

<b>Meat/Meat Alternative</b>	<b>Calories</b>	<b>Cal from fat</b>	<b>Sodium in milligrams</b>	<b>Carb in grams</b>	<b>Fiber in grams</b>	<b>Protein in grams</b>	<b>Sugars in grams</b>
<b>Bacon Cheeseburger</b>	<b>345</b>	<b>17</b>	<b>750</b>	<b>27</b>	<b>7</b>	<b>23</b>	
<i>Turkey Bacon, 1 slice</i>	20	1.5	110	0	0	2	1.5
<i>Hamburger- JTM 2.45 oz</i>	170	12	250	1	1	12	0
<i>Whole Grain Bun</i>	120	1.5	180	25	6	5	3
<i>American cheese- 1 Slice</i>	35	2	210	1	0	3	0.5
<b>Chicken Wrap</b>	<b>679</b>	<b>32</b>	<b>935</b>	<b>75</b>	<b>8.3</b>	<b>30</b>	
<i>Chicken, 3 tenders</i>	260	15	390	16	3	15	1
<i>Lettuce &amp; Cheese</i>	119	9	185	10	0.3	6.75	0.49
<i>Tortilla, 8 inch</i>	110	3	95	19	2	3	1
<b>BBQ Pork &amp; Bun</b>	<b>310</b>	<b>13.5</b>	<b>350</b>	<b>27</b>	<b>6</b>	<b>21</b>	
<i>BBQ Pork, 2.5 oz.</i>	190	12	270	2	0	16	3
<i>Bun</i>	120	1.5	180	25	6	5	3
<b>Cheddar Melt</b>	<b>313</b>	<b>98</b>	<b>825</b>	<b>31</b>	<b>4</b>	<b>19</b>	
<i>Bun, Whole Grain</i>	120	1.5	180	25	6	5	3
<i>Sliced Beef, 3.28 oz.</i>	110	4	40	0	0	20	0
<i>Cheese sauce, 1/4 C</i>	100	7	400	3	0	5	0
<b>Cheeseburger</b>	<b>325</b>	<b>15.5</b>	<b>640</b>	<b>27</b>	<b>7</b>	<b>20</b>	
<i>Hamburger - JTM</i>	170	12	250	1	1	12	0
<i>Whole Grain Bun</i>	120	1.5	180	25	6	5	3
<i>American cheese</i>	35	2	210	1	0	3	0.5
<b>Chicken Bowl</b>	<b>516</b>	<b>203</b>	<b>2121</b>	<b>67</b>	<b>5</b>	<b>14</b>	
<i>Chicken Poppers</i>	230	13	350	14	3	14	3
<i>Mashed potatoes, ½ cup</i>	90	1	410	17	1	2	0
<i>Corn, ½ cup</i>	70	1	15	15	2	2	3
<i>Chicken gravy, 1oz</i>	45	0	390	6	0	1	0
<b>Chicken Fajita Meat-</b>	<b>140</b>	<b>7</b>	<b>400</b>	<b>2</b>	<b>0</b>	<b>17</b>	<b>0</b>
<b>Chicken Drumstick - 1 Spicy</b>	<b>170</b>	<b>10</b>	<b>250</b>	<b>5</b>	<b>0</b>	<b>16</b>	<b>0</b>
<b>Chicken Drumstick 1 - Reg.</b>	<b>220</b>	<b>13</b>	<b>530</b>	<b>6</b>	<b>1</b>	<b>19</b>	<b>0</b>
<b>Chicken Nuggets</b>	<b>210</b>	<b>12</b>	<b>320</b>	<b>13</b>	<b>2</b>	<b>13</b>	<b>1</b>
<b>Chicken Patty &amp; Bun</b>	<b>370</b>	<b>16.5</b>	<b>580</b>	<b>41</b>	<b>7</b>	<b>21</b>	<b>4</b>
<i>Whole Grain Bun</i>	120	1.5	180	25	4	5	3
<i>Chicken Patty</i>	270	15	400	16	3	16	1
<b>Chicken Pot Pie</b>	<b>310</b>	<b>119</b>	<b>939</b>	<b>32</b>	<b>2</b>	<b>33</b>	
