

Fiber, Carbs and Calories as of February 6th 2017

Product Name	Product Full Name	Fiber	Carbs	Calories	Portion Size
3-Bean Haystacks w/Chips	HAYSTACKS, 3-Bean, Chip2.5M/1G	13.7	34	413	SERV
Allen's Baked Beans	BEANS, Baked, Veg Allen's 1/2c	6.27	31.36	157	1/2 CUP
American Cheeseburger	CHEESEBURGER, A/P-2.5M/2B	2	27.01	364	1 EACH
Apple Cinn TX Toast	TEXAS TOAST, Apple Cinnamon 2B	2	45	260	1 EACH
Apple Juice	FRUIT, Juice, Apple, 4.23 A&E	0	14	60	1 EACH
Baby Bakers Potatoes	POTATO, Baby Bakers USDA 16-17	0	14.04	100	1/2 CUP, 3.29oz
Bean & Cheese Burrito	BURRITO, Bean/Ch, 2M/1.5G	6.06	31.35	277	SERV
Beef Meatballs	MEATBALLS, Beef, Kings Co 5ea	1.67	4.17	158	5 EACH
Beef Nachos & Queso Sauce	NACHOS, Beef w/Queso 16-17	1.91	21.89	307	SERV
Beef Nachos w/Queso & Beans	NACHOS, Beef w/Queso & Beans	9.91	48.92	467	SERV
Blueberry Muffin Top	BREAD, Muffin,BB Top,Dave's 2B	3.29	38.65	220	1 EACH
Bread Stick	BREAD, Stick 0.9oz, VDF, 1.25G	1	13	60	1 EACH
Brown Gravy	GRAVY, Brown TUF	0	7.72	39	1/2 CUP
Cheerios Cereal	CEREAL, MG Cheerios, 1oz BOWL	4.05	46.57	202	2 EACH
Cheese Quesadilla	QUESADILLA, Cheese2M/1.5G	1.93	22.3	291	SERV
Cheese Quesadilla & Beans	QUESADILLA, Cheese, RBeans K-8	6.14	35.98	376	SERV
Cheese Quesadilla & RBeans	QUESADILLA, Cheese,RFBean	5.11	33.32	355	SERV
Cheezy Chicken Tortilla Soup	SOUP, CheesyTortilla w/Chicken	8.75	52.46	398	8 OZ
Cheezy PullaPart Breadstick	BREAD,CheesePullaPart - Stick	2	30	280	3 EACH
Chicken Burger	CHICKEN, Burger, 51%WWW Franz	3.01	40.18	383	1 EACH
Chicken Gravy	GRAVY, Chicken, TUF	0	6.51	33	3 OZ
Chicken Noodle Soup	SOUP, Chicken Noodle, Homemade	2.12	21.57	180	6 OZ
Chicken Nuggets	CHICKEN, Nugg, USDA 15-16	1.21	7.25	108	3 OZ
Chicken Nuggets	CHICKEN, Nugg, TysonUSDA 16-17	3.06	16.31	265	5 EACH
Chicken Salad	SALAD, Chicken, Diced	2.03	5.63	236	1 EACH
Chicken Salad Salad Platter	SALAD, Chicken Salad Platter	3.44	14.47	347	SERV
Cinn Toast Crunch Cereal	CEREAL, Cinn Toast Crunch CUP	3	45	230	1 EACH
Cold Ham & Cheese Sand	SANDWICH, Ham&Cheese, COLD	3.6	27.95	225	1 EACH
Crispy French Fries	POTATOES, French Fries	0.91	16.46	101	1/2 CUP
Dave's Cornflower Muffin	BREAD, Muffin, Corn, Dave's 1B	1.5	23	148	1 EACH
Dave's Crumb Cake	CAKE, Crumb Sq, +Straw 1G/.5F	4.92	49.73	257	1 SERV
Domino's Cheese Pizza	PIZZA, Domino, LM Cheese NSLP	3	29	260	1 SLICE
Domino's Hawaiian Pizza	PIZZA, Domino, Hawaiian NSLP	3.01	31.08	261	1 SLICE
Domino's Pepperoni Pizza	PIZZA, Domino RFRS Pepp NSLP	3	29	270	1 SLICE
Egg & Cheese Muffin	MUFFIN, Egg & Cheese 1.5M/2B	0	2.01	85	1 EACH
Fish Sticks w/Mac & Cheese	Fish Sticks(CH) wMacCh 3M/1.5G	2.03	18.28	183	SERV
