

Americana Line

Recipe Description	Portion Size	Calories	Total Fat g	Saturated Fat g	Cholesterol mg	Sodium mg	Carbohydrates g	Dietary Fiber g	Sugars g	Protein g	Vitamin A IU	Vitamin C mg	Calcium mg	Iron mg
Black Bean Burger	Burger	307	9	1	0	658	41	7.5	1	20	0	0	70	2.52
Cheeseburger High School	Burger	422	23.44	9.82	83	673	27.47	2.65	3.88	27.74	150	0	107.02	2.87
Chicken Breaded Sandwich Kings	Sandwich	387	11.94	1.82	50	728	43.47	4.65	3.38	24.24	100	0	52.02	2.51
CHICKEN GIGGLES	2 Each	250	14	3	50	410	14	2	1	16	0	0	20	1.8
Chicken Popcorn Large Smacker	10 Pcs	260	13	3	70	550	17	3	0	19	200	0	20	1.44
Chicken Spicy Breaded Sandwich	Sandwich	447	13.94	3.82	45	1198	49.47	3.65	3.38	24.24	500	0	52.02	2.51
Chicken Strips Clux Deluxe	3 Strips	206	8.67	1.08	33	358	16.26	1.08	0	13.01	108	0	21.68	1.17
Corn Dog	1 each	240	9	2.5	40	470	30	2	8	9	0	0	60	1.44
Grilled Cheese Pretzel Roll	1 each	380	20.5	11	50	580	33	3	4	15	600	0	320	1.8
Hamburger High School	1 Burger	367	19	7	70	538	26	2.5	0	25	0	0	30	2.88
Hot Dog on Bun Rockwood	1 each	260	11	2.5	45	562	29	2.5	1	12	0	0	50	2.52
Turkey Burger	Burger	297	11	2.5	60	678	26	2.5	0	23	0	0	30	2.16
French Fries, Seasoned, Batter	1/2 cup	120	4	0.5	0	130	20	2	0	1	0	2.4	0	0.36
FRENCH FRIES: Crinkle Cut	1/2 cup	80	3	1	0	20	12.67	1.33	0	1.33	0	4	0	0.48
French Fry Crinkle Cut Season	1/2 cup	100	3.31	0.53	0	182	16.2	0	0.16	1.46	0	0	0	0
Potato Emojis	4 Pieces	120	4	0.5	0	80	18	2	0	2	0	0	0	0.72
Potato Loops	1/2 cup	111	4.05	0.51	0	253	16.19	1.01	0	2.02	0	3.44	7.84	0.33
Potato Smiles	4 smiles	130	4.5	0.5	0	180	20	2	0	2	0	2.4	0	0.36
Potato Starz	8 pieces	182	10.13	1.01	0	334	20.25	2.03	0	2.03	0	1.22	11.14	0.73
Potato Wedges, Seasoned McCain	1/2 cup	120	4	0.5	4	140	20	2	0	2	0	3.6	0	0.36
Potatoes Au Gratin	1/2 cup	124	1.01	0	0	297	25.77	1.01	3.03	2.02	0	0	44.99	0.3
Potatoes Mashed w BBuds	1/2 cup	85	0	0	4	163	17.48	1	0	2.18	76	6.61	54.22	0.19
Potatoes Mashed w BBuds & Grav	1/2 cup	131	2.57	1.28	4	513	21.77	1.01	0	3.2	76	6.61	57.49	0.56
Potatoes, Sidewinder	1/2 cup	140	4	0.5	0	350	23	2	0	2	0	2.4	0	0.36
Sweet Potatoes, Crosstrack	1/2 cup	180	9.02	1.5	0	231	23.05	2	7.02	1	2506	6.01	20.05	0.36
Tater Tots	1/2 cup	130	6	1	0	310	16	2	0	2	0	3.6	0	0.18

Italian Line														
Recipe Description	Portion Size	Calories	Total Fat g	Saturated Fat g	Cholesterol mg	Sodium mg	Carbohydrates g	Dietary Fiber g	Sugars g	Protein g	Vitamin A IU	Vitamin C mg	Calcium mg	Iron mg
