

## Nutrition Facts 2018-2019

<b>BREAKFAST</b>	<b>Portion Size</b>	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Carbohydrates (g)</b>	<b>Protein (g)</b>	<b>Allergens*</b>
Bacon (turkey)	1 slice	20	1	0	2	none
Biscuits & Gravy	2 biscuits w/gravy	290	10	44	4	wheat/milk/soy, may contain egg
Breakfast Pizza	1 slice	210	7	26	9	milk/wheat/soy
Cereal, Cinnamon Toast Crunch	1 bowl	110	3	22	1	wheat/soy
Cereal, Cocoa Puffs	1 bowl	110	1.5	25	2	wheat
Cereal, Froot Loops	1 bowl	110	1	24	2	wheat, may contain soy
Cereal, Honey Nut Cheerios	1 bowl	110	1.5	22	2	almonds, GF
Cinnamon Roll, homemade	1 roll	230	4	44	5	wheat/milk/soy
Cinnamon Toast	1 slice	110	4.5	16	4	wheat/soy
Donuts, mini chocolate	1 package	300	13	39	5	wheat/eggs/milk/soy
Donuts, mini powdered	1 package	280	10	42	5	wheat/eggs/milk/soy
Pancake on a Stick	1 each	200	10	17	7	wheat/egg/soy
Pancakes, Blueberry	1 package	210	6	35	4	wheat/milk/egg/soy
Pop-Tarts, Cinnamon	1 package/2 pop-tarts	360	4.5	75	4	wheat/soy
Pop-Tarts, Strawberry	1 package/2 pop-tarts	370	5	75	5	wheat/soy
Sausage Biscuit	1 sandwich	160	7	16	8	wheat/milk/soy
Sausage Biscuit w/cheese	1 sandwich	195	9	17	11.5	wheat/milk/soy
Sausage Egg Biscuit w/cheese	1 sandwich	265	14.5	18	15	wheat/milk/soy/egg
Sausage Egg Biscuit	1 sandwich	230	12.5	17	11.5	wheat/milk/soy/egg
Sausage Patty, Turkey	1 each	60	4	0	6	none
Scrambled Eggs	4 oz.	140	9	2	12	egg, milk
Toast	1 slice	95	4.5	12	4	wheat/soy
Waffles	2 waffles	140	5	22	4	egg/milk/soy/wheat
Yogurt Cup, Cherry	4 oz. cup	100	0.5	20	3	milk
Yogurt Cup, Raspberry	4 oz. cup	100	0.5	20	3	milk
Yogurt Cup, Strawberry Banana	4 oz. cup	100	0.5	20	3	milk
Yogurt Parfait	1 parfait	245	4.5	45	6.5	milk/soy

<b>LUNCH ENTREES</b>	<b>Portion Size</b>	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Carbohydrates (g)</b>	<b>Protein (g)</b>	<b>Allergens*</b>
BBQ Sandwich	1 sandwich	430	7.5	50	28.5	wheat/soy

