

Texture Modified Menu Nutrition Report

For additional support or questions, please contact the Patient Dining Call Center. Contact information can be found on the patient menu at your local Mayo Clinic location. Last revised: 10/29/25

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Protein (g)	Sodium (mg)	Fiber (g)	Potassium (mg)
Breakfast Entrée								
Texas Toast French Toast	215	2.6	0.5	35	12	419	2	227
WW French Toast, EC7	144	0.8	0.0	21	12	349	3	129
French Toast, SB6	190	5.0	2.0	22	9	169	1	130
French Toast, MM5	190	5.0	2.0	22	9	169	1	130
French Toast, PU4	190	5.0	2.0	22	9	169	1	130
French Toast, LQ3	240	6.0	2.4	29	12	218	1	213
Pancakes	168	2.4	0.9	33	4	519	1	88
Pancakes, EC7	168	2.4	0.9	33	4	519	1	88
Pancakes, SB6	192	5.4	2.2	27	9	252	4	138
Pancakes, MM5	192	5.4	2.2	27	9	252	4	138
Pancakes, PU4	192	5.4	2.2	27	9	252	4	138
Sliced Banana Topping	53	0.2	0.1	13	1	1	2	211
Blueberry Topping	20	0.1	0.0	5	0	0	1	27
Strawberry Topping	12	0.1	0.0	3	0	0	1	58
Egg Potato & Veg Skillet	225	11.9	3.8	21	9	99	2	457
Curried Tofu Scramble	215	11.8	1.3	9	19	103	6	343
Cheese Omelet, SB6	157	9.0	2.0	3	11	151	0	293
Cheese Omelet, MM5	157	9.0	2.0	3	11	151	0	293
Cheese Omelet, PU4	157	9.0	2.0	3	11	151	0	293
Scrambled Eggs, LQ3	89	1.0	0.1	4	13	252	0	283
Breakfast Sides								
Breakfast Potatoes	127	4.7	0.4	20	2	124	2	348
Cottage Chz	81	1.2	0.7	3	14	459	0	97
Cottage Chz, PU4	91	1.2	0.7	5	14	496	0	97
Cottage Cheese, LQ3	123	1.4	0.9	7	19	581	0	231
Hard Fried Egg	70	4.9	1.4	0	6	63	0	61
Scrambled Eggs	156	11.5	4.6	2	10	140	0	138
Scrambled Eggs, EC7	156	11.5	4.6	2	10	140	0	138
Scrambled Egg, SB6	140	9.4	3.4	3	10	282	0	144
Scrambled Egg, MM5	140	9.4	3.4	3	10	282	0	144
Scrambled Egg, PU4	140	9.4	3.4	3	10	282	0	144
Egg Whites	70	0.9	0.1	1	13	202	0	198
Low Chol Scrambled Egg	69	0.9	0.1	2	11	223	0	195
Low Chol Egg, EC7	69	0.9	0.1	2	11	223	0	195
Turkey Sausage	35	2.5	0.8	0	4	140	0	48
Turkey Sausage, SB6	256	11.0	2.8	11	27	370	1	311
Turkey Sausage, MM5	256	11.0	2.8	11	27	370	1	311
Turkey Sausage, PU4	256	11.0	2.8	11	27	370	1	311
Beef Broth 6floz	12	0.8	0.8	2	0	617	0	2
Chx Broth 6floz	16	0.8	0.0	2	0	617	0	2
Veg Broth 6floz	16	0.0	0.0	4	0	291	0	42
Fruit								