Fish Sticks w/Mac & Cheese	Fish Sticks(TR)wMacCh 3M/1.25G	3	32	379	SERV
Fr. Toast & Eggs	FR. TOAST, & Egg 2M/2B AJ	3	44.12	395	SERV
Fr. Toast Sticks & Links	FR. TOAST STIX,WG, wLINKS 9-12	3.01	45.17	612	SERV
Fr. Toast Sticks & Links	FR. TOAST STIX,WG, wLINKS K-8	2.01	45.17	531	SERV
French Dip Sandwich	SANDWICH, Fr. Dip - SEC	3	32.12	337	1 EACH
French Dip Sandwich	SANDWICH, Fr. Dip/S - 2M/2.25B	3	28.03	211	1 EACH
French Toast BK Bar	BK BAR, Fr. Toast, 2.5oz	2.99	46.92	289	1 EACH
Fruit & Cheese Salad Plate	SALAD, Fruit & Cheese Plate	9.36	73.15	495	SERV
Fruit & Veggie Bar	F&V BAR, Winter, TUE 9-12	4.77	25.23	101	1.5 CUP
Fruit & Veggie Bar	F&V BAR, Winter, WED 9-12	6.9	39	155	1.5 CUP
Fruit & Veggie Bar	F&V BAR, Winter, THU 9-12	3.9	25.5	102	1.5 CUP
Fruit & Veggie Bar	F&V BAR, Winter, FRI 9-12	4.26	26.36	109	1.5 CUP
Fruit & Veggie Bar	F&V BAR, Winter, MON 9-12	4.12	31.66	137	1.5 CUP
Fruit & Veggie Bar	F&V BAR, Winter, TUE K-8	2.83	17.24	68	3/4 CUP
Fruit & Veggie Bar	F&V BAR, Winter, WED K-8	1.47	17.24	72	3/4 CUP
Fruit & Veggie Bar	F&V BAR, Winter, THU K-8	3.49	22.55	89	3/4 CUP
Fruit & Veggie Bar	F&V BAR, Winter, FRI K-8	1.6	23.54	95	3/4 CUP
Fruit & Veggie Bar	F&V BAR, Winter, MON K-8	2.19	25.13	101	3/4 CUP
Fruit Cup	FRUIT, CUP, Variety, BK, 16-17	1.5	16.25	62	1/2 CUP
Fruit Punch Juice	FRUIT, Juice, FtPunch,4. 23A&E	0	15	60	1 EACH
Fry Sauce	SAUCE, Fry	0	3	77	1 EACH

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Galaxy Cheese Pizza	PIZZA, Galaxy,CHEESE, 2M/2.5B	2.98	28.81	278	1 EACH
Giant Goldfish Crackers	CRACKERS, Goldfish, Grahams WG	1	18.98	120	1 EACH
Ham & Cheese PullaPart	BREAD, Ham/Ch PullaParts 2M/2B	3	28	270	SERV
Ham Salad	SALAD, Ham, Diced	2	5.73	251	1 EACH
Hamburger	HAMBURGER, A/P-2M/2B	2	26	323	1 EACH
Homemade Chili & Cheese	CHILI, Homemade, w/CHEESE 6oz	7.63	24.07	308	6 OZ
Homemade Chili & Cheese	CHILI, Homemade, w/CHEESE 4oz	5.04	15.89	241	4 OZ
Hot Dog	HOT DOG, w/Bun, 6" FRANK 2M/2G	2	27.01	302	1 EACH
Idahoan Mashed Potatoes	POTATOES, Idahoan, Premium	1	16.97	80	1/2 CUP
Ketchup	KETCHUP, Cup, 1-oz DC	0	8	35	1 EACH
Lemon Bites	BK, Bites, Lemon (1=.5B)	4.02	40.22	201	4 EACH
Lucky Charms Cereal	CEREAL, Lucky Charms, 1oz BOWL	4	46	220	2 EACH
Lucky Charms Cereal	CEREAL, Lucky Charms, CUP	3	39.97	190	1 EACH
Mandarin Chicken wVeggies	CHICKEN, Mandarin Orange, VegF	2.15	31.43	232	SERV
Maple Bites	BK, Bites, Maple (4=2B)	4.44	48.81	266	4 EACH
Maple Syrup	SYRUP, Maple,Cups, SF, SMUCKER	0	3.9	15	1 EACH
Meatballs & Marinara	MEATBALLS & Marinara 2.5M/.25V	3.88	12.04	243	1 SERV
Mexi Rice	RICE, Mexi, 1/2c - 1G	0.87	22.44	115	1/2 CUP
