

| ENTRÉE' | Serving Size | CALORIES | CARB | PROTEIN | FAT | SODIUM | Carb Choice |
|--|------------------------------------|-----------------|-------------|----------------|------------|---------------|--------------------|
| Augratin Potatoes & Ham | 1 cup | 297 | 28 | 18 | 13 | 996 | |
| Baked Chicken | 5 oz raw | 168 | 1 | 32 | 4 | 293 | |
| Baked Cod | 4 oz raw | 118 | 0 | 18 | 5 | 98 | |
| Baked Ham | 5 oz raw | 177 | 2 | 26 | 7 | 1465 | |
| Baked Pork Chop | 5 oz raw | 253 | 0 | 31 | 13 | 68 | |
| Baked Salmon | 3 oz | 174 | 0 | 17 | 11 | 72 | |
| BBQ Herbed Lemon Chicken | 6 oz | 211 | 14 | 20 | 9 | 450 | |
| Beef Gyros | 3oz meat | 391 | 44 | 17 | 16 | 1061 | |
| Beef Nachos | 1/2 cup meat & 1/2 cup cheese | 469 | 15 | 40 | 28 | 529 | |
| Beef Stew LS | 1 cup | 282 | 25 | 23 | 10 | 358 | |
| Beef Stroganoff | 1 cup meat & 1 cup noodles | 329 | 28 | 25 | 13 | 575 | |
| Beef Stroganoff LS | 1 cup meat & 1 cup noodles | 354 | 28 | 29 | 15 | 208 | |
| Biscuit | 1 each | 200 | 25 | 4 | 10 | 700 | |
| Breaded Chicken 5 oz raw wt. | 5.6 oz raw | 197 | 16 | 26 | 3 | 138 | |
| Breaded Pork Chop (loin) | 5 oz raw | 144 | 0 | 17 | 8 | 39 | |
| Braised Short Ribs | 5 oz | 360 | 2 | 30 | 27 | 345 | |
| Bratwurst on bun | (70 g brat) (43 g bun) | 349 | 24 | 14 | 22 | 1019 | |
| Calzone (Albie's) pep & cheese | 4 oz / 6oz | 260 / 400 | 28 / 40 | 13 / 20 | 12 / 19 | 660 / 1020 | |
| Cheese Ravioli w/marinara sauce | 3/4 cup sauce + 5 piece ravioli | 247 | 37 | 13 | 8 | 963 | |
| Cheese Tortellini w/ Red Peppers Alfredo | 6oz | 425 | 54 | 17 | 17 | 1497 | |
| Chef Salad Reg (no dressing) | 4 oz meat no dressing | 372 | 15 | 30 | 23 | 667 | |
| Chicken Breast Saltimbocca (purchased) | 7.5 oz raw | 310 | 8 | 46 | 10 | 1210 | |
| Chicken Breast Nuggets (breaded) | 3.21 oz | 220 | 14 | 11 | 13 | 500 | |
| Chicken Broccoli Casserole Reg | 1 cup | 252 | 21 | 22 | 9 | 547 | |
| Chicken Broccoli Casserole LSLF | 1 cup | 261 | 29 | 27 | 4 | 147 | |
| Chicken Caesar Salad | ~3 cups (1/4C dressing) | 550 | 12 | 39 | 37 | 862 | |
| Chicken Cordon Blue | 196 g (~ 6oz) | 410 | 17 | 34 | 23 | 1150 | |
| Chicken Enchilada | 1 each | 533 | 36 | 22 | 33 | 1194 | |
| Chicken Fajata Tortilla Casserole | 1 each | 293 | 32 | 18 | 10 | 1195 | |
| Chicken Gyros | 1 each | 300 | 29 | 27 | 8 | 399 | |
| Chicken Nachos | 1/4 cup | 208 | 6 | 21 | 11 | 1532 | |
| Chicken Noodle Casserole | 6 oz | 437 | 26 | 28 | 24 | 427 | |
| Chicken Noodle Casserole LFLS | 1 cup | 310 | 22 | 20 | 15 | 202 | |
| Chicken Parmisan | 1 each | 321 | 14 | 36 | 14 | 1049 | |
| Chicken Parmisan LS | 1 each | 299 | 13 | 34 | 12 | 960 | |
| Chicken Salad on Croissant (purchased) | 1/2 c meat + (57g) croissant | 488 | 36 | 21 | 28 | 949 | |
| | | | | | | | |

| ENTRÉE' | Serving Size | CALORIES | CHO | PROTEIN | FAT | SODIUM | Carb Choice |
|------------------------------------|-----------------------------------|----------|-----|---------|------|--------|-------------|
| Chicken Stir-Fry | 1 cup | 218 | 11 | 29 | 5 | 580 | |
| Chicken Stir-Fry with rice | 1/2 cup rice | 340 | 37 | 32 | 6 | 582 | |
| Chicken Wings (purchased) | 3 piece meat (88g) + 1 tsp oil | 190 | 7 | 11 | 14 | 470 | |
| Cod almondine 3 oz | 3 oz | 234 | 6 | 20 | 14 | 187 | |
| Cod almondine LFLS | 3 oz | 127 | 5 | 20 | 3 | 59 | |
