

Breakfast	Portion Size	Grams	Calories (kcal)	Fat (gm)	Saturated Fat (mm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gm)	Dietary Fiber (gm)	Added Sugars (gm)	Protein (gm)	Vitamin D (IU)	Calcium (mg)	Iron (mg)	Potassium (mg)	B-V-G
Breakfast Burritos & Tacos																	
Breakfast Burrito - Meat	1 each	345	647	33	9	0	487	1339	60	5		25		69	1.2	33	
Breakfast Burrito - Meat Cage Free Egg	1 each	345	647	33	9	0	487	1339	60	5		25		69	1.2	33	
Breakfast Burrito - Veggie	1 each	409	596	25	7	0	476	1208	65	6		23	0	71	1.0	67	
Breakfast Casserole	4 ounces	151	210	15	6	0	192	222	9	1	0	11	4	148	0.7	161	
Breakfast Taco Egg Bacon Cheese	1 each	157	332	19	7	0	291	798	19	2	0	18	3	178	1.8	104	
Breakfast Taco Egg Chorizo Cheese	1 each	179	368	22	8	0	296	876	21	3	0	19	3	189	2.3	34	
Breakfast Taco Egg Potato Cheese	1 each	184	348	19	6	0	277	596	28	3	0	14	3	176	1.6	34	
Breakfast Taco Egg Sausage Cheese	1 each	162	331	21	8	0	272	649	19	2	0	15	3	174	1.6	244	
Breakfast Meats																	
Corned Beef Hash	4 ounces	113	186	12	5		36	482	11	1		10		22	1.1	195	
Pork Bacon	1 slice	8	37	4	1	0	6	68	0	0		1		0	0.1	17	G
Sausage Link	1 each	23	104	10	3	0	17	136	1	0		2		11	0.0		G
Sausage Patty	1 each	57	174	16	5	0	35	469	0	0		7		6	0.1	274	G
Sausage smoked	1 each	57	183	17	6		39	480	1	0		7		5	0.7	96	G
Turkey Sausage Link	1 ounce	28	55	3	1		28	280	0	0		6		35	0.6		G
Turkey Sausage Patty	1.5 ounces	38	81	5	2	0	27	216	1	0	0	7		11	0.1	237	G
Breakfast Side Dishes																	
Hash Brown Patty	1 each	66	159	10	2	0	0	130	15	2		1		0	0.0	0	
Home Fries	6 ounces	174	202	10	2	0	0	26	24	3		4	0	0	0.3	716	
Home Fries w/Onions & Peppers	6 ounces	187	209	12	2	0	0	23	23	4		3	0	0	0.3	636	B-V-G
Sausage Gravy	6 ounces	113	166	13	4	0	30	433	8	0		4				151	
Eggs																	
Breakfast Bowl - Biscuit	1 each	238	596	42	15	0	327	1004	33	1		24	7	312	2.4	97	
Fried Egg	1 each	52	92	7	2	0	186	71	0	0		6	41	28	0.9	69	G
Scrambled Egg	1.5 ounces	59	105	8	2	0	238	79	1	0		7	0	34	0.5	0	G
Scrambled Egg White	1.5 ounces	59	51	2	0	0	0	92	0	0		6	0	0	0.0	0	B-G
French Toast & Pancakes																	
French Toast	1 slice	157	409	17	2	0	66	357	59	1	2	7	14	49	0.7	50	
Pancake (1) w/Margarine & Syrup	1 each	120	266	5	1	0	0	432	54	0		2	0	77	0.4	9	
Pumpkin Pancakes	2 each	157	182	2	0	0	0	584	37	3		4	0	147	1.6	128	
Hot Cereal																	
Cheese Grits	1/2 cup	160	312	26	8	0	22	634	14	1		7	5	164	0.4	36	G
Cream of Wheat	3/4 cup	217	100	0	0	0	0	168	21	1		3	0	97	7.8	31	B-V-G
Grits - 10 oz	10 ounces	531	199	1	0	0	0	0	44	3		5		0	1.0	0	B-V-G
Oatmeal, 10 oz	10 ounces	315	360	7	1	0	0	0	65	10		12		0	1.5	360	B-V


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Omelets																	
3 Egg Omelet	1 each	175	295	22	5	0	714	238	2	0		22	0	102	1.4	0	G
3 Egg Omelet Western	1 each	365	632	45	18	1	799	1333	9	1		47	29	511	2.2	307	G
3 Egg Omelet Western Cage Free	1 each	365	632	45	18	1	799	1333	9	1		47	29	511	2.2	307	G
3 Egg Omelet Western w/bacon	1 each	371	857	65	24	1	831	1853	9	1		56	14	513	2.4	410	G
3 Egg Omelet with Cheese	1 each	231	524	40	16	1	771	608	4	0		35	14	505	1.4	43	G
3 Egg Omelet with Cheese & Vegetables	1 each	309	545	41	16	1	771	610	8	1		36	14	507	1.5	104	G
3 Egg Omelet with Cheese & Vegetables	1 each	309	545	41	16	1	771	610	8	1		36	14	507	1.5	104	G
3 Egg Omelet with Cheese Cage Free	1 each	231	524	40	16	1	771	608	4	0		35	14	505	1.4	43	G
3 Egg Omelet with Cheese, Bacon	1 each	288	835	65	24	1	831	1852	4	0		55	14	510	2.3	349	G
3 Egg Omelet with Cheese, Bacon Cage Free	1 each	288	835	65	24	1	831	1852	4	0		55	14	510	2.3	349	G
3 Egg Omelet with Cheese, Ham	1 each	288	584	42	16	1	795	1076	4	0		46	14	505	1.6	43	G
3 Egg Omelet with Cheese, Pork Sausage	1 each	288	698	56	21	1	805	1077	4	0		42	14	510	1.6	317	G
3 Egg Omelet with Cheese, Turkey Sausage	1 each	288	644	48	19	1	810	928	4	0	0	45	14	521	1.6	394	G
3 Egg White Omelet	1 each	175	133	5	0	0	0	277	0	0		19	0	0	0.0	0	G