Applesauce	49	0.1	0.0	13	0	2	1	87

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Protein (g)	Sodium (mg)	Fiber (g)	Potassium (mg)
Applesauce, PU4	67	0.2	0.0	18	0	3	2	117
Applesauce, LQ3	69	0.2	0.0	18	0	6	1	142
Banana	105	0.4	0.1	27	1	1	3	422
Banana, LQ3	162	0.6	0.2	41	2	3	4	636
Mixed Berries, SB6	77	0.0	0.0	19	0	2	2	90
Mixed Berries, MM5	77	0.0	0.0	19	0	2	2	90
Mixed Berries, PU4	77	0.0	0.0	19	0	2	2	90
Mandarin Oranges	34	0.0	0.0	9	1	5	1	123
Peaches	40	0.0	0.0	10	1	4	1	115
Peaches, SB6	94	0.0	0.0	23	1	1	1	158
Peaches, MM5	94	0.0	0.0	23	1	1	1	158
Peaches, PU4	94	0.0	0.0	23	1	1	1	158
Peaches, LQ3	76	0.1	0.0	20	1	6	2	235
Pears	52	0.1	0.0	14	0	4	2	100
Pears, SB6	85	0.0	0.0	22	0	5	1	60
Pears, MM5	85	0.0	0.0	22	0	5	1	60
Pears, PU4	85	0.0	0.0	22	0	5	1	60
Pears, LQ3	95	0.2	0.0	24	1	7	3	213
Pineapple, SB6	61	0.0	0.0	16	0	0	0	123
Pineapple, MM5	61	0.0	0.0	16	0	0	0	123
Pineapple, PU4	61	0.0	0.0	16	0	0	0	123
Cereal								
Apple Cinn Cream of Wheat	125	0.5	0.1	27	3	86	2	71
Apl Cinn Cream of Wheat, LQ3	71	0.2	0.1	14	4	64	1	148
Cream of Wheat	98	0.4	0.1	20	3	9	1	34
Cream of Rice	84	0.0	0.0	20	1	110	0	19
Cream of Rice, PU4	84	0.0	0.0	20	1	110	0	19
Grits	105	0.5	0.1	22	2	6	1	42
Grits, LQ3	73	0.3	0.1	14	3	87	1	117
Oatmeal	107	1.8	0.3	19	4	8	3	105
Oatmeal, MM5	107	1.8	0.3	19	4	8	3	105
Oatmeal, PU4	118	1.9	0.3	21	5	21	3	152
Oatmeal, LQ3	81	1.4	0.2	14	3	9	2	79
Cheerios	72	1.3	0.3	14	2	97	2	123
GF Rice Chex	73	0.2	0.1	17	1	160	0	35
Rice Krispies	100	0.0	0.0	22	2	125	0	20
Cheerios w/Whole Milk	147	5.3	2.6	20	6	149	2	284
Rice Krisp w/Whole Milk	174	4.0	2.3	28	6	177	0	181
Rice Chex w/Whole Milk	148	4.2	2.3	22	5	213	0	196
Cornflakes, PU4	150	3.3	1.8	25	6	141	0	177
Raisin Bran, PU4	146	3.1	1.5	25	6	105	2	220
Sugar & Brown Sugar Topping	50	0.0	0.0	13	0	2	0	9
Sugar	17	0.0	0.0	4	0	0	0	0
Cinnamon	3	0.0	0.0	1	0	0	1	6
Yogurt								
Lt Peach Yogurt	77	0.3	0.2	15	5	74	0	261
LF Strawberry Yogurt	112	0.8	0.4	23	4	56	0	180
LF Van Yogurt	75	0.4	0.0	15	2	38	0	120
Blueberry Greek Yogurt	110	0.0	0.0	16	11	55	1	188
Plain FF Greek Yogurt	60	0.0	0.0	4	11	43	0	188

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Protein (g)	Sodium (mg)	Fiber (g)	Potassium (mg)
Van Greek Yogurt	110	0.0	0.0	15	12	60	0	188