| Egg Rolls | 1 (85g) roll + 1 tsp oil | 220 | 19 | 7 | 13 | 430 | |
| Egg Salad Sandwich | 1/2 c egg | 250 | 29 | 11 | 19 | 366 | |
| French Dip | 2oz beef | 289 | 33 | 15 | 12 | 1109 | |
| French Dip LS | 2oz beef | 286 | 34 | 15 | 12 | 366 | |
| Garden Medley Pasty | 170 g | 280 | 39 | 5 | 12 | 790 | |
| Gluten Free Breaded Chicken | 4 oz. Chicken | 404 | 0 | 41 | 20 | 256 | |
| Gluten Free Pork Chop | 4 oz. Pork | 495 | 0 | 34 | 34 | 348 | |
| Gluten Free Pasta | 1/2 cup pasta: 1/3 sauce | 509 | 99 | 12 | 7 | 92 | |
| Gluten Free Pizza | | | | | | | |
| Goulash | 1 cup | 302 | 27 | 25 | 10 | 654 | |
| Greek Salad | 24 oz container | 212 | 21 | 10 | 12 | 649 | |
| Greek Salad Dressing | 1 oz | 187 | 2 | 0 | 20.5 | 264 | |
| Grilled Veggie Sandwich | 1/4 C crm cheese + 2 tsp marg | 451 | 51 | 12 | 23 | 815 | |
| Grilled Cheese Sandwich | 2 oz cheese | 481 | 41 | 21 | 25 | 917 | |
| Grilled Cheese Sandwich LFLS | 2 oz cheese | 448 | 41 | 20 | 22 | 784 | |
| Ham Sandwich | 2 oz meat | 203 | 27 | 13 | 4 | 919 | |
| Ham and Scalloped Potatoes | 6oz | 232 | 27 | 13 | 8 | 850 | |
| Ham and Au gratin Potatoes | 1 cup | 271 | 22 | 17 | 13 | 959 | |
| Hamburger on Bun | 3 oz | 309 | 22 | 27 | 12 | 299 | |
| Hamburger Patty 90/10 | 4 oz raw | 199 | 0 | 23 | 11 | 69 | |
| Hot Dog | 1 each | 265 | 22 | | 15 | 703 | |
| Chili Dog (4 ounce chili) | 1 each | 351 | 31 | | 18 | 1048 | |
| Hungarian Goulash Casserole | 1 cup | 747 | 90 | 36 | 27 | 1142 | |
| Lasagna | 4x6" | 684 | 66 | 49 | 25 | 1142 | |
| Lemon Baked Cod | 3 oz | 103 | 1 | 14 | 5 | 88 | |
| Lemon Baked Cod LF | 3 oz | 70 | 1 | 14 | 1 | 44 | |
| Macaroni and Cheese | 1 cup | 514 | 49 | 23 | 25 | 485 | |
| Meatloaf | 3 oz | 220 | 10 | 23 | 10 | 291 | |
| Pasty (Lawry's) | 8 oz | 440 | 44 | 12 | 24 | 920 | |
| Peppercorn Steak Sandwich | 3 oz meat 1 oz cheese | 378 | 37 | 24 | 15 | 753 | |
| Peppercorn Steak Sandwich (LF, LS) | 2 oz meat 1 oz cheese | 324 | 34 | 19 | 13 | 658 | |

| ENTRÉE' | Serving Size | CALORIES | CHO | PROTEIN | FAT | SODIUM | Carb Choice |
|--|------------------------------|-----------------|------------|----------------|------------|---------------|--------------------|
| Potato/Beef Casserole | 6 ounces | 444 | 27 | | 24 | 546 | |
| Pork Fried Rice | 1 cup | 237 | 16 | 15 | 11 | 778 | |
| Pork Loin Medallions w/Apple Chutney | 4 oz. Cooked | 193 | 16 | 20 | 16 | 48 | |
| Potato-encrusted Fish (purchased) | ~ 5.5 oz(154 gm) | 200 | 10 | 21 | 8 | 550 | |
| Reuben Casserole | 4 x 6" | 544 | 45 | 29 | 28 | 1909 | |
| Reuben Sandwich | 1.5 oz meat 1/2 oz cheese | 351 | 34 | 18 | 16 | 1393 | |
| Roast Beef | 3 oz cooked | 167 | 0 | 12 | 14 | 456 | |
| Roast Beef Sandwich | 2 oz meat | 219 | 28 | 15 | 5 | 760 | |
| Roast Shoyu Glazed Salmon | 3 oz | 152 | 3 | 18 | 9 | 244 | |
| Roast Turkey | 6 oz raw | 228 | 0 | 32 | 11 | 650 | |
| Rotisserie-Seasoned Chicken | 4 oz | 168 | 1 | 32 | 4 | 293 | |
| Salmon | | 249 | 0 | | 12 | 179 | |
| Sesame Baked Chicken LFLS | 4 oz | 183 | 2 | 32 | 4 | 82 | |
| Sesame Chicken | 4 oz | 214 | 2 | 32 | 8 | 126 | |
| Sloppy Joe on Bun | 1/2 cup meat | 308 | 46 | 16 | 6 | 702 | |
| Spaghetti with Meat Sauce | 1 c ndle+1 c sauce | 360 | 28 | 20 | 19 | 581 | |
| Spaghetti with Meat Sauce LS | 1/3 c ndle+1c sau | 401 | 35 | 21 | 20 | 278 | |
| Spinach and Mushroom Lasagna | 4 x 6" | 342 | 41 | 20 | 11 | 476 | |
