

Meat/Meat Alternative	Calories	Cal from fat	Sodium in milligrams	Carb in grams	Fiber in grams	Protein in grams
Bacon Cheeseburger	362	175	1015	28	1	24
<i>Bacon, 1 slice</i>	25	20	120	0	0	4g
<i>Hamburger</i>	147	86	415	2	1	12
<i>Whole Grain Bun</i>	120	15	240	25	0	4
<i>American cheese</i>	70	54	240	1	0	4
BBQ Chicken Wrap	361	59	735	50	0	29
<i>BBQ Chicken, 3 oz.</i>	130	32	40	0	0	26
<i>BBQ sauce, 3 tbsp</i>	111	0	465	30	0	0
<i>Tortilla, 8 inch</i>	120	27	230	20	0	3
BBQ Pork & Bun	326	90	1152	41	16	22
<i>BBQ Pork, 4.6 oz.</i>	206	75	912	16	16	18
<i>Bun</i>	120	15	240	25	0	4
Cheddar Melt	313	98	825	31	4	19
<i>Bun, Whole Grain</i>	120	15	240	25	4	4
<i>Sliced Beef, 3 oz.</i>	153	56	350	3	0	14
<i>Cheese sauce, 2 oz.</i>	40	27	235	3	0	1
Cheeseburger	337	155	895	28	5	20
<i>Hamburger</i>	147	86	415	2	1	12
<i>Whole Grain Bun</i>	120	15	240	25	4	4
<i>American cheese</i>	70	54	240	1	0	4
Chicken Bowl	516	203	2121	67	5	14
<i>Chicken Poppers</i>	220	117	240	15	1	10
<i>Mashed potatoes, ½ cup</i>	130	45	400	20	2	2
<i>Corn, ½ cup</i>	66	5	1	16	2	2
<i>Chicken gravy, ¼ cup</i>	100	36	1480	16	0	0
Chicken Croissant	398	245	475	29	0	10
<i>Croissant, 1.5 oz.</i>	180	90	160	20	0	3
<i>Chicken salad, 3 oz.</i>	218	155	315	9	0	7
Chicken Nuggets	230	117	590	12	0	17
Chicken Patty & Bun	350	132	480	27	1	21
<i>Whole Grain Bun</i>	120	15	240	25	4	4
<i>Chicken Patty</i>	230	117	240	2	1	17
Chicken Pot Pie	310	119	939	32	2	33
<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
Chicken Strips	220	108	650	15	1	14

Chicken Twisters	444	231	1343	35	1	18
<i>Chicken strips, 3</i>	270	162	885	15	1	12
<i>Bacon, 2 strips</i>	54	42	228	0	0	3
<i>Tortilla, 8 inch</i>	120	27	230	20	0	3
<i>(Ranch dressing, 1.5 oz.)</i>	230	216	390	2	0	1
Corn Dog	290	135	1090	29	1	9
Grilled Ham & Cheese	215	73	760	26	4	14
<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
Grilled Ham & Cheese	250	91	744	25	4	17
<i>Sliced turkey ham, 2 oz.</i>	70	27	500	1	0	9
<i>American cheese</i>	70	54	24	1	0	4
<i>Whole grain bread, 2 slices</i>	110	10	220	23	4	4
Hamburger & Bun	267	101	655	27	5	16
<i>Hamburger</i>	147	86	415	2	1	12
<i>Whole Grain Bun</i>	120	15	240	25	4	4
Ham & Au Gratin	398	49	2242	74	6	14
<i>Ham</i>	35	9	300	2	0	6
<i>Au Gratin Potatoes</i>	363	40	1942	72	6	8
Hot Dog & Bun	293	157	816	26	4	10
<i>Hot Dog</i>	173	142	576	1	0	6
<i>Whole Grain Bun</i>	120	15	240	25	4	4
Lasagna Rollup	270	86	690	34	4	9
<i>Lasagna Rollup (1)</i>	200	72	210	21	1	7
<i>Italian sauce 4 oz.</i>	70	14	480	13	3	2
Macaroni & Cheese, 6. oz	291	138	1015	24	1	15
Meatball Sandwich	344	137	881	31	1	29
<i>Bun</i>	120	15	240	25	0	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
MHS/YMS Pizza	600	276	1245	82.5	2	20
<i>Crust</i>	270	45	450	77	2	1
<i>Sauce</i>	20	10	150	3	0	2
<i>Cheese</i>	120	68	255	1.5	0	9
<i>Sausage</i>	190	153	390	1	0	8
Mozzarella Sticks	400	180	1300	35	0	15
Nachos Grande	325	174	401	21	4	22
<i>Taco Meat 2oz</i>	110	43	291	4	2	13
<i>Tortilla Chips 4oz</i>	160	90	70	16	2	2
<i>Cheese 1oz.</i>	55	41	40	1	0	7
<i>Pork Pattie</i>	280	160	420	14	1	17

Pasta & Meat Sauce	376	74	663	51	4	22
<i>Meat Sauce</i>	166	65	663	9	2	15
<i>Pasta, 2 oz.</i>	210	9	0	42	2	7
Peanut Butter & Jelly	360	154	370	43	6	12
<i>Bread, 2 slices</i>	110	10	220	23	4	4
<i>Peanut Butter, 2 oz.</i>	200	144	150	7	2	8
<i>Jelly</i>	50	0	0	13	0	0
Philly Beef Sandwich	473	236	1030	3	0	30
<i>Sliced Beef, 3 oz.</i>	153	56	350	3	0	14
<i>Mozzarella, 2 oz.</i>	320	180	680	0	0	16
Pizza - Cheese 4x6	300	99	580	35	4	16
Pizza - Pepperoni 4x6	300	108	660	35	4	16
Roast Turkey, Gravy, 5.23oz.	147	58	657	4	0	19
Salisbury Steak, etc	454	232	2484	41	5	16
<i>Mashed Potato, 5 oz.</i>	130	45	400	20	2	2
<i>Gravy, .25 cup</i>	100	36	1480	16	0	0
<i>Salisbury Steak</i>	224	151	604	5	3	14
Sausage Gravy/Biscuit	307	182	1394	31	0	12
<i>Sausage Gravy, 4 oz.</i>	167	101	784	9	0	7
<i>Biscuit</i>	140	81	610	22	0	5
Sloppy Joe	263	67	898	34	5	17
<i>Ground beef & sauce, 3.5 oz.</i>	143	52	658	9	1	13
<i>Whole grain bun</i>	120	15	240	25	4	4
Sub Sandwich	383	177	686	36	1	17
<i>Hoagy Roll</i>	170	15	6	35	1	6
<i>American Cheese</i>	70	54	240	1	0	4
<i>Sub Meat</i>	143	108	540	0	0	7
Taco Meat	110	43	503	4	2	13

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