

Lunch/Dinner - Desserts

ITEM	Portion (Size)	Calories (k)	Fat Calories (k)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Total Sugar (g)	Protein (g)	Allergens
Jell-O Banana Parfait	1 each (334g/11.8 oz)	430	60	7	6	0	0	410	88	1	82	8	
Jell-O Orange Parfait	1 each (336g/11.9 oz)	410	60	7	6	0	0	410	85	2	76	8	
Vanilla Pudding Parfait	1 each (356g/12.6 oz)	550	180	20	10	0	5	460	90	1	63	5	CONTAINS: EGGS, MILK, SOY, WHEAT
Chocolate Pudding Parfait	1 each (320g/11.3 oz)	400	140	16	9	0	0	270	59	1	45	4	CONTAINS: MILK, SOY, WHEAT
Peach Cobbler Regular	1 each (170g/6 oz)	330	90	11	5	0	0	240	56	0	35	3	CONTAINS: WHEAT
Peach Cobbler Large	1 each (170g/6 oz)	330	90	11	5	0	0	240	56	0	35	3	CONTAINS: WHEAT
Cheesecake	1 slice (126g/4.4 oz)	480	280	32	18	2	125	460	40	1	31	7	CONTAINS: EGGS, MILK, SOY, WHEAT
Cinnamon Apples, Regular	1 pack (170g/6 oz)	230	10	1	0	0	0	90	53	3	47	2	CONTAINS: MILK
Cinnamon Apples, Large	1 pack (340g/12 oz)	460	20	2	0	0	0	180	106	6	94	4	CONTAINS: MILK
Apple Cobbler, Regular	1 pack (170g/6 oz)	360	120	14	6	0	0	330	59	1	35	3	CONTAINS: WHEAT
Apple Cobbler, Large	1 pack (340g/12 oz)	720	240	28	12	0	0	660	118	2	70	6	CONTAINS: WHEAT
Blackberry Cobbler, Regular	1 pack (170g/6 oz)	290	70	8	3	0	0	170	51	5	30	3	CONTAINS: WHEAT
Blackberry Cobbler, Large	1 pack (340g/12 oz)	580	140	16	6	0	0	340	102	10	60	6	CONTAINS: WHEAT
Cherry Cobbler, Regular	1 pack (170g/6 oz)	350	110	12	5	0	0	270	59	1	35	3	CONTAINS: WHEAT
Cherry Cobbler, Large	1 pack (340g/12 oz)	700	220	24	10	0	0	540	118	2	70	6	CONTAINS: WHEAT

2,000 calories a day is used for general nutrition advice, but calorie needs var