3 Egg White Omelet with Cheese	1 each	231	362	23	11	1	56	648	2	0		32	14	403	0.1	43	G
3 Egg White Omelet with Cheese &	1 each	306	381	24	11	1	56	649	6	1		32	14	405	0.2	104	G
3 Egg White Omelet with Cheese, Bacon	1 each	247	449	30	13	1	73	996	2	0		37	14	404	0.3	129	G
Breakfast Specials																	
Avocado Toast with Multigrain	1 each	182	319	18	4	0	186	400	28	5	4	13	41	51	1.4	240	G
Berry Oatmeal Power Bowl	14 ounces	420	546	17	2	0	1	7	90	12	17	16	0	26	2.2	487	B-V-G
Breakfast Bowl - Power Bowl	1 each	381	246	5	1	0	3	546	24	4		24	0	31	0.9	457	
Breakfast Bowl Chicken	1 each	355	580	37	13	0	430	875	29	3		32	89	257	2.0	711	
Breakfast Bowl Farmers	1 each	327	439	25	10	0	425	812	21	3		33	89	257	2.1	636	
Breakfast Bowl Huevos Rancheros	1 each	327	459	10	3	0	372	960	45	5	0	21	82	88	3.1	498	
Breakfast Bowl Veggie	1 each	283	274	14	4	0	372	173	20	3		16	82	72	2.3	693	
Breakfast Combo 1	1 each	284	656	44	15	0	407	1229	39	3		23	82	62	1.9	412	
Breakfast Combo 1 Cage Free Egg	1 each	284	656	44	15	0	407	1229	39	3		23	82	62	1.9	412	
Breakfast Combo 2	1 each	243	555	35	12	0	383	893	39	3		18	82	57	2.0	171	
Breakfast Combo 2 Cage Free Egg	1 each	243	555	35	12	0	383	893	39	3		18	82	57	2.0	171	
Breakfast Combo 3	1 each	262	459	22	8	0	408	874	36	3		28	82	118	3.2	333	
Breakfast Combo 3 Cage Free	1 each	262	459	22	8	0	408	874	36	3		28	82	118	3.2	333	
Breakfast Combo 4	1 each	341	648	40	14	0	402	1194	46	3		21	82	56	1.8	289	
Breakfast Combo 4 Cage Free Egg	1 each	341	648	40	14	0	402	1194	46	3		21	82	56	1.8	289	
Chicken and Waffle	1 each	332	1014	49	13	1	280	1259	129	1		21	0	4	0.1	26	
Loaded Breakfast Burrito	1 each	394	864	52	18	0	589	1569	58	3		38	7	282	1.2	295	
Patriot Breakfast Special	1 each	291	656	40	10	0	402	767	52	4		23	82	146	4.2	927	
Steak, Egg, and Cheese on Hoagie	1 sandwich	368	745	44	15	2	442	890	44	2		43	88	220	3.6	270	


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Burgers & Hot Dogs																		
1/3 Pound Angus Burger	1 each	282	502	27	11	1	82	689	40	2		26	0	19	2.3	45		
Cheeseburger on a Bun	1 each	296	552	31	14	1	95	944	41	2		28	0	94	2.3	45		
Grill Sandwich Garnish	1 each	100	23	0	0	0	0	119	5	1		1	0	19	0.2	45		
Hamburger Patty	1 each	121	311	24	11	1	82	260	4	0		19			2.2			
Nathan's All Beef Hot Dog	1 each	135	359	19	7	1	29	923	27	2		13	0	66	1.7	65		
Sandwich Toppings																		
Add Chili	2 oz ladles	57	87	5	2	0	20	278	5	1		4			0	0.0		
Cheese Sauce	2 ounces	57	99	8	3		16	469	4	0		4		104	0.1	17		
Cheese Slice	1/2 ounce	14	51	5	3	0	13	258	1	0		3		76	0.0			G
Dill Pickle Chips	2 each	8	1	0	0	0	0	62	0	0		0	0	4	0.0	9		G
Dill Pickle Spear	1 each	18	2	0	0	0	0	147	0	0		0	0	10	0.1	21		G
Grill Sandwiches																		
Black Bean Burger	4 ounces	277	330	4	0	0	0	900	60	14	4	16		78	1.7	436		V
BLT on Texas Toast	1 sandwich	197	570	38	9	0	22	889	43	3		11	0	17	1.8	95		
Chicken Caprese Ciabatta	1 each	323	566	32	8	0	99	1061	26	2		42	0	163	1.2	525		
Chicken Tenders with BBQ sauce	1 serving	241	615	34	4	0	46	1398	53	2	25	26	0	0	0.9	110		
Crispy Fish Sandwich	1 each	325	676	42	5	0	54	1538	58	2		20	0	19	0.2	45		
Grilled Cheese on Texas Toast	1 each	164	614	42	14	0	50	1638	43	2		17		304	1.1			
Grilled Chicken Sandwich	1 each	274	353	6	1	0	81	854	37	2		37	0	39	0.7	359		
Grilled Ham & Cheese on Texas Toast	1 each	221	604	35	9	0	62	1830	43	2		29		154	1.4			
Spicy Chicken Sandwich	1 each	290	580	32	4	0	35	1058	53	3	0	22	0	24	0.3	192		
Sides																		
French Fries	1 serving	184	368	26	2	0	0	51	32	2		2	0	0	0.0	0		G
Onion Rings	5 ounces	156	311	15	1	0	0	810	39	3		3	0	0	0.0	0		
Sweet Potato Fry	6 ounces	133	380	26	3	0	0	170	35	4	0	3	0	0	0.0	0		G
Veggies																		
Cajun Spiced Cauliflower	1/2 cup	116	35	0	0	0	0	59	7	3		3		0	0.0	0		B-V-G
Carrots with Garlic and Herbs	1/2 cup	95	45	1	0	0	0	119	8	3		1	0	27	0.3	8		B-V-G
Glazed Baby Carrots	1/2 cup	125	81	3	0	0	0	148	14	3	3	2	0	29	0.2	6		B-V-G
