

Nutrition Breakdown Master

Items Grains/Breads	Calories	Protein Grams	Carbs. Grams	Cholesterol Milligrams	Sodium Milligrams	Allergy Issues
Baking Powder Biscuits	164	3.41	22.09	0	315	Dairy, Gluten
Banana Bread Squares	149	2.41	25.56	17	130	Dairy, Egg, Gluten
Bread Stuffing	165	3.97	22.65	1	327	Dairy, Gluten
Brown Bread	92	2.29	19.27	0	137	Dairy, Gluten
Brown Rice Pilaf	146	3.50	30.37	.21	55	None
Cinnamon Rolls	209	4.73	37.70	0	292	Dairy, Gluten
Cornbread	108	2.65	18.03	13	151	Dairy, Egg, Gluten
Cornbread Stuffing	162	3.59	21.19	7	289	Dairy, Egg, Gluten
Fried Rice	184	6.73	29.38	108	409	Egg
Muffin Squares	110	2.36	16.87	13	193	Dairy, Egg, Gluten
Oatmeal Muffin Squares	185	2.87	34.51	0	146	Dairy, Egg, Gluten
Orange Rice Pilaf	126	2.52	27.85	0	94	None
Pancakes	127	3.36	16.26	34	205	Dairy, Egg, Gluten
Rice Vegetable Casserole	102	2.44	19.63	0	40	None
Rolls (Yeast)	176	4.53	29.80	0	291	Dairy, Gluten
Spanish Rice	69	1.58	13.69	0	134	None
Sweet Potato Plum Bread Squares	283	4.14	46.49	19	391	Dairy, Egg, Gluten
Banana Bread Squares	151	2.68	25.60	19	179	Dairy, Egg, Gluten
Cooking Rice	122	2.24	26.92	0	93	None
Corn Muffin Squares	94	1.82	15.82	10	192	Dairy, Egg, Gluten
Corn Muffins	94	1.82	15.82	10	192	Dairy, Egg, Gluten
Cut Biscuits	141	2.90	18.82	0	237	Dairy, Gluten
Drop Biscuits	164	3.41	22.12	0	302	Dairy, Gluten
Master Mix	586	12.23	77.87	1	1023	Dairy, Gluten
Mexican Style Cornbread Squares	131	4.73	18.28	24	211	Dairy, Egg, Gluten
Not Fried Rice	116	4.76	18.65	58	216	Egg
Banana Muffins	141	2.65	25.00	0	194	Dairy, Egg, Gluten
Blueberry Muffin Squares	204	3.13	38.76	0	148	Dairy, Egg, Gluten
Blueberry Muffins	172	3.34	25.28	20	180	Dairy, Egg, Gluten
Peach Muffin Squares	216	3.18	40.22	0	160	Dairy, Egg, Gluten
Pineapple Scones	159	2.97	32.21	19	76	Egg, Gluten
Whole Wheat Muffin Squares	109	2.42	16.76	10	96	Dairy, Egg, Gluten
Items Desserts	Calories	Protein Grams	Carbs. Grams	Cholesterol Milligrams	Sodium Milligrams	Allergy Issues
Apple Cobbler	299	2.48	47.47	0	96	Gluten
Apple Crisp	200	1.95	31.75	0	113	Dairy, Gluten

Apple Honey Crisp	194	1.97	30.48	0	113	Dairy, Gluten
Applesauce Cake	218	3.28	33.18	34	205	Dairy, Egg, Gluten
Bottom Pastry Crust	133	1.64	12.11	0	70	Gluten
Brownie Icing	54	.43	10.15	0	17	Dairy
Brownies	151	2.40	23.22	29	108	Egg, Gluten
Carrot Cake	232	3.62	33.02	39	190	Dairy, Egg, Gluten
Cherry Cobbler	316	3.00	51.28	0	103	Gluten
Cherry Crisp	196	2.28	30.53	0	117	Dairy, Gluten
Chocolate Cake	200	3.35	30.47	29	224	Dairy, Egg, Gluten
