

Nutritional Information for A La Carte Menu

Menu Item	Kcals	Total Fat g	Sat. Fat g	Cholesterol mg	Sodium mg	Carbohydrate g	Fiber g	Protein mg	Iron mg	Calcium mg	Vit. A IU	Vit. C mg
Entrees												
Bagel Sandwich	382	7.73	3.64	41	1586	51.44	2.51	25.99	4.09	573	927	3.2
BBQ Turkey Wrap	340	8	3	60	700	37	2	27	3.6	60	400	3.6
Buffalo Chicken Wrap	496	25.98	5.14	80	1251	41.59	6.17	26.62	1.38*	50*	778*	9.2
Burrito, Bean Jose Ole	446	16.09	4.54	8	1143	59.47	10.88	15.71	4.39	150.5	265	7.2
Burrito, Bean & Cheese 7oz	520	16	6	10	950	75	12	19	25.2	100	0*	2.4
Burrito, Bean & Cheese 10oz	730	22	8	10	130	104	1	27	32.4	200	0*	3.6
Burrito, Chicken & Rice	393	15.36	4.6	33	1161	45.66	2.22	16.42	3.49	72.5	381	11.11
Burrito, Chili & Cheese	375	16.85	6.67	39	1116	40.62	2.14	17.57	3.35	104.44	640	1.85
Burrito, Egg & Cheese	189	7.66	3.2	152	440	20.8	0.49	0.32	1.46	133	308	0
Cheeseburger	595	36.15	15.9	135	792	26.52	1.85	39.41	4.57	249	272	0.1
Chicken Ceasar Wrap	349	14.07	3.46	64	589	25.12	2.38	29.6	2.93	153	1503	13.4
Chicken Club Wrap	366	15.04	4.01	66	716	26.94	2.74	28.98	3.03	122	1737	17.2
Chicken Fajitas	353	14.01	2.82	54	332	33.11	2.23	23.73	2.38	66.03	369	7.73
Cup of Noodles	375	17.64	9.57	15	1555	37.96	1.99	13.34	1.51	207	147*	0
Enchurrito	87	5.7	2.99	15	248	4.18	0	3.53	0.1	102	182	4.8
French Bread Pizza 8'	358	16.6	9.3	44	762	34.5	1.4	19	2.2	418	807	0.8
Fruit Boat w/cheese or yogurt	331	14.35	4.43	30	436	40.69	3.54	14.36	1.23	400.51	4620	48.62
Hamburger	489	27.29	10.32	108	370	26.07	1.85	33.13	4.52	93	0	0.1
Hot Dog, All Beef	390	28	11	60	1240	21	0	13	1.08	4	0	0
Mini Cheeseburger	471	18.7	8.1	56	948	51	2.4	24	4.5	185	137	0
Nachos #3 Boat, No Chili	589	30.09	13.02	31	1050	60.38	6.39	25.86	2.17	537.97	990	0.77
Nachos #3 Boat, w/Chili	726	37.54	16.15	69	1137	65.76	7.61	38.03	4.21	570.49	1704	13.07
Nachos #3 Boat, Regular	429	21.77	9.07	34	590	41.88	4.84	20.68	2.4	297.91	852	6.53

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Personal Pan Pizzas												
Cheese	625.4	27.66	11.98	23.81	1367.9	70.65	5.75	27.68	4.59	424.61	1521.6	6.11
Pepperoni	618.5	27.88	10.64	31.15	1433.1	69.99	5.31	25.96	4.63	297.49	1125.5	6.19
Pizza 12 cut	446	15.2	6.95	44	820	60.89	0.78	20.9	3.44	350.69	185*	4.85
Pizza 8 cut	297	10.13	4.63	29.33	546.6	40.59	0.52	13.93	2.29	233.79	123.33	3.23
Pizza Hut	450	23.65	10.22	46	856	37.13	2.4	22.44	2.77	311	0	0
Rice Bowl	237	9.19	0.76	0	55	33.25	3.43	6.88	2.36	63	1597	3.6
Salad Shaker Variety												
Caesar	64	2.09	1	4	136	7.71	1.81	4.18	1.27	91.39	2206	20.16
Crispy Chicken	234	13.26	2.36	21	638	16.71	2.61	12.67	1.17	33.25	2274*	4.83
Oriental	325	18	4.21	51	350	20.36	3	19.33	2.4	52.33	3455*	52.2
Pasta	244	8.38	1.44	1	384	35.18	3	6.96	2.35	56.83	653	31.72
Sandwich Variety on Bread												
Ham & Cheese	275	8.24	4.05	41	1344	29.41	3.99	22.25	2.39	251.52	1412	1.8
PBJ	308	15.52	3.3	0	350	30.72	3.6	11.36	1.86	49.44	0	0
BLT	330	19.85	4.15	28	803	27.24	4.14	12.8	2.25	47.51	207	2.13
Tuna	292	10.33	2.38	59	550	29.47	4.27	21.78	2.92	59.67	171	1.09
Turkey	287	12.86	1.82	31	940	29.35	4.42	15.45	2.8	49.96	219	5.36
Egg Salad	247	10.01	2.66	215	474	28.94	4.21	11.99	2.54	69.82	346	0.58
Ch.Salad	193	5.38	1.27	11	383	27.53	3.99	10.47	2.14	45.56	47	0.37
Sub Sandwich, Meat	362	18.15	5.5	31	1145	32.21	2.63	17.44	2.51	206.96	643	28.77
Sub Sandwich, Turkey	147	15.23	4.47	34	1111	32.59	2.77	17.76	2.54	206.11	652	30.39
Taco, Chicken Soft	302	8.46	4.27	48	455	34.47	2.92	20.82	1.82	184.6	202	2.36
Taco, Turkey	271	14.11	4.28	75	492	12.72	1.99	23.38	2.23	156.28	822	4.25
Sides												
Bagel, Cheese	310	10.53	6.14	30	555	38.28	1.63	14.51	2.72	217	284	0
Bagel, Pizza	348	11.2	5.98	30	698	39	1.47	22	2.72	431	1183	6.7
Bagel w/Cream Cheese	231	1.68	0.53	3	600	39.31	1.59	13.37	2.53	91	398	0
Brownie	158	1.14	0.02	0	180	34.59	1.71	2.27	0.8	5	0	0
Buttermilk Bar	246	2.88	0.92	14	314	52	1.2	2.9	1.5	24	0	0