Alfredo Sauce	3 oz	139	10.59	6.39	32	578	3.03	0	0	8.73	0	0	353.15	0
Bosco Breadsticks New 2019	2 breadsticks	444	14.24	7.16	31	636	54	2	2	24.32	0	0	309.63	3.6
Bosco Breadsticks Secondary	2 breadsticks	424	12.24	6.16	31	556	50	4	4	24.32	0	0	309.63	2.88
Breadstick White Wheat	1 Breadstick	60	0.5	0	0	70	13	1	0	2	0	0	20	0.72
Buttered Rotini	1/2 CUP	128	4.06	2.41	10	5	20.56	2.27	0.01	4.06	114	0.08	14.43	1.01
Cavatappi, Three Cheese	6 oz Portion	315	15.31	8.67	49	801	28.92	1.7	3.4	17.01	616	0	384.42	1.7
Chicken Brd KingsDelight Diced	1/2 Fillet	120	5	0.75	25	240	8.5	1	0	9	50	0	10	0.54
Chicken Broccoli Alfredo 2018	1 CUP	298	12.8	6.73	59	707	25.82	3.28	1.61	21.87	601	17.92	345.46	0.64
Chicken Parm Sandwich	1 Sandwich	474	15.98	3.34	58	1203	51.48	5.99	8.05	29.12	535	6.01	166.62	3.23
Chicken Parmesan	1 each	364	19.26	4.92	70	1137	24.02	3	7.01	22.09	551	9.02	80.29	2.52
Chicken Spicy Breaded, Diced	Half Fillet	150	6	1.75	22	475	11.5	0.5	*N/A*	9	250	0	10	0.54
Chicken, Diced, Cooked	2 oz	73	2.02	0	43	57	0	0	0	12.14	0	1.21	0	0.36
Galaxy Pizza	Indv. Pizza	280	12	6	30	410	26	3	8	15	300	0	200	1.8
Lasagna Roll Up w Meat Sauce	Roll Up	283	6.86	3.01	24	679	37.67	3.78	10.22	16.07	744	14	217.78	2.4
Marinara Sauce	1/2 Cup	70	1.5	0	0	560	12	2	7	2	500	9	20	1.08
Meat Sauce	1/2 c	180	8.47	2.98	25	680	12.02	2	0	11.95	501	9.02	20.03	2.16
Meatball Marinara Sub	Sub Sandwich	420	18.11	7.29	51	1069	37.82	4.12	6.84	25.01	500	6.36	258	3.13
Meatballs	5 Meatball	180	12	5	45	270	3	0	1	13	0	1.2	20	1.08
Penne, Combi Cooked, No Sauce	1/2 CUP	120	2.75	0.24	0	0	21	2	1	3	0	0	0	0
Pizza 6 Veggie Nardone"	6 Pizza"	330	13	6	*N/A*	420	32	4	7	23	*N/A*	*N/A*	*N/A*	*N/A*
Pizza Bagels Mini Cheese	4 Pizza Bagels	260	9	5	20	560	24	4	*N/A*	21	750	6	350	1.8
Pizza Big Daddy's Four Cheese	1 each	360	16	7	35	490	35	3	9	21	500	0	350	1.8
Pizza Big Daddy's Four Meat	1 Slice	370	17	7	40	650	36	4	9	20	400	0	200	2.7
Pizza Big Daddy's Pepperoni	1 Slice	360	17	7	45	580	33	3	9	21	500	0	300	1.8
Pizza Buffalo Chicken Nardone	1 Slice	280	11	5	30	870	27	3	2	19	300	1.2	350	2.7
Pizza Dominos Cheese	1 slice	330	13	7	40	790	38	2	3	16	500	9	350	1.8
Pizza Dominos Pepperoni	1 slice	340	14	7	40	790	37	2	3	17	500	9	300	2.7
Pizza Dominos Sausage	1 slice	360	17	8	40	790	37	2	3	16	500	9	250	2.7
