

TPS Menu Nutrient Analysis

Last Updated 02

08/15

| Item | Portion Size | Calories | Carbohydrate (g) | Fiber (g) | Protein (g) | Fat (g) | Saturated Fat (g) | Cholesterol (mg) | Sodium (mg) | Iron (mg) | Calcium (mg) | Vitamin A (IU) | Vitamin C (mg) |
|---|--------------|----------|------------------|-----------|-------------|---------|-------------------|------------------|-------------|-----------|--------------|----------------|----------------|
| Breakfast Entrees | | | | | | | | | | | | | |
| Animal Crackers | 1 pkg | 130 | 21 | 2 | 2 | 4 | 1 | 0 | 110 | 1.1 | 100 | 0 | 0 |
| Bagel, Whole Grain | 1 bagel | 140 | 29 | 4 | 6 | 1.0 | 0.0 | 0 | 180 | 0.0 | 0 | 0 | 0 |
| Blueberry Muffin | 1 | 150 | 25 | 2 | 3 | 6.0 | 0.5 | 35 | 190 | 0.7 | 40 | 0 | 0 |
| Cereal, Apple Cinnamon | 1 pkg | 110 | 23 | 2 | 2 | 1.5 | 0.0 | 0 | 110 | 3.6 | 100 | 500 | 6 |
| Cereal, Cinnamon Toast Crunch | 1 pkg | 110 | 22 | 3 | 1 | 3.0 | 0.5 | 0 | 160 | N/A | N/A | N/A | N/A |
| Cereal, Cocoa Puffs | 1 pkg | 110 | 25 | 2 | 2 | 1.5 | 0.0 | 0 | 160 | 4.5 | 100 | 500 | 6 |
| Cereal, Golden Grahams | 1 pkg | 110 | 24 | 1 | 1 | 1.0 | 0.0 | 0 | 220 | N/A | N/A | N/A | N/A |
| Cereal, Kix | 1 pkg | 60 | 15 | 2 | 1 | 0.5 | 0.0 | 0 | 100 | N/A | N/A | N/A | N/A |
| Cereal, Lucky Charms | 1 pkg | 110 | 23 | 2 | 2 | 1.0 | 0.0 | 0 | 180 | 4.5 | 100 | 500 | 6 |
| Cereal, Trix | 1 pkg | 110 | 24 | 1 | 1 | 1.0 | 0.0 | 0 | 140 | 5.4 | 100 | 500 | 4.8 |
| Chocolate Chip Muffin | 1 | 170 | 28 | 2 | 3 | 6.0 | 1.0 | 30 | 200 | 1.1 | 40 | 0 | 0 |
| Donut | 1 | 250 | 29 | 0 | 5 | 11.0 | 3.0 | 5 | 250 | 5.4 | 200 | 2000 | 30 |
| Mini French Toast Cinnamon Rush | 1 pkg | 220 | 37 | 2 | 3 | 7.0 | 1.0 | 5 | 380 | 3.0 | 100 | 500 | 0 |
| Homestyle French Toast, Cinnamon | 1 pkg | 220 | 37 | 2 | 4 | 7.0 | 1.0 | 5 | 380 | N/A | N/A | N/A | N/A |
| Homestyle French Toast, Original | 1 pkg | 210 | 37 | 4 | 4 | 5.0 | 1.5 | 0 | 240 | 3.0 | 100 | 500 | 0 |
| Maple Mini Waffle | 1 pkg | 210 | 38 | 3 | 4 | 6.0 | 1.0 | 5 | 170 | 0.7 | 20 | N/A | N/A |
| Mini Cinnamon Rolls | 1 pkg | 240 | 40 | 2 | 5 | 7.0 | 2.0 | 0 | 300 | N/A | N/A | N/A | N/A |
| Oatmeal Breakfast Bar, Butterscotch | 1 bar | 150 | 23 | 2 | 2 | 5.0 | 1.5 | 20 | 120 | 0.7 | 0 | 0 | 0 |
| Oatmeal Breakfast Bar, Chocolate Chip | 1 bar | 150 | 23 | 2 | 2 | 5.0 | 1.0 | 20 | 120 | 0.7 | 0 | 0 | 0 |
| Oatmeal Breakfast Bar, Double Chocolate | 1 bar | 150 | 24 | 3 | 2 | 5.0 | 1.0 | 15 | 115 | 1.1 | 0 | 0 | 0 |
| Pop-Tart, Cinnamon | 1 pastry | 180 | 37 | 3 | 2 | 3.0 | 1.0 | 0 | 190 | 1.8 | 0 | 500 | 0 |
| Pop-Tart, Strawberry | 1 pastry | 180 | 37 | 3 | 2 | 2.5 | 1.0 | 0 | 180 | 1.8 | 100 | 500 | 0 |
| Sausage Link | 1 link | 85 | <1 | 0 | | | | | | | | | |
| Sausage Patty | 1 patty | 80 | 0 | 0 | | | | | | | | | |
| Whole Grain Mini Pancakes | 1 pkg | 230 | 40 | 3 | 5 | 7.0 | 1.0 | 10 | 270 | 0.7 | 60 | N/A | N/A |
| Yogurt, Strawberry | 4oz pkg | 110 | 19 | 0 | 5 | 1.5 | 1 | 5 | 80 | 0 | 150 | 0 | 0 |

