

NUTRITIONAL ANALYSIS - LUNCH ENTREES

LUNCH ENTREES	SERVING SIZE	CALORIES	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	PROTEIN	CARBOHYDRATES	FIBER
			Grams	Grams	Milligrams	Milligrams	Grams	Grams	Grams
Burrito, Beef & Bean	1 each	260	15	4.5	15	560	10	28	2
Cheese Dunkers	1 each	125	4	2	10	270	10	12	0.5
Chef Salad	1 salad	247	16	5.5	48	877	18	7	1
Chicken Ala King (no biscuit)	3/5 cup	194	8	2	53	606	20	10	1
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
Chicken, Baked	1 serving	236	18	3.5	78	66	19	1	0.5
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
Crispito	1 each	351	17	7	64	760	17	31	4
Egg Rolls, Chicken	2 each	50	1.5	0.5	2	110	2	8	1
Fajita, Chicken	1 each	357	14	2.5	54	333	24	34	2
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, Beef	1 serving	266	11	6	43	407	17	24	2
Lasagna, Vegetable	1 serving	292	7	3	15	1010	22	37	4
Macaroni & Cheese	1 cup	294	11	4	16	595	16	32	1
Meatloaf	1 slice	178	9	3	62	102	15	9	1.5
Nachos, Beefy	1 serving	305	21	9	52	572	16	15	2
Pancakes	2 each	254	11	2	68	374	7	32	1
Pizza Parlor, Cheese	1 each	370	15	6	30	970	18	44	2
Pizza Parlor, Cheese Reduced Fat	1 each	377	12	6	31	783	23	44	2
Pizza Parlor, Pepperoni	1 each	577	33	13	30	1817	27	45	2
Pizza Parlor, Pepperoni Reduced Fat	1 each	439	19	8	23	1129	24	44	2
Pizza, Cheese (Tony's)	1 slice	313	11.5	6.5	30	712	20	32	1.5
Pizza, Sausage (Tony's)	1 slice	324	13	5.5	31	860	18	33	2
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
Sausage Patty	1 each	170	17	3	30	300	5	0	0
Shrimp, Popcorn	20 each	240	13	3	65	780	9	22	0
Spaghetti with Meat Sauce	3/4 cup	271	9	3	46	208	18	30	3
Taco, Beef, Hard Shell	2 each	294	17	6	50	288	16	20	3

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Taco, Beef, Soft Shell	2 each	391	16	7	50	456	20	42	3
Taco, Chalupa	1 each	255	15	4.5	20	522	13	19	2
Turkey & 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