<i>Gravy</i>	35	18	270	4	0	0g	
<i>Diced Chicken, 3 oz.</i>	100	20	30	0	0	26	
<i>Vegetable, .5 cup</i>	35	0	29	6	2	2	
<i>Biscuit</i>	140	81	610	22	0	5	
<b>Chicken Strips</b>	<b>220</b>	<b>108</b>	<b>650</b>	<b>15</b>	<b>1</b>	<b>14</b>	

<b>Chicken Twisters</b>	<b>444</b>	<b>231</b>	<b>1343</b>	<b>35</b>	<b>1</b>	<b>18</b>	
<i>Chicken strips, 3</i>	260	15	390	16	3	15	1
<i>Turkey Bacon, 2 strips</i>	40	3	220	0	0	2	0
<i>Tortilla, 8 inch</i>	110	3	95	19	2	3	1
<i>(Ranch dressing, 12 Grams.) 2</i>	60	5	110	4	0	0	1
<b>Corn Dog - 4 ea.</b>	<b>180</b>	<b>8</b>	<b>320</b>	<b>30</b>	<b>2</b>	<b>9</b>	<b>8</b>
<b>Mini Corn Dogs</b>	<b>180</b>	<b>8</b>	<b>320</b>	<b>20</b>	<b>0</b>	<b>7</b>	<b>5</b>
<b>Grilled Ham &amp; Cheese</b>	<b>215</b>	<b>73</b>	<b>760</b>	<b>26</b>	<b>4</b>	<b>14</b>	
<i>Bread, 2 slices</i>	110	10	220	23	4	4	
<i>Ham, 1 ounce</i>	35	9	300	2	0	6	
<i>American Cheese</i>	70	54	240	1	0	4	
<b>Fish Sticks - 4pcs</b>	220	9	350	22	2	12	0
<b>Grilled Ham &amp; Cheese</b>	<b>250</b>	<b>91</b>	<b>744</b>	<b>25</b>	<b>4</b>	<b>17</b>	
<i>Sliced turkey ham, 2 oz. 4 Sl</i>	120	6	360	3	0	13	2
<i>American cheese</i>	50	4.5	225	1	0	5	0
<i>Whole grain bread, 2 slices</i>	110	10	220	23	4	4	
<b>Hamburger &amp; Bun</b>	<b>267</b>	<b>101</b>	<b>655</b>	<b>27</b>	<b>5</b>	<b>16</b>	
<i>Hamburger</i>	147	86	415	2	1	12	
<i>Whole Grain Bun</i>	120	15	240	25	4	4	
<b>Ham &amp; Au Gratin</b>	<b>398</b>	<b>49</b>	<b>2242</b>	<b>74</b>	<b>6</b>	<b>14</b>	
<i>Ham</i>	35	9	300	2	0	6	
<i>Au Gratin Potatoes</i>	363	40	1942	72	6	8	
<b>Hot Dog &amp; Bun</b>	<b>293</b>	<b>157</b>	<b>816</b>	<b>26</b>	<b>4</b>	<b>10</b>	
<i>Hot Dog</i>	173	142	576	1	0	6	
<i>Whole Grain Bun</i>	120	15	240	25	4	4	
<b>Lasagna Rollup</b>	270	86	390	29	4	9	
<i>Lasagna Rollup (1)</i>	240	6	390	29	2	15	5
<i>Italian sauce 4 oz.</i>	70	14	480	13	3	2	
<b>Macaroni &amp; Cheese, 6. oz</b>	<b>291</b>	<b>138</b>	<b>1015</b>	<b>24</b>	<b>1</b>	<b>15</b>	
<b>Meatball Sandwich</b>	<b>344</b>	<b>137</b>	<b>881</b>	<b>31</b>	<b>1</b>	<b>29</b>	
<i>Bun</i>	120	15	240	25	4	4	
<i>Meatballs, 3/.5 oz.</i>	109	70	231	0	0	20	
<i>Cheese, .5 oz.</i>	80	45	170	0	0	4	
<i>Sauce, .25 cup</i>	35	7	240	6	1	1	