*Nutritional analysis is based on information provided by product manufacturers and product labeling and may vary due to product substitutions and/or recipe variations. For questions, please contact the Food Service Department at 419-671-8585.

TPS Menu Nutrient Analysis

Last Updated 02

08/15

| Item | Portion Size | Calories | Carbohydrate (g) | Fiber (g) | Protein (g) | Fat (g) | Saturated Fat (g) | Cholesterol (mg) | Sodium (mg) | Iron (mg) | Calcium (mg) | Vitamin A (IU) | Vitamin C (mg) |
|---|--------------|----------|------------------|-----------|-------------|---------|-------------------|------------------|-------------|-----------|--------------|----------------|----------------|
| Lunch Entrees | | | | | | | | | | | | | |
| American Cheese | 2 slices | 110 | 1 | 0 | 5 | 9.0 | 6.0 | 25 | 350 | 0.0 | 150 | 400 | 0 |
| Baked Macaroni and Cheese | 8 oz | 378 | 32 | 1.3 | 20 | 20.0 | 10.0 | 61 | 1009 | 1.3 | 484 | 872 | 0 |
| BBQ Pork Ribs | 1 patty | 120 | 4 | 1 | | | | | | | | | |
| Beef & Bean Chili | 8 oz | 192 | 16.5 | 5.5 | 17.8 | 6.9 | 2.2 | 43 | 857 | 2.7 | 67 | 1503 | 12.3 |
| Beef & Bean Chili with Cheese | 8 oz | 302 | 17.5 | 5.5 | 23 | 15.9 | 8.2 | 68 | 1207 | 2.7 | 217 | 1903 | 12 |
| Beef Country Fried Steak | 1 | 340 | 18 | 1 | 14 | 24.0 | 9.0 | 45 | 450 | 2.5 | 20 | 0 | 0 |
| Beef Hot Dog | 1 | 180 | 1.5 | 0 | 6 | 17.0 | 7.0 | 34 | 340 | 0.7 | 0 | 0 | 0 |
| Beef Hot Dog on WG Bun | 1 | 290 | 21.5 | 1 | | | | | | | | | |
| Beef Meatballs | 4 | 130 | 6 | 1 | 13 | 7.0 | 3.0 | 30 | 580 | 1.4 | 40 | 0 | 0 |
| Breaded Chicken Nuggets | 4 pieces | 240 | 15 | 2 | 14 | 14.0 | 3.5 | 35 | 340 | 1.4 | 20 | 0 | 0 |
