

FOOD ITEM	Portion Size	Calories	Protein	Carbohydrate(g)	Fat (g)	Sodium(mg)
Apples-Fresh	1	72	0	19	0	1
Apple Juice 4 oz	1	60	0	15	0	0
Applesauce	1/2 cup	90	0	23	0	20
Bagel	1 oz	150	5	29	1.5	280
Bagels, Mini cream or strawberry	1 pkg	240	6	41	6	180
Baked beans	1/2 cup	143	7	32	1	449
Banana	1	90	1	23	0	1
BBQ Pork Sandwich	1 ea	340	25	37	10	430
BBQ Pork Sandwich HS	1 ea	350	26	39	11	520
BBQ Sauce packet	1 oz	30	0	7	1	160
Beef & Cheese Nachos (includes chips)	1	274	15	26	11.5	506
Benefit Granola Bars- Choc Chip	1	290	5	47	9	240
Biscuit	1	110	2	16	3.5	250
Black Bean Salsa	1/2 cup	41	2.28	7.54	0.34	163
Bosco Stick	2	310	18	31	13	590
Bread Stick (Whole Wheat)	1	60	2	13	5	70
Bread, toast	1	90	4	16	1.5	150
Breakfast Pizza Bagel	1	239	12	30	8	611
Breakfast Pizza	1	200	10	21	8	430
Broccoli	1/2 cup	26	3	5	0.11	10
Brussel Sprouts, Roasted	1/2 cup	120	4	11	7	417
Bun (Hamburger)	1	120	5	23	2	270
Bun (hamburger) Elementary	1	110	4	21	1.5	180
Bun (Hot Dog)	1	110	4	20	1.5	200
Burrito- Beef and cheese	1	350	16	38	15	580
California Blend Veg's	3oz	25	1	5	0	25
Calzone-Pepperoni	1	340	20	35	13	510
Carrots	1/2 cup	26	0.5	6	0	44
Carrots, cooked w/ sugar	1/2 cup	51	0.48	8.4	2	197
Cauliflower, Roasted	1/2 cup	88	2.3	5	7.3	424
Celery	1/2 Cup	7	0.35	1.5	0.09	40
Cereal (Cocoa Puffs)	1	100	1	21	1	135
Cereal (Cinn Toast Crunch)	1	120	1	22	3	200
Cereal (Frosted Flakes)	1	110	1	25	0	190
Cheese	1 oz	80	7	2	6	280
Cheese Sauce	3 oz	130	8	5	9	570
Cheeseburger Elementary	1	350	25	23	19	560
Cheese-Cheddar stick	1 oz	110	7	1	9	180
Cheese-Mozzarella stick	1 oz	80	6	1	6	200
Cheese Stick- Marble	1 Oz	110	7	1	9	170
Chef Salad	1	252	16	21	13	291
Cherry Tomatoes	1/2 cup	13	0.66	3	0.15	4
Chicken & Noodles	8oz	244	22	21	7.52	186
Chicken (Popcorn)	12	260	18	18	13	560
Chicken Caesar Wrap	1	384	39	39	11	563
Chicken Nuggets	5	216	14	13	12	400
Chicken Pattie, Grilled	1	130	15	2	7	330
Chicken Salad	3 oz.	145	15	7	5	500
Chicken Sandwich Elementary	1	298	19	35	9.5	576
Chicken Sandwich HS	1	308	20	37	11	666
Chicken Tenders	3	216	14	13	12	400

