

Entrée Nutritionals

PRODUCT	CALORIES	FAT	SAT FAT	CARBS	CHOLESTEROL	PROTEIN	FIBER
Burgers (Middle/High)	217	13.1	5.2	2.1	57.15	13.1	1.42
Burgers -Elem	164.2	13.42	5.5	0.82	32.87	10.22	0.71
Chez-slice	90	5	1	2	0	5	0
Hot Dog-Elem	120	5	2	2	35	8	0
Hot Dog (Middle/High)	120	9	2.5	3	35	8	0
Chicken Tenders	203.77	10.38	2.35	11.67	41.15	14.91	0.57
Chicken Nuggets	270	18	4	12	55	0	25
Fajita strips	120	5	0	2	70	16	0
Beef/bean burrito	340	17	7	30	30	15	3
Corndog Nugget	190	8	2	21	35	8	1
Spaghetti	210	1	0	42	0	7	2
Turkey Breast	160	7	2	0	70	22	0
Turkey Ham	60	2	0.5	1	30	8	0
Turkey Taco	98	5.88	1.46	1.57	35	8.84	-
ChicBreastPatty	200	7	2	15.7	23	18	0
Rib Patty	245	17.5	6	10	45.7	11.6	0.9
Chicken Nugget	200	15	3.5	9	75	12	2
Tuna	70	0	0	1	20	15	0
80/20 ground beef	271.8	22.22	7.12	1.6	63.5	18.26	0.21
Salisbury Steak	300	24	10	3	60	18	1
Whole grain cheese pizza	320	7	3	46	-	22	6

Turkey Pepperoni Pizza	330	7	3	46	-	22	6
Turkey Sausage Pizza	280	9	3.5	34	10	16	7
Pollock Fish	150	4	0	13	50	14	1
Pork BBQ	250	19.9	7.11	0	53.6	17.9	1.2
Salad-w/chez only	158	1.7	5	11	30	12.9	1.8
Salad-w/fajita chicken	269	10.6	3.7	24.2	55	19.4	1.8
Salad-w/turkey&cheese	247	6.6	2.5	25.6	41	19.7	1.8