

Nutrition Facts

Entrees

	Serving Size	Calories	Calories from Fat		Saturated Fat	% Daily Value	Trans Fat (g)	Cholesterol (mg)		Sodium (mg)	% Daily Value	Carbohydrates (g)		% Daily Value	Dietary Fiber (g)	% Daily Value	Sugars (g)	Protein (g)	% Daily Value			
			Total Fat (g)	% Daily Value				% Daily Value	% Daily Value			% Daily Value	% Daily Value						Vitamin A	Vitamin C	Calcium	Iron
Roast Beef	1 thin slice	56	33	3.64	6	1.431	7	16	5	46	2	0	0	0	0	0	0	5.44	0	0	0	3
Shrimp Primavera	1/2 cup	320	140	15	23	1.5	8	0	35	12	890	37	35	12	5	20	4	15	20	25	8	15
Sloppy Joe	1 sandwich	346	118	13.08	20	4.402	22	46	15	1153	48	35.81	12	2	8	6.44	19.86	0	10	10	21	
Sliced Ham	2 slices	91	43	4.82	7	1.644	8	32	11	730	30	2.14	1	0.7	3	0	9.3	0	4	1	3	
Chicken & Dumplings	1 cup	368	171	19.01	29	5.068	25	88	29	920	38	21.84	7	0.7	3	1.29	26.06	0	0	13	14	
Pork BBQ Sandwich	1 sandwich	318	83	9.19	14	2.747	14	50	17	908	38	33.95	11	2	8	6.1	23.23	0	10	9	16	
Meat Loaf	1 thin slice	175	94	10.41	16	3.427	17	68	23	356	15	5.61	2	0.3	1	1.39	13.9	0	1	4	10	
Chicken Bites	3 oz	190	70	8	12	1.5	8	0	35	12	560	23	15	5	1	4	0	14	0	0	0	2
Baked Fish	1 fillet	142	35	3.89	6	0.768	4	82	27	402	17	0.37	0	0	0	0.09	24.79	0	3	2	2	
Beef Pot Roast	4 oz	282	190	21.06	32	8.496	42	77	26	71	3	0	0	0	0	0	21.7	0	0	2	11	
Chicken Sandwich	1 sandwich	252	59	6.54	10	1.426	7	47	16	466	19	26.23	9	1.2	5	2.34	20.9	0	0	9	14	
Pasta w/ Meat Sauce	1 cup	329	118	13.06	20	4.34	22	51	17	1887	79	33.33	11	3.8	15	8.47	20.22	0	29	5	22	
Fresh Ham	1 medium slice	114	66	7.37	11	2.706	14	39	13	93	4	0	0	0	0	0	11.22	0	0	1	2	
Beef Steak	1 oz	55	30	3.3	5	1.293	6	18	6	82	3	0	0	0	0	0	6	0	0	0	2	
Chicken Tenders	1 tender	226	129	14.3	22	3.057	15	42	14	436	18	12.4	4	0.7	3	0.67	11.85	0	1	1	4	
Vegetable Lasagna	1 cup	280	90	10	15	4.5	22	10	3	940	39	35	12	4	16	2	11	25	0	15	4	
Turkey Breast	3 oz	161	57	6.3	10	1.786	9	63	21	54	2	0	0	0	0	0	24.42	0	0	2	7	
Beef & Noodles	1 cup	304	89	9.84	15	3.558	18	87	29	774	32	21.54	7	1.2	5	0.47	31.25	0	0	2	22	
Fish Nuggets	4 nuggets	190	100	11	17	1	17	0	60	20	130	5	4	1	0	0	17	0	0	6	2	
Roasted Chicken	1 cup	234	84	9.28	14	2.534	13	105	35	105	4	0	0	0	0	0	35.01	1	0	2	9	
Taco Salad	1 1/2 cups	279	133	14.77	23	6.823	34	44	15	762	32	23.58	8				13.23	12	6	19	13	
Fried Catfish	1 fillet	182	115	12.8	20	2.802	14	42	14	79	3	5.03	2	0.2	1	0.31	11.12	0	1	2	4	
Four Cheese Lasagna	1 cup	310	108	12	18	6	30	55	18	520	22	33	11	3	12	6	20	25	30	35	8	
London Broil	4 oz	70	20	2	3	1	5	0	30	10	300	12	0	0	0	0	13	0	0	0	8	
Tilapia	1 oz	27	4	0.048	1	0.162	1	14	5	15	1	0	0	0	0	0	5.69	0	0	0	1	
