

Menu Item	Calories	Fat (g)	Protein (g)	Fiber (g)	Sodium (mg)	Chol. (mg)	Iron (mg)	Ca (mg)	K (mg)
1 Cheese and Bologna Sand Hot/Cold 3oz/1sl	371	17	10	1	1295	63	15	12	114
American Fries 1 Cup	348	12	4	6	72	0	14	2	766
American Fries 1/2 Cup	174	6	2	3	36	0	7	1	383
Apple, sliced 1 cup	57	trace	trace	3	1	0	trace	7	117
Apple Juice 8 oz	120	0	0	0	10	0	trace	trace	290
Applesauce, 1/2 cup	97	trace	trace	2	4	0	trace	5	78
Baked Beans 1/2 Cup	118	1	6	6	504	0	trace	64	376
Baked Potato 1 ea	154	1	4	3	14	34	1	16	943
Banana, medium	105	1	1	3	1	0	trace	6	422
BBQ Chicken 3oz.	207	10	25	0	410	94	7	1	236
BBQ Sandwich 3 oz.	154	8	15	trace	335	67	1	17	253
BBQ Sauce 1 oz	21	trace	trace	trace	231	0	1	0	49
Beans & Bologna 10 oz.	436	23	25	9	2321	133	5	210	729
Beans & Franks 10 oz	235	9	13	0	1366	16	3	206	598
Beans & Gr Beef Casserole 12 oz	523	27	30	10	278	159	6	252	874
Beef Fritter 4 oz	300	21	11	1	580	25	6	0	
Beef Fritter 3 oz	225	15	8	0.75	435	18	4	0	
Beef Patties 3 oz.	240	20	15	0	58	67	2	7	211
Beef Rice Casserole 10 oz	670	10	25	1	315	68	6	58	381
Beef Scalloped 1/2 Cup	173	9	19	trace	305	63	1	22	260
Beef Stew 10 oz.	249	13	18	4	1165	68	4	37	709
Beef, Cream and Noodles 8 oz	632	13	31	4	299	183	7	60	497
Beets 1/2 cup	29	trace	1	1	53	0	3	1	221
Biscuit	191	7	4	1	544	2	1	105	107
Biscuit (2)	382	14	8	2	1088	4	2	110	114
Bologna Salad 3 oz	228	3	6	trace	61	70	3	2	100
Bologna Tetrazini 10 oz	854	16	45	4	1035	77	9	244	580
Bologna Turkey 1 oz	59	4	3	trace	355	21	5	4	38
Bread 3 sl	201	3	6	1	403	1	3	81	90
Bread, 2 Slice	134	2	4	1	269	1	2	54	60
Bread, 1 slice	67	1	2	0.5	134	0.5	1	27	30
Breaded Chicken Patty 3 oz.	253	16	13	trace	488	47	4	1	222
Broccoli 4 oz	39	trace	3	2	37	0	5	5	358
Brownie with Frosting	368	14	4	1	283	15	5	1	136
Bun 1 ea	134	2	4	1	269	1	2	54	60
Burrito filling (Egg Ham Peppers) 4 oz	185	11	15	trace	521	315	2	71	250
Cake with Frosting	347	5	2	0	287	34	trace	81	63
Cake with Icing	347	5	2	0	287	34	trace	81	63
Carrot Sticks , fresh 3 oz	10	trace	trace	1	0	54	trace	25	170
Carrots 1/2 Cup	28	trace	1	2	23	0	trace	17	208
Celery Sticks 3 oz	18	0	1	2	88	0	1	4	208
Cereal Cold Avg Cash Wa 1 Cup	110	trace	2	1	298	0	9	1	25
Cheese burger with 2 slices Bread	480	31	25	38	732	95	55	56	317
Cheese Sandwich	342	22	10	1	808	27	2	233	111
Cheese Sauce 2 oz	102	7	4	trace	187	15	1	14	98
Cheese Shredded 1 oz	114	9	7	0	176	30	1	20	28
Cheese Slice 1	96	7	5	0	368	23	3	57	77
Cheese Slice 1 Cash Wa American	60	5	1	0	230	0	0	0	
Cheeseburger pattie and cheese only	346	27	21	37	463	94	2	181	257
Cheeseburger Casserole w HB 10 oz	683	37	30	2	228	111	5	143	608