| Burrito, Beef, Bean, and Cheese | 1 | 360 | 40 | 5 | 16 | 15 | 7 | 25 | 460 | 1.4 | 100 | 400 | 1.2 |
| Burrito, Cheese and Bean | 1 | 340 | 42 | 5 | 15 | 13 | 7 | 15 | 530 | 1.4 | 100 | 400 | 1.2 |
| Cheese Pizza | 1 piece | 320 | 40 | 5 | 15 | 11.0 | 3.5 | 10 | 610 | 2.7 | 250 | 6 | 0 |
| Chicken Breast Patty, Breaded (a la carte) | 1 | 240 | 15 | 2 | 13 | 14.0 | 3.5 | 35 | 330 | 1.4 | 20 | 0 | 0 |
| Chicken Breast Patty, Seasoned (a la carte) | 1 | 160 | 2 | 0 | 14 | 11.0 | 2.5 | 35 | 540 | 1.4 | 0 | 0 | 0 |
| Chicken Wings of Fire | 3 wings | 230 | 1 | 0 | 21 | 15 | 4 | 115 | 580 | 0 | 0 | 0 | 0 |
| Chicken Tenders, Fiery | 4 pieces | 210 | 3 | 0 | 18 | 14.0 | 3.5 | 60 | 810 | 0.7 | 20 | 0 | 0 |
| Chik'N Stars Chicken Nuggets | 2 pieces | 240 | 15 | 2 | 14 | 14.0 | 3.5 | 35 | 340 | 1.4 | 20 | 0 | 0 |
| Christmas Tree Chicken Nuggets | 3 pieces | 250 | 15 | 2 | 14 | 14.0 | 3.5 | 35 | 350 | 1.8 | 20 | 0 | 0 |
| Grilled Italian Chicken Patty (no bun) | 1 | 170 | 2 | 1 | 13 | 13.0 | 3.0 | 40 | 530 | 1.1 | 20 | 0 | 0 |
| Grilled Italian Chkn on WG bun w/cheese | 1 | 410 | 26 | 3 | | | | | | | | | |
| Grilled Teriyaki Chicken Tenders | 4 (3 oz) | 130 | 9 | 1 | 15 | 3.5 | 1.0 | 33 | 557 | 0.2 | 330 | 116 | 0.5 |
| Halloween Chicken Nuggets | 3 pieces | 250 | 15 | 2 | 14 | 14.0 | 3.5 | 35 | 350 | 1.4 | 20 | 0 | 0 |
| Ham, Sliced | 2 oz | 73 | 4 | 0 | | | | | | | | | |
| Ham & Cheese on Honey Wheat Goldfish Bread | 1 | 283 | 25 | 4 | | | | | | | | | |
| Ham & Cheese Hoagie | 1 | 300 | 42 | 1 | 10 | 10.0 | 4.0 | 10 | 620 | 0.0 | 0 | 0 | 0 |

