Main Entrée Nutrition Information

MAIN ENTRÉE	Serving Size	Calories	Fat (g)	Sat Fat (g)	Chol (mg)	Carb (g)	Fiber (g)	Protein (g)	Sodium (mg)
FISH:									
Lemon Pepper Baked Cod	6 oz	154	2.5	0.4	73	0.7	0	30	575
Cajun Baked Cod	6 oz	170	4	0.6	74	0.9	0	31	115
Baked Salmon	6 oz	220	7.9	1.9	106	0.5	0	33	291
Chipotle Lime Salmon	6 oz	284	12.9	2.5	105	6.3	0	33	516
Baked Parmesan Tilapia	4 oz	251	10.2	5.4	97	0.8	0	39	168
Oven Fried Fish	6 oz	299	3.2	0.8	149	28.4	1.3	38	180
Tuna Noodle Casserole	1 cup	352	10.9	0.4	25	33.8	1.6	28	522
Crumb Crusted Haddock	4 oz	280	13.0	2.5	40	24.0	2	15	620
Blackened Catfish	8 oz	316	17.4	3.9	107	2.3	0.3	36	482
Oven Fried Catfish	8 oz	509	19.8	4.6	208	35.8	0.7	46	849
POULTRY:									
Roast Turkey	5 oz	171	6.4	1.9	76	1.5	0.3	26	914
Greek Chicken	5 oz	234	9.1	4.4	112	2.7	0.8	34	452
Chicken Cordon Bleu	4 oz	237	13.3	4.6	61	9.8	0.4	20	665
Pineapple Chicken Breast	5 oz	275	4	0.9	91	26.0	1.3	32	393
Chicken Curry	6 oz	300	14.1	3.0	76	13.0	2.3	30	341
Turkey Sausage Ragu	1 cup	304	14.7	4.3	86	13.5	2.9	25	2178
Lemon Pepper Chicken*	1 each	227	4.8	2.1	144	1.1	0.2	44	743
Herb Baked Chicken*	1 each	229	4.9	2.1	144	1.4	0.7	44	144
Savory Baked Chicken*	1 each	247	6.5	2.1	146	1.9	0.2	44	546
Fiesta Chicken	6 oz	182	3.2	0.8	60	14.6	2.4	24	437
Chicken Vera Cruz*	1 each	259	5.6	2.1	144	6.8	1.7	45	568
Chicken Briyani	12 oz	332	6.4	2.2	73	40.6	2.6	29	367
Creole Chicken	5 oz	213	4.0	0.9	91	11.7	2.6	32	472
Chicken Cacciatore*	1 each	261	5	2.1	144	9.1	2.3	46	332
Swedish Turkey Meatballs	3-1/2 oz	173	8	2.3	56	10.8	1.8	15	826
Turkey Chili Mac	1-1/4 cup	367	13	3.9	75	44.1	5.0	21	578
Chicken Stir Fry	3/4 cup	247	8	1.6	113	5.2	1.8	41	212
Honey Thyme Glazed Chicken*	1 each	271	4.9	2.1	144	12.8	0.6	44	141
Chicken Fajita w/Wheat Tortilla	6 oz	572	10.8	1.8	120	67.4	12.6	58	452
BBQ Chicken*	1 each	352	5.0	2.1	144	31.3	0.9	44	846
Baked Chicken Quarters	1 each	405	23.8	0.0	144	1.8	0.6	44	141
Oven Fried Chicken*	1 each	366	9.5	2.1	144	21.5	0.1	48	356
Green Enchiladas w/Chicken	1 each	347	19.7	8.3	91	9.7	1.1	31	467
Teryaki Chicken Quarters	1 each	437	23.9	0.0	144	6.5	0.6	47	1814
Country Turkey Sausage	10 oz	399	20.9	4.6	91	20.8	2.4	26	1757
Glazed Cornish Hen	1/2 hen	359	8.8	2.9	258	7.6	1.4	58	202
Chicken Parmesan	1 each	512	27.6	8.8	55	47.9	6.0	18	1570
Chicken Pot Pie	1 cup	750	31.3	11.2	99	79.7	2.3	40	2177

**Indicates nutrient values of chicken with skin removed.*
*Consuming chicken skin adds an additional 176 calories, 19g fat, & 4.6g saturated fat, making it a **RED** item.*

