

Nutrition Guide

Item	Portion Size	Calories	Sodium mg	Protein g	Carb g	Total Fat g	Sat. Fat g	Tr-Fat g	Fiber g	Sugar g
Small Teriyaki Bowl	198 g	300	430	17	42	6	1.5	0	0	10
Large Teriyaki Bowl	425 g	550	530	31	80	10	2.5	0	2	13
Chick-fil-A 6 count nugget	6	200	740	21	8	9	2	0	1	1
Chick-fil-A 3 count strips	3	350	830	34	16	17	3	0	0	2
Chick-fil-A Sandwich	1	440	1400	30	42	16	3.5	0	2	6
Small Pepperoni Pizza		503	675	25	67	16.5	7.1		3	
Large Pepperoni Pizza		670	900	33	89	22	9.5		4	
Cheese Quesadilla	1	370	760	18	28	21	11	0.5	1	0
Chicken Quesadilla	1	477	1117	29	33	26	12	0.5	2	2
Burrito	1	533	1257	23	71	16	6	0.5	6	2
2 pc Chicken meal w/ mashed potatoes	1	530	1090	37.5	39.5	24	7.25	0	3.5	0.5
Macaroni and Cheese	198 g	310	550	11	45	9	2.5	0	2	8
Pepperoni Hot Pocket	113 g	300	590	10	36	12	6	0	2	5
Tuna Salad with Crackers	3.5 oz	300	435	8	18	22	3.5	0	1	5

Item	Portion Size	Calories	Sodium mg	Protein g	Carb g	Total Fat g	Sat. Fat g	Tr-Fat g	Fiber g	Sugar g
White Milk (1%)	8 oz	100	125	8	12	25	1.5	0	0	12
Strawberry Milk (Skim)	8 oz	140	110	8	28	0	0	0	0	27
Chocolate Milk (Skim)	8 oz	130	210	8	24	0	0	0	0	22
Tropicana 100% Orange Juice	10 oz	140	20	2	33	0	0	0	-	28
Minute Maid 100% Juice Box	6.75 oz	100	15	0	25	0	0	0	-	23
Gatorade	12 oz	80	160	0	21	0	0	0	-	21
Gatorade	20 oz	130	270	0	34	0	0	0	-	34

Item	Portion Size	Calories	Sodium mg	Protein g	Carb g	Total Fat g	Sat. Fat g	Tr-Fat g	Fiber g	Sugar g
Doritos	1 oz	140	210	2	16	8	1	0	1	0
Pretzels	1.5 oz	160	350	4	35	0	0	0	1	1
Cheetos	1 oz	150	250	2	13	10	1.5	0	<1	1
Cheez-its	1.5 oz	210	320	5	24	11	2.5	0	1	0
Lays Potato Chips	1 oz	160	170	2	15	10	1.5	0	1	<1
Salt and Vinegar	1.5 oz	230	340	2	23	15	2	0	2	1
Sun Chips	1.5 oz	210	180	3	29	10	1.5	0	4	3
Famous Amos	2 oz	280	200	3	38	13	5	0	2	18
Drumstick Ice Cream	75g	240	85	4	29	12	7	0	1	18
Ice Cream Sandwich	50g	130	135	2	25	2.5	1	0	<1	12
Ice Cream Bar	53g	160	40	2	17	10	9	0	0	13
Fudge Bar	70g	100	80	2	19	2.5	1.5	0	1	15
Cold Stone Chocolate Ice Cream	99.4g	224	66.5	4.2	23.1	14	9.1	0.5	<1	21
Cold Stone Cotton Candy Ice Cream	99.4g	231	52.5	3.5	23.8	13.3	8.4	0.5	0	19.6