

Nutrient List: Avalon Lunch

2/21/17

Lunch Entrées	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Breadstick, Cheesy, with Marinara Sauce	2 Each/#10	41	350	593	4.7	22.6	12.4
Breadsticks, Cheesy, No Sauce	2 Each	30.0	300	600	2.0	20	12.0
Buffalo Cheese Crunchers	4 each	40	530	830	4	20	31
Bun, Hamburger	1 each	28.5	144	236	3	6	2
Bun, Hot Dog	1 each	29	150	270	3	7	2
Burrito, Bean & Cheese	1 each	40.5	291	479	8	15.5	8
Tuesday Special: Chicken Teriyaki w/Rice & Roll*	1 serving	66.5	555	1357	2	41	13.5
Tuesday Special: Meatballs, Teriyaki w/Rice & Roll*	1 serving	55.1	397	638	3.5	19.4	12.1
Tuesday Special: Macaroni & Cheese w/Roll (K-5)*	1 serving	39	313	746	2.5	12.5	12
Tuesday Special: Macaroni & Cheese (6-12)*	1 serving	44.5	467	1243	3	19.5	22.5
Tuesday Special: Pasta with Meatballs*	1 serving	26.3	275	341	3.7	17.6	11.8
Tuesday Special: Turkey, Gravy, M. Potatoes & Biscuit*	1 serving	32	355	1199	2	29	11.5
Cheeseburger on Bun	1 each	30.5	337	760	3	26.5	13.5
Cheese, Shredded, Cheddar	2 tbsp	0	55	95	0	3.5	2
Chicken and Waffle	1 serving	48	490	800	4	20	24
Chicken, Drumstick, Breaded (No Waffle)	1 each	5	190	450	1	16	11
Chicken Nuggets	5 Each	15	230	440	3	12	13
Chicken Patty Breaded, No Bun	1 patty	15	240	460	3	14	13
Chicken Patty, Spicy, No Bun	1 patty	12	203	297	1	14	11
Chicken Teriyaki with Sauce, No Rice	1 serving	43	442	1351	1	38.5	12.5
Chicken Tender Strips	3 each	16	260	390	3	15	15
Chili Cheese Nachos, K-5	1 serving	45.8	511	483	6.7	18.7	28.5
Chili Cheese Nachos, 6-12	1 serving	46.3	566	579	6.7	22.3	33
Chili with Beans	1/2 cup	13.5	213	274	3	16	10
Chips, Tortilla	1 pkg	31.0	270	220	3.0	3	15.0
Corn Dog, Chicken	1 each	27.5	238	690	2	11.5	9
Country Fried Beef Patty	1 each	19	310	320	3	16	19
Country Fried Beef Patty on WG Bun	1 each	46.5	459	588	6	22.5	21
Granola	1/2 cup	52.5	296	115	4	5	8
Hamburger Patty	1 patty	0.5	158	419	0	16.5	9.4
Hamburger on Bun	1 each	29.5	302	655	3	23	11.5
Hot Dog, No Bun	1 each	2	250	770	0	10	22
Hot Dog on Bun	1 each	31.0	400	1040	3.0	17	24.0
Meatballs, Beef	5 each	5.0	162	234	1.0	13	10.0
Meatballs, with Teriyaki Sauce, No Rice or Roll	1 serving	11	133	576	0.5	11	4
Nacho Cup w/Chips	1 serving	51.1	544	946	7.5	18.6	27.0
Pizza, Personal Pan, Cheese	1 each	32	290	590	3	16	12
Pizza, Personal Pan, Pepperoni	1 each	33	350	770	3	20	15
Pizza, Quesadilla	1 each	40	330	830	4	16	12
Pizza, Square Pan, Cheese	1 each	29	310	350	3	22	12
Pizza, Square Pan, Pepperoni	1 each	29	340	530	3	22	16
Pre Pack: Chicken Marinara w/Pasta, Roll & Veggies**	1 serving	55	412	925	7	33	6.5
Pre Pack: Chicken Teriyaki w/Rice, Roll & Veggies**	1 serving	75	607	1401	4.5	42.5	13.5
Pre Pack: Egg Roll w/Rice & Veggies**	1 serving	60.5	420	824	6	21	10.5
Pre Pack: Enchilada Burrito w/Veggies**	1 serving	44	415	728	9.5	22	17
Pre Pack: Meatballs w/Pasta, Sauce, Roll & Veggies**	1 serving	50.8	436	680	8.1	25.4	15.6
Pre Pack: Southwest Chicken w/Rice, Beans & Roll**	1 serving	69	439	1373	6.5	24.5	7

