

Chesapeake Public Schools
Nutrient Information for Menu Items (12/23/2008)

Main Dishes	Portion Size	Cals.	Mg. Cholst.	G Protein	G Carb.	G Total Fat
All American Sub (K-5)	1 each	240	43	17.71	25.84	8.69
All American Sub (6-12)	1 each	435	57	23.77	49.4	16.67
Beef Steak, Baked	3.8 oz.	314	59	17	14.1	20.9
Beefaroni (K-5)	2/3 cup	210	20	13.87	25.24	6.06
Beefaroni (6-12)	3/4 cup	236	22	14.53	28.39	7.58
Chicken Salad	1/2 cup	180	57	17.07	5.09	9.81
Chili w/beans on Rice K-5	1 each	218	10	9.54	36.73	2.93
Chili w/beans on Rice 6-12	1 each	246	13	11.9	39.09	3.83
Burrito w/Salsa & Cheese (WW)	1 each	384	26	18.86	50.94	12.92
Cheese Pizza, Big Daddy	1 slice	320	28	18.4	37.6	10.4
Cheese Pizza, Nardone	1 slice	326	31	20.84	31.27	12.37
Cheese Pizza, Real Slice	1 slice	270	10	14.99	31.98	9.99
Cheese Pizza, Stuffed Crust	1 slice	360	30	21.00	43.00	12.00
Cheese Pizza, Pizza Hut	1 slice	273	13	13.09	30.88	10.70
Cheese Quesadilla	1 each	390	60	17.00	30.00	24.00
Cheese Tortilla Roll (K-2)	1 roll	190	10	10.00	18.00	9.00
Cheese Tortilla Roll (Gr 3-12)	2 roll	380	20	20.01	36.02	18.01
Cheese Sandwich, Cold	1 each	313	53	16.56	21.91	19.22
Cheese Sandwich, Toasted	1 sandwich	337	53	16.59	21.94	21.94
Cheese Uncrustable	1 each	212	20	13.26	22.55	7.96
Cheeseburger on Bun	1 sandwich	316	49	24.44	26.33	13.83
Chef's Salad (without crackers)	1 salad	148	62	12.50	5.91	8.80
Chicken BBQ on Bun (K-5)	1 each	192	28	16.31	26.97	2.93
Chicken BBQ on Bun (6-12)	1 each	206	34	18.57	27.56	3.21
Chicken Cheeseburger on Bun	1 each	276	79	19.78	27.03	10.99
Spicy Chicken Chunks	4 oz. piece	280	67	14.67	17.33	16.00
Chicken Fajitas K-5	1 serving	143	24	8.88	13.37	5.73
Chicken Fajitas 6-12	1 serving	286	49	17.76	26.74	11.45
Chicken Nuggets	5 each	220	75	12.00	9.00	15.00
Chicken, Popcorn	14 pcs	198	42	14.3	11.5	10.6
Cheese Quesadilla	1 each	390	60	17.00	30.00	24.00
Chicken Caesar Salad K-12	1 salad	173	38	13.47	9.02	9.09
Chicken Caesar Salad Adult	1 salad	261	68	21.56	10.98	14.7
Chicken/Turkey Chow Mein K-5	#6 scoop	141	44	15.53	10.47	3.86
Chicken/Turkey Chow Mein 6-12	#6 heaping	143	48	17.76	8.04	4.09
Chicken Salad (No Bread)	1/2 cup	179	57	16.96	5	9.8
Chicken Salad Croissant	1 sandwich	241	60	22.31	30.74	22.92
Chick Salad, Oriental K-12	1 salad	163	30	9.82	15.59	7.55
Chick Salad, Oriental Adult	1salad	253	60	17.90	17.55	13.16
Breaded Chicken Sandwich	1 sandwich	330	95	18.00	34.00	14.50
