

Main Entree Nutritional Analysis

Menu Item	Calories	Fat	Saturated Fat	Protein	Cholesterol	Total Carbohydrate	Dietary Fiber	Sugar	Sodium	Iron	Vitamin A	Vitamin C	Calcium
Nacho Taco Beef Supreme	393	20.6g	7.9g	25.2g	66mg	25.3g	1.9g	Not Listed	856mg	1.69mg	570 IU	0.4mg	280
Tyson Chicken Spicy Tenders	220	13g	3g	13g	35mg	13g	2g	3g	250mg	0	0	0	0
Red Baron Pizza (Cheese)	350	9g	4g	23g	25mg	48g	5g	4g	720mg	0mg	166 IU	0mg	300mg
Red Baron Pizza (Pepperoni)	360	10g	4.5g	23g	25mg	48g	5g	4g	790mg	0mg	466 IU	0mg	235mg
Red Baron Pizza (Veggie)	360	9g	4g	23g	25mg	49g	5g	4g	730mg	4mg	709 IU	2mg	292mg
Classic Wedge Pizza (Pepperoni)	357	16.4g	5.6g	18g	28mg	35g	1.6g	Not listed	1071mg	2.98mg	572 IU	1mg	313mg
chic Breast Patty on Wheat Bun	360	17g	3g	22g	55mg	31g	3g	5g	800mg	3.4mg	58 IU	2mg	60mg
Spaghetti and Meatballs	377	9.4g	3.1g	22g	50mg	46g	5g	Not listed	374mg	4.19mg	63 IU	2mg	31mg
Whole Grain Chicken Corndog	315	18g	3.8g	11g	67mg	27g	1.5g	Not Listed	735mg	2.7mg	0	0	60mg
Cheese Stuffed Breadsticks (2)	420	14g	7g	24g	30mg	48g	2g	2g	800mg	Not listed	Not listed	Not listed	Not listed
All Beef Hotdog	300	18.9g	7.5g	10g	40mg	22g	2g	Not listed	705mg	2.16mg	0	0	68.3mg
Asian Chicken Noodle Bowl	337	8g	1.2g	20.5g	33mg	43g	5g	10.5g	641mg	2.24mg	564.3 IU	30.05mg	68.1mg
Hamburger on Wheat Bun	266	9g	3.6g	11.6g	18mg	31g	3.4g	5g	380mg	2.14mg	19 IU	0mg	70.5
Toasted Cheese Sandwich	332	19.3g	11.2g	16g	54mg	22g	2g	2g	1072mg	1mg	541.2 IU	0	428mg
Breaded Chicken Breast on Wheat	262	9.5g	1.8g	10.7g	12mg	33g	3g	5g	443mg	2mg	22.8 IU	Not listed	66.7mg
Italian Chicken Breast on Wht brd	360	17g	3g	22g	55mg	31g	3g	5g	800mg	3.4mg	58 IU	2mg	60mg
Whl grain Breaded Chicken Nuggets	220	12g	3g	16g	35mg	10g	2g	<1g	370mg	10mg	0	0	0
Sloppy Joe (beef) Sandwich	400	16g	6.5g	24g	55mg	38g	4g	5g	880mg	2.4mg	70 IU	3mg	80mg
Chicken Pizza Quesadilla	320	14g	3.5g	14g	15mg	34g	2g	17g	920mg	2.7mg	400 IU	5mg	200mg
Asian Chicken Drumsticks	103	3.2g	1g	12g	28.2mg	5.86g	.6g	Not listed	150mg	.86mg	37.98 IU	.04mg	18.3mg
Turkey Club	347	21.2g	12.1g	30g	78mg	32g	1g	Not listed	1803mg	3.2mg	541.2 IU	0	447.7mg
Good Harbor Breaded Fish Sandwich	160	4.6g	1g	13g	30mg	19g	1g	1g	300mg	4%	0	0mg	26mg
Chef Salad	170	5.6g	1.95g	12.6g	18mg	18.8g	1.9g	0	673mg	1.14mg	1884 IU	41.8mg	144.3mg