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Pre Pack: Teriyaki Meatballs w/Rice, Roll & Veggies**	1 serving	59.5	379	748	5	18.5	6.5
Pupusa, Bean and Cheese	1 each	35	290	480	4	13	11
Quesadilla, Chicken and Black Bean	1 each	35.5	268	469	7	17.5	7
Rice, Brown	1/2 cup	23.5	114	0	1.0	2.5	1.0
Roll, Biscuit	1 each	25	170	460	2	4	5
Roll, T-Biscuit	1 each	15.0	80	125	1.0	4	1.0
Roll, Whole Grain	1 each	17.0	80	125	1.0	3	1.0
Salad, Chef w/2 Pkg Croutons, No Dressing, Made on Site	1 each	32	316	881	4	21	12
Salad, Pre-Pack, BBQ Chicken w/Dressing & 2 Pkg of Croutons	1 each	45.5	431	877	5	21	18.5
Salad, Pre-Pack, Chef w/Dressing & 2 Pkg Croutons	1 each	33.5	450	1155	3	21	28
Salad, Greek Chicken w/Dressing & 2 Pkg Croutons	1 each	31	436	1005	3	19.5	25
Sandwich, Chicken, Breaded on Bun	1 each	43.5	384	696	6	20	15
Sandwich, Chicken, Spicy on Bun	1 each	45.5	414	636	6	21	17
Sandwich, Grilled Cheese	1 each	30.5	280	580	3.0	18.5	9.5
Sandwich, Grilled Cheese, Spicy	1 each	31.5	301	574	3.0	15.5	12.5
Sandwich, Ham and Cheese	1 each	33.0	281	844	3.0	23.5	9.0
Sandwich, Peanut Butter & Jelly	1 each	33	290	350	4	10	15
Sandwich, Peanut Butter & Jelly	2 each	66	580	700	8	20	30
Sandwich, Sun Jammer	1 each	44.0	537	451	9.5	16.5	41.5
Sandwich, Turkey & Cheese	1 each	33.0	287	783	3.0	24	8.5
Sauce, BBQ	1 tablespoon	3.5	18	40	0	0	0
Sauce, Italian Meat Sauce	3/8 cup	9	102	170	2	7	4.5
Sauce, Marinara, Meatless	3/8 cup	11	50	93	2.5	2.5	0
Sauce, Teriyaki	2 Tbsp	6	26	173	0	0	0
Taco, Fish with Pico de Gallo and Chipotle Slaw	1 each	34	359	919	3.5	18.5	15.5
Tamale, Chicken and Green Chile	1 each	30	320	540	3	19	17
Tortilla Chips	1 package	31.0	270	220	3.0	3	15.0
Tortilla, Flour	1 each	13	70	110	1	3	1.5
Tostada Bowl, with Beans and Cheese, without Pico de Gallo	1 each	33.7	298	515	4.7	12.1	12.4
Waffle, Dutch	1 each	43	300	350	3	4	13
Yogurt, Low Fat Peach, 8 oz	1 each	41	210	105	0	7	2.5
Yogurt, Low Fat Strawberry-Banana, 8 oz	1 each	41	210	110	0	7	2.5
Yogurt, Low Fat Strawberry, 8 oz	1 each	38	200	105	0	7	2.5
Yogurt, Low Fat Vanilla, 8 oz	1 each	39	210	105	0	7	2.5
Yogurt and Granola	1 serving	92.5	504	221	4	12	10.5
Beverages	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Juice, Apple	4 oz carton	14	60	0	0	0	0
Juice, Orange	4 oz carton	14	60	10	0	0	0
Juice, Wild Berry	4 oz Carton	15	60	10	0	0	0
Milk, 1% Low fat, White	8oz carton	16	120	160	0	11	2.5
Milk, Non Fat, Chocolate	8 oz carton	23	120	200	0	7	0
Milk, Nonfat, White	8 oz carton	13	90	135	0	9	0
Milk, Soy	1 carton	12	144	155	1	10	5
Fruits and Vegetables	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Fruit Cup, Applesauce	1 each	14	51	2	1	0	0
Fruit Cup, Peach	1 each	19	80	0	1	1	0
Fruit Cup, Strawberry	1 each	21	80	0	2	0	0
Fruit, Apple Pear	1 each	15.5	61	0	5	0.5	0
Fruit, Apple Slices, Fresh	1 package	8	34	0	2	0	0