Grilled Chicken Sandwich	1 sandwich	280	60	20.00	24.00	12.50
Roast Chicken	4 oz. piece	149	50	12.99	0.00	11.57
Chicken Rings	5 rings	239	35	15.35	14.75	13.35
Chicken Salad	1/2 cup	180	57	17.08	5.17	9.80
Chicken Wings, Hot & Spicy	4 wings	417	114	33.61	0.00	29.58
Chili w/Beans	1 serving	147	17	12.46	12.46	4.79
Chili w/Beans on Rice (K-5)	1 serving	192	10	9.59	29.47	2.72
Chili w/ Beans on Rice (6-Adult)	1 serving	220	13	11.70	32.36	4.44
Egg Roll - Vegetable - Amy's	9-12 2 - 3 oz.	365	59	23.02	38.12	12.54
Egg Roll Turkey & Veg - Minh	K-8 - 1 each	240	120	13.00	25.00	10.00
Corn Dog Nuggets - K-2	4 each	245	33	7.29	21.88	14.59
Corn Dog Nuggets - 3-5	5 each	307	41	9.12	27.35	18.24
Corn Dog Nuggets 6-12	6 each	368	50	10.94	32.83	21.88
Cuban Pork on Bun	1 sandwich	240	55	21.62	24.00	6.12

Main Dish - continued	Portion		Mg.	G	G	G
	Size	Cals.	Cholst.	Protein	Carb.	T-Fat
Cubana Pork Wrap	1 each	302	64	22.12	20.90	13.06
Fish Hoagie on Sub Roll	1 each	390	30	21.03	49.03	13.02
Fish Filet	1 filet	200	40	11.00	17.00	9.00
Fish Filet on Bun	1 sandwich	324	51	16.91	41.86	10.86
Fish Square on Bun	1 sandwich	324	51	16.91	41.86	10.86
Ham & Cheese Croissant	1 sandwich	377	48	15.96	26.78	21.92
Ham & Cheese Sub	1 sub	314	72	22.48	20.55	15.46
Ham Sticks	1.5 oz. stick	50	27	6.94	1.31	1.70
Hamburger on Bun	1 sandwich	263	36	21.30	26.10	9.40
Hot Dog on Bun	1 sandwich	290	35	10.00	23.00	17.50
Italian Sub on Bun (K-5)	1 sandwich	302	75	20.19	23.92	15.33
Italian Sub on Sub Roll (6-Adult)	1 sandwich	439	90	25.72	36.10	21.53
Lasagna (K-2)	3" x 2 7/8"	277	43	20.38	20.32	13.18
Lasagna (3-5)	3" x 3 1/3"	327	51	24.18	23.66	15.66
Lasagna (6-12)	3" x 4"	379	54	28.08	29.46	17.28
Lasagna Roll-ups	1 roll-up	263	123	15.88	24.33	10.47
Max Snax, Totally Taco	3 triangles	250	10	14.98	27.95	8.99
Max Snax, Cheesiest Con Quesco	3 triangles	249	10	14.93	28.86	8.96
Macaroni & Cheese	1/4 cup	100	17	5.56	6.94	5.56
Macaroni & Cheese	1/2 cup	200	33	11.11	13.89	11.11
Macho Nacho (K-5)	1 serving	317	61	20.54	24.41	14.44
Macho Nacho (Gr 6-Adult)	1 serving	387	61	21.54	33.41	17.94
Macho Nacho Salad (K-5)	1 salad	332	60	21.72	26.96	14.86
Macho Nacho Salad (6-Adult)	1 salad	402	60	22.72	35.96	18.36
Meatball Sub	1 each	342	43	19.81	33.33	15.58
Meatloaf	1 slice	135	17	16.32	8.26	4.48
Mozzarella Sticks	4 sticks	352	24	16.00	27.20	20.80
Nacho Salad (K-5)	1 salad	439	23	15.65	47.16	22.24