| Spinach Pie | 4 x 6" | 430 | 48 | 17 | 19 | 488 | |
| Stuffed Shells LFLS (purchased) | 2 shells+1/2c sauce | 329 | 44 | 14 | 12 | 858 | |
| Stuffed Shells (purchased) | 2 shells+1/2c sauce | 357 | 39 | 17 | 15 | 1453 | |
| Swedish Meatballs | | 277 | 4 | | 14 | 453 | |
| Szechwan Chicken (purchased) | 6 oz raw | 165 | 18 | 8 | 7 | 1930 | |
| Tilapia, garlic & herb crusted (purchased) | ~ 5 oz (140 gm) | 230 | 15 | 22 | 9 | 240 | |
| Tuna Melt | 1/2c tuna+1/2 bun | 389 | 32 | 25 | 19 | 749 | |
| Tuna Salad Sandwich | 1/2 cup meat | 282 | 35 | 5 | 13 | 516 | |
| Tuna Salad Sandwich Soft | 1/2 cup meat | 282 | 35 | 5 | 13 | 507 | |
| Turkey Mignon Bacon Wrap | 5.4 oz | 200 | 3 | 35 | 8 | 690 | |
| Turkey Sandwich Cafeteria (smoked turkey) | 2 oz meat | 193 | 28 | 14 | 3 | 788 | |
| Turkey Sandwich trayline (oven roasted) | 2 oz meat | 193 | 28 | 14 | 3 | 697 | |
| Veggie Wrap | 1/2 tortilla | 596 | 19 | 26 | 46 | 995 | |
| Veggie Burger + bun (purchased) | 3.25 oz meat | 290 | 40 | 19 | 7 | 710 | |

| Breakfast Items | Serving Size | Calories | Carb | Fat | Protein | Sodium | Carb Choice | |
|---|---------------------|-----------------|-------------|------------|----------------|---------------|--------------------|---|
| Bagel (3rd Street) | 1 each | | | | | | | |
| Breakfast Casserole | 4 x 6 | 367 | 24 | 13 | 22 | 584 | 1 1/2 | |
| Breakfast Casserole LF LS | 4 x 6 | 246 | 20 | 8 | 20 | 563 | 1 | |
| Canadian Bacon (Hormel) | 1 each | 45 | 0 | 2 | 6 | 325 | free | |
| Coffeecake (Homemade) | 4 x 6 | 395 | 60 | 16 | 4 | 313 | 4 | |
| Danish | 1 each | 310 | 41 | 15 | 4 | 340 | 3 | |
| Donut | 1 each | 242 | 27 | 14 | 4 | 205 | 2 | |
| French Toast-pre made | 1 slice | 170 | 28 | 4 | 5 | 380 | 2 | |
| French Toast LF LS | 1 each | 117 | 21 | 1 | 7 | 264 | 1 1/2 | |
| Muffin (homemade) | 1 each | 140 | 23 | 5 | 3 | 195 | 1 1/2 | |
| Omelet | 1 each | 180 | 3 | 13 | 12 | 380 | free | |
| Pancake-- premade (4") | 1 each | 70 | 13 | 1 | 2 | 183 | 1 | |
| Pancake | 1 each | 74 | 14 | 1 | 2 | 239 | 1 | |
| Sausage | 1 each | 237 | 0 | 23 | 7 | 737 | free | |
| Blueberry Muffin (Spunkmeyer) | 1 each | 400 | 56 | 16 | 6 | 480 | 4 | |
| Chocolate Chip Muffin (Spunkmeyer) | 1 each | 460 | 58 | 24 | 6 | 380 | 4 | |
| Banana Foster | 4 x 6 | 624 | 67 | 37 | 8 | 535 | 4 1/2 | |
| Scrambled Egg | 1 egg | 70 | 1 | 6 | 5 | 80 | free | 0 |
| Cream of Wheat | 1/2 cup | 61 | 13 | 0 | 2 | 6 | 1 | |
| Malt-O-Meal | 1/2 cup | 60 | 12 | 0 | 2 | 5 | 1 | |
| Oatmeal | 1/2 cup | 75 | 14 | 0 | 2 | 0 | 1 | |
| Scones | 1 each | 255 | 35 | 11 | 3 | 198 | 2 | |
| Belgium Waffle | 1 each | 135 | 20 | 5 | 3 | 170 | 1 | |
| Cinnamon Roll | 1 each | 310 | 56 | 8 | 6 | 340 | 4 | |
| Breakfast Burrito (no trans fat) | 1 each | 270 | 32 | 11 | 11 | 600 | 2 | |
| Biscuits and Gravy | 2 biscuits | 719 | 60 | 18 | 45 | 2116 | 4 | |
| Breakfast Casserole-Florentine | 4 x 6 | 336 | 15 | 21 | 23 | 548 | 1 | |
| Breakfast Casserole-Asp/Sundried Tomatoes | 4 x 6 | 331 | 17 | 21 | 20 | 534 | 1 | |
| Breakfast Casserole-Lorraine | 4 x 6 | 449 | 12 | 33 | 26 | 958 | 1 | |

| Sides | Serving Size | Calories | Carb | Pro | Fat | Sodium | Carb Choice |
|---|---------------------|-----------------|-------------|------------|------------|---------------|--------------------|
