

<i>Pizza Entrée</i>	<i>Serving Size</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Sat Fat (g)</i>	<i>Protein (g)</i>	<i>Carbs (g)</i>	<i>Sodium (mg)</i>	<i>Fiber (g)</i>
Mexican Pizza	1 slice	400	13	6	18	54	810	3
Personal Pan Pizza	1 pizza	310	10	4	17	39	530	4
Whole Grain Stuffed Crust Pizza	1 slice	390	16	5	18	45	1000	2
Whole Grain Pepperoni Pizza	1 slice	271	10	4	15	32	862	4
Whole Grain Cheese Pizza	1 slice	260	7	4	15	32	750	4
Whole Grain Sausage Pizza	1 slice	270	10	4	16	32	810	4
<i>Pork Entrée</i>	<i>Serving Size</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Sat Fat (g)</i>	<i>Protein (g)</i>	<i>Carbs (g)</i>	<i>Sodium (mg)</i>	<i>Fiber (g)</i>
Baked Ham	1 serving	141	4	1	15	8	1398	0
BBQ Nachos	1 serving	483	26	9	24	39	949	2
Corn Dog Nuggets	6 pieces	292	15	4	11	32	892	2
Corn Dog	1	286	17	6	10	23	977	3
Hot Dog on a Wheat Bun	1	291	17	6	11	23	854	2
Chili Dog on a Wheat Bun	1	391	23	8	20	26	931	3
Pork Chop, Baked	1 serving	178	9	4	15	7	481	0
Red Beans & Rice/Sausage	2/3 cup	311	11	4	14	40	496	7
Stromboli Supreme	1 serving	385	12	5	26	42	1385	6
Pigs in a Blanket	1 each	361	20	6	10	31	896	2
<i>Poultry Entrée</i>	<i>Serving Size</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Sat Fat (g)</i>	<i>Protein (g)</i>	<i>Carbs (g)</i>	<i>Sodium (mg)</i>	<i>Fiber (g)</i>
Chicken Baked, Crispy	1 serving	304	19	6	22	10	95	0
Chicken Baked, Ranch	1 serving	256	19	6	19	1	237	0
Cheesy Chicken	3/4 cup	212	12	7	20	7	481	0
over Rice	1/2 cup	120	0	0	2	26	98	1
Chicken Alfredo/Noodles	3/4 cup	243	9	4	19	22	742	1
Chicken Baked, Seasoned	2 oz	112	4	1	17	0	69	0
Chicken Baked, Lemon & Pepper	1 serving	250	19	6	19	0	154	0
Chicken & Dumplings	3/4 cup	247	9	4	22	19	523	0
Chicken Fajitas	1 fajita	276	10	5	22	17	450	1
Chicken Fiesta Melt	1 serving	310	18	6	20	20	845	3
Chicken Nachos	1 serving	337	17	8	20	24	1071	3
Chicken Tacos with Soft Tortilla	1 taco	272	9	5	24	23	1193	3
Chicken Nuggets, Baked	5 pieces	222	14	4	16	11	470	1

<i>Poultry Entrée</i>	<i>Serving Size</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Sat Fat (g)</i>	<i>Protein (g)</i>	<i>Carbs (g)</i>	<i>Sodium (mg)</i>	<i>Fiber (g)</i>
Chicken Nuggets, Fried	5 pieces	278	16	3	16	16	429	2
Chicken Parmesan	2 oz	295	11	4	26	18	849	3
Chicken Quesedilla	1 serving	238	6	3	22	24	582	3
Chicken Spaghetti, whole wheat	3/4 cup	319	6	2	25	40	659	2
Chicken Stir Fry	1 serving	301	8	2	22	33	474	3
over Rice	1/2 cup	120	0	0	2	26	98	1
Chicken Tenders, Baked	3 pieces	250	11	2	22	17	690	2
Chicken Tenders, Fried	3 pieces	301	16	3	22	17	690	2
BBQ Chicken, Baked	2 oz	119	4	1	17	2	144	3
Broccoli Chicken Casserole	1/2 cup	263	15	9	22	9	500	1
Buffalo Chicken Chunks	6 chunks	284	10	2	23	22	996	2
BBQ Honey Chicken Chunks	6 chunks	340	15	3	19	31	880	1
Buffalo Hot Wings	3 wings	240	16	4	22	2	615	0