Green Beans with Sesame and Soy	1/2 cup	120	59	2	0	0	0	88	9	3		2	0	8	0.1	7		B-V-G
Lemon Garlic Roasted Cauliflower	1/2 cup	108	50	3	1	0	0	31	5	2		2	0	22	0.4	307		B-V-G
Lemon Parsley Carrots	1/2 cup	129	72	3	0	0	0	87	11	3	1	2		29	0.2	0		B-V-G
Roasted Broccoli	1/2 cup	95	38	1	0	0	0	52	5	2		3		0	0.0	0		B-V-G
Roasted Broccoli with Carrots	1/2 cup	113	48	2	0	0	0	76	8	3		2	0	12	0.1	116		B-V-G
Roasted Broccoli with Parmesan	1/2 cup	96	43	2	0	0	1	70	5	2		3	0	9	0.0	5		B-G
Roasted Green Beans with Parmesan	1/2 cup	99	60	3	0	0	1	91	8	2		2	0	9	0.0	5		B-G
Steamed Broccoli	1/2 cup	121	42	0	0	0	0	0	6	3		3		0	0.0	0		B-V-G
Steamed Capri Mix Vegetables	1/2 cup	114	34	0	0	0	0	20	7	1		1		27	0.5	2		B-V-G
Steamed Cauliflower and Broccoli	4 ounces	114	36	0	0	0	0	311	6	3		3	0	0	0.0	0		B-V-G
Toasted Garlic Green Beans	1/2 cup	120	53	1	0	0	0	49	9	3		2		0	0.0	0		B-V-G
Vegetables with Kale and Herbs	1/2 cup	120	58	1	0	0	0	75	9	3		3		21	0.4	0		B-V-G


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Sandwiches																	
Ham & Cheddar on Multigrain	1 each	272	455	13	4	0	58	1264	53	5		31	5	167	12.2	66	
STG 1/2 All American Sandwich on	1 each	131	239	8	3	0	34	601	26	2		17	3	107	6.2	25	
STG 1/2 The Club on Multigrain	1 each	132	268	11	4	0	35	579	26	2		16	3	107	6.1	42	
STG 1/2 Tour of Italy	1 each	116	315	19	8	0	45	1003	21	1		16	10	116	0.3	73	
STG Big Beef Hoagie	1 each	2687	547	23	11	0	112	1681	47	3	0	40	10	326	1.7	104	
STG Big Hoagie	1 each	322	595	27	12	0	97	1854	44	2		47	5	366	0.3	123	
STG Chicken Salad on Multigrain	1 each	291	687	38	10	0	57	741	58	8	8	31	0	343	2.3	435	
STG Egg Salad Value Sandwich	1 each	161	345	17	3	0	298	662	33	2		16	70	41	1.4	112	
STG Ham and Cheddar Value Sandwich	1 each	127	276	10	4	0	46	856	27	2		21	5	191	0.5	16	
STG Ham and Cheese Hoagie	1 each	272	407	12	4	0	71	1461	43	2		34	5	163	0.5	45	
STG Hummus and Veggie Wrap	1 each	337	483	20	7	0	21	1265	60	7		19	5	191	0.6	253	
STG PB&J Value Sandwich	1 each	127	490	24	4	0	0	510	59	4		16	0	23	1.2	253	
STG Sliders Ham and Swiss	1 each	178	355	12	6	0	37	938	35	0		27	0	208	0.4	107	
STG Sliders Italian	1 each	178	425	20	9	0	65	1316	34	0		27	4	166	0.4	58	
STG Tuna Salad on Multigrain	1 each	297	498	18	5	0	20	758	50	7	8	37	0	325	1.1	477	
STG Tuna Salad Value Sandwich	1 each	133	342	16	2	0	23	767	36	3		14		0	0.4		
STG Turkey and Swiss Value Sandwich	1 each	127	272	9	5	0	25	635	27	2		22		242	0.3	78	
STG Turkey Bacon Avocado Hoagie	1 each	316	546	37	11	0	70	1168	50	8		33	5	164	0.4	78	
STG Turkey Club Hoagie	1 each	276	456	17	7	0	58	1195	43	2	0	36	0	215	0.1	107	
STG Value Chicken Salad Sandwich	1 each	126	352	19	3	0	38	518	32	3		13		55	1.2		
STG Wrap Chicken Bacon and Goat Cheese	9 ounces	342	625	27	11	0	111	1381	46	2		51	0	38	1.9	532	
STG Wrap Greek with Grilled Chicken	11 ounces	386	557	28	8	0	86	1899	52	3		37	0	46	1.1	499	
STG Wrap Roasted Chickpea	1 each	424	540	23	9	0	28	1191	62	7		24	0	67	1.8	436	
STG Wrap Southwest Chicken	1 each	238	383	10	4	0	65	965	41	2		31	0	30	0.7	318	
STG Wrap Turkey Bacon Ranch	1 each	334	519	25	7	0	63	1572	46	2	0	29	0	25	0.6	216	
Snack Boxes																	
STG Snack Box Cheese and Salami	1 each	85	336	26	9	0	53	661	12	2		16	7	201	0.0	22	
STG Snack Box Cheese and Turkey	1 each	99	275	18	6	0	47	436	13	2		18	7	201	0.0	22	
STG Snack Box Egg, Grape, Nut and	1 each	175	403	29	8	0	215	248	20	4		19	50	233	0.9	214	
STG Snack Box Hummus and Crackers	1 each	180	151	7	0	0	0	541	19	6		7	0	27	0.3	204	
STG Snack Mix	2.25 ounces	65	304	12	2	0	0	628	43	2		6		0	0.7	0	
STG Snack Mix Cajun	2 ounces	57	265	15	2	0	0	454	23	4	2	8					
STG Snack Mix Original	2 ounces	57	246	8	0	0	0	454	40	2	2	6					
STG Snack Mix Spicy	2 ounces	57	265	11	2	0	0	454	36	4	2	6					
STG Veggies and Ranch	1 each	170	239	19	0	0	19	618	9	2		3	0	37	0.2	147	
STG Wrap Box Roast Beef 1/2	1 each	149	249	13	4	0	41	517	19	2		18	3	82	0.9	119	
STG Wrap Box Turkey 1/2	1 each	124	234	9	3	0	18	509	27	2		12	1	43	0.2	73	