Chocolate Chip Cookies	128	1.43	16.10	13	86	Dairy, Egg, Gluten
Chocolate Glaze	61	.30	12.70	0	29	Dairy
Chocoleana Cake	189	3.77	34.07	0	245	Dairy, Egg, Gluten
New Oatmeal Raisin Cookies	188	3.56	33.34	19	122	Dairy, Egg, Gluten
New Spice Cake	196	2.85	29.24	1	204	Dairy, Egg, Gluten
Oatmeal Cookies	161	2.22	19.35	13	140	Dairy, Egg, Gluten
Orange Glaze	33	.04	8.47	0	0	None
Apple Bread Pudding	112	4.48	18.33	63	171	Dairy, Egg, Gluten
Baked Custard	83	3.94	11.97	60	145	Dairy, Egg
Bottom Pastry Crust	133	1.64	12.11	0	70	Gluten
Bread Pudding	92	4.22	13.65	60	163	Dairy, Egg, Gluten
Chocolate Cream Frosting	96	.58	18.35	0	27	Dairy
Fruit and Rice Dessert	81	1.49	19.07	0	47	Egg
Glazed Lemon Bars	161	1.67	24.40	14	108	Dairy, Egg, Gluten
Oatmeal Whole Wheat Raisin Cookies	191	3.04	32.14	19	201	Dairy, Gluten
Peach Cobbler	127	1.15	22.05	0	28	Gluten
Peach or Pineapple Upside Down Cake	281	3.58	42.68	39	243	Dairy, Egg, Gluten
Pumpkin Pudding	82	3.15	16.49	30	106	Dairy, Egg
Rice Pudding	95	3.57	17.68	40	112	Dairy, Egg
Stirred Custard Sauce	69	2.82	10.34	59	128	Dairy, Egg
Sugar Cookies	177	2.25	28.73	15	199	Dairy, Egg, Gluten
Top Pastry Crust	182	2.20	16.23	0	98	Gluten
Vanilla Cream Frosting	91	.13	17.11	0	27	Dairy
Vanilla Pudding	65	2.18	11.38	21	54	Dairy, Egg
Whole Wheat Cookies	177	3.03	28.64	19	201	Dairy, Egg
Yellow Cake	214	3.39	31.66	39	195	Dairy, Egg, Gluten
Orange Rice Pudding	115	2.57	24.53	2	20	None
Items	Calories	Protein	Carbs.	Cholesterol	Sodium	Allergy
Dips/Sauces/Toppings		Grams	Grams	Milligrams	Milligrams	Issues
Barbecue Sauce	48	.45	12.48	0	309	None
Brown Gravy	23	.36	1.97	0	35	Dairy, Gluten
Cheese Sauce	49	3.30	3.30	5	175	Dairy, Gluten
Chicken or Turkey Gravy	23	.38	1.99	0	35	Dairy, Gluten
Cream Gravy	25	1.35	2.80	1	29	Dairy, Gluten

Cucumber Sauce	20	.62	2.19	2	58	Egg
Mexican Seasoning Mix	49	2.05	7.99	0	82	None
Nacho Cheese Sauce	99	8.21	3.30	16	476	Dairy
Spiced Apple Topping	92	.20	21.70	0	13	Dairy
Stir Fry Sauce	15	.47	3.12	0	204	None
Sweet and Sour Sauce	21	.27	5.18	0	83	None
Tartar Sauce	63	.23	7.94	8	246	Egg
Teriyaki Sauce	39	.73	9.58	0	531	None
Tomato Sauce	16	.56	3.01	0	37	None
White Sauce	31	1.34	3.15	1	70	Dairy, Gluten
Fruity Dipping Sauce	49	.26	12.95	0	13	None
Maple Applesauce Topping	67	.12	17.70	0	6	None
Salsa	18	.64	4.23	0	157	None
Items Main Dishes	Calories	Protein Grams	Carbs. Grams	Cholesterol Milligrams	Sodium Milligrams	Allergy Issues
Rice with Cheese	248	14.61	32.13	20	543	Dairy
Baked Cajun Fish	128	12.58	.43	43	145	Dairy