Mandarin Chicken	1 serving	150	3	0	11	19	280	0
with Egg Roll	1 egg roll	160	5	0.5	10	19	390	3
Egg Rolls, Chicken	2 each	320	10	1	20	38	780	6
<i>Salads</i>	<i>Serving Size</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Sat Fat (g)</i>	<i>Protein (g)</i>	<i>Carbs (g)</i>	<i>Sodium (mg)</i>	<i>Fiber (g)</i>
Chef Salad, elementary	1	179	8	4	18	8	825	2
Chef Salad, secondary	1	317	11	4	19	36	1694	3
Chicken Salad Plate	1	258	11	3	26	16	326	3
Chicken Salad	1/2 cup	168	8	2	20	4	240	0
with whole grain saltines	4 crackers	277	12	2	23	21	543	1
in a whole grain bread bowl	1	341	13	2	25	32	406	3
on a croissant	1	371	17	5	25	30	128	2
Grilled Chicken Salad Plate	1	363	14	7	34	24	1281	5
Grilled Fajita Salad Plate	1	400	19	9	25	30	1032	4
Fruit and Yogurt Plate	1	343	3	1	14	71	221	3
Taco Salad with Chips	1	300	15	6	19	24	866	5
Tuna Salad	1/2 cup	174	9	2	18	4	562	0
Tuna Salad with saltines (4)	1/2 cup	276	13	1	20	21	837	1
Tuna Salad on Croissant	1	372	18	5	23	30	845	2
Tuna Salad Plate	1	463	19	2	29	48	1179	3

<i>Soup</i>	<i>Serving Size</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Sat Fat (g)</i>	<i>Protein (g)</i>	<i>Carbs (g)</i>	<i>Sodium (mg)</i>	<i>Fiber (g)</i>
Chili Con Carne with Beans	1 cup	171	11	3	15	8	323	7
Cheesy Breadsticks with Chili	1 serving	363	17	6	25	25	1046	4
Vegetable Beef Soup	1 cup	124	2	1	10	21	680	6
with cheesy breadstick	1 piece	160	7	3	7	16	410	2
with 1 oz grilled cheese sandwich	1 sandwich	248	11	6	12	26	631	4
with cheese toast	1 piece	158	10	6	8	11	536	1
Loaded Baked Potato Soup	1 cup	375	18	9	14	39	563	3
Taco Soup	1 cup	270	11	4	22	22	686	4
<i>Vegetables</i>	<i>Serving Size</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Sat Fat (g)</i>	<i>Protein (g)</i>	<i>Carbs (g)</i>	<i>Sodium (mg)</i>	<i>Fiber (g)</i>
Broccoli Florets,raw with Ranch Dip	1/2 cup	15	0	0	1	3	62	1
Broccoli Salad	1/2 cup	138	8	4	3	14	230	4
Broccoli with Cheese Sauce	1/2 cup	47	2	0	3	7	163	3
Broccoli Cheese Rice Casserole	2/3 cup	177	7	4	9	22	362	4
Collard Greens	1/2 cup	58	2	0.5	3	6	104	4
Southern Turnip Greens	1/2 cup	57	3	0	2	3	87	2
Mustard Greens	1/2 cup	34	1	0	2	3	52	2
Garden Salad with fat free dressing	1/2 cup	18	0	0	1	4	65	1
Spinach Salad	1/2 cup	55	2	1	5	4	151	2
Steamed Broccoli Florets	1/2 cup	43	2	1	3	5	111	3
Tossed Salad with fat free dressing	1/2 cup	21	0	0	1	4	77	1
Baked Sweet Potato w/ Margarine	1 medium	103	0	0	3	24	41	4
Carrots & Grape Tomatoes with Dip	1/2 cup	41	0	0	1	9	89	2
Baby Carrots, Raw with Dip	1/2 cup	45	0	0	1	10	170	2
Glazed Carrots	1/2 cup	56	2	1	1	9	93	3
Steamed Carrots	1/2 cup	47	2	1	1	7	139	3
Sweet Potato Waffle Fries	1/2 cup	200	3	0	4	40	50	4
Yam Patties	2 patties	140	0	0	2	32	180	2
Black Beans, Ranch Style	1/2 cup	158	0.6	0.16	10	29	252	12
Baked Beans	1/2 cup	164	1	0	6	37	214	6