Ciabatta, Grilled Chicken Bacon	1 sandwich	355	11.5	31.5	32	wheat/milk/soy
Cheeseburger	1 burger	415	21.5	27	25.5	wheat/soy/milk
Chef Salad, elementary	1 salad	220	7	23	18	wheat/milk
Chef Salad, secondary	1 salad	250	8.5	23	21	wheat/milk
Chicken Alfredo Pasta	1 serving	260	9	15	26	wheat/milk
Chicken & Waffles, elementary	5 nuggets, 1 waffle	330	17.5	26	18	wheat/soy/egg/milk
Chicken & Waffles, secondary	5 nuggets, 2 waffles	400	20	37	20	wheat/soy/egg/milk
Chicken Nuggets	5 nuggets	260	15	15	16	wheat/soy
Corn Dog	1	240	8	30	9	wheat/soy/egg
Deli Sandwich Turkey/Turkey Ham/Cheese	1 sandwich	300	10	28	20	wheat/milk, may contain egg/soy
Deli Wrap	1 wrap	335	9.5	37	27.5	wheat/eggs/soy
Drumstick, breaded	1 drumstick	190	11	5	16	wheat
Enchiladas, cheese	2 enchiladas	340	19	26	16	milk/soy/GF
Frito Chili Pie	1 serving	365	20	27.5	20	
Grilled Cheese Sandwich	1 sandwich	245	8	31	16.5	wheat/soy/milk
Hamburger	1 burger	380	19.5	26	22	wheat/soy
Hot Dog w/Bun	1 hot dog	220	10.5	22	12	wheat
Hot Ham & Cheese	1 sandwich	315	11	30	24	wheat/soy
Macaroni & Cheese	2/3 cup	295	12	27	20	wheat/milk
Mazzio's Pizza, Cheese	1 slice	325	14	35	15.5	wheat/milk/soy
Mazzio's Pizza, Pepperoni	1 slice	340	15	35	16.5	wheat/milk/soy, pork
Mazzio's Pizza, Sausage	1 slice	365	17.5	35	16.5	wheat/milk/soy, pork
Nachos, elementary	1 serving	330	23	21	14	milk/soy, GF
Nachos, secondary	1 serving	585	38	32	23	milk/soy, GF
Pasta Bake	1 serving	280	17.5	11.5	19	wheat/milk
PBJ, homemade	1 sandwich	370	2	43	15	wheat/peanuts
PBJ, Jammers	1 sandwich	310	16	35	10	wheat/peanuts/soy
Philly Cheese Steak Sandwich	1 sandwich	465	7	40	35	wheat/milk/soy
Pizza, Cheese, elementary (Big Daddy's Pizza)	1 slice	320	13	34	15	milk/wheat/soy
Pizza, Cheese, secondary (Big Daddy's pizza)	1 slice	400	16	43	19	milk/wheat/soy
Pizza, Pepperoni, elementary (Big Daddy's Pizza)	1 slice	330	14	34	16	milk/wheat/soy, pork
Pizza, Pepperoni, secondary (Big Daddy's Pizza)	1 slice	410	18	43	20	milk/wheat/soy, pork
Popcorn Chicken	1 cup/12 pieces	230	13	14	14	wheat/soy
Popcorn Chicken Salad	1 serving	305	16	12.5	22.5	wheat/soy
Pot Roast	1 serving	90	2.25	1.5	15	
Sloppy Joe	1 sandwich	485	15	65	26	wheat/soy
Spaghetti w/Meat Sauce (turkey)	1 serving	250	5.5	27.5	25	wheat

Spicy Chicken Salad	1 serving	355	16.5	40	25.5	eggs/wheat
Spicy Chicken Sandwich	1 sandwich	440	14	52	23	eggs/wheat/soy
Spicy Chicken Wrap	1 wrap	555	20	60	27.5	wheat/eggs/soy
Sub Sandwich, secondary	1 sandwich	295	7.5	39	21.5	wheat/soy
Teriyaki Chicken (without rice)	1 serving	130	4.5	8	14	wheat/egg/soy, sesame
Taco Salad w/bowl	1 salad	410	21	29	26.5	wheat/soy
Taco, crispy	1 taco	210	18	7.5	10.5	none
Turkey, Roasted	3 oz.	95	3.5	0	15.5	none

<b>VEGGIES &amp; SIDE ITEMS</b>	<b>Portion Size</b>	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Carbohydrates (g)</b>	<b>Protein (g)</b>	<b>Allergens*</b>
Apple Crisp	1 serving	200	8	32	2	wheat/milk/soy
Baby Carrots, raw	1/2 cup	35	0	8	0.5	
Baked Beans	1/2 cup	140	0	29	6	none
Breakfast Potatoes	1/2 cup	100	2	19	3	none
Broccoli, Steamed	1/2 cup	35	0	6.5	3	
Candied Carrots	1/2 cup	90	3.5	14	1	milk/soy
Corn	1/2 cup	55	1	12	2	
Cornbread	1 piece	107	3	18	3	wheat/egg/milk/soy
Cucumber, slices	1/2 cup	10	0.5	2	0	
Egg Roll	1	170	7	20	9	milk/egg/wheat/soy/fish
Fiesta Beans	1/2 cup	110	1	20	5	none
French Fries	1 serving	130	4.5	21	2	none
Fritos	1 serving	140	6	20	2	
Garlic Toast	1 slice	80	3.5	11	2	wheat/milk
Grape Tomatoes, raw	1/2 cup	15	0	3	1	
Green Beans	1/2 cup	45	3	3.5	1	
Hot Roll	1 roll	175	4	30	4.5	wheat/soy/milk
Italian Bread	1 serving	145	3	28	4.5	wheat/corn
Lettuce/Pickles, elementary w/burger	1 serving	15	0	2	1	
Lettuce/Tomatoes/Cheese, w/tacos	1 serving	35	2	1	3.5	milk
Mashed Potatoes (no gravy)	1/2 cup	90	1	18	2	milk
Mashed Potatoes w/ Brown Gravy	1 serving	110	1	21	2	wheat/milk
Mashed Potatoes w/ White Gravy	1 serving	135	3	23	2	wheat/milk
Peas	1/2 cup	60	0	11	4	
Peas & Carrots	1/2 cup	40	0.5	8	2.5	
Pinto Beans	1/2 cup	160	1	28	9.5	
Pita Bread/Flatbread	1 pita	170	5	26	5	wheat/milk
Rice, Brown	1/2 cup	110	1	22	2.5	