Nacho Salad (6-12)	1 salad	465	25	18.62	48.99	22.49
Nachos with Cheese	1 serving	354	0	3.97	41.66	19.86
Ocean Treasures Fish Nuggets	5 nuggets	307	34	15.05	22.58	17.56
PB & Jelly Uncrustable	1 reg	320	0	10.00	33.00	16.00
PB & Jelly Uncrustable	1 large	580	0	18.00	55.00	32.00
Pepperoni Pizza, Nardone	1 slice	340	40	20.00	30.00	16.00
Pepperoni Pizza, Big Daddy	1 slice	328	28	18.40	37.60	11.20
Pepperoni Pizza, Pizza Hut	1 slice	274	26	12.78	30.52	11.14
Pepperoni Pizza, Real Slice	1 slice	271	15	16.05	32.09	10.03
Pizza, Pepperoni, Stuffed Crust	1 slice	360	30	21.00	43.00	12.00
Philly Steak & Cheese Sub	1 sandwich	405	59	21.05	34.15	19.90
Pizza Dippers	3 each	241	23	15.04	22.56	10.53
Pizzatas	2 pieces	360	35	19.00	28.00	19.00
Pork Barbecue on Bun -Elem	1 sandwich	196	5	14.80	25.81	4.53
Pork Barbecue on Bun -Sec	1 sandwich	221	34	18.06	26.41	5.53
Pork Chop, Breaded, Baked	1 each	37	64	19.70	18.40	19.90
Pork Dunkers (K-5)	5 each	263	48	11.88	9.62	19.75
Pork Dunkers (6-12)	6 each	315	57	14.25	11.55	23.70
Pork Rib Patty on Bun	1 sandwich	258	32	15.19	29.40	9.93
Pork Steak, Baked	3.85 oz.	337	64	19.70	18.40	19.90
Potato, Baked w/Chili & Cheese	1 each	270	25	13.01	34.40	8.76
Potato Skins, Cheese- Elem	1 each	355	35	17.80	30.50	18.26
Potato Skins, Cheese - Sec	1 each	397	35	14.97	40.82	19.05
Sausage in a Blanket	1 each	271	45	13.05	33.12	9.03
Shrimp Poppers (K-5)	15 poppers	135	26.25	6.00	13.50	6.00
Shrimp Poppers (6-12)	20 poppers	180	35	8.00	18.00	8.00
Shrimp Popper Salad K-12	1 salad	151	26	6.91	16.96	6.14

Main Dish - continued	Portion		Mg.	G	G	G
	Size	Cals.	Cholst.	Protein	Carb.	T-Fat
Sloppy Joe on Bun	1 sandwich	282	24	18.36	37.36	7.23
Meatballs for Spaghetti (K-5)	4 each	166	31	10.91	9.48	9.89
Meatballs for Spaghetti (6-12)	5 each	233	39	14.06	15.57	13.47
Meat Sc. For Spaghetti (K-5)	1/2 cup	125	21	12.60	7.41	5.19
Meat Sc.for Spaghetti (6-12)	2/3 cup	166	28	16.80	9.88	6.92
Spaghetti Noodles (K-5)	1/2 cup	110	0	3.58	20.87	1.12
Spaghetti Noodles (6-12)	3/4 cup	183	0	5.96	34.78	1.87
Beef Taco w/Salsa & Fix K5	1 each	251	29	14.17	26.08	11.97
Beef Taco w/Salsa & Fix 6-12	1 each	278	35	16.46	27.32	13.71
Taco Salad	1 salad	478	33	22.47	45.26	24.61
Toasty Dog	1 each	255	37.5	12.5	17.00	14.00
Tuna Salad (no bread)	1/2 cup	178	60	16.15	4.34	10.36
Tuna Salad Croissant	1 sandwich	427	64	19.71	29.28	24.79
Tuna Salad on Bun	1 sandwich	292	60	19.54	24.33	12.46
