets - 5 pieces	13 g	11 g	220

Chicken Patty	13 g	11 g	220
Chicken Quesadilla - 2 each	34 g	12 g	310
Chicken Strips - 4 pieces	12 g	10 g	200
Chicken Taco Filling 2 oz	13 g	7 g	86
Chicken Tenderloins - 2 pieces	13 g	22.5 g	360
Chili - 6 oz serving	12 g	5 g	147
Chili Cheese Wrap	36 g	11 g	300
Cincy Chili w/Cheese	48 g	28 g	513
Cinnamon Toast Crunch Cereal Bar	27 g	4 g	140
Clux Deluxe Chicken Nuggets	13 g	7 g	186
Clux Deluxe Chicken Patty w/o bun	17 g	6 g	200
Cocoa Puffs Cereal Bar	28 g	3 g	150
Colby Cheese Omelet 2.1 oz	2 g	10 g	130
Coleslaw - 1/2 cup	4.52 g	1.63 g	33
Cooked Carrots	5.6 g	.5 g	27
Corn - 1/2 cup	21 g	0 g	100
Corn Dog	30 g	14 g	280
Corn Dogs - Mini (6 pcs)	33 g	22 g	370
Corn on the Cob	2.55 g	.61 g	76
Cracker pack	8 g	1 g	40
Cream Cheese - 1 oz	1 g	9 g	100
Crunchy Fish Patty w/o bun	14 g	10 g	220
D'Animals Yogurt 4 oz	19 g	2 g	110
Dinosaur Nuggets - 5 pieces	13 g	15 g	250
Egg Patties	1 g	6 g	70
Fiestada Pizza	42 g	12 g	340
Fish Patty w/o bun	19 g	15 g	270
Fish Stix - 4 pcs	21 g	1 g	160
Footlong Hot Dog w/o bun	2 g	21 g	231
French Bread Pizza	35 g	12 g	330
French Fries - Shoestring .3 oz	22 g	5 g	140
French Toast Sticks - 3 pieces	25 g	4 g	160
Fries - Waffle .3 oz	20 g	6 g	140
Frudel	36 g	6 g	210
Fruit Cocktail	18 g	0 g	70
Fruit Turnover - Apple	52.4 g	9.3 g	297
Fruit Turnover - Cherry	53.5 g	9 g	301
G-Force Nutrition Bar	35 g	7 g	220
Go Gurt Yogurt Tube	13 g	2 g	80
Grape Juice	16 g	0g	60
Grapes - 1 cup	16 g	0	62
Gravy - 2 oz	12 g	2 g	70
Green Bean - 1/2 cup	4 g	0 g	21
Grilled Cheese Sandwich	22 g	22 g	272
Ham - 2 oz w/o bun	0 g	2 g	50
Hamburger Patty - 2 oz w/o bun	2 g	15 g	184
Hot Dog w/o bun	2 g	9 g	121