Baked Ziti	1 cup	320	90	10	15	4.5	22	50	17	610	25	40	13	4	16	6	19	20	35	20	15	
Sweet & Sour Chicken	1 cup	224	55	6.12	9	1.036	5	45	15	1396	58	28.3	9	1.8	7	16.88	15.35	0	38	3	9	
Country Fried Steak	1 steak	280	130	14	22	3	15	0.5	30	10	570	24	26	9	2	8	1	14			2	10
Crab Cake	1 cake	160	93	10.3	16	2.2	11	82	27	491	20	5.1	2	0.2	1	0	11.2	6	0	20	6	
Shrimp Scampi w/ Pasta	1 bowl	380	90	10	15	2	10	95	32	1260	52	50	17	2	8	6	22	6	6	15	20	
Chicken or Turkey Pot Pie	8 oz	488	254	28.17	43	8.805	44	61	20	588	24	37.3	12	3.2	13	2.93	20.38	0	16	6	17	
BBQ Chicken Sandwich	1 sandwich	251	54	6.03	9	1.536	8	50	17	495	21	27.42	9	1.4	6	2.68	20.24	0	1	9	15	
Chicken Chow Mein	1 cup	194	75	8.32	13	1.747	9	51	17	950	40	9.79	3	2	8	6.27	20.11	0	15	4	9	
Beef Top Sirloin	4 oz	153	47	5.24	8	1.938	10	53	18	65	3	0	0	0	0	0	24.85	0	0	3	10	
Baked Chicken Breast	1/2 small	164	58	6.48	10	1.824	9	70	23	330	14	0	0	0	0	0	24.82	0	0	1	5	

Nutrition Facts	Serving Size	Calories	Calories from Fat		Total Fat (g)		Saturated Fat		Trans Fat (g)	Cholesterol (mg)		Sodium (mg)		Carbohydrates (g)		Dietary Fiber (g)		Sugars (g)	Protein (g)	% Daily Value			
			Total Fat (g)	% Daily Value	Saturated Fat	% Daily Value	Cholesterol (mg)	% Daily Value		Sodium (mg)	% Daily Value	Carbohydrates (g)	% Daily Value	Dietary Fiber (g)	% Daily Value	Vitamin A	Vitamin C			Calcium	Iron		
Fried Chicken	228 g	440	234	26	40	6	30	2	80	27	1140	48	30	10	4	16	1	22	4	0	25	6	
Fried Fish	1 fillet	267	137	15.24	23	3.205	16		88	29	174	7	8.99	3	0.3	1	0.55	22.41	0	1	4	5	
Roasted Chicken Leg	1 small	216	113	12.55	19	3.468	17		86	29	384	16	0	0	0	0	0	24.2	0	0	1	7	
Polska Kielbasa	2 oz	190	150	16	25	5	25	0	35	12	600	25	3	1	0.5	2	1	7	0	0	2	2	
French Dip	1 sandwich	610	200	22	34	10	50	0	105	35	1780	74	54	18	2	8	2	32	12	10	34	12	
Fried Cod	4 oz	196	82	9.06	14	1.89	9		57	19	142	6	7.78	3	0.2	1	0.48	19.77	0	4	3	4	
Beef & Broccoli w/ Rice	1 cup	230	45	6	9	1.5	8	0	15	5	850	35	24	8	1	4	6	15					
Spaghetti w/ Meatballs	15 oz	628	148	16	25	5	25		20	7	832	35	89	30	6	24	8	29	15	5	7	22	
Cheese Quiche	1 piece	566	396	43.99	68	21.41	107		240	80	459	19	26.73	9	0.8	3	0.73	16.67	0	1	32	12	
Fried Shrimp	1 cup	371	170	18.89	29	1.937	10		114	38	912	38	35.57	12	1.5	6	1.17	13.65	9	3	19	57	
Flounder	1 oz	26	3	0.34	1	0.08	0		14	5	23	1	0	0	0	0	0	5.34	0	1	0	1	
Pasta w/ Sausage	1 cup	300	100	12	18	4	20		25	8	930	39	36	12	2	8	7	12	6	15	6	6	
Fajita w/ Chicken & Vegetables	1 tortilla	352	109	12.11	19	2.671	13		40	13	479	20	41.52	14	5.4	22	4.82	19.67	0	54	11	17	
Pasta w/ Carbonara Sauce	1 cup	384	96	10.67	16	3.68	18		94	31	432	18	51.7	17	3	12	1.85	16.18	0	1	6	15	
