

Nutrient List

8/23/18

Entrées, Breakfast	Site specific items are denoted in the column below.	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Bagel, Blueberry		1 each	35	170	260	3	6	1
Bagel, Cinnamon Raisin		1 each	36	170	280	3	7	1
Bagel, Plain, White Whole Wheat		1 each	36	170	260	3	6	1
Breadstick, Cheesy		2 each	30	300	490	3	20	11
Burrito, Bean & Cheese		1 each	40.5	291	479	8	15.5	8
Burrito, Bean, Cheese & Salsa		1 each	28	233	374	3	9	9
Burrito, Beef & Bean		1 each	38.5	279	403	7.5	15.5	8
Burrito, Egg & Cheese		1 each	28	210	340	4	10	7
Cereal, Alphabits		Bowlpack	21	110	140	2	3	1.5
Cereal, Cheerios		Bowlpack	20	100	140	3	3	2
Cereal, Cinnamon Toast Crunch		Bowlpack	22	110	160	3	1	3
Cereal, Cocoa Puffs, Reduced Sugar		Bowlpack	25	110	160	2	2	1.5
Cereal, Fruit Loops, Reduced Sugar		Bowlpack	24	110	170	3	2	1
Cereal, Marshmallow Mateys		Bowlpack	21	110	270	2	3	1.5
Cheese, String, Lite Mozzarella		1 each	1	60	200	0	7	3
Cinnamon Crumb Cake		1 each	44.5	296	300	2.5	5.5	10.5
Coffee Cake with Topping		1 each	66.5	444	450	3.5	8.5	16
Cinnamon Roll With Icing		1 each	53	294	250	4	6	5.5
Croissant		1 each	30	220	300	2	6	9
Egg, Patty		Patty	1	50	120	0	3	3
French Toast Sticks		4 each	35	270	280	3	6	12
Granola		1/2 cup	52.5	296	115	4	5	8
Green Eggs, Ham & Biscuit		1 serving	25.5	285	796	2	16	12.5
Muffin, Coffee Cake	PP	1 each	33.5	226	256	2	4.5	8
Oatmeal, without Dried Raisins		#8 scoop	20	97	4	1.5	2	1
Pan Dulce (Conchas)		1 each	34	200	90	2	5	6
Pancakes, Maple, Mini		1 serving	36	220	340	3	5	7
Pizza Stick		1 each	31	250	550	1	11	9
Pizza, Breakfast, Bagel, Cheese		1 each	31	330	540	4	22	11
Pizza, Breakfast, Sausage		1 each	22	190	440	3	8	7
Pretzel Stick		1 each	27	200	230	3	7	7
Sandwich, Biscuit with Sausage, Egg & Cheese		1 each	28.02	326	927.8	2.1	16.9	14.5
Sandwich, Croissant, Egg & Cheese		1 each	32	306	526	2	12.5	14
Sandwich, Croissant, Egg, Ham & Cheese		1 each	32	331	694	2	17	15
Sandwich, Croissant, Egg, Sausage & Cheese		1 each	33.02	376	767.81	2.1	18.98	18.56
Sandwich, Grilled Cheese		1 each	30.5	280	580	3.0	18.5	9.5

