

LUNCH – CALORIE, CARBOHYDRATE & FAT CONTENT

LUNCH ENTREES:	CALORIES	CARBOHYDRATE (CHO) Gm	FAT Gm
Asian Style Chicken Salad, 1 svg.	418	67.7	5.3
Bean & Cheese Burrito, 1 ind.	260	31.1	8.3
Beef Ravioli (8) with WW Dinner Roll, 1 (SE)	395	55.9	10.5
Beef Ravioli (8) w/o WW Dinner Roll, 1 (SE)	260	31.2	8.3
Beef Taco Triangles, 3 pcs.	249	27.9	9.0
Breaded Chicken Nuggets, 5 pcs.	230	18	12
Café LA Chicken & Cheese Enchiladas, 7 oz., 1 ind.	300	36	10
Café LA Tossed Garden Salad, 1 (EI)	210	17.8	10.4
Café LA Tossed Garden Salad, 1 (Sec/SE)	245	25.3	10.7
California Nachos, 1 svg.	545	68	21.9
Charbroiled Beef Patty on Whole Wheat Bun, 1	315	27.9	13.2
Charbroiled Beef Patty (3 oz.) w/o Bun, 1	173	1	11.1
Chicken Caesar Salad Whole Wheat Wrap, 1	344	32.5	12.5
Chicken Caesar Salad w/o Whole Wheat Wrap, 1	170	3.2	8.5
Chicken Italiano Melt, 1	378	43.7	9.8
Chicken Italiano Melt w/o Garlic Cheese Bread, 1	152	6.57	5.8
Cheeseburger on Whole Wheat Bun, 1	349	28.9	15.2
Cheeseburger w/o Whole Wheat Bun, 1	208	2	13.1
Cordon Bleu Style Chicken Sandwich, 1	491	48.2	20.7
Cordon Bleu Style Chicken Sandwich w/o WW Bun, 1	349	21.4	18.6
Deli Sub on Wheat, 1 (EI)	290	29.8	7.1
Deli Sub w/o Wheat French Roll, 1 (EI)	137	1.3	5.4
Deli Sub on Wheat, 1 (Sec/SE)	301	32.1	7.3
Deli Sub w/o Wheat French Roll, 1 (Sec/SE)	148	3.6	5.5
Diced Chicken in Gravy over Egg Noodles, 1 (SE)	231	20.2	6.1
Diced Chicken in Gravy w/o Egg Noodles, 1 (SE)	144	4	5.1
Farmers Market Salad with WW Dinner Roll, 1 (EI)	275	32.3	9.6
Farmers Market Salad w/o WW Dinner Roll, 1 (EI)	140	7.6	7.5
Farmers Market Salad w/WW Dinner Roll, 1 (Sec/SE)	310	40.0	10
Farmers Market Salad w/o WW Dinner Roll, 1 (Sec/SE)	176	15.3	7.8
Fish Filet Sandwich with Cheese, 1	356	44.8	12.1
Fish Filet Sandwich with Cheese w/o WW Bun, 1	215	18	1
Garden Salad with Egg & Saltines-2pks (EI/SE), 1 svg.	267	25.2	11.8
Garden Salad with Egg w/o Saltines (EI/SE), 1 svg.	169	5.9	9.7
Garden Veggie Burger with Cheese, 1	266	31.8	6.6
Garden Veggie Burger with Cheese w/o WW Bun, 1	125	5	4.5
Grilled Beef Sliders with BBQ Slaw, 2	407	49.6	14.5
Grilled Beef Sliders with BBQ Slaw w/o 2 WW Mini Buns	234	16.8	11.8
Home-Style Shepherd's Pie with Grain Roll (Sec)	394	59.0	6.5
Home-Style Shepherd's Pie w/o Grain Roll (Sec)	293	37.1	6.5
Home-Style Shepherd's Pie w/WW Dinner Roll (SE)	428	61.8	8.6
Home-Style Shepherd's Pie w/o WW Dinner Roll (SE)	293	37.1	6.5
Hot & Spicy Chicken Strips, 4 pcs. (Sec)	337	16.7	20.9
Italian Calzone With Turkey Pepperoni, 1	398	54	8.7
Kung Pao Chicken Bowl with Brown Rice, 1 svg.	534	86	8.4

