

Secondary Menu Nutrient Analysis

FOOD ITEM	Calories Kcal	Sat Fat (g)	Fat (f)	Trans Fat (g)	Carbs (g)	Protein g	Ca mg	Vit A RE	Vit C mg	Iron mg	Fiber g
BEVERAGES											
Milk, Skim, 8 oz	90	0	0	0	12	8	306	150	0	0.1	0
Milk, 1% Lowfat, 8 oz	100	1.5	2.5	0	12	8	300	145	0	0.1	0
Milk, 2% Lowfat, 8 oz	120	2.5	5	0	12	8	285	134	0	0.1	0
Milk, Lowfat Chocolate, 8 oz	180	1.5	2.5	0	31	10	350	100	0	0.6	0
Milk, Lowfat Strawberry, 8 oz	170	1.5	2.5	0	27	10	350	100	5	0.6	0
Juice, Orange 6.75 oz	100	0	0	0	24	<1	100	75	60	0.5	0
Juice, Apple 6.75 oz	110	0	0	0	27	<1	100	<1	60	0.5	0
ENTREES											
Baked Potato with Chili and Cheese	495	9	21	0	59	24	204	575	35.75	5	11.75
BBQ Pork Riblets	275	6.5	19	0	12.5	14.5	50	40	1.2	2	1
Beef & Broccoli Bowl (New)	422	0	11	0	59	19	44	318	19	9	2
Blackbean Burger on Bun (New)	239	0.5	5.6	0	36	15.5	217	41	5.5	2.7	6.67
Breakfast Panini (New)	350	6	15	0	38	18	200	120	0	2.7	1
Cheeseburger Macaroni	400	9	20.5	0.95	29	24	375	74	3.2	1.6	1.6
Cheeseburger on a Bun	414	10.5	22	0	23	33	311	122	5.5	3.1	2.6
Cheese Pizza Dippers	425	7	20	0	37	23	670	100	0	1.25	0
Cheese Pizza Strips, Tony's (New)	330	6	15	0.5	32	18	350	90	0	1.8	1
Chef Salad Small w/o Dressing	190	6	13	0	5.3	12.3	135	930	18	1	1.42
Chicken, Bread Bites (New)	187	1	7	0	15	15	0	0	0	1.44	0
Chicken Corndog Whole Grain	240	2	8	0	33	9	150	0	0	2.7	5
Chicken Drumsticks, Grilled	240	2	7.5	0	13	30	50	43	0	2.35	1.16
Chicken Drumstick	150	1.5	6	0	9	15	20	0	0	1.8	0
Chicken, Baked (New)	260	4	16	0	4	26	0	0	0	0.72	0
Chicken Fry Strips	225	2	13		11	15	23	64	10	1.48	0.5
Chicken, Mini Sandwiches	450	1.8	12	0	60	24	38.5	9	0.78	1.65	3.4
Chicken & Mashed Potato Bowl (New)	319	2.5	12.9	0	34	18	50	75	10	1.63	2.4
Chicken Fillet on a Bun	364	5	15	0	37	16	100	16	0	2	2
Chicken Popcorn	310	4	14	0	21	23	0	0	0	2.3	0
Chicken Sliders (New)	518	2	16	0	58	36	200	0	0	4.32	2.6
Chicken Tenders	315	2.25	13.5	0	25.2	22.5	13.5	0	0.6	1.5	1.5
Chili Dog (1)	350	9	20		29	14	69	137	0	3	3
Chili w/Beans - 6 oz	285	8	18		22	13	8	340	0.6	1.1	8
Chicken and Cheese Quesadilla	348	8	17	0	32	20	248	160	0.35	0.23	3.33
Club Submarine (New)	379	5.2	11.4	0	50	26	319	100	3	2.8	1.4
Egg Roll, Turkey & Vegetable Minh® (New)	300	6	15	0	27	15	60	150	4.8	3.6	3
Fish Sticks	300	1.8	13.75	0	26	21	200	0	0	3	1.25
Hamburger on a Bun	309	5	13.6	0	23	26.5	157	41	5.5	3	2.67

