

Item or Recipe	Serving Size	Carb	Calories	Fat	Sodium
Apple	Whole	20.6	76.2	0.26	1.49
Apples, Cinnamon Spiced	svg	24	97	0.6	4
Apple Sauce	4 oz	20	48.3	0.06	1.86
Apple Slices	1/2 Cup	16	80	0.25	2
Balsamic Chicken over Pasta	1 svg	37.8	408	6.7	851
Banana	Small to Medium	22.5	89	0.33	1
Bar, Cinnamon Toast Crunch	1	30	150	3	115
Barbecue Sandwich	1	33	300	14	650
Beans, Green	4 oz	6	32	0.109	5.9
Beans, Lima	4 oz	16.5	88	0.36	139
Beans, Pinto	4 oz	24.9	109	0.501	350
Beans, Pork (Baked)	4 oz	23	107.7	0.76	380
Beans, Refried	4 oz	18.2	108	0.465	434
Beef-A-Roni	1 svg	22.7	304.3	16	228
Bird Dog	1	26.6	268	2.1	425
Biscuit, WG	1	28	210	8	470
Biscuit, Chicken	1	26	246	7.7	489
Biscuit, Egg & Cheese	1	22	274	15	741
Biscuit, Sausage	1	32	268	6.2	643
Blueberry & Strawberry, S.C.	1/2 cup	12.9			
Breadstick	1	23	110	1	210
Broccoli Raw	4 oz	5	29	0.34	34
Broccoli Steamed	4 oz	4.9	26	0.11	14
Brownie	1	26	400	10	160
Burrito, Cheese & Bean	1 svg	40	310	9	580
Captain Jack Burger	1 svg	35	35	16.5	700
Carrot Sliced Cooked	4 oz	4	24	0.19	31
Carrot Sticks	1/2 Cup	5	22.5	0.132	37
Celery Sticks	1/2 Cup	1.5	80	0.17	16
Cereal Apple Jack Red. Sugar	1 ea	26	110	2	160
Cereal, Cinnamon Toast Crunch WG	1 ea	22.3	110	3	160
Cereal, Froot Loops Low sugar	1 ea	25	110	2.5	170
Cereal, Frosted Flakes MG	1 ea	26	110	2	160
Cereal, Cheerios Honey Nut	1 ea	22.3	110	2	160
Cereal, Lucky Charms	1 ea	23	123	1	180
Cereal, Trix WG	1 ea	18.2	110	2	160
Cheese, String	1 ea	1	61	2.5	202
Cheez-It	1.125 oz	28	180	6	330
Cheez-It	.75 oz	14	100	1	150
Cheese Quesadilla	1 svg	18	190	9	390
Cheeseburger	1	31.7	257	8.9	404
Chicken, Alfredo (Twisted Chicken Alfredo)	1 svg	37	411	7	849
Chicken, Roasted Drumstick	1	2	110	9.8	320
Chicken, Buffalo Drumstick	1	4	115	10	300
Chicken, Nuggets	1 serving 5 piece	15	140	1	410
Chicken, Oven Fried	1 serving	13			
Chicken, Popcorn	1 serving	16	210	9	548
Chicken Pot Pie	1 serving	22.8	304	4.5	363
Chicken, Breaded Sandwich	1	44	350	2	690
Chicken, Breaded Supreme Sandwich	1	41	367	3	751
Chicken, Chunks Dill	1 serving	12	180	4.5	400

Chicken, Chunks Supreme	1 serving	14	296	3.9	557
Chicken Fajita	1	27			
Chicken Salad on Croissant	1	31.9			
Chicken, Sweet & Sour over Rice	1 serving	38	290	8	219
Chicken, Tenders	1 serving 3 piece	16	260	15	390
Chicken Tender Sandwich	1	39			
Chips, Baked Variety (average)	.875 oz	19	110	2.5	170
Chips, Baked Variety	1.125 oz	17 - 2	160	4.5	200
Chips, Baked Cheetos	1.125 oz	17			
Chips, Baked Lays BBQ	1.125 oz	24			
Chips, Doritos, Spicy Sw Chili	1.125 oz	20			
