

CALORIES, CARBOHYDRATE COUNT, AND FIBER FOR INTERMEDIATE LUNCH MENUS

For more information, please contact Mark Bindus, RDN,LD directly at 216-214-2745

Menu Items	Calories	Carbohydrate Counts (grams)	Fiber (Grams)	Sodium (mg)
ENTREES				
Bacon Cheese Burger on a Whole Grain Bun	361	24.42	3.64	853
BBQ Rib Sandwich on a Whole Grain Hoagie Bun	412	51.45	4	1358
Breaded Chicken Sandwich, on a Whole Grain Bun	290(176+	38.01(7+	5(1+	347+
Breaded Fish Sandwich on a Whole Grain Bun	340	36	3	500
Breakfast Bagel Sandwich (Whole Grain Bagel)	290	31.6	4	631
Cheesy Breadsticks, Whole Grain (10 cut) with Italian Dunking Sauce	309	35.6	3.64	669
Chicken Bacon Mozzarella on a Whole Grain Sub	402	35.96	4	1242
Chicken Parmesan Sandwich on a Whole Grain Bun	397	39.9	6.25	770
Chicken Parmesan with Breadstick	399	37.4	3.49	791.75
Chicken Quesidilla, (2 HALVES)	470	35.37	4.73	1102.58
Chicken Tenders, Whole Grain Breading (5 each)	193	8	0	371
Corn Dog, Whole Grain	240	30	5	390
Corn Dogs, Mini, Whole Grain, 5 each	225	25	3.75	350
Entrée Salad - Popcorn Chicken & others with Dressing	322	31.97	2.36	635
French Toast with Syrup and Sliced Ham	410	58.88	2.67	1096
General Tso or Sweet n Sour Chicken with Brown Rice	479	83.43	6.24	348.9
Hamburger or Cheeseburger on a Whole Grain Bun	355 (327)	22.85 (24.3)	3.07 (3.64)	590
Hot Dog (turkey) on a Whole Grain Bun	250	24	3	890
Hot Soft Pretzel, Whole Grain 2 oz with Real Cheese Sauce	301.3	44.16	2.05	419.3
Macaroni and Cheese, Whole Grain, Homemade	486	40.08	3.52	696
Meatball Sub on a Whole Grain Bun	424	42.19	5.61	1017
Mini Pancakes, Whole Grain, Pillsbury, (Syrup built in) with sliced Ham	289	40	3	756

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VEGETABLES				
Baby Carrots, No Dressing, 1/2 cup	13	3	1.07	29
BBQ Baked Beans, 1/2 cup	180	33.57	5.13	506
Broccoli and Carrots, Fresh, 1/2 cup	17	3	1	
Broccoli, Fresh Steamed, 1/2 cup	19	3.91	1.8	22
Buttered Corn, 1/2 cup	106	21.23	2.64	29
California Vegetable Mix, 1/2 cup	17	3.33	1.33	
Cinnamon Sugar Chickpea Snack	174	30.85	7.31	
Coleslaw, Low Fat, 1/2 cup	103	11.27	0.76	332
Cucumbers, Sliced, No Dressing, 1/2 cup	9	2.19	0.3	1
Fries, Seasoned, Curly, Oven Baked, 1/2 cup	125	16.67	1.67	275
Fries, Seasoned, Wedge Cut, 1/2 cup	183	41.03	2.83	59
Garden Salad, No Dressing, 1 cup	8	1.62	0.89	6
Green Beans, Canned, Low Sodium, 1/2 cup	14	3.06	1.29	169.5
Mashed Potatoes with Gravy, 2/3 cup	186	27.68	2.29	539.11
Oriental Vegetables, 1/2 cup	20	2.5	1	
Pasta, Whole Grain, with Marinara Sauce	152	29.97	2.36	301
Peppers and Onions, 1/2 cup	33	5.33	2	
Potato Rounds, 1/2 cup	161	23.44	2.11	406
Potato Smiles, 4 each, 1/2 cup	224	32.53	2.8	524
Potato Triangles, 2 each, 2/3 cup	204	24	2.2	386
Potato, Twice Baked, 1/2 each with Toppings	151	21.66	2.22	149
Refried Beans, Crunch, Cheesy, 1/2 cup	151	20.69	6.07	803.55
Sugar Snap Pea Pods, 1/2 cup	18	3.9	1.56	2
Sweet Potato Fries with Cinnamon Topping, 1/2 cup	160	25.62	3.34	140
Sweet Potatoes, Mashed, 1/2 cup	178(168)	35.45(32.37)	3.05(3.35)	81
Vegetable Egg Roll, 1.5 oz	90	10.5	1	220

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VEGETABLE TOPPINGS				
Ranch Dressing, Low Fat, Homemade, 1 oz Portion	40	3.33	0	181.66
Italian Dressing, Low Fat, 1 oz Portion	20	2	0	570
Cheese Sauce, 3 oz (?)	167	4.74	0	389
FRUITS				
Apples, Fresh Sliced, with 3/4 oz Caramel	129	32.61	2.07	51
Applesauce, Unsweetened, 1/2 cup	52	13.77	1.46	2
Applesauce, Unsweetened, Flavored, 1/2 cup	70	18.03	1.53	21
Banana, Mini, Whole	90	23.07	2.63	1
Banana, Sliced, with Drizzled Chocolate Syrup	105	26.57	2.79	4
Cantaloupe, Fresh, 1/8th wedge, 1/2 cup	24	6	1	6
Fruit Punch Jello, 100% juice, 1/2 cup	111	26.73	0.13	
Grapes, Red Seedless, Fresh, 1/2 cup	31	7.89	0.41	1
Juice, All Varieties, 100%, 4 oz	60	15	0	5
Orange Wedges, 4 wedges, 1/2 cup	34	8.46	1.73	0
Oranges, Mandarin, Canned, 1/2 cup	71	18.21	1.36	7
Peaches, Canned, 1/2 cup	68	18.26	1.63	6.5
Pears, Canned, 1/2 cup	65	17.2	1.81	6
Pineapple Chunks, Canned in Juice, 1/2 cup	68	17.64	1.47	1.33
Sliced Apples, Warm, with Cinnamon Sugar Topping	127	32.9	3.44	1
Sorbet, 100% Juice, 1/2 Cup	100	24	0	
Strawberries, Frozen, with 1/2 oz dollop of whipped topping	51	8.8	1.56	1
Watermelon, Wedge, 1/2 cup	21	5.36	0.28	1
MILK				

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Milk, Chocolate, Fat Free, 8oz	120	23	0	240
Milk, Fat Free, Unflavored, 8 oz	83	12.15	0	103
Milk, 1%, Unflavored, 8 oz	102	12.18	0	107
WHOLE GRAINS				
Breadstick, Garlic, Whole Grain, 1.5 oz	160	30.47	2.78	236
Doritos, Fun Size, 1/2 cup	79	9.53	0.56	112
Gripz, Chocolate Chip Grahams, 3/4 oz	110	19	3	70
Pretzel, Hot Soft, Mini, Whole Grain, 1 oz	80	17	1.84	65
Pretzel, Hot Soft, Whole Grain, 2 oz	190	41	2	160
Roll, Whole Grain, 1.1 oz	80	15	0.72	140
DESSERTS				
Fortune Cookie	16	2	0	0
Carnival Cookie, Whole Grain, 1 oz	100	17	1	
Mini Ice Cream Sandwich	120	20.75	0	