Turkey & Cheese Croissant	1 sandwich	391	65	23.86	25.17	21.13
Turkey Chow Mein (K-5)	2/3 cup	114	40	16.24	7.23	2.44
Turkey Chow Mein (6-12)	3/4 cup	137	48	19.48	8.67	2.92
Rice for Chow Mein (All)	1/2 cup	135	0	2.46	29.65	0.20
Turkey, Roast	2 oz.	89	48	17.15	0.00	2.27
Turkey & Cheese Roll-up	1 each	246	57	22.93	20.03	7.75
Turkey Salad	1/2 cup	161	54	17.92	5.12	7.70
Yogurt	8 oz.	190	10	8	36.00	2.00
Bread Products	Portion		Mg.	G	G	G
	Size	Cals.	Cholst.	Protein	Carb.	T-Fat
Biscuit	2.4 oz.	192	6	4	29	7
Bread, White	0.9 oz.	60	0	2	13	1
Cheese Roll	2 oz. Roll	242	18	8.39	29.99	9.70
Cinnamon Roll	2 oz. Roll	187	0	4.39	33.12	4.04
Cornbread	2 1/2"x1 3/4"	109	13	2.76	18.12	2.73
Cornbread Stuffing	1/4 cup	92	0	1.7	12.29	4.97
Crackers, Captain's Wafers	1 pkg (2)	35	0	0.5	4.50	1.25
Crackers, Wheat Twins	1 pkg (2)	35	0	0.5	5.00	1.50
Croissant	1 each	251	5	4.02	25.15	14.08
Dinner Roll	2 oz. Roll	172	0	4.37	29.70	3.75
Frito Cracker Trax	.75 oz.	100	0	2	15.00	4.00
Hamburger Bun	1 each	120	0	5	24.00	1.50
Hot Dog Bun	1 each	100	0	4	19.00	1.50
Muffins, Blueberry, Low Fat	2 oz.	120	0	2	29.00	0.50
Muffins, Banana, Low Fat	2 oz.	130	0	2	30.00	0.50
Muffins, Apple Cinnamon LF	2 oz.	130	0	2	30.00	0.50
Rice, Asian	1.2 cup	100	0	2.5	22.00	0.50
Rice, Fried	1/2 cup	109	0	2.66	23.63	0.18
Rice, Mexican (Revised Item)	1/2 cup	100	0	2.5	21.5	0.5
Rice, Spanish	1/2 cup	114	0	2.44	24.89	0.27
Rice, white	1/2 cup	135	0	2.46	29.65	0.2
Sub Roll	1 each	190	0	6	34	3
Texas Toast, Cinnamon	1 slice	130	0	3	19	5
Texas Toast, Garlic	1slice	100	0	2	15	3

Lunch Kit Meals	Portion		Mg.	G	G	G
	Size	Cals.	Cholst.	Protein	Carb.	T-Fat
Meal Breaks:						
Beef & Cheese Sticks	1 meal	590	20	17	67.00	30.00
Pepperoni Beef Sticks	1 meal	590	16	17	72.00	20.00
Smucker's PB&J Uncrustable	1 meal	710	15	18	110.00	25.00
Turkey Bologna & Cheese	1 meal	704	70	26	83.00	29.40
Turkey Ham & Cheese	1 meal	626	58	21	107.00	13.70
Turkey & Cheese	1 meal	667	50	28	84.00	23.80
Side Dishes	Portion		Mg.	G	G	G
	Size	Cals.	Cholst.	Protein	Carb.	T-Fat
Apple, Fresh	1 each	64	0	0.21	16.47	0.39
Applesauce	1/2 cup	55	0	0.22	14.4	0.06
Apricot Applesauce Cup	1/2 cup	92	0	0	23	0
Apricots in Juice	1/2 cup	40	0	0.5	10.4	0.00
Augratin Potatoes	1/2 cup	134	0	3.03	21.01	4.18
Banana, Fresh	1 each	130	0	1.46	33.21	0.68
Broccoli Soup, Cream of	1/2 cup	140	21	4.66	13.88	7.82
Broccoli, Steamed	1/2 cup	26	0	2.87	4.95	0.10