FOOD ITEM	Portion Size	Calories	Protein	Carbohydrate(g)	Fat (g)	Sodium(mg)
Chicken Teriyaki w/ Rice	1 serving	240	14.19	33.73	5.55	1155
Chicken Teriyaki w/ Rice Prepared	1 serving	210	18	28	4	480
Chicken Tetrizzini	1 serving	241	16	31	7	326
Chicken/General Tso & Rice	1 serving	255	15	33	5	300
Chicke & Orange Sauce w/ Rice	1 serving	368	16	47	13	555
Chicken Mandrian w/ Rice Prepared	1 serving	310	13	37	4	280
Chicken/Rotini Alfredo	1 serving	350	19	46	7.5	570
Chicken/Sweet & Sour & Rice	1 serving	375	16	45	13	550
Chili w/ Beans	6oz	179	13	13	9	471
Chili w/ Beans & Macaroni	7 oz.	269	17	33	10	471
Chip - Potato Baked SCO	1	140	2	24	3.5	240
Cinnamon Rolls	2 ea	130	3	27	1	105
Cinnamon Rolls, Mini	1 pkg	240	5	40	7	300
Clementines	1 each	35	1	9	0	1
Cookie - Chocolate Chip	1	138	2	26	4	102
Cookie -Double Fudge	1	139	2	24	4	113
Cookie - Sugar	1	148	2	26	5	107
Cookie - Candy Sprinkles	1	142	2	25	4	118
Cookie, Specially Sugar Cookie	1	172	1.7	27	6.7	78
Corn	1/2 cup	67	2	16	8	0.83
Corn Dog (Turkey)	1	280	9	31	13	660
Corn Dog Nuggets (Turkey)	6	247	10.49	30	10.73	541
Cottage Cheese	1/2 Cup	110	14	4	5	460
Country Fried Steak	1	300	18	17	17.5	670
Cream Cheese cups	1 oz	90	2	2	9	95
Cracker, Whole Grain	2 pkg	120	2	22	3	460
Craisins	1 pkg	110	0	28	0	0
Crispito	1	180	9	22	7	280
Cucumber	1/2 cup	8	0.39	1.29	10	3
Doritos - Cool Ranch RF	1	130	2	19	5	160
Doritos - Nacho Cheese RF	1	130	2	20	5	200
Egg	1	70	6	1	4	55
Egg on English Muffin	1	160	10	21	4	365
Egg Pattie	1	60	5	1	3	135
Eggs w/ bacon & cheese	2 oz	120	8	1	9	270
Fish sandwich	1	330	18	35	14.5	470
Flat bread BBQ chicken	1	457	28	43.67	18	945.8
Flat bread, breakfast	1	170	9	21	5	310
Flat bread, Fiesta	1	383	23	31.29	17.87	965
Flat bread,Cheesy Garlic	1	450	25	29	25	828
French Dressing Pkt.	1	50	0	2	4	72
French Fries (crinkle)	3 oz	120	2	21	4	45
French Fries (seasoned)	3 oz	160	2	20	7.3	282
French Toast	4 ea	300	6	42	12	400
French Toast, Mini	1 pkg	220	3	37	7	380
Frudel	1 each	210	5	36	6	280
Fruit Mix	1/2 Cup	84	1	21	0	1
Garlicbread	1	163	3	15	10	283
Goldfish Grahams	1	120	1	19	4	110
Grapes	1/2 cup	55	0.6	14.3	0	3
Green Beans	1/2 Cup	30	1	6	0.03	140

FOOD ITEM	Portion Size	Calories	Protein	Carbohydrate(g)	Fat (g)	Sodium(mg)
Grilled Cheese	1	290	18	26	13	1060
Grilled Chicken Sandwich Elementary	1 ea	177	15	22	4	607
Grilled Chicken Sandwich HS	1	187	16	24	5	697
Ham & Cheese Sandwich - Elementary	1 ea	270	14	23	5	590
Ham & Cheese Sandwich _ HS	1 ea	280	15	25	7	680
Ham and Cheese Stuffer	1 ea.	320	20	32	12	480
Ham Diced(Turkey)	2 oz	75	15	2	5	958
Hamburger on Elementary	1	310	18	21	13	280
Hamburger on Bun HS		320	19	23	14	370
Hamburger on Bun w/ Cheese -HS	1	400	27	27	21	650
Hawaiian Chicken Wrap	1	308	24	42	6	408
Hot Dog on bun	1	290	11	31	19	660
Italian Dressing FF pkt	1	5	0	1	0	110
Juice Cup - Cherry	1	70	0	18	0	10
Juice Cup - Watermelon	1	90	0	23	0	10
Juice Cup-Mixed Berry-Lemon	1	70	0	18	0	5
Ketchup Pkt	1 pkt	10	0	2	0	25
Kiwi	1	46	0.5	11	0.5	2
Macaroni & Cheese	2/3 cup	295	16	26	15	759
Manadrian Oranges	1/2 cup	70	1	17	0	10
Margarine Portion	1	25	0	0	3	40
Marinara Dippin Cup	1/2 cup	90	0	15	0	140
Mayonnaise Pkt	1	90	0	1	9	70
Meatball Sub	1 serving	320	25	17	16	800
Milk 1%	1	100	8	11	2.5	120
Milk Skim	1	90	8	13	0	125
Milk, 1%	12 oz	150	12	17	3.5	180
Milk, Choc FF	12 oz	200	12	38	0	270
Milk, Skim	12 oz	120	12	18	0	180
Milk, Strawberry FF	12 oz	200	12	35	0	190
Milk-Chocolate FF	1	120	8	24	0	180
Milk-Strawberry FF	1	110	8	22	2.5	125
Milk-Vanilla FF	1	130	8	24	0	170
Mixed Vegetables	1/2 Cup	67	3	13	0	90
Muffins, Banana	2 oz	190	3	31	6	130
Muffins, Blueberry	2 oz	190	3	30	6	130
Muffins, Choc	2 oz	190	4	32	6	130
Muffins, Apple Cinnamon	2 oz	190	3	31	6	130
Mustard Pkt.	1	4	0	0.5	0	51
Omelet w/ cheese	1	110	8	1	8	210
Orange	1	62	1	15	0.5	0
Orange Juice	1/2 Cup	60	0	15	0	0
Orange Juice	12 oz	180	2	44	0	0
Oriental Vegetables	1/2 cup	35	1	7	0	7
Pancake & sausage on a stick	1 ea	240	7	18	15	360
Pancakes	3 ea	240	5	41	6	390
Pancakes, Mini	1 pkg	230	5	40	7	270
Parfaits	4 oz	240	8.79	47.82	3	140
Parfaits	8 oz	456	17.09	89.89	5.73	278.29
PBJ Sandwich	1 ea	443	19	45	24	420
Peaches	1/2 Cup	70	0	17	0	10

