

NUTRITIONAL ANALYSIS OF EVERYDAY FAVORITES



ENTREES	SERVING SIZE	CALORIES	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	PROTEIN	CARBOHYDRATES	FIBER
Burrito, Beef & Bean	1 each	260	15	4.5	15	560	10	28	2
Chef Salad	1 Salad	247	16	5.5	48	877	18	7	1
Chicken, Baked	1 serving	236	18	3.5	78	66	19	1	0.5
Chicken Nuggets	4 each	203	14	3.5	33	361	9	9	1
Chicken Tenders	4 each	310	9	1	31	1160	27	28	1
Chow Mein, Chicken (no rice)	1 cup	170	5	1	45	1040	17	15	2
Corn Dog	1 each	270	12	3	35	930	10	30	0
Corn Dogs, Mini	3 each	310	17	4	40	790	10	31	3
Country Fried Steak	1 each	183	10	4	48	385	14.5	7	0
Fish Nuggets	4 each	156	6	1.5	20	440	13	11	1
French Toast Sticks	2 each	156	4	1.5	113	278	7	22	1
Italian Dunkers	1 each	272	8	4	19	783	20	29	2
Lasagna	1 serving	266	11	6	43	407	17	24	2
Taco, Beef, Hard Shell	2 each	294	17	6	50	288	16	20	3
Taco, Beef, Soft Shell	2 each	391	16	7	50	456	20	42	3
Macaroni & Cheese	1 cup	294	11	4	16	595	16	32	1
Nachos, Beefy	1 serving	305	21	9	52	572	16	15	2
Pizza, Cheese (Tony's)	1 slice	313	11.5	6.5	30	712	20	32	1.5
Quesadillas, Cheese	3 each	209	6	3	12	510	17	20	1
Ravioli	1 cup	230	3.5	1.5	10	1200	6	42	3
Sausage Links	2 each	110	11	2	22	184	3	0.5	1
Spaghetti with Meat Sauce	3/4 cup	271	9	3	46	208	18	30	3
Turkey and Gravy	1 each	195	7.5	2	63	489	25	5	0
Wrap, Turkey	1 each	342	11	2.5	28	669	17	43	3
BEVERAGES	SERVING SIZE	CALORIES	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	PROTEIN	CARBOHYDRATES	FIBER
Juice, 100% Orange	1/2 cup	53	0	0	0	2	0	12	0.5
Milk, 1%	1 cup	102	2.5	1.5	10	123	8	12	0
Milk, 2%	1 cup	121	5	3	18	122	8	12	0
Milk, Skim	1 cup	86	0	0	4	126	8	12	0

