Nutritional Values Qty = 1 Platter	Calories (kcal)	Protein (g)	Total Fat (g)	Total Carbs (g)	Sodium (mg)	Calcium (mg)	Vit. A (IU)	Vit. C (mg)	Cholest (mg)	Iron (mg)
Taco Salad	400.00	17.00	12.00	56.00	1135.00	40.00	500.00	15.00	25.00	2.88
Meat Loaf Mashed Potatoes & Gravy	538.00	20.10	21.80	54.70	1483.20	48.20	234.50	4.80	51.49	6.94
Applewood Chicken Salad on Wheat Bun	501.00	17.20	26.30	38.00	701.20	70.00	50.00	150.00	63.00	19.80
Fish Sandwich	943.00	28.00	29.00	141.00	1890.00	300.00	800.00	4.80	59.00	4.14
Pepperoni Pizza calzone	445.00	37.00	39.00	44.00	1190.00	280.00	450.00	5.40	44.00	5.40
Chicken Fried Steak with Country Gravy	595.00	17.00	34.20	58.60	1661.10	110.00	250.00	0.00	80.00	1.80
Corn Beef Hash	832.00	26.00	38.00	133.00	1179.82	130.00	200.00	12.00	70.00	4.14
Chef Salad with Honey French Dressing	946.20	69.60	125.50	65.40	4262.90	303.00	1400.00	51.60	63.10	6.48
BBQ Pork on Kaiser Bun	759.00	20.00	22.00	106.00	1580.00	150.00	750.00	31.20	42.00	4.68
Beef Hoagie Patty on 6" Sub Bun	930.00	31.00	47.50	58.00	2670.00	340.00	360.00	3.60	100.00	5.58
Chicken Ala King over Biscuit	405.00	16.00	12.00	58.00	1087.00	90.00	600.00	17.40	52.00	2.88
Ham Salad on Whole Wheat	729.00	22.10	30.30	87.10	2764.00	110.00	4100.00	20.60	87.10	2.88
Roast Beef Hot Shot	484.80	13.00	15.00	70.00	1977.00	260.00	5000.00	0.00	0.00	2.34
Cheeseburger with American Cheese	544.00	22.80	21.20	28.59	1521.80	11.50	410.03	1.20	58.19	16.14
Boneless BBQ Chicken Breast	287.00	17.00	11.10	29.10	873.50	30.00	100.00	3.60	49.80	0.54
Creamed Beef Over Split Biscuit	808.00	18.00	26.05	129.00	2155.00	110.00	610.00	220.00	30.00	4.32