*Nutritional analysis is based on information provided by product manufacturers and product labeling and may vary due to product substitutions and/or recipe variations. For questions, please contact the Food Service Department at 419-671-8585.

TPS Menu Nutrient Analysis

Last Updated 02

08/15

| Item | Portion Size | Calories | Carbohydrate (g) | Fiber (g) | Protein (g) | Fat (g) | Saturated Fat (g) | Cholesterol (mg) | Sodium (mg) | Iron (mg) | Calcium (mg) | Vitamin A (IU) | Vitamin C (mg) |
|--|--------------|----------|------------------|-----------|-------------|---------|-------------------|------------------|-------------|-----------|--------------|----------------|----------------|
| Lunch Entrees (continued) | | | | | | | | | | | | | |
| Honey BBQ Boneless Wings | 3 oz | 190 | 16 | 2 | 13 | 8.0 | 1.5 | 25 | 630 | 0.7 | 20 | 0 | 0 |
| Hot and Spicy Chicken Patty (no bun) | 1 | 200 | 12 | 1 | 15 | 11 | 2.5 | 55 | 460 | 1.8 | 20 | 500 | 0 |
| Hot and Spicy Chicken on bun w/ cheese | 1 | 440 | 36 | 3 | | | | | | | | | |
| Meatloaf | 1 slice | 120 | 5 | 1 | 12 | 7.0 | 3.0 | 30 | 240 | 1.4 | 20 | 0 | 0 |
| Mini Turkey Corn Dogs | 6 | 253 | 27 | N/A | 10 | 10 | 2 | 45 | 550 | 1.6 | 30 | 149 | 17.8 |
| Pepperoni Pizza | 1 piece | 320 | 39 | 5 | 16 | 12.0 | 3.5 | 10 | 650 | 2.7 | 200 | 6 | 0 |
| Popcorn Chicken | 12 pieces | 240 | 15 | 2 | 14 | 14.0 | 3.5 | 35 | 340 | 1.4 | 20 | 0 | 0 |
| Salisbury Steak | 1 patty | 130 | 4 | 1 | | | | | | | | | |
| Salisbury Steak w/ Cheese on WG bun | 1 | 370 | 28 | 3 | | | | | | | | | |
| Sliced Turkey | 2 oz | 112 | 2 | 0 | | | | | | | | | |
| Sliced Turkey w/ Gravy | 2 oz each | 247 | 6 | 0 | | | | | | | | | |
| Sloppy Joe meat (no bun) | 4 oz | 144 | 14 | 1 | | | | | | | | | |
| Sloppy Joe w/ Cheese on WG bun | 1 | 384 | 38 | 3 | | | | | | | | | |
| Soup, Chicken Noodle | 1 cup | 90 | 11 | 0 | 4 | 3.5 | 1 | 15 | 910 | 0.4 | 0 | 0 | 0 |
| Soup, Cream of Broccoli | 1 cup | 100 | 17 | 3 | 3 | 4 | 1 | 10 | 870 | 0 | 40 | 0 | 0 |
| Soup, Cream of Potato | 1 cup | 200 | 21 | 2 | 4 | 11 | 4 | 15 | 840 | 0.3 | 80 | 300 | 0 |
| Soup, Vegetable Beef | 1 cup | 180 | 28 | 6 | 8 | 3 | 1 | 10 | 1660 | 1.4 | 40 | 1000 | 0 |
| Spaghetti with Meat Sauce | 8 oz | 321 | 27 | 5 | | | | | | | | | |
| Taco Meat, Beef | 3.2 oz | 111 | 5 | 2 | 13 | 5 | 2 | 35 | 290 | 2 | 41 | 645 | 5 |
| Taco Meat, Beef w/ cheese | 3.2 oz | 221 | 6 | 2 | 18 | 14 | 8 | 60 | 640 | 2 | 191 | 1045 | 5 |
| Grilled cheese w/Turkey Bacon | 1 | 299 | 31 | 3.15 | 18 | 11.0 | 6.0 | 39 | 568 | 1.5 | 326 | 550 | 8 |
| Turkey and Ham, Diced | 2 oz | 70 | 1 | 0 | 10 | 2.5 | 1.0 | 40 | 680 | 0.0 | 0 | 0 | 0 |
| Turkey and Ham, Sliced | 1 oz each | 93 | 3 | 0 | | | | | | | | | |
| Turkey Sub on WG Bun w/ Am. Cheese | 1 | 392 | 35 | 4 | | | | | | | | | |
| Whole Grain Cheese Lasagna w/ Sauce | 1 rollup | 235 | 32 | 3 | | | | | | | | | |

*Nutritional analysis is based on information provided by product manufacturers and product labeling and may vary due to product substitutions and/or recipe variations. For questions, please contact the Food Service Department at 419-671-8585.