| Acorn Squash (Hubbard squash puree), Diet | 1/2 cup | 23 | 5 | 1 | 0 | 4 | free |
| Acorn Squash, Reg | 1/2 of squash | 383 | 74 | 2 | 11 | 155 | 5 |
| Biscuit (purchased) | 60 grams each | 200 | 23 | 4 | 10 | 600 | 1 1/2 |
| Bread Dressing LS,LF | 1/4 cup | 114 | 20 | 5 | 1 | 284 | 1 |
| Bread Dressing REG, DIET | 1/4 cup | 140 | 20 | 4 | 5 | 596 | 1 |
| Bread Dressing Cafeteria | 1/3 cup | 195 | 24 | 4 | 6 | 454 | 1 1/2 |
| Candied Sweet Potatoes | 3/4 cup | 274 | 70 | 0 | 0 | 54 | 4 1/2 |
| Cheesy Potatoes | 3/4 cup | 222 | 27 | 8 | 9 | 203 | 2 |
| Garlic Bread (purchased) | 40 grams each | 170 | 16 | 2 | 10 | 260 | 1 |
| Green Bean Caesar | 3/4 cup | 180 | 12 | 4 | 14 | 173 | 1 |
| Noodles Romanoff Cafeteria | 3/4 cup | 572 | 59 | 26 | 26 | 509 | 4 |
| Noodles Romanoff Reg | 1/2 cup | 381 | 39 | 17 | 17 | 339 | 2 1/2 |
| Oven Browned Potatoes Cafeteria | 3/4 cup | 168 | 37 | 5 | 0 | 25 | 2 1/2 |
| Oven Browned Potatoes Reg | 1/4 cup | 55 | 12 | 2 | 0 | 8 | 1 |
| Parsleyed Potatoes | 3/4 cup | 232 | 53 | 6 | 0 | 20 | 3 1/2 |
| Rice Pilaf | 1/2 cup | 170 | 30 | 3 | 4 | 45 | 2 |
| Risotto Cafeteria | 3/4 cup | 296 | 49 | 7 | 7 | 984 | 3 |
| Risotto | 1/2 cup | 197 | 33 | 4 | 5 | 651 | 2 |
| Risotto LS | 1/2 cup | 189 | 31 | 4 | 5 | 108 | 2 |
| Spanish Rice | 1/2 cup | 168 | 29 | 3 | 4 | 312 | 2 |
| Spinach Casserole | 1/2 cup | 193 | 10 | 16 | 11 | 427 | one half |

| Desserts | Calories | Carb | Protein | Fat | Sodium | Carb Choice | Fiber | Fat % |
|-------------------------------------|-----------------|-------------|----------------|------------|---------------|--------------------|--------------|--------------|
| Blondie Bar | 360 | 51 | 3 | 18 | 237 | 3 1/2 | | |
| Banana Blueberry Bread | 317 | 47 | 5 | 12 | 224 | 3 | | |
| Banana Cake | 307 | 45 | 2 | 14 | 221 | | 0 | 41 |
| Blueberry Delight | 337 | 35 | 5 | 20 | 297 | 2 | | |
| Brownie | 407 | 55 | 4 | 21 | 181 | 3 1/2 | | |
| Butterscotch Pudding REG | 170 | 27 | 4 | 5 | 331 | 2 | | |
| Butterscotch Pudding LF | 140 | 27 | 4 | 1 | 334 | 2 | | |
| Butterscotch Pudding DIET | 83 | 16 | 4 | 0 | 234 | 1 | | |
| Carrot Cake | 658 | 74 | 7 | 38 | 453 | 5 | | |
| Chocolate Cake | 481 | 72 | 4 | 21 | 363 | 5 | | |
| Chocolate Chip Cookies (2 cookies) | 246 | 30 | 3 | 14 | 127 | 2 | | |
| Chocolate Heath Cookies (2 cookies) | 428 | 56 | 4 | 23 | 235 | 4 | | |
| Chocolate Nut Bar | 548 | 75 | 9 | 27 | 147 | 5 | | |
| Chocolate Pudding LF | 140 | 28 | 4 | 1 | 275 | 2 | | |
| Chocolate Pudding, DIET | 83 | 16 | 4 | 0 | 128 | 1 | | |
| Chocolate Pudding, REG | 170 | 28 | 4 | 5 | 272 | 2 | | |
| Coconut Cream Pie | 264 | 35 | 2 | 13 | 327 | 2 | | |
| Cream Puff | 333 | 31 | 6 | 21 | 503 | 2 | | |
| Custard (Baked) | 166 | 19 | 8 | 7 | 93 | 1 | | |
| Custard LF | 117 | 12 | 8 | 4 | 146 | 1 | | |
| Dutch Apple Pie | 337 | 48 | 3 | 15 | 154 | 3 | | |
| Date Bar | 442 | 71 | 5 | 17 | 333 | 5 | | |
| Frozen Vanilla Yogurt (purchased) | 90 | 21 | 2 | 2 | 75 | 1 1/2 | | |
| German Chocolate Cake | 601 | 63 | 7 | 38 | 359 | 4 | | |
| Italian Ice (purchased) | 60 | 16 | 1 | 0 | 0 | 1 | | |
| Lemon Cream Bar | 405 | 34 | 6 | 28 | 317 | 2 | | |
| Lemon Walnut Cookies (2 cookies) | 291 | 36 | 4 | 15 | 191 | 2 | | |
| Lemon Pudding | 169 | 29 | 3 | 4 | 279 | 2 | | |
| Macaroon Cookies (2 cookies) | 287 | 42 | 3 | 14 | 66 | 3 | | |