MAIN ENTRÉE	Serving Size	Calories	Fat (g)	Sat Fat (g)	Chol (mg)	Carb (g)	Fiber (g)	Protein (g)	Sodium (mg)
BEEF:									
Yankee Pot Roast	6 oz	270	8.9	3.1	88	12.5	1.7	33	386
BBQ Beef	6-1/2 oz	231	7.5	2.6	74	12.9	1.1	27	565
Hungarian Goulash	6-1/2 oz	384	9.8	3.3	114	37.6	2.6	35	551
Beef Porcupines	5 oz	259	11.3	4.1	80	11.2	2.8	27	834
Braised Beef with Noodles	1-1/4 cups	368	10.6	4.5	144	21	1.2	48	454
Beef Stir Fry	3/4 cup	264	11.2	3.5	105	5.2	2.0	36	161
Ginger Pot Roast	5 oz	328	15.4	3.8	111	5.5	0.5	39	257
Apple Glazed Corned Beef	4 oz	329	22.1	7.0	80	8.8	0.0	22	1916
Meatloaf	6 oz	341	14.1	5.5	137	16.7	0.7	35	283
Cajun Meatloaf	6 oz	346	14.0	5.4	134	18.7	0.5	35	697
Country Fried Steak	6 oz	489	22.3	5.3	61	45	1.0	26	1090
Spicy Italian Meatballs	1 each	425	20.9	7.5	120	23	5.8	36	1345
Beef Fajitas	5 oz	372	14.0	5.1	44	38.3	5.6	24	343
Beef Stew	2-1/2 cups	411	14.5	4.4	131	23.5	4.3	48	762
Broccoli Pepper Steak	6.5 oz	378	22.8	8.2	71	11.5	1.2	31	773
Salisbury Steak	1 each	370	30.1	7.6	54	11.5	2.8	15	1109
Roast Beef	5 oz	463	19	6.6	192	1.4	0.4	67	746
BBQ Beef Brisket	5 oz	1039	69.4	27.3	247	30.9	0.6	67	983
PORK:									
Honey Baked Ham	5 oz	296	3.5	1.7	32	41.8	1.5	27	1311
Jambalaya	10 oz	357	11.0	2.6	67	29.9	1.5	35	970
Pork Stir Fry	3/4 cup	269	17.1	4.8	69	5.2	69.0	22	145
Grilled Pork Slices	6 oz	376	22.3	7.7	112	6.2	0.0	35	449
BBQ Pork Loin	4 oz	370	18.4	6.3	91	20.2	0.8	29	703
Creole Pork Chops	5 oz	342	19.1	6.5	99	9.2	1.8	31	522
Roast Pork Tenderloin	4 oz	296	18.3	6.3	91	2.2	0.5	29	692
Pulled Pork	5 oz	409	19.0	6.5	177	4.2	1.0	52	215
Pork Schnitzle	5 oz	1010	28.0	9.8	164	124	1.4	65	537
Bratwurst w/ Hoagie	4 oz	598	38.2	13.6	90	37.4	1.0	28	1524
BBQ Pork Ribs	3 each	437	25.5	10.1	88	30.4	0.5	20	1153
PASTA:									
Spaghetti with Marinara Sauce	1 cup	256	1.6	0.2	0	51.0	4.3	9	345
Beef Yakisoba	1 cup	298	9.6	3.6	67	26.0	1.9	26	557
Vegetable Pasta Primavera	1 cup	342	13.5	5	16	37.9	3.1	15	416
Chicken Pasta Primavera	1 cup	388	6.8	1.8	79	39.9	4.5	36	156
Chili Mac	1-1/4 cup	399	13.7	4.8	60	44.1	5	26	624
Baked Rigatoni	1-1/4 cup	407	12.7	4	56	47.7	3.4	27	679
Lasagna	9 oz	417	15.3	6.1	76	34	5.7	35	1153
Chicken Spinach Alfredo	1 cup	447	11.2	5.1	118	46.8	2.6	38	1758
Spaghetti with Meat Sauce	1 cup	480	12.5	3.2	59	61.7	7.8	29	985
OTHER:									
Green Enchiladas	1 each	115	6.5	3.6	16	8.7	0.8	5.2	247
Southwest Sweet Potatoes	1-1/4 cups	298	2.8	0.2	0	60.5	12.6	11.5	598
Tofu Stir Fry	3/4 cup	316	19.3	2.3	0	13	6	29.5	116