TPS Menu Nutrient Analysis

Last Updated 02
08/15

| Item | Portion Size | Calories | Carbohydrate (g) | Fiber (g) | Protein (g) | Fat (g) | Saturated Fat (g) | Cholesterol (mg) | Sodium (mg) | Iron (mg) | Calcium (mg) | Vitamin A (IU) | Vitamin C (mg) |
|---|--------------|----------|------------------|-----------|-------------|---------|-------------------|------------------|-------------|-----------|--------------|----------------|----------------|
| Fruit | | | | | | | | | | | | | |
| Apple, Gala | 1 small | 89 | 21 | 4 | <1 | 0 | 0 | 0 | 2 | 0.2 | 11 | 44 | 8 |
| Apple, Sliced | 2 oz | 28 | 7.5 | 1.3 | <1 | 0 | 0 | 0 | 0 | 0 | 2 | 29 | 2.5 |
| Applesauce, Flavored (blueberry, strawberry, strawberry banana, watermelon) | 4 oz cup | 70 | 16 | 2 | | | | | | | | | |
| Applesauce, Natural | 4 oz cup | 50 | 12 | 2 | 0 | 0 | 0 | 0 | 20 | 0 | 0 | 0 | 0 |
| Banana | 1 petite | 72 | 19 | 2 | 1 | 0 | 0 | 0 | 1 | 0.2 | 4 | 52 | 7 |
| Fruit Cup, Mixed | 4 oz cup | 80 | 19 | 1 | 0 | 0 | 0 | 0 | 15 | 0 | 0 | 201 | 60.2 |
| Fruit Cup, Peach | 4.4 oz | 118 | 29 | 2.2 | | | | | | | | | |
| Oranges, Sliced | 3 oz | 40 | 10 | 2 | 1 | 0 | 0 | 0 | 0 | 0 | 34 | 191 | 45 |
| Red Grapes | 3 oz | 60 | 16 | 0.8 | <1 | 0 | 0 | 0 | 2 | 0.3 | 9 | 58 | 2.8 |
| Vegetables and Beans | | | | | | | | | | | | | |
| Baked Beans | 1/2 cup | 130 | 26 | 6 | 7 | N/A | N/A | N/A | 470 | 10 | 6 | N/A | N/A |
| Broccoli Buds | 2 oz | 16 | 3 | 1.7 | 1.8 | 0 | 0 | 0 | 6 | 0.4 | 19 | 573 | 23 |
| Buttered Corn | 1/2 cup | 75 | 16 | <1 | 2 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 2.7 |
| Carrot Stix | 3 oz | 35 | 8 | 2.4 | <1 | 0 | 0 | 0 | 59 | 0.3 | 28 | 14200 | 5 |
| Carrots & Celery | 3 oz | 24.5 | 5 | 2 | <1 | 0 | 0 | 0 | 64 | 0.2 | 31 | 7300 | 3.8 |
| Celery Stix | 3 oz | 14 | 2.5 | 1.4 | <1 | 0 | 0 | 0 | 68 | 0.2 | 34 | 380 | 2.6 |
| Coleslaw | 4 oz | 156 | 12 | 2.4 | 1.1 | 11.5 | 1.7 | | 258 | | | | |
| Green Beans | 1/2 cup | 22 | 5 | 2 | 1 | 0 | 0 | 0 | 150 | 0.8 | 28.5 | 434 | 6 |
| Mashed Potatoes | 1/2 cup | 64 | 13 | 1 | | | | | | | | | |
| Mini Carrots | 3 oz | 30 | 7 | 2.5 | <1 | 0 | 0 | 0 | 66 | 0.8 | 27 | 11722 | 2.2 |
| Potato Triangles | 1/2 cup | 280 | 33 | 5 | | | | | | | | | |
| Potato Rounds | 1/2 cup | 120 | 14 | 2 | | | | | | | | | |
| Potato Salad | 4 oz | 184 | 25 | 2.4 | 2.5 | 8.4 | 1.2 | | 387 | | | | |
| Refried Beans | 1/2 cup | 90 | 16 | 4 | 6 | 2 | 0.5 | 0 | 490 | 1.8 | 40 | 0 | 0 |
| Seasoned Fries | 1/2 cup | 80 | 11 | <1 | | | | | | | | | |

*Nutritional analysis is based on information provided by product manufacturers and product labeling and may vary due to product substitutions and/or recipe variations. For questions, please contact the Food Service Department at 419-671-8585.

