

Entrée	Calories	Carbs(g)	Fat(g)	Product Notes:
All American Sub	280	24	15	Turkey ham, salami & bologna, contains Pork
Animal Shaped Chicken Nuggets	234	14	13	Oven Baked
Bagel & Cream Cheese	289	40	10	
Bagel & Yogurt	370	74	2.5	6 oz. low fat yogurt
Baked Beef & Cheese Nacho's	255	16	16	
Baked Chicken Strips with Honey Mustard Dipping Sauce	368	27	14	Oven Baked
Baked Chicken Strips with Barbecue Sauce	260	20	1	Oven Baked
Baked Potato with Cheese	272	44	8	Good source of fiber
BBQ Ribette Sandwich	282	26	11	Ingredients include Pork
Beef & Cheese over Crispy Whole Grain Chips	255	16	16	Whole grain
Beef Ravioli	280	44	8	Premium meat and enriched pasta, 0 g. trans fat
Beef Ravioli with White Bread Slice	354	58	9	
BOSCO Cheese Breadstick	353	33	16	Reduced fat, high fiber cheese, 25% whole grain flour
Buns: hamburger/hot dog				55% Whole grain white flour, NO High Fructose Corn Syrup
Cheese Breadstick (Bosco)	353	33	16	Reduced fat, high fiber cheese, 25% whole grain flour
Cheese Pizza Hot Pocket	320	39	11	
Cheese Filled Breadstick w/Marinara Sauce	353	33	16	Reduced fat, high fiber cheese, 25% whole grain flour
Cheese Quesadilla	350	34	16	
Cheese Salad	230	2	18	
Cheesy Hot Dog	335	23.6	20.6	
Cheeseburger on a Whole Grain Bun	316	23	14	Reduced fat hamburger, flame broiled
Cheesy French Bread Pizza	300	29	12	Whole Grain Crust
Cheese Pizza Wedge	320	46	7	Whole Grain Crust, 8 g. whole grain per serving
Baked Cheetos (1 oz. size)	160	15	10	
Chicken BLT Salad	203	8	11	White meat chicken
Chicken & Cheese Burrito	303	35	9	
Chicken & Cheese Salad	164	2	10	White meat chicken
Chicken Chef Salad	157	3	10	White meat chicken
Chicken Caesar Salad	363	20	48	White meat chicken
Chicken Caesar Wrap	446	24	30	Enriched grain tortilla
Chicken Crispito	220	22	10	
Chicken Dino Nuggets	234	14	13	Chicken Breast, Oven baked
Chicken Drumstick w/Bread & Butter(Oven Baked)	296	23	14	Oven Baked, Natural Grain Roll
Chicken Leg	222	9	13.5	Oven Baked
Chicken Fajita	241	23	6	
Chicken Nuggets (nugget or animal shape)	234	14	13	Oven Baked

Chicken Parmesan on a Bun	437	37	19	Baked Chicken with Marinara Sauce & Cheese
Chicken Patty on a Whole Grain Bun	365	29	19	Oven baked, whole grain bun
Chicken Patty with Cheese	424	37	23	Oven baked
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Chicken Patty Sandwich	382	39	17	Oven baked
Chicken Strips (Baked) w/Barbecue Sauce	415	29	24	Oven baked
Chicken Strips (Baked) w/Honey Mustard	523	21	40	Oven baked
Chicken Taco	264	20	12	White meat chicken
Chicken Taquito	256	19.8	12.9	Oven baked
Chili & Corn Muffin	240	5	3	
Corn Dog	210	22	10	Pork & Beef, corn meal breading
Dino Pasta with Meatballs	197	41	1	Enriched Pasta
Dorito's (Baked, fun size)	90	16	2.5	Baked
Egg & Cheese Bagel Sandwich	373	45	28	
EGGO Pancake Mini's (Maple Flavored)	190	50	5	Whole Wheat Flour, NO high Fructose Corn Syrup
EGGO Pancake Mini's (Blueberry)	190	50	6	Whole Wheat Flour, NO high Fructose Corn Syrup
Foot Long Hot Dog on a Bun	452	24	16	Turkey, Pork & Beef
French Bread Cheese Pizza				Whole Grain, low fat cheese
French Toast Sticks with Sausage & Syrup	624	69	34	Pork
Fish Nuggets	229	22	10	Pollock, Oven Baked
Fish Sticks	227	25	7	Oven Baked
Galaxy Pizza	472	41	27	
Garden Salad	45	10	1	Vegetarian Item
Golden Corn Dog	210	22	10	Pork & Beef, corn meal breading
Goldfish Crackers (1 oz.)	70	9	2.5	Whole grain
GRIPZ, Cinnamon	100	20	3	
Ham & Cheese Melt on a Bun	241	28.5	8.3	Turkey ham
Ham & Cheese Salad	140	1	10	Turkey ham
Ham & Cheese Melt on a Bagel	266	35	6	Turkey ham
Ham & Cheese Wrap	247	24	11	Turkey ham
Hamburger on a Bun	263	22	9	Reduced fat hamburger, flame broiled
Hamburger on a Whole Grain Bun	263	22	9	Reduced fat hamburger, flame broiled
Hot Dog On A Bun	231	21	11	Turkey Hot Dog
Hummus & Pita Bread Wedges	265	38	8	
Italian Sub Sandwich	197	27	5	
Macaroni & Cheese	340	24.2	20.6	