Pizza French Bread Garlic Chz	1 Ind. Pizza	350	18	7	30	450	33	2	2	22	400	9	500	2.7
Pizza Garlic White Chicken Nar	1 Slice	364	21	9	38	524	25	2	4	19	0	0	230	2.34
Pizza Hut Cheese 14",",PIZZA"	1 Slice	3.9	40	640	36	3	2	16	360	*N/A*	390	2.7	0	
Pizza Hut Pepperoni 14",",PIZZA"	1 Slice	7.8	45	740	35	3	2	17	370	*N/A*	350	2.8	0	
Pizza Hut Sausage 14",",PIZZA"	1 Slice	8	45	780	35	3	2	17	330	*N/A*	330	3	0	
Pizza Papa John's Beef	1 Slice	310	12	5	25	780	37	2	4	12	200	3.6	150	2.7
Pizza Papa John's Cheese	1 Slice	360	15	8	45	930	39	2	5	15	500	3.6	300	2.7
Pizza Papa John's Pepperoni	1 Slice	390	18	9	50	1020	39	2	5	16	500	3.6	300	2.7
Pizza Wild Mike's 16 Cheese"	1 Slice	360	17	8	30	510	34	3	4	20	500	6	450	2.7

Mexican Line														
Recipe Description	Portion Size	Calories	Total Fat g	Saturated Fat g	Cholesterol mg	Sodium mg	Carbohydrates g	Dietary Fiber g	Sugars g	Protein g	Vitamin A IU	Vitamin C mg	Calcium mg	Iron mg
Black Bean Corn Salsa	1/2 cup	77	1.67	0.22	0	149	13.89	3.73	0.02	3.26	264	6.69	20.2	0.97
Cheese Queso	2 oz	118	9	5.3	30	433	2	0	0	7	400	0	202	0
Cheese Sauce Cheddar LandOLake	3 oz	130	9	6	30	550	4	0	*N/A*	8	300	0	300.17	0
Cheese Sauce Cheddar Nacho	3 oz	132	9.1	6.06	30	591	4.2	0.03	0	8.09	364	0.13	303.41	0.04
Cheese, Cheddar, Shredded	1 TBSP	28	2.35	1.33	7	46	0.24	0	0.03	1.62	88	0	50.14	0.01
Cheese, Mozzarella, Shredded	1 TBSP	17	1.34	0.96	5	33	0.19	0	0.19	1.15	28	0	38.39	0.01
Chips, Tortilla	20 Chips	300	14	2	0	210	36	4	0	4	0	2.4	40	0.72
CORN, Chili Lime	1/2 Cup	72	0.58	0.09	0	34	16.92	2.04	2.54	2.13	215	3.46	3.3	0.42
CORN: canned, heated	HALF CUP	65	1	0	0	15	15	2	*N/A*	2	44	3.4	6	0.46
CORN: frozen yellow boil/steam	HALF CUP	67	0.55	0.08	0	1	15.98	2.02	*N/A*	2.11	165	2.93	2.02	0.4
Crispito Buffalo Chicken	2 each	442	20.57	5.07	70	1008	43.8	4.67	3.09	24.62	1101	3.49	88.11	3.37
Crispito Chicken Chili	2 each	568	28.19	6.03	60	1017	51.55	5.29	2.07	25.23	2551	5.88	91.87	5.15
Fajita Chicken	3.4 oz	122	4	2	74	606	2	0	2	18	200	0	300	0.36
Fajita Rice Bowl 2 Gr	1 each	386	8.31	2.56	70	775	53.6	1.72	1.83	20.84	401	3	294.88	1.12
Fiesta Black Beans	1/2 CUP	123	0.51	0	0	471	22.53	5.12	1.02	7.17	0	0	49.15	2.05
Latin Baked Beans	1/2 Cup	172	1.19	0.02	0	275	35.96	6.51	1.09	6.47	132	0.09	49.42	1.95
Lettuce Romaine	1 TBSP Shredded	0	0.01	0	0	0	0.1	0.06	0.03	0.04	256	0.12	0.97	0.03
