



| Nutrition Facts | |
|------------------------|----------|
| Baked Chicken w/ Roll | |
| Serving Size | 1 Breast |
| Amount Per Serving | |
| Calories | 155 |
| Total Fat | 3.2 |
| Saturated Fat | 0.61 |
| Trans Fat | 0 |
| Cholesterol | 24mg |
| Sodium | 233 |
| Total Carb. | 18g |
| Fiber | 2g |
| Sugar | 1g |
| Protein | 12g |

Main Meals



| Nutrition Facts | |
|---------------------------|----------|
| BBQ Baked Chicken w/ Roll | |
| Serving Size | 1 Breast |
| Amount Per Serving | |
| Calories | 185 |
| Total Fat | 3.2 |
| Saturated Fat | 0.61 |
| Trans Fat | 0 |
| Cholesterol | 24mg |
| Sodium | 403 |
| Total Carb. | 26g |
| Fiber | 2g |
| Sugar | 9g |
| Protein | 12g |

| Nutrition Facts | |
|----------------------------|----------|
| Buff Baked Chicken w/ Roll | |
| Serving Size | 1 Breast |
| Amount Per Serving | |
| Calories | 215 |
| Total Fat | 3.2 |
| Saturated Fat | 0.61 |
| Trans Fat | 0 |
| Cholesterol | 24mg |
| Sodium | 403 |
| Total Carb. | 18g |
| Fiber | 2g |
| Sugar | 1g |
| Protein | 12g |



| Nutrition Facts | |
|------------------------|-------|
| Cheesesteak Sandwich | |
| Serving Size | 1 |
| Amount Per Serving | |
| Calories | 380 |
| Total Fat | 12.5 |
| Saturated Fat | 7.5 |
| Trans Fat | 0 |
| Cholesterol | 50mg |
| Sodium | 860mg |
| Total Carb. | 45g |
| Fiber | 5g |
| Sugar | 4g |
| Protein | 28g |



| Nutrition Facts | |
|------------------------|-------|
| Dragon Burger | |
| Serving Size | 1 |
| Amount Per Serving | |
| Calories | 301 |
| Total Fat | 9.5 |
| Saturated Fat | 3g |
| Trans Fat | 0 |
| Cholesterol | 52mg |
| Sodium | 390mg |
| Total Carb. | 23g |
| Fiber | 3g |
| Sugar | 2g |
| Protein | 21g |



| Nutrition Facts | |
|------------------------|---------|
| Pat's Pizza Slice | |
| Serving Size | 1 slice |
| Amount Per Serving | |
| Calories | 293 |
| Total Fat | 11g |
| Saturated Fat | 4.3g |
| Trans Fat | 0 |
| Cholesterol | |
| Sodium | 770mg |
| Total Carb. | 30g |
| Fiber | 3g |
| Sugar | 4h |
| Protein | 19g |



| Nutrition Facts | |
|------------------------|-------|
| Baked Ziti | |
| Serving Size | |
| Amount Per Serving | |
| Calories | 485 |
| Total Fat | 18g |
| Saturated Fat | 9g |
| Trans Fat | 0 |
| Cholesterol | 45mg |
| Sodium | 824mg |
| Total Carb. | 53g |
| Fiber | 5g |
| Sugar | 0 |
| Protein | 26g |



| Nutrition Facts | |
|------------------------|-------|
| Corn Dog on a Stick | |
| Serving Size | 1 |
| Amount Per Serving | |
| Calories | 310 |
| Total Fat | 15g |
| Saturated Fat | 3.5g |
| Trans Fat | 0 |
| Cholesterol | 40mg |
| Sodium | 730mg |
| Total Carb. | 33g |
| Fiber | 1g |
| Sugar | 10g |
| Protein | 9g |



| Nutrition Facts | |
|------------------------|------------|
| Grilled Cheese | |
| Serving Size | 1 sandwich |
| Amount Per Serving | |
| Calories | 256 |
| Total Fat | 11g |
| Saturated Fat | 5g |
| Trans Fat | 0 |
| Cholesterol | 25mg |
| Sodium | 647mg |
| Total Carb. | 30g |
| Fiber | 2g |
| Sugar | |
| Protein | 10g |