Clams, Breaded & Fried	3/4 cup	451	238	26.4	41	6.603	33		87	29	834	35	38.81	13				12.82	2	0	2	17	
Pork Loin Roast	1 thin slice	52	28	3.06	5	1.123	6		17	6	46	2	0	0	0	0	0	5.67	0	0	0	1	
Beef Stroganoff	1 cup	394	228	25.37	39	10.038	50		69	23	1155	48	15.28	5	1.3	5	2.48	26.01	0	2	10	17	
Beef & Cheese Burrito	1 medium	790	356	39.51	61	17.974	90		119	40	1423	59	63.69	21	3.8	15	2.62	42.2	0	0	54	36	
Chili & Macaroni	227 g	320	140	16	25	6	30		30	10	1020	42	24	8	2	8	5	19	6	8	15	25	
Baked Pork Chop	1 small	118	61	6.76	10	2.541	13		39	13	188	8	0	0	0	0	0	13.27	0	0	1	2	
Beef Brisket	1 thin slice	72	49	5.49	8	2.143	11		20	7	47	2	0	0	0	0	0	5.22	0	0	0	3	
Country Style Ribs	4 oz	273	191	21.22	33	7.36	37		78	26	66	3	0	0	0	0		19.27	0	1	3	6	
Breaded Chicken Patty	1 patty	226	129	14.3	22	3.057	15		42	14	436	18	12.4	4	0.7	3	0.67	11.85	0	1	1	4	
Taco	1 taco	144	70	7.77	12	2.181	11		21	7	181	8	10.97	4	1.6	6	1.06	7.82	0	4	4	6	
Chicken Florentine Pasta	5 oz	190	70	7	11	3.5	18	0	55	18	280	12	18	6	1	4	1	12	8	0	6		
Country Ham	2 oz	220	175	19	29	7	35		47	16	940	39	0	0	0	0	0	11	0	0	0	6	
Meat Lasagna	1 piece	336	111	12.38	19	6.384	32		49	16	744	31	35.43	12	2.7	11	5.6	20.52	0	12	25	16	
Hot Dog	1 frankfurter	175	134	14.89	23	5.358	27		40	13	697	29	2.54	1	0	0	0.68	7.22	0	0	2	5	
Beef Pizza	1 slice	409	132.3	14.7	23				39.6	13	834.8	35	47.9	16	2.1	8		18.7					
Chicken Nuggets	5 pieces	220	80	9	14	1.5	8	0	25	8	470	20	14	5	1	4	1	12	0	0	0	4	
Pork Fritter	1 fritter	230	120	13	20	4.5	22	0	30	10	400	17	19	6	1	4	0	8	0		2	4	
Enchilada w/ Chicken & Cheese	1 enchilada	234	108	11.98	18	5.114	26		39	13	249	10	19.33	6	3.1	12	2.51	13.56	0	25	17	7	
Salmon Patty	1 patty	264	140	15.55	24	3.527	18		56	19	671	28	13.93	5	1	4	0.97	16.34	0	6	18	5	
Sides & Vegetables																							
Mixed Vegetables	10 oz	182	13	1.48	2	0.278	1		0	0	133	6	38.23	13	11.4	46		9.46	288	49	7	15	
Vegetable Macaroni	1 cup	116	1	0.1	0	0.015	0		0	0	90	4	24.16	8	3.9	16	0.75	4.11	0	0	1	2	

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			Total Fat (g)	% Daily Value	Saturated Fat	% Daily Value	Trans Fat (g)	Cholesterol (mg)	% Daily Value	Sodium (mg)	% Daily Value	Carbohydrates (g)		% Daily Value	Dietary Fiber (g)	% Daily Value	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron													
Green Peas (frozen)	1/2 cup	55	2	0.27	0	0.048	0						0	0	81	3	9.87	3	12	3	12	3.87	3.75	30	22	2	6								
Mashed Potatoes	1 cup	237	80	8.86	14	4.364	22						23	8	666	28	35.22	12	3.2	13	3	3.93	5	21	5	3									
Gravy (canned)	1 cup	123	50	5.5	8	2.686	13						7	2	1305	54	11.21	4	0.9	4	0.49	8.74	0	0	1	9									