Baked Fish Scandia	162	18.64	4.67	54	179	Dairy, Gluten
Barbecued Chicken	295	27.25	15.83	86	476	None
Bean Burrito	288	14.81	40.02	13	662	Dairy, Gluten
Bean Taco	249	11.37	32.14	8	536	Dairy, Gluten
Beef and Bean Tamale Pie	268	15.95	31.51	39	630	Dairy, Egg, Gluten
Beef or Pork Burrito	273	18.82	21.34	43	351	Dairy, Gluten
Beef or Pork Taco	299	18.26	20.36	46	253	Dairy, Gluten
Beef Shepherd's Pie	294	19.48	23.77	52	442	Dairy
Beef Stew	218	19.80	16.48	49	409	Gluten
Beef Stir Fry	236	23.80	11.12	55	280	None
Beef Taco Pie	304	19.65	26.43	45	753	Dairy, Gluten
Beef Tamale Pie	281	18.64	23.39	58	430	Dairy, Gluten
Chicken Fajitas	241	22.00	23.38	51	284	None
Chicken or Turkey a la King	218	22.43	14.58	53	280	Dairy, Gluten
Chicken or Turkey Noodles	244	21.90	21.32	75	186	Dairy, Gluten
Chicken or Turkey Chop Suey	147	17.75	7.93	52	332	None
Chicken or Turkey Pot Pie	344	20.45	22.98	52	261	Dairy, Gluten
Chicken or Turkey Taco	264	19.10	20.36	47	252	Dairy, Gluten
Chicken or Turkey Tamale Pi	273	20.05	23.29	69	416	Dairy, Egg, Gluten
Chicken Stir Fry	199	19.31	11.12	46	197	None
Chicken Tetrzzini	313	23.54	24.27	56	355	Dairy, Gluten
Chicken Tomato Bake	200	13.84	28.03	27	455	Dairy, Gluten
Chili con Carne with Beans	180	15.44	10.68	42	204	Dairy
Ground Beef and Spanish Rice	282	18.57	27.05	51	288	None
Ground Beef Stroganoff	250	17.65	9.63	52	645	Dairy, Gluten
Lasagna with Ground Beef	269	19.88	28.35	34	406	Dairy, Gluten
Lasagna with Ground Pork and Ground Beef	269	19.63	28.35	35	405	Dairy, Gluten

Macaroni and Cheese	296	19.64	27.44	31	896	Dairy, Gluten
Meat Balls	195	17.04	7.90	67	122	Dairy, Egg
Meat Loaf	195	17.05	8.00	67	122	Dairy, Egg
Nachos with Ground Beef	281	17.80	19.28	42	590	Dairy, Gluten
New Macaroni and Cheese	325	17.22	32.71	23	475	Dairy, Gluten
Oven Fred Chicken	343	29.35	9.67	87	104	Dairy, Gluten
Pork Stir Fry	242	20.69	11.12	51	286	None
Quiche with Self Forming Crust	153	12.01	11.36	190	445	Dairy, Egg, Gluten
Salisbury Steak	186	16.67	5.95	63	156	Dairy, Egg
Spaghetti and Meat Sauce	322	21.23	34.24	5	310	Gluten
Spaghetti and Meat Sauce (Ground Beef and Ground Pork)	320	20.53	32.24	54	307	Gluten
Sweet and Sour Pork	210	17.62	19.31	49	303	None
Taco Pie with Beans	264	13.69	38.22	10	960	Dairy, Gluten
Taco Pie with Salad Topping	308	19.91	27.23	45	677	Dairy, Gluten
Tuna and Noodles	282	23.18	33.15	51	391	Dairy, Gluten
Turkey and Dressing Supreme	271	19.79	18.31	45	441	Dairy, Gluten
Vegetable Chili	223	14.57	27.02	17	606	Dairy