| Mounds Bar | 610 | 71 | 7 | 36 | 403 | 5 | | |
| Mudslide Cookies (2 cookies) | 248 | 34 | 4 | 14 | 97 | 2 | | |
| Oatmeal Cake | 391 | 67 | 4 | 13 | 248 | 4 1/2 | | |
| Oatmeal Raisin Cookies (2 cookies) | 219 | 32 | 4 | 9 | 242 | 2 | | |
| Orange Cake | 440 | 71 | 5 | 16 | 437 | 5 | | |

| Desserts | Calories | Carb | Protein | Fat | Sodium | Carb Choice | | |
|---|-----------------|-------------|----------------|------------|---------------|--------------------|--|--|
| Peanut Butter Dessert | 385 | 37 | 8 | 25 | 305 | 2 1/2 | | |
| Peanut Butter Cookies (2 cookies) | 312 | 27 | 8 | 21 | 230 | 2 | | |
| Pistachio Dessert | 413 | 42 | 6 | 25 | 440 | 3 | | |
| Pumpkin Bar | 270 | 42 | 3 | 11 | 189 | 3 | | |
| Pumpkin Custard | 203 | 46 | 6 | 1 | 72 | 3 | | |
| Raspberry Delight | 322 | 33 | 3 | 21 | 251 | 2 | | |
| Raspberry Pie | 386 | 66 | 4 | 13 | 179 | 4 1/2 | | |
| Rice Pudding | 148 | 25 | 4 | 4 | 50 | 1 1/2 | | |
| Shortbread cookies (2 cookies) | 278 | 25 | 3 | 19 | 188 | 1 1/2 | | |
| Snickerdoodle cookies (2 cookies) | 284 | 42 | 3 | 12 | 211 | 3 | | |
| Strawberry Bavarian | 251 | 47 | 3 | 7 | 140 | 3 | | |
| Strawberry Bavarian LF | 113 | 21 | 1 | 3 | 100 | 1 1/2 | | |
| Tapioca Pudding | 157 | 25 | 5 | 5 | 65 | 1 1/2 | | |
| Tapioca Pudding LF | 127 | 26 | 5 | 0 | 77 | 2 | | |
| Vanilla Pudding REG | 170 | 28 | 4 | 5 | 272 | 2 | | |
| Vanilla Pudding LF | 140 | 28 | 4 | 1 | 275 | 2 | | |
| Vanilla Pudding, DIET | 83 | 16 | 4 | 0 | 128 | 1 | | |
| White Cake with Choc. Frosting | 471 | 76 | 6 | 17 | 367 | 5 | | |
| White Chocolate Macadamia Cookies (2 cookies) | 351 | 42 | 3 | 21 | 178 | 3 | | |
| | | | | | | | | |
| | | | | | | | | |
| | | | | | | | | |

| Soups (6 oz portions) | Calories | Carb | Pro | Fat | Sodium | Carb Choice | % Fat | Fiber |
|---|-----------------|-------------|------------|------------|---------------|--------------------|--------------|--------------|
| Beef Barley Soup LSLF | 147 | 25 | 7 | 2 | 58 | 1 - 1/2 | | |
| Beef Barley Soup Reg LF | 124 | 17 | 5 | 3 | 830 | 1 | | |
| Beef Noodle Soup Reg LS | 179 | 22 | 8 | 6 | 350 | 1 - 1/2 | | |
| Caribbean Black Bean Soup | 356 | 31 | 23 | 16 | 948 | | 39 | 9 |
| Cheesey Potato Soup Reg LS | 208 | 26 | 9 | 8 | 312 | 2 | | |
| Cheesey Vegetable Soup Reg | 148 | 12 | 7 | 9 | 700 | 1 | | |
| Cheesey Wild Rice Soup Reg | 151 | 12 | 7 | 8 | 415 | 1 | | |
| Chicken & Dumpling Soup Reg | 231 | 23 | 14 | 9 | 967 | 1- 1/2 | | |
| Chicken Bacon Soup Reg | 229 | 15 | 13 | 13 | 730 | 1 | | |
| Chicken Noodle Soup LSLF | 58 | 10 | 3 | 1 | 22 | 1/2 | | |
| Chicken Noodle Soup Reg | 72 | 10 | 5 | 1 | 453 | 1/2 | | |
| Chicken Rice Soup LSLF | 53 | 10 | 3 | 0 | 26 | 1/2 | | |
| Chicken Rice Soup Reg LF | 76 | 11 | 5 | 1 | 594 | 1 | | |
| Chicken Soup LSLF | 99 | 16 | 7 | 1 | 54 | 1 | | |
| Chili Reg | 133 | 14 | 9 | 5 | 527 | 1 | | |
| Cream of Broccoli Cauliflower LSLF | 58 | 12 | 2 | 0 | 16 | 1 | | |
| Cream of Broccoli Cauliflower Reg | 104 | 11 | 6 | 5 | 119 | 1 | | |
| Cream of Cauliflower Soup Reg | 102 | 9 | 5 | 5 | 495 | 1/2 | | |
| Cream of Cauliflower Soup LFLS | 52 | 11 | 2 | 0 | 13 | 1 | | |
| Cream of Celery Soup Reg | 122 | 11 | 4 | 7 | 743 | 1 | | |
| Cream of Celery Soup LF (skim milk) | 101 | 13 | 4 | 4 | 686 | 1 | | |
| Cream of Chicken Soup (can/whole milk) | 141 | 11 | 8 | 8 | 772 | 1 | | |
