

Menu Item (Serving Size)	Calories (Kcal)	Total Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Protein (g)	Potassium (mg)	Allergen(s)
<b>Category: Milk</b>									
MILK, 1% WHITE (1 ea.)	110.00	2.50	15.00	130.00	12.00	0.00	8.00	399.97	Contains Milk.
MILK, SKIM WHITE (1 ea.)	90.00	0.00	5.00	130.00	12.00	0.00	8.00	399.97	Contains Milk.
SOY MILK, VERY VANILLA (1 ea.)	150.00	4.50	0.00	80.00	18.00	2.00	8.00		Contains Soy.
<b>Category: Meat / Meat Alternate</b>									
BAKED POTATO W/ MARGARINE, CHEESE, SOUR CREAM & CRACKERS (1 ea.)	690.40	29.36	80.00	813.00	80.22	8.16	22.00	79.9	Contains Gluten, Milk, Potatoes, Soy, Wheat.
BAKED POTATO W/ MARGARINE, CHEESE, SOUR CREAM & CRACKERS AND BROCCOLI CHEESE SOUP (1 ea.)	901.28	41.42	103.82	1327.83	96.15	10.20	31.69	381.76	Contains Chicken, Corn/Corn Products, Gluten, Milk, Potatoes, Soy, Wheat. May contain Egg.
BREADED CHICKEN DRUMSTICK - 2 LEGS (1 serv.)	683.42	40.38	186.39	1646.41	18.64	3.11	59.02	963.62	Contains Chicken, Corn/Corn Products, Garlic, Gluten, Wheat.
CALZONE (PEPPERONI) W/ MARINARA SAUCE (1 ea.)	421.24	19.38	35.00	675.26	42.21	3.36	23.36	469.48	Contains Beef, Corn/Corn Products, Garlic, Gluten, Milk, Oranges/Orange Juice, Pork, Soy, Tomatoes, Wheat.
CALZONE (PERSONAL PEPPERONI PIZZA) (1 ea.)	360.00	17.00	35.00	580.00	32.00	2.00	22.00	0	Contains Beef, Corn/Corn Products, Garlic, Gluten, Milk, Oranges/Orange Juice, Pork, Soy, Tomatoes, Wheat.
CHEESEBURGER (1 ea.)	385.00	18.50	82.50	535.00	29.00	4.00	27.50	0	Contains Beef, Corn/Corn Products, Gluten, Milk, Soy, Sunflower Seeds, Wheat.
CHEESEBURGER W/ BAKED BEANS (1 ea.)	535.01	18.50	82.50	905.03	59.00	9.00	34.50	369.92	Contains Beef, Corn/Corn Products, Garlic, Gluten, Milk, Soy, Sunflower Seeds, Wheat.
CHEESEBURGER W/ SWEET CORN (1 ea.)	469.96	20.51	82.50	546.81	46.32	5.65	29.97	0	Contains Beef, Corn/Corn Products, Gluten, Milk, Soy, Sunflower Seeds, Wheat.
CHEESEBURGER W/ TATER TOTS (1 ea.)	495.69	24.54	82.50	846.93	43.09	5.01	28.51	211.31	Contains Beef, Corn/Corn Products, Gluten, Milk, Potatoes, Soy, Sunflower Seeds, Wheat.
CHICKEN FAJITAS W/ TACO SEASONING (1 serv.)	113.29	3.57	65.97	644.41	2.69	0.45	16.05		Contains Chicken, Corn/Corn Products, Garlic, Gluten, Potatoes, Wheat.
CHICKEN NUGGETS W/ MASHED POTATOES & TX TOAST (1 serv.)	554.53	21.71	60.00	1463.29	63.30	3.41	28.61	880.73	Contains Chicken, Corn/Corn Products, Garlic, Gluten, Milk, Potatoes, Soy, Sunflower Seeds, Wheat. May contain Egg.
CHICKEN NUGGETS (5 pc.)	240.00	14.00	20.00	470.00	16.00	3.00	13.00	320.07	Contains Chicken, Corn/Corn Products, Garlic, Gluten, Soy, Wheat.
CHICKEN TENDERS (3 pc.)	288.56	13.67	60.75	470.81	16.71	1.52	24.30	698.82	Contains Carrot, Chicken, Corn/Corn Products, Garlic, Gluten, Soy, Wheat.
COBB SALAD W/ HAM & TX TOAST (1 ea.)	373.32	19.27	142.57	837.33	28.66	2.71	25.34	774.09	Contains Corn/Corn Products, Egg, Gluten, Milk, Soy, Sunflower Seeds, Tomatoes, Turkey, Wheat.
COBB SALAD W/ HAM & WG ROLL (1 ea.)	357.66	14.91	142.9	854.71	35.95	5.26	25.43	808.8	Contains Egg, Gluten, Milk, Soy, Tomatoes, Turkey, Wheat.
CRISPY CHICKEN BURGER W/ TATER TOTS (1 ea.)	490.69	19.04	50.00	951.93	56.09	7.01	29.01	901.31	Contains Carrot, Chicken, Corn/Corn Products, Garlic, Gluten, Potatoes, Soy, Sunflower Seeds, Wheat.
CRISPY CHICKEN SANDWICH (1 ea.)	380.00	13.00	50.00	640.00	42.00	6.00	28.00	690	Contains Carrot, Chicken, Corn/Corn Products, Garlic, Gluten, Soy, Wheat.
FRUIT & YOGURT SALAD (W/ CONTAINER YOGURT) (1 ea.)	454.08	10.13	25.00	388.15	78.64	7.79	17.35	526.24	Contains Cinnamon, Corn/Corn Products, Gluten, Milk, Oats/Oat Products, Oranges/Orange Juice, Soy, Strawberries, Wheat.
GENERAL TSO CHICKEN (1 serving (4))	216.49	7.22	51.55	463.91	24.74	1.03	12.37	0	Contains Chicken, Corn/Corn Products, Egg, Garlic, Gluten, Milk, Sesame, Soy, Wheat.