Italian Hoagie w/o bun	3 g	18g	243
Jelly - Asst Packets	9 g	0	35
Johnny Marzetti w/Meat Sauce	26 g	12 g	288
Ketchup - 1 tbsp	4 g	0 g	15
Ketchup - Packet	3 g	0 g	10
Lasagna Roll-up	21 g	8g	200
Loaded Potato Pizza Stix	40 g	9 g	300
Macaroni & Cheese - 1/2 cup	27.44 g	12.18 g	296
Mandarin Oranges	20 g	0 g	90
Marinara Sauce - 2 oz	11 g	2.5 g	70
Mashed Potatoes - 1/2 cup	42 g	0 g	190
Meatballs w/o Bun	5.3 g	14 g	181
Milk - 1% White	11 g	2.5 g	100
Milk - 2% White	12 g	5 g	120
Milk - Chocolate	24 g	2.5 g	170
Milk - Strawberry	27 g	2.5 g	160
Mini Muffin	14 g	6 g	120
Mini Pancakes	34 g	6 g	200
Mini Rice Krispie Treat	8.5 g	1.25 g	45
Mixed Fruit	17.9 g	0 g	69
Mixed Vegetables - 1/2 cup	8 g	0 g	40
Mozzarella Cheese Shredded 1oz	1.09 g	5.7 g	86
Oatmeal (1 pack)	31 g	2 g	150
Orange - whole	21 g	0	85
Orange Juice - 4 oz	13 g	0 g	60
PB&J Sandwich (3 slices bread)	40 g	17 g	260
PB&J Uncrustable	34 g	16 g	313
Peach Cup - Frozen	30 g	27 g	118
Peaches/Diced - 1/2 cup	12 g	0 g	50
Peanut Butter & Jelly Wafer	26 g	19 g	310
Pears/Diced - 1/2 cup	20 g	0 g	80
Peas - 1/2 cup	12 g	0 g	70
Pepper Jack Burger w/o bun	2 g	16 g	200
Pineapple Tidbits - 1/2 cup	20 g	0 g	80
Pinto Beans - 3 oz	15 g	0	75
Pizza Bites - 5	29 g	13 g	300
Pizza Melt Sandwich	25.75 g	15.85 g	284
Pizza Pocket	41 g	11 g	310
Pizza Sauce - 2 oz	4.5 g	1g	31
Pork BBQ (4 oz) w/o bun	18.3 g	13.2 g	268
Potato Wedges .3 oz	18 g	6 g	130
Raisin Muffins	31 g		
Raisins - 1 box	30 g	22.41 g	113
Ranch Cup 1 oz	1 g	16 g	150
Ranch Dip Packet 12 gm	0 g	7 g	65
Ranch Dressing Cups	2 g	33 g	300
Refried Beans - 1/2 cup	19.57 g	.29 g	118

Rice - 1/2 cup	22.39 g	.88 g	108
Roast Beef - 2 oz (w/o bun)	0 g	2 g	71
Salad w/dressing, crackers, cheese	15 g	8.2 g	220
Sausage Kolache	15 g	7 g	156
Sausage Link - 2 pcs	0 g	6 g	60
Sausage Wrap	23 g	10 g	210
Sausage/Egg Hot Pocket	18 g	5 g	140
Scrambled Eggs - 1/4 cup	1.48 g	5.18 g	82
Sherbet - 4 oz	30 g	2 g	137
Shredded Cheddar - 1 oz	0 g	10 g	120
Side Salad - 3 oz w/o dressing	3 g	0 g	15
Sidekicks	20 g	0 g	80
Sloppy Joe (2 oz) w/o bun	3.01 g	6.14 g	100
Soft Pretzel w/o cheese	38 g	1 g	180
Sour Cream Packet	2 g	5 g	56
Spaghetti w/Meat Sauce	26 g	12 g	288
Sparzone/Calzone (homemade)	73 g	35 g	717
Spicy Chicken Patty	12 g	11 g	200
Strawberries - 1/2 cup	33 g	0 g	122
Strawberries - Single Serve Cup	33 g	0	122
String Cheese	1 g	6 g	80
Stromboli Sandwich	37 g	16 g	350
Sunrise Breakfast Stick	17 g	6 g	166
Syrup Cup	33 g	0 g	130
Tater Tots - 3 oz	21 g	5 g	140
Tomato Soup 1/2 cup	19 g	1 g	90
Tony's Pizza	33 g	15	280
Tortilla Shells 10"	33 g	5 g	190
Tri-Taters - 2 each	26 g	10 g	200
Trix Cereal Bar	27 g	4 g	140
Trix Yogurt Cup - 4 oz	17 g	1 g	90
Tropical Fruit Salad - 1/2 cup	20 g	0 g	80
Turkey Breast (2 oz) w/o bun	2 g	2 g	60
Waffle Snack'n	37 g	9 g	240
Winter Blend - 1/2 cup	5 g	0 g	25