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ENTREES											
Hearty Pasta Bake (New)	264	4.3	9	0	26	18	121	19	2.2	2.23	3
Hot Dog on a Bun (1)	270	6.5	15		23	10	40	0	0	2	1
Ham and Cheese Hoagie	340	7	14	0	30	22	235	95	16	2.3	1
Ham Submarine (New)	365	5.4	11.6	0	40	24	319	100	3	2.7	1.4
Lasagna (New)	280	6	13	1	27	14	250	250	9	2	1
Macaroni & Cheese (1cup) ↓Na↓Fat (New)	240	2.5	7	0	36	8	100	100	0	1	2
Mozzarella Sticks (V) (Reduced Fat & Sodium)	388	4	12.5	0	44	23	625	0	0	4.5	6
Meatball Sub Sandwich w/Cheese	365	8	20		27	19	286	133	3.7	3.4	2.2
Nachos Supreme	450		23		46	13	165	240	16	2.9	5.5
Nachos with Taco Meat	450	6.4	23.5		38	20	244	87	0.675	2.75	3.8
Omelet, Egg & Cheese	140	3	11	0	1.2	7.5	60	90	0	0.86	0
Philly Cheese Sandwich (New)	408	7.5	16	0	40.5	23.5	214	10	1	9.8	1
Pizza, Dippers (New)	330	6	15	0.5	32	18	350	90	0	1.8	1
Pizza, Cheese Tony's® SmartPizza™	310	4.5	10	0	36	19	300	80	0	1.8	4
Pizza, Pepperoni Tony's® SmartPizza™	290	3	8	0	36	19	250	60	0	2.7	4
Pizza, Cheese 7" Ind (New)	500	7	18	0.5	59	25	400	225	0	3.6	3
Pizza, Pepperoni 7" Ind (New)	530	8	21	0.5	59	25	400	225	1.2	4.5	3
Ranch Turkey and Cheese Wrap	310	5.5	14	0	22	21	190	56	2.5	1.7	1.2
Ravioli w/Meat Sauce	337	4	10	0	41	16	0	100	3.75	3.4	3
Sausage Patty, Veggie (V) (New)	160	1	6	0	6	20	0	0	0	1.44	2
Soft Shell Tacos w/ Cheese	320	5	18		21	16	186	105	0.66	3.4	2.37
Spaghetti w/Meat Sauce	209	1.8	5.3	0	25	14	20	61	2.4	2.16	3
Taco Salad	296		16		20	18	201	134	8	2.5	3.2
Teriyaki Chicken	135	0.5	2	0	5	16	4	0	0	0.75	0
Teriyaki Chicken with Rice	185	0.5	2.75	0	38	19.5	34	0	0	1.25	<1
Toasted Cheese Sandwich	330		17		29	14	350	135	0	1.5	1
Turkey, Slices (New)	91	0.51	0.94	0.02	0	19	5.7	0	0.5	0.4	0
Tuna Melt	270		14		18	18	216	40	1.8	1.5	0.5
Turkey Sandwich											
Turkey & Cheese Sandwich	225	2.9	6.7	0	27	14.4	150	36	4.5	2.12	2.4
Turkey Club Panini Sandwich (New)	420	7	15	0	48	23	250	400	1.2	3.6	2
Turkey Sausage Patties	315	7.5	24	0	1.5	22.5					
Turkey Tetrazaini (New)	369	5.3	10.6	0	35.4	32	346	193	0.5	1.19	3
Wrap, Turkey Caesar (New)	392	5	12.9	0	53	18	324	36	4.4	3.09	6.6
Wrap, Chicken Tender (New)	568	6.5	21.6	0	69	27	324	36	4.4	2.86	7.6
Wrap, Veggie (contains cheese)	428	7.6	17.3	0	56	16	445	654	28	4	8.2
Wrap, Tuna (New)	512	4.8	21.5	0	58	24	271	79	5.3	3.97	7