Cheesy Potatoes 6 oz	722	35	10	8	468	0	2	33	1630
Chicken & Stuffing Casserole 10 oz	318	23	23	trace	544	116	2	28	284
Chicken Noodle Soup 10 oz	75	3	4	1	798	15	11	1	66
Chicken Nuggets 4 oz	192	12	8	1	368	36	1	0	168
Chicken Patty 3 oz	221	14	13	1	373	29	5	0	0
Chicken Pot Pie 10 oz	630	36	17	5	1060	25	2	6	380
Chicken Salad	337	30	19	0	584	62	1	17	127
Chicken Tetrazzini 12 oz	1006	25	45	6	259	284	10	78	685
Chicken with Noodles 10 oz.	839	21	38	5	216	237	9	65	571
Chili Con Carne 1/2 Cup	55	0.3	0.6	1.4	0.5	0	0.19	4	234
Chili Con Carne 1/2 Cup	55	0.3	0.6	1.4	0.5	0	0.19	4	234
Chili Macaroni with Beans 10 oz.	758	11	24	10	896	29	10	100	805
Chili with Beans and Rice 10 oz.	397	10	14	8	891	29	8	96	686
Chocolate Chip Cookie (2)	96	5	1	1	63	11	1	5	27
Coffeecake 1 piece	189	5	3	trace	251	55	5	6	51
Cold Cereal 1 Cup	102	trace	2	1	298	0	9	1	25
Cole Slaw 1/2 Cup	41	2	1	1	14	5	trace	27	109
Cookie 1 each	122	3	1	trace	53	8	1	3	9

Menu Item	Calories	Fat (g)	Protein (g)	Fiber (g)	Sodium (mg)	Chol. (mg)	Iron (mg)	Ca (mg)	K (mg)
Corn 1/2 Cup	83	1	2	1	560	0	0	0	209
Corn Chips 1 oz.	153	9	2	2	179	0	trace	36	40
Corn Flakes 1 Cup	102	trace	2	1	298	0	9	1	25
Cornbread 2 slices	346	9	9	0	855	52	3	324	191
Country Gravy w Meat 6 oz	180	5	1	0	1992	24	7	72	192
Crackers 2 each	26	1	1	trace	64	0	2	0	9
Cranberry juice 8 oz	137	trace	0	0	5	0	1	0	35
Cream of Wheat 1 Cup	640	3	18	7	12	0	49	244	208
Cucumber Salad 1/2 Cup	67	trace	1	1	30	0	3	2	265
Deli Meat for Sandwich 2 oz	200	18	6	0	733	30	trace	5	114
Denver Scramble 3.5 oz	263	18	22	trace	563	364	2	247	235
Denver Scramble 8 oz	421	29	35	8	901	582	3	395	376
Diced Meat Rice Casserole 10 oz	670	10	25	1	315	68	6	58	381
Dinner Roll 1 each	67	1	2	1	134	1	1	27	30
Egg Casserole 1 piece	270	19	18	trace	652	249	2	235	206
Egg Salad 3 oz.	313	31	10	0	249	327	1	42	104
Eggs w/onions and peppers 4 oz.	149	10	10	trace	239	299	1	64	158
Eggs w/onions and peppers 8 oz.	298	20	20	trace	478	598	2	128	316
Enchilada Pie Casserole 8 oz	744	30	35	5	977	106	6	403	466
Farina 8 oz	640	3	18	7	12	0	49	244	208
French Fries Potatoes 1 cup = 6 oz	531	27	6	5	490	0	14	22	929
French Toast 1 each	159	6	5	trace	320	90	9	8	80
Fried Chicken 3 oz	236	14	18	2	245	79	2	15	163
Fruit 1 each	97	trace	trace	2	4	0	trace	5	78
Fruit 3 oz	72	trace	trace	1	3	0	trace	4	0
Fruit Cocktail	52	trace	1	13	5	0	trace	9	108
Fruit Crisp	282	12	2	1	148	0	1	21	153
Fruit Drink (Punch) 8 fl. Oz	117	0	0	trace	55	0	1	20	62
Garlic Bread 2 slices	271	24	2	1	401	1	1	35	42
Goulash 10 oz.	909	19	48	5	607	115	9	217	781
Grape Juice 8 oz	138	trace	1	trace	7	0	3	2	299