Chips, Doritos, Cool Ranch	1.125 oz	19			
Chips, Nacho Cheese	1.125 oz	20			
Cinnamon Roll w/icing	1 (1.25 oz) Rich's Mini	39.9	215	3.3	218
Collards	1/2 Cup	9.8	51	0.09	91
Cookie, Double Chocolate WG oatmeal (1.24 oz	23			
Cookie, Chocolate Chip	1.5 oz	28	170	5	100
Cookie, Chocolate Chip	1 oz	18	110	4	18
Cookies, Fortune	1 svg	24.6	104	4	9.5
Cornbread	1 ea	18			
Corn	4 oz	15	80	2	10
CornDog	1 4oz	30	200	10	760
CornDog Minis	1 svg	20	170	11.5	280
Country Steak	1	16	230	13	170
Crackers, Animal	1 svg	21			
Cracker, Graham Chocolate Goldfish Sh	9 oz	19			
Crackers, Zestine WG 2 / 2 Pk	4 crackers	9	120	3	130
Crisps, Popped Honey BBQ	.78 oz	17			
Crunchmania, Cinnabun	1 bag	37	210	6	220
Cup Cake, Chocolate	1	26	140	3	
Cup Cake, Vanilla	1	27			
Dip, (FF Ranch)	1 (12g)	3	10	0	125
Dippers, Cheese	svg	27.7			
Dressing FF Ranch	1 (12g)	1.8			
Dressing, French	1.5 oz	13			
Dressing, FF Italian	1.5 oz	10			
Dressing, Creamy Ranch	1 (12g)	1			
Dressing, Italian	1.5 oz	8			
Eggs, Scrambled	serving	2.5	77	1.5	154
Enchilada	1 svg	19	140	4	250
Fish Nuggets	4 nuggets	23			
French Toast Stick	1 serving (3 sticks)	37	210	5	240
Fruit Cocktail	4 oz	14.3			
Fruit Pearls, Strawberry	4 oz	9	40	0	0
Fruit Pearls, Tropical	4 oz	9	40	0	0
Fruit Pearls, Wildberry	4 oz	9	40	0	0
Gingerbread cookie	1	38			
Grapes	4 oz	14.5	39	0.16	1
Grits, no cheese	4 oz	14	74	1	14
Grits, Cheese	1/2 Cup	15.7	183	13	186
Hamburger Sliders	1 serving (2)	28			
Hamburger Sliders add Cheese	1 serving (2)	31.2			

Hash Brown Casserole	1 serving (1/2 cup)	11.5			
Honey Mustard	1 oz	7.2			
Hot Dog With Chili	1	26.1	306	12	814
Hot Dog Without Chili	1	24.8	252	11	768
Ice Cream Crazy Cone	1 cone	25			
Ice Cream Cookies and Cream Cone Lov	1 cone	25			
Ice Cream Chocolate Vanilla Twist Cone	1 cone	30			
Ice Cream Vanilla Sandwich Reduced Fa	1 sandwich	33			
Ice Cream Might Mini Vanilla Sandwich	1 sandwich	12			
Ice Cream Sour Blue Raspberry Twister C	1	19			
Ice Cream Sour Apple Twister Cup no fat	1	19			
Ice Cream Banana Cream Yogurt Twiste	1	17			
Ice Cream Cotton Candy Yogurt Twister	1	15			
Ice Cream Birthday Cake Yogurt Twister	1	16			
Ice Cream Raspberry Yogurt Cup No Fat	1	23			
Ice Cream Vanilla Yogurt Cup no fat	1	16			
Ice Cream Banana Tropi-Kool Fruit Bar	1 bar	21			
Ice Cream Strawberry Tropi-Kool Fruit Ba	1 bar	23			
Ice Cream Coconut Tropi-Kool Fruit Bar	1 bar	15			
Ice Cream Pineapple Tropi-Kool Fruit Ba	1 bar	21			
Ice Cream Mango Tropi-Kool Fruit Bar	1 bar	29			
Ice Cream Polar Blast-Fruit Punch Bar	1 bar	16			