Cabbage, Steamed	1/2 cup	30	0	1.81	6.34	0.34
Carrots, Steamed	1/2 cup	20	0	0.52	4.51	0.15
Baby Carrots	6 each	23	0	0.5	4.9	0.32
Baby Carrots w/Dip	6 each	47	3	1.07	4.6	2.71
Baby Carrots & Broccoli	1/2 cup	60	0	3.41	13.08	0.46
Baby Carrots & Broccoli w/Dip	1/2 cup	95	4	4.44	16.08	2.62
Baked Beans	1/2 cup	161	0	6.86	36.27	0.62
Coleslaw	1/2 cup	97	6	1.12	9.21	6.68
Coleslaw	1 oz.	24	2	0.28	2.3	1.67
Collards, Steamed	1/2 cup	31	0	2.53	6.05	0.35
Corn: Canned	1/2 cup	70	0	2.26	16.04	0.86
California Blend Vegetables	1/2 cup	22	0	1.56	4.27	0.25
Carrot Coins	1/2 cup	20	0	0.52	4.51	0.15
Corn on the Cob	1 ear	59	0	1.96	14.07	0.47
Crunchy Vegetable Cup	1/2 cup	60	0	3.41	13.08	0.46
Crunchy Vegetable Cup w/Dip	1/2 cup	95	4	4.44	16.08	2.62
French Fries, Baked (K-5)	1/2 cup	112	0	0	16	4.40
French Fries (6-12)	1 1/8 cup	301	0	2.9	33.29	18.15
Fruit Juice Bar, Frozen	1 each	60	0	0	15	0.00
Fruit Juice Cup, Frozen	1 each	70	0	0	18	0.00
Gelatin w/Fruit	1/2 cup	118	0	2.06	28.59	0.01
Gelatin w/Fruit & Topping	1/2 cup	130	0	2.06	29.59	1.01
Gelatin, Plain	1/2 cup	85	0	1.73	20.16	0.00
Grapefruit Half	one half	45	0	0.88	11.34	0.14
Grapes, Fresh	1/2 cup	61	0	0.57	15.56	0.32
Green Beans, Canned	1/2 cup	30	0	1.73	6.76	0.15
Kiwi	1 each	23	0	0.38	5.65	0.17
Lima Beans	1/2 cup	88	0	5.05	16.53	0.36
Macaroni Salad	1/2 cup	143	5	3.29	20.34	5.40
Mashed Potatoes	1/2 cup	76	0	1.5	15	1.00
Mashed Potatoes w/Gravy	1/2 cup	109	0	2.65	17.39	3.08
Mixed Fruit in Light Syrup	1/2 cup	69	0	0.48	18.07	0.08
Mixed Vegetables	1/2 cup	59	0	2.86	13.07	0.11
Onion Rings	10 rings	400	0	5	56	17.00
Orange, Medium	1 each	62	0	1.23	15.39	0.16
Peach Crisp	1 serving	194	0	2.09	30.45	7.80
Peach Cup, Frozen	1 each	117	0	0.78	29.8	0.16

Side Dishes (continued)	Portion		Mg.	G	G	G
	Size	Cals.	Cholst.	Protein	Carb.	T-Fat
Peaches in Light Syrup	1/2 cup	68	0	0.57	18.27	0.04
Pears in Light Syrup	1/2 cup	71	0	0.24	18.89	0.04
Peas, Canned	1/2 cup	61	0	3.93	11.18	0.31
Pineapple in Pineapple Juice	.5 cup	75	0	0.5	19.6	0.10
Potato Rounds	12 each	211	0	2.48	23.57	12.41
Potato Smiles	4 each	107	0	1.34	16	4.00
Potato Wedges	12 wedges	142	0	2.37	21.35	4.74
Pudding Cup, Chocolate	3.5 oz.	218	0	4.96	34.73	5.95
Pudding Cup, Vanilla	3.5 oz.	189	0	3.97	29.77	5.95
Raspberry Applesauce	1/2 cup	90	0	0	23	0
Strawberry Applesauce	1/2 cup	90	0	0	23	0
Strawberry Banana Applesauce	1/2 cup	100	0	0	22	0