Potatoes/Carrots/Celery	1 cup	116	43	4.8	7	0.906	5						0	0	459	19	17.13	6	3.3	13	3.98	2.06	0	16	4	6									
Broccoli	1 cup chopped	31	3	0.34	1	0.035	0						0	0	30	1	6.04	2	2.4	10	1.55	2.57	11	135	4	4									
Carrots	1 cup chopped	52	3	0.31	0	0.047	0						0	0	88	4	12.26	4	3.6	14	5.81	1.19	430	13	4	2									
Italian Green Beans	1/2 cup	35	0	0	0	0	0	0					0	0	340	14	7	2	2	8	1	2													
Corn	1 cup	132	16	1.82	3	0.28	1						0	0	23	1	29.29	10	4.2	17	4.96	4.96	0	18	0	4									
Scalloped Potatoes	1 cup	217	54	5.99	9	1.788	9						7	2	669	28	35.21	12	3.6	14	5.29	6.26	0	43	11	8									
Breaded Cauliflower	1 floweret	53	37	4.06	6	0.879	4						3	1	48	2	3.18	1	0.5	2	0.95	1.14	0	10	2	1									
Green Beans (canned)	1/2 cup	20	0	0	0								0	0	400	17	4	1	2	8	2	0.5	4	4	2										
Spicy Wedges	8 pieces	150	54	69													21	7				2													
Grilled Zucchini	3 oz	20	0	0	0	0	0	0					0	0	0	0	3	1	1	4	3	2	2	0	4	4									
Waffle Cut Fries	13 2" pieces	160	60	7	11	2	10	0					0	0	330	14	22	7	2	8	0.5	2	0	6	0	4									
Steak Fries	10 pieces (3oz)	110	25	3	5	1	5	0					0	0	280	12	18	6	2	8	0	2	0	15	0	2									
Red Roasted Potatoes	124 g	170	60	7	11	4	20						10	3	1200	50	25	8	3	12	1	3													
Corn Pudding	1 cup	328	114	12.7	20	6.138	31						185	62	702	29	42.5	14	3.5	14	17.42	10.88	15	15	10	8									
Yams	1 cup	177	2	0.26	0	0.056	0						0	0	14	1	41.82	14	6.2	25	0.75	2.3	4	43	3	4									
California Medley	3/4 cup	30	0	0	0								0	0	35	1	5	2	2	8	2	2	50	35	2	2									
Peas & Carrots	2/3 cup	50													45	2	9	3	4	16	4	3	100	35	2	10									
Broccoli & Cauliflower	1 1/4 cup	25	0	0	0	0	0						0	0	25	1	4	1	2	8	1	2	30	100	4	4									
Macaroni & Cheese	255 g	250	63	7	11	3	15	0.2					15	5	430	18	36	12	2	8	1	11	10	0	15	15									
Broccoli & Cheese	1 cup	242	139	15.39	24	7.268	36						32	11	426	18	15.98	5	4.8	19	4.65	12.15	0	156	32	7									
Cabbage	1 cup	21	1	0.11	0	0.014	0						0	0	16	1	4.97	2	2	8	3.19	1.28	3	48	4	3									
Hashbrown Casserole	209 g	155	63	7	11								46	15	520	22	17	6	0	0	0	5													
Green String Beans	1 cup	60	35	3.85	6	0.727	4						0	0	385	16	6.17	2	2.5	10	1.3	1.57	0	10	4	7									
Baby Carrots	1 medium	4	0	0.01	0	0.002	0						0	0	8	0	0.82	0	0.2	1	0.48	0.06	28	1	0	0									
Stuffing	6 oz	656	52	5.78	9	1.436	7						2	1	2703	113	129.54	43	5.4	22	14.06	18.7	0	0	16	36									
Vegetable Garden Blend	1 cup	40	0	0	0	0	0	0					0	0	35	1	7	2	2	8	3	2	25	35	4	2									
Peas & Onions	1/2 cup	48	2	0.22	0	0.039	0						0	0	42	2	9.32	3	2.4	10		2.75	8	16	2	6									
