

Brand/Item	Menu Item	Serving Size		Calories	Carbs (g)	Sat. Fat (g)	Sodium (mg)	Allergens
Biscuits								
1801	Biscuit	1 biscuit		190.000	24.000	4.000	45.000	Dairy, Soy, Wheat, Gluten
1326	Blueberry Muffin (Smart Choice Muffin)	1 muffin		190.000	26.000	0.500	120.000	Dairy, Egg, Soy, Wheat, Gluten
1333	Breakfast Pizza	1 pizza bagel		240.000	30.000	3.500	50.000	Dairy, Wheat, Gluten
2078	Breakfast, Country Scramble	1 serving		198.000	8.000	4.000	438.000	Dairy, Soy, Egg
1091	Cereal, Apple Jacks	1 bowl		110.000	24.000	0.500	180.000	Soy, Wheat, Gluten
1688	Cereal, Cinnamon	1 bowl		100.000	23.000	0.500	110.000	
1092	Cereal, Cinnamon Flakes	1 bowl		100.000	24.000	0.500	110.000	Soy, Wheat, Gluten
1620	Cereal, Cinnamon Toast Crunch	1 bowl		110.000	22.000	0.500	150.000	Soy, Wheat, Gluten
1883	Cereal, Cocoa Puffs Reduced Sugar	1 bowl		120.000	25.000	0.500	120.000	
1899	Cereal, Frosted Flakes Reduced Sugar	1 bowl		120.000	24.000	0.500	110.000	Wheat, Gluten
1881	Cereal, Fruity Cheerios	1 bowl		120.000	25.000	0.500	120.000	Wheat, Gluten
1883	Cereal, Granola Bulk	2 oz		250.000	43.000	1.000	180.000	Soy, Wheat, Gluten
1100	Cereal, Honey Nut Cheerios	1 bowl		110.000	22.000	0.500	150.000	Wheat, Gluten, Almonds
1933	Cereal, Rice Krispies	1 bowl		70.000	18.000	0.500	90.000	
1090	Cereal, Trix	1 bowl		110.000	24.000	0.500	140.000	
1758	Cheese, Cubes	1 oz		90.000	1.000	4.000	180.000	Dairy
1758	Cheese, Slice Cheddar Jack	1 each (1 oz)		90.000	0.000	4.000	200.000	Dairy
1781	Cheese, Slice Mozzarella	1 each (1 oz)		90.000	0.000	4.000	200.000	Dairy
1754	Cheese, American Sliced	1 slice		90.000	1.000	1.250	100.000	Dairy
1754	Cheese, Sauce Cheddar	2oz (1/4 cup)		100.000	3.000	4.000	400.000	Dairy
1888	Cheese, Shredded	1 oz		90.000	1.000	4.000	200.000	Dairy
1811	Chicken Biscuit	1 biscuit, 1 chicken patty		288.500	31.300	4.700	612.600	Dairy, Soy, Wheat, Gluten
1312	Chicken Biscuit	1 biscuit, 1 chicken patty		198.500	7.300	0.700	242.800	Dairy, Soy, Wheat, Gluten
1883	Biscuit	1 biscuit		190.000	24.000	4.000	45.000	Dairy, Soy, Wheat, Gluten
1720	Chicken, Breaded Unstuck	1 piece		200.000	8.000	3.500	40.000	Wheat, Gluten
1899	Chicken, Oven Fried	1 breast, 1 thigh drum & wing combination		280.000	10.500	4.000	310.000	Egg, Wheat, Gluten
SN000	Eggs, Scrambled	1/4 cup serving		73.000	1.000	1.000	200.000	Egg
1828	French Toast Sticks	2 pieces		170.000	24.000	1.000	200.000	Soy, Wheat, Gluten
852	Grilled Sausage w/Sausage	Grilled, Buttermilk		182.912	22.158	1.180	251.862	Dairy, Soy
1100	Grilled, Buttermilk	1/2 cup		181.912	21.800	0.700	33.800	Dairy, Soy
1828	Chicken Sausage Patty	1 sausage patty		55.000	0.500	1.000	225.000	
SC300	Grilled, Buttermilk	1/2 cup		181.912	21.800	0.700	33.800	Dairy, Soy
SC301	Grilled, Cheese	1/2 cup		147.948	21.280	2.884	128.998	Dairy, Wheat, Gluten
SC309	Oatmeal	1/2 cup		158.870	32.870	0.313	184.248	Dairy, Wheat, Gluten
1331	Pancakes, Cinnamon Maple Mix	1 stack (85 g)		280.000	38.000	1.000	340.000	Dairy, Egg, Soy, Wheat, Gluten
1934	Pancake, Flip	1 Waffle		200.000	17.000	2.500	110.000	Wheat, Soy, Egg, Gluten
1108	Yogurt, Strawberry	1 patty		180.000	38.000	1.000	160.000	Soy, Wheat, Gluten