Bakery								
Blueberry Muffin	134	1.4	0.3	29	2	268	0	3
WW Bread	70	0.5	0.0	13	4	150	2	0
Rye Bread	109	1.4	0.3	20	4	253	2	70
White Bread	75	0.8	0.0	15	3	131	1	25
Soup								
Chx Ndle Soup 12flox	203	7.2	1.1	26	9	874	3	347
Chx Ndle Soup 6flox	102	3.6	0.5	13	5	437	1	173
Blended Chx Ndle Soup 6flox	102	3.6	0.5	13	5	437	1	173
Chx Ndle Soup, PU4 6flox	127	3.6	0.5	18	5	537	1	173
Tomato Basil Soup 6flox	67	4.5	0.6	7	1	212	3	285
Tomato Soup 12flox	120	0.0	0.0	27	3	645	3	775
Tomato Soup 6flox	60	0.0	0.0	13	1	322	1	388
Veg Soup 12flox	83	1.1	0.1	18	2	753	4	368
Veg Soup 6flox	41	0.5	0.1	9	1	377	2	184
Blended Veg Soup 6flox	41	0.5	0.1	9	1	377	2	184
Veg Soup, PU4 6flox	83	0.6	0.1	17	1	579	2	215
Beef Broth 6flox	12	0.8	0.8	2	0	617	0	2
Chx Broth 6flox	16	0.8	0.0	2	0	617	0	2
Veg Broth 6flox	16	0.0	0.0	4	0	291	0	42
WW Dinner Roll	90	1.0	0.0	17	4	180	2	0
Dinner Roll	75	1.3	0.4	13	2	128	1	45
Cornbread	229	8.8	2.8	36	3	223	1	5
Seasonal Broth (flavors may vary by hospital)								
Delight Pho Broth	11	0.1	0.0	2	1	325	1	67
Thai Lemongrass Broth	10	0.0	0.0	2	1	345	0	68
Tomato Basil Broth	11	0.1	0.0	2	1	305	1	86
Spicy Tortilla Broth	11	0.1	0.0	2	1	325	1	84
Salads								
Chicken Salad, MM5	298	15.0	3.5	1	37	262	0	310
Egg Salad, MM5	181	13.2	3.5	3	12	313	0	138
Egg Salad, PU4	210	16.0	3.9	4	12	403	1	140
Tuna Salad	166	8.8	1.4	2	20	467	0	191
Tuna Salad, MM5	166	8.8	1.4	2	20	467	0	191
Tuna Salad, PU4	151	9.0	1.4	2	15	421	0	141
Handhelds								
Chx Salad on WW Bread	392	12.6	2.8	28	40	503	4	320
Egg Salad on White Bread	241	8.1	1.7	31	11	417	1	119
Tuna on White Bread	275	8.1	1.1	30	20	611	1	193
Peanut Butter & Jelly	412	18.6	3.5	48	13	417	3	232
Grilled Chz Sandwich	314	16.1	8.4	26	17	536	3	176
Turkey on WW Bread	221	2.4	0.2	27	24	633	4	449
Sliced American Chz	52	4.4	2.6	1	3	237	0	19
Sliced Cheddar Chz	86	7.1	4.0	1	5	139	0	16
Sliced Mozzarella Chz	63	4.2	2.4	1	5	142	0	40
Sliced Pepper Jack Chz	79	6.4	4.1	0	5	128	0	17
LF Sliced Swiss Chz	65	4.3	2.8	1	6	85	0	15
Ketchup	10	0.0	0.0	3	0	95	0	24
Mustard	3	0.2	0.0	0	0	63	0	9

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Protein (g)	Sodium (mg)	Fiber (g)	Potassium (mg)
Lt Mayonnaise	37	3.7	0.6	1	0	102	0	0