TPS Menu Nutrient Analysis

Last Updated 02
08/15

| Item | Portion Size | Calories | Carbohydrate (g) | Fiber (g) | Protein (g) | Fat (g) | Saturated Fat (g) | Cholesterol (mg) | Sodium (mg) | Iron (mg) | Calcium (mg) | Vitamin A (IU) | Vitamin C (mg) |
|---------------------------------|--------------|----------|------------------|-----------|-------------|---------|-------------------|------------------|-------------|-----------|--------------|----------------|----------------|
| Tossed Salad w/ Romaine Lettuce | 1 cup | 8 | 1.6 | 1 | <1 | 0 | 0 | 0 | 4 | 0.5 | 16 | 4094 | 2 |
| Breads and Starches | | | | | | | | | | | | | |
| Breadsticks, Whole Grain | 2 | 80 | 14 | 2 | | | | | | | | | |
| Crackers, Saltines | 4 (1 pkg) | 50 | 9 | 0 | 1 | 1 | 0 | 0 | 160 | 0.4 | 0 | 0 | 0 |
| Flour Tortillas | 2 | 180 | 30 | 4 | 4 | 5 | 3 | 0 | 150 | 1.4 | 40 | 0 | 0 |
| Honey Wheat Goldfish Bread | 2 slices | 100 | 20 | 4 | 4 | 1.5 | 0.5 | 0 | 170 | 1.8 | 60 | 0 | 0 |
| Macaroni Salad | 4 oz | 333 | 50 | 2.4 | 9.5 | 10.6 | 1.7 | | 335 | | | | |
| Taco Chips | 1 pkg | 210 | 26 | 2 | 3 | 13.0 | 1.5 | | 300 | | | | |
| Whole Grain Hamburger Bun | 1 bun | 130 | 23 | 2 | | | | | | | | | |
| Whole Grain Hot Dog Bun | 1 bun | 110 | 20 | 1 | | | | | | | | | |
| Whole Grain Sub Bun | 1 bun | 170 | 32 | 4 | | | | | | | | | |
| Whole Grain Wheat Bread | 1 slice | 100 | 10 | 5 | | | | | | | | | |
| Whole Grain White Bread | 1 slice | 60 | 11 | 2 | | | | | | | | | |
| A La Carte Sides | | | | | | | | | | | | | |
| Animal Crackers | 1 pkg | 130 | 21 | 2 | 2 | 4 | 1 | 0 | 110 | 1.1 | 100 | 0 | 0 |
| Cookie, Chocolate Chip | 1 | 90 | 14 | 0 | 1 | 4 | 1.5 | 0 | 55 | 0.4 | 0 | 0 | 0 |
| Cookie, Oatmeal | 1 | 90 | 14 | 1 | 1 | 3.5 | 1 | 0 | 85 | 0.4 | 0 | 0 | 0 |
| Squeezable Fruit Tube | 1 | 60 | 14 | 2 | 0 | 0 | 0 | 0 | 0 | 2 | 2 | 0 | 100 |
| Fries, Fancy | 3 oz | 120 | 18 | 2 | 2 | 4 | 1 | 0 | 25 | 0.7 | 0 | 0 | 6 |
| Fries, Seasoned | 14 pieces | 140 | 19 | 2 | 2 | 6 | 1.5 | 0 | 330 | 0.7 | 0 | 0 | 9 |
| Fruit Roll-Up, Blastin Berry | 1 | 50 | 11 | 2 | 0 | 1 | 0 | 0 | 55 | N/A | N/A | N/A | N/A |
| Fruit Roll-Up, Strawberry | 1 | 50 | 11 | 0 | 0 | 1 | 0 | 0 | 55 | N/A | N/A | N/A | N/A |
| Goldfish Crackers | 1 bag | 100 | 14 | 1 | 2 | 3.5 | 1 | 0 | 180 | 0.4 | 20 | 0 | 0 |
| Graham Crackers | 1 pkg | 120 | 21 | 1 | 2 | 3.5 | 1 | 0 | 115 | 0.7 | 100 | 500 | 0 |
| Pretzels | 1 oz bag | 110 | 23 | 1 | 2 | 1 | 0 | 0 | 450 | 1.1 | 0 | 0 | 0 |
| Rice Krispie Treat | 1 | 90 | 17 | 0 | <1 | 2 | 0.5 | 0 | 105 | 0.4 | 0 | 200 | 0 |
| Soft Pretzel | 1 | 140 | 30 | 3 | 5 | 0.5 | 0 | 0 | 150 | 1.8 | 20 | 0 | 1.2 |
| Yogurt, Strawberry | 1- 4oz pkg | 110 | 19 | 0 | 5 | 1.5 | 1 | 5 | 80 | 0 | 150 | 0 | 0 |

*Nutritional analysis is based on information provided by product manufacturers and product labeling and may vary due to product substitutions and/or recipe variations. For questions, please contact the Food Service Department at 419-671-8585.