STG Yogurt Fresh Fruit Bowl	10 ounces	283	162	1	1	0	4	52	36	3	5	4	0	135	0.7	541	


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Hot Breakfast																	
Big Breakfast Sandwich Bacon	1 each	178	362	21	4	0	373	819	28	1		16		226	2.9	150	
Egg Souffle Bacon and Cheddar	6 ounces	192	376	28	12	0	527	685	4	0		26	4	219	1.0	73	G
Egg Souffle Broccoli, Ham and Cheese	6 ounces	192	304	22	9	0	454	479	5	0		21	4	211	0.9	73	G
STG Bagel with Egg, Bacon, and Cheese	1 each	193	450	15	4	0	200	1135	59	2	0	20		111	4.3	67	
STG Bagel with Egg, Ham, and Cheese	1 each	206	439	13	3	0	203	1243	59	2		22		111	4.4	67	
STG Bagel with Egg, Sausage, and Cheese	1 each	234	584	28	8	0	225	1479	59	2		24		117	4.4	340	
STG Big Breakfast Sandwich Sausage	1 each	213	472	31	7	0	398	847	28	1		20		252	3.0	522	
STG Biscuit and Gravy	1 each	177	365	23	10	0	30	922	30	1		7				151	
STG Biscuit with Chicken	1 each	120	326	17	7	0	15	802	31	2		12					
STG Biscuit with Egg, Bacon, and Cheese	1 each	143	368	24	10	0	200	1021	25	1	0	12		111	0.7	67	
STG Biscuit with Egg, Ham, and Cheese	1 each	156	358	21	9	0	203	1130	25	1		15		111	0.8	67	
STG Biscuit with Egg, Sausage, and Cheese	1 each	184	502	37	14	0	225	1365	25	1		17		117	0.8	340	
STG Biscuit with Sausage Only	1 each	120	373	26	11	0	35	957	23	1		10		6	0.1	274	
STG Breakfast Bowl - Power Bowl	1 each	360	323	15	4	0	375	491	25	4		23	82	87	2.7	595	
STG Breakfast Bowl Chicken	1 each	383	589	37	13	0	430	875	31	3		32	89	257	2.0	711	
STG Breakfast Bowl Chicken and Biscuit	1 each	432	975	63	25	1	474	2039	49	2		48	14	454	0.8	194	
STG Breakfast Bowl Farmers	1 each	303	450	27	11	0	414	1044	20	3		31	22	256	1.6	695	
STG Breakfast Bowl Huevos Rancheros	1 each	327	452	10	3	0	372	989	45	5	0	20	82	56	1.9	138	
STG Breakfast Bowl Sausage and Biscuit	1 each	257	682	50	18	0	341	1116	34	1		26	7	321	2.5	97	
STG Breakfast Bowl Veggie	1 each	366	319	16	5	0	476	204	24	4		20	0	100	1.9	634	
STG Breakfast Burrito Chorizo	1 each	386	819	45	16	0	416	1929	64	6		34	7	273	1.8	22	
STG Breakfast Burrito Meat Trio	1 each	383	806	44	15	0	422	1965	62	5		37	7	258	0.8	22	
STG Breakfast Burrito Veggie	1 each	467	680	32	11	0	385	1377	67	7		28	9	284	1.7	334	
STG Cherry Pie French Toast	1 each	180	390	13	2	0	0	540	62	1		7	0	93	4.0	119	
STG Croissant with Egg, Bacon, and Cheese	1 each	136	399	26	10	0	238	797	28	2	0	14	0	132	1.8	133	
STG Croissant with Egg, Ham, and Cheese	1 each	149	389	23	9	0	240	906	28	2		17	0	132	1.9	133	
STG Croissant with Egg, Sausage, and	1 each	177	533	39	14	0	263	1141	28	2		18	0	138	2.0	407	
STG English Muffin Egg Cheese Turkey	1 each	163	327	17	4	0	215	910	28	1		19		192	2.4	185	
STG English Muffin with Egg and Cheese	1 each	121	248	12	3	0	190	607	27	1		11		191	2.1	67	
STG English Muffin with Egg White, Cheese	1 each	128	235	8	4	0	21	507	26	1		14	5	231	1.5	16	B
STG English Muffin with Egg, Bacon, Cheese	1 each	136	288	15	4	0	200	732	27	1	0	13		191	2.1	67	
STG English Muffin with Egg, Ham, Cheese	1 each	149	278	13	3	0	203	841	27	1		16		191	2.2	67	
STG English Muffin with Egg, Sausage,	1 each	177	422	28	8	0	225	1076	27	1		18		197	2.2	340	
STG French Toast Sticks	1 each	166	424	13	2	0	0	565	73	1		7	0	88	3.9	66	
STG Garden Vegetable Scramble	1 each	182	112	6	1	0	0	179	6	2		9	0	47	0.6	86	B-V-G

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	Portion Size	Grams	Calories (kcal)	Fat (gm)	Saturated Fat (nm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gm)	Dietary Fiber (gm)	Added Sugars (gm)	Protein (gm)	Vitamin D (IU)	Calcium (mg)	Iron (mg)	Potassium (mg)	B-V-G
Hot Lunch																	
Broaster Chicken Breast	1 serving	220	469	9	2	0	139	4082	36	2		49		0	0.0	89	
Broaster Chicken Leg	1 serving	111	256	7	2	0	86	3310	23	1		21		0	0.0	60	
Broaster Chicken Thigh	1 serving	149	392	16	4	0	131	3426	25	1		28		0	0.0	60	
Broaster Chicken Wing	1 serving	97	266	10	2	0	77	3329	24	1		18		0	0.0	60	
