

Healthy Eating Guide

<u>Category</u>	<u>Name</u>	<u>Kcals</u>	<u>Kcals from Fat</u>	<u>%/Kcals from Fat</u>
Breakfast Items				
	Blueberry Pancakes	167	27	16%
	Chocolate Chip Pancakes	273	81	30%
	French Toast Sticks	187	18	10%
	French Toast, Wheat	251	54	22%
	French Toast, White	275	54	20%
	Pancakes	160	18	11%
	Low Fat Blueberry Muffins	150	15	10%
	Low Fat Pumpkin Glaze Muffins	130	10	8%
	Low Fat Sunshine Muffins	110	10	9%
	Low Fat Apple Harvest Muffins	100	10	10%
	Low Fat Lemon Raspberry Muffins	100	10	10%
Beef Entrees				
	Beef and Noodles	215	45	21%
	Beef Burgundy	177	54	31%
	Beef Burgundy w/ Noodles	283	72	25%
	Chili Macaroni	227	63	28%
	Chinese Beef & Green Peppers	213	63	28%
	Ravioli	195	54	28%
	Spaghetti w/ Meat Sauce	356	81	23%
Poultry Entrees				
	Chicken Brunswick Stew	134	27	20%
	Chicken Cacciatore	170	45	26%
	Chicken Cacciatore w/ Noodles	283	72	25%
	Chicken Chili	168	36	21%
	Chicken Chow Mein	120	18	15%
	Chicken Chow Mein over Rice	216	18	15%
	Chicken Piccata	190	54	28%
	Chinese Almond Chicken	136	27	20%
	Chinese Almond Chicken over Rice	229	27	12%
	Grilled Cajun Chicken Breast	153	18	12%
	Grilled Chicken Breast	153	18	12%
	Honey Glazed Chicken	358	99	28%
	Orange Glazed Chicken	214	36	17%
	Roast Turkey	107	18	17%
	Sweet & Sour Chicken	228	36	16%
	Sweet & Sour Chicken over Rice	321	36	11%
	Taco Chicken Breast	140	18	13%
	Turkey Burger	331	90	27%
Fish Entrees				
		Kcals	Kcals from Fat	%/Kcals from Fat

Baked Flounder	110	27	25%
Baked Whitefish	113	27	24%
Cajun Flounder	110	27	25%
Crab Imperial	200	36	18%
Scallop Parmesan Medley	253	54	21%
Sherried Scallops	101	27	27%
Shrimp Creole	134	36	27%
Shrimp Creole over Rice	226	36	16%
Shrimp Newburg over Rice	429	117	27%
Tuna Noodle Casserole	335	99	30%

Pork Entrees

	Kcals	Kcals from Fat	%/Kcals from Fat
Breaded Pork Chops	285	45	16%
Sweet and Sour Pork	242	63	26%
BBQ Pork Chops	262	45	17%

Vegetarian Entrees

	Kcals	Kcals from Fat	%/Kcals from Fat
3-Bean Chili	251	9	4%
Black Bean & Pepper Medley over Rice	177	36	20%
Bulghar and Bean Vegetarian Chili	160	36	23%
Cheesy Bean Squares	464	117	25%
Fresh Vegetable & Black Bean Chili	115	18	16%
Garbanzo Burger	245	54	22%
Gardenburger	120	36	30%
Hearty Baked Macaroni and Cheese	375	63	17%
Kidney Bean Burger	88	5	6%
Lentil Sauce over Noodles	150	27	18%
Meatless Spaghetti	263	45	17%
Mexican Humus	201	54	27%
Mexican Tofu Casserole	291	81	28%
Middle East White Beans	200	27	14%
Rotini w/ Meatless Sauce	250	27	11%
Savory Vegetable Combo	209	18	9%
Spicy Black Bean Burger	120	14	12%
Tofu Chili	160	36	23%
Vegetarian Chop Suey over Rice	189	36	19%
Vegetarian Stuffed Peppers	244	63	26%

Misc. Entrees

	Kcals	Kcals from Fat	%/Kcals from Fat
Apple Fritters	211	27	13%
Blueberry Fritters	260	36	14%
Corn Fritters	222	54	24%
French Puff	344	36	10%
Pizza Pocket w/ Sauce	211	63	30%

