

Number	Entre	Mfgr	Serving Size	Calories	Protein	Vitamin A	Vitamin C	Iron	Calcium	Total Fat	Saturated	Carbs	Fiber	Cholesterol	Sodium
1	Baked Potato Bar		588g	549	16g		54mg	6mg	208mg	10g	3g	100g	10mg	14mg	1706mg
2	Beef Stir Fry over Rice		2 cups	625	29g		15mg	7mg	112mg	13g	4g	101g	16mg	43mg	2867mg
3	Bologna & Cheese Sandwich		123g	322	14g	45	7	3	244mg	16g	5g	29g	1g	59mg	1247mg
1060371	Bosco Sticks	Bosco	85g	220	12g	2%		10%	20%	7g	4g	26g	1g	15mg	300mg
27	Cheeseburger		142g	385	31g			4mg	135mg	20g	8g	19g	2mg	86mg	497mg
28	Cheesesteak		184	5	43g		8mg	5mg	478mg	34g	14g	54g	8mg	83mg	1817mg
5	Chef Salad Bowl		310g	296	17g		20mg	2mg	17mg	11g	4g	31g	4mg	27mg	1497mg
1060375	Chicken - BBQ Chicken		145g	294	27g		5.08	1.5	26mg	13g	3g	15g		86mg	475mg
26	Chicken - Cordon Blue Sandwich		199g	541	30g		3mg	3mg	237mg	27g	7g	45g	1mg	74mg	1324mg
29	Chicken - Fajitas		187g	372	20g	26	7.3	2.1	56mg	18g	3g	31g	2g	55mg	397mg
1060264	Chicken - Fryz	Zartic	2.8 oz	146.87	17.11g	13157	1.14mg	1.25mg	23.35mg	4.66g	.96g	7.53g	.24g	79.39mg	821.35mg
1060127	Chicken - Hot and Spicy Strips	Tyosn	123g	290	20g			10%	6%	16g	3g	18g	1g	25mg	1000mg
1060295	Chicken - Popcorn	Pierce	100g	211	15g					10g		12g		47mg	70mg
1060270	Chicken - Quesadilla	Gilardi	5.0oz	350	15g	366IU	0	2.6mg	200mg	16g	5g	36g	4g	25mg	960mg
30	Chicken - Stir Fry		237g	360	22g		38	1.5	74mg	21g	5g	18g	3g	71mg	5094mg
7	Chicken Fettuccini Alfredo		378	946	33g		1mg	4mg	22mg	29g	8g	127g	2mg	154mg	4350mg
9	Ham & Cheese Hoagie		296g	519	30g		25mg	4mg	287mg	22g	6g	57g	8mg	95mg	2065mg
11	Ham & Cheese on Roll		100g	256	16g			2mg	238mg	11g	4g	22g	1mg	30mg	987mg
10	Ham & Cheese Sandwich Wrap		291g	336	31g		16mg	2mg	311mg	10g	4g	30g	2mg	50mg	1864mg
12	Ham, Egg & Cheese on Roll		156g	325	22g			3mg	262mg	16g	6g	22g	2mg	228mg	1118mg
13	Hamburger on Roll		87g	233	11g			3mg	77mg	10g	3g	25g	2mg	17mg	270mg
25	Italian Dunkers w/Marinara		200g	409	11g		16mg	4mg	39mg	15g	2g	61g	7mg		1246mg
14	Italian Hoagie		338g	672	31g		14mg	5mg	396mg	30g	9g	77g	11mg	90mg	1844mg
1060299	Manicotti Stuffed with Cheese		100g	179	11g			1mg%	245mg%	8g	4g	15g	<1g	48mg	346mg
1090093	Pizza - French Bread, white crust	Nardone	156g	330	22g	8%	15%	4%	45%	12g	7g	36g	1g	30mg	650mg
1060087	Pizza - Personal 5 inch round, white crust	Nardone	167g	370	22g	8%	10%	20%	45%	12g	6g	45g	2g	30mg	340mg
1060271	Pizza - Stuffed Crust 16"	Sarago Bros	174g	330	20g		4mg	1mg	400mg	11g	6g	38g	1g	35mg	550mg
1060271	Pizza - Stuffed Crust, white crust	Gilardi	5.75oz	419	19.3g	767IU	0	6mg	352mg	15.9g	5.6g	50.7g	2.2g	21mg	1086mg
1060266	Pizza Dipper, Mozz	Farm Rich	56.7	168	9g	4%		3%	25%	8g	3g	15		9mg	448mg
1060374	Pizza -personal pan 6.5" 4cheese		181g	510	18g		180mg	1g	3000mg	24g	11g		2g		1020mg
1060366	Pizza Square, white crust	Nardone	142g	330	15g	20%	10%	15%	40%	17g	4g	28g	4%	10mg	820mg
1060149	Popcorn Shrimp	Rich's	100g	220	10g			10%	2%	12g	2g	19g	2g	40mg	700mg
1060100	Ravioli, Beef	Venice Maid	249	230	8g	30%	6%	15%	4%	4g	1g	40g	3g	5mg	940mg
15	Roast Beef & Cheddar melt		156	385	23g			3mg	271mg	17g	7g	36g	2mg	56mg	928mg
16	Roast Turkey w/Gravy		185g	187	15g			2mg	15mg	10g	5g	9gm		49mg	1216mg
17	Sausage, Egg, Cheese Sandwich		170g	375	24g		1mg	3mg	278mg	19g	7g	25g	1mg	251mg	1139mg
18	Shredded Ham in Pita w/Lettuce		109	206	14g		1mg	2mg	36mg	9g	2g	17g	1mg	36mg	766mg
19	Shredded Turkey in Pita w/Lettuce		92	195	11g		1mg	2mg	32mg	9g	1g	18g	1mg	25mg	473mg
6	Soup - Chicken Corn Noodle		151g	61	4g		1mg	1mg	9mg	1g		9gm		17mg	30mg
1060245	Soup - Tomato	Heinz	123g	90	2g							19g	1g		680mg
1060092	Stromboli, Pepperoni		156g	300	12g	20%	10%	10%	25%	11g	3g	39g	2g	10mg	950mg
1060104	Stuffed Shells		168g	300	16g	10%		8%	35%	15g	9g	29g	2g	60mg	230mg

20	Sweet & Sour Meatballs over Rice		385	528	19g		4mg	5mg%	54mg%	10g	3g	87g	2mg	61mg	397mg
21	Toasted Cheese Sandwich		137	429	24g			2mg	581mg	25g	1g	27g	1mg	43mg	1670mg
22	Toasted Ham & Cheese on Pretzel Bun		142	354	19g			3mg	413mg	10g	2g	44gm	1mg	17mg	967mg
23	Tossted Salad		136	27	1g		25mg	1mg	38mg			5g	2mg	0	13mg
24	Turkey Breast Hoagie		268	414	28g		12mg	3mg	113mg	11g	2g	55g	39mg	8mg	1778mg