Broaster Snack box, leg, thigh, and biscuit	12 ounces	329	780	37	10		303	2239	35	1		62		61	1.8		
Spicy Chicken Gyro	1 sandwich	652	694	31	9	0	69	931	64	7		42	0	33	0.9	636	
STG 7" Personal Pizza Combo	1 each	271	719	38	13	0	55	1466	71	4	0	27	5	9	0.1	185	
STG 7" Personal Pizza Double Cheese	1 each	303	792	43	18	0	81	1470	72	3	0	35		7	0.0	157	
STG 7" Personal Pizza Pepperoni	1 each	277	768	42	15	0	67	1639	72	4	0	30	11	132	0.5	231	
STG 7" Personal Pizza Sausage	1 each	289	790	46	15	0	71	1518	71	3	0	28		7	0.0	157	
STG 7" Personal Pizza Veggie	1 each	303	658	33	10	0	40	1253	73	4	0	24	0	23	0.5	179	
STG BBQ Pulled Pork Sandwich	7 ounces	203	463	14	4	0	93	1258	48	1	13	33		27	0.5	55	
STG Boneless Wing BBQ	9 ounces	259	577	26	4	0	61	1546	62	2	29	26		35	1.6	126	
STG Boneless Wing Buffalo	9 ounces	259	494	30	4	0	61	2925	34	2		26		35	0.6	0	
STG Broaster Snack Box, breast, wing, and	1 each	296	678	29	10	0	216	2457	31	1		60					
STG Buffalo Chicken Snack Wrap	4 ounces	133	291	15	5	0	26	1489	25	2	0	14	3	113	1.1	60	
STG Cheese Curds	6 ounces	184	537	35	24	0	108	1216	25	2	0	29		13	0.1		
STG Chicken Snack Wrap	4 ounces	112	308	16	6	0	36	633	24	2	0	16	5	189	1.1	40	
STG Chicken Tenders with BBQ sauce	1 serving	227	470	20	0	0	375	1267	54	0	25	24		0	0.9	110	
STG Chicken Wing BBQ	11 ounces	307	669	40	11	0	190	457	28	0	25	47		0	3.2	110	
STG Chicken Wing Buffalo	11 ounces	307	597	44	11	0	190	1663	4	0		47			2.2		
STG Egg Roll, Pork	2 each	227	477	18	3	0	26	847	64	1		13		48	2.6	323	
STG Egg Roll, Vegetable	2 each	227	477	12	2	0	0	1041	81	4		10		85	3.3	378	
STG French Fries	1 serving	184	368	26	2	0	0	51	32	2		2	0	0	0.0	0	G
STG Grilled Chicken Sandwich	1 each	189	431	17	3	0	81	841	32	1		37		20	0.5	314	
STG Hot Dog	1 each	118	341	19	7	1	29	763	23	1		13	0	61	1.5	52	
STG Jalapeno Poppers	6 ounces	162	333	15	8	0	42	1116	47	3		7					
STG Leg and Thigh Snack Box	1 serving	253	643	33	12	0	217	1784	29	1		44					
STG Macaroni Bites	6 ounces	170	500	28	12	0	50	1761	48	2	2	14					
STG Mini Chile Rellenos	5 ounces	136	393	21	8	0	30	1089	38	2	3	11					
STG Mozzarella Sticks	8 ounces	185	372	16	7	0	1	1669	38	5		20	0	400	0.1	2	
STG Onion Rings	5 ounces	142	186	1	0	0	0	810	39	3		3					
STG Shaker Cheese Pizza	0.5 ounce	14	57	4	2	0	11	241	2	0		4	3	122	0.3	30	G
STG Soup 12oz	12 ounces	340	221	4	0	0	55	2489	36	3		14		55	2.0		
STG Value Cheeseburger 2.5 ounce	1 each	156	357	18	8	0	46	900	28	4	4	21	0	102	0.4	117	
STG Value Grilled Chicken Sandwich	1 each	202	393	16	3	0	54	1165	40	4	4	20		19	0.3	100	
STG Value Hamburger 2.5 ounce	1 each	142	307	13	6	0	33	645	27	4	4	18	0	27	0.4	117	
STG Wing Snack Box	1 serving	257	691	40	12	0	231	5032	32	1		45		0	0.0	1	

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Creation Station 	Portion Size	Grams	Calories (kcal)	Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gm)	Dietary Fiber (gm)	Added Sugar's (gm)	Protein (gm)	Vitamin D (IU)	Calcium (mg)	Iron (mg)	Potassium (mg)	B-V-G
Chicken Breast	4 oz	113	162	4	1	0	81	425	1	0		30		20	0	314	B-G
Tuna Salad	1 cup	227	540	41	5		67	1323	16	3		24					G
Deli Turkey	4 oz	113	121	3	1	0	51	668	2	0		22					G
Deli Ham	4 oz	133	119	3	0	0	50	935	2	0		22		0	0		G
Bacon Slice	1 slice	16	40	4	1	0	10	125	0	0	0	3		0		0	G
Pepperoni	8 slices	16	81	7	3	0	16	253	0	0		3	8	3	0	44	G
Sausage Crumbles	1/2 oz	14	38	3	1	0	5	162	1	1		2					G
American Cheese	1 slice	14	50	5	3	0	13	255	1	0		3		75	0		G
Cheddar Cheese	1 slice	21	86	7	4	0	21	139	1	0		5	5	151	0	16	G
Pepperjack Cheese	1 slice	28	100	8	5		35	151	0	0		7	6	184	0	39	G
Swiss Cheese	1 slice	21	81	6	4	0	0	51	1	0		6		202	0	78	G
Black Olives	1/2 oz	14	16	2	0	0	0	104	1	1		0	0	12	0	1	G
Mushrooms	1/2 oz	14	3	0	0			3	1	0		1					B-G
Banana Peppers	1/2 oz	14	4	0	0	0	0	237	1	0		0	0	3	0	27	B-G
Onion	1/2 oz	14	6	0	0	0	0	0	1	0		0		0	0	0	B-G
Pickle Chips	4 slices	28	3	0	0	0	0	227	1	0		0	0	16	0	33	G
Pickle Spear	1 each	35	4	0	0	0	0	283	1	0		0	0	20	0	41	G
