

Product Name	Serving Size	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol
All Beef Hot Dog (w/ bun)	1 hot dog	390	220	24g	10g	0g	50mg
Banana	1 half	50	0	0g	0g	0g	0mg
BBQ Pork Ribette Sandwich (w/ bun)	1 sandwich	420	100	12g	4g	0g	30mg
Beef Nachos	2 oz. chips, 2 oz. meat, 2 oz. cheese	460	230	26g	7g	0g	35mg
Beef Nachos (no cheese)	2 oz. chips, 2 oz. meat	410	190	21g	6g	0g	35mg
Beef Tacos	2 tacos	450	230	26g	11g	0g	70mg
Bosco Cheese Stick 7"	1 each	220	70	7g	3.5g	0g	15mg
Breadstick	1 breadstick	130	15	1.5g	0g	0g	0mg
Burger Patty	1 patty	270	190	21g	10g	0g	70mg
Buttered Noodles - Whole Grain	1 cup	310	110	13g	7g	0g	30mg
Carrots	1/2 cup	40	0	0.5g	0g	0g	0mg
Cheese Quesadilla	1 each	370	170	20g	10g	0g	45mg
Cheese Ravioli with Marinara Sauce	6 each	220	60	7g	4g	0g	35mg
Chicken Slider Bun	1 bun	130	70	8g	1.5g	0g	20mg
Chicken Sliders (baked)	2 sliders	480	200	22g	7g	0g	50mg
Chicken Teriyaki Lo Mein	1 bowl	560	60	7g	1g	0g	85mg
Cole Slaw	2 oz.	150	130	14g	2g	0g	10mg
Corn on the Cob	1 each	90	0	0g	0g	0g	0mg
Fettuccini Alfredo	1 cup pasta, 2 oz. sauce	460	220	25g	11g	0g	50mg
Green Beans	1/2 cup	40	0	0g	0g	0g	0mg
Grilled Cheese & Ham on Wheat Bread	1 sandwich	660	450	49g	17g	0g	80mg
Grilled Cheese on Wheat	1 sandwich	570	400	44g	15g	0g	35mg
Hamburger (w/ bun)	1 burger	420	200	23g	10g	0g	70mg
Hot Dog - no bun	1 frank	240	200	22g	10g	0g	50mg
Italian Beef Sandwich (w/ bun)	1 sandwich	420	160	18g	8g	0g	75mg
Meatball Sub (w/ bun)	1 sandwich	380	140	16g	7g	0.5g	25mg
Meatballs	4 meatballs	180	120	13g	5g	0.5g	25mg
Mixed Vegetables	1/2 cup	90	0	0g	0g	0g	0mg
Orange Ginger Chicken with White Rice	1 cup chicken, 1/2 cup rice	400	100	11g	2g	0g	25mg
Orange Ginger Sauce	1 tbsp	110	0	0g	0g	0g	0mg
Pancakes - Whole Grain	3 pancakes	230	50	6g	1g	0g	10mg
Pancakes - Whole Grain with Sausage	3 pancakes, 2 sausages	410	200	22g	7g	0g	45mg
Pancakes - Whole Grain with Scrambled Eggs	3 pancakes, 4 oz. eggs	400	140	17g	4.5g	0g	490mg
Parmesan Panko Crusted Chicken Tenders	2 tenders	570	200	22g	6g	0g	100mg
Peas & Carrots	1/2 cup	70	0	0g	0g	0g	0mg
Penne - no sauce	1 cup	210	10	1.5g	0g	0g	0mg
Penne with Marinara Sauce - Whole Grain	1 cup pasta, 2 oz. sauce	250	20	3g	1g	0g	0mg
Penne with Marinara Sauce and Meatballs - Whole Grain	1 cup pasta, 2 oz. sauce, 4 meatballs	430	140	16g	6g	0.5g	25mg
Sausage	2 sausages	180	150	16g	6g	0g	35mg
Scrambled Eggs	4 oz.	170	100	11g	3.5g	0g	480mg