Side Dish Nutrition Information

RICE:	Serving Size	Calories	Fat (g)	Sat Fat (g)	Chol (mg)	Carb (g)	Fiber (g)	Protein (g)	Sodium (mg)
Herbed Rice	2/3 cup	185	0.9	0.2	0	39.6	1.6	4	28
Brown Rice Pilaf	2/3 cup	197	3.5	0.4	1	37.4	2.6	5	291
Parsley Rice	2/3 cup	177	0.4	0	0	38.6	0.9	4	10
Cilantro Lime Rice	2/3 cup	168	0.3	0	0	37.0	0.7	3	202
Hawaiian Rice	2/3 cup	199	3.0	0.5	2	40.1	2.1	6	1233
Spanish Rice	1 cup	188	1.8	0	0	38.6	1.5	4	221
Steamed Rice	2/3 cup	174	0.3	0	0	38.2	0.6	3	6
Steamed Brown Rice	1/2 cup	80	0.7	0	0	16.5	1.0	2	2
Jasmine Rice	2/3 cup	174	0.3	0	0	38.2	0.6	3	2
Wild Rice	2/3 cup	181	2.5	0	1	35.9	2.5	6	971
Red Beans w/ Rice	1 cup	204	1.2	0	0	40	7.1	9	490
Hopping John Rice	2/3 cup	206	2.7	1	3	34.1	6.3	12	299
POTATOES:									
Mashed Potatoes	1/2 cup	83	1.9	0.4	0	15.4	1.4	2	29
Garlic Mashed Potatoes	1/2 cup	87	1.9	0.4	0	16.2	1.5	2	43
Herbed Russet Potatoes	1/2 cup	148	0.2	0.1	0	34.4	3.2	3	209
Italian Style Potatoes	3/4 cup	136	3.8	2.4	10	24.1	2.3	2	205
Parslied Potatoes	1/2 cup	141	3.9	0.7	0	25.1	2.8	3	105
Oven Browned Potatoes	1/2 cup	106	3.8	2.4	10	17.1	1.6	2	199
Cottage Fried Potatoes	2/3 cup	134	5.0	3.1	13	21.1	1.9	2	216
Roasted Red Potatoes	3/4 cup	138	4.0	0.8	0	23.7	3.3	3	127
Baked Potato	10 oz	183	0.2	0.1	0	42.5	3.8	4	11
Baked Sweet Potato	4 oz	136	0.2	0.1	0	31.3	5.0	3	54
Mashed Sweet Potatoes	1/2 cup	201	2.5	1.3	5	43	4.7	3	194
Glazed Sweet Potatoes	1/2 cup	231	4.0	2.4	10	48.7	3.0	2	70
PASTA:									
Whole Wheat Penne	1 cup	182	1	0	0	41.5	6	7.1	11
Rotini Noodles	1 cup	213	1	0	0	42.5	2	7	11
Spaghetti Noodles	1 cup	221	1.3	0.3	0	43.2	2.5	8	1
Egg Noodles	1 cup	218	2.5	0.7	48	40.4	1.9	8	23
Lo Mein Noodles	1 cup	213	1.0	0.0	0	42.5	2.0	7	11
Garlic Pasta Shells	1 cup	234	2.5	0.2	0	44.5	2.5	8	18
Parmesan Pasta	1 cup	297	4	1.1	4	53.7	2.6	11	291
Whole Wheat Mac & Cheese	1/2 cup	186	8.8	5.3	25	20.4	2.0	9	150
Macaroni & Cheese	1/2 cup	196	8.7	4.2	18	20.6	0.7	9	183
BREADS:									
Cornbread Dressing	1/2 cup	137	3.4	0.3	0	23.2	4.5	3	373
Wheat Tortilla	10"	160	2.0	0	0	31	4.0	5	290
Whole Wheat Roll	1 each	200	3.1	0.5	0	36.9	3.8	6	40
Corn Bread	1 each	252	5.9	0.6	28	42.2	1.6	7	555
Bollios	1 each	280	1.0	0.2	0	58.3	3.1	9	200
Kaiser Roll	1 each	202	2.4	0.6	0	38.5	1.6	6	281
Unsalted Soft Pretzel	1 each	179	1.4	0.4	0	35.8	1.4	5	326
Garlic Bread	1 each	436	5.7	3.5	30	79.7	3.0	14	819