Entrees								
Chicken Pot Pie, SB6	259	7.0	1.0	20	25	203	2	180
Chicken Pot Pie, MM5	259	7.0	1.0	20	25	203	2	180
Chicken Pot Pie, PU4	259	7.0	1.0	20	25	203	2	180
Chicken, LQ3	228	6.3	0.9	18	21	409	2	155
Salmon, EC7 3oz	166	7.8	1.2	0	23	344	0	556
Baked Cod, EC7 4oz	85	0.5	0.1	2	17	330	1	256
Fish, SB6	201	4.4	1.6	13	27	374	1	402
Fish, MM5	201	4.4	1.6	13	27	374	1	402
Fish, PU4	201	4.4	1.6	13	27	374	1	402
Fish, LQ3	206	4.7	1.6	14	27	579	1	403
Meatloaf, SB6	252	13.0	4.2	15	20	315	3	303
Meatloaf, MM5	252	13.0	4.2	15	20	315	3	303
Meatloaf, PU4	252	13.0	4.2	15	20	315	3	303
Pot Roast, SB6	315	10.0	2.0	20	32	203	2	219
Pot Roast, MM5	315	10.0	2.0	20	32	203	2	219
Pot Roast, PU4	315	10.0	2.0	20	32	203	2	219
Roast Beef, LQ3	275	8.9	2.0	18	27	409	2	
Turkey Breast, SB6	236	5.0	1.0	7	25	183	2	270
Turkey Breast, MM5	236	5.0	1.0	7	25	183	2	270
Turkey Breast, PU4	236	5.0	1.0	7	25	183	2	270
Turkey, LQ3	285	6.1	1.2	9	30	281	2	324
Vegetable Lasagna	274	13.3	6.6	24	15	418	2	327
Veg Lasagna, SB6	130	5.0	2.0	13	4	414	3	276
Veg Lasagna, MM5	130	5.0	2.0	13	4	414	3	276
Veg Lasagna, PU4	130	5.0	2.0	13	4	414	3	276
Rotini Pasta w/Alfredo	851	43.3	12.9	84	30	1244	5	395
Rotini Pasta w/Marinara	568	11.7	1.6	96	18	924	10	765
Pasta Marinara, SB6	159	4.1	2.0	14	5	411	2	282
Pasta Marinara, MM5	159	4.1	2.0	14	5	411	2	282
Pasta Marinara, PU4	159	4.1	2.0	14	5	411	2	282
Cottage Chz & Canned Fruit	147	1.2	0.7	21	14	448	2	256
Cottage Chz & Fruit, SB6	261	1.2	0.7	48	15	466	3	316
Cottage Chz & Fruit, MM5	262	1.1	0.7	50	14	459	3	307
Cottage Chz & Fruit, PU4	262	1.1	0.7	50	14	459	3	307
Sides								
Broccoli, EC7	12	0.1	0.0	2	1	12	1	112
Broccoli, SB6	74	1.8	0.2	14	2	173	3	254
Broccoli, MM5	74	1.8	0.2	14	2	173	3	254
Broccoli, PU4	74	1.8	0.2	14	2	173	3	254
Carrots, EC7	32	0.1	0.0	7	1	71	3	215
Carrots, SB6	66	0.7	0.1	15	1	162	3	209
Carrots, MM5	66	0.7	0.1	15	1	162	3	209
Carrots, PU4	66	0.7	0.1	15	1	162	3	209
Carrots, LQ3	84	0.8	0.1	19	1	282	3	263
Corn, SB6	98	2.2	0.3	20	2	287	2	120
Corn, MM5	98	2.2	0.3	20	2	287	2	120
Corn, PU4	98	2.2	0.3	20	2	287	2	120
Corn, LQ3	149	3.3	0.5	30	3	467	3	185

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Protein (g)	Sodium (mg)	Fiber (g)	Potassium (mg)