| Nutrition Facts | |
|------------------------|-------|
| Popcorn Chicken | |
| Serving Size | |
| Amount Per Serving | |
| Calories | 230g |
| Total Fat | 13g |
| Saturated Fat | 2.5 |
| Trans Fat | 0 |
| Cholesterol | 20mg |
| Sodium | 350mg |
| Total Carb. | 14g |
| Fiber | 0 |
| Sugar | 1g |
| Protein | 14g |



| Nutrition Facts | |
|------------------------|-------|
| Hot Dog | |
| Serving Size | 1 |
| Amount Per Serving | |
| Calories | 200 |
| Total Fat | 17g |
| Saturated Fat | 5g |
| Trans Fat | 1 |
| Cholesterol | 30mg |
| Sodium | 820mg |
| Total Carb. | 28g |
| Fiber | 4g |
| Sugar | 3g |
| Protein | 12g |



| Nutrition Facts | |
|------------------------|-------|
| Chicken Tenders | |
| Serving Size | |
| Amount Per Serving | |
| Calories | 260 |
| Total Fat | 15g |
| Saturated Fat | 2.5g |
| Trans Fat | 0 |
| Cholesterol | 25mg |
| Sodium | 390mg |
| Total Carb. | 16g |
| Fiber | 0 |
| Sugar | 1g |
| Protein | 15g |



| Nutrition Facts | |
|------------------------|-------|
| Buff Chicken Sandwich | |
| Serving Size | 1 |
| Amount Per Serving | |
| Calories | 296g |
| Total Fat | 2g |
| Saturated Fat | 0 |
| Trans Fat | 0 |
| Cholesterol | 21mg |
| Sodium | 543mg |
| Total Carb. | 38g |
| Fiber | 5g |
| Sugar | 2g |
| Protein | 14g |



| Nutrition Facts | |
|------------------------|-------|
| BBQ Chicken Sandwich | |
| Serving Size | 1 |
| Amount Per Serving | |
| Calories | 251g |
| Total Fat | 2g |
| Saturated Fat | 0 |
| Trans Fat | 0 |
| Cholesterol | 21mg |
| Sodium | 543mg |
| Total Carb. | 42g |
| Fiber | 5g |
| Sugar | 6g |
| Protein | 14g |



| Nutrition Facts | |
|------------------------|-------|
| BBQ Rib Sandwich | |
| Serving Size | 1 |
| Amount Per Serving | |
| Calories | 290 |
| Total Fat | 9 |
| Saturated Fat | 3.5 |
| Trans Fat | 0 |
| Cholesterol | 30mg |
| Sodium | 680mg |
| Total Carb. | 31g |
| Fiber | 4g |
| Sugar | 7g |
| Protein | 17g |



| Nutrition Facts | |
|------------------------|-------|
| Meatball Sandwich | |
| Serving Size | 1 |
| Amount Per Serving | |
| Calories | 320 |
| Total Fat | 7.5g |
| Saturated Fat | 3g |
| Trans Fat | 0 |
| Cholesterol | 30mg |
| Sodium | 660mg |
| Total Carb. | 44g |
| Fiber | 5g |
| Sugar | 4g |
| Protein | 21g |



| Nutrition Facts | |
|------------------------|----------|
| Mozzarella Sticks | |
| Serving Size | 5 sticks |
| Amount Per Serving | |
| Calories | 150 |
| Total Fat | 6g |
| Saturated Fat | 2g |
| Trans Fat | 0 |
| Cholesterol | 10mg |
| Sodium | 280mg |
| Total Carb. | 16g |
| Fiber | 2g |
| Sugar | 1g |
| Protein | 10g |



| Nutrition Facts | |
|------------------------|---------|
| Spaghetti & Meatball | |
| Serving Size | 1/2 cup |
| Amount Per Serving | |
| Calories | 287 |
| Total Fat | 11g |
| Saturated Fat | 4g |
| Trans Fat | 0 |
| Cholesterol | 30mg |
| Sodium | 357mg |
| Total Carb. | 35g |
| Fiber | 4g |
| Sugar | 9g |
| Protein | 18g |