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Sandwich, Grilled Cheese, Spicy		1 each	31.5	301	574	3.0	15.5	12.5
Sandwich, Peanut Butter & Jelly Sandwich, 2.6 oz.		1 each	32	300	280	4	9	17
Sausage Patty, Pork		1 Patty	1	70	240	0.1	6.4	4.5
Waffle, Dutch		1 each	43	300	350	3	4	13
Yogurt and Granola		1 serving	92.5	504	221	4	12	10.5
Yogurt and Granola Bowl	HS,PP	1 each	84.5	487	244	5	17	10
Yogurt Parfait w/Fruit and Granola (16oz cup)		1 each	91	512	244	6.5	17.5	10
Yogurt, Low Fat Peach, 8 oz		1 each	41	210	105	0	7	2.5
Yogurt, Low Fat Strawberry, 8 oz		1 each	38	200	105	0	7	2.5
Yogurt, Low Fat Strawberry-Banana, 8 oz		1 each	41	210	110	0	7	2.5
Yogurt, Low Fat Vanilla, 8 oz		1 each	39	210	105	0	7	2.5
Entrées, Lunch	Site specific items are denoted in the column below.	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Breadsticks, Cheesy, No Sauce		2 ea	30	300	490	3	20	11
Breadsticks, Cheesy with Italian Meat Sauce	MS	2 ea/#10	38.5	413	653	4	26.8	12
Breadsticks, Cheesy, with Marinara Sauce	EI,CS,Avalon	2 ea/#12	38	344	567	3.5	22.3	12.4
Bun, Hamburger		1 ea	29.9	155	278	3.1	7.2	2.1
Bun, Hot Dog		1 ea	29	150	270	3	7	2
Burrito, Bean & Cheese		1 ea	40.5	291	479	8	15.5	8
Burrito, Bean & Cheese, Enchilada Style	EL,CS,MS	1 ea	49.5	363	747	10	17.5	11
Burrito, Bean & Cheese, Ultra Spicy		1 ea	41.0	312	447	7.5	15	10.5
Burrito, Beef & Bean		1 ea	38.5	279	403	7.5	15.5	8
Cheese, Shredded, Cheddar		2 tbsp	0	55	95	0	3.5	2
Cheeseburger on Bun		1 ea	31.5	353	837	3	27.5	14.5
Chicken and Waffle		1 srvg	48	490	800	4	20	24
Chicken Marinara with Pasta, No Roll		1 srvg	23.5	356	640	3.5	36	13
Chicken Nuggets		5 ea	15	230	440	3	12	13
Chicken Nuggets with Roll		5 ea/1 ea	32	320	565	4	15	14
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 Tender Strips, No Roll		3 ea	16	260	390	3	15	15
Chicken Tender Strips with Roll		3 ea/1 ea	22	167	255	2	8	6
Chicken Teriyaki With #8 Cup Rice	EI,CS	1 srvg	43.6	326	1057	1.5	24	5
Chicken Teriyaki With 1 Cup Rice	MS,HS,Avalon	1 srvg	67	506	946	2.5	33	10.5
Chicken Teriyaki with Sauce, No Rice		1 srvg	43	442	1351	1	38.5	12.5
Chicken, Drumstick, Breaded		1 ea	5	190	450	1	16	11
Chile Verde with Spanish Rice	MS,PP	#6/#8	36.5	334	924	3.0	24.5	8.5
Chili and Cheese with Cornbread	MS	#8/#30/1 ea	39.0	421	629	4.5	18.5	20.0