Green Beans, EC7	19	0.1	0.0	4	1	1	2	107
Green Beans, SB6	82	1.6	0.2	17	2	135	3	128
Green Beans, MM5	82	1.6	0.2	17	2	135	3	128
Green Beans, PU4	82	1.6	0.2	17	2	135	3	128
Green Beans, LQ3	87	1.6	0.2	18	2	232	3	142
Peas, SB6	107	1.4	0.2	20	5	174	4	102
Peas, MM5	107	1.4	0.2	20	5	174	4	102
Peas, PU4	107	1.4	0.2	20	5	174	4	102
Baked Potato	211	0.2	0.1	49	4	11	3	887
Baked Sweet Potato	136	0.2	0.1	31	3	54	5	717
Sweet Potatoes, SB6	112	0.1	0.1	26	2	62	3	436
Sweet Potatoes, MM5	112	0.1	0.1	26	2	62	3	436
Sweet Potatoes, PU4	112	0.1	0.1	26	2	62	3	436
Mashed Potatoes	100		0.4	18	2	65	2	305
Potatoes, SB6	92	0.1	0.0	21	2	102	2	387
Potatoes, MM5	92	0.1	0.0	21	2	102	2	387
Mashed Potatoes, PU4	92	0.1	0.0	21	2	102	2	387
Mashed Potatoes, LQ3	120	0.2	0.0	25	5	136	2	514
Macaroni & Chz	233	12.2	4.5	22	9	410	1	143
Macaroni & Chz, SB6	310	10.1	1.1	27	17	253	3	176
Macaroni & Chz, MM5	310	10.1	1.1	27	17	253	3	176
Macaroni & Chz, PU4	310	10.1	1.1	27	17	253	3	176
Mac & Chz, LQ3	290	8.7	1.0	27	17	246	3	260
White Rice	106	0.3	0.1	23	2	72	1	50
Seasoned White Rice, SB6	108	2.8	0.3	17	3	368	2	29
Seasoned Rice, MM5	108	2.8	0.3	17	3	368	2	29
Seasoned Rice, PU4	108	2.8	0.3	17	3	368	2	29
WW Dinner Roll	90	1.0	0.0	17	4	180	2	0
Dinner Roll	75	1.3	0.4	13	2	128	1	45
Cornbread	229	8.8	2.8	36	3	223	1	5
Beef Gravy	6	0.1	0.1	1	0	95	0	0
Chicken Gravy	7	0.1	0.0	1	0	95	0	0
Veg Demi Glace	7	0.0	0.0	2	0	45	0	7
Desserts								
Angel Food Cake w/Strawber	156	5.2	5.0	26	2	142	1	91
Angel Food Cake	72	0.0	0.0	17	1	138	0	21
Brownie	176	5.1	2.3	31	2	136	1	125
Carrot Cupcake	398	18.7	11.1	54	5	389	0	72
Mini Apple Pie	405	14.1	7.6	68	5	340	3	157
Apple Pie, SB6	100	3.0	1.0	18	1	47	2	75
Apple Pie, MM5	100	3.0	1.0	18	1	47	2	75
Apple Pie, PU4	100	3.0	1.0	18	1	47	2	75
Peach Pie, SB6	222	8.2	1.2	26	2	198	1	111
Peach Pie, MM5	222	8.2	1.2	26	2	198	1	111
Peach Pie, PU4	222	8.2	1.2	26	2	198	1	111
Strawberry Shortcake, PU4	148	3.2	0.0	20	10	59	2	153
Choc Chip Cookie	166	7.7	4.1	24	2	126	1	52
Sugar Cookie	164	7.2	3.7	23	2	141	0	18
GF Snickerdoodle Cookie	220	8.0	5.0	36	1	150	1	0

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Protein (g)	Sodium (mg)	Fiber (g)	Potassium (mg)
Banana Pudding	190	7.4	4.0	30	0	176	0	19