Lettuce Leaf	1 each	15	2	0	0	0	0	4	0	0		0	0	5	0	29	B-G
Tomato Slice	2 slices	45	8	0	0	0	0	2	2	1		0	0	4	0	106	B-G
Tomato Diced	1/2 oz	14	3	0	0	0	0	1	1	0		0	0	1	0	34	B-G
Ranch Dressing	2 oz	57	220	22	3		20	500	4	0		0		0			G
Pizza Dough	1 each	155	346	3	0	0	0	701	65	5		15					
Pizza Sauce	1.5 oz	43	24	1	0	0	0	175	3	1	0	1		7	0	157	G
Pesto Sauce	1/2 oz	14	50	5	1		1	44	0			1		22	0	20	G
Pizza Blend Cheese	1 oz	28	81	6	4	0	20	162	1	0		6		0	0		G
Ciabatta Roll	1 each	79	111	2				231	20	1		4					
Multigrain Bread	2 slices	90	240	3	0	0	0	270	44	6	8	10		40	1	196	
Hoagie Bun	1 each	71	190	2	0	0	0	380	38	1		7					
12" Tortilla	1 each	95	240	6	3			610	39	1		7					
Spring Mix Lettuce	2 oz	57	16			0	0	24	3	2				65	1		B-V-G

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Feature Station	Portion Size	Grams	Calories (kcal)	Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gm)	Dietary Fiber (gm)	Added Sugars (gm)	Protein (gm)	Vitamin D (IU)	Calcium (mg)	Iron (mg)	Potassium (mg)	B-V-G
Baked Potato Bar	1 each	644	711	29	13	0	101	1238	72	6		41	7	293	1.9	301	
BBQ Mac n Cheese Bowl	1 each	400	831	55	21	0	84	1761	71	4	34	17	0	161	2.7	453	
Beef Lo Mein Bowl	1 each	323	506	10	2	0	37	1120	69	4	5	27	0	17	0.2	113	
Blackened Chicken Bowl	1 each	405	447	9	1	0	82	1301	48	8	0	39	0	21	0.7	168	
Brown Rice	1/2 cup	130	132	2	0	0	0	87	25	2		3		0	0.2	67	
Chicken Alfredo Bowl	1 each	479	515	21	10	0	119	1284	35	3		43	1	69	0.4	44	
Chicken Fajita Tacos	12 ounces	451	756	24	11	0	126	1798	78	10	0	51	7	352	4.0	603	
Chicken Nacho Salad	1 each	476	719	31	11	1	126	1469	60	10	0	45	7	300	1.2	240	
Chicken Teriyaki Lo Mein Bowl	1 each	354	565	9	2	0	81	1551	73	3		44	0	16	0.4	23	
Cilantro Lime Brown Rice	1/2 cup	135	133	2	0	0	0	217	26	2		3	0	1	0.3	74	
Edamame Brown Rice	6 ounces	210	258	6	0	0	0	86	40	6		11	0	11	0.4	181	
Firecracker Shrimp Bowl	1 each	341	414	7	1	0	64	408	76	5	3	13	0	17	0.2	113	
Fish Fry Friday Bowl	1 each	410	893	53	9	0	87	3211	82	6	0	22	0	190	2.2	513	
Fresh Kettle Chips	4 ounces	117	184	9	2	0	0	1317	24	2	0	2		12	0.4	418	
Garlic Aioli	1 ounce	20	50	5	0	0	0	167	2	0		0	0	0	0.0	9	
Garlic Shrimp	5 each	103	81	2	0	0	127	638	1	0		14	2	55	0.2	115	
Garlic Texas Toast	1 ounce	18	122	14	2	0	0	43	0	0		0	0	0	0.0	1	
Grilled Steak Bowl	11 ounces	410	499	26	4	0	51	1162	33	5		21	0	8	0.1	47	
Korean Beef Bowl	1 each	334	282	8	1	0	37	1377	37	3	4	17	0	17	0.2	113	
Meatball Marinara Pasta Bowl	1 each	533	778	50	18	0	83	1797	49	5		28	3	168	0.4	26	
Mediterranean Vegetable Blend Couscous	1 each	114	90	1	0	0	0	10	19	2		3	0	1	0.0	0	
Pesto Grilled Chicken	1 each	470	476	18	4	0	85	836	35	8		45	0	38	0.3	86	
Pesto Yogurt Sauce	2 ounces	57	60	4	1	0	3	51	2	0		4	0	18	0.1	16	
Pot Roast Manhattan	1 each	500	606	35	12	0	82	1027	39	5	0	30	7	209	0.1	97	
Smoked Turkey Mac & Cheese Bowl	1 each	386	585	27	12	1	113	1492	57	3	25	31	7	334	1.6	269	
Southwest Shrimp Bowl	12 ounces	458	581	14	6	0	153	1403	57	9		29	9	281	1.5	516	
Spanish Rice	1/2 cup	28	94	0	0	0	0	279	21	1		3					
Sweet and Sour Chicken	1 each	405	504	11	2	0	40	883	74	5	4	23	0	7	0.1	23	
Toasted Panko Breadcrumbs	1 each	17	78	4	0	0	0	38	10	0	0	2	0	0	0.0	12	

Pizza Station	Portion Size	Grams	Calories (kcal)	Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gm)	Dietary Fiber (gm)	Added Sugars (gm)	Protein (gm)	Vitamin D (IU)	Calcium (mg)	Iron (mg)	Potassium (mg)	B-V-G
Calzones																	
Italian Sausage & Cheese Calzone	1 each	332	751	36	13	0	70	1729	76	6		33	2	97	0.3	35	
Italian Sausage Calzone	1 each	332	751	36	13	0	70	1729	76	6		33	2	97	0.3	35	
Margherita Calzone	1 each	300	538	14	5	0	27	1250	76	6		27	6	301	0.5	153	
Pepperoni & Cheese Calzone	1 each	318	752	35	14	1	70	1906	75	6		34	24	105	0.8	152	
Pepperoni & Italian Sausage Calzone	1 each	325	752	35	13	0	70	1817	75	6		33	13	101	0.6	94	
Spinach with Cheese Calzone	1 each	358	603	18	9	0	39	1403	83	6		29	2	205	1.7	249	
Pizza																	