Vegetable Lasagna	278	21.30	36.39	11	1016	Dairy, Gluten
Vegetable Quesadilla	249	12.74	25.77	17	459	Dairy, Gluten
Beef and Rice Casserole	225	14.01	23.60	40	387	None
Beef and Spaghetti Casserole	193	14.34	15.84	39	154	Gluten
Beef Patties	177	13.39	11.77	81	398	Egg, Gluten
Beef Turkey Loaf	161	12.66	11.30	79	384	None
Broccoli Quiche	333	15.07	22.90	79	482	Dairy, Egg, Gluten
Chicken Noodles	263	22.37	24.83	79	187	Dairy, Gluten
Chicken Nuggets	89	13.95	3.56	35	210	Dairy, Gluten
Deviled Eggs	100	6.34	3.46	216	230	Egg
Fish Nuggets	72	11.76	3.56	40	230	Dairy, Gluten
Glazed Meatloaf	193	12.91	19.48	79	547	Egg, Gluten
Ground Beef and Spanish Rice	217	14.03	21.81	38	107	None
Macaroni and Cheese w/ Ham	337	18.58	34.11	27	771	Dairy, Egg, Gluten
Mexican Chicken w/ Rice	146	13.58	15.84	40	329	None
Mexican Meat Loaf	165	12.79	12.14	79	416	Egg, Gluten
Oven Baked Fish	72	11.76	3.56	40	230	Dairy, Gluten
Oven Baked Parmesan Chicken	115	14.28	2.87	45	187	Dairy, Egg, Gluten
Pasta Toss with Vegetables	216	8.86	15.10	7	263	Dairy, Gluten
Spanish Quiche	343	14.42	27.72	77	560	Dairy, Egg, Gluten

Sweet and Sour Chicken	128	12.18	11.30	40	124	None
Teriyaki Chicken	106	12.42	1.49	40	262	None
Tuna Patties	167	12.45	15.52	55	535	Dairy, Egg, Gluten
Turkey or Chicken Burrito	270	19.55	21.63	47	539	Dairy, Gluten
Items Main Salads/Salad Dressings	Calories	Protein Grams	Carbs. Grams	Cholesterol Milligrams	Sodium Milligrams	Allergy Issues
Broccoli Salad	154	1.77	31.06	7	172	Dairy, Egg
Carrot Raisin Salad	78	.90	15.92	4	117	Dairy, Egg
Chicken or Turkey Salad	165	17.01	7.38	58	257	Egg
Clear Dressing	91	.06	6.98	0	3	None
Creamy Cole Slaw	33	.60	4.52	3	77	Egg
French Dressing	146	.16	2.84	0	125	None
Italian Dressing	186	.10	1.47	0	327	None
Macaroni Salad	144	3.67	25.03	6	262	Egg, Gluten
Marinated Black Bean Salad	157	5.07	16.73	0	246	Dairy
New Italian Dressing	62	.08	.95	0	4	None
Pasta Salad	141	3.27	16.83	0	165	Gluten
Potato Salad	102	1.45	17.90	6	309	Egg
Ranch Dressing	35	1.05	3.50	5	181	Dairy, Egg
Taco Salad	296	18.38	20.11	46	590	Dairy, Gluten
Thousand Island Dressing	61	.26	7.02	8	271	Egg
Three Bean Salad	47	.93	4.56	0	110	None
Waldorf Fruit Salad	70	.94	9.08	1	32	Egg
Cole Slaw	33	.60	4.52	3	78	Egg
Dip for Fresh Vegetables	52	.59	4.70	8	272	Dairy, Egg
Macaroni and Ham Salad	191	9.40	25.31	22	677	Dairy, Egg, Gluten
Molded Fruit Salad	99	2.44	22.58	1	50	Dairy
Molded Vegetable Salad	73	2.55	15.62	1	67	Dairy
Rice Salad	75	1.91	15.12	0	128	None