Black Bean Salad	1/2 cup	165	3	1	9	28	310	8
Black Eyed Peas	1/2 cup	165	1	0	12	29	343	7
Lima Beans, dried	1/2 cup	144	2	1	7	22	493	6

<i>Vegetables</i>	<i>Serving Size</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Sat Fat (g)</i>	<i>Protein (g)</i>	<i>Carbs (g)</i>	<i>Sodium (mg)</i>	<i>Fiber (g)</i>
Lima Beans, frozen	1/2 cup	104	2	1	6	16	254	6
Pinto Beans	1/2 cup	146	1	0	8	26	558	6
Field Peas	1/2 cup	121	1	0	8	21	157	4
Refried Beans	1/2 cup	142	3	1	8	21	305	7
Tex Mex Style Beans	1/2 cup	126	0.8	0.15	0.8	23	343	8
French Fries, Fried	1/2 cup	162	7	2	2	21	124	2
French Fries, Baked	1/2 cup	117	3	1	2	19	129	1
Baked Potato Wedges	1/2 cup	156	8	2	2	19	322	3
Seasoned Potato Wedges	1/2 cup	156	8	2	2	19	322	3
Ranch Fries	1/2 cup	132	4	0	3	22	349	1.4
Spicy Fries	1/2 cup	151	7	2	2	20	395	2
Potato Rounds, Baked (Tator Tots)	1/2 cup	179	10	3	2	20	359	2
Hashbrown Potatoes	1 pattie	128	16	4	1	14	128	2
Baked Potato with Margarine	1 potato	181	2	0.07	4	36	47	4
Parsley Buttered New Potatoes	1/2 cup	92	4	1.5	2	14	391	2
Green Peas	1/2 cup	91	2	1	5	14	171	5
Green Pea Salad	1/2 cup	198	13	3	7	13	358	4
Corn-on-the-Cob 5 inch	1 cob	92	2.5	0.81	3	18	29	6
Whole Kernel Corn, frozen	1/2 cup	89	2	1	3	17	20	2
Whole Kernel Corn, Canned	1/2 cup	101	3	1	3	20	328	2
Mexicali Corn	1/2 cup	145	3	1	4	31	486	3
Mashed Potatoes	1/2 cup	95	3	1	2	16	316	2
Mashed Potatoes with Cheese	1/2 cup	118	5	2	2	17	390	2
California Vegetables	1/2 cup	45	2	1	2	6	57	2
Cheesy California Vegetables	1/2 cup	50	1	0	3	8	127	3
Mixed Vegetables	1/2 cup	77	2	1	3	12	215	3
Confetti Coleslaw	1/2 cup	22	0	0	1	6	98	1
Creamy Coleslaw	1/2 cup	75	3	0	1	12	78	2
Green Beans	1/2 cup	42	2	0	1	5	349	2
Seasoned Green Beans	1/2 cup	46	2	0	1	5	306	2
Green Beans with Potatoes	1/2 cup	53	2	1	1	8	151	2
Peas and Carrots	1/2 cup	70	2	1	2	11	87	4
Raw Veggies with Dip	1/2 cup	29	0	0	1	6	73	2

<i>Vegetables</i>	<i>Serving Size</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Sat Fat (g)</i>	<i>Protein (g)</i>	<i>Carbs (g)</i>	<i>Sodium (mg)</i>	<i>Fiber (g)</i>
Tomatoes with Dip	1/2 cup	33	0	0	1	7	128	1
Vegetable Juice, Assorted	1/2 cup	57	0	0	0	14	25	0
<i>Fruit</i>	<i>Serving Size</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Sat Fat (g)</i>	<i>Protein (g)</i>	<i>Carbs (g)</i>	<i>Sodium (mg)</i>	<i>Fiber (g)</i>
Apple and Orange Wedges	1/2 cup	50	0	0	1	13	1	2
Apple Delicious	1 each	88	0	0	1	23	19	3
Applesauce	1/2 cup	57	0	0	0	15	2	2
Banana Berry Blend	1/2 cup	119	0	0	1	31	3	3
Chilled Peach Slices	1/2 cup	65	0	0	1	17	6	2
Chilled Pears Diced	1/2 cup	77	0	0	0	21	7	2
Fresh Apple	1 each	72	0	0	0	19	1	3
Fresh Banana	1 each	105	0	0	1	27	1	3
Fresh Cantaloupe Cubes	1/2 cup	27	0	0	1	6	13	1
Fresh Fruit Bowl, Variety	1 each	84	0	0	1	22	1	4
Fresh Grapes	1/2 cup	61	0	0	1	16	2	1
Fresh Melon Cubes	1/2 cup	60	0	0	1	15	30	1
