

# 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)
<b>Breakfast Entrees</b>													
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)
<b>Lunch Entrees</b>													
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)
<b>Lunch Entrees (continued)</b>													
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)
<b>Fruit</b>													
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
<b>Vegetables and Beans</b>													
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	3/4 cup	135	24	6	9	3	1.5	0	735	0	0	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
<b>Breads and Starches</b>													
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									
<b>A La Carte Sides</b>													
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)
<b>Beverages</b>													
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
<b>Condiments and Sauces</b>													
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
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)
<b>Lunch Entrees (continued)</b>													
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
Football Chicken nNuggets	3 pieces	250	15	2	14	14.0	3.5	35	350	10.0	0.0	0.0	0.0
Italian Submarine Sandwich	1 Each	330.9	36	3.3	20	11.0	5.0	50	994	2.0	0.0	0.0	0.0
Chili Cheese Dog	1 Each	298	32	3	16	11.0	4.0	29	628	2.0	197.0	0.0	0.0
Baked Rotini with Meat Sauce	8 oz	226	24	4	19	18.0	6.7	59	651	3.0	60.0	0.0	0.0
Turkey and Cheese Sandwich	4.5oz	342	16	4	5	9.0	6.0	48	496	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.

# 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)
<b>Breakfast Entrees</b>													
Egg and Cheese Sliders	72g	160	22	2	8	4.5	1.5	30	290	0.0	0.0	0.0	0.0
Turkey and Bacon Breakfast Boat	1 Each	200	25	2	8	8.0	2.5	50	330	10.0	10.0	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.