TPS Menu Nutrient Analysis

Last Updated 02

08/15

| Item | Portion Size | Calories | Carbohydrate (g) | Fiber (g) | Protein (g) | Fat (g) | Saturated Fat (g) | Cholesterol (mg) | Sodium (mg) | Iron (mg) | Calcium (mg) | Vitamin A (IU) | Vitamin C (mg) |
|-----------------------------------|--------------|----------|------------------|-----------|-------------|---------|-------------------|------------------|-------------|-----------|--------------|----------------|----------------|
| Beverages | | | | | | | | | | | | | |
| Milk, 1% | 1 cup | 100 | 13 | 0 | 8 | 2 | 1.5 | 12 | 107 | 0.1 | 300 | 500 | 0 |
| Milk, Fat Free Chocolate | 1 cup | 130 | 24 | 0 | 8 | 0 | 0 | 0 | 180 | 0.1 | 300 | 500 | 1 |
| Milk, Fat Free Strawberry | 1 cup | 140 | 24 | 0 | 8 | 0 | 0 | 0 | 120 | 0.1 | 300 | 500 | 1 |
| Orange Juice | 1/2 cup | 60 | 14 | 0 | 1 | 0 | 0 | 0 | 0 | 0.1 | 11 | 133 | 48 |
| Condiments and Sauces | | | | | | | | | | | | | |
| BBQ Sauce | 1 packet | 20 | 5 | 0 | 0 | 0 | 0 | 0 | 90 | 0 | 1.7 | 53 | 0.2 |
| Beef Gravy | 2 oz | 40 | 4 | 0 | | | | | | | | | |
| Chicken Gravy | 2 oz | 35 | 4 | 0 | | | | | | | | | |
| Cream Cheese | 1 pkg | 70 | 1 | 0 | 1 | 7 | 4 | 20 | 115 | 0 | 20 | 309 | 0 |
| Diet Pancake Syrup | 1 container | 15 | 4 | 0 | 0 | 0 | 0 | 0 | 40 | 0 | 0 | 0 | 0 |
| French Dressing (packets) | 1 packet | 15 | 2 | 0 | 0 | 0.5 | N/A | N/A | 15 | N/A | N/A | N/A | N/A |
| French Dressing, Light | 2 Tbsp | 60 | 10 | 0 | 0 | 1.5 | 0 | 0 | 280 | 0 | 0 | 0 | 1.2 |
| Hot Sauce | 1 packet | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 45 | 0 | 0.4 | 37 | 0.1 |
| Italian Dressing (packets) | 1 packet | 10 | 1 | 0 | 0 | 0.5 | N/A | N/A | 15 | N/A | N/A | N/A | N/A |
| Italian Dressing, Reduced Calorie | 2 Tbsp | 60 | 6 | 0 | 0 | 4 | 0.5 | 0 | 320 | 0 | 0 | 0 | 0 |
| Ketchup | 1 packet | 9 | 2 | 0 | 0 | 0 | 0 | 0 | 75 | 0 | 1 | 51 | 0.1 |
| Margarine | 1 tsp | 34 | 0 | 0 | 0 | 3.8 | 0.6 | 0 | 37 | 0 | 0 | 168 | 0 |
| Miracle Whip | 1 packet | 35 | 2 | 0 | 0 | 3 | 0 | 0 | 85 | 0 | 0 | 0 | 0 |
| Mustard | 1 packet | 4 | 0 | 0 | 0 | 0 | 0 | 0 | 60 | 0.1 | 4.4 | 7 | 0.2 |
| Pickle, Dill | 1 oz slice | 4 | <1 | 0 | 0 | 0 | 0 | 0 | 260 | 0.2 | 11 | 38 | 0 |
| Ranch Dressing, Light | 2 Tbsp | 76 | 5 | 0 | 0 | 6 | 1 | 5 | 250 | 0.1 | 7.4 | 9 | 0.1 |
| Taco Sauce, Mild | 1 packet | 5 | 1 | 0 | 0 | 0 | 0 | 0 | 70 | 0 | 0 | 0 | 0 |

*Nutritional analysis is based on information provided by product manufacturers and product labeling and may vary due to product substitutions and/or recipe variations. For questions, please contact the Food Service Department at 419-671-8585.