Sodium	Total Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron	Allergens
1040mg	30g	2g	5g	16g	0%	0%	0%	0%	20% Wheat
0mg	13g	2g	7g	less than 1g	0%	8%	0%	0%	0% None
1410mg	61g	2g	20g	18g	6%	2%	6%	6%	10% Soy, Wheat
720mg	44g	4g	1g	12g	6%	2%	8%	8%	10% Milk, Soy
390mg	39g	4g	0g	12g	6%	2%	8%	8%	10% Soy
660mg	32g	5g	3g	21g	10%	4%	8%	8%	20% Soy, Wheat
310mg	27g	less than 1g	less than 1g	12g	4%	0%	20%	20%	10% Milk, Wheat
270mg	3g	1g	1g	4g	0%	0%	6%	6%	10% Wheat
60mg	0g	0g	0g	19g	0%	0%	2%	2%	2% None
0mg	42g	4g	2g	7g	8%	0%	2%	2%	10% Milk, Wheat
75mg	9g	4g	5g	less than 1g	320%	4%	4%	4%	2% None
520mg	31g	3g	2g	20g	10%	0%	60%	60%	8% Milk, Wheat
470mg	30g	3g	5g	9g	20%	6%	15%	15%	10% Egg, Milk, Wheat
270mg	8g	0g	0g	7g	0%	0%	2%	2%	4% Soy, Wheat
780mg	50g	2g	6g	20g	0%	0%	4%	4%	8% Milk, Soy, Wheat
2060mg	91g	4g	22g	31g	10%	35%	4%	4%	20% Soy, Wheat
310mg	7g	2g	2g	less than 1g	25%	50%	4%	4%	2% Egg
0mg	19g	less than 1g	5g	3g	0%	6%	0%	0%	0% None
330mg	48g	2g	4g	10g	10%	0%	8%	8%	10% Milk, Soy, Wheat
0mg	8g	3g	3g	1g	6%	6%	6%	6%	6% None
1150mg	30g	2g	4g	22g	15%	0%	25%	25%	10% Milk, Soy, Wheat
790mg	27g	2g	2g	11g	15%	0%	25%	25%	8% Milk, Soy, Wheat
290mg	27g	3g	4g	26g	0%	0%	2%	2%	10% Wheat
810mg	2g	0g	1g	9g	0%	0%	0%	0%	4% None
1850mg	34g	1g	3g	30g	0%	0%	4%	4%	15% Soy, Wheat
1090mg	41g	4g	6g	16g	15%	6%	6%	6%	10% Milk, Soy, Wheat
500mg	5g	1g	less than 1g	9g	0%	0%	2%	2%	6% Milk, Soy, Wheat
30mg	15g	4g	4g	3g	20%	15%	2%	2%	6% Soy
740mg	62g	3g	23g	16g	60%	110%	10%	10%	20% Soy, Wheat
250mg	30g	0g	27g	0g	0%	8%	0%	0%	0% Soy, Wheat
380mg	40g	3g	10g	5g	0%	0%	4%	4%	8% Egg, Milk, Soy, Wheat
710mg	40g	3g	10g	10g	0%	0%	6%	6%	10% Egg, Milk, Soy, Wheat
530mg	40g	3g	10g	19g	10%	0%	8%	8%	15% Egg, Milk, Soy, Wheat
870mg	43g	less than 1g	0g	46g	15%	0%	30%	30%	6% Milk, Wheat
35mg	10g	3g	5g	2g	35%	10%	0%	0%	4% None
0mg	42g	4g	2g	7g	0%	0%	2%	2%	10% Wheat
260mg	46g	5g	5g	8g	15%	6%	2%	2%	15% Wheat
760mg	51g	7g	6g	17g	15%	6%	6%	6%	20% Milk, Soy, Wheat
330mg	less than 1g	0g	less than 1g	5g	0%	0%	2%	2%	2% None
160mg	0g	0g	0g	14g	10%	0%	4%	4%	10% Egg