<b>Mozzarella Sticks 6</b>	<b>310</b>	<b>11</b>	<b>560</b>	<b>33</b>	<b>3</b>	<b>19</b>	<b>2</b>
<b>Nachos Grande</b>	<b>325</b>	<b>174</b>	<b>401</b>	<b>21</b>	<b>4</b>	<b>22</b>	
<i>Taco Meat 2.71 oz</i>	120	7	290	2	1	14	0
<i>Tortilla Chips 4oz</i>	130	4.5	100	20	2	2	0
<i>Cheese 1oz.</i>	110	9	191	1	0	7	0
<b>Ravioli - 3each</b>	200	7	360	24	2	15	2

<b>Pasta &amp; Meat Sauce</b>	<b>376</b>	<b>74</b>	<b>663</b>	<b>51</b>	<b>4</b>	<b>22</b>	
<b>JTM Bagged -7.44oz</b>	<b>310</b>	<b>16</b>	<b>610</b>	<b>24</b>	<b>4</b>	<b>18</b>	<b>8</b>
<i>Meat Sauce - 5.6oz</i>	170	7	290	9	2	15	7
<i>Pasta, 2 oz.</i>	200	1	0	42	2	7	2
<b>Uncrustables PBJ Grape 2oz</b>	<b>300</b>	<b>16</b>	<b>280</b>	<b>32</b>	<b>4</b>	<b>9</b>	<b>15</b>
<i>Uncrustables PBJ Grape 5.3 oz</i>	600	33	530	64	7	18	30
<i>Uncrustable PBJ Stberry 2.6oz</i>	300	16	280	33	4	9	15
<b>Philly Beef Sandwich</b>	<b>473</b>	<b>236</b>	<b>1030</b>	<b>3</b>	<b>0</b>	<b>30</b>	
<i>Sliced Beef, 3 oz.</i>	140	8	390	3	0	13	2
<i>Mozzarella, 2 oz.</i>	90	6	180	1	0	7	1
<b>Pizza- Chicken BBQ</b>	<b>310</b>	<b>10</b>	<b>570</b>	<b>38</b>	<b>3</b>	<b>18</b>	<b>7</b>
<b>Pizza- Fiestada</b>	<b>360</b>	<b>14</b>	<b>710</b>	<b>43</b>	<b>4</b>	<b>17</b>	<b>11</b>
<b>Pizza - Cheese 4x6 BD</b>	<b>360</b>	<b>16</b>	<b>490</b>	<b>35</b>	<b>3</b>	<b>21</b>	<b>9</b>
<b>Pizza - Pepperoni 4x6 BD</b>	<b>370</b>	<b>16</b>	<b>560</b>	<b>35</b>	<b>3</b>	<b>21</b>	<b>8</b>
<b>Roast Turkey, Gravy, 5.23oz</b>	<b>147</b>	<b>58</b>	<b>657</b>	<b>4</b>	<b>0</b>	<b>19</b>	
<b>Salisbury Steak, etc</b>							
<i>Mashed Potato, 5 oz.</i>							
<i>Gravy, .25 cup</i>							
<i>Salisbury Steak</i>							
<b>Sausage Gravy/Biscuit</b>							
<i>Sausage Gravy, 4 oz.</i>							
<i>Biscuit</i>							
<b>Sloppy Joe</b>	<b>270</b>	<b>7.5</b>	<b>500</b>	<b>35</b>	<b>6</b>	<b>18</b>	
<i>Ground beef &amp; sauce, 6.63 oz</i>	150	6	420	10	2	13	8
<i>Whole grain bun</i>	120	1.5	180	25	4	5	3
<b>Sub Sandwich</b>	<b>383</b>	<b>177</b>	<b>686</b>	<b>36</b>	<b>1</b>	<b>17</b>	
<i>Hoagy Roll</i>	170	15	6	35	1	6	
<i>American Cheese</i>	70	54	240	1	0	4	
<i>Sub Meat 2oz</i>	130	10	410	1	0	9	0
<b>Taco Meat -3.17oz</b>	<b>110</b>	<b>5</b>	<b>290</b>	<b>5</b>	<b>2</b>	<b>13</b>	<b>2</b>