

# CALORIE INFO



A balanced diet with a variety of healthy foods requires a combination of lean protein, good carbs and healthy fats. Choosing foods that are nutrient-dense will provide you a high amount of nutrients at a low caloric cost. You can find nutrient rich items on your menu every day like broccoli, spinach, salad greens, bell peppers, cantaloupe, brown rice, whole wheat bread, nonfat yogurt, lowfat milk, and assorted beans like garbanzo and kidney.

<b>Entrée</b>	<b>Calories</b>
Oven Roasted BBQ Chicken	283
Buffalo Chicken Sandwich on Whole Wheat	430
Popcorn Chicken 4oz	280
Chicken Patty Sandwich on Whole Wheat	356
Chicken Nuggets, 6 Pieces	217
Cheeseburger on Whole Wheat	383
Steak and Cheese Sub	415
Meatball Sub	461
Pizza Dippers with Marinara	539
Cheese Pizza	393
Greek Flatbread Pizza	397
Steak & Cheese Flatbread Pizza	487
Pepperoni Pizza	429
Assorted Calzones	544
Yogurt, Fruit and Crackers	366
Turkey Sandwich on Whole Wheat	268
Ham and Cheese on Whole Wheat	302
Chicken & Veggie Stir Fry with Brown Rice	199
Breaded Fish	218
<b>Side Dishes and Beverages</b> 1/2 cup Portion on Side Dishes	
Hearty Green Salad	39
Cucumber Salad	33
Penne and Bean Salad	130
Cole Slaw	223
Caesar Salad	92
Potato Salad	200
Tomato and Spinach Salad	63
Broccoli and Carrot Salad	183
Italian Pasta Salad	79
Barley Salad	74
Brown Rice and Beans	101
Salad Dressing, 1 ounce	135
Oven Roasted Potatoes	77
Corn and Black Bean Salad	106
Whole Wheat Roll	101
Milk, 1%	102
Milk, Chocolate	140