



# Nutritional Information for Arbor Management Inc.

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Calcium (mg)	Iron (mg)	Vitamin A (iu)	Vitamin C (mg)	National School Lunch Program			
																Meat/Meat Alternatives	Fruit/Vegetables	Grain/Bread	Milk
<b>Entrees</b>																			
Beef Burrito	4 oz	117	13	6	0	15	630	36	2	0	8	38	2.7	100	7.8	0.5	0	2	0
Beef Tacos	2 ea	406	18.82	6.76	-	50	1282	31.76	3.71	-	26.33	392	2.95	1337	4.29	2	0	2	0
Chicken Caesar Salad	1 ea	324	24.24	2.17	-	65	366	7.13	1.29	-	20.5	91.22	1.43	5479	22.75	2	2	0	0
Chicken Nuggets (5)	3.4 oz	200	10	2	0	40	520	14	1	1	15	20	1.8	200	0	2	0	1	0
Chicken Patty	3.37 oz	210	12	2.5	2	40	510	14	0	1	15	20	1.8	200	0	2	0	1	0
Corn Dog	4 oz	270	14	4	0	25	740	27	1	1	10	80	2.7	0	0	2	0	2	0
Corn Dog Nuggets (6)	3.9 oz	255	10.5	2.25	0	45	555	27	1.35	6	10.5	30	1.65	150	18	2	0	2	0
Crispy Chicken Salad	1 ea	252	13.85	2.89	0	40	651	17.74	0.98	-	17.73	98.25	2.72	6130	28.83	2	2	1	0
French Toast Sticks (3)	2.6 oz	170	3.5	1	0	110	100	27	0.8	7	7	100	3.6	200	0	1	0	1.5	0
Gilardi Cheese Sticks	1 ea	164	7.3	2.6	0	7	340	16	0.6	0	8.7	119	1.4	187	0	1	0	1	0
Ham & Cheese Sub	1 ea	300	13.5	8	0	60	1410	29	1	-	20	180	1.44	400	0	2	0	2	0
Hamburger Patty	2.5 oz	185	14	5.7	0.9	40	406	2	1	0	14	31	2	0	0	2	0	0	0
Hot Dog (Turkey)	2 oz	120	9	3	0	35	360	4	0	2	7	40	0.4	0	2.4	2	0	0	0
Macaroni & Cheese	6 oz	296	12.18	6.83	-	31	896	27.44	0.89	-	19.64	482	1.02	684	0.39	2	0	1	0
Nachos Supreme	1 serve	420	20.29	4.23	-	37	843	42.57	7.83	-	21.16	92.4	3.23	1205	4.57	2	0	2	0
Pancakes	3.6 oz	220	3.5	0.5	0	25	590	42	2	8	6	40	1.8	0	0	0	0	3.25	0
Pasta w/Meat Sauce	8 oz	322	10.71	4.39	-	126	312	34.22	2.98	-	21.23	42.16	3.94	6.4	5.36	2	0.25	1	0
Popcorn Chicken	3.08 oz	220	12	2.5	0	50	720	13	0	0	14	0	1.8	0	0	2	0	1	0
Rib Patty	2.5 oz	160	10	3.5	0	30	390	8	1	5	12	35.4	1.1	100	1.2	2	0	0	0
Salisbury Steak	3 oz	230	17	6	0	45	390	6	1	1	13	39.3	1.4	113.5	2.4	2	0	0	0
Sloppy Joe	1 ea	345	12.76	4.95	0	52	540	35.93	2.4	-	20.95	98	3.73	560	11.89	2	0.25	2	0
Tony's Cheese Pizza	1 ea	310	12	4	2.5	10	700	34	2	5	18	300	2.7	509	0	2	0.125	2	0
Uno's Cheese Pizza	5 oz	330	14	6	0	20	980	37	2	3	13	400	1.1	750	3.6	2	0	2	0
Uno's Pepperoni Pizza	5 oz	370	18	8	0	40	1050	32	2	4	21	300	2.7	750	3.6	2	0	2	0



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<b>Fruits</b>																			
Mandarin Oranges	1/2 c	70	0	0	0	0	10	17	1	17	1	20	0.7	300	21	0	1	0	0
Applesauce	1/2 c	90	0	0	0	0	10	23	2	18	0	0	0	0	2.4	0	1	0	0
Apples Slices canned	1/2 c	50	0	0	0	0	10	12	1	9	0	16	0.4	0	0	0	1	0	0
Mixed Fruit	1/2 c	80	0	0	0	0	5	18	1	15	0	0	0	200	1.2	0	1	0	0
Pears Diced	1/2 c	80	0	0	0	0	5	20	2	14	0	0	0.4	0	1	0	1	0	0
Peaches Diced	1/2 c	70	0	0	0	0	10	17	0	13	0	0	0	300	1.2	0	1	0	0
Pineapple Tidbits	1/2 c	60	0	0	0	0	10	15	1	13	0	0	0.4	0	12	0	1	0	0
<b>Vegetables</b>																			
Corn	1/2 c	80	1	0	0	0	360	16	2	6	2	0	0	0	3.6	0	1	0	0
Carrots Diced	1/2 c	30	0	0	0	0	300	5	2	4	0	40	0	5000	0	0	1	0	0
Mixed Vegetables	1/2 c	35	0	0	0	0	320	7	2	3	1	20	0.7	4500	3.6	0	1	0	0
Peas	1/2 c	60	0.5	0	0	0	320	10	3	4	4	20	1.4	300	9	0	1	0	0
Potato Mashed	1/2 c	60	0	0	0	0	25	13	1	0	1	0	0	0	15	0	1	0	0
Potato Augratin	1/2 c	110	3	1	1	0	490	18	2	2	2	39	0.4	84	6	0	1	0	0
Potato Rounds	3 oz	170	10	2.5	0	0	340	19	2	0	2	0	0.4	0	4.8	0	1	0	0
<b>Grains</b>																			
Hamburger Bun Wheat	1 ea	140	2	0	0	0	250	27	1	4	4	4%	8%	0	0	0	0	2	0
Hamburger Bun White	1 ea	140	2.5	0	0	0	270	26	0	3	4	4%	6%	0	0	0	0	2	0
Wheat Bread Slice	1 sl	70	1	0	0	0	135	13	1	1	2	2%	6%	0	0	0	0	1	0
<b>Milk</b>																			
Milk Low fat Chocolate 1%	1 c	160	2.5	1.5	0	10	240	26	0	25	8	30%	0	10%	2%	0	0	0	1
Milk Low fat White 1%	1 c	100	2.5	1.5	0	15	120	11	0	11	8	30%	0	10%	2%	0	0	0	1
Milk Skim	1 c	80	0	0	0	5	120	11	0	11	8	30%	0	10%	2%	0	0	0	1

The nutritional information data is estimated using standard USDA measurements and calculations for the serving size listed. We provide this information to help you make selections that fit your personal preferences and it is not intended to be used as the basis for calculating Medical Nutrition needs.