

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber	Iron mg
Alternate Sandwiches 9-12	252	49	913	4.81	0.97
Beef Taco 9-12	278	64	177	2.03	3.08
Beef Tomato Bake 9-12	282	32	557	3.03	3.61
Chicken Buffaloed Strips 9-12	278	160	393	0.7	2.27
Chicken Fajitas 9-12	413	77	588	2.55	3.15
Chicken Pasta Primavera 9-12	283	52	239	2.51	1.52
Chicken Pot Pie 9-12	388	83	195	2.4	2.29
Chicken Sandwich	306	58	498	1.45	2.68
Chicken, Cilantro 9-12	192	61	401	0.98	1.49
Condiments	19	1	206	0.36	0.3
Fish Sandwich	333	111	562	2.35	4.49
French Fries	142	0	189	2.27	0.88
Fresh Fruit Variety	67	0	1	2.6	0.21
Fruit & Vegetable Bar	219	6	318	4.89	1.49
Fruit & Vegetable Bar (side)	188	4	214	4.54	1.14
Hamburger on a Bun	290	49	253	0.76	2.86
Hot Ham & Cheese 9-12	314	60	1139	3	1.46
Hot Turkey & Cheese 9-12	364	80	777	5.26	1.35
Italian Sub	380	74	1027	1.33	2.53
Macaroni & Cheese	296	31	896	0.89	1.02
Milk	123	10	133	0.12	1.14
Oriental Noodles	184	0	118	1.69	1.23
P&J Sandwiches	532	0	372	3.78	2.37
Pizza with Meat Topping 9-12	457	81	1013	3.05	2.29
Pizza with Cheese Topping 9-12	470	77	953	3.9	2.31
Pork Chops	261	96	81	0.17	1.14
Roasted Potato	46	2	3	0.72	0.34
Rolls	88	0	145	0.57	0.78
Rolls - Wheat	76	0	145	1.52	0.65
Salad Dressing	18	1	15	0.06	0.08
Sesame Chicken Stir Fry 9-12	306	99	339	3.85	2.02
Spaghetti & Meat Sauce	583	58	607	7.51	6.95
Spanish Rice	81	0	105	1.77	0.59
Stromboli 9-12	432	63	809	5.45	2.2
Teriyaki Chicken Wrap 9-12	410	99	490	8.21	3.21
Vegetable Beans & Peas 6-8	138	1*	251	6.38	1.73
Vegetable Other	54	0	42	4.23	1.43
Vegetable Red & Orange	58	0	76	2.51	0.94
Vegetable Starchy	134	0	104	3.77	2.02
Vegetable Sticks	43	0	113	3.33	0.38
Vegetables - Dark Green	35	0	45	2.98	1.67
Vegetarian Chili 9-12	357	0	644	15.14	6.45

Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
76.88	19	0	3.84	22.67	28.23	5.44	2
36.3	513	3.55	1.37	20.6	13.19	15.49	5.31
70.56	578	11.06	3.68	17.78	41.29	4.87	1.75
54.99	154	5.62	1.09	40.59	11.13	6.57	1.88
102.57	453	2.35	8.22	32.79	34.01	14.91	2.92
57.98	1834	9.78	1.96	20.73	23.35	11.74	1.9
33.62	4459	4.17	2.1	29.87	28.97	16.15	4.39
69.51	49	0.09	6.23	26.83	36.44	4.97	1.04
28.65	687	1.04	0.25	24.21	10.95	5.84	1.61
9.93	536	3.36	0.01	0.77	3.88	0.3	0.04
129.3	248	5.48	4.96	21.46	47.83	5.75	1.52
5.67	0	7.16	N/A	2.25	22.11	5.36	0.89
19.72	185	24.74	12.22	0.93	17.21	0.25	0.05
151.84	5072	67.22	20.99	10.32	41.23	2.95	0.96
174.86	7471	88.42	29.69	9.32	39.02	0.82	0.24
66.94	45	0.55	3.06	17.63	21.05	14.45	5.52
226.16	168	0	4	23.79	32.31	9	4.14
333.23	375	13.55	4.68	32.85	29.61	14.26	7.18
222.45	351	1.81	0.89	27.18	33.5	15.98	7.14
481.99	684	0.39	N/A	19.64	27.44	12.18	6.83
311.8	463	0.48	18.46	8.44	18.15	1.87	1.14
6.52	0	0	0	5.46	28.2	5.16	0.75
116.29	4	0.34	21.92	23.33	64.31	21.81	4.02
826.86	1539	14.33	2.61	31.05	20.58	28.56	14.58
901.51	1619	15.91	3.77	32.61	27.3	26.73	14.06
24.51	40	1.5	0.31	34.85	1.15	11.87	4.41
6.4	27	3.28	0.48	0.83	6.83	1.76	0.56
14.54	0	0.06	2.15	2.22	14.85	2.11	
16.8	1	0.06	2.17	2.56	14.33	1.23	0.13
3.4	30	0.03	1.68	0.12	1.96	1.12	0.11
73.91	12532	52.71	5.11	40.07	16.6	8.13	1.56
114.8	1356	38.44	3.97	32.7	85.58	12.57	4.45
16.87	301	9.51	0.65	1.8	15.59	1.39	0.22
466.62	279	0.01	1.76	26.89	38.17	19.82	9.49
117.74	13171	55.75	5.65	44.32	39.58	9.19	1.57
80.6	138	2.69	N/A	7.18	24.15	1.95	0.51
67.53	796	46.19	5.74	3.04	11.9	0.38	0.1
22.07	7443	29.09	2.68	1.76	11.3	1.01	0.06
27.05	477	11.74	1.99	3.85	26.78	1.93	0.34
55.19	12969	6.8	4.6	1.22	9.49	0.31	0.06
93.27	8136	68.41	1.1	3.17	6.32	0.56	0.07
134.93	2892	31.14	7.22	17.33	70.24	3.95	0.65