Milk Flavored FF	MILK, Fat Free, 16-17	0	19.7	117	1 EACH
Milk White 1%	MILK, 1% White 16-17	0	13	110	1 EACH
Mini Corn Dogs	CORN DOGS, Mini,St.Fair 2M/2G	2.98	32.83	254	4 OZ
Mustard	MUSTARD, Packet, Hollen's 5.5g	0	0	0	1 EACH
Orange Muffin Top	BREAD, Muffin,OR Top,Dave's 2B	3.29	38.85	221	1 EACH
Orange Tangerine Juice	FRUIT, Juice, OrTang,4. 23 A&E	0	15	60	1 EACH
Oriental Chicken Salad 9-12	SALAD, Chicken, Oriental 9-12	5.64	47.9	392	SERV
Pepperoni PullaPart	BREAD, Pepperoni Ripper 2M/2BV	4	27	270	4 OZ
Picante Salsa	SALSA, Del Sol,Picante,.5ozPkt	0	1.01	5	1 EACH
Pop-Tart	BK Pop-Tart, Var, 1.25B	6	75	360	2 EACH
Popcorn Chicken	CHICKEN, Popcorn, Raw, TFS	3.09	14.43	258	4 OZ
Pork Rib-BQ Sandwich	SANDWICH, Pork,RIB-BQ,2M/2.25G	4	32	300	1 EACH
Primo Variety Pizza	PIZZA, Primo, Variety 2M/2G	3	35.55	366	1 EACH
Pulled Pork Sandwich	SANDWICH, Pulled Pork, Carnita	3	27.06	391	1 EACH
Ranch Dressing	DRESSING, Ranch, Lt, 1oz,Basic	0	2.5	41	1 EACH
Seasoned Rotini Pasta	PASTA, Rotini, Seasoned 1B	4.79	37.21	192	1/2 CUP
Spicy Sichuan Chicken & Rice	CHICKEN, Spicy Sichuan, Rice	1.43	54.66	363	SERV
Steamed Broccoli Florets	BROCCOLI Florets,FZ,USDA 15-16	1.48	2.47	13	1/2 CUP
Steamed Broccoli Normandy	Broccoli Normandy, Norpac 20#	2.02	5.04	30	1/2 CUP
Steamed Corn	CORN, Yellow, FZ, USDA 16-17	1.99	15.9	67	1/2 CUP
Steamed Green Beans	BEANS, Green, USDA 16-17	2.11	4.22	21	1/2 CUP
Steamed Peas & Carrots	PEAS & CARROTS, FZ, Flav-R-Pac	2.36	7.87	39	1/2 CUP
Steamed WG Rice	RICE, Brown/White, 1Cup	1.43	43.75	224	1 CUP
Steamed WG Rice	RICE, Brown/White, 1/2 Cup	1.43	43.75	224	1 CUP
Strawberry Pop Tart	BK Pop-Tart, Straw (2ea) 2.5G	6	76	360	2 EACH
Strawberry Yogurt Parfait	YOGURT PARFAIT, Strawberry	3.11	31.65	148	SERV
Strawberry Yogurt Parfait	YOGURT PARFAIT, Strawberry6oz	4.11	36.9	181	SERV
Sunshine Carrots	CARROTS, Sunshine	2.4	5.6	28	1/2 CUP
Swiss Cheeseburger	CHEESEBURGER, Swiss w/OR 16/17	3.5	41.03	479	1 EACH
Taco Salad Plate	SALAD, Taco, Plate 9-12	4.68	38.1	347	SERV
Tartar Sauce	SAUCE, Tartar, Basic, 1oz Cup	0	2.1	43	1 EACH
Tony's Breakfast Pizza	PIZZA, BK, Tony's 1M/1.5B	2	25.95	210	1 EACH
Tortilla Chips	CHIPS, Tortilla, 1oz 1B	3.04	19.24	142	SERV
Turkey Gravy & Potatoes	TURKEY, Gravy RTU w/P, Jenne-O	1	18.97	200	4 OZ
WG Cinnamon Knot	BREAD, Cinnamon Knots, BLEND	2.53	32.41	186	2 OZ
WG Dinner Roll	BREAD, Roll, BLEND - SAF	2.5	26.03	145	2 OZ
White Grape Juice	FRUIT, Juice, WtGrape,4. 23A&E	0	20	80	1 EACH
Yogurt & Breakfast Bar	YOGURT, Straw, w/CC Bar 1M/1G	6	48.48	265	SERV
Yogurt & Breakfast Bar	YOGURT, STRBERRY, FrT Bar1M/2B	4.99	57.41	354	SERV