Lettuce Romaine	1 CUP	10	0	0	0	3	2	1.36	0.67	0.67	1667	14	13.6	0.55
Refried Beans Southwestern	1/2 cup	229	5.56	2.19	6	904	32.62	10.93	0	11.46	355	3.3	73.68	3.66
Rice, White, Long Grain	1 CUP	207	1.84	0	0	4	42.52	2.45	0	5.8	0	0	3.55	0.93
SALSA:COMMODITY	1/4 CUP	22	0.12	0.02	0	69	4.33	0.84	4	0.93	340	2.48	7.44	1.38
Sour Cream	2 TBSP	43	3.38	2.09	8	17	1.68	0	0.07	1.68	105	0.22	33.84	0.01
Taco Crumbles	1 1/2 Cup	100	5	1.5	0	370	2	1	0	12	0	0	20	1.08
Tacos, Mini Chicken	1 Serving (3)	320	14	5	55	480	31	4	0	17	400	2.4	200	3.6
Tomatoes, Diced	1 TBSP	2	0.02	0	0	1	0.44	0.14	*N/A*	0.1	94	1.54	1.13	0.03
Top n Go Tostitos	1 Package	190	7	1	0	160	28	3	0	3	0	0	20	0.36

Grab and Go Items														
Recipe Description	Portion Size	Calories	Total Fat g	Saturated Fat g	Cholesterol mg	Sodium mg	Carbohydrates g	Dietary Fiber g	Sugars g	Protein g	Vitamin A IU	Vitamin C mg	Calcium mg	Iron mg
Bread, Loco	1 each	150	3	0	0	135	26	3	1	4	0	0	80	1.44
Cheese Cubes, Cheddar	1 Package (1 oz)	90	7	4.5	20	190	0	0	0	7	300	0	200	0
Cottage Cheese 4 oz	4 oz Cup	90	2.49	1.49	15	477	4.97	0	4.97	11.94	199	2.39	99.47	0
Crackers, Savory Bites	1 Package (2 oz)	180	5	1	0	320	30	3	4	3	0	0	20	8.1
Dressing, Balsamic Vinaigrette	1 oz	120	11	1.5	0	430	5	0	4	0	0	0	0	0
Dressing BBQ Ranch	2 oz	106	8	1.5	5	683	8.18	0	1	1	0	1.24	0	0
Dressing Caesar	1.5 oz	82	8.25	1.5	8	233	1.5	0	0.75	0.75	0	0	15	0
Dressing, Chipotle Ranch	1.5 oz	210	22.5	3	15	495	4.5	0	1.42	0	0	0	0	0
Dressing Honey Mustard	1.5 oz	147	11.73	1.47	0	411	8.8	0	11.49	0	0	0	0	0
Dressing Italian Fat Free	1.5 oz	21	0	0	0	343	4.12	0	2.74	0	0	0	0	0
Dressing Ranch Nat Fresh LoFat	1.5 oz	113	11.34	2.13	7	340	2.84	0	1.42	1.42	*N/A*	*N/A*	*N/A*	*N/A*
Dressing Honey Soy	1.5 oz	112	8	1	0	970	7.2	0	10	1.2	0	0	20.4	2.42
Dressing Salsa Ranch	2 oz	92	8.06	1.51	5	378	4.24	0.45	5	1.48	176	1.28	3.84	0.72
EGG HARD-BOILED/Egg Pop	1 EACH	78	5.31	1.63	187	78	0.62	0	0.56	6.29	260	0.68	25	0.6
Ham Deli on Hoagie	1 each	231	5.78	2.37	38	801	32.39	2.92	3.92	16.83	0	0	30	1.99
Ham Deli on Hoagie w Swiss	1 each	276	8.78	4.12	48	858	32.89	2.92	4.42	20.83	250	0	156	1.99
Hummus w Hummus Made Easy	1/4 Cup	118	7.48	1.08	0	173	9.25	2.54	2.59	4.11	13	2.06	16.39	0.69
Roast Beef Wrap	1 each	312	14.83	7.01	45	984	29.65	4.54	3.02	18.39	633	2.99	89.72	0.87
Salad Apple Cranberry Harvest	1 each	355	15.47	2.51	50	454	38.69	6.91	27.72	20.7	15463	20.45	205.34	3.39