VEGETABLES:	Serving Size	Calories	Fat (g)	Sat Fat (g)	Chol (mg)	Carb (g)	Fiber (g)	Protein (g)	Sodium (mg)
Asparagus	3/4 cup	22	0.2	0	0	3.7	1.7	2.9	7
Baby Carrots	2/3 cup	40	0.5	0	0	8.7	3.7	1.1	75
Steamed Broccoli	3/4 cup	38	0.2	0	0	7.3	4.1	4.2	15
Steamed Cauliflower	3/4 cup	26	0.3	0	0	5.1	3.7	2.2	24
Steamed Corn	1/2 cup	80	0.7	0	0	18.8	1.9	2.7	3
Corn on the Cob	1 each	46	0.4	0	0	11	1.3	1.5	80
Fried Cabbage	1/2 cup	54	3.1	0.6	0	6.4	2.7	1.4	131
Green Beans	2/3 cup	32	0.2	0	0	6.2	2.1	1.5	2
Orange Carrots	1/2 cup	69	4	1.6	6	8.1	2.7	1.2	89
Parmesan Brussel Sprouts	3/4 cup	90	2.5	1.38	7	12.8	4.7	6.5	104
Mexican Corn	1/2 cup	81	0.9	0.1	0	18.7	2.4	2.9	13
Okra & Tomatoes	1/2 cup	24	0.2	0	0	5.5	1.6	1.3	8
Peas and Carrots	2/3 cup	48	0.4	0.1	0	10.1	3.1	3.1	72
Peas and Mushrooms	1/2 cup	68	0.3	0.1	0	12.6	4.9	4.6	140
Squash w/ Red Peppers	3/4 cup	33	0.3	0	0	7.9	2.1	1.5	11
Succotash	2/3 cup	88	0.8	0.2	0	18.8	3.8	4.1	43
Sliced Carrots	2/3 cup	35	0.2	0	0	8.3	2.4	0.8	60
Steamed Spinach	2/3 cup	57	1.5	0.3	0	8.1	6.2	6.7	164
Sugar Snap Peas	2/3 cup	23	0.1	0	0	5.3	2.5	1.2	1
Turnip Greens (no meat)	1/2 cup	26	0.4	0.1	0	4.5	3	2.9	15
Turnip Greens w/Turkey	1/2 cup	71	2.6	0.8	19	4.4	2.9	9.1	241
Mushrooms & Onions	2 oz	68	5.6	3.52	15	4.4	1.1	0.8	82
Cabbage Stir Fry	3/4 cup	45	0.2	0	0	10	2.5	2.1	380
Stir Fry (no meat)	1/2 cup	52	3.4	0	0	5	1.7	0.8	77
Squash Medley	2/3 cup	16	0.1	0	0	3.6	1.1	0.8	3
Normandy Blend	3/4 cup	26	0	0	0	3.4	1.7	0.9	26
South of the Border Broccoli	1/2 cup	40	0.3	0	0	8.3	3.6	2.5	345
Cheesy Cauliflower	4 oz	95	4.7	1.53	6	11	2.4	3.2	464
Buffalo Cauliflower	4 oz	99	8.2	1.61	7	5.7	3	2.1	811
Zucchini	2/3 cup	14	0.1	0	0	3.1	1.1	1	2
Red Cabbage Sauerkraut	4 oz	125	2.3	0	0	26.9	1.7	1.2	119
Sesame Green Beans	3/4 cup	105	2.6	0.37	0	16	3.8	3.5	431
Mushroom Gravy	4 oz	191	0.1	0	1	6.5	0.7	1.1	278
BEANS:									
Seasoned Pinto Beans	3/4 cup	164	0.6	0.1	0	29.7	7.4	10	104
Steamed Lima Beans	3/4 cup	162	0.5	0.0	0	30.8	5.4	9	127
Blackeyed Peas	3/4 cup	170	0.7	0	0	28.6	7.0	13	347
Seasoned Black Beans	3/4 cup	227	2.6	0	0	40	13.0	12	669
Refried Beans	3/4 cup	242	9.6	0.8	0	29.4	7.2	10	18
Baked Beans	3/4 cup	192	0.7	0.2	0	43.1	8.4	10	687
Charro Beans	3/4 cup	325	1.3	0.2	0	58.9	14.7	20	27