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Fruit, Apple, Fresh	1 each	20	77	0	3.5	0	0.5
Fruit, Applesauce	1/2 cup	16	60	0	2	0	0
Fruit, Banana	1 each	38.5	151	2	4	1.5	0.5
Fruit, Dried Mixed	1 box	30	120	25	2	1	0
Fruit, Grapes	1 serving	14.5	57	2	0.5	0.5	0
Fruit, Mandarin Orange Cup	1 each	20	60	0	1	0	0
Fruit, Mixed	1/2 cup	13.5	54	22	1.8	0	0
Fruit, Orange, Fresh	1 each	15.5	62	0	3	1	0
Fruit, Peaches, Diced	1/2 cup	14.5	63	10	1	1	0
Fruit, Pears, Diced	1/2 cup	20	80	5	2	0	1
Fruit, Pears, Fresh	1 each	21	82	0	3	0.5	0.5
Fruit, Persimmons	1 each	18	68	1	3.5	0.5	0
Fruit, Pineapple	1/2 cup	19	80	10	0	0	0
Fruit, Plum, Fresh	1 each	7.5	30	0	0.5	0.5	0
Vegetable, Beans, BBQ Baked	1/2 cup	26	131	178	4	6.5	0.5
Vegetable, Beans, Ranch Style	1/2 cup	17	92	222	5.5	5.5	0
Vegetable, Beans, Southwest with Cheese	1/2 cup	25.1	156	329	9	10.5	2.5
Vegetable, Beans, Vegetarian	1/2 cup	22	110	140	4	6	0.5
Vegetable, Broccoli	1/2 cup	3	15	15	1	1	0
Vegetable, Carrots, Diced	1/2 cup	6	33	52	2	0.5	0
Vegetable, Carrots, Fresh	1/2 cup	9	35	45	2	1	0
Vegetable, Corn	1/2 cup	11	67	114	2.5	2	1
Vegetable, Curtido	1/2 cup	5	19	158	1	0.5	0
Vegetable, Green Beans	1/2 cup	4	20	140	2	1	0
Vegetable, Jicama	1/2 cup	7	30	3	3.5	0.5	0
Vegetable, Jicama with Tajin	1 ea/1 pkt	6.5	33	193	3.5	0.5	0
Vegetable, Lettuce & Pickle Cup	1 each	2	12	137	0.5	0.5	0
Vegetable, Lettuce, Shredded	1 cup	2	10	7	0.5	0.5	0
Vegetable, Minestrone Soup	2/3 cup	13.9	76	150	2.9	2.7	1
Vegetable, Mixed	1/2 cup	9	48	33	1.5	1.5	0
Vegetable, Mixed, California Blend	1/2 cup	3.5	21	46	1	0.5	0
Vegetable, Peas	1/2 cup	9	52	75	3	3.7	0
Vegetable, Potato Rounds	10 each	17.5	150	225	1	1	8.5
Vegetable, Potato, Mashed	1/2 cup	16	80	370	2	2	1.5
Vegetable, Roasted Chickpeas, Cool Ranch	1 Package	24	160	360	6	8	4
Vegetable, Salad, Mixed, Romaine & Iceberg	1 cup	1.5	9	5	0.5	0.5	0
Condiments, Crackers & Desserts	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Condiment, Catsup	1 packet	2.0	10	65	0.0	0	0.0
Condiment, Cream Cheese	1 packet	2	40	85	0	2	3.5
Condiment, Mayonnaise	1 packet	0	60	55	0	0	7
Condiment, Mustard	1 packet	0.5	4	64.9	0.1	0.2	0.2
Condiment, Hot Sauce	1 packet	1	5	75	0	0	0
Condiment, Mayonnaise	1 packet	0	60	55	0	0	7
Condiment, Mustard	1 packet	0.5	4	64.9	0.1	0.2	0.2
Condiment, Taco Sauce	1 packet	1	5	95	0	0	0
Condiment, Tajin	1 packet	0	2	127	0	0	0
Cookie, Chocolate Chip, Whole Grain	1 each	16.5	118	107	0.5	1.5	4.5

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Cookie, Chocolate Fudge, a la carte	1 each	31	195	185	2.5	3	7.5
Cookie, Oatmeal, Whole Grain, a la carte	1 each	28	186	164	1.5	2.5	6.5
Crackers, Cinnamon Bear	1 package	21.0	130	120	1.0	4	4.0
Crackers, Graham	1 package	20	110	140	2	2	3
Crackers, Honey Bear	1 package	20.0	130	100	1	2	4.0
Crackers, Jungle	1 package	20.0	130	95	1	2	4.0
Crackers, Maple Sunrise Bites	1 package	20	110	115	2	2	3.5
Crackers, Pretzel Goldfish	1 package	16	90	200	1	2	1.5
Crackers, Strawberry Waffle	1 package	21	110	95	1	2	3
Pudding, Chocolate	3/8 cup	33	178	285	1	0.5	5.5
Salad Dressing, Italian	1 packet	1.0	10	109.3	0.0	0	0.6
Salad Dressing, Ranch	1 packet	1.0	60	100	0.0	0	7.0
Salad Dressing, Ranch Midas (CC)	2 tablespoons	2.5	76	235	0	0.5	8

*Tuesday Specials are served from the main line and are only served on Tuesdays.

**Pre Pack meals are served in a pre-packaged container. All Pre Pack meals contain a scoop of vegetables, except for the Southwest Chicken.