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Chili Cheese Nachos	EI,CS,MS,Avalon (6-12)	1 srvg	45.8	562	651	6.5	18.5	28
Chili Cheese Nachos, 6-12	Avalon (6-12)	1 srvg	46.3	566	579	6.7	22.3	33
Chili with Beans, No Chips	Avalon	1/2 cup	13.8	236	274	2.2	15.1	13.3
Corn Dog, Chicken		1 ea	27.5	238	690	2	11.5	9
Cornbread		1 piece	27.0	185	293	2.0	3.5	6.5
Cracker, Whole Grain (for salads only)		1 ea	28.0	170	350	3.0	3	5.0
Daily Special, Chicken and Waffle with Vegetables	HS	1 srvg	54	528	863	5.5	21	24.5
Daily Special, Chicken Chile Verde, Spanish Rice, Vegetable and Cornbread	HS	1 srvg	70.5	557	1279	7	29.5	16
Daily Special, Enchilada Burrito w/Rice and Vegetables	HS	1 srvg	82.6	502	896	14	21.1	16
Daily Special, Fried Chicken with Bicult, Mashed Potatoes, and Vegetables	HS	1 srvg	52.4	476	1340	23.3	6.9	18.1
Daily Special, Macaroni and Cheese with Vegetables	HS	1 srvg	51	488	1238	5.5	21.5	22.5
Granola		1/2 cup	52.5	297	115	4	5	8
Hamburger on Bun		1 ea	30.5	313	697	3	24	11.5
Hamburger, No Bun		1 patty	0.5	158	419	0	16.5	9.4
Hot Dog on Bun	EI, CS	1 ea	30	270	530	3	15	11
Hot Dog on Bun	MS,HS,PP,Avalon	1 ea	31	400	1040	3	17	24
Macaroni and Cheese	EI, CS, MS	2/3 cup	22	242	657	1.5	9.5	12
Macaroni and Cheese	Avalon 6-12	1 1/3 cup	45	484	1315	3	20	24
Meatballs, Beef, No Sauce		5 ea	5.0	162	234	1.0	13	10.0
Meatballs, Teriyaki With #8 Scoop of Rice	EI	1 ea	40.5	328	583	2.5	16.5	11
Meatballs, Teriyaki with 1 Cup Rice	CS,MS, HS, Avalon	1 ea	64	441	583	3.9	19	12
Meatballs, with Teriyaki Sauce, No Rice or Roll		1 srvg	11	133	576	0.5	11	4
Nacho Cup with Chips	PP,Avalon	1 srvg	51.1	540	946	7.5	18.6	29.4
Nacho Supreme	HS	1 srvg	52.7	552	1254	8.3	18.6	29.5
Orange Chicken With #8 Scoop of Rice	E, CS	1 ea	48	304	380	3.42	16.84	5.07
Orange Chicken with 2 - #10 Scoops of Rice	MS, HS,Avalon	1 ea	60	361	380	4	18	5.5
Pancakes, Maple, Mini	EI, CS	1 srvg	36	220	340	3	5	7
Pasta with Meatballs	HS	1 ea	64.6	542	539	8	29.1	18.8
Pasta with Meatballs	Avalon	1 srvg	26.5	290	357	3.5	18.5	12.5
Pasta with Meatballs, No Roll	PP	1 srvg	26.1	402	571	3.9	27.5	21.3
Pizza, Cheese, Round		1 ea	32.0	300	210	3.0	16	12.0
Pizza, Pepperoni, Round		1 ea	38	330	540	4	17	13
Pre Pack: Chicken Marinara w/Pasta, Roll & Veggies	Avalon	1 srvg	55	412	925	7	33	6.5
Pre Pack: Chicken Teriyaki w/Rice, Roll & Veggies	Avalon	1 srvg	75	607	1401	4.5	42.5	13.5

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Pre Pack: Enchilada Burrito w/Veggies**	Avalon	1 srvg	44	415	728	9.5	22	17
Pre Pack: Meatballs w/Pasta, Sauce, Roll & Veggies**	Avalon	1 srvg	50.8	436	680	8.1	25.4	15.6
Pre Pack: Southwest Chicken w/Rice, Beans &	Avalon	1 srvg	69	439	1373	6.5	24.5	7
Pre Pack: Teriyaki Meatballs w/Rice, Roll & Veggies**	Avalon	1 srvg	59.5	379	748	5	18.5	6.5
Rice, Brown		1/2 cup	23.5	114	0	1.0	2.5	1.0
Rice, Spanish		1/2 cup	27.8	133	164	2.2	3.7	1.2
Roll, T-Biscuit		1 ea	15.0	80	125	1.0	4	1.0
Roll, Whole Grain		1 ea	17.0	80	125	1.0	3	1.0
Salad, BBQ Chicken w/Dressing & 1 Pkg Crackers	HS, Avalon	1 ea	48	454	934	7	21	20
Salad, Chef w/Dressing & 1 Pkg Crackers	Avalon	1 ea	34	326	926	5	20.5	13
Salad, Chef w/Dressing & 1 Pkg Crackers	HS	1 ea	35.5	460	1236	4	20	29
Salad, Greek Chicken w/Dressing & 1 Pkg Crackers	HS, Avalon	1 ea	34	519	1276	5	18	34
Salad, Mini, BBQ Chicken with Dressing & Crackers	EI, CS,MS	1 ea	47.5	451	932	6	21	20
Salad, Mini, Chef Turkey Ham w/Dressing & Crackers	EI, CS,MS	1 ea	35	457	1234	4	20	29
Salad, Mini, Greek Chicken w/Dressing & Crackers	EI, CS,MS	1 ea	33	516	1274	4.5	18	34
Sandwich, Chicken, Breaded on Bun		1 ea	44.5	395	738	6	21	15
Sandwich, Chicken, Hot & Spicy on Bun		1 ea	46.5	425	678	6	22	17
Sandwich, Grilled Cheese		1 ea	30.5	280	580	3.0	18.5	9.5
Sandwich, Grilled Cheese, Spicy		1 ea	31.5	301	574	3.0	15.5	12.5
Sandwich, Grilled Chicken on Bun		1 ea	29.5	309	448	3	20.5	14
Sandwich, Ham and Cheese, Cold		1 ea	30.5	258	834	3.0	21.5	8.0
Sandwich, Ham and Cheese, Hot		1 ea	30.0	274	845	3.0	22	10.0
Sandwich, Ham Deli		1 ea	29.5	238	825	3.0	21	6.0
Sandwich, Meatball Sub		1 ea	45.3	384	680	5.7	24	13.6
Sandwich, Pastrami & Cheese, Hot		1 ea	30.0	307	1179	3.0	21.5	12.0
Sandwich, Peanut Butter & Jelly Sandwich		1 ea	64	600	540	7	18	34
Sandwich, Sun Jammer		1 ea	44.0	537	451	9.5	16.5	41.5
Sandwich, Tuna		1 ea	30.5	333	733	3.0	26	13.0
Sandwich, Turkey and Cheese		1 ea	32.0	280	826	3.0	24	8.0
Sandwich, Turkey Deli		1 ea	31.5	268	820	3.0	25	6.0
Sauce, BBQ		1 tbsp	3.5	18	40	0	0	0
Sauce, Italian Meat		3/8 cup	9	113	170	2	6.5	6