Roasted Cauliflower	1/2 cup	40	4	5	2	
Roasted Vegetables	1/2 cup	60	2.5	9	1.5	
Roasted Zucchini	1/2 cup	35	2.5	2.5	1	
Side Salad	1 salad	20	0.5	2.5	1.5	
Spaghetti Noodles/Rotini Noodles	1/2 cup	90	0.5	18.5	4	wheat
Spaghetti Sauce (turkey), w/o noodles	1 serving	160	5	9	21	none
Spanish Rice	1/2 cup	110	1	22	2.5	wheat/milk/soy
Spinach Side Salad	1 cup	10	0	3	1	
Tator Tots	1/2 cup	150	7	19	2	none
Tomatoes, Grape	1/2 cup	15	0	3	0.5	
Tomato Soup (campbell's)	6 oz.	70	0	15	1.5	wheat
Veggie Cup	1/2 cup	15	0	3	0.5	none

<b>FRUIT</b>	<b>Portion Size</b>	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Carbohydrates (g)</b>	<b>Protein (g)</b>	<b>Allergens*</b>
Apple	1	80	0	10.5	0.5	
Applesauce	1/2 cup	90	0	22	0	
Apricot Cup (frozen pre-packaged, square container)	1/2 cup	110	0	25	1	
Banana	1	105	0.5	27	1	
Cantaloupe	1/2 cup	30	0	13	0.5	
Grapes	1/2 cup	60	0	14	1	
Honey Dew	1/2 cup	30	0	8	0.5	
Mandarin Oranges	1/2 cup	70	0	17	1	
Mixed Fruit	1/2 cup	80	0	18	1	
Orange	1	65	0.5	16	1	
Peach Cup (frozen pre-packaged, square container)	1/2 cup	115	1	30	0	
Peaches	1/2 cup	70	0	17	0	
Pears, canned	1/2 cup	80	0	20	0	
Pears, fresh	1	100	1	25	1	
Pineapple	1/2 cup	80	0	19	0	
Strawberries/Blueberries/Raspberries	1/2 cup	25	0	6	0.5	
Strawberry Cup (frozen pre-packaged, square container)	1/2 cup	80	0	21	0	
Watermelon	1/2 cup	25	0.5	6	0.5	

<b>MISCELLANEOUS</b>	<b>Portion Size</b>	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Carbohydrates (g)</b>	<b>Protein (g)</b>	<b>Allergens*</b>
Bacon (turkey)	1 slice	20	1	0	2	none
BBQ Meat (no bun)	2.5 oz.	280	5	24	22.5	
Beatnick Cake	1 serving	155	14.5	23	1.5	wheat/soy/egg

Beef Patty	3 oz. patty	230	17	0	16	
Biscuit	1 biscuit	100	3	16	2	wheat/milk/soy
Boiled Egg	1 large	80	5	0.5	6	egg
Bread, sliced	1 slice	60	1	12	4	wheat/soy
Ciabatta bun	1 bun	160	3.5	30	5	wheat/milk, may contain soy
Cheese Stick	1 stick	60	2.5	1	8	milk
Cheese, American shredded	1/4 cup/1 oz./28 g	70	4.5	2	7	milk
Cheese, American shredded (on hot dog)	1 Tbs	20	1	0.5	2	milk
Cheese, American sliced	2 slices/1 oz./28 g	70	4	2	7	milk/soy
Cheese, American sliced (1/2 oz.)	1 slice/0.5 oz.	35	2	1	3.5	milk/soy
Cheese, Pepper Jack	1 slice/0.5 oz.	55	4.5	0.5	3	milk
Chili, for hot dog	1 oz	65	2	8.5	4	
Chili, homemade for frito chili pie	1 serving	160	7	11	14.5	
Cookie, brownie	1 cookie	150	4.5	26	2	wheat/eggs/soy/milk
Cookie, carnival/sprinkles	1 cookie	160	5	26	2	wheat/eggs/soy/milk
Cookie, chocolate chip	1 cookie	160	5	26	2	wheat/eggs/soy/milk
Cookie, sugar	1 cookie	150	4.5	26	2	wheat/eggs/soy/milk
Crackers, saltine	1 package/2 saltines	25	0.5	4	0	wheat
Egg Patty	1	70	5.5	1	3.5	egg/soy
French Fries	1/2 cup	130	4.5	21	2	soy
Gravy, Brown	1 serving	10	0	1.5	0	wheat/soy/milk
Gravy, Breakfast	1 serving @ breakfast	90	4	12	0	wheat/milk, may contain egg/soy
Gravy, White Pepper, Lunch	1 serving @ lunch	20	1	3	0	wheat/milk, may contain egg/soy
Grilled Chicken Filet	1 filet	120	2.5	1	22	soy
Gyro Meat/Philly Beef	2.5	190	4.5	3	22	
Pot Roast/Shredded Beef	1 serving	90	2.25	1.5	15	
Ham deli slices (turkey)	4 slices/3 oz	80	3	2	10	none
Hamburger Bun	1 bun	150	2.5	26	6	wheat/soy
Hot Dog (turkey), no bun	1 frank/2 oz.	110	9	0	8	none
Hot Dog Bun	1 bun	110	1.5	22	4	wheat
Hummus	1/2 cup	170	4.5	23	8.5	soy
Ice Cream Cup, Chocolate	1 cup	100	5	13	11	milk, may contain peanuts
Muffin, Banana Nut	1 muffin (2 oz.)	190	6	31	3	wheat/eggs/soy
Muffin, Blueberry	1 muffin (2 oz.)	190	6	30	3	wheat/eggs/soy