Breaded Okra	1 cup	173	116	12.94	20	1.677	8						5	2	121	5	13.12	4	2.4	10	2.93	2.37	0	17	6	5									
Cooked Asparagus	1 medium spear	6	3	0.35	1	0.071	0						0	0	37	2	0.64	0	0.3	1	0.2	0.37	0	2	0	1									
Cooked Vegetables	1 cup	88	37	4.06	6	0.747	4						0	0	391	16	12.21	4	4.1	16	3.52	2.83	0	47	4	4									
Zucchini & Yellow Squash	7 oz	45	25	3	5	2	10	0					10	3	125	5	5	2	2	8	3	2													
Fried Apples	1/2 cup	110	0	0	0	0	0	0					0	0	30	1	29	10	2	8	19	0	0	30	0	0									
Dijon Mustard	1 tsp	4	2	0.19	0	0.0009	0						0	0	67	3	0.47	0	0.2	1	0.17	0.24	3	5	8	10									
Succotash	1 cup	145	13	1.39	2	0.259	1						0	0	70	3	31.11	10	6.2	25		6.72	8	22	2	8									

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			Vitamin A	Vitamin C																Calcium	Iron		
Broccoli Flower Clusters	1 cup flowerets	20	2	0.25	0	0.038	0	0	0	0	19	1	3.72	1	0	0	0	2.12	43	110	3	3	
Broccoli/Cauliflower/Carrots	3 oz	25	0	0	0	0	0	0	0	0	30	1	4	1	0	0	2	2	90	90	4	2	
French Fries	1 10 strip portion	112	54	5.96	9	1.412	7	0	0	0	68	3	13.14	4	1.2	5	0.24	1.32	0	2	0	3	
Seasoned Potato Wedges	142 g	220	90	10	15	0	0	0	0	0	650	27	28	9	12	48	0	3	0	0	0	3	
Mixed Greens	1/2 cup	50	4	0.5	1	0	0	0	0	0	470	20	7	2	3	12	3	4	50	45	25	6	
Fried Squash	1 oz	160	8	0	0	0	0	0	0	0	0	20	0	0	0	0	3	8	0	0	0	0	
Cream Style Corn	1 cup	184	10	1.08	2	0.166	1	0	0	0	730	30	46.41	15	3.1	12	8.27	4.45	0	19	1	5	
Refried Beans w/ Cheese	1 cup	400	152	16.93	26	6.148	31	28	9	756	32	45.29	15	14.9	60	1.57	18.42	0	16	19	23	23	
Au Gratin Potatoes	1/2 cup	150	50	1	2	0	0	0	0	0	570	24	21	7	2	8	1	2	0	0	6	4	
Spanish Rice	1 cup	211	33	3.64	6	0.515	3	0	0	0	700	29	40.68	14	2.7	11	7.19	4.67	0	44	8	17	
Spring Vegetable Blend	3/4 cup	70	35	4	6	0.5	2	0	0	0	130	5	6	2	1	4	3	1	25	15	2	2	
Green Bean Casserole	1/2 cup	75	4	0.5	1	0	0	0	0	0	290	12	11	4	2	8	2	2	4	4	4	2	
Cooked Corn	1 cup	166	43	4.78	7	0.861	4	0	0	0	402	17	31.62	11	3.9	16	5.02	4.17	0	10	0	4	
Rice Pilaf	1 cup	258	60	6.67	10	1.279	6	0	0	0	781	33	44.43	15	1.2	5	1.22	4.26	0	1	2	13	
Vegetable Medley	1/2 cup	50	0	0	0	0	0	0	0	0	350	15	10	3	2	8	3	1	35	6	4	2	
Corn Nuggets	6 pieces	190	50	6	9	1	5	0	0	0	420	18	31	10	2	8	2	3	0	0	2	4	
Noodles w/ Cheese	1 cup	493	206	22.84	35	9.625	48	41	14	953	40	52.15	17	2.7	11	8.72	19.29	0	0	38	14	14	
Southern Style Green Beans	1/2 cup	20	0	0	0	0	0	0	0	0	290	12	4	1	2	8	1	1	4	2	6	6	
Glazed Carrots	1 cup	204	110	12.17	19	2.275	11	0	0	0	259	11	24.44	8	4.7	19	18.92	0.84	0	5	6	6	
Cooked Squash	1 cup of slices	68	38	4.24	7	0.807	4	0	0	0	496	21	7.81	3	2.6	10	4.64	1.65	0	16	5	4	
Cooked Kale	1 cup	86	47	5.24	8	0.945	5	0	0	0	422	18	9.19	3	3.2	13	2.02	3.07	0	110	12	8	