Salad Chef	1 each	135	4.67	1.29	113	548	9.92	4.54	4.06	14.98	16014	27.27	118.42	3.3
Salad Chef Vegetarian	1 each	125	6.03	1.8	187	137	9.61	3.33	5.42	9.64	5744	29.14	105.91	2.52
Salad Chicken Caesar	1 each	184	6.89	2.35	56	191	9.66	5.46	3.12	21.58	22255	10.21	152.42	3.22
Salad Crispy Chicken	1 each	357	19.71	5.61	72	659	21.2	5.54	3.78	25.07	16072	26.93	217.12	4.14
Salad Greek Chicken	1 each	213	9.07	3.92	69	383	13.53	6.5	5.1	23.82	22901	19.54	201.95	4.61
Salad Greek Vegetarian	1 each	287	18.75	9.26	47	757	13.53	6.5	5.1	20.62	23301	19.54	601.95	3.88
Salad Italian Club	1 each	239	10.4	3.83	56	1052	18.78	7.4	5.65	22	23556	26.48	222.55	8.35
Salad Italian Vegetarian	1 each	136	5.83	2.28	7	235	17.03	7.4	5.65	8.06	23125	25.85	193.44	3.92
Salad Southwest Chicken	1 each	404	12.59	3.13	29	952	52.25	13.26	6.91	20.84	23429	26.85	185.54	4.83
Salad Southwest Vegetarian	1 each	237	5.56	1.02	3	566	39.49	11.48	5.4	10.45	18298	23.86	135.88	4.33
Salad Taco Salad	1 each	267	12.8	2.77	45	557	25.09	7.63	4.65	16.87	22886	20.06	190.28	4.82
Sunflower Seeds Honey Roasted	1 Package	203	15	2	0	65	11	3	5	6	0	0	20	1.44
Sunflower Seeds Roasted/Salted	1 Package	170	14	2	0	110	6	3	1	6	0	0	20	1.08
Turkey Deli Hoagie	1 each	259	5.39	2.18	53	825	30.11	2.92	1.84	23.42	63	10.83	63.34	3.62
Turkey Deli Hoagie w Provolone	1 each	304	8.89	4.18	63	910	30.61	2.92	1.84	26.42	63	10.83	138.34	3.62
Turkey Deli Wrap	1 each	424	24.91	9.84	77	1039	32.38	4.52	3.89	22.52	1040	14.23	140.72	1.86
Veggie Wrap Vegan	1 each	384	15.9	3.31	0	869	48.69	11.05	6.21	13.75	963	26.47	118.44	2.23
Yogurt 4 oz Variety Upst Farms	1 each	90	0	0	0	50	19	0	15	3	0	1.2	300	0
Yogurt 8 oz Upstate Farms Var	1 each	180	0	0	5	105	38	0	30	6	0	2.4	600	0

Milk														
Recipe Description	Portion Size	Calories	Total Fat g	Saturated Fat g	Cholesterol mg	Sodium mg	Carbohydrates g	Dietary Fiber g	Sugars g	Protein g	Vitamin A IU	Vitamin C mg	Calcium mg	Iron mg
Milk, 1% Prairie Farms	1 Carton	100	2.5	1.5	15	120	11	0	11	8	500	1.2	300	0
Milk, Chocolate, PF 1%	1 Carton	160	2.5	1.5	10	240	26	0	25	8	500	1.2	300	0
Milk, Skim, Prairie Farms	1 Carton	80	0	0	5	120	11	0	11	8	500	1.2	300	0
Milk, Strawberry, PF 1%	1 Carton	160	2.5	2	0	120	28	0	28	8	500	1.2	300	0
Milk, Vanilla, PF 1%	1 Carton	160	2.5	2	0	120	28	0	28	8	500	1.2	300	0