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ENTREES											
Yogurt - 8 oz variety	230		2		45	8	180	35	1	0.23	0
Yogurt & Fruit Parfait** (New)	235	2	3.1	0	45	13	432	96	22	0.43	1.15
** Calorie content may vary based on available yogurt.											
SALAD & DRESSINGS											
Carrot and Celery Sticks	22	0	0	0	6	<1	30	1645	4	0.6	0.75
Chef Salad	190	6	13	0	5.3	12.3	135	930	18	1	1.42
Cucumber and Carrot Sticks	24	0	0	0	6	<1	27	1645	7	0.6	1
FF Ranch Dressing 1.5 oz	60	0	0.5	0	13	<1	11	0	0	0	0
FF Ranch Dressing 12 g	17	0	0	0	4	0.1	3	0	0	0	0
Garden Salad Side	15	0	0	0	3	0.5	5	40	8	0.22	0.5
Grilled Chicken Salad	211	6	11	0	5	24	216	500	9.5	1.4	1.6
Lettuce & Tomato	6	0	0		1.5	0	2.5	18	5	0.14	0.3
Salad Entrée with Cheese	246		18		5	15	425	936	11	0.6	1.8
Salad Entrée w/Egg & Cheese	200		12		4	14	261	960	10	2	1.8
Salad, Nic Nac (New)	248	5	8.6	0	25	251	1077	44	1.7	4.3	291
Salad, Ham (New)	215	5	8.6	0	25	246	1053	30	1.6	3.8	291
Salad, Grilled Chicken Caesar (New)	210	2.8	7.5	0	20.5	146	568	22	1.22	3.1	318
Salad, Chicken Fillet (New)	348	6	16.2	0	24	242	1050	30	1.04	4.7	825
Salad, ABC (New)	319	5	8.6	0	24	240	1015	26	1.5	5.68	289
Salad, Tuna Salad (New)	325	3.4	20	0	23	63	402	23	2.3	2.67	579
Salad, Asian (New)	128	0.5	1.7	0	18	63	897	93	1.6	4.4	73
Salad, Mexican Chicken (New)	255	6	13.7	0	21	265	616	29	2.5	5.2	1097
Salad, Cheese	331	13.5	21	1	23	617	1053	30	1.3	3.8	710
Romaine & Tomato Salad (New)	20	0	0.3	0	4.1	1.3	28	651	23	0.8	2
Spinach & Tomato Salad (New)	18	0	0.1	0	3.3	1.4	45	438	18	1.47	1.54
Tomato & Cucumber Salad (New)	27	0	0.1	0	7	0.6	8.6	40	6.4	0.19	0.67
GRAINS											
Baked Original Flavor Chips	165	0	2.25	0	34	3	60	0	1.8	0.54	2
Baked Doritos	170	1	5	0	29	3	60	30	0	0.72	2
Blueberry Muffin, Reduced Fat Whole Grain	170	1	5	0	28	3	40	250	15	5.4	1
AP Breadsticks (3)	240	0	1.5	0	51	6	0	0	0	3.2	3
Choc Chip Muffin, Reduced Fat Whole Grain	170	1.5	6	0	29	3	40	250	15	5.4	1
Buttered Noodles, 1 cup	205		2.5		40	6.5	10	7	0	1.9	1
Crackers, Dolphin Cheddar	110	1	4.5		16	2	0	0	0	0.72	<1
Crackers, Elf Grahams	130	1	4	0	21	2	100	0	0	0.72	<1
Crackers, Saltine	50		1.5		8	1	0	0	0	0.5	0
Croissant	170		9		19	3.5	16	93	0	0.8	1

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GRAINS											
Dinner Rolls, Whole Grain	140	0	4	0	29	5.6	66	0	0	1	3
French Toast Sticks, SmartStix™ (4)	360	1	12		52	8	40	9	0	2.8	0
French Toast Sticks, (40% ↓Na) (New)	420	3	12	0	68	9		0	0		6
Garlic Toast	180	4	7	0	24	4	40	0	0	1.44	1
Goldfish Pretzels (1)	90	0	1.5	0	17	2	0	0	0	0.32	0
Macaroni & Cheese (1cup) ↓Na↓Fat (New)	240	2.5	7	0	36	8	100	100	0	1	2