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Cereal, Variety (average)	179	2.19	0.4	0	300	38.26	2.41	2.91	7.3	113.19	572	10.69
Cheese, Cheddar, American	114	9.4	5.98	30	176	0.36	0	7.06	0.19	204	284	0
Cheese String	86	5.68	3.59	15	150	1.09	0	7.36	0.07	207	147	0
Cheese cups	69	2.94	0	0	540	9.33	0	1.44	0	132	0	0
Chips, Variety (average)	164	5.86	0.74	0	274	25.88	1.85	2.6	0.41	34	30	1.1
Churro	210	13	3	20	180	21	2	3	2.7	0	0	0
Cinnamon Roll 2.5 oz	220	6	1	15	190	37	1	5	1.08	40	0	0
Cookie, 2 oz	250	11	4.5	15	190	35	1	2	1.44	20	0*	0
Cookie, 4 oz	500	22	12	30	420	72	2	6	2.88	40	0*	0
Corn Nut Variety (average)	125	4.19	0.72	0	205	20.44	2.21	2.56	0.48	6	36	1.5
Crackers	51	1.36	0.2	0	129	8.51	0.36	1.11	0.68	8	0	0
Extra Cream Cheese (.75oz)	74	7.41	4.67	23	63	0.57	0	1.61	0.26	17	286	0
Extra Dressing												
Ceasar	120	13	2	0	310	0	0	2	0	0	0	0
Italian	30	0	0	0	320	7	0	0	0	0	0	0
Oriental	110	10	2.5	0	240	3	0	0	0	0	0	0
Ranch	70	7	1	5	80	1	0	0	0	0	0	0
Rasp. Vinaigrette	50	3	0.5	0	430	5	0	0	0	0	0	0
French Fries	227	8.57	1.43	0	302	35.37	6.63	3.59	1.41	9.07	0	11.45
Fresh Fruit, Whole	36	0.12	0.01	0	1	9.4	1.53	0.35	0.12	8062	56	14.06
Fruit Cup	166	0.56	0.08	0	9	42.71	3.83	0.7	0.86	22.4	81	8.55
Fruit Cocktail	138	0.17	0.02	0	15	36.13	2.42	0.97	0.7	15	496	4.6
Fruit Leather	50	0	0	0	0	12	0	0	0	0	0	0
Fruit Snacks 1 oz												
Granola Bar	160	7	3	0	70	23	2	2	0.72	20	9	0.1
Little Debbie's /Mothers	290	15	14	0	100	37	0	2	1.08	0	0	0
Muffins Variety 1.8 oz												
Apple Cinn	160	5	1	30	150	27	2	2	1.35	10	0*	3.75
Banana	170	5	1	30	18028	28	<1	3	1.35	10	0*	3.75
Blueberry	170	5	1	30	180	28	<1	3	1.35	10	0*	3.75
Ch.Ch.Chip	170	6	1.5	30	150	29	2	3	1.35	10	0*	3.75

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Powerade, Large Snapple Bottle												
Snapple Can	180	0	0	0	15	45	0	0	0	150	150RE	60
Sunny Delight												
V8 Splash												
Ice Cream												
Ice Cream "Chase Bros"	100	5	3	20	35	33	0	0	0	7	0	15
Frozen Lemonade												
Frozen Malts												
Frozen Novelities												
50/50 Bar	165	2.36	0	12	59	33.07	0	2.36	0	94	0	0
Ice Cream												
Sandwich	190	8	4	20	170	28	0	3	0.72	40	200	0
Sundae Cup	107	3.14	1.9	18	48	16.77	0.19	3.11	0.12	105	291	0.8
Italian Ice												
Variety (average)	130	0	0*	0	32	33	0	0	0	7	0	15
Frozen Yogurt	77	0	0	0	67	18	1.75	2.75	0.11	92	0*	0*
Frozen Yogurt 6oz	190	0	0	0	142	42	N/A	7	N/A	N/A	N/A	N/A
Frozen Yogurt w/topping 6oz	232	2.5	0.6	2	180	52	N/A	8	N/A	N/A	N/A	N/A
Frozen Yogurt Cool Cups 8oz	290	2.5	2	2	208	62	N/A	3	N/A	N/A	N/A	N/A

*Denotes Missing Nutrient Values