

**Nutrient List: High School Lunch**

2/21/17

<b>Entrées</b>	<b>Portion Size</b>	<b>Carb (g)</b>	<b>Calories</b>	<b>Sodium (mg)</b>	<b>Fiber (g)</b>	<b>Protein (g)</b>	<b>Fat (g)</b>
Burrito, Bean & Cheese	1 each	40.5	291	479	8	15.5	8
Burrito, Bean and Cheese, Ultra Spicy	1 each	41.0	312	447	7.5	15	10.5
Burrito, Beef & Bean	1 each	38.5	279	403	7.5	15.5	8
Burrito, Chicken, Rice & Bean	1 each	37.5	287	218	6.4	21	5
Cheeseburger on Bun	1 each	31.5	348	802	3	27.5	13.5
Chicken, Drumstick, Breaded	1 each	5	190	450	1	16	11
Chicken Nuggets, Hot & Spicy, No Roll	5 each	13	216	400	2	14	12
Chicken Sandwich, Breaded	1 each	46	400	760	6	22	15.5
Chicken Sandwich, Hot & Spicy	1 each	46.5	425	678	6	22	17
Chicken Tender Strips, No Roll	3 each	16	260	390	3	15	15
Chicken Teriyaki with Rice, No Roll	1 serving	73.6	590	1232	2.9	41.3	13.6
Chips, Tortilla	1 package	31.0	270	220	3.0	3	15.0
Cornbread	1 piece	27.0	185	293	2.0	3.5	6.5
Croutons	1 each	13.0	80	135	1.0	2	2.0
Daily Special, BBQ Chicken, Macaroni & Cheese, Vegetable & Roll	1 serving	51	519	1135	4.5	29	21
Daily Special, Chicken and Waffle with Vegetables	1 serving	54	528	863	5.5	21	24.5
Daily Special, Country Fried Steak, Mashed Potato & Gravy, Mixed Vegetable & Roll	1 serving	73.5	590	1299	7	24	22
Daily Special, Chicken Chile Verde, Spanish Rice, Vegetable and Cornbread	1 serving	70.5	557	1279	7	29.5	16
Daily Special, Enchilada Burrito w/Rice and Vegetables	1 serving	82.6	502	896	14	21.1	16
Daily Special, Fried Chicken with Biscuit, Mashed Potatoes, and Vegetables	1 serving	52.4	476	1340	23.3	6.9	18.1
Daily Special, Macaroni and Cheese with Vegetables	1 serving	51	488	1238	5.5	21.5	22.5
Granola	1/2 cup	52.5	297	115	4	5	8
Gravy, Beef	#30	3.6	18	70	0.1	0.3	0.3
Gravy, Chicken	#20	4.3	27	157	0.1	0.3	1
Hamburger on Bun	1 each	30.5	313	697	3	24	11.5
Hot Dog on Bun	1 each	31	400	1040	3	17	24
Meatballs, Teriyaki with Rice, No Roll	1 each	71.2	473	792	3.9	19.7	12.1
Nacho Supreme	1 serving	52.7	552	1254	8.3	18.6	29.5
Pasta with Meatballs	1 each	64.6	542	539	8	29.1	18.8

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Pizza Quesadilla	1 each	40	330	830	4	16	12
Pizza, Personal Pan, Cheese	1 each	32	300	510	3	16	12
Pizza, Personal Pan, Pepperoni	1 each	33	350	770	3	20	15
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
Rice, Spanish	1/2 cup	27.8	133	163	2.2	3.7	1.2
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, BBQ Chicken w/Dressing & 2 Pkg Croutons	1 each	46	444	854	6	22	19
Salad, 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	31.5	510	1194	3.5	19.5	33
Sandwich, BBQ Beef	1 each	49	327	540	4	25	5
Sandwich, Fish	1 each	48.5	398	1067	5.5	23.5	13
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, Hot	1 each	30.0	271	824	3.0	23.5	8.5
Sandwich, Ham Deli	1 each	31.0	248	880	3.0	23	6.5
Sandwich, Meatball Sub	1 each	45.3	384	680	5.7	24	13.6
Sandwich, Pastrami & Cheese, Hot	1 each	30.0	307	1179	3.0	21.5	12.0
Sandwich, Peanut Butter & Jelly Sandwich, 5.3 oz.	1 each	64	630	630	6	19	33
Sandwich, Sun Jammer	1 each	44.0	537	451	9.5	16.5	41.5
Sandwich, Tuna	1 each	30.5	333	733	3.0	26	13.0
Sandwich, Turkey and Cheese	1 each	33.0	287	783	3.0	24	8.5
Sandwich, Turkey Deli	1 each	33.0	283	893	3.0	27.5	6.5
Sauce, BBQ	1 tablespoon	3.5	18	40	0	0	0
Sauce, Teriyaki	2 Tbsp	6.0	26.0	173.0	0.0	0.0	0.0
Spicy Cheese Crunchers	4 each	40	530	830	4	20	31
Taco, Fish with Chipotle Slaw & Pico de Gallo	1 each	32	345	884	3.5	18.5	16
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
Waffle, Dutch (served with Chicken and Waffle)	1 each	43	300	350	3	4	13
Yogurt and Granola Bowl	1 each	84.5	487	244	5	17	10
Yogurt Parfait w/Fruit and Granola (12oz cup)	1 each	88	499	244	6	17.5	10
Yogurt Parfait w/Fruit and Granola (16oz cup)	1 each	91	512	244	6.5	17.5	10