Sweet Potato Fries, Baked	1/2 cup	100	0	0.66	15	4
Sweet Potatoes, Glazed	1/2 cup	223	0	1.59	46.11	4.04
Sweet Potatoes & Apples	1/2 cup	128	0	0.8	26.27	2.51
Tossed Salad	1/2 cup	5	0	0.34	1.07	0.08
Tomato Soup	8 oz.	126	3	4	21	2.6
Tomatoes, Stewed w/Bread	1/2 cup					
Tomatoes, Stewedw/Peppers	1/2 cup					
Tri-Tater (Grades K-8)	1 each	110	0	1	13	6
Tri-Tater (Grades 9-12)	2 each	220	0	2	26	12
Turkey Noodle Soup	1/2 cup	36	11	3.32	4.73	0.37
Vegetable Soup	1/2 cup	23	0	0.98	4.86	0.18
Veggie Pasta Salad	1/2 cup	108	1	4.3	20.99	1.65
Breakfast Products	Portion		Mg.	G	G	G
	Size	Cals.	Cholst.	Protein	Carb.	T-Fat
Apple Juice	4 oz.	50	0	0	13	0
Animal Crackers	1.1 oz.	139	0	2.15	23.11	4.3
Dry Cereals:	1 bowl pack					
Apple Jacks RS	1 bowl pack	80	0	1	18	0
Cheerios, Apple Cinnamon	1 bowl pack	100	0	2	22	1.5
Cheerios, Fruity	1 bowl pack	90	0	1	21	1
Cheerios, Honey Nut	1 bowl pack	110	0	3	22	1.5
Cheerios, Multi-Grain	1 bowl pack	70	0	1	15	1
Cinnamon Toast Crunch RS	1 bowl pack	120	0	1	22	3
Cocoa Puffs RS	1 bowl pack	90	0	1	20	1
Froot Loops RS	1 bowl pack	70	0	1	16	0.5
Frosted Flakes Gold	1 bowl pack	110	0	2	27	0.5
Frosted Flakes RS	1 bowl pack	100	0	1	25	0
Frosted Mini-Wheats	1 bowl pack	100	0	3	23	0
Golden Grahams	1 bowl pack	110	0	1	23	1
Mini Swirlz Cinnamon Bun	1 bowl pack	90	0	1	18	1.5
Raisin Bran	1 bowl pack	110	0	3	27	1
Total, Whole Grain	1 bowl pack	70	0	2	17	1
Trix RS	1 bowl pack	100	0	1	21	1
Wild Animal Crunch	1 bowl pack	90	0	2	20	1
Bug Bites	1 package	140	0	2	23	4.5
Cheese Omelet	2.1 oz.	210	305	12	3	17
Mozzarella Cheese Stick	1 oz.	72	18	6.88	0.79	4.51
Cinn Bagel w/Cr. Cheese	1 each	190	10	5.99	34.94	3.99
Chicken Biscuit (Breakfast)	1 each	365	45	10	34	19.4
Churro	1 each	160	15	2	22	7

Breakfast Products (conti	Portion		Mg.	G	G	G
	Size	Cals.	Cholst.	Protein	Carb.	T-Fat
Donut, Reduced Fat	3 oz.	300	15	8	49.03	10.01
Egg Biscuit	1 each	301	260	9.64	27.75	15.53
Cinnamon Glazed French Toast	1 slice	240	106	8.29	34.09	7.37
Cinnamon Snack'n Waffles	1 package	230	40	5	33	9
Maple Snack'n Waffles	1 package	230	40	5	33	9
Strawberry Banana French Toast	3 sticks	214	119	6.58	27.995	8.22
Funnel Cakes	1 each	310	25	5	43	13
Ham Biscuit	1 each	269	30	11.48	30.32	11.51
Ham & Cheese Biscuit	1 each	315	30	10.13	28.11	16.83
Ham & Cheese Croissant	1 each	393	47	16.42	25.06	25.14
Muffin, Banana Low Fat	1 each	230	0	4	54	1
Muffin, Blueberry Low Fat	1 each	216	0	4	52	1