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LUNCH ENTREES (continued):	CALORIES	CARBOHYDRATE (CHO) Gm	FAT Gm
Kung Pao Chicken Bowl w/o Brown Rice, 1 svg.	255	28.5	6
Latin Style Spud Stuffer, 1 svg.	630	85.5	14.4
Low Fat Mini Turkey Corn Dogs, 6 pcs.	331	28.5	19.4
Macaroni Au Gratin, 7.0 oz. ind. svg.	330	37	11
Mediterranean Style Salade with Grain Roll, 1 svg.	276	29.8	5.1
Orange Chicken Bowl with Brown Rice, 1 svg.	560	84.9	13.2
Orange Chicken Bowl w/o Brown Rice, 1 svg.	282	27.5	10.8
Oven Baked Cheese Pizza, 5.0 oz., ind. svg.	300	33	9
Parmesan Lasagna, 7.76 oz., ind. svg.	284	27.1	11
Peanut Butter & Jelly Pocket, 1, 5 oz.	604	57.1	33.3
Red Chile Beef & Bean Burrito, 1	350	50	10
Sliced Pepperoni Pizza, 1 sl.	343	36.8	12.4
Spaghetti & Meatballs, 9 oz. ind. svg.	300	35	10
Spicy Tex Mex Vegetarian Burrito, 1	389	53.8	11
Toasted Cheese Sandwich, 1	314	31.1	11.1
Tostada Fiesta Salad, 1 (EI)	530	65.8	21.9
Tostada Fiesta Salad, 1 (Sec)	419	54	20.5
Turkey Breast & Cheese on Wheat (EI)	282	29.5	5.8
Turkey Breast & Cheese w/o W French Roll (EI)	129	1	4
Turkey Breast & Cheese on Wheat (Sec/SE)	292	31.8	6.0
Turkey Breast & Cheese w/o W French Roll (Sec/SE)	139	3.3	4.2
Vegetarian Chili with 1.5 oz. Tortilla Chips	393	60.9	12.9
Wings of Fire (4) with Cheese Bread Bar (1)	357	21.7	17.1
Whole Grain Breaded Chicken Sandwich, 1	371	45	14
SIDES (Fruits/Vegetables/Others):			
Apple, Whole, 1	75	20	0.2
Baby Spinach, 1 oz.	7	1	0.1
Café LA Tossed Side Salad, 1 svg.	16	3.5	0.2
Carrot Coins, Raw, 1 oz.	12	2.7	0.1
Carrot Sticks, Raw, 1 oz.	12	2.7	0.1
Celery Sticks, 3 oz.	14	2.5	0.1
Cherry Tomatoes, 1 oz.	5	1.1	0.1
Chilled Apple Juice, 4 oz.	55	14.5	0
Chilled Applesauce, #8 disher	52	13.8	0.1
Chilled Orange Juice, 4 oz.	55	13.5	0
Chilled Peaches, #8 disher	61	16.4	0.2
Chilled Pears, #8 disher	65	17.1	0
Cooked Carrot Coins, #8 dish (SE)	36	8.3	0.2
Cooked Carrot, Sliced, #8 disher	34	7.7	0
Cooked Green Beans, Canned, #8 disher (SE)	15	3.3	0.1
Cooked Green Beans, Frozen, #8 disher (SE)	22	5.0	0.1
Cooked Peas, #8 disher	77	14.2	0.3
Cooked Spinach, #6 disher (SE)	41	6.5	0
Cooked Zucchini, #6 disher (SE)	23	3.0	0
Corn on the Cob, 2 each	76	18	0.6