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<b>Fruits and Vegetables</b>	<b>Portion Size</b>	<b>Carb (g)</b>	<b>Calories</b>	<b>Sodium (mg)</b>	<b>Fiber (g)</b>	<b>Protein (g)</b>	<b>Fat (g)</b>
Fruit Cup, Applesauce	1 each	14	51	2	1	0	0
Fruit Cup, Peach	1 each	19	80	0	1	1	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
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, Nectarine	1 each	14	60	0	2	1	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
Vegetables, Beans, Seasoned	1/2 cup	17.5	97	213	6.4	6.4	0
Vegetables, Beans, Southwest with Cheese	1/2 cup	25.1	156	329	9	10.5	2.5
Vegetables, Beans, Vegetarian	1/2 cup	22	110	140	4	6	0.5
Vegetables, Burger Set Up	1 serving	1	72	90	0.7	0.5	6
Vegetables, Broccoli	1/2 cup	3	15	15	1.2	1.3	0.2
Vegetables, California Mix	1/2 cup	3.5	21	46	1	0.5	0
Vegetables, Carrots, Diced	1/2 cup	6	33	52	2	0.5	0
Vegetables, Carrots, Fresh	1/2 cup	9	35	45	2	1	0
Vegetables, Celery	1/2 cup	2	10	52	1	0.5	0.1
Vegetables, Corn	1/2 cup	15	70	140	2	2	1.1
Vegetables, Curtido	1/2 cup	5	19	158	1	0.5	0
Vegetables, Green Beans	1/2 cup	4	20	140	2	1	0
Vegetables, Jicama, Plain	1/2 cup	7	30	3	3.9	0.6	0.1
Vegetables, Jicama with Tajin	1 ea/1 pkt	6.5	33	193	3.5	0.5	0

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Vegetables, Minestrone Soup	2/3 cup	13.9	76	150	2.9	2.7	1
Vegetables, Mixed	1/2 cup	9	48	33	1.5	1.5	0
Vegetables, Peas	1/2 cup	9	52	75	3	3.7	0
Vegetables, Potato Rounds	10 each	17.5	150	225	1	1	8.5
Vegetables, Potato, Mashed	1/2 cup	28	149	722	1.5	3	1.5
Vegetables, Potato, Seasoned Wedges	1 serving	19	146	426	1	1	7.5
Vegetables, Roasted Chickpeas, Cool Ranch	1 Package	24	160	360	6	8	4
Vegetables, Salad Tossed	1 cup	1.5	9	5	0.5	0.5	0
<b>Beverages</b>	<b>Portion Size</b>	<b>Carb (g)</b>	<b>Calories</b>	<b>Sodium (mg)</b>	<b>Fiber (g)</b>	<b>Protein (g)</b>	<b>Fat (g)</b>
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
<b>Condiments, Crackers, Sauces and Desserts</b>	<b>Portion Size</b>	<b>Carb (g)</b>	<b>Calories</b>	<b>Sodium (mg)</b>	<b>Fiber (g)</b>	<b>Protein (g)</b>	<b>Fat (g)</b>
Condiment, Catsup	1 packet	2.0	10	65	0.0	0	0.0
Condiment, Chipotle Mayo Slaw	1/4 cup	1.5	36	30	0.5	0	3.0
Condiment, Hot Sauce	1 packet	1	5	75	0	0	0
Condiment, Mayonnaise	1 packet	0	60	130	0	0	7
Condiment, Mustard	1 packet	0.5	4	64.9	0.1	0.2	0.2
Condiment, Pico de Gallo	#30 scoop	3	17	383	0	0	0
Condiment, Taco Sauce	1 packet	1	5	95	0	0	0
Condiment, Tajin	1 packet	0	2	127	0	0	0
Cookie, Choc Chip, Whole Grain	1 each	16.5	118	107	0.5	1.5	4.5
Cookie, Choc Chip, Whole Grain, a la carte	1 each	30.5	192	177	1.5	3	6.5
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	1.0	2	4.0
Crackers, Jungle	1 package	20.0	130	95	1.0	2	4.0

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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
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

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