Nutri-Grain Bar	140	0.5	3	0	26	1	200	150	0	1.8	<1
Blueberry Eggo Waffles	190	1.5	6	0	30	4	100	200	0	3.6	1
Parmesan Noodles, 1 cup	220		4	0	40	6.5	40	9	0	2.5	1
Rice, Brown Whole Grain (New)	85	0	0.5	0	17.5	2					1
Rice, Chicken Flavor	150	0	0.75	0	33	3.5	30	0	0	0.5	<1
Roasted Vegetable Pilaf w/ Whole Grains (New)	75	0	0	0	16.5	1.5					0.5
Rotini Pasta, Whole Grain (New) (1/2 cup)	100	0	0.75	0	21	3.5	0	0	0	0.72	3
Soft Mini Wheat Pretzels (2)	140	0	1	0	28	4	0	0	0	1.44	2
Spaghetti, Whole Grain (New) (1/2 cup)	100	0	0.75	0	21	3.5	0	0	0	0.72	3
Savory Herb Stuffing w/ Whole Grains (New)	120	0	0.5	0	25	4					2
Tortilla Chips, Plain 1.5 oz	210	1	10	0	27	3	65	0	0	0.75	2
FRUITS/VEGETABLES											
Apple Slices	60	0	<1	0	15	<1	5	13	4	0.1	2.2
Apple Topping Spiced	92		1	0	22	<1	7	4	0.5	0.3	1.1
Applesauce	140	0	<1	0	36	<1	8	6	3.3	0.6	2
Baked Cinnamon Apples	110	0	<1	0	27.5	<1	6	25	0.31	0.31	3
Banana	100	0	<1	0	26	<1	5	9	10	0.29	2.9
Banana Fruit Cup	115	0	<1	0	28	<1	17	22	15	0.5	2.5
Beans Baked	187	1	1.8	0	35	7.5	75	33	0	1.35	6
Beans Green	25	0	0	0	5	1	27	33	3	0.9	2
Beans, Vegetarian Refried	120	0	2	0	19	7	20	0	2	2	5
Broccoli, Steamed	40	0	0	0	7.5	4.2	45	307	55	1	4.2
Broccoli, Carrots & Cauliflower	36	0	0	0	1.3	28	480	30	0.27	3	35
Broccoli with Cheese Sauce	120	2	7	0							
Cantaloupe	90	0	<1	0	22	0	12	387	51	0.26	0.75
Carrots, Steamed	27	0	0	0	<1	26	1236	1.7	0.39	2.4	43
Cauliflower, Steamed	22	0	0	0	1.8	19	1.13	35	0.46	3	20
Cauliflower & Carrots, Steamed	32	0	0.5	0	1.2	29	960	19	0.53	3.4	44
Corn	82	0	<1	0	18	3	6	25	9	1.05	1.2
Craisins	100	0	0	0	23	0					2
Fruit Cocktail	90	0	<1	0	21	<1	15	57	5	0.45	1.8

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FRUITS/VEGETABLES											
Fruit Cup	100	0	<1	0	25	<1	29	20	15	0.55	2.2
Grapes	60	0	0	0	15	0	17	12	17	0.27	1.4
Kiwi Fruit	50	0	0	0	12	0.75	20	26	57	0.31	2.6
Mixed Vegetables	60	0	<1	0	11	4	33	1492	6	1.2	3
Melon Fruit Cup (New)	60	0	0	0	15	1	0	676	102	0.36	2
Mediterranean, Flame Roasted Blend (New)	45	0	2	0	6	1	20	300	9	0.36	2
Montego Bay Blend (New)	35	0	0	0	7	1	20	90	21	0.36	1
Orange Quarters	60	0	0	0	15	<1	56	26	80	0.17	3
Oranges, Mandarin (New)	72	0	0	0	18	1.4	23	248	64	0.51	2.26
Peaches, Canned	100	0	<1	0	25	<1	7	70	4.5	1	2.4
Pear	100	0	0	0	25	0	19	3	7	0.4	4
Pears, Canned	100	0	<1	0	25	<1	15	0.7	3	0.35	1.1
Pineapple Tidbits	110	0	<1	0	26	1	2	9	24	0.5	1.4
Potatoes, Deli Roasters	140	0.5	3.5	0	25	2	0	0			2
Potatoes, Flame Roasted Medley (New)	110	0.5	3.5	0	18	2	20	0	2.4	0.72	2
Potatoes, Mashed	100	1	3	0	17	1					0