Muffin, Chocolate Chocolate Chip	1 muffin (2 oz.)	190	6	32	4	wheat/eggs/soy/milk
Nacho Chips, elementary	1 oz.	165	6	19	2	
Nacho Chips, secondary	2 oz.	270	12	28	4	
Oatmeal	1/2 cup	145	4.5	23.5	3	wheat/soy
Peanut Butter	2 Tbs.	200	16	6	7	peanuts
Queso Blanco cheese sauce, elementary (w/o chips)	2 oz.	120	9	2	7	milk/soy, GF
Queso Blanco cheese sauce, secondary (w/o chips)	4 oz.	240	18	4	14	milk/soy, GF
Spaghetti/Rotini Noodles	1/2 cup	90	0.5	18.6	4	wheat
Spicy Chicken Fillet	1 fillet	300	12	23	18	wheat/eggs
Sub Bun	1 roll	180	2.5	36	8	wheat
Taco Meat	2 oz.	160	15.5	0	10	
Taco Shell, crispy	1 shell	50	2.5	7.5	0.5	none
Tortilla 10"	1 tortilla	220	6	36	6	wheat/eggs/soy
Turkey deli slices	4 slices/3 oz	80	1.5	0	18	none
Waffle, round	1 waffle	70	2.5	11	2	egg/milk/soy/wheat
Yogurt Cup, Cherry	4 oz. cup	100	0.5	20	3	milk
Yogurt Cup, Raspberry	4 oz. cup	100	0.5	20	3	milk
Yogurt Cup, Strawberry Banana	4 oz. cup	100	0.5	20	3	milk

<b>CONDIMENTS</b>	<b>Portion Size</b>	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Carbohydrates (g)</b>	<b>Protein (g)</b>	<b>Allergens*</b>
Asian Dressing	1 oz.	130	11	8	0	wheat/soy/sesame
BBQ Sauce	1 portion cup (1 oz.)	40	0	10	0	
Caesar Dressing	1 oz.	170	18	1	0	egg/milk/soy/anchovy
Honey Mustard	1 portion cup (1 oz.)	70	6	5	0	egg
Jelly	1 portion cup	35	0	9	0	
Ketchup	1 portion cup (1 oz.)	35	0	8	0	
Marinara	2 oz.	10	1	2	1	
Mayonnaise, light	1 oz.	70	6	5	0	egg
Mustard	1 oz.	5	0	0	0	
Ranch	1 cup (1 oz.)	45	4	3.5	0	soy/milk
Raspberry Dressing	1 oz.	80	6	7	0	soy/treenuts
Salsa	2 oz.	20	0	4.5	0	
Syrup (sugar free)	1 oz. cup	0	0	0	0	

<b>BEVERAGES</b>	<b>Portion Size</b>	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Carbohydrates (g)</b>	<b>Protein (g)</b>	<b>Allergens*</b>
Apple Juice	4 oz. carton	60	0	15	0	
Milk, Chocolate	8 oz. carton	130	0	24	8	milk

Milk, Strawberry	8 oz. carton	120	0	22	8	milk
Milk, White	8 oz. carton	100	2.5	11	8	milk
Orange Juice	4 oz. carton	55	0	13	1	

\*Allergens listed are based on the food manufacturer's allergen statement. Allergens listed on this document are noted "none" only when a product specification states that there are no food allergens. If there is no allergen noted in this document, it is understood that no statement was made on that product's specifications. The allergen information in this document contains notices of only the top eight food allergens: milk, egg, fish, crustacean shell fish, tree nuts, wheat, peanuts and soybeans. If further information is needed, food ingredient statements are available in the Child Nutrition Office.

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