FOOD ITEM	Portion Size	Calories	Protein	Carbohydrate(g)	Fat (g)	Sodium(mg)
Peanut Butter	2 Tbs	188	8	6	16	5
Pears	1/2 Cup	80	0	20	0	7
Peas	1/2 cup	62	4	11.41	0.22	58
Pickle (whole)	1	4	0	1	0	256
Pineapple	1/2 Cup	60	0	14	0	0
Pizza - Pepperoni Wedge	1	280	16	37	9	600
Pizza (Cheese)	1	310	22	30	12	360
Pizza (Pepperoni)	1	310	23	30	11	470
Pizza (Sausage)	1	330	21	29	14	420
Pizza, French Bread Cheese	1	310	23	33	11	380
Pizza 5 in round cheese	1	330	21	33	12	680
Pizza 5 in round Pepperoni	1	350	20	33	16	850
Pizza-Buffalo Chicken	1	390	20	35	7	750
Potatoes, Mashed	1/2 cup	80	2	17	1	310
Potatoes-Fries (Baked)	3oz	150	2	25	5	170
Potatoe-Smiles	1/2 cup	130	2	20	4.5	180
Potatoes-Sweet Potatoes	1/2 cup	120	1	19	7	135
Potatoes-sweet pot-crosstrax	1/2 cup	90	1	15	3	150
Potatoes-Tater Tots	1/2 cup	170	2	19	10	300
Potatoes-Wedges	1/2 cup	120	2	18	5	430
Quesadilla, Cheese	1	320	16	32	12	560
Quesadilla, Chicken	1	300	18	31	11	560
Ranch Dressing pkt	1-12gr	70	0	1	7	100
Raisins	1	110	1	30	0	0
Ravioli	8 oz	307	20.51	29.63	11.25	707
Red Pepper, Raw	4 oz	23	0.5	4.5	0	3
Refried beans	1/2 cup	140	9	25	0.5	135
Rice	1/2 cup	80	2	17.5	0.75	0
Rippers-Cheese	1 ea.	340	23	32	13	600
Rippers-Pepperoni	1 ea.	270	18	27	10	570
Rippers-Ham & Cheese	1 ea.	270	22	28	8	590
Rotiniw/Italian Meat Sauce	1	314	18	24	16	606
Roll (Whole Grain)	1	85	4	16	1	150
Romaine Lettuce	1 cup	0	0	0	0	0
Salad Dressing Pkt.	1	42	0	2	4	91
Salsa	2 Tbs	10	0	2	0	70
Sausage Pattie (Jones Dairy)	1.0 oz	120	4	0	11	90
Sloppy Joe on Bun -Elementary	1 ea	254	17	31	8	597
Sloppy Joe on Bun HS	1 ea	264	18	33	9	687
Sloppy Joes w/ Scoops	1 serving	255	15	29	8.5	542
Spaghetti	2 oz	180	8	39	1.5	0
Spaghetti w/ Meat Sauce & Spaghetti	8 oz.	347	23	48	9	290
Spinach Salad w/ dressing	1 cup	57	0.27	5.38	4	8
Spinach, cooked	1 cup	65	7.62	9	1.65	184
Strawberries, frozen w/ light syrup	1/2 cup	90	0	23	0	0
Sub Buns	1 ea	165	5	30	2	320
Subs, Ham & Cheese	1 ea	345	27	33	12.5	1130
Subs, Italian w/ cheese	1 ea	370	26	35	15	1213
Subs, Turkey & Cheese	1 ea	325	30	32	9	1050
Syrup	1 ea	120	0	31	0	25
Taco Burger	1	286	21	27	11.5	646

FOOD ITEM	Portion Size	Calories	Protein	Carbohydrate(g)	Fat (g)	Sodium(mg)
Taco Salad	1	225	19	7	14	454
Taco Sauce Pkt.	1	5	0	1	0	95
Tacos on 8 inch shell	1 ea.	328	22	22.43	17	553
Tarter Sauce	1 pkg	40	0	2	2	85
Tenderloin on Bun	1	400	22	37	19	690
Thai Turkey Wrap	1	368	27	37	12	913
Toasted Cheese	1	190	12	25	5.5	710
Tortilla Chips	1 oz	140	2	18	7	110
Tortilla chips. Scoops	1 bag	110	2	19	2.5	125
Tortilla Shell 10 in	1	230	7	38	5	430
Tortilla Shell 12 in	1	330	11	55	8	630
Tortilla Shell 6 in	1	90	2	15	2	190
Tortilla Shell 8 in	1	130	4	21	3	240
Turkey	3	80	18	0	1	450
Turkey & Gravy	5.33 oz	148	20	3	6	699
Turkey & Noodles	8 oz	244	22	21.32	8	186
Turkey Ranch Wrap	1 ea	363	20	38	15	848
Uncrustable PB&J	1	290	10	32	15	270
Waffles, Mini- pkg	1	210	4	38	6	170
Winter Blend Vegetables	3 oz	25	2	4	0	25
Yogurt, Danimals	4oz	80	4	16	0	65