Potatoes, Battered Wedges (6 Pieces)	140	0.5	4.2	2	23	2.4	0	0	0	0.86	6
Potatoes, Baked Curley Fries	140	1.5	5	0	21	2	0	0	6	0.75	2
Potatoes, Krinkle Oven	180	0.5	7	0	26	3	0	0	4.8	0.72	3
Potatoes, Tater Tots	150	1.25	7.5	0	17.5	2.5	0	0	1.5	0.45	2.5
Potatoes, Sweet Oven Krinkle	180	0.75	3	0	33	0	30	1500	14	0.5	3
Potatoes, Sweet Oven Wedges (New)	160	1	1	0	24	2					4
Watermelon	50	0	0	0	12	0	13	58	15	0.28	0.5
SOUPS											
Roasted Chicken Noodle Soup (New)	32	0.2	0.8	0	2.5	8	90	0	0.144	0.4	380
Vegetable Soup (New)	40	0.2	0.8	0	2	16	120	0	0.288	1.2	384
DESSERTS											
Cookie, Chocolate Chip (2 oz)	170	4	8	0	24	2	0	0	0	1	0
Cookie, Oatmeal Raisin (2 oz)	160	3	6	0	23	2	0	0	0	1	0
Fruited Gelatin	115	0	0	0	42	28	2	8	12	1.5	0.5
Whole Fruit Juice Bar (Berry) (New)	40	0	0	0	10	0	60	525	60	0	2
Whole Fruit Juice Bar (Orange) (New)	40	0	0	0	10	0	60	525	60	0	2
CONDIMENTS/SAUCES											
BBQ Sauce (1 oz)	26	0	<1	0	6.4	0.3	8.8	14	3.6	0.2	0
Cheese Sauce (2 oz)	80	2	7	0	5	1	100	12	1	0.2	0
Gravy, FF (2 oz)	40		2	0	5	1	8	0.4	0	0.2	0
Ketchup (Packet)	9	0	0	0	2.5	0.1	1.7	9	1.4	0.1	0

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CONDIMENTS/SAUCES											
Margarine (1 tsp)	35		4		<1	<1	0	15	0	0	0
Mayonnaise Light (Packet)	50		5		1.2	<1	1	3	0	0.05	0
Mustard (Packet)	4	0	0.2		0.3	0.2	4.2	0	0	0.1	0
Parmesan Cheese	23		1.5		0.5	2	69			0.5	0
Pickle Chips	5	0	0		1	0	3	0	0.5	0.15	0
Pizza Sauce, 2 oz	25	0	0.5		4	1	8	21	5	0.6	0.5
Salsa/Picante (Packet)	6	0	0		1.4	0.2	5	9	2	0.1	0
Sweet & Sour Sauce (Packet)	16	0	0		4	<1	0	0	0	0	0
Syrup (1oz)	80	0	0		20	0	1	0	0	0	0
Taco Sauce (Packet)	7	0	<1		1	<1	0	10	3	0	0
Tartar Sauce (Packet)	36		3.6		1	<1	0	0	0	0	0
VEGETERIAN ENTREES											
Blackbean Burger Patty only (New)	120	0.5	4	0	13	11		0	0		4
Veggie Sausage Patty (V)	160	1	6	0	6	20		0	0		2
Chik'n Nuggets (V)	380	3	18	0	38	24		0	0		8
Mac & Cheese, Reduced Fat (V) (8 oz)	420	9	16	0.5	48	24	620	375	0	1.8	1
Mozzarella Sticks (V) (Reduced Fat & Sodium)	388	4	12.5	0	44	23		0	0		6
GLUTEN FREE ENTREES											
French Toast Sticks (GF)	420	10	18	0	58	4	0	0	0	0.72	0
Chicken Nuggets (GF)	440	2	20	0	44	22	0	0	0	2.16	0
Chicken Patties (GF)	220	1	10	0	22	11	0	0	0	1.08	0
Fish Sticks (GF)	380	2	9	0	48	22	0	0	0	2.16	0
Man & No Cheese (GF)	270	0.5	7	0	46	6	80	0	0	1.44	4
Mac & Meat Sauce (GF)	290	1.5	5	0	48	14	40	225	0	3.6	5
French Bread Pizza (GF)	220	0	8	0	34	1	20	0	0	1.44	3
Turkey Corn Dog (GF)	467	2.7	16	0	57	24	0	0	2.4	2.4	1.33
Wafflewich (Sausage & Egg)	370	4	18	0	42	8.5	80	180	0	2.52	1
Naked Chicken Chunks (GF)	170	0.5	1.6	0	20	110	0	0	0.018	0	343