16" Bacon Cheeseburger Pizza	1 slice	241	574	26	10	0	54	1405	61	4	0	25	5	170	3.5	318	
16" BBQ Chicken Pizza	1 slice	276	596	18	7	0	62	1067	73	3	13	35	5	170	4.7	394	
16" BLT Pizza	1 slice	223	539	23	9	0	49	1170	59	3		25	0	33	3.4	162	
16" Cheese Pizza	1 slice	203	444	14	7	0	29	976	60	3	0	19	0	53	3.4	241	
16" Chix Alfredo Pizza	1 slice	251	517	20	9	0	71	1195	59	2		26	0	34	3.6	171	
16" Italian Sausage Pizza	1 slice	224	511	20	9	0	43	1182	61	4	0	22	1	75	3.4	246	
16" Margherita Pizza	1 slice	184	417	13	6	0	27	781	57	2		18	0	36	3.5	146	
16" Meat Lovers Pizza	1 slice	234	538	22	10	0	52	1329	60	3	0	25	5	55	3.6	272	
16" Pepperoni Pizza	1 each	220	508	20	9	0	42	1225	61	4	0	22	7	77	3.6	278	
16" Spinach Artichoke Pizza	1 slice	268	512	18	9	0	56	1298	62	3		26	0	43	4.1	124	
16" Vegetarian Pizzaa	1 slice	267	475	16	7	0	31	1176	64	5	0	21	2	90	3.9	307	
Bread Stick	1 stick	44	89	2	0	0	1	211	15	1	0	3	0	19	0.9	61	
Bread Sticks	1 stick	51	141	5	1	0	1	226	21	1		4	0	18	1.3	38	
^Breakfast Cheese and Egg Pizza	1 slice	177	369	13	6	0	130	632	45	3		18	28	134	2.8	118	
Extra Meat Pizza, 1 oz	1 ounce	28	125	12	4	0	24	348	0	0		5	7	3	0.2	39	
Extra Veggies Pizza	2-1/2 ounces	71	31	2	0	0	0	166	4	1		1	1	19	0.7	74	
Pizza Hoagie Chicken Alfredo	1 each	126	226	15	9	0	58	611	5	1		18	0	19	0.6	80	
Pizza Hoagie Supreme	1 each	135	255	19	10	0	50	762	7	2	0	15	5	22	0.6	186	
Shaker Cheese	0.5 ounce	14	57	4	2	0	11	241	2	0		4	3	122	0.3	30	
White Roman Pepperoni Pizza	1 slice	168	424	18	9	0	48	919	45	2		22	8	152	2.9	143	
White Roman Vegetarian Pizza	1 slice	204	398	15	8	0	39	846	47	2		20	3	159	3.0	140	

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Condiments	Portion Size	Grams	Calories (kcal)	Fat (gm)	Saturated Fat (nm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gm)	Dietary Fiber (gm)	Added Sugars (gm)	Protein (gm)	Vitamin D (IU)	Calcium (mg)	Iron (mg)	Potassium (mg)	B-V-G
Condiments																	
Butter PC	1 each	5	36	4	3	0	11	32	0	0	0	0	0	1	0.0	1	G
Ketchup Packet	1 each	9	9	0	0	0	0	82	3	0	0	0	0	1	0.0	25	G
Light Mayo PC	1 each	12	31	3	0	0	0	88	1	0	0	0	0	0	0.0	5	G
Margarine PC	1 each	5	30	3			0	30	0	0	0	0	0				G
Peanut Butter PC	1 each	21	120	10	2	0	0	85	6	1		4		20	0.2		G
Salsa PC	1 each	57	24					308	5	2							G
Tartar Sauce	1 each	12	40	3	0	0	5	100	3	0	0	0		0	0.0		G
Crackers																	
Crackers, Low Sodium	1 packet	6	25	1	0	0	0	45	5	0		1		0	0.0	0	V
Crackers, SS	1 packet	6	25	1	0		0	90	5	0		1		0	0.0	0	V
Graham Crackers	1 packet	14	60	2	0	0	0	64	11	1		1	0	11	0.5	24	V
Creamer																	
Creamer, Half & Half	1 each	11	13	1	1	0	4	6	1	0		0	0	11	0.0	14	G
Creamer, Powder	1 each	2	10	1	0	0	0	0	2	0		0		0	0.0	15	G
Jams/Jellies																	
Diet Blackberry Jelly	1 each	12	10	0	0	0	0	0	2	0		0		0	0.0		V-G
Diet Grape Jelly	1 each	12	10	0	0	0	0	0	2	0		0		0	0.0		V-G
Diet Strawberry Jelly	1 each	12	10	0	0	0	0	0	2	0		0		0	0.0		V-G
Grape Jelly	1 each	14	37	0	0		0	4	10	0		0	0	1	0.0	8	V-G
Strawberry Jelly	1 each	14	37	0	0		0	4	10	0		0	0	1	0.0	8	V-G
Other																	
BBQ Sauce PC	1 each	28	45	0	0	0	0	210	10	0	8	0		0	0.6	110	V-G
Hot Sauce, SS	1 each	7	0	0	0	0	0	110	0	0	0	0		0	0.0	0	V-G
Lemon Juice	1 packet	4	1	0	0	0	0	1	0	0		0	0	0	0.0	4	B-V-G
Lemon Wedge	1 each	2	0	0	0	0	0	0	0	0		0	0	0	0.0	2	B-V-G
Mustard Packet	1 each	6	3	0	0	0	0	61	0	0		0	0	3	0.1	8	V-G
Parmesan Cheese PC	1 teaspoon	2	9	1	0	0	2	38	0	0		1	0	18	0.0	4	G
Pico de Gallo	2 tablespoons	32	8	0	0	0	0	38	1	1		0	0	10	0.2	57	V-G
Sour Cream PC	1 ounce	28	56	6	3	0	17	9	1	0		1	0	29	0.0	35	G
Tea Bag	1 each	2	0	0	0	0	0	0	0	0		0	0	0	0.0	1	B-V-G
Salad Dressing																	
Balsamic Vinaigrette Dressing Lite	1 each	43	83	6	1	0	0	264	7	0		0		0	0.0	0	V-G
Caesar Dressing, SS	1 each	43	210	23	4	0	5	400	1	0		1		20	0.0	0	G
French Dressing PC	1 each	43	190	15	3	0	0	300	13	0		2		60	0.0		V-G
French Dressing, FF PC	1 each	43	45	0	0	0	0	425	11	0		0		0	0.0	0	V-G
Italian Dressing, 1.5oz NFS	1 each	43	160	17	3	0	0	390	3	0		0		0	0.0	0	V-G