ASIAN STYLE RICE (1 c.)	357.88	7.06	0.00	1029.37	65.45	3.54	8.75	177.9	Contains Gluten, Milk, Soy, Wheat.
NACHO CHIPS, WG (20 chip)	280.00	14.00	0.00	300.00	34.00	2.00	4.00		Contains Corn/Corn Products.
ROLL, HOMEMADE WHEAT, 2 oz (1 Each (2 oz)	171.01	4.47	0.33	290.71	29.29	2.55	5.09	113.71	Contains Gluten, Milk, Soy, Wheat.
TEXAS TOAST (1 ea.)	186.67	8.83	0.00	273.33	22.00	0.00	5.00	79.00	Contains Corn/Corn Products, Gluten, Milk, Soy, Sunflower Seeds, Wheat.
TORTILLAS, FLOUR, SOFT (2 tortilla m)	180.00	4.00	0.00	600.00	32.00	0.00	6.00	114.00	Contains Corn/Corn Products, Gluten, Wheat.
<b>Category: Fruit</b>									
APPLE, FRESH, GREEN (1 ea.)	94.64	0.31	0.00	1.82	25.13	4.37	0.47	194.74	Contains Apples.
APPLE, FRESH, RED (1 ea.)	107.38	0.36	0.00	1.82	25.59	4.19	0.49	189.04	Contains Apples.
APPLESAUCE, PLAIN, UNSWEETENED (1/2 c)	50	0	0	1	14	1	1	0	Contains Apples.
APPLESAUCE CUPS (1 ea.)	60	0	0	15	14	1	0		Contains Apples.
BANANA, FRESH (1 ea.)	119.04	0.42	0.00	1.28	29.23	3.33	1.40	458.24	
MANDARIN ORANGES (1/2 c)	86.67	0	0	12.48	21.15	1.21	1.21	148.2	Contains Oranges/Orange Juice.
MIXED BERRIES CUP (1 ea.)	90	0	0	0	20	2	0		Contains Strawberries.
ORANGES, FRESH (1 ea.)	61.57	0.16	0.00	0.00	15.39	3.14	1.23	237.11	Contains Oranges/Orange Juice.
STRAWBERRY CUP, DICED (1/2 c)	80	0	0	1	21	2	0		Contains Strawberries.
<b>Category: Vegetable</b>									
BABY CARROT & CUCUMBER SLICES (1 ea.)	17.81	0.09	0.00	28.20	4.23	1.20	0.46	137.22	Contains Carrot.
BABY CARROTS, FRESH (1/2 c.)	24.81	0.09	0.00	55.28	5.84	2.06	0.45	167.97	Contains Carrot.
BROCCOLI DIPPERS, FRESH (1/2 c.)	10.76	0.12	0.00	10.44	2.10	0.82	0.89	100.00	
BROCCOLI, STEAMED & SEASONED (1/2 c.)	29.53	1.57	0.00	30.96	3.05	2.29	1.52	137.23	Contains Milk, Soy.
BURGER SALAD (SHREDDED DARK LEAFY LETTUCE & TOMATO SLICES) (1 ea.)	11.96	0.13	0.00	10.09	2.49	0.88	0.76	54.97	Contains Tomatoes.
BUSH'S BAKED BEANS (1 c.)	300.02	0.00	0.00	740.06	60.00	10.00	14.00	739.84	Contains Corn/Corn Products, Garlic.
CORN W/ MARGARINE (1/2 c.)	84.96	2.01	0.00	11.81	17.32	1.65	2.47	0	Contains Corn/Corn Products, Milk, Soy.
FRIES, CRINKLE CUT (1/2 cup)	118.56	3.56	0.00	201.54	17.78	2.37	1.19	249.07	Contains Corn/Corn Products, Garlic, Potatoes, Soy, Sunflower Seeds.
GREEN BEANS, SEASONED (1/2 c.)	16.06	0.37	0.00	145.19	2.54	1.27	0.64	63.7	Contains Milk, Soy.
LETTUCE, DARKY LEAFY, FRESH, SHREDDED (1 oz)	6.45	0.06	0.00	12.06	1.23	0.56	0.59	83.37	



CHEESE SAUCE, ROTEL (2 oz.)	58.62	3.79	0.20	466.69	5.51	0.10	0.41	26.63	Contains Corn/Corn Products, Milk, Tomatoes.
CHIPS, DORITOS, RF COOL RANCH (1 ea.)	130.00	5.00	0.00	160.00	20.00	2.00	2.00	39.95	Contains Corn/Corn Products, Garlic, Milk, Red Dye, Sunflower Seeds, Tomatoes.
COOKIE, TURKEY SHAPED, IW	130.00	4.5	10	100	22	1	2	33	Contains Egg, Gluten, Milk, Red Dye, Wheat.
ITALIAN ICE - CRYBABY SOUR CHERRY (1 ea.)	99	0	0	15	25	0	0		Contains Apples.