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SIDES (Fruits/Vegetables/Others) (continued):	CALORIES	CARBOHYDRATE (CHO) Gm	FAT Gm
Crisp Baked Potato Rounds, 8 each (EI)	125	16.8	5.6
Crisp Baked Potato Rounds, 10 each (Sec)	156	21	7
Crisp Broccoli Bites, #6 disher	12	2.4	0.1
Cucumber Coins, 1 oz.	4	1	0
Fresh Apple Slices, 2 oz.	29	7.8	0.1
Fresh Baby Carrots, Coins or Sticks, 3 oz.	30	7	0.1
Fresh Banana, 1	121	31.1	0.5
Fresh Cut Cantaloupe, #6 disher	39	9.3	0.2
Fresh Cut Honeydew, #6 disher	41	10.3	0.2
Fresh Pineapple Chunks, #10 disher	35	9.3	0.1
Italian Vegetable Medley, 2, #8 dishers	39	7.8	0.1
Jicama Sticks, 1 oz.	11	2.5	0
Jicama Sticks, Fresh, 3 oz., w/Lemon Wedges	36	8.9	0.1
Kiwi, Whole, 1	46	11.1	0.4
Orange Citrus Smiles, 4.7 oz., 1 pkg.	63	15.7	0.2
Oven Baked Crinkle Cut Fries, 3 oz., 1 svg.	150	23.1	5.8
Oven Roasted Potato Wedges, 3 oz., 1 svg.	105	21.7	1.9
Peach Cup, 4.4 oz.	85	21.1	0.3
Salad: Mixed Greens, 1 oz.	5	1	0
Salad: Romaine Mix, 1 oz.	5	1	0
Salad: Spring Mix, 1 oz.	6	1	0.1
Seedless Red Grapes, 3 oz., 1 pkg.	57	14.6	0.3
Shredded Lettuce & Sliced Tomatoes, 1 svg.	11	2.3	0.1
Spanish Style Rice, #8 disher	151	34.5	0
Strawberry Fruit Cup, ind.	122	32.9	0.2
Sweet Potato Sticks, 3 oz.	73	17.1	0
Whole Kernel Corn, #8 disher	67	16	0.6
Zucchini Coins, 1 oz.	5	1	0.1
Zucchini Sticks, 3 oz.	14	2.8	0.2
MILK CHOICES:			
Chocolate, Fat-Free, ½ pt.	120	22	0
Chocolate, 1%, 6 fl. oz., (EEC's/Inf Ctrs)	120	21	2.3
Lactose, Fat-Free, ½ pt.	90	13	0
Soy Milk, ½ pt.	120	12	2
Strawberry, 1%, ½ pt.	160	27	2.5
White, 1%, ½ pt.	120	14	2.5
Whole Milk, 6 fl. oz. (EEC's/Inf Ctrs)	113	8.3	6.0
Whole Milk, ½ pt.	150	11	8.0
SEASONAL FRUITS FOR SALAD BAR:			
Oct.: 2009: Red Plum, 1	24	5.9	0.1
Nov.: 2009: Bartlett Pear, 1	70	18.7	0.1
Dec.: 2009: Lunch Bunch Grapes, 1 oz.	19	4.7	0.1
Jan.: 2010: Mandarin, 1	67	16.8	0.4
Feb.: 2010: Navel Orange, 1	62	15.4	0.2

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SEASONAL FRUITS FOR SALAD BAR (CONTINUED):	CALORIES	CARBOHYDRATE (CHO) Gm	FAT Gm
Mar.: 2010: Pink Lady Apple, 1	75	20.0	0.2
Apr.: 2010: Tangerine, 1	67	16.8	0.4
May: 2010: Strawberries, 1 oz.	9	2.2	0.1
CONDIMENTS/DIPS/SALAD DRESSINGS:			
Asian Sesame Dressing, 2 oz.	240	12	22
Caesar Dressing, 1.5 oz.	140	2	14
Catsup, 11 gm	11	3	0
French Dressing, 12 gm	55	3	5
French Dressing, (FF), 1.5 oz.	60	15	0
Italian Dressing, 12 gm	35	3	3
Italian Dressing, (FF), 1.5 oz.	10	3	0
Mayonnaise, 12 gm	25	2	2.5
Mustard, 5.5 gm	5	0	0
Ranch Dip, (LF), 2 oz.	70	7	4
Taco Sauce, 9 gm	0	1	0
Thousand Island Dressing, 12 gm	60	3	5
Thousand Island Dressing, 1.5 oz.	120	8	9
GRAIN/BREAD ITEMS:			
Cheese Bread Bar, 1	165	21	4
Cooked Egg Noodles/Pasta, #8 disher	87	16.2	1
Croutons, Seasoned, 2 oz.	86	14.3	2.9
Garlic Cheese Bread, 1	226	37	4
Grain Roll, 1	100	22	0
Noodles, Chinese Won Ton, #8 disher	65	13.7	0.3
Rice, Brown, Steamed, #8 disher	85	17.5	.75
Saltine Crackers, 1 pkg., 4 ct.	49	9.2	1
Tortilla Chips, 1.5 oz.	206	30	8.3
Tortilla, Whole Wheat, 10", 1	174	29.4	4
Tostada Bowl, 1	119	20.3	8.8
Wheat French Roll (Served w/Deli Sub & Turkey Breast & Cheese Sandwich), 1, 4"	153	28.5	1.8
Whole Wheat Dinner Roll, 1.8 oz., 1	135	24.7	2.1
Whole Wheat Mini Hamburger Bun, 1.1oz., 1	86	16	1.3
Whole Wheat Sandwich Bun (Served w/Charbroiled Beef Patty; Chicken Patty; Fish Filet & Garden Veggie Burger), 1	141	27	2