

Lunch/Dinner - Side Dishes

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
Apple Cobbler, Regular	1 pack (170g/6 oz)	360	120	14	6	0	0	330	59	0	35	3	CONTAINS: WHEAT
Beef Gravy, Regular	1 pack (170g/6 oz)	150	110	12	3	0	0	1050	12	0	0	0	CONTAINS: SOY, WHEAT
Blackberry Cobbler, Regular	1 pack (170g/6 oz)	290	70	8	3	0	0	170	51	5	30	3	CONTAINS: WHEAT
Broccoli Au Gratin, Regular	1 pack (170g/6 oz)	210	110	13	5	0	20	690	15	3	4	8	CONTAINS: MILK, WHEAT
Broccoli, Carrot & Cauliflower Normandy, Regular	1 pack (170g/6 oz)	50	0	0	0	0	0	65	10	4	0	2	
Cheese Breadstick, 7"	1 each (85g/3 oz)	220	60	7	3.5	0	15	310	27	1	1	12	CONTAINS: MILK, WHEAT
Cherry Cobbler, Regular	1 pack (170g/6 oz)	350	110	12	5	0	0	270	59	0	35	3	CONTAINS: WHEAT
Chicken Gravy, Regular	1 pack (170g/6 oz)	120	80	9	3	0	0	780	6	0	0	0	CONTAINS: SOY, WHEAT
Collard Greens, Regular	1 pack (170g/6 oz)	60	0	0	0	0	0	60	6	4	0	4	
Green Peas, Regular	1 pack (170g/6 oz)	130	0	0	0	0	0	380	23	8	8	10	
Macaroni & Beef, Regular	1 pack (170g/6 oz)	160	40	4.5	2	0	10	920	23	1	7	9	CONTAINS: SOY, WHEAT
Macaroni & Cheese, Regular	1 pack (170g/6 oz)	250	100	11	5	0	15	750	27	1	5	11	CONTAINS: EGG, MILK, WHEAT
Mashed Potatoes, Regular	1 pack (147g/5.3 oz)	200	80	9	3.5	0	15	440	27	2	3	4	CONTAINS: MILK, SOY
Peach Cobbler, Regular	1 pack (170g/6 oz)	330	90	11	4.5	0	0	240	56	0	35	3	CONTAINS: WHEAT
Potato Wedges, Regular	1 pack (259g/9.1 oz)	480	210	23	3.5	0	15	0	64	9	3	6	CONTAINS: WHEAT
Scalloped Potatoes, Regular	1 pack (170g/6 oz)	170	90	10	2	0	5	740	16	3	4	4	CONTAINS: MILK, WHEAT
Whole Kernel Corn, Regular	1 pack (170g/6 oz)	190	0	0	0	0	0	1890	57	0	38	0	
Mini Tacos	1 pack (198/7 oz)	400	100	11	4	0	40	1180	55	5	3	20	CONTAINS: SOY, WHEAT
Pizza Roll	1 each (80g/2.8 oz)	520	240	27	12	1	65	1220	44	2	6	24	CONTAINS: MILK, SOY, WHEAT
Bread Sticks w/Pizza Sauce 3	1 each (113g/4 oz)	240	70	8	4	0	15	410	29	1	2	12	CONTAINS: MILK, WHEAT
Bread Sticks w/Pizza Sauce 5	1 each (102g/3.6 oz)	230	70	8	4	0	15	370	28	1	2	12	CONTAINS: MILK, WHEAT
Bread Sticks w/Jalapeno Cheese Sauce 3	1 each (113g/4 oz)	260	80	10	5	0	20	560	30	1	2	13	CONTAINS: MILK, WHEAT
Bread Sticks w/Jalapeno Cheese Sauce 5	1 each (102g/3.6 oz)	240	80	9	5	0	15	460	29	1	2	12	CONTAINS: MILK, WHEAT

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