Fresh Nectarine	1 each	46	0	0	1	11	0	2
Fresh Orange	1 each	62	0	0	1	15	0	3
Fresh Peach	1 each	34	0	0	1	8	0	1
Fresh Pear	1 each	68	0	0	0	18	1	4
Fresh Plums	2 each	46	0	0	1	11	0	1
Fresh Strawberries	1/2 cup	38	0	0	1	9	1	2
Fruit Cocktail	1/2 cup	58	0	0	1	15	5	1
Fruit Juice, Assorted	1/2 cup	61	0	0	0	15	3	0
Fruit Juice, Frozen	1/2 cup	80	0	0	0	21	8	3
Fruit Slushes in a Bag	1/2 cup	60	0	0	0	17	0	2
Kiwi Wedges	2 each	93	1	0	1	1	5	5
Mandarin Fruit Cup	1/2 cup	66	0	0	1	17	6	1
Orange Smiles	1/2 cup	77	0	0	2	19	0	4
Pears, Blushing	1/2 cup	71	0	0	0	19	8	2
Pineapple Tidbits	1/2 cup	72	0	0	1	19	1	1
Raisins	1/2 cup	129	0	0	1	34	5	2
Rosey Applesauce	1/2 cup	70	0	0	0	18	11	2

<i>Fruit</i>	<i>Serving Size</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Sat Fat (g)</i>	<i>Protein (g)</i>	<i>Carbs (g)</i>	<i>Sodium (mg)</i>	<i>Fiber (g)</i>
Tropical Apples	1/2 cup	152	4	2	1	30	49	1
Tropical Fruit Cup	1/2 cup	124	0	0	1	32	3	2
Frozen Apricot Cup	1 each	51	0	0	0	14	2	1
Frozen Peach Cup	1 each	80	0	0	1	19	0	1
Frozen Strawberry Cup	1 each	90	0	0	1	22	0	2
<i>Breads/Whole Grains</i>	<i>Serving Size</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Sat Fat (g)</i>	<i>Protein (g)</i>	<i>Carbs (g)</i>	<i>Sodium (mg)</i>	<i>Fiber (g)</i>
Cheesy Macaroni	1/2 cup	121	3	1	4	19	109	2
Cheesy Bread Sticks (2)	2 sticks	300	12	5	18	30	520	2
Corn bread	2 oz	176	8	1	6	22	204	3
Cornbread, Mexican	2 oz	211	6	2	6	32	337	4
Croutons, Whole Wheat	1 oz	70	1	0	3	13	449	2
Rice, Asian Stir Fried	1/2 cup	119	1	0	3	25	324	1
Rice, Brown	1/2 cup	99	1	0	2	21	98	1
Rice, Fiesta	1/2 cup	128	2	1	4	24	503	1
Roll Whole Wheat	2 oz	140	2	0	3	26	240	2
Roll. Enriched	2 oz	160	3	1	4	29	125	1
Saltine Crackers, Enriched	4 count	45	1	0	1	8	130	1
Saltine Crackers, Enriched	8 count	90	3	0	2	16	260	2
Texas Toast	1 slice	100	1	0	4	29	130	1
Hushpuppies	2 each	105	5	1	2	14	198	1
<i>Desserts</i>	<i>Serving Size</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Sat Fat (g)</i>	<i>Protein (g)</i>	<i>Carbs (g)</i>	<i>Sodium (mg)</i>	<i>Fiber (g)</i>
Brownie	1	164	4	1	2	30	154	1
Cookie, Carnival 1.3 oz	1	150	5	2	2	24	90	1
Cookie, Chocolate Chip 1.0 oz	1	120	6	3	1	16	95	0
Cookie, Oatmeal Cranberry1.3 oz	1	150	5	2	2	24	100	2
Cookie, Oatmeal Raisin 1.0 oz	1	120	5	2	1	16	95	1
Cookie, Sugar 1.0 oz	1	120	5	2	1	17	100	0
Creamsicle Dessert	1/2 cup	157	8	8	0.71	21	67	0
Fruit Cobbler	1 serving	172	3	1	1	37	78	2
Fruit Crisp	1 serving	273	10	4	2	46	156	2
Gelatin Cups, Assorted	1	70	0	0	0	18	60	0

<i>Condiments</i>	<i>Serving Size</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Sat Fat (g)</i>	<i>Protein (g)</i>	<i>Carbs (g)</i>	<i>Sodium (mg)</i>	<i>Fiber (g)</i>
Dressing, Lite Ranch	12 g packet	39	4	1	0	2	106	0
Dressing, Lite Ranch	1.5 oz packet	115	10	2	0	4	443	0