Items Main Sandwiches	Calories	Protein Grams	Carbs. Grams	Cholesterol Milligrams	Sodium Milligrams	Allergy Issues
Barbecued Beef or Pork on Roll	276	16.74	35.73	39	789	Gluten
Egg Salad	244	10.69	30.05	216	453	Egg
Sloppy Joe on Roll	345	20.95	35.93	52	540	Gluten
Stromboli	221	18.33	21.32	40	636	Gluten
Stromboli with Tomato Sauce	228	18.62	23.02	40	638	Gluten
Toasted Cheese	314	18.62	31.79	31	820	Dairy, Gluten
Toasted Turkey and Cheese	303	19.76	31.34	47	1198	Dairy, Gluten
Tuna Salad	304	23.94	34.41	33	806	Egg
Vegetable Stromboli	145	7.09	22.28	5	126	Gluten
Vegetable Wraps	299	13.80	36.52	21	636	Gluten

Cheese Ribbon Sandwich	170	9.87	18.67	18	635	Dairy, Gluten
Chicken Barbecue Sandwich	171	15.28	14.99	40	433	Gluten
Grilled Sandwich	168	10.13	20.91	99	480	Dairy, Egg, Gluten
Toasted Cheese and Tomato Sandwich	195	9.04	17.03	27	575	Dairy, Gluten
Tortilla Roll Up	182	14.93	14.12	36	286	Gluten
Tuna Melt	183	14.36	16.78	40	462	Dairy, Egg, Gluten
Items Main Soups	Calories	Protein Grams	Carbs. Grams	Cholesterol Milligrams	Sodium Milligrams	Allergy Issues
Bean	159	9.28	29.37	1	329	Gluten
Beef Vegetable	86	6.09	8.97	14	282	None
Chicken or Turkey Noodle	98	7.33	12.21	26	207	Gluten
Chicken or Turkey Rice	112	6.70	16.79	14	205	None
Chicken or Turkey Vegetable	72	6.39	9.01	13	281	None
Cream of Chicken	204	14.87	13.97	33	201	Dairy
Cream of Vegetable	148	4.45	15.43	1	281	Dairy
Minestrone	96	5.84	18.13	1	201	Gluten
Thick Vegetable	168	7.51	34.71	0	275	None
Vegetable	58	3.24	11.52	1	369	None
Broccoli Cheese	120	7.89	8.61	13	240	Dairy, Gluten
Chicken or Turkey Chowder	96	7.31	7.39	20	85	Dairy
Corn Chowder	94	2.87	13.72	2	333	Dairy, Gluten
Cream of Vegetable	80	2.46	9.15	0	135	Dairy, Gluten
Lentil Soup	71	4.63	12.73	1	82	None
Minestrone	52	3.09	9.98	0	56	None
Multi Bean	47	2.76	8.77	1	36	Dairy
Split Pea	114	5.94	17.54	1	664	Dairy
Tomato Pasta	88	3.69	16.97	2	278	Dairy, Gluten
Items Main Vegetables	Calories	Protein Grams	Carbs. Grams	Cholesterol Milligrams	Sodium Milligrams	Allergy Issues
Baked Beans	159	6.78	35.99	0	532	None
Baked Sweet Potatoes and Apples	78	.56	16.56	0	29	Dairy
Broccoli, Cheese & Rice Casserole	137	7.02	19.91	8	390	Dairy
Chinese Style Vegetables	37	.82	3.76	0	66	None
Corn & Green Bean Casserole	129	3.67	18.80	7	208	Dairy, Egg, Gluten
Corn Pudding	117	4.15	18.4	58	214	Dairy, Egg, Gluten
Mexicali Corn	42	1.10	7.72	0	132	Dairy
Orange Glazed Carrots	48	.42	7.65	0	134	None
Orange Glazed Sweet Potatoes	96	.85	19.05	0	46	Dairy
Potatoes Au Gratin	144	8.74	22.48	10	595	Dairy, Gluten