Grill Nutrition Information

SANDWICHES:	Serving Size	Calories	Fat (g)	Sat Fat (g)	Chol (mg)	Carb (g)	Fiber (g)	Protein (g)	Sodium (mg)
Grilled Cheese	1 each	176	3.9	1.7	8	24.5	3.9	10.9	424
Veggie Burger	1 each	295	7.4	1.3	2	34.9	5.4	21.7	727
Tuna Melt	1 each	296	9.5	2.4	8	28.5	4.7	23.7	705
Turkey Burger	1 each	350	10.5	2.5	55	37.0	6.0	26.0	790
Grilled Chicken Sandwich	1 each	372	6.0	1.3	91	37.0	5.0	40.1	494
Southwest Chicken	1 each	383	6.2	1.3	91	39.6	6.0	40.5	720
French Dip	1 each	429	9.0	5.0	75	50.0	2.0	37.9	1526
Hamburger	1 each	470	22.5	8.5	70	37.0	5.0	28.0	385
Green Chili Burger	1 each	476	22.6	8.5	70	38.3	5.5	28.2	498
Cheeseburger	1 each	505	24.5	9.8	78	38.0	5.0	31.5	540
Philly Cheesesteak	1 each	517	15.5	9.2	94	53.6	2.7	41.8	1296
Rueben Sandwich on Rye w/ Swiss Cheese	1 each	581	28.2	10.4	90	42.1	3.3	41.8	1017
WBAMC Club	1 each	608	16.7	5.8	110	69.7	4.6	44.9	1011
Double Hamburger	1 each	730	42.5	16.5	140	37.0	5.0	46.0	440
Double Cheeseburger	1 each	800	46.5	19.0	155	39.0	5.0	53.0	750

All vaues are for a sandwich on unbuttered wheat bread or wheat bun; wth American cheese
If cheese is included or unless otherwise indicated.

SIDES:									
Brew City Fries	3oz	181	9.6	1.1	0	20.3	2.1	2.1	309
Waffle Fries	3oz	170	9.0	1.0	0	21.0	2.0	2.0	490
Sweet Potato Fries	3oz	152	6.1	0.5	0	23.3	2.0	2.0	182

TOPPINGS:									
Green Chili	1 chili	6	0.1	0.01	0	1.3	0.5	0.2	113
Lettuce	1 leaf	3	0	0	0	0	0	0	0
Tomato	1 slice	4	0	0	0	1	0.3	0.2	1
Onion	1 slice	4	0	0	0	0.8	0.2	0.1	0
Pickles	4 slices	4	0	0	0	0.8	0.4	0.2	246
Avocado	1 oz	45	4.2	0.6	0	2.4	1.9	0.6	2
American Cheese (Reduced Fat)	1 slice	35	2	1.25	8	1	0	3.5	155
Swiss Cheese	1 slice	60	5	3	15	0	0	4	270
Bacon	1 slice	141	13.6	4.8	21	0	0	4	232

