



# "On the Go" Dinner Nutritional Facts



Entrees	Calories	Total Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Protein (g)	Fiber (g)
Bagel	240	2.5	0	510	48	10	4
Cheese Pizza	468	11	23	1218	67	22	5
Pepperoni Pizza	504	14	32	1358	67	24	5
Hummus & Crackers	280	15	0	505	31	8	3

Sides	Calories	Total Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Protein (g)	Fiber (g)
Whole Fruit	70	0	0	0	15	0	2
Carrot Sticks	15	0	0	20	4	1	1
Cheese Stick	80	7	20	130	<1	5	0
Gogurt	70	.5	<5	30	13	2	0
Granola Bar	100	3	0	75	18	1	1
Chips	145	8.5	0	180	17	2	1
Fruit Cup	80	0	0	10	19	1	1
Oreo	160	7	0	170	25	1	1
Lorna Doone's Cookies	140	6	0	150	19	1	0
Fudge Shop Cookies	280	13	0	200	38	2	1
Fig Newton	200	4	0	220	40	2	2
Nutirgrain Bar	130	3	0	120	24	2	2
Garden Salad	35	0	0	0	0	0	1

Condiments	Calories	Total Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Protein (g)	Fiber (g)
Peanut Butter	190	15	0	150	8	7	2
Country French Dressing	200	17	0	315	14	0	0
Blue Cheese Dressing	215	23	0	458	1	0	0
Ranch Dressing	200	21	14	443	3	0	0

Beverages	Calories	Total Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Protein (g)	Fiber (g)
Orange Juice	120	0	0	20	30	0	0
V8 Juice	30	0	0	290	7	1	1
Powerade	60	0	0	150	16	0	0
Water	0	0	0	0	0	0	0