Ice Cream Chocolate Scooter 2.75 oz ba	1 bar	22			
Ice Cream Strawberry Scooter 2.75 oz ba	1 bar	22			
Ice Cream Orange Sherbet Cup	1	23			
Ice Cream Lemon Sherbet Cup	1	23			
Ice Cream Raspberry Sherbet Cup	1	27			
Ice Cream Chocolate Ice Cream low fat c	1 container	12			
Ice Cream Strawberry Sundae Low fat cu	1 container	17			
Ice Cream Cotton Candy Ice Cream low f	1 container	12			
Ice Cream Fudge-O Bar	1 bar	17			
Ice Cream Orange Blossom Bar	1 bar	14			
Ice Cream Vanilla low fat cup	1 container	12			
Jello-, Variety sugar free	4 oz	5.9			
Jelly, Variety	1 packet	9	35	0	0
Juice Alive, Slushy	4 oz	15	60	0	5
Juice, Apple	4 oz	13.4	50	0	13
Juice, Apple	6 oz	20	80	0	15
Juice, Fruit Punch	4 oz	11.5	53	0.01	12
Juice, Fruit Punch	6 oz	22	90	0	22
Juice, Orange	4 oz	11.5	53	0.01	12
Juice Bar	1	9.6			
Kale, Garlicky	1/2 cup	3.8	39	0.16	
Ketchup	1 (9g)	3	10	0	85
Krave S'mores	1	24			
Lasagna	1 serving	22.2	212	6.2	319
Macaroni & Cheese	1 serving	23	194	6.3	229
Macaroni & Cheese (Loaded) (has turkey	1 serving	27.1			
Milk, Choc Skim	8 oz	20	120	0	180
Milk, White Skim	8 oz	12	40	0	55
Milk, 1 % White	8 oz	13	110	2.5	129
Muffin, Blueberry	1.8 oz	24.5	135	3.5	195

Muffin, Chocolate	1.8 oz	24	165	7	180
Mustard	1	1	5	0	85
Nachos	1 serving	20.4			
Orange	1 medium	15	62	0	0.16
Orange, Mandarin	4 oz	23	90	0	10
Pancakes, Mini Maple	1 svg	41	230	7	150
Pancakes, The Max Blueberry	1 svg	35	190	4	270
Pancake Pup	1 ea	20	210	12	390
Peas, Black-eyed	4 oz	16.4	92	0.66	140
Peaches & Blueberry S.C. Fruit Cup	1 serving	16.6			
Peaches, Sliced	4 oz	17	70	0.003	10
Peanut Butter Cup	1 container	5			
Pear, Sliced	4 oz	12.9	50	0.07	4
Peas, Black-eyed	4 oz	16.4			
Peas, Green	4 oz	12	68	0.2	61
Pineapple Tidbits	4 oz	22	80	0	0
Pinto Beans	1/2 Cup	18.3			
Pizza Breakfast	1 slice	22	210	3	300
Pizza, Smart Mouth Cheese	1 (7 " personal pizza)	40	360	15	570
Pizza, Smart Mouth Veggie	1 (7 " personal pizza)	44	400	18	710
Pizza, Smart Mouth Italian Sausage	1 (7 " personal pizza)	41	450	23	870
Pizza, Smart Mouth Pepperoni	1 (7 " personal pizza)	40	380	17	660
Pizza WW Cheese	1 Slice	30	310	12	360
Pizza WW Pepperoni	1 Slice	29	350	17	580
Plum	1 medium	7.54			
Pop-Tart, Frosted Single	1	37.5	180	2.3	180
Pop-Tart, Frosted Double	2	75	360	4.5	360
Potatoes, Crinkle Cut	1/2 cup	24.5	130	4.5	25
Potatoes, Mashed or Creamed	1/2 Cup	16.8	103	1.3	205
Potatoes, Mashed Potatoes Smiley Face	1/2 Cup	25	160	6	230
Potatoes, Tater Tots	1 serving	21	179	9.9	309
Potatoes, Sweet Potato Casserole	1 serving	34.2			
