

Nutrient List: Summer School Menus

4/18/17

| Breakfast Entrees | Portion Size | Carb (g) | Calories | Sodium (mg) | Fiber (g) | Protein (g) | Fat (g) |
|---|---------------------|-----------------|-----------------|--------------------|------------------|--------------------|----------------|
| Bagel-ful, Strawberry | 1 each | 30 | 180 | 160 | 2 | 5 | 4.5 |
| Cereal, Apple Jacks | Bowlpack | 24 | 110 | 160 | 3 | 2 | 1 |
| Cereal, Cinnamon Toasters | Bowlpack | 22 | 120 | 130 | 0 | 1 | 3.5 |
| 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, Honey Scooters | Bowlpack | 22 | 110 | 190 | 2 | 2 | 1 |
| Cereal, Rice Chex | Bowlpack | 24 | 100 | 250 | 1 | 2 | 0.5 |
| Cereal, Rice Chex, Cinnamon | Bowlpack | 23 | 110 | 170 | 0 | 1 | 2 |
| Cereal, Toasty O's | Bowlpack | 18 | 100 | 120 | 2 | 3 | 1.5 |
| Cheese, String, Lite Mozzarella | 1 each | 1 | 60 | 210 | 0 | 8 | 2.5 |
| Granola | 1/2 cup | 52.5 | 297 | 115 | 4 | 5 | 8 |
| Muffin | 1 each | 33.5 | 226 | 256 | 2 | 4.5 | 8 |
| Sandwich, Peanut Butter & Jelly , 2.8 oz. | 1 each | 32 | 320 | 320 | 3 | 10 | 17 |
| 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 |
| Lunch 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, Beef & Bean | 1 each | 38.5 | 279 | 403 | 7.5 | 15.5 | 8 |
| Chicken Nuggets without Roll | 5 Each | 15 | 230 | 440 | 3 | 12 | 13 |
| Chicken Nuggets with Roll | 5 each/1 each | 32 | 310 | 565 | 4 | 15 | 14 |
| 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 |
| Corn Dog, Chicken | 1 each | 27.5 | 238 | 690 | 2 | 11.5 | 9 |
| Granola, 1/2 Cup | 1/2 cup | 52.5 | 297 | 115 | 4 | 5 | 8 |
| Granola, 1/4 Cup, Buffum | 1/4 Cup | 26 | 148 | 58 | 2 | 2.5 | 4 |
| Hamburger on Bun | 1 each | 29.5 | 302 | 655 | 3 | 23 | 11.5 |
| Hot Dog on Bun | 1 each | 32 | 280 | 660 | 3 | 16 | 11 |
| Pizza, Personal Pan, Cheese | 1 each | 32 | 300 | 510 | 3 | 16 | 12 |
| Pizza, Personal Pan, Pepperoni | 1 each | 33 | 350 | 770 | 3 | 20 | 15 |
| Quesadilla, Chicken and Black Bean | 1 each | 35.5 | 268 | 469 | 7 | 17.5 | 7 |

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| 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 |
| Sandwich, Grilled Cheese | 1 each | 30.5 | 280 | 580 | 3.0 | 18.5 | 9.5 |
| 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, Turkey and Cheese | 1 each | 33.0 | 287 | 783 | 3.0 | 24 | 8.5 |
| Teriyaki Meatballs with Brown Rice | 1 serving | 38.0 | 317 | 513 | 2.5 | 16 | 11.0 |
| 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 |
| 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, 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, Burger Set Up | 1 serving | 1 | 72 | 90 | 0.7 | 0.5 | 6 |
| Vegetables, Broccoli | 1/2 cup | 3 | 15 | 15 | 1 | 1 | 0 |
| 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 |

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| Vegetables, Carrots, Fresh | 1/2 cup | 9 | 35 | 45 | 2 | 1 | 0 |
| Vegetables, Celery | 1/2 cup | 2 | 10 | 52 | 1 | 0.5 | 0 |
| Vegetables, Corn, 1/2 Cup | 1/2 cup | 15 | 70 | 140 | 2 | 2 | 1 |
| Vegetables, Corn, 1/4 Cup, Buffum | 1/4 cup | 5.5 | 33 | 57 | 1 | 1 | 0.5 |
| Vegetables, Green Beans | 1/2 cup | 4 | 20 | 140 | 2 | 1 | 0 |
| Vegetables, Jicama, Plain | 1/2 cup | 7 | 30 | 3 | 3.5 | 0.6 | 0 |
| Vegetables, Mixed, 1/2 Cup | 1/4 cup | 9 | 48 | 33 | 1.5 | 1.5 | 0 |
| Vegetables, Mixed, 1/4 Cup, Buffum | 1/4 cup | 4.5 | 24 | 16 | 0.5 | 0.5 | 0 |
| Vegetables, Peas | 1/2 cup | 9 | 52 | 75 | 3 | 3.7 | 0 |
| Vegetables, Potato Rounds | 4 each | 7 | 60 | 90 | 0.5 | 0.5 | 3.5 |
| Vegetables, Roasted Chickpeas, Cool Ranch | 1 Package | 24 | 160 | 360 | 6 | 8 | 4 |
| Vegetables, Salad, Mixed Romaine and Iceberg | 3/8 cup | 0.5 | 3 | 2 | 0 | 0 | 0 |
| Vegetables, Salad, Shredded Lettuce | 3/8 cup | 0.5 | 4 | 3 | 0 | 0 | 0 |
| Vegetables, Shredded Lettuce with Pickles | 3/8 cup/2 ea | 0.5 | 6 | 170 | 0 | 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 |
| 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 |

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|-------------------------------|-----------|------|-----|-------|-----|---|-----|
| 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 |
| 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 |

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