Grapes 1 cup	104	trace	1	2	3	0	trace	15	288
Gravy 2 oz.	88	2	3	trace	1162	1	trace	32	63
Gravy 3 oz	132	3	4	1	1743	1	1	48	94
Green Beans 1/2 Cup	17	trace	1	2	3	0	1	20	115
Grilled Bologna & Cheese 2 each	416	30	26	0	1732	158	7	208	378
Grits 8 oz	640	3	18	7	12	0	49	244	208
Ham 2 oz	60	2	9	0	440	25	0	0	0
Ham & Beans 10 oz	250	9	19	20	1080	20	14	6	546
Hamburger & Rice Casserole 10 oz	752	11	32	5	2512	90	1	15	264
Hamburger Pattie 3 oz	240	20	15	0	58	67	2	7	211
Hard Boiled Egg 2 each	155	11	13	0	124	424	1	50	126
Hard Boiled Egg 1 each	77	5	6	0	62	212	0.5	25	63
Hash Browns 4 oz	247	13	4	2	39	15	2	17	494
Hash Brown Patty 2.25 oz	130	8	1	2	250	0	3	0	560
Hot Dogs 2	300	26	12	0	900	0	0	0	0
Ice Cream 1/2 Cup	143	7	2	1	50	22	3	7	164
Italian Pasta with Meat 10 oz.	792	10	37	4	92	67	8	42	474
Jello 4 oz	94	trace	trace	0	55	0	0.31	15	4
Jelly 1 oz.	77	trace	trace	trace	10	0	trace	2	18
Ketchup 1 T.	16	trace	trace	trace	178	0	trace	3	72
Lettuce 1/2 Cup	5	trace	trace	1	3	0	trace	19	74
Lettuce 1 oz	4	0	0	0	0	1	0	0	0
Lettuce/ Tomato 1 oz/1 sl	18	0	1	2	6	0	trace	13	226
Loose Ground Chicken 3 oz	162	10	16	0	54	63	1	0	198
Lunch Meat 1.5 oz	150	14	5	0	550	23	trace	4	86
Macaroni and Cheese 4 oz	279	16	15	0.8	282	48	0.8	332	66
Macaroni and Cheese 10 oz.	696	39	36	2	705	119	2	830	164
Macaroni Salad 1/2 Cup	392	24	7	1	160	10	2	14	94
Mandarin Oranges 1/2 Cup	90	0	1	1	0	0	2	2	80
Margarine .5 oz	102	11	trace	0	134	0	0	4	6
Margarine 1 oz	204	23	trace	0	267	0	0	8	12
Mashed (Whipped) Potatoes 1 Cup	210	7	3	2	485	2	3	5	2
Mashed (Whipped) Potatoes 1/2 Cup	105	3	1	1	242	1	1	2	1
Mayo pkt	90	10	0	0	80	5	0	0	0
Meat & Gravy w/Noodles 10 oz.	853	22	39	5	339	239	9	70	582
Meat and Cream with Noodles 10 oz.	790	16	39	5	374	229	9	75	621
Meat and Spanish Rice 10 oz.	752	11	32	5	2512	90	1	15	264

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Meat Gravy 6 oz	180	5	1	0	1992	24	7	72	192
Meat Omelette with Cheese 3.5 oz	334	23	28	0	421	310	2	241	288
Meat Salad 3 oz	278	27	35	0	162	60	1	11	119
Meat Stew w HB 8 oz	222	11	16	3	1036	61	3	33	630
Meat Stew w HB 10 oz	277	13	20	3	1295	76	3	41	787
Meat Stroganoff 10 oz.	866	18	45	5	703	255	10	160	78
Meat Stroganoff w HB 12 oz	1039	22	54	6	844	306	12	192	94
Meat, Macaroni and Cheese 10 oz.	872	19	44	4	268	97	8	246	502
Meat, Macaroni and Tomato 10 oz.	763	10	37	4	94	67	8	43	531
Meatballs 10 oz.	870	74	37	7	1974	100	28	11	0
Meatloaf Mom's 4 oz	439	15	31	7	318	129	4	71	535
Meatloaf, Mom's 3 oz	329	11	23	5	238	97	3	53	401
Meatloaf, Mom's w HB 4 oz	439	15	31	7	318	129	4	71	535
Milk, 2% 1 Cup	121	5	8	0	122	18	trace	297	377