AP115	Sausage Biscuit			245.000	24.500	5.000	650.000	Dairy, Soy, Wheat, Gluten
1883	Biscuit	Chicken Sausage Patty		90.000	0.000	4.000	200.000	Dairy, Soy, Wheat, Gluten
1883	Biscuit			190.000	24.000	4.000	45.000	Dairy, Soy, Wheat, Gluten
1339	Sausage Link	1 sausage link		30.000	0.253	0.500	98.000	
1338	Sausage Patty	1 sausage patty		55.000	0.500	1.000	225.000	
SN001	Scrambled Eggs w/Cheese & Buttermilk Toppings	cheese, 1 slice buttered toast cheese 2 oz 2 oz		280.000 70.000 160.000 90.000	10.500 12.000 2.000 1.500	8.000 6.000 1.000 1.500	340.000 400.000 90.000 70.000	Dairy, Egg, Soy, Wheat, Gluten Dairy Dairy Dairy
SC300	toast, Buttermilk	1 slice		70.000	12.000	0.500	110.000	Soy, Wheat, Gluten
1314	Super Donut	1 donut (1.8 oz)		190.000	23.000	1.000	180.000	Dairy, Egg, Soy, Wheat, Gluten
1438	Vanilla, Milk	1 package (70 g)		210.000	38.000	1.000	170.000	Dairy, Egg, Soy, Wheat, Gluten
1458	Yogurt, Cherry Individual	1 yogurt (4 oz)		90.000	19.000	0.500	60.000	Dairy
1457	Yogurt, Strawberry Individual	1 yogurt (4 oz)		90.000	19.000	0.500	60.000	Dairy
SC250	Yogurt Parfait w/Fruit & Granola	1 parfait		245.300	48.380	0.500	150.520	Dairy, Soy, Wheat, Gluten
1888	Cereal, Granola Bulk	1 oz		125.000	21.000	0.500	90.000	Soy, Wheat, Gluten
1385	Vanilla Yogurt	4 oz		100.000	19.000	0.500	50.000	Dairy
1385	Fruit, 50/50	1 oz		60.000	18.000	0.500	5.000	
<b>Beverages</b>								
1321	Juice, Apple	4 oz		60.000	14.000	0.000	0.000	
1323	Juice, Grape	4 oz		60.000	19.000	0.000	20.000	
1324	Juice, Orange	4 oz		60.000	13.000	0.000	0.000	
1873	Juice, Apple Cherry	6 oz		90.000	21.000	0.500	0.000	
1887	Dairy, Chocolate Fruits Farms Dairy	1 carton		110.000	19.000	0.500	210.000	Dairy
1888	Dairy, Skim Mayfield	1 carton		90.000	13.000	0.000	130.000	Dairy
1888	Dairy, 1% Fruits Farms Dairy	1 carton		100.000	17.000	1.500	120.000	Dairy
1885	Soy Dairy Vanilla	1 carton		100.000	12.000	0.500	30.000	Soy
<b>Lunch</b>								
SC100	Beef Enchilada	1 enchilada		250.000	4.000	4.000	710.000	Dairy, Soy, Wheat, Gluten
PC34	Beef Mixture	2oz		200.000	0.000	1.000	60.000	
1821	Cheese	2 oz		110.000	2.000	8.000	400.000	Dairy
1018	Flour Tortilla 10"	2 oz		175.000	29.580	3.500	150.000	Wheat, Gluten
1813	Grounded Sauce	1/4 cup		20.000	4.000	0.000	100.000	Dairy
1032	Tomato	1/4 cup		5.000	1.000	0.000	1.000	
1214	Lettsuce	1/8 cup		0.000	0.000	0.000	0.000	
SC104	Beef Nachos	1 entree		310.000	42.000	3.750	160.000	Dairy, Soy
1145	Nachos Pico	20 pc		180.000	0.000	0.750	0.000	Soy
	Beef	2.4 oz		120.000	2.000	3.000	180.000	Soy
1771	BBQ Sandwich			440.000	43.000	6.000	530.000	Soy, Wheat, Gluten
1771	BBQ			290.000	17.000	6.000	230.000	
1082	Hammer Burger Bun	1 bun (2 oz)		190.000	26.000	0.500	300.000	Soy, Wheat, Gluten
1634	Catzone, Peppercorn	1 catzone		270.000	30.000	4.000	540.000	Dairy, Soy, Wheat, Gluten
SC332	Cheese Focaccia	1 slice		83.872	14.833	0.836	180.000	Dairy, Soy, Wheat, Gluten
SC342	Cheeseburger			330.000	28.000	7.000	690.000	Dairy, Soy, Wheat, Gluten
1882	Hammer Burger Bun	1 bun (2 oz)		190.000	26.000	0.500	300.000	Soy, Wheat, Gluten
1850	Hammer Burger Patty	1 patty (50 g)		90.000	1.000	2.000	150.000	Soy
1759	Cheese, American Sliced	1 slice		90.000	1.000	1.250	100.000	Dairy