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Sauce, Italian Meat		1/2 cup	12.0	135	226	2.5	9.5	6.0
Sauce, Marinara, Meatless		3/8 cup	11	50	93	2.5	2.5	0
Sauce, Marinara, Meatless		1/3 cup	8.8	44	87	1.5	2.3	0.4
Sauce, Teriyaki		2 tbsp	6.0	26.0	173.0	0.0	0.0	0.0
Sauce, Teriyaki		3.3 tbsp	9.5	43	290	0	0.5	0
Sausage Patty, Pork		ea	1	70	240	0.1	6.4	4.5
Spicy Cheese Crunchers		4 ea	40	530	830	4	20	31
Taco, Tincher, without Pico de Gallo		1 ea	16.5	298	382	1	17.5	18.5
Tamale, Chicken and Green Chile		1 ea	30	320	540	3	19	17
Tortilla Chips		1 package	31.0	270	220	3.0	3	15.0
Tortilla, Flour		1 ea	13	70	110	1	3	1.5
Tostada Bowl, Plain		1 ea	14	110	5	0	1	5
Tostada Bowl w/ Beans & Cheese, w/out Pico		1 ea	33.7	298	515	4.7	12.1	12.4
Tuesday Special: Chicken Teriyaki w/Rice & Roll*	Avalon	1 srvg	66.5	555	1357	2	41	13.5
Tuesday Special: Macaroni & Cheese (6-12)*	Avalon	1 srvg	44.5	467	1243	3	19.5	22.5
Tuesday Special: Macaroni & Cheese w/Roll (K-5)*	Avalon	1 srvg	39	313	746	2.5	12.5	12
Tuesday Special: Meatballs, Teriyaki w/Rice & Roll*	Avalon	1 srvg	55.1	397	638	3.5	19.4	12.1
Tuesday Special: Pasta with Meatballs*	Avalon	1 srvg	26.3	275	341	3.7	17.6	11.8
Waffle, Dutch (served with Chicken and Waffle)		1 ea	43	300	350	3	4	13
Yogurt and Granola		1 srvg	92.5	504	221	4	12	10.5
Yogurt and Granola Bowl	HS,PP	1 ea	84.5	487	244	5	17	10
Yogurt Parfait w/Fruit and Granola		1 ea	91	512	244	6.5	17.5	10
Yogurt, Low Fat Peach, 8 oz		1 ea	41	210	105	0	7	2.5
Yogurt, Low Fat Strawberry, 8 oz		1 ea	38	200	105	0	7	2.5
Yogurt, Low Fat Strawberry-Banana, 8 oz		1 ea	41	210	110	0	7	2.5
Yogurt, Low Fat Vanilla, 8 oz		1 ea	39	210	105	0	7	2.5
Fruit and Vegetables	Site specific items are denoted in the column below.	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Fruit Cup, Applesauce		1 ea	14	51	2	1	0	0
Fruit Cup, Peach		1 ea	19	80	0	1	1	0
Fruit Cup, Strawberry		1 ea	21	80	0	2	0	0
Fruit, Apple Pear		1 ea	15.5	61	0	5	0.5	0
Fruit, Apple Slices, Fresh		1 package	8	34	0	2	0	0
Fruit, Apple, Fresh		1 ea	20	77	0	3.5	0	0.5
Fruit, Applesauce		1/2 cup	16	60	0	2	0	0