Macaroni & Cheese w/Roll or Bread	383	33	22	
Mandarin Orange Salad	147	12	2	White meat chicken
Meatball Sub Sandwich	351	35	17	
Mini Chicken Corn Dogs	370	33	22	Chicken Corn Dog
Minne Mouse Salad	103	6	5	
Mostaciolli with Meat Sauce	398	41	15	
Original Sub Sandwich	280	24	15	
Pancake & Sausage on a Stick	332	48	10	
Pancakes & Sausage Patty	369	64	6	Pork Sausage
Pepperoni Pizza Hot Pocket	311	37	13	
Entrée	Calories	Carbs(g)	Fat(g)	Product Notes:
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Pepperoni Pizza Salad with Dinner Roll	280	27	11	Pork & Beef
Pizza Bagel	420	62	10	
Pizza Burger	400	31	17	
Popcorn Chicken	279	26	7	
Popcorn Chicken Salad	369	19	23	
Ravioli	280	44	8	Enriched pasta
Ravioli with Slice of Bread	363	50.1	9.5	Enriched pasta
Red Baron Cheese Pizza Slice	350	45	11	
Rice Krispy Treat	45	9	1	Mini size
Saucey Chicken & Cheese Burrito	303	34	8	
Sloppy Joe on A Bun	324	37	9	
Soft Pretzel with Cheese Sauce	302	46	7	
Soft Shell Beef Taco	299	20	16	
Soft Shell Chicken Taco	219	22	9	
Soy Butter & Jelly Sandwich	360	12	28	Vegetarian option, NUT FREE
String Cheese & Wheat Dinner Roll	281	23	12	
Stuffed Crust Pizza	365	29	19	Wheat crust, low fat cheese
Sub Sandwich	235	22	10	Turkey salami, ham and bologna, contains Pork
Taco Hot Pocket	371	43	11	Oven baked
Taco Salad	279	18	6	Reduced Fat & Sodium
Toasted Cheese Sandwich	396	28	22	Tosted, not grilled
Toasted Cheese Sandwich w/Tomato Soup	531	56	23.5	
Tony's Cheese Pizza	303	28	14	
Turkey Ranch Wrap	265	19	12	Jenni-O Turkey lunch meat
Variety Cheese Salad	230	4	19	Colby, Cheddar & Motzarella Cheese

Waffle Rounds and Sausage	644	72	31	Pork Sausage
Waffle Sticks with Strawberries & Sausage Patty	269	27	11	
White Meat Chicken & Cheese Salad	365	23	13	All white meat chicken
Whole Wheat Pretzel Rods with Cheese Sauce	314	52	6.3	Whole Wheat & Oven Baked
Yogurt, Danimals Crush Cup, Strawberry	100	17	1	Lowfat
STP Nutrition Information for Lunch Choices 2011.2012.xls				

Nutrient Information Disclaimer: The nutrient information displayed, represents the known amount of a particular nutrient in a product. Any substitution or additions to the menu, may change the value. The data are averages only, and should be used as a guide.