

Nutrient List: High School Lunch

8/23/17

Entrées	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Burrito, Bean & Cheese	1 each	40.5	291	479	8	15.5	8
Burrito, Bean and Cheese, Ultra Spicy	1 each	42.0	322	457	7.7	15	11.6
Burrito, Beef & Bean	1 each	38.5	279	403	7.5	15.5	8
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
Cereal, Fruit Loops, Reduced Sugar	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
Cracker, Whole Grain (Salad)	1 each	28.0	170	350	3.0	3	5.0
Croutons	1 each	13.0	80	135	1.0	2	2.0
Daily Special, BBQ Chicken, Macaroni & Cheese, Vegetable & Roll	1 serving	51.7	523	1155	4.5	29	22.3
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 Bicult, 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

Please be advised that this is general information and not intended to be used as medical advice.

The information is accurate to the best of our knowledge based on information provided by the manufacturer. Products may change at any time.

Nutrient List: High School Lunch

8/23/17

Orange Chicken with Rice, No Roll	1 each	66	378	280	2.8	16.7	5.1
Pasta with Meatballs	1 each	64.6	542	539	8	29.1	18.8
Pizza Quesadilla	1 each	40	330	830	4	16	12
Pizza, Personal Pan, Cheese, Nardone's	1 each	33.0	330	600	3.0	21	12.0
Pizza, Personal Pan, Cheese, Schwan's	1 each	32	300	510	3	16	12
Pizza, Personal Pan, Pepperoni, Nardone's	1 each	33	350	770	3	20	15
Pizza, Personal Pan, Pepperoni, Schwan's	1 each	35	330	540	3	17	13
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 & 1 Pkg Crackers	1 each	48	454	934	7	21	20
Salad, Chef w/Dressing & 1 Pkg Crackers	1 each	35.5	460	1236	4	20	29
Salad, Greek Chicken w/Dressing & 1 Pkg Crackers	1 each	34	519	1276	5	18	34
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 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	600	540	7	18	34
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
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

Please be advised that this is general information and not intended to be used as medical advice.

The information is accurate to the best of our knowledge based on information provided by the manufacturer. Products may change at any time.

Nutrient List: High School Lunch

8/23/17

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, 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
Fruit, Raisins	1 each	31	130	10	2	1	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

Please be advised that this is general information and not intended to be used as medical advice.

The information is accurate to the best of our knowledge based on information provided by the manufacturer. Products may change at any time.

Nutrient List: High School Lunch

8/23/17

Vegetables, Jicama with Tajin	1 ea/1 pkt	6.5	33	193	3.5	0.5	0
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	8 each	14	120	180	1	1	7
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
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
Condiments, Crackers, Sauces and 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, 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

Please be advised that this is general information and not intended to be used as medical advice.

The information is accurate to the best of our knowledge based on information provided by the manufacturer. Products may change at any time.

Nutrient List: High School Lunch

8/23/17

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

Please be advised that this is general information and not intended to be used as medical advice.

The information is accurate to the best of our knowledge based on information provided by the manufacturer. Products may change at any time.