Mixed Vegetables 1/2 Cup	44	trace	2	5	274	0	1	26	169
Muffin	168	6	4	2	266	22	1	114	69
Mustard 1 T.	9	1	1	trace	168	0	trace	trace	24
Northern (White) Beans 1 Cup	246	trace	2	trace	51	0	3	1	98
Northern (White) Beans 1/2 Cup	123	trace	1	trace	25	0	1	1	49
Oatmeal 1 cup	311	5	13	9	3	0	3	42	284
orange whole medium	62	trace	1	3	0	0	trace	53	237
Orange Juice 8 oz	102	trace	1	trace	2	0	2	2	454
Pancakes 3 each	221	3	6	3	715.5	13.5	1.5	144	19.5
Pasta Salad 4 oz	229	12	4	1	592	6	6	2	84
Peaches 1/2 Cup	95	5	1	1	8	0	trace	4	118
Peanut Butter and Jelly Sandwich	376	18	12	3	426	1	2	68	287
Pears 1/2 Cup	60	0	0	1	10	0	0	0	0
Peas & Carrots 1/2 Cup	43	trace	2	3	13	0	1	18	192
Peas 1/2 cup	59	trace	4	4	4	0	1	18	177
Pepper Gravy 3 oz	132	3	4	1	1743	1	1	48	94
Pineapple canned 1/2 cup	70	0	1	1	10	0	4	2	87
Pinto Beans, 1 Cup	246	trace	2	trace	51	0	3	1	98
Pinto Beans, 1/2 Cup	123	trace	1	trace	25	0	1	1	49
Pizza 1 pc	275	8	15	7	158	31	3	81	15
Potato Chips 1 oz.	153	10	2	1	168	0	trace	7	361
Potato Salad 1/2 Cup	179	10	3	2	661	85	1	24	318
Pretzels 1/2 Cup	86	trace	2	trace	305	0	6	0	
Pudding 1/2 Cup	174	4	5	trace	181	17	trace	143	190
Rasin Bar 1 each	171	5	2	1	137	21			
Rice 1 Cup	213	trace	5	1	579	0	18	3	98
Rice 1/2 Cup	106	trace	2	1	289	0	9	1	49
Rice Crispy Treat	133	trace	1	trace	156	0	1	5	18
Rice pilaf 1/2 cup	122	6	2	2	0	0	0	0	0
Rice Pudding 4 oz	142	2	4	trace	140	8	2	13	166
Roasted Potatoes 4 oz	361	17	5	4	234	0	1	16	815
Roll Warren Co	220	1	2	0	134	0	1	27	30
Rolls 1 each	134	2	4	1	269	1	2	54	60
Salad Dressing 1 oz	204	24	trace	0	162	10	trace	6	10
Salad Dressing Italian 2 oz	165	16	trace	0	938	0	2	0	27
Salad Dressing Ranch 2 oz	274	29	trace	trace	463	19	2	2	35
Salad Dressing Spread 1 Tbl	99	12	trace	0	78	5	trace	2	5
Salisbury Steak 3 oz.	152	7	16	1	299	67	2	24	321
Salsa 1 oz.	8	trace	trace	trace	123	0	trace	9	60
Scalloped Chicken 10 oz.	318	23	23	trace	544	116	2	28	284
Scalloped Potatoes & Beef 10 oz.	315	23	20	3	1565	133	3	192	869
Scalloped Potatoes & Turkey Bologna 10 oz.	315	23	20	3	1565	133	3	192	869
Scone	150	7	4	1	246	51	1	83	47
Scrambled Eggs 2 oz.	94	7	6	0	159	200	1	40	78
Shepards Pie 1 Cup	790	16	39	5	374	229	9	75	621
Sherbet 1/2 Cup	130	1	1	0	35	5	0	0	0
Shredded Cheese 2 oz.	213	18	13	0	811	54	trace	349	92
Sliced American Cheese 1 oz	106	9	6	0	405	27	trace	174	46
Sloppy Joe 3 oz.	157	7	16	1	440	67	1	11	198
Sloppy Joe w HB 4 oz	189	9	20	0.7	347	89	1	15	264
Soup Chicken Vegetable 1 Cup	136	3	13	1	413	33	7	3	500
Soup Cream of Broccoli 1 Cup	206	11	8	2	789	14	4	24	465
Soup Cream of Chicken 1 Cup	142	8	4	0	842	15	7	9	151