Soup Nutrition Information

SOUPS	Serving Size	Calories	Fat (g)	Sat Fat (g)	Chol (mg)	Carb (g)	Fiber (g)	Protein (g)	Sodium (mg)
Chicken Tortilla	12 oz	188	4.6	1.1	41	21.8	4.4	18	1061
	16 oz	250	6.1	1.4	55	29.0	5.9	24	1415
Navy Bean	12 oz	248	1.8	0.2	0	45.7	14.7	14	218
	16 oz	331	2.4	0.3	0	61.0	19.6	19	291
Chicken and Rice	12 oz	341	4.9	1.4	87	41.2	3.9	35	587
	16 oz	454	6.5	1.9	116	54.9	5.3	47	783
Hearty Chicken Penne	12 oz	255	4.0	1.5	87	24.2	4.4	34	610
	16 oz	341	5.4	1.9	116	32.3	5.9	45	813
Seafood Gumbo	12 oz	121	5.1	2.5	37	12.2	1.2	7	790
	16 oz	162	6.8	3.3	49	16.2	1.6	10	1053
Chicken Gumbo	12 oz	258	5.3	1.1	60	29.2	3.4	25	283
	16 oz	344	7.0	1.4	80	38.9	4.5	34	377
Hot & Sour	12 oz	250	7.9	1.9	128	29.5	5.8	18	1346
	16 oz	334	10.6	2.6	170	39.3	7.8	24	1795
Midwestern Tomato	12 oz	178	1.8	0.0	0	37.7	5.8	7	2014
	16 oz	237	2.4	0.0	0	50.3	7.7	9	2685
French Onion	12 oz	239	16.7	3.6	15	19.3	2.8	5	276
	16 oz	318	22.3	4.8	20	25.7	3.7	7	369
Lentil Soup	12 oz	109	0.5	0.0	0	21.5	7.7	6	409
	16 oz	145	0.6	0.0	0	28.6	10.3	8	545
Cream of Broccoli	12 oz	269	6.2	1.2	6	39.4	4.4	17	705
	16 oz	359	8.2	1.6	8	52.6	5.9	22	940
Vegetarian Chili	12 oz	203	1.5	0.3	0	39.4	11.3	11	916
	16 oz	271	2.0	0.4	0	52.5	15	14	1222
Chili w/ Beef	12 oz	329	9.9	3.7	67	31.5	9	29	794
	16 oz	439	13.2	4.9	89	42.0	12	39	1059
Vegetable Beef	12 oz	351	10.2	3.4	99	30.0	6.1	38	645
	16 oz	469	13.6	4.5	132	40.0	8.1	51	860
Minestrone	12 oz	189	4.3	0.7	0	33.4	5.4	7	622
	16 oz	252	5.7	0.9	0	44.6	7.3	9	829
SOUP TOPPINGS									
Crackers	1 pkg	25	0.5	0.0	0	5.0	0	<1	50
Shredded Cheese	1 oz	114	9.4	6.0	30	0.0	0	7	176
Tortilla Chips	10 chips	140	7.0	3.0	0	17.0	1	2	150

Soups are often high in sodium, try to choose soups with less than 480 mg of sodium per serving

Breakfast Nutrition Information

BREAKFAST ITEMS	Serving Size	Calories	Fat (g)	Sat Fat (g)	Chol (mg)	Carb (g)	Fiber (g)	Protein (g)	Sodium (mg)
STARCHES									
Whole Wheat Toast	1 slice	70.0	1.0	0.2	0	12	1.9	4	135
Pancakes	2 each	251	9.1	2.4	33	38	2.2	5	587
Wheat Tortilla	10"	160	2	0	0	31	4	5	290
Homemade Granola	1/4 cup	235	8.5	0.9	0	35	4.8	7	125
Oatmeal	12 oz	209	3.4	0.6	0	37	5.8	9	10
	16 oz	279	4.6	0.8	0	49	7.7	12	13
Grits	12 oz	205	1.9	0	0	42	0	5	38
	16 oz	274	2.6	0	0	56	0	7	51
White Toast	1 slice	70	1	0	0	14	2	2	100
Raisin Bread	1 slice	100	1.5	0.5	0	19	1	3	120
English Muffin	1 each	134	1.4	0.2	0	27	4.4	6	240
French Toast	1 slice	208	10.1	2.3	212	21	0.3	9	223
Honey Wheat Bagel	1 each	270	1	0	0	55	4	10	400
Blueberry Bagel	1 each	280	1	0	0	54	2	9	390
Cinnamon Raisin Bagel	1 each	229	0.7	0	0	48	0.9	8	316
Blueberry Muffin	1 each	397	18.7	1.8	62	48	2.0	9	1394
Almond Muffin	1 each	424	21.7	2.1	62	47	2.3	10	1394
Apple Cinnamon Muffin	1 each	407	18.6	1.8	62	51	1.8	9	1403
Blueberry Bran Muffin	1 each	383	11.9	1.4	63	64	6.2	10	1210
Bannana Nut Muffin	1 each	426	21	2	62	51	2.3	9	1394
Mixed Berry Muffin	1 each	394	18.7	1.8	62	47	2.2	9	1394
Mixed Fruit Muffin	1 each	394	18.6	1.8	62	47	1.7	9	1395
Oatmeal Cinnamon Muffin	1 each	404	18.9	1.9	62	49	2.4	10	1394
Orange Muffin	1 each	399	18.6	1.8	62	49	1.7	9	1395
Pineapple Muffin	1 each	410	18.6	1.8	62	52	1.6	9	1403
Pumpkin Muffin	1 each	441	18.9	1.9	62	58	4	10	1520
Strawberry Muffin	1 each	398	18.6	1.8	62	48	1.8	9	1395
Sweet Potato Muffin	1 each	426	18.8	1.9	62	55	2.7	9	1413
Wheat Biscuit	1 each	207	12.3	1.9	0	21	1.9	4	364
White Biscuit	1 each	201	8.5	2.2	1	27	0.4	4	623
PROTEINS									
Scrambled Egg Whites	1/2 cup	95	3.8	0.8	1	1	0	14	201
Egg White Veggie Omelet	1 each	125	5.5	0.9	1	4	1	14	244
Plain Yogurt	1 cup	136	1	0	11	18	0	14	181
Refried Beans	3/4 cup	321	1.2	0.2	0	58	14.4	20	109
Breakfast Ham	1 slice	118	1.4	0.7	13	17	1	11	525
Hardboiled Egg	1 each	77	5.3	1.6	186	1	0	6	62
Scrambled Eggs	1/2 cup	162	10.8	3.5	422	1	0	14	161
Cottage Cheese	1/2 cup	98	2.8	1.1	11	4	0	13	374
Pork Sausage Link	1 each	86	7.5	2.5	20	0	0	4	182
Turkey Sausage Link	1 each	50	4	1	20	0	0	5	170
Ham and Cheese Omelet	1 each	315	23.6	9.6	346	2	0	22	615
Bacon	1 slice	141	13.6	4.8	21	0	0	4	232