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Seasoned Taco Meat	2 oz.	160	110	13g	5g	0g	45mg
Shredded Pork on a Bun	1 sandwich	540	230	26g	8g	0g	70mg
Slider Bun	1 bun	110	30	3g	2g	0g	less than 5mg
Spaghetti - no sauce	1 cup	360	0	0g	0g	0g	0mg
Spaghetti with Marinara Sauce	1 cup pasta, 2 oz. sauce	220	10	1.5g	1g	0g	0mg
Spaghetti with Marinara Sauce and Meatballs	1 cup pasta, 2 oz. sauce, 4 meatballs	400	130	15g	6g	0.5g	25mg
Spanish Rice	1/2 cup	100	0	0g	0g	0g	0mg
Strawberry Yogurt	3 oz	80	10	0.5g	0g	0g	less than 5mg
Syrup	2 oz.	190	0	0g	0g	0g	0mg
Taco Seasoning	1 oz.	70	25	3g	0g	0g	0mg
Tomato Soup	6 oz	130	0	0g	0g	0g	0mg
Tortilla Chips	1.25 oz.	280	100	11g	2g	0g	0mg
Tortilla Chips with Cheese	1.25 oz. chips, 2 oz. cheese	330	140	15g	2.5g	0g	0mg
Waffles	1.5 waffles	270	80	9g	1.5g	0g	50mg
Waffles with Banana	1.5 waffles, 1/2 banana	320	80	9g	1.5g	0g	50mg
Waffles with Banana and Strawberry Yogurt	1.5 waffles, 1/2 banana, 3 oz yogurt	400	90	10g	2g	0g	55mg
Waffles with Sausage	1.5 waffles, 2 sausages	450	230	25g	7g	0g	85mg
Waffles with Sausage and Strawberry Yogurt	1.5 waffles, 2 sausages, 3 oz yogurt	530	240	26g	8g	0g	90mg
Waffles with Strawberry Yogurt	1.5 waffles, 3 oz yogurt	350	90	10g	2g	0g	55mg
Whole Wheat Hamburger Bun	1 bun	150	15	2g	0g	0g	0mg
Whole Wheat Hot Dog Bun	1 bun	150	15	2g	0g	0g	0mg

Sodium	Total Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron	Allergens
310mg	1g	0g	0g	11g	6%	2%	2%	2%	8% Soy
980mg	49g	3g	17g	25g	4%	0%	2%	2%	20% Wheat
120mg	17g	1g	3g	3g	0%	0%	0%	0%	0% Milk, Soy, Wheat
0mg	83g	12g	4g	14g	0%	0%	0%	0%	20% Wheat
260mg	46g	7g	5g	8g	15%	6%	0%	0%	15% Wheat
760mg	51g	9g	6g	17g	15%	6%	4%	4%	20% Milk, Soy, Wheat
280mg	22g	less than 1g	2g	2g	0%	2%	2%	2%	4% Soy
40mg	16g	2g	13g	2g	8%	0%	10%	10%	0% Milk
50mg	48g	0g	47g	0g	0%	0%	0%	0%	0% None
3390mg	12g	6g	1g	3g	90%	2%	10%	10%	40% None
680mg	28g	1g	17g	3g	10%	15%	0%	0%	6% Wheat
140mg	39g	4g	0g	4g	0%	0%	8%	8%	4% Soy
460mg	43g	4g	less than 1g	4g	0%	0%	8%	8%	4% Milk
550mg	41g	0g	9g	6g	0%	0%	2%	2%	10% Egg, Milk, Soy, Wheat
560mg	54g	2g	16g	7g	0%	8%	4%	4%	15% Egg, Milk, Soy, Wheat
600mg	70g	3g	29g	9g	8%	8%	15%	15%	15% Egg, Milk, Soy, Wheat
880mg	41g	0g	10g	11g	0%	0%	4%	4%	15% Egg, Milk, Soy, Wheat
920mg	58g	2g	23g	14g	8%	0%	15%	15%	15% Egg, Milk, Soy, Wheat
590mg	57g	2g	22g	8g	8%	0%	15%	15%	10% Egg, Milk, Soy, Wheat
230mg	27g	3g	4g	7g	0%	0%	0%	0%	10% Wheat
230mg	27g	3g	4g	7g	0%	0%	0%	0%	10% Wheat

Nutrient values are estimates only. Variations may occur due to product availability and food preparation. Nutrition may vary based on methods of preparation, origin and freshness of ingredients, etc. We use the nutritional analysis program from LabelCalc.com, which has a food database, including extensive nutritional information. The nutritional analysis found on the recipe pages is calculated from the individual ingredients in each recipe, using the nutritional data found for those ingredients in the Labelcalc.com database. While we do our best to ensure accuracy, we make no representation or warranty regarding the information contained in the Labelcalc.com database or the recipes or the accuracy thereof, and there can be no assurance that any of the information contained therein has not been, or will not be changed or altered. This site is not a substitute for the services of a trained health professional. Although we provide nutritional information for our recipes, the information on this site is for informational purposes only. No information, services, or materials offered by or through this site shall be construed as or understood to be medical advice or care. None of the information on this site shall be used to diagnose or treat any health problem or disease. You must consult with a physician, doctor, or health care provider before taking any product or using any information on this site. Please discuss any concerns with your physician or registered dietitian.