Orange Juice	4 oz.	55	0	1	13.99	0
Pancake & Sausage on a Stick	1 each	239	23	8.4	24.01	12.21
Pancakes, Whole Wheat	3 each	230	20	7	38	6
Pancakes, Whole Wheat	1 each	77	7	2.33	12.67	2
Pop Tarts, Assorted	1 each	202	0	2.32	36.1	5.64
Breakfast Prod (con't)	Portion		Mg.	G	G	G
	Size	Cals.	Cholst.	Protein	Carb.	T-Fat
Pop Tarts, WG Br. Sugar Cinn	1 each	200	0	3	34	7
Pop Tarts, WG Strawberry	1 each	190	0	2	35	5
Sausage Biscuit	1 each	318	21	9.24	28.76	17.46
Sausage Link	1 each	85	26.77	8.3	0.4	5.3
Sausage Patty	1 oz. patty	105	24	5.58	0.28	8.85
Sausage Pizza (Breakfast)	1 slice	199	20	10.97	19.94	7.98
Scrambler Biscuit Roll	1 each	180	90	6.99	17.97	8.98
Taquito, Breakfast	1 each	169	95	6.98	19.93	5.98
Yogurt	4 oz.	110	0	3	22	0
Breakfast Kit Meals	Portion		Mg.	G	G	G
	Size	Cals.	Cholst.	Protein	Carb.	T-Fat
Jumpstart - Apple Jacks	1 breakfast	270	0	3	54	4
Jumpstart - Froot Loops	1 breakfast	330	0	3	69	5.5
Jumpstart - Frosted Flakes	1 breakfast	356	0	2.96	76.3	4.91
Jumpstart - Frosted Mini-Wheats	1 breakfast	290	0	5	59	4
Jumpstart - Rice Krispies	1 breakfast	250	0	3	51	4
Bkfst Breaks - Pancake Sand	1 breakfast	311	23	4	59	7
Bfst Breaks - Fr. Toast	1 breakfast	349	69	8	62	9
	Size	Cals.	Cholst.	Protein	Carb.	T-Fat
	Milk - Skim	1/2 pint	90	5	9.04	13.05
Milk - 1% Lowfat Chocolate	1/2 pint	200	12	8.80	35.98	2.00
Milk - 1% Lowfat Strawberry	1/2 pint	192	12	8	35.98	2
Milk - 1% Lowfat White	1/2 pint	104	12	7.99	11.99	2.4
Milk - 1% Lowfat Chocolate	10 oz.	250	15	11	45	2.5
Milk - 1% Lowfat Strawberry	10 oz.	240	15	10	45	2.5
Milk - 1% Lowfat White	10 oz.	130	15	9.99	14.99	3
Miscellaneous Items	Portion		Mg.	G	G	G
	Size	Cals.	Cholst.	Protein	Carb.	T-Fat
Sherbet, Raspberry, Pierre	1 each	132	4	1	29	1.7
Sherbet, Orange, Pierre	1 each	137	4	1	30	1.8

Condiments	Portion		Mg.	G	G	G
	Size	Cals.	Cholst.	Protein	Carb.	T-Fat
Catsup	1 packet	9	0	0.16	2.26	0.03
Mustard	1 packet	3.35	0	0.22	0.27	0.2
Mayonnaise	1 packet	29.9	2.99	0.06	0.6	3.06
Ranch Dressing	1 oz.	9.55	1.36	0.29	0.95	0.51
Italian Dressing - Red Fat	1 oz.	9.6	0.6	0	0.42	0.9
French Dressing - Red Fat	1 oz.	12.375	0.5625	0	1.97	0.51
Honey	1 oz.	85.12	0	0.084	23	0
Syrup	1 oz.	65.5	0	0	17.2	0
Pickles, Sweet B&B	1 oz.	65.52	0	0	17.2	0
Pickle Relish	1 oz.	36.4	0	0.1	9.82	0.13
Barbecue Sauce	1 TBSP	22.5	0	0	5.5	0
Hot Dog Chili	1 oz.	25	3	2	3	1
Cheese, Shredded	1 oz.	114	30	7.06	0.36	9.4