Italian Dressing, FF NFS	1 each	12	5	0	0	0	0	115	1	0		0		0	0.0		V-G
Oil & Vinegar	1.3 tablespoons	20	126	14	2	0	0	1	1	0		0		0	0.0	0	V-G
Ranch Dressing, 1.5oz NFS	1 each	43	188	20	3	0	15	267	2	0	0	1		0	0.0	0	G
Ranch Dressing, FF NFS	1 each	12	20	0	0	0	0	80	4	0		0		0	0.0		G
Raspberry Vinaigrette SS	1 each	43	45	0	0	0	0	330	11	0		0		0	0.0		V-G

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Condiments	Portion Size	Grams	Calories (kcal)	Fat (gm)	Saturated Fat (nm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gm)	Dietary Fiber (gm)	Added Sugars (gm)	Protein (gm)	Vitamin D (IU)	Calcium (mg)	Iron (mg)	Potassium (mg)	B-V-G
Seasonings																	
Black Pepper PC	1 each	0	0	0	0	0	0	0	0	0	0	0	0	0	0.0	1	B-V-G
Herb Seasoning Pkt	1 packet	1	0	0	0	0	0	0	0	0	0	0	0	0	0.0		B-V-G
Salt PC	1 each	0	0	0	0	0	0	200	0	0	0	0	0	0	0.0	0	V-G
Sugar/Sugar Subs																	
Brown Sugar PC	1 each	13	49	0	0	0	0	0	13	0	13	0	0	0	0.0	0	V-G
Honey PC	1 each	9	25	0	0	0	0	0	7	0	7	0	0	0	0.0	0	V-G
Sugar Packet	1 each	6	23	0	0	0	0	0	6	0	6	0	0	0	0.0	0	V-G
Sugar Substitute, Pink	1 packet	1	0	0	0	0	0	0	0	0	0	0	0	0	0.0	0	V-G
Sugar Substitute, Yellow	1 packet	1	0	0	0	0	0	0	0	0	0	0	0	0	0.0	0	V-G
Syrups																	
Sugar Free Syrup	1 each	28	89	0	0	0	0	71	4	0	0	0	0	0	0.0		V-G
Syrup PC	1 each	40	105	0	0		0	24	28	0		0	0	2	0.0	2	V-G

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Beverages	Portion Size	Calories (Kcal)	Total Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Total Carbs (gm)	Dietary Fiber (gm)	Added Sugar (gm)	Protein (gm)	B-V-G
BARQ'S RED CREME SODA	22 oz	308	0	0	0	0	110	0	0	0	0	G
COCA-COLA CHERRY ZERO	22 oz	297	0	0	0	0	127	83	0	81	0	G
FANTA CHERRY	22 oz	297	0	0	0	0	72	83	0	83	0	G
FANTA ZERO ORANGE	22 oz	257	0	0	0	0	83	72	0	72	0	G
FUZE BREWED GREEN TEA SWEET-KO	22 oz	275	0	0	0	0	64	77	0	77	0	G
FUZE TEA SWEET-KO	22 oz	120	0	0	0	0	190	32	0	31	0	G
GLACEAU VWTR ESSENTIAL-KO	22 oz	132	0	0	0	0	0	36	0	35	0	G
GLACEAU VWTR XXX-KO	22 oz	132	0	0	0	0	0	36	0	35	0	G
GLACEAU VWTR ZERO XXX-KO	22 oz	0	0	0	0	0	0	0	0	4	0	G
GOLD PEAK PEACH TEA	22 oz	297	0	0	0	0	105	83	0	80	0	G
HI-C ORANGE (NC)	22 oz	240	0	0	0	0	7	65	0	65	0	G
MINUTE MAID APPLE JUICE 100	22 oz	335	0	0	0	0	209	35	0	0	0	G
MINUTE MAID ORCHARDS BEST CRANBER	22 oz	132	0	0	0	0	209	35	0	34	0	G
MINUTE MAID ORCHARDS BEST ORANGE	22 oz	335	0	0	0	0	0	61	0	61	0	G
POWERADE FRUIT PUNCH	22 oz	314	0	0	0	0	1	69	0	2	0	G
POWERADE LEMON LIME	22 oz	147	0	0	0	0	220	39	0	2	0	G
RED FLASH	22 oz	242	0	0	0	0	0	36	0	35	0	G
SEAGRAMS TONIC-KO	22 oz	132	0	0	0	0	0	36	0	35	0	G
BARQS ROOT BEER	22 oz	226	0	0	0	0	57	59	0	66	0	G
CAFFEINE-FREE DIET COKE	22 oz	0	0	0	0	0	73	0	0	0	0	G
COCA-COLA	22 oz	257	0	0	0	0	83	72	0	72	0	G
COCA-COLA CHERRY	22 oz	275	0	0	0	0	0	77	0	77	0	G
COCA-COLA ZERO	22 oz	0	0	0	0	0	107	0	0	0	0	G
DIET COKE	22 oz	0	0	0	0	0	73	0	0	0	0	G
FANTA ORANGE	22 oz	297	0	0	0	0	105	83	0	80	0	G
FUZE LEMON BLACK TEA-KO	22 oz	132	0	0	0	0	209	33	0	34	0	G
FUZE TEA RASPBERRY-KO	22 oz	335	0	0	0	0	0	58	0	50	0	G
FUZE TEA UNSWEET-KO	22 oz	0	0	0	0	0	84	0	0	0	0	G
GOLD PEAK PREMIUM UNSWEETENED TE	22 oz	0	0	0	0	0	78	0	0	0	0	G
GOLD PEAK RASPBERRY TEA	22 oz	226	0	0	0	0	78	57	0	57	0	G
GOLD PEAK SWEETENED BLACK TEA	22 oz	226	0	0	0	0	59	57	0	57	0	G
GOLD PEAK UNSWEETENED BLACK TEA	22 oz	0	0	0	0	0	78	0	0	0	0	G
HI-C FRUIT PUNCH (NC)	22 oz	283	0	0	0	0	352	75	0	75	0	G
HI-C PINK LEMONADE (NC)	22 oz	283	0	0	0	0	352	75	0	75	0	G
MELLO YELLO	22 oz	464	0	0	0	0	120	125	0	125	0	G
MINUTE MAID LEMONADE (NC)	22 oz	260	0	0	0	0	80	70	0	67	0	G
MINUTE MAID LIGHT LEMONADE (NC)	22 oz	6	0	0	0	0	6	1	0	1	0	G
PIBB XTRA	22 oz	440	0	0	0	0	77	72	0	72	0	G
POWERADE MOUNTAIN BLAST	22 oz	143	0	0	0	0	275	40	0	37	0	G
SEAGRAMS GINGER ALE-KO	22 oz	183	0	0	0	0	61	48	0	48	0	G
SPRITE	22 oz	264	0	0	0	0	121	117	0	117	0	G
SPRITE ZERO	22 oz	0	0	0	0	0	0	0	0	0	0	G

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