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SANDWICHES	SERVING SIZE	CALORIES	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	PROTEIN	CARBOHYDRATES	FIBER
BBQ Pork Sandwich	1 each	244	8.5	2.5	45	361	21	21	2
Chicken, Grilled	1 each	217	4	1	48	283	21	22	1
Chicken Patty	1 each	313	12	1.5	20	661	30	35	1
Egg & Cheese Breakfast Sandwich	1 each	259	10	3.5	219	594	14	28	1.5
Fish & Cheese Sandwich	1 each	308	11	2.5	32	651	15	38	2
Ham & Cheese on a Bun	1 each	211	5.5	1.5	31	889	14	22	1
Hamburger	1 each	264	11.5	4	49	278	17	22	1
Hot Dog	1 each	253	13	4	50	811	10	24	1
Hot Dog, Footlong	1 each	345	16	5	76	1372	16	34	2
Meatball Sub	1 each	346	11.5	4	62	436	21	40	2.5
Riblet Sandwich	1 each	317	14.5	5.5	33	849	16	31	2.5
Sloppy Joes	1 each	291	10	4	46	482	17	32	2
SOUPS	SERVING SIZE	CALORIES	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	PROTEIN	CARBOHYDRATES	FIBER
Chicken Noodle	1 cup	56	2	0.5	8	872	3	8	1
Chili	1/2 cup	149	7	2.5	37	174	13	10	2
Tomato	1 cup	60	1	0	0	485	1.5	12	0.5
FRUITS	SERVING SIZE	CALORIES	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	PROTEIN	CARBOHYDRATES	FIBER
Apple, Fresh	1 each	81	0	0	0	0	0.25	21	4
Applesauce	3/4 cup	37	0	0	0	2	0	10	1
Banana, Fresh	1 each	105	0	0	0	1	1	27	3
Cantaloupe, Fresh	1 cup	52	0	0	0	12	1	11	1
Grapes, Fresh	1 cup	62	0	0	0	2	0.5	16	1
Kiwi, Fresh	1 each	46	0	0	0	4	1	11	3
Mandarin Oranges, Canned	1/2 cup	72	0	0	0	7	1	18	1.5
Mixed Fruit, Canned	1/2 cup	69	0	0	0	7	0.5	18	1.5
Orange, Fresh	1 each	62	0	0	0	0	1	15	3
Pears, Canned	1/2 cup	72	0	0	0	7	0	19	2
Peaches, Canned	1/2 cup	68	0	0	0	17	0.5	18	2
Pineapple, Canned	1/2 cup	66	0	0	0	1.5	0.5	17	1
Strawberries, Fresh	1 cup	43	0	0	0	1	1	10	3
Watermelon, Fresh	1 cup	51	0	0	0	3	1	12	1

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VEGETABLES	SERVING SIZE	CALORIES	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	PROTEIN	CARBOHYDRATES	FIBER
Broccoli	1/2 cup	26	0	0	0	22	3	5	3
California Blend	1/2 cup	22	0	0	0	19	2	4	2
Carrots, Baby	1/2 cup	16	0	0	0	15	1	4	2
Cauliflower	1/2 cup	17	0	0	0	16	2	4	3
Celery Sticks	1/2 cup	24	0	0	0	129	1	5	3
Corn	1/2 cup	65	0	0	0	4	2	16	4
Cucumbers	1/2 cup	12	0	0	0	4	0.5	3	1
Green Beans	1/2 cup	19	0	0	0	6	1	4	2
French Fries	4 ounces	228	8.5	1.5	0	300	4	35	3.5
Peas	1/2 cup	63	0	0	0	35	4	12	4
Potato, Baked	1 each	220	0	0	0	16	5	51	5
Potato, Mashed	1/2 cup	74	1	0	0	75	2	14	1
Potato Triangle	1 each	90	5	0.5	0	150	2	9	2
Potato Tots	1 cup	284	14	6.5	0	955	4	39	4
Potato Wedges	4 ounces	147	4	0.5	0	480	2.5	25	2.5
Tomatoes	1/2 cup	17	0	0	0	7	1	4	1
DESSERTS	SERVING SIZE	CALORIES	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	PROTEIN	CARBOHYDRATES	FIBER
Apple Crisp	1 serving	195	8	1	0	113	2	30	2
Bar, Fruit	1 bar	40	0	0	0	0	0	10	0
Bar, Rice Krispie	1 bar	67	0.5	0	0	82	0.5	15	0
Brownie, Frosted	1 bar	114	5	1	0	198	2	32	1
Cake	1 piece	180	6	1	15	300	3	41	1
Churro, Cinnamon	1 each	130	8	2	10	115	2	13	1
Cookie, Chocolate Chip	1 ounce	124	6.5	2	13	87	1	16	0.5
Cookie, Sugar	1 ounce	127	6	1	17	154	1.5	17	0
Cookie, Snickerdoodle	1 ounce	140	6	1	17	154	1	20	0
Ice Cream Cup	1/2 cup	59	3	2	13	23	2	7	0
Ice Cream Sandwich	1 each	104	4	2	10	95	2	15	0
Jell-O, Fruited	1 cup	146	0	0	0	59	2	36	1
Pudding	1 cup	170	5	1.5	5	120	2	29	0