TPS Menu Nutrient Analysis

Last Updated 02

08/15

| Item | Portion Size | Calories | Carbohydrate (g) | Fiber (g) | Protein (g) | Fat (g) | Saturated Fat (g) | Cholesterol (mg) | Sodium (mg) | Iron (mg) | Calcium (mg) | Vitamin A (IU) | Vitamin C (mg) |
|-------------------------------------|--------------|----------|------------------|-----------|-------------|---------|-------------------|------------------|-------------|-----------|--------------|----------------|----------------|
| Lunch Entrees (continued) | | | | | | | | | | | | | |
| Baked Rotini with Meat Sauce | 8 oz | 332 | 24 | 4 | 19 | 18.0 | 6.7 | 59 | 651 | 3.0 | 60.0 | 697.0 | 21.0 |
| Breaded Chicken Fry Stix | 4 pieces | 260 | 16 | 2 | 15 | 15.0 | 3.5 | 35 | 360 | 8.0 | 2.0 | 0.0 | 0.0 |
| Grilled Breast Nugget | 4 pieces | 170 | 2 | 1 | 11 | 13.0 | 3.5 | 30 | 310 | 6.0 | 2.0 | 0.0 | 0.0 |
| Christmas Tree Chicken Nugget | 3 pieces | 250 | 15 | 2 | 14 | 14.0 | 3.5 | 35 | 350 | 10.0 | 2.0 | 0.0 | 0.0 |
| Grilled Hot and Spicy Breast Filets | 1 piece | 100 | 1 | 0 | 16 | 3.0 | 1.0 | 40 | 230 | 4.0 | 0.0 | 4.0 | 0.0 |
| Turkey Pepperoni Stromboli | 1 each | 300 | 32 | 3 | 17 | 12.0 | 5.0 | 45 | 830 | 0.0 | 0.0 | 0.0 | 0.0 |
| Mini turkey Corn Dogs | 6 pieces | 250 | 31 | 1 | 11 | 10.0 | 1.5 | 15 | 630 | 0.0 | 0.0 | 0.0 | 0.0 |
| Bean and Cheese Gordita | 1 each | 300 | 45 | 9 | 18 | 7.0 | 3.0 | 15 | 540 | 1.8 | 150.0 | 0.0 | 0.0 |

*Nutritional analysis is based on information provided by product manufacturers and product labeling and may vary due to product substitutions and/or recipe variations. For questions, please contact the Food Service Department at 419-671-8585.

TPS Menu Nutrient Analysis

Last Updated 02
08/15

| Item | Portion Size | Calories | Carbohydrate (g) | Fiber (g) | Protein (g) | Fat (g) | Saturated Fat (g) | Cholesterol (mg) | Sodium (mg) | Iron (mg) | Calcium (mg) | Vitamin A (IU) | Vitamin C (mg) |
|--------------------------|--------------|----------|------------------|-----------|-------------|---------|-------------------|------------------|-------------|-----------|--------------|----------------|----------------|
| Breakfast Entrees | | | | | | | | | | | | | |
| Egg and Chorizo Wrap | 2.18oz | 140 | 16 | 2 | 8 | 5.0 | 1.5 | 55 | 310 | 0.0 | 0.0 | 0.0 | 0.0 |
| Egg and Cheese Sliders | 72g | 160 | 22 | 2 | 8 | 4.5 | 1.5 | 30 | 290 | 0.0 | 0.0 | 0.0 | 0.0 |

*Nutritional analysis is based on information provided by product manufacturers and product labeling and may vary due to product substitutions and/or recipe variations. For questions, please contact the Food Service Department at 419-671-8585.