| Nutrition Facts | |
|------------------------|---|
| Nachos Grande | |
| Serving Size | 1 |
| Amount Per Serving | |
| Calories | |
| Total Fat | |
| Saturated Fat | |
| Trans Fat | |
| Cholesterol | |
| Sodium | |
| Total Carb. | |
| Fiber | |
| Sugar | |
| Protein | |



| Nutrition Facts | |
|------------------------|-------|
| Chicken Fajita Wrap | |
| Serving Size | 1 |
| Amount Per Serving | |
| Calories | 261 |
| Total Fat | 11g |
| Saturated Fat | 7 |
| Trans Fat | 0 |
| Cholesterol | 57mg |
| Sodium | 451mg |
| Total Carb. | 23g |
| Fiber | 2g |
| Sugar | 2g |
| Protein | 19g |



| Nutrition Facts | |
|------------------------|----------|
| Pizza Sticks | |
| Serving Size | 3 sticks |
| Amount Per Serving | |
| Calories | |
| Total Fat | |
| Saturated Fat | |
| Trans Fat | |
| Cholesterol | |
| Sodium | |
| Total Carb. | |
| Fiber | |
| Sugar | |
| Protein | |



| Nutrition Facts | |
|------------------------|---|
| Fish Filet Sandwich | |
| Serving Size | 1 |
| Amount Per Serving | |
| Calories | |
| Total Fat | |
| Saturated Fat | |
| Trans Fat | |
| Cholesterol | |
| Sodium | |
| Total Carb. | |
| Fiber | |
| Sugar | |
| Protein | |



| Nutrition Facts | |
|------------------------|--------|
| Ham & Ch on a Torpedo | |
| Serving Size | 1 |
| Amount Per Serving | |
| Calories | 354 |
| Total Fat | 9.5g |
| Saturated Fat | 5g |
| Trans Fat | 0 |
| Cholesterol | 51mg |
| Sodium | 1094mg |
| Total Carb. | 44g |
| Fiber | 5g |
| Sugar | 6g |
| Protein | 24g |



| Nutrition Facts | |
|------------------------|---------|
| Macaroni & Cheese | |
| Serving Size | 1/2 cup |
| Amount Per Serving | |
| Calories | 175 |
| Total Fat | 6g |
| Saturated Fat | 1g |
| Trans Fat | 0 |
| Cholesterol | 0 |
| Sodium | 510mg |
| Total Carb. | 27g |
| Fiber | 2g |
| Sugar | 4g |
| Protein | 3g |



| Nutrition Facts | |
|------------------------|-------|
| Cheese Quesadilla | |
| Serving Size | 1 |
| Amount Per Serving | |
| Calories | 340 |
| Total Fat | 13g |
| Saturated Fat | 4g |
| Trans Fat | 0 |
| Cholesterol | 5mg |
| Sodium | 910mg |
| Total Carb. | 41g |
| Fiber | 3g |
| Sugar | 6g |
| Protein | 15g |



| Nutrition Facts | |
|------------------------|---------|
| Big Daddy's Pizza | |
| Serving Size | 1 slice |
| Amount Per Serving | |
| Calories | 400 |
| Total Fat | 17g |
| Saturated Fat | 9 |
| Trans Fat | 0 |
| Cholesterol | 40mg |
| Sodium | 580mg |
| Total Carb. | 43g |
| Fiber | 2g |
| Sugar | 9g |
| Protein | 19g |



| Nutrition Facts | |
|------------------------|-------|
| Fish Sticks | |
| Serving Size | 4 |
| Amount Per Serving | |
| Calories | 105 |
| Total Fat | 5 |
| Saturated Fat | 1 |
| Trans Fat | 0 |
| Cholesterol | 20mg |
| Sodium | 200mg |
| Total Carb. | 11g |
| Fiber | 0 |
| Sugar | 0 |
| Protein | 6g |