SC104	Chicken, Falsa Nachos	1 entree		408.000	42.000	8.750	180.000	Dairy
1145	Nachos Pico	20 pc		180.000	40.000	0.750	0.000	
1821	Cheese	2 oz		160.000	2.000	8.000	400.000	Dairy
1104	Chicken, Tajila	2 oz		52.800	0.816	0.000	278.216	
1878	Chicken, Terangine	1 serving		188.000	22.000	1.500	160.000	Egg, Soy, Wheat, Gluten
SC156	Cheese Quesadilla	1 quesadilla		408.913	82.848	8.000	418.000	Dairy, Wheat, Gluten
1018	Flour Tortilla 9"	1 tortilla (97 g)		170.000	29.000	2.500	130.000	Wheat, Gluten
1821	Cheese	2 oz		160.000	2.000	8.000	400.000	Dairy
1282	Beef Beans	1/4 cup		65.000	10.000	0.000	210.000	Dairy
1763	Corn	1/4 cup		40.000	7.000	0.000	150.000	Wheat, Gluten
1143	Salsa	1/4 cup		30.000	6.000	0.000	400.000	
SC184	Chicken tenders	3 tenders		187.860	13.970	0.800	348.260	Dairy, Soy, Wheat, Gluten
1401	Chicken Wings	4 wings		200.000	2.000	4.000	400.000	
SC413	Chicken Sandwich	1 chicken patty, 1 bun		340.000	41.000	1.500	720.000	Dairy, Soy, Wheat, Gluten
1380	Chicken Patty	1 patty		180.000	16.000	1.000	420.000	Dairy, Soy, Wheat, Gluten
1082	Hammer Burger Bun	1 bun (2 oz)		190.000	26.000	0.500	300.000	Soy, Wheat, Gluten
SC157	Chicken Quesadilla	1 quesadilla		334.481	30.400	6.918	550.933	Dairy, Wheat, Gluten
1018	Flour Tortilla 9"	1 tortilla (97 g)		170.000	29.000	2.500	130.000	Wheat, Gluten
1764	Chicken Tajila	2 oz		52.800	0.816	0.000	278.216	
1821	Cheese	2 oz		160.000	2.000	8.000	400.000	Dairy
1282	Beef Beans	1/4 cup		65.000	10.000	0.000	210.000	Dairy
1763	Corn	1/4 cup		40.000	7.000	0.000	150.000	Wheat, Gluten
1143	Salsa	1/4 cup		30.000	6.000	0.000	400.000	
AP137	Corn Dog	1 corn dog		280.000	31.000	3.500	560.000	Egg, Soy, Wheat, Gluten
1342	Udon Noodle	1 waffle		300.000	43.000	3.500	350.000	Dairy, Soy, Wheat, Gluten
SC496	Grilled Cheese Sandwich	1 sandwich		290.000	30.000	5.500	580.790	Dairy, Soy, Wheat, Gluten
SC403	Grilled BBQ Chicken Sandwich	1 sandwich		283.203	27.000	2.823	680.303	Soy, Wheat, Gluten
1082	Hammer Burger Bun	1 bun (2 oz)		190.000	26.000	0.500	300.000	Soy, Wheat, Gluten
1225	BBQ Sauce							
SC393	General Iso Chicken w/Fried Rice	2 oz		238.000	48.000	1.184	587.720	Dairy, Egg, Soy, Wheat, Gluten
	General Iso Chicken	2 oz		210.000	22.000	1.100	397.870	Dairy, Egg, Soy, Wheat, Gluten
	Fried Rice	1/2 cup		100.000	24.287	0.111	189.850	
SC401	Hammer Burger	1 patty, 1 bun		240.000	28.000	2.500	430.000	Soy, Wheat, Gluten
	Hammer Burger Bun	1 bun (2 oz)		190.000	26.000	0.500	300.000	Soy, Wheat, Gluten
	Hammer Burger Patty	1 patty		130.000	2.000	3.000	130.000	
SC401	Hot Dog	1 hot dog, 1 bun		280.000	31.000	3.500	650.000	Soy, Wheat, Gluten
1010	Turkey Franks	1 frank		110.000	2.000	2.500	50.000	
	Hot Dog Bun	1 bun (2 oz)		150.000	26.000	0.500	300.000	Soy, Wheat, Gluten
1883	Mac & Cheese	6oz		302.000	27.000	8.000	387.000	Dairy, Wheat, Gluten
SC85	Oven Baked Chicken	1 breast, thigh, or drum & wing combination		290.000	0.000	5.000	510.000	
SC251	Parfait, Yogurt	1 oz		100.000	68.000	2.100	687.500	Dairy, Soy, Wheat, Gluten
1761	Cheese, Slice Mozzarella	1 each (1 oz)		90.000	0.000	4.000	200.000	Dairy
1345	Vanilla Yogurt	4 oz		100.000	19.000	0.500	40.000	