Dressing, Ranch regular	2 Tbsp	48	4	1	0	3	186	0
Dressing, Italian Fat Free	1.5 oz packet	20	0	0	0	5	615	0
Dressing, Thousand Island, Fat Free	1.5 oz packet	50	0	0	0	13	360	0
Honey Mustard	1 packet	80	5	1	0	9	190	0
Ketchup	1 packet	10	0	0	0	3	85	0
Margarine	1 pat	90	10	2	0	0	100	0
Mayonnaise, Reduced Fat	1 packet	40	4	1	0	1	90	0
Mustard	1 packet	5	0	0	0	0	85	0
Salsa	1 oz	9	0	0	0	2	151	0
Sauce, Hot	1 packet	0	0	0	0	0	65	0
Sauce, Marinara	1 packet	15	0	0	0	4	135	0
Sauce, BBQ	1 packet	15	0	0	0	4	85	0
Sauce, Sweet & Sour	1 packet	50	0	0	0	12	75	0
Sauce, Taco	1 packet	5	0	0	0	1	95	0
Sauce, Tartar	1 packet	25	3	0	0	2	115	0
Sour Cream	1 packet	55	6	3	1	1	23	0
<i>Breakfast Items</i>	<i>Serving Size</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Sat Fat (g)</i>	<i>Protein (g)</i>	<i>Carbs (g)</i>	<i>Sodium (mg)</i>	<i>Fiber (g)</i>
Southern Biscuit	2 oz	190	8	4	4	24	430	1
Bacon Strips	2 slices	53	4.5	1.5	2.5	0	200	0
Egg Patty	1 patty	46	3.45	0.86	3	0.76	95	0
Sausage Patty .8 ounces	1 patty	60	4.5	1.5	6	0	160	0
Sausage Patty 1.5 ounce	1 patty	119	8	3	10	0	386	0
Ham Slice	1 slice	40	1	0.5	6	0	390	0
Chicken Patty	1 patty	64	4	0.5	7	7.5	203	0.5
Bacon, Egg, Cheese Biscuit	1 biscuit	363	22	10	13	28	848	2
Egg & Cheese Biscuit	1 biscuit	310	16	8	10	28	648	2
Sausage & Egg on Croissant	1 serving	216	12	4	12	16	415	1
Sausage Gravy	2 oz	43	1	0.5	1.5	5.5	258	0
Sausage & Pancake on a Stick	1 stick	210	10	3	6	22	310	1
Breakfast Sausage Pizza	1 slice	220	8	2	10	27	460	3

<i>Breakfast Items</i>	<i>Serving Size</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Sat Fat (g)</i>	<i>Protein (g)</i>	<i>Carbs (g)</i>	<i>Sodium (mg)</i>	<i>Fiber (g)</i>
Breakfast Burrito	1 burrito	155	7	3	8	16	210	2.5
Breakfast Bagel	1 bagel	169	5	2	8	22	335	2
French Toast Sticks	3 sticks	270	11	2	8	38	430	4
Pancakes	2 each	160	2	0	5	30	310	3
Waffles in a Bag	1 pouch	200	5	1.5	4	35	220	4
Mini Cinnis	1 pouch	240	7	2	5	40	300	2
Cinnamon Roll	1 roll	170	6	1	4	27	160	4
Chocolate Pop Tart	1 pastry	180	3	1	3	38	190	3
Strawberry Pop Tart	1 pastry	180	2.5	1	2	38	180	3
Cereal Bowl, Assorted	1 oz bowl	100	1	0	2	21	167	1
Cereal Bowl, Assorted	2 oz bowl	210	1.5	0	4.5	47	190	4
Cereal Pouch, Assorted	1 oz pouch	110	3	0.5	2	21	95	3
Muffins, Assorted	1 each	293	10	2	5	47	286	3
Cereal Bars, Assorted	1 bar	153	3	0.5	2	30	120	3
Hashbrown Potatoes	1 patty	128	16	4	1	14	128	2
Assorted Fruits	1 serving	70	2	0.5	3.5	17.5	2.5	2
Assorted Fruit Juices	4 oz	65	0	0	0	15	0	0
Yogurt Cups	4 oz	95	0	0	3	20	63	0
Yogurt Parfait	1 parfait	288	2	1	7	64	107	3
1% White Milk	1 cup	102	23	1.5	8	12	107	0
Chocolate Skim Milk	1 cup	130	0	0	8	23	150	0
Strawberry Skim Milk	1 cup	130	0	0	8	23	120	0
Fat Free White Milk	1 cup	80	0	0	8	20	120	0
Pancake Syrup	1 packet	80	0	0	0	20	30	0
Assorted Jellies	1 packet	33	0	0	0	9	0	0