

Refried Beans	1/2 cup	118	20 g	7 g	1.6 g	0.6 g	10 mg	140 mg	7 g	n/a	0	7.6	44 mg	2.09 mg			X						
Roasted Broccoli	1/2 cup	8	1 g	0 g	0 g	0 g	0 mg	51 mg	1 g	n/a	125	36.05	0 mg	0.18 mg									
Roasted Corn	1/2 cup	66	15 g	2 g	0.82 g	0.12 g	0 mg	265 mg	2 g	n/a	128	6.64	4 mg	0.71 mg									
Salsa	2 oz	10	2 g	0 g	0 g	0 g	0 mg	70 mg	1 g	n/a	0	0	0 mg	0 mg									
Sausage & Pepperoni Pizza	slice	402	31 g	20 g	21.16 g	8.86 g	37 mg	757 mg	4 g	n/a	294	0.62	421 mg	0.93 mg	X	X	X		X				
Sausage Breakfast Pizza	1 each	230	23 g	10 g	11 g	6 g	55 mg	450 mg	1 g	n/a	200	0	150 mg	1.44 mg	X	X	X		X				
Sausage Patty	1 each	180	1 g	6 g	17 g	6 g	30 mg	280 mg	0 g	n/a	0	0	0 mg	0.36 mg									
Sausage Pizza	1 slice	430	42 g	23 g	18.7 g	7.7 g	35 mg	861 mg	2 g	n/a	294	0.7	415 mg	2.38 mg	X	X	X		X				
Sloppy Joe on a Bun	1 sandwich	301	32 g	20 g	9.97 g	3.71 g	49 mg	433 mg	2 g	n/a	528	3.89	117 mg	3.2 mg	X		X						
Soft Beef Tacos	2 each	354	27 g	24 g	17.89 g	7.52 g	68 mg	365 mg	4 g	n/a	278	1.9	201 mg	1.85 mg	X		X		X				
Steamed Carrots	1/2 cup	33	8 g	0 g	0.54 g	0 g	0 mg	54 mg	3 g	n/a	0	0	33 mg	0.54 mg									
Steamed Corn	1/2 cup	92	19 g	3 g	0.92 g	0 g	0 mg	0 mg	1 g	n/a	0	3.31	0 mg	0 mg									
Taco Pizza	slice	396	31 g	18 g	21.92 g	8.54 g	40 mg	688 mg	4 g	n/a	391	2	325 mg	1.18 mg	X	X	X		X				
The "Mac" Flatbread	1 each	532	35 g	26 g	31.06 g	11.48 g	69 mg	834 mg	3 g	n/a	264	0	380 mg	1.91 mg	X		X		X				
Turkey BLT Wrap	1 wrap	376	28 g	24 g	19.41 g	5.58 g	54 mg	765 mg	4 g	n/a	130	4.82	63 mg	1.62 mg	X	X	X		X				
Veggie Pizza	slice	435	40 g	22 g	19.17 g	7.33 g	30 mg	673 mg	4 g	n/a	352	9.54	412 mg	2.03 mg	X	X	X		X				
Whole Grain Dinner Roll	1 each	80	14 g	4 g	1 g	0 g	0 mg	105 mg	2 g	n/a	5	0	20 mg	0.72 mg	X		X						