BREAKFAST ITEMS	Serving Size	Calories	Fat (g)	Sat Fat (g)	Chol (mg)	Carb (g)	Fiber (g)	Protein (g)	Sodium (mg)
FRUITS									
Orange	1 each	69	0	0	0	18	3	1	**1**
Apple	1 each	77	0	0	0	21	2	0	**0**
Pear	1 each	86	0	0	0	23	4.6	1	**1**
Banana	1 each	105	0	0	0	27	3.0	1	**1**
Fresh Strawberries	1/2 cup	23	0	0	0	6	1.4	1	**1**
Watermelon	1/2 cup	24	0	0	0	6	0.3	1	**1**
Canteloupe	1/2 cup	30	0	0	0	7	0.8	1	**14**
Honeydew Melon	1/2 cup	31	0	0	0	8	0.7	1	**15**
Grapes	1/2 cup	55	0	0	0	15	0.7	1	**2**
Raisins	2 Tbsp	60	0	0	0	15	1.0	0	**5**
Cranberries	2 Tbsp	51	0	0	0	13	0.9	0	**0**
Mixed Berries	1/2 cup	39	0	0	0	10	2.3	0	**2**
Grapefruit	1/2 fruit	82	0	0	0	21	2.8	2	**0**
Canned Peaches	1/2 cup	68	0	0	0	18	1.6	1	**6**
Canned Pears	1/2 cup	72	0	0	0	19	2	0	**6**
Fruit Cocktail	1/2 cup	69	0	0	0	18	1.2	1	**7**
DAIRY									
Skim Milk	1 each	85	0	0	5	12	0	8	**103**
1% Milk	1 each	100	2.4	1.5	12	12	0	8	**107**
Plain Fat Free Yogurt	1 cup	136	1	0	11	18	0	14	**181**
Fat Free Chocolate Milk	8 oz	120	0	0	5	20	0	8	**180**
American Cheese	1 slice	35	2	1.3	8	1	0	4	**155**
Reduced Fat Yogurts	6 oz	160	1.5	1	5	30	0	5	**85**
2% Milk	1 each	120	4.8	3	20	12	0	8	**115**
Vanilla Soy Milk	1 each	155	3.1	0	0	24	0	6	**93**
Shredded Cheese	1 oz	114	9.4	6	30	0	0	7	**176**
Whole Milk	1 each	150	8	4.6	24	12	0	8	**105**