Choc Pudding	179	6.9	3.5	31	1	214	1	76
Van Pudding	151	4.7	1.7	27	0	210	0	23
SF Choc Pudding	70	3.5	2.0	14	1	115	2	140
SF Van Pudding	60	3.0	1.5	11	0	105	1	0
Choc Pudding, LQ3	163	3.4	0.0	31	4	248	1	204
Van Pudding, LQ3	158	3.1	0.0	29	3	244	0	150
SF Choc Pudding, LQ3	114	4.4	2.5	21	4	176	3	300
SF Van Pudding, LQ3	81	3.1	1.5	14	2	131	1	96
Cherry Gelatin	77	0.0	0.0	18	2	95	0	3
Citrus Gelatin	77	0.0	0.0	18	2	95	0	3
Lemon Gelatin	77	0.0	0.0	18	2	95	0	3
Lime Gelatin	77	0.0	0.0	18	2	95	0	3
Orange Gelatin	77	0.0	0.0	18	2	95	0	3
SF Citrus Gelatin	10	0.0	0.0	1	2	8	0	2
Choc Ice Cream	130	6.0	4.0	17	2	35	1	200
Strawberry Ice Cream	130	7.0	4.0	15	2	35	0	110
Vanilla Ice Cream	134	7.2	4.1	15	2	36	0	113
Cherry Italian Ice	86	0.0	0.0	22	0	1	0	2
Lemon Italian Ice	77	0.0	0.0	20	0	1	0	2
Orange Sherbet	110	0.0	0.0	26	0	20	0	40
Grape Popsicle	70	0.0	0.0	17	0	10	0	0
Orange Popsicle	70	0.0	0.0	17	0	10	0	0
Cherry Popsicle	70	0.0	0.0	17	0	10	0	0
SF Cherry Popsicle	12	0.0	0.0	3	0	6	0	6
SF Grape Popsicle	12	0.0	0.0	3	0	6	0	6
SF Orange Popsicle	12	0.0	0.0	3	0	6	0	6
Beverages								
Decaf Coffee 6flox	0	0.0	0.0	0	0	5	0	4
Coffee 6flox	0	0.0	0.0	0	0	5	0	2
Decaf Hot Tea 6flox	2	0.0	0.0	0	0	6	0	44
Hot Tea 6flox	2	0.0	0.0	0	0	6	0	44
Hot Cocoa 6flox	79	1.8	1.7	15	1	193	1	148
SF Hot Cocoa 6flox	24	0.2	0.1	5	1	139	1	172
Iced Tea 8flox	0	0.0	0.0	0	0	7	0	2
Water 8flox	0	0.0	0.0	0	0	7	0	2
Bottled Water	0	0.0	0.0	0	0	5	0	0
Cherry Bubly	0	0.0	0.0	0	0	0	0	0
Mango Bubly	0	0.0	0.0	0	0	0	0	0
Cool Blue Gatorade 8flox	63	0.0	0.0	16	0	95	0	37
Lemon Lime Gatorade 8flox	63	0.0	0.0	16	0	95	0	37
Fruit Punch Gatorade 8flox	63	0.0	0.0	16	0	95	0	37
Orange Gatorade 8flox	63	0.0	0.0	16	0	95	0	37
Glac Cherry Gatorade 8flox	53	0.0	0.0	14	0	107	0	33
Glac Frz Gatorade 8flox	53	0.0	0.0	15	0	107	0	33
Lime Cucumber Gatorade 8flox	56	0.0	0.0	14	0	108	0	32
Orange Gatorlyte 8flox	20	0.0	0.0	6	0	196	0	140
Glac Frz Gatorade Zero 8flox	2	0.0	0.0	1	0	108	0	32
Cherry Gatorade Zero 8flox	0	0.0	0.0	0	0	160	0	50
Skim Milk 8flox	83	0.2	0.1	12	8	103	0	382

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Protein (g)	Sodium (mg)	Fiber (g)	Potassium (mg)
2% Milk 8floz	122	4.8	3.1	12	8	115	0	342
Whole Milk 8floz	149	7.9	4.6	12	8	105	0	322
