



"On the Go" Lunch 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
Turkey Sandwich	217	3	33	1223	28	19	1
Tuna Sandwich	267	7	16	669	36	15	1
Ham & Cheese Sandwich	341	15	64	1970	25	26	1
PB & J Sandwich	333	12	0	268	33	7.5	1.5
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
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)
Coke	140	0	0	50	39	0	0
Diet Coke	0	0	0	40	0	0	0
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