Sandwich Entrees

	Kcals	Kcals from Fat	%/Kcals from Fat
BBQ Ham on Bun	250	54	22%
Beef BBQ on a Bun	374	99	26%

Corned Beef & Swiss on Rye	268	72	27%
Ham on Rye Bun	182	45	25%
Hot Ham on Bun	197	36	18%
Hot Turkey Sandwich w/ Gravy	307	90	29%
Roast Beef on Crusty Bagel	335	72	21%
Shaved Turkey on a Bagel	219	18	8%
Shaved Turkey on BBQ Bun	188	27	14%
Shaved Turkey Sandwich (Cold)	182	27	15%
Tuna Salad Sandwich	233	54	23%
Vegetable Mexican Pocket Sandwich	212	9	4%

Starches-Noodles

	Kcals	Kcals from Fat	%/Kcals from Fat
Noodles Rotini	213	27	13%
Noodles Spaghetti	189	9	5%

Starches-Potatoes

	Kcals	Kcals from Fat	%/Kcals from Fat
Baked Potato	220	5	2%
Candied Sweet Potatoes	155	36	23%
Duchess Potatoes	123	36	29%
Potatoes Souffle	189	45	24%
Whipped Potatoes	77	18	23%
Whipped Sweet Potatoes	171	36	21%

Starches-Rice

	Kcals	Kcals from Fat	%/Kcals from Fat
Buttered Rice	98	9	9%
Fiesta Rice	97	27	28%
Long Grain and Wild Rice	150	36	24%

Deli Items- Healthy Choice Meats

	Kcals	Kcals from Fat	%/Kcals from Fat
Smoked Turkey Breast	50	5	10%
Honey Ham	60	14	23%
Roast Beef	60	14	23%
Corned Beef	60	14	23%
Pastrami	60	5	8%

Jump Entrees

	Kcals	Kcals from Fat	%/Kcals from Fat
Chicken & Vegetables	279	59	21%
General Tso's Chicken	444	117	26%
Hawaiian Chicken	423	95	22%
Pepper Steak	279	50	18%
Chicken & Broccoli	281	54	19%
Beef Fried Rice	287	45	16%
Chicken Fried Rice	288	50	17%
Vegetable Fried Rice	185	27	15%
Beef Noodles	267	41	15%
Chicken Noodles	277	45	16%
Vegetable Noodles	243	23	9%

Pasta Bar		Kcals	Kcals from Fat	%/Kcals from Fat
	Linguine w/ Marinara Sauce	270	37	14%
	Pasta Wheels w/ Marinara Sauce	290	37	13%
	Ziti w/ Marinara Sauce	270	37	14%
	Spinach Fettuccine w/ Marinara Sauce	270	37	14%
Desserts		Kcals	Kcals from Fat	%/Kcals from Fat
	Gelatins	50	0	0%
	Angel Food Cake w/ Strawberries	139	4	3%
	Cherry Cupcakes w/ Frosting	141	27	19%
	Fudge Bar	91	5	5%
	Popsicles	70	0	0%
	Nutra Sweet Fudge Bar	45	9	20%
	Nutra Sweet Ice Pop	18	0	0%
	Sherberts	105	0	0%
Desserts Cont		Kcals	Kcals from Fat	%/Kcals from Fat
	Frozen Yogurt	110	18	16%
	Fruit Cocktail	54	4	7%
	Peach Chiffon Pudding	71	4	6%
	Heavenly Hash Pudding	47	9	19%
	Pineapple Pudding	26	4	15%
	Rice Pudding	118	18	15%
	Strawberry Bavarian Pudding	17	4	24%
	Tapioca Pudding	154	36	23%
	Yogurt	75	18	24%
	Low Fat Brownie	150	25	17%
Smart Mouth Pizza		Kcals	Kcals from Fat	%/Kcals from Fat
	Cheese Pizza 7"	596	99	17%
	Pepperoni Pizza 7"	666	153	23%
	Sausage Pizza 7"	671	153	23%
	Veggie Pizza 7"	641	144	22%
Subsations Subs		Kcals	Kcals from Fat	%/Kcals from Fat
	Cold Cut Combo Sub	556	144	26%
	Ham Sub	507	108	21%
	Roast Beef Sub	502	90	18%
	Turkey Ham Sub	501	90	18%
	Turkey Sub	482	72	15%