| Nutrition Facts | |
|-------------------------|-------|
| Buffalo Chicken Tenders | |
| Serving Size | 4 |
| Amount Per Serving | |
| Calories | 260 |
| Total Fat | 15g |
| Saturated Fat | 3g |
| Trans Fat | 0g |
| Cholesterol | 25mg |
| Sodium | 390mg |
| Total Carb. | 17g |
| Fiber | 0g |
| Sugar | 1g |
| Protein | 15g |



| Nutrition Facts | |
|------------------------|-------|
| Pulled Pork Sandwich | |
| Serving Size | 1 |
| Amount Per Serving | |
| Calories | 234 |
| Total Fat | 6g |
| Saturated Fat | 2g |
| Trans Fat | 1g |
| Cholesterol | 50mg |
| Sodium | 501mg |
| Total Carb. | 23g |
| Fiber | 3g |
| Sugar | 1g |
| Protein | 16g |



| Nutrition Facts | |
|--------------------------|-------|
| Grilled Chicken Sandwich | |
| Serving Size | 1 |
| Amount Per Serving | |
| Calories | 240 |
| Total Fat | 5g |
| Saturated Fat | 1g |
| Trans Fat | 0g |
| Cholesterol | 60mg |
| Sodium | 590mg |
| Total Carb. | 24g |
| Fiber | 3g |
| Sugar | 2g |
| Protein | 27g |



| Nutrition Facts | |
|------------------------|-------|
| Spicy Chicken Patty | |
| Serving Size | 1 |
| Amount Per Serving | |
| Calories | 400 |
| Total Fat | 17g |
| Saturated Fat | 3g |
| Trans Fat | 0g |
| Cholesterol | 25mg |
| Sodium | 660mg |
| Total Carb. | 42g |
| Fiber | 5g |
| Sugar | 4g |
| Protein | 21g |



| Nutrition Facts | |
|------------------------|-------|
| Chicken Patty | |
| Serving Size | 1 |
| Amount Per Serving | |
| Calories | 370 |
| Total Fat | 15g |
| Saturated Fat | 3g |
| Trans Fat | 0g |
| Cholesterol | 25mg |
| Sodium | 720mg |
| Total Carb. | 40g |
| Fiber | 5g |
| Sugar | 4g |
| Protein | 20g |



| Nutrition Facts | |
|------------------------|-------|
| Chicken Nuggets | |
| Serving Size | 5 |
| Amount Per Serving | |
| Calories | 210 |
| Total Fat | 12g |
| Saturated Fat | 2g |
| Trans Fat | 0g |
| Cholesterol | 20mg |
| Sodium | 320mg |
| Total Carb. | 13g |
| Fiber | 2g |
| Sugar | 1g |
| Protein | 13g |



| Nutrition Facts | |
|------------------------|--------|
| Ham & Ch on a Bagel | |
| Serving Size | 1 |
| Amount Per Serving | |
| Calories | 414 |
| Total Fat | 14g |
| Saturated Fat | 7g |
| Trans Fat | 0g |
| Cholesterol | 61mg |
| Sodium | 1094mg |
| Total Carb. | 52g |
| Fiber | 2g |
| Sugar | 5g |
| Protein | 23g |



| Nutrition Facts | |
|------------------------|---------|
| Tomato Soup | |
| Serving Size | 1/2 cup |
| Amount Per Serving | |
| Calories | 90 |
| Total Fat | 0g |
| Saturated Fat | 0g |
| Trans Fat | 0g |
| Cholesterol | 0g |
| Sodium | 460mg |
| Total Carb. | 20g |
| Fiber | 0g |
| Sugar | 12g |
| Protein | 2g |



| Nutrition Facts | |
|-------------------------|---------|
| French Toast w/ Sausage | |
| Serving Size | 4 and 2 |
| Amount Per Serving | |
| Calories | 280 |
| Total Fat | 11g |
| Saturated Fat | 3g |
| Trans Fat | 0g |
| Cholesterol | 150mg |
| Sodium | 480mg |
| Total Carb. | 25g |
| Fiber | 1g |
| Sugar | 7g |
| Protein | 18g |