| Cream of Chicken Soup (homemade) | 130 | 13 | 8 | 4 | 112 | 1 | | |
| Cream of Mushroom Reg (homemade) | 64 | 10 | 4 | 1 | 289 | 1/2 | 11 | 1 |
| Cream of Mushroom LSLF (homemade) | 64 | 11 | 4 | 1 | 218 | 1 | 9 | 1 |
| Cream of Potato Soup Reg (whole milk) | 109 | 14 | 4 | 4 | 720 | 1 | | |
| Cream of Spinach Soup Reg | 135 | 9 | 6 | 9 | 687 | 1/2 | | |
| Cream of Tomato Soup LS (canned) | 120 | 21 | 3 | 3 | 80 | 1- 1/2 | | |
| Cream of Tomato Soup Reg (whole milk) | 114 | 16 | 4 | 4 | 681 | 1 | | |
| Chunky Vegetable Soup Reg LF (for garden veg) | 56 | 13 | 2 | 1 | 529 | 1 | | |
| Chunky Vegetable Soup LSLF (for garden veg) | 88 | 19 | 3 | 1 | 49 | 1 | | |
| French Onion Soup | 78 | 5 | 6 | 1 | 1005 | free | | |
| Great Northern Bean & Chicken Soup Reg LS | 220 | 7 | 18 | 13 | 91 | 1/2 | | |
| Lentil Reg | 121 | 18 | 8 | 2 | 742 | 1 | | |
| Mexican Black Bean Soup Reg LF | 114 | 14 | 10 | 2 | 480 | 1 | | |
| Minestrone Soup Reg LS | 52 | 10 | 2 | 0 | 398 | 1/2 | | |
| Steak and Potato Soup | 216 | 13 | 10 | 13 | 587 | 1 | | |
| Sweet Corn Chowder Reg | 119 | 19 | 6 | 3 | 337 | 1 | | |
| Sweet Onion Potato Soup Reg | 67 | 12 | 1 | 2 | 371 | 1 | | |
| Taco Soup | 207 | 16 | 12 | 11 | 643 | 1 | | |
| Tomato Basil Soup Reg | 72 | 11 | 2 | 2 | 406 | 1 | | |
| Tortilla Soup Reg | 108 | 11 | 7 | 4 | 352 | 1 | | |
| Vegetable Beef Soup LSLF | 48 | 7 | 3 | 1 | 26 | 1/2 | | |
| Vegetable Beef Soup Reg LF | 71 | 10 | 6 | 1 | 443 | 1/2 | | |
| Vegetable Tortellini Soup Reg LF | 132 | 25 | 6 | 2 | 770 | 1 - 1/2 | | |

| Jello Molds (serving = 2.5 x 3") | Calories | Carb | Protein | Fat | Sodium | Carb Choice |
|--|-----------------|-------------|----------------|------------|---------------|--------------------|
| Cranberry Gelatin Mold Reg | 154 | 33 | 2 | 2 | 87 | 2 |
| Cranberry Gelatin Mold Soft, LFLS | 207 | 52 | 2 | 0 | 120 | 3 1/2 |
| Cranberry Gelatin Mold Diet | 82 | 19 | 2 | 0 | 66 | 1 |
| Mandarin Orange Mold Diet | 80 | 17 | 3 | 0 | 18 | 1 |
| Mandarin Orange Mold Reg | 203 | 50 | 3 | 0 | 98 | 3 |
| Orange Cranberry Mold Diet | 82 | 19 | 2 | 0 | 65 | 1 |
| Orange Cranberry Mold Reg | 207 | 52 | 2 | 0 | 120 | 3 1/2 |
| Peach Mold Reg, Soft | 122 | 36 | 2 | 0 | 94 | 2 1/2 |
| Peach Mold Diet | 59 | 20 | 3 | 0 | 66 | 1 |
| Pear Mold Reg, Soft | 134 | 33 | 3 | 0 | 66 | 2 |
| Pear Mold Diet | 71 | 17 | 2 | 0 | 61 | 1 |
| Raspberry Mold Reg | 108 | 26 | 2 | 0 | 103 | 2 |
| Raspberry Gelatin Mold Diet | 41 | 8 | 2 | 0 | 68 | 1/2 |
| Raspberry Gelatin Mold Soft | 96 | 24 | 1 | 0 | 85 | 1 1/2 |
| Spicy Peach Gelatin Mold Reg | 106 | 30 | 2 | 0 | 86 | 2 |
| Spicy Peach Gelatin Mold Diet | 60 | 19 | 3 | 0 | 18 | 1 |
| Straw Cream Cheese Gelatin Mold Diet | 100 | 11 | 4 | 5 | 155 | 1 |
| Straw Cream Cheese Gelatin Mold Soft | 224 | 42 | 5 | 5 | 268 | 3 |
| Strawberry Cream Cheese Gelatin Mold Reg | 165 | 29 | 4 | 5 | 198 | 2 |

| Food Item Breakdown | | | | | | |
|---|-----------------|-------------|----------------|------------|---------------|--------------------|
| Food Item | Calories | Carb | Protein | Fat | Sodium | CARB Choice |
| Petit Plain Rolls: | | | | | | |
| Potato Roll | 80 | 16 | 2 | 1 | 140 | 1 |
| Muffins: Purchased | | | | | | |
| Blueberry (whole muffin) | 400 | 56 | 6 | 16 | 480 | 4 |
| Chocolate Chip (whole muffin) | 460 | 58 | 6 | 24 | 380 | 4 |