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Fruit, Banana		1 ea	23	92	1	2	1	0
Fruit, Grapes		1 srvg	14.5	57	2	0.5	0.5	0
Fruit, Mandarin Orange Cup		1 ea	20	60	0	1	0	0
Fruit, Mixed		1/2 cup	13.5	54	22	1.8	0	0
Fruit, Nectarine		1 ea	14	60	0	2	1	0
Fruit, Orange, Fresh		1 ea	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 ea	21	82	0	3	0.5	0.5
Fruit, Persimmons		1 ea	18	68	1	3.5	0.5	0
Fruit, Pineapple		1/2 cup	19	80	10	0	0	0
Fruit, Plum, Fresh		1 ea	7.5	30	0	0.5	0.5	0
Fruit, Raisins		1 ea	31	130	10	2	1	0
Fruit, Watermelon		1/2 cup	5.5	23	1	0	0.5	0
Vegetables, Beans, BBQ Baked		1/2 cup	26	131	178	4	6.5	0.5
Vegetables, Beans, Seasoned		1/2 cup	16	86	5	6.5	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, Broccoli		1/2 cup	3	15	15	1.2	1.3	0.2
Vegetables, Burger Set Up	HS	1 srvg	1	72	90	0.7	0.5	6
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, Celery		1/2 cup	2.2	10	52	1	0.5	0.1
Vegetables, Corn		1/2 cup	11	67	114	2.5	2	1
Vegetables, Corn		1/2 cup	15	70	140	2	2	1.1
Vegetables, Green Beans		1/2 cup	4	20	140	2	1	0
Vegetables, Jicama with Tajin		1 ea/1 pkt	6.5	33	193	3.5	0.5	0
Vegetables, Jicama, Plain		1/2 cup	7	30	3	3.9	0.6	0.1
Vegetables, Lettuce & Pickle Cup		1 ea	2	12	137	0.5	0.5	0
Vegetables, Lettuce, Shredded		1 cup	2	10	7	0.5	0.5	0
Vegetables, Lettuce, Shredded		1 cup	2.1	10	7	0.9	0.6	0.1
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 ea	14	120	180	1	1	7
Vegetables, Potato, Seasoned Wedges		1 srvg	19	146	426	1	1	7.5
Vegetables, Roasted Chickpeas, Cool Ranch		1 Package	24	160	360	6	8	4

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Beverages	Site specific items are denoted in the column below.	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Vegetables, Salad Tossed		1 cup	1.5	9	5	0.5	0.5	0
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
Crackers, Condiments and Sides	Site specific items are denoted in the column below.	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	130	0	0	7
Condiment, Mustard		1 packet	0.5	4	64.9	0.1	0.2	0.2
Condiment, Pickle Slices		2 ea	0	2	167	0	0	0
Condiment, Pico de Gallo	HS	#30 scoop	3	17	383	0	0	0
Condiment, Pico de Gallo	EI, CS,MS	#20 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	EI, CS, MS	1 ea	16.5	118	107	0.5	1.5	4.5
Cookie, Choc Chip, Whole Grain, a la carte	MS, HS, Avalon	1 ea	30.5	192	177	1.5	3	6.5
Cookie, Chocolate Fudge, a la carte	MS, HS, Avalon	1 ea	31	195	185	2.5	3	7.5
Cookie, Oatmeal, Whole Grain, a la carte	MS, HS, Avalon	1 ea	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
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 Midas		3/8 cup	33	178	285	1.2	0.9	5.5
Salad Dressing, Italian		1 packet	1.0	10	109.3	0.0	0	0.6
Salad Dressing, Ranch, Packet		1 packet	1.0	60	100	0.0	0	7.0
Salad Dressing, Ranch Midas (CC)		2 tablespoon	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.