Choc Skim Milk 8floz	120	0.2	0.1	22	8	179	0	396
Lact Free Milk 8floz	77	0.2	0.1	11	8	95	0	354
Van Almond Milk	30	2.5	0.0	1	1	130	0	35
Van Soy Milk 8floz	150	4.5	0.5	18	8	70	2	370
Choc Soy Milk 8floz	170	4.5	1.0	25	8	90	3	450
Apple Juice	58	0.1	0.0	14	0	9	0	156
Cran Juice	57	0.0	0.0	14	0	5	0	15
Grape Juice	68	0.1	0.0	17	0	6	0	118
Orange Juice	59	0.1	0.0	14	1	2	0	216
Prune Juice	81	0.0	0.0	20	1	5	1	313
V8 Juice	30	0.0	0.0	6	1	95	1	600
Rasp Crystal Lt 8floz	2	0.0	0.0	1	0	11	0	2
Lemon Crystal Lt 8floz	3	0.0	0.0	1	0	37	0	56
Rasp Crystal Lt (pkt only)	5	0.0	0.0	2	0	10	0	0
Lemon Crystal Lt (pkt only)	10	0.0	0.0	4	0	90	0	160
Coke	90	0.0	0.0	25	0	30	0	0
Pepsi	100	0.0	0.0	26	0	20	0	5
Diet Coke	0	0.0	0.0	0	0	25	0	0
Diet Pepsi	0	0.0	0.0	0	0	25	0	20
Caffeine Free Diet Cola	2	0.0	0.0	0	0	9	0	17
Ginger Ale	80	0.0	0.0	21	0	25	0	0
Shasta Ginger Ale	70	0.0	0.0	17	0	24	0	0
Canada Dry Ginger Ale	80	0.0	0.0	21	0	30	0	0
Schweppes Ginger Ale	80	0.0	0.0	21	0	40	0	0
Diet Ginger Ale	0	0.0	0.0	0	0	15	0	0
Shasta Diet Ginger Ale	0	0.0	0.0	0	0	30	0	0
Canada Dry Zero Ginger Ale	0	0.0	0.0	0	0	75	0	0
Schweppes Zero Ginger Ale	0	0.0	0.0	0	0	70	0	0
Sprite	90	0.0	0.0	24	0	40	0	0
Starry	90	0.0	0.0	23	0	20	0	20
Diet Sprite	0	0.0	0.0	0	0	25	0	0
Starry Zero	0	0.0	0.0	0	0	25	0	45
Potatoes, MM5	92	0.1	0.0	21	2	102	2	387
Peaches, PU4	94	0.0	0.0	23	1	1	1	158
Peaches, SB6	94	0.0	0.0	23	1	1	1	158
Green Beans, SB6	82	1.6	0.2	17	2	135	3	128
Applesauce	49	0.1	0.0	13	0	2	1	87
Fish, SB6	201	4.4	1.6	13	27	374	1	402
Mashed Potatoes, LQ3	120	0.2	0.0	25	5	136	2	514
Macaroni & Chz	233	12.2	4.5	22	9	410	1	143
Applesauce, LQ3	69	0.2	0.0	18	0	6	1	142
Mashed Potatoes	100		0.4	18	2	65	2	305
WW Dinner Roll	90	1.0	0.0	17	4	180	2	0
Apple Pie, MM5	100	3.0	1.0	18	1	47	2	75
Pineapple, MM5	61	0.0	0.0	16	0	0	0	123
Pineapple, PU4	61	0.0	0.0	16	0	0	0	123
Fish, LQ3	206	4.7	1.6	14	27	579	1	403
Green Beans, MM5	82	1.6	0.2	17	2	135	3	128

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Protein (g)	Sodium (mg)	Fiber (g)	Potassium (mg)
Broccoli, EC7	12	0.1	0.0	2	1	12	1	112
Applesauce, PU4	67	0.2	0.0	18	0	3	2	117
Broccoli, SB6	74	1.8	0.2	14	2	173	3	254
Veg Lasagna, SB6	130	5.0	2.0	13	4	414	3	276