| Supplements: | | | | | | |
| Ensure Plus | 350 | 50 | 13 | 11 | 240 | 3 |
| Ensure with Fiber | 250 | 42 | 9 | 6 | 200 | 3 |
| Nepro | 425 | 39 | 19 | 23 | 250 | 2 1/2 |
| Suplena | 425 | 48 | 11 | 23 | 185 | 3 |
| CIB Juice | 160 | 35 | 6 | 0 | 65 | 2 |
| 8 oz 9 | 306 | 39 | 12 | 0 | | 2 1/2 |
| Smoothie 12 oz w/Beneprotein | 210 | 50 | 7 | 0 | | 3 |
| Scandishake 8 oz | 460 | 55 | 11 | 22 | | 3 1/2 |
| Scandishake Lactose-free 10oz | 535 | 67 | 22 | 20 | | 4 1/2 |
| Pizza, pepperoni individual size | | | | | | |
| | 480 | 49 | 17 | 24 | 1030 | 3 |
| Chips, plain small bag | | | | | | |
| | 150 | 15 | 2 | 10 | 180 | 1 |
| Total per B'day Cupcake | | | | | | |
| | 424 | 79 | 3 | 12 | 225 | 5 |

| Food Item | CARB EXCHANGE |
|-----------------------|----------------------|
| 8 oz. LF Scandi | 3 |
| 8 oz. SF I | 1 |
| 8 oz. I | 1 1/2 |
| 12 oz. LF Scandi | 4 1/2 |
| 12 oz. SF I | 1 1/2 |
| 12 oz. I | 2 1/2 |
| 9 - 8oz | 2 1/2 |
| Scandi 8 oz | 3 1/2 |
| Smoothie | 3 |
| Suplena | 3 |
| Ensure Plus | 3 |
| Nepro | 2 1/2 |
| Replete | 2 |
| Optisource | 1/2 |
| Breeze | 3 1/2 |
| | |
| Power Pudding | 2 1/2 |
| Packaged Muffin | 4 |
| Café Bagel | 4 |
| Pizza | 3 |
| Regular Syrup | 2 |
| Regular Jam | 1/2 |
| Plain Cake Donut | 2 |
| Van Frozen Yogurt | 1 |
| Ice Cream | 1 |
| Twin Pop | 1 |
| Lorna Doones (1 pkg) | 1 |
| | |
| Cereals | |
| Complete Wheat Flakes | 1 1/2 |
| All Bran | 2 1/2 |
| Cheerios | 1 |

| Food Item | CARB EXCHANGE |
|-----------------------|----------------------|
| | |
| CornFlakes | 1 |
| Fruit Loops | 1 1/2 |
| Frosted Flakes | 2 |
| Granola | 3 1/2 |
| Raisin Bran | 2 |
| Rice Krispies | 1 1/2 |
| Special K | 1 |
| | |
| | |
| Beverages | |
| Dairy Ease | 1 |
| Soy Milk | 1 |
| Tropicana OJ | 2 |
| Hot Choc. Pkt | 1 |
| Diet Hot Choc. Pkt | 1/2 |
| Chocolate Milk (8 oz) | 2 |
| | |

| Condiment Analysis | Serving Size | Calories | Carb | Protein | Fat | Sodium | Carb Choices |
|---|--------------|----------|------|---------|-----|--------|--------------|
| Block and Barrel Cream Cheese | 28 | 98 | 1 | 2 | 10 | 83 | free |
| Dietsource French | 12 | 15 | 2 | 0 | 0.5 | 15 | free |
| Dietsource Imitation Pancake Syrup | 30 ml | 10 | 3 | 0 | 0 | 50 | free |
| Dietsource Italian | 12 | 10 | 1 | 0 | 0.5 | 15 | free |
| Fancy Ketchup | 10 | 10 | 2.6 | 0 | 0 | 111 | free |
| Heinz BBQ Sauce Hearty Original | 28.3 | 21 | 3.5 | 0.5 | 0.5 | 228 | free |
| Heinz Horseradish Sauce | 12 | 6 | 1.5 | 0 | 0 | 38 | free |
| Heinz Mustard | 10 | 7 | 1 | 0 | 0 | 112 | free |
| Heinz Sweet Relish | 10 | 13 | 3.5 | 0 | 0 | 82 | free |
| Heinz Taco Sauce | 10 | 4 | 1 | 0 | 0 | 66 | free |
| Hellmann's Fat Free Raspberry Vinaigrette | 43 | 80 | 21 | 0 | 0 | 470 | 1 1/2 |
| Hellmann's Reduced Fat Mayonnaise | 14 | 40 | 1 | 0 | 4 | 96 | free |
| House Recipe Honey | 10 | 30 | 8 | 0 | 0 | 0.4 | one half |
| House Recipe Salad Dressing | 14 | 100 | 0.5 | 0 | 11 | 80 | free |
| House Recipe Sweet and Sour Sauce | 28 | 34 | 7 | 0.13 | 0.7 | 99 | one half |
| House Recipe Syrup | 1.5 oz. | 110 | 27 | 0 | 0 | 0 | 2 |
| House Recipe Tartar Sauce | 1 packet | 40 | 2 | 0 | 4 | 150 | free |
| Kraft Bleu Cheese | 56.7 | 286 | 4 | 3 | 29 | 620 | free |
| Kraft Catalina | 56.7 | 160 | 16 | 0 | 10 | 690 | 1 |
| Kraft Free French Style | 42.5 | 56 | 14 | 0 | 0 | 340 | 1 |