Spaghetti Casserole 10 oz.	497	19	30	3	387	97	4	233	291

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Spaghetti with Meat Sauce 10 oz.	683	11	37	5	246	67	8	50	593
Spanish Rice 1 Cup	211	3	4	2	700	0	17	8	469
Spanish Rice 1/2 cup	105	1	2	1	350	0	8	4	234
Spanish Rice with Meat w HB 10 oz	908	1	19	8	3750	0	7	72	192
Sticky Roll	109	4	2	0	250	0	1	10	19
Stuffed Cabbage 8 oz	197	9	13	2	472	66	11	4	459
Sugar 1 tsp	16	0	0	0	trace	0	trace	trace	trace
Sweet Potatoes Whipped 4 oz \$.20	105	4	14	4	191	0	3	76	535
Sweet Tea 8 fl oz.	18	0	0	0	7	0	trace	trace	88
Syrup, Pancake 1 oz	81	0	0	0	23	0	trace	trace	trace
Syrup, Pancake 3 oz	244	0	0	0	71	0	trace	1	2
Taco Burger w HB 4 oz	558	38	9	2	1878	108	2	759	133
Taco Meat with Beans 3 oz.	208	4	18	11	116	34	4	66	697
Taco Meat with Beans w HB 4 oz	345	6	29	17	166	57	7	176	1162
Tator Tots 4 oz	247	13	4	2	39	15	2	17	494
Texas Tator	307	5	10	8	460	14	5	62	1213
Tomato Juice 8 oz	41	trace	2	1	653	0	trace	24	556
Tortilla Chips 2 oz.	284	15	4	4	299	0	1	87	112
Tortilla Shell flour 1 each 6"	150	4	3	0	340	0	6	6	50
Tortilla Shell flour 2 each 6"	300	8	6	0	680	0	12	12	100
Tortilla Shell flour 1 each 8"	220	1	7	1	310	0	8	8	50
Tortilla Shell Corn 1 each 6 "	35	0	1	1	0	0	0	0	50
Tossed Salad w/ dressing 1/2 cup	202	23	1	trace	159	10	1	24	83
Tuna Noodle Casserole 10 oz.	900	22	51	5	365	224	9	269	652
Tuna Salad 3 oz.	320	28	20	0	189	42	1	12	224
Turkey A La King 10 oz.	286	14	30	2	476	92	3	45	464
Turkey Bologna 3 oz.	169	13	12	0	747	84	1	71	169
Turkey Bologna Tetrazzini 10 oz	854	16	45	4	1035	77	9	244	580
Turkey Broccoli Casserole 10 oz.	417	28	36	2	477	149	2	457	545
Turkey Burger	127	7	15	0	80	67	1	11	198
Turkey Burger 4 oz	178	8	25	0	66	73	1	14	312
Turkey Burger Pattie 3 oz	196	10	22	0	361	85	11	2	225
Turkey Gravy 6 oz.	87	4	4	1	981	3	1	7	185
Turkey Ham 1 oz.	36	1	5	0	282	16	1	3	92
Turkey Ham Macaroni& Cheese 10 oz	728	44	44	1	1518	147	4	16	372
Turkey Ham Tetrazzini 10 oz.	854	16	45	4	1035	77	9	244	580
Turkey Hot Dogs 2 each	200	18	12	0	1140	70	4	0	161
Turkey Meatballs 2 each 4 oz	131	5	10	2	39	32	1	15	159
Turkey Pattie 4 oz	169	9	20	0	106	89	1	14	264
Turkey Picnic Ham Cash Wa 1 oz	40	1	4	0	305	17	2	0	185
Turkey Rice Burrito 10 oz	671	10	26	2	316	69	7	59	382
Turkey Rice Casserole 10 oz.	671	10	26	2	316	69	7	59	382
Turkey Sausage Links 2 each	80	4	0	0	0	0	0	0	0
Vegetables, Steamed 1/2 cup	59	trace	4	4	4	0	1	18	177
Vegetable Soup 1 Cup	72	2	2	trace	822	0	1	22	210
Waffle 1 ea	82	4	2	2	145	20	3	7	45
Western Omelet w/ Cheese 3.5 oz	334	23	28	0	421	310	2	241	288
Yams, Canned 1/2 cup	92	1	1	4	10	0	6	trace	665