Peas & Mushrooms	1 cup	198	58	6.44	10	1.672	8	2	1	639	27	26.94	9	6.8	27	9.96	8.95	0	29	7	17	17	
Seasoned Fries	22 pieces	150	70	8	12	2	10	0	0	0	320	13	18	6	2	8	1	2	2	2	4	4	
Breakfast																							
Scrambled Eggs	1 cup cooked	212	99	10.98	17	2.186	11	2	1	806	34	4.05	1	0	0	3.99	22.85	0	0	16	21	21	
Pancake Syrup	1 tbsp	47	0	0	0	0	0	0	0	0	16	1	12.29	4	0.1	0	6.62	0	0	0	0	0	
Hash Brown	1 patty	143	68	7.54	12	2.948	15	0	0	0	179	7	18.43	6	1.3	5	1.03	2.07	0	7	1	6	
Biscuit w/ Gravy	1 biscuit w/ gravy	508	285	31.65	49	7.249	36	27	9	1461	61	43.96	15	1.1	4	9.33	12.35	0	2	19	17	17	
Sausage Patty or Link	1 link	44	33	3.69	6	1.187	6	11	4	97	4	0	0	0	0	0	2.53	0	0	0	1	1	
Country Ham	2 oz	220	175	19	29	7	35	47	16	940	39	0	0	0	0	0	0	11	0	0	0	6	
Bacon	2 slices	70	45	5	8	2	10	20	7	290	12	0	0	0	0	0	0	5	0	0	0	0	
Oatmeal	1/2 cup dry	150	27	3	5	0.5	3	0	0	0	0	0	27	9	4	16	1	5	0	0	0	11	
Pancake	1/2 cup dry mix	220	25	3	5	1	5	15	5	620	26	42	14	1	4	9	6	0	0	10	10	10	
Waffle	1 round (4" dia)	121	33	3.72	6	0.763	4	5	2	281	12	19.05	6	1	4	1.84	2.85	0	0	12	15	15	
French Toast	1 regular slice	159	55	6.13	9	1.585	8	90	30	320	13	20.02	7	0.8	3	4.87	5.58	0	0	8	9	9	
Tator Tots	9 pieces	160	70	8	12	1.5	8	0	0	420	18	20	7	2	8	1	2	0	0	0	2	2	

Nutrition Facts

	Serving Size	Calories	Calories from Fat		Total Fat (g)	% Daily Value	Saturated Fat	% Daily Value	Trans Fat (g)	Cholesterol (mg)	% Daily Value	Sodium (mg)	% Daily Value	Carbohydrates (g)	% Daily Value	Dietary Fiber (g)	% Daily Value	Sugars (g)	Protein (g)	% Daily Value			
																				Vitamin A	Vitamin C	Calcium	Iron
Potato Puffs	1 cup	243	99	11	17	2.3	12		0	0	614	26	35.5	12	3.2	13	0.3	2.6	0	13	2	5	
Soups																							
Pinto Beans	1/2 cup	90	10	0	0	0	0		0	17	410	17	20	7	7	28	1	6			4	10	
Chicken Noodle	1 cup	65	22	2.39	4	0.658	3		14	5	868	36	7.4	2	0	0	1.06	3.18	0	0	1	9	
Chicken & Rice	1 cup	60	17	1.9	3	0.453	2		7	2	817	34	7.16	2	0.7	3	0.19	3.54	0	0	2	4	
Chili w/ Beans		260	90	14	22	2.5	12		25	8	290	12	35	12	8	32	9	16	50	2	6	25	
Tomato	1 cup	102	26	2.93	5	0.988	5		5	2	705	29	17.93	6	1	4	10.54	3.05	0	111	5	10	
Cream of Potato	1 cup	148	42	4.72	7	2.435	12		13	4	2000	83	22.94	8	1	4	4.24	3.49	3	0	4	5	
Vegetable	1 cup	72	17	1.93	3	0.294	1		0	0	827	34	11.98	4	0.7	3	3.83	2.12	0	2	2	6	
Roasted Red Pepper & Tomato	8 oz	110	20	2	3	1.5	8		10	3	720	30	16	5	1	4	12	5	10	4	15	2	
Chicken Tortilla	1 bowl	237	99	11	17						1430	60	19	6	2	8	3	20					
Loaded Baked Potato	100 g	140	90	10	15	5	25		25	8	470	20	10	3	1	4	2	4					
Clam Chowder	1 cup	176	45	5.02	8	0.753	4		10	3	1865	78	21.81	7	1.5	6	1.1	10.87	3	8	8	16	