| Kraft free Italian | 42.5 | 25 | 5 | 0 | 0 | 550 | free |
| Kraft Ranch | 42.5 | 217 | 2 | 0.5 | 23 | 410 | free |
| Kraft Thousand Island | 42.5 | 157 | 6 | 0.5 | 15 | 370 | one half |
| Land O Lakes Fat Free Sour Cream | 28 | 21 | 5 | 1 | 0 | 40 | free |
| Naturally Fresh Lite Ranch | 43 | 110 | 2 | 1 | 11 | 340 | free |
| Newman's Own Creamy Ceasar | 42.5 | 225 | 1 | 0.5 | 25 | 460 | free |
| Newman's Own Family Recipe Italian | 42.5 | 124 | 5 | 0 | 12 | 703 | free |
| Smuckers Diet Grape Spread | 11 | 10 | 3 | 0 | 0 | 0 | free |
| Smuckers Peanut Butter | 21 | 123 | 4 | 5 | 11 | 96 | free |
| Smucekrs Seedless Blackberry Jam | 14 | 39 | 10 | 0 | 0 | 5 | one half |
| Smuckers Strawberry Jam | 14 | 39 | 10 | 0 | 0 | 5 | one half |
| Soy Sauce | 10 | 3 | 0 | 0.5 | 0 | 560 | free |
| Tostitos Medium Salsa | 107.7 | 45 | 9 | 2 | 0 | 850 | one half |
| Wholesome Farms Sour Cream | 28 | 60 | 1 | 1 | 6 | 15 | free |

| Innovation Area | Serving Size | CALORIES | CARB | PROTEIN | FAT | SODIUM | Carb Choice | Fiber |
|---|--------------|----------|------|---------|-----|--------|-------------|-------|
| Monday: | | | | | | | | |
| Steak Fajita | 1 each | 749 | 42 | 37 | 45 | 749 | | 2 |
| Potato | 1 each | 924 | 55 | 42 | 59 | 1248 | | 6 |
| Taco | 2 each | 353 | 17 | 16 | 25 | 449 | | 2 |
| Chicken Fajita | 1 each | 623 | 45 | 46 | 26 | 1475 | | 2 |
| Tuesday: | | | | | | | | |
| Meatball Pasta | 6 ounces | 708 | 75 | 26 | 34 | 1495 | | |
| Chicken Alfredo | 6 ounces | 862 | 66 | 60 | 41 | 2315 | | |
| Thai Chicken Stir Fry | 1/2 cup rice | 594 | 78 | 38 | 14 | 177 | | 8 |
| Cajun Shrimp Wrap | 1 each | 288 | 24 | 25 | 10 | 653 | | 3 |
| Roast Beef Carving | 8 ounces | 410 | 2 | 51 | 22 | 343 | | 0 |
| Roast Beef Carving with baquette | 8 ounces | 526 | 24 | 54 | 23 | 602 | | 1 |
| Shrimp Pad Thai | 1 1/4 oz | 338 | 35 | 29 | 8 | 227 | | 1 |
| Carved Ham and Biscuit | 8 ounces | 675 | 54 | 44 | 31 | 3871 | | 1 |
| Wednesday: | | | | | | | | |
| Chicken Club Panini | 1 each | 645 | 43 | 54 | 26 | 1506 | | 2 |
| Garden Veggie Panini | 1 each | 505 | 64 | 17 | 19 | 1136 | | 2 |
| Roast Beef and Swiss | 1 each | 584 | 46 | 37 | 26 | 1004 | | 2 |
| Turkey Club Panini | 1 each | 545 | 45 | 35 | 23 | 1759 | | 2 |
| Ham and American | | | | | | | | |
| Cheese Panini | 1 each | 664 | 43 | 50 | 29 | 3536 | | 2 |
| Buffalo Chicken Panini | 1 each | 757 | 47 | 47 | 41 | 1257 | | 2 |
| Reuban Panini | 1 each | 515 | 42 | 23 | 29 | 1584 | | 7 |
| Thursday: | | | | | | | | |
| Shrimp Pad Thai | 1 1/4 oz | 338 | 35 | 29 | 8 | 227 | | 1 |
| Roast Beef Carving | 8 ounces | 410 | 2 | 51 | 22 | 343 | | 0 |
| Roast Beef Carving with baquette | 8 ounces | 526 | 24 | 54 | 23 | 602 | | 1 |
| Falafel with hummus | 1 serving | 430 | 87 | 18 | 4 | 2237 | | 4 |
| Chicken & Andouille | | | | | | | | |
| Jamabya | 1 3/4 cup | 342 | 24 | 9 | 23 | 435 | | trace |
| Dirty Rice | 1/2 cup | 149 | 48 | 11 | 9 | 325 | | 2 |
| Garden Vegetable Wrap | 1 each | 365 | 39 | 19 | 18 | 492 | | 6 |
| Friday: | | | | | | | | |
| Tortellini Salad | 1 1/2 cups | 654 | 54 | 22 | 40 | 797 | | 4 |
| Mediterranean Salad | 1 1/2 cups | 456 | 12 | 7 | 43 | 1511 | | 2 |
| Shrimp Salad with Greens | 1 1/2 cups | 462 | 11 | 25 | 38 | 443 | | 3 |
| Spinach Salad with warm bacon dressing | 1 serving | 235 | 28 | 20 | 8 | 401 | | 11 |