| Nutrition Facts | |
|---------------------------|-------|
| Ham & Ch on a Pretzel Bun | |
| Serving Size | 1 |
| Amount Per Serving | |
| Calories | 414 |
| Total Fat | 16.5 |
| Saturated Fat | 8 |
| Trans Fat | 0 |
| Cholesterol | 61mg |
| Sodium | 974mg |
| Total Carb. | 51 |
| Fiber | 1g |
| Sugar | 8g |
| Protein | 21g |



| Nutrition Facts | |
|------------------------|--|
| Chicken Patty | |
| Serving Size | |
| Amount Per Serving | |
| Calories | |
| Total Fat | |
| Saturated Fat | |
| Trans Fat | |
| Cholesterol | |
| Sodium | |
| Total Carb. | |
| Fiber | |
| Sugar | |
| Protein | |



| Nutrition Facts | |
|------------------------|--|
| Spicy Chicken Patty | |
| Serving Size | |
| Amount Per Serving | |
| Calories | |
| Total Fat | |
| Saturated Fat | |
| Trans Fat | |
| Cholesterol | |
| Sodium | |
| Total Carb. | |
| Fiber | |
| Sugar | |
| Protein | |



| Nutrition Facts | |
|------------------------|--|
| Cheeseburger | |
| Serving Size | |
| Amount Per Serving | |
| Calories | |
| Total Fat | |
| Saturated Fat | |
| Trans Fat | |
| Cholesterol | |
| Sodium | |
| Total Carb. | |
| Fiber | |
| Sugar | |
| Protein | |



| Nutrition Facts | |
|------------------------|-------|
| Buffalo Chicken Wrap | |
| Serving Size | |
| Amount Per Serving | |
| Calories | 563 |
| Total Fat | 24.5g |
| Saturated Fat | 10.5g |
| Trans Fat | 0 |
| Cholesterol | 55mg |
| Sodium | 830mg |
| Total Carb. | 48g |
| Fiber | 5g |
| Sugar | 2g |
| Protein | 27g |



| Nutrition Facts | |
|----------------------------|--------|
| Honey Mustard Chicken Wrap | |
| Serving Size | 1 |
| Amount Per Serving | |
| Calories | 673 |
| Total Fat | 39.5g |
| Saturated Fat | 12g |
| Trans Fat | 0 |
| Cholesterol | 65mg |
| Sodium | 1110mg |
| Total Carb. | 52g |
| Fiber | 5g |
| Sugar | 8g |
| Protein | 26g |



| Nutrition Facts | |
|------------------------|-------|
| Ranch Chicken Wrap | |
| Serving Size | 1 |
| Amount Per Serving | |
| Calories | 593 |
| Total Fat | 32.5g |
| Saturated Fat | 11g |
| Trans Fat | 0 |
| Cholesterol | 60mg |
| Sodium | 980mg |
| Total Carb. | 46g |
| Fiber | 5g |
| Sugar | 2g |
| Protein | 26g |



| Nutrition Facts | |
|--------------------------|-------|
| Buff. Ranch Chicken Wrap | |
| Serving Size | 1 |
| Amount Per Serving | |
| Calories | 623 |
| Total Fat | 34.5g |
| Saturated Fat | 11.5g |
| Trans Fat | 0 |
| Cholesterol | 60mg |
| Sodium | 920mg |
| Total Carb. | 48g |
| Fiber | 5g |
| Sugar | 2g |
| Protein | 27g |



| Nutrition Facts | |
|------------------------|-------|
| Chicken Parm. Sandwich | |
| Serving Size | |
| Amount Per Serving | |
| Calories | 430 |
| Total Fat | 28.5 |
| Saturated Fat | 2.75g |
| Trans Fat | 0 |
| Cholesterol | 70mg |
| Sodium | 925mg |
| Total Carb. | 43.5g |
| Fiber | 4g |
| Sugar | 10g |
| Protein | 33g |