Potato, Sweet Potato Bites	1 serving	21	180	5	220
Potato, Sweet Potato Waffle Fries	1/2 Cup	22.5			
Potatoes, Wedges	1/2 cup	19.4			
Quesadilla, Chicken	1	31			
Pudding, Chocolate	1 svg	20			
Raisels	1 svg	35	140	0	0
Ravioli, Cheese Minis	1 Serving	32			
Rice, Brown	1/2 Cup	25.6			
Rice Krispies WG	1.4 oz	30	160	4	140
Rips	4 oz	15	60	0	20
Roll, WG	1	28	170	3	135
Salad, Chef Ham&Ch w/crackers	1 serving	26.4	278	9	650
Salad, Chef Turkey&Ch w/crackers	1 serving	26.8	273	9.1	462
Salad, Grilled Chicken w/crackers	1 serving	23	281	8	450
Salad, Broccoli	1/2 cup	24.5	154	6.4	153
Salad, Farm to Five	1/2 cup	16.3	113	4.6	22.5
Salad, S.C. Kale	1/2 Cup	8.5	147	2	104.5
Salad, Side	1 serving	7	29	0.027	137
Sandwich, Chicken Parmesan	1	37			
Sandwich, Egg & Cheese	1	25	234	11.5	444

Sandwich, Grilled Chicken	1	22	291	2	724
Sandwich, Peanut Butter & Jelly	1 sandwich	35	310	2.5	300
Sandwich, Fish	1 hoagie	47			
Sandwich, Grilled Cheese	1 sandwich	26	313	6.6	674
Sandwich, Hot Ham & Cheese	1 sandwich	24.5			
Sandwich, Ham & Cheese (Hoagie)	1	26.5			
Sandwich, Ham & Cheese Ciiabatta	1	34.5	240	2.5	847
Sandwich, Sloppy Joe	1				
Sandwich, Turkey & Cheese (Hoagie)	1	26.5			
Sandwich, Turkey & Cheese Dipper with	1	43	418	5.6	849
Sandwich, Turkey & Cheese Croissant	1	29.5	285	4.7	624
Sandwich, Hot Turkey Swiss & Bacon	1	31			
Sauce, BBQ served with popcorn chicker	1 (12g)	4.3			
Sausage Patty	1	20	110	9.9	159
Scooby Doo Bones	1 svg	21	123	1.2	116
Shells, Cheese Stuffed	svg	27			
Sloppy Joe	1 svg	40.9	398	6.21	504
Spaghetti W/Meat Sauce	1 Serving	22	294	6.2	632
Slushie, 8 oz	8 oz	29	120	0	10
Soup, Broccoli & Cheese	1 serving	9.4			
Soup, Chicken Noodle	1 serving	13	95	12.6	205
Soup, 5 Star	1 serving	13.9			
Soup, Loaded Baked Potato	1 serving	26			
Soup, Veg Beef	1 serving	9.3	95	1.2	318
Squash, Steamed	4 oz	6			
Sticks, Cheese (Bosco) W/Marinara	svg (2) & marinara	34			
Steak Nuggets	1 svg	17			
Strawberries	1/2 Cup	5.8	24.3	0.23	0.76
Stuffed Cheese Shells	1 svg	13			
Sweet & Sour Chicken, Over Rice	1 serving	29			
Sub, Ham and Cheese	1	34.5			
Sub, Meatball	1 svg	36.3	423	9	890
Sub, Hot Turkey & Cheese	1 svg	42.2			
Syrup	1.5 oz	31.3			
Taco, Beef	2	25	240	7.8	298
Taco, Fish	1	44			
Taco, Fish (High School)	1	49			
Taco Salad	1 svg	24	365	8.6	400
Tea	8 oz	16.5			
TGI Fries	1 svg	18			
Toast, WG	1 slice	11	115	1.5	200
Tostitos	1 bag	19			
Tostitos With Salsa	1 svg	40			
Trimmings	1 svg	1.37	7.3	0	2
Waffles	1 svg	32	300	13	350
Watermelon	1/2 cup	6.5			
Yogurt With String Cheese & Hartzels	1 svg	32	221	2	467