

	Revised August 10, 2017	Calories	Carbs	Protein	Total Fat	Fiber
BREAKFAST ENTREES						
	Apple Cinnamon Bun	240	7g	4g	7g	3g
	Banana Mini Pancake (1 pkg)	200	37g	5g	4g	4g
	1 Biscuit - Honey Wheat 1.25 oz.	100	17g	2g	3g	1g
S	2 Biscuits - Honey Wheat 1.25 oz. each	200	34g	4g	6g	2g
H	Banana Bread	280	44g	5g	10g	2g
H	Cocoa Bread	270	44 g	7 g	8 g	2 g
	Canadian Bacon (Turkey) on Whole Grain Croissant	190	15g	13.6 g	8 g	1g
	Canadian Bacon (Turkey), Egg & Cheese on Croissant	253	17g	14 g	14.5 g	1g
H	Canadian Bacon (Turkey), Egg & Cheese on Croissant	321	30 g	16.7 g	18 g	2 g
	Cereal	92	20.78g	1.32g	0.82g	1.12g
	Chicken, Mini Filet (1)	113	5g	10g	4g	0g
	Chicken & Waffle Bites (5 pieces)	139	5.6g	8.3g	12g	1g
	Cinnamon Bun, Glazed 2.7 oz.	240	38 g	4 g	8 g	3 g
	Cinnamon Roll 1.5 oz.	130	22g	3g	4g	2g
	Cinnamon Roll 2.6 oz.	230	39g	6g	7g	3g
	Egg & Cheese on a Bun	160	20g	6g	7g	2g
	Egg, Hard Boiled	80	1g	6g	5g	0g
PK	French Toast Stks. (2)	166	25 g	5g	6 g	3 g
E	French Toast Stks. (3)	249	36.8 g	7g	9g	4g
S	French Toast Stks. (4)	332	49 g	9.3 g	12g	5.3 g
	Goodyman Stick	180	28 g	3 g	6 g	2 g
H	Grilled Cheese Sandwich, Spicy	302	32 g	15.5 g	12.6 g	3 g
	Ham & Cheese on Hawaiian Roll (Turkey)	209	28.18g	11.75g	5.22g	2g
	Mini French Toast	210	37g	4g	5g	3g
	Mini Loaf, Orange	180	28g	3g	7g	2g
	Mini Loaf, Very Berry	180	30g	3g	6g	2g
	Mini Maple Pancakes (Pillsbury)	220	39g	4g	6g	3g
	Mini Pancakes, Banana	200	37g	5g	4g	4g
	Nutrigrain Bar 1.55 Oz. Strawberry	160	29g	2g	4g	3g
	Pancake, Max	220	35g	4g	7g	2g
	Pop Tart & Cheese Stick	271	38 g	9 g	8.6 g	3g
	Sausage Patty, Pork (1)	230	1g	7g	22g	0g
	Sausage Wrapped Pancake (pork)	187	19.6 g	7 g	8.9 g	1.4 g
S	Scrambled Eggs	91	0g	7g	7g	0g
E	Scrambled Eggs	68	0g	5g	5g	0g
	Veggie Mini Slider (Twin pack)	310	40g	14g	11g	6g
	Waffles, Mini (Eggo)	200	35g	4g	5g	4g
	Yogurt Parfait, breakfast (blueberry)	245	50g	5g	3.75g	2.5g
	Yogurt Parfait, breakfast (canned fruit)	275	57g	5.5g	3.75g	2g
	Yogurt Parfait, breakfast (strawberry)	230	45g	5g	3.75g	2g
	Yogurt 4 oz.	90	19g	3g	0g	0g
LUNCH ENTREES						
	BBQ Ribs/Bun (Beef)	330	37g	20g	12g	6g
E	Beef Dippers (4)	160	6g	14g	8g	1g
S	Beef Dippers (5)	200	7.5g	17.5g	10g	1.25g
E	Beef Nachos with cheese & salsa	453	46.3g	23g	21g	3g
M	Beef Nachos with cheese & salsa	477	49.5g	25g	23.5g	3.25g
E	Beef-A-Roni	330	26.48g	20.48g	15.47g	1.085g
M	Beef-A-Roni	375	30.1g	23.72g	17.58g	1.23g
H	Beef-A-Roni	500	40.12g	31.03g	23.45g	1.64g
S	Black Bean (#6 SCP) w/Brown Rice#8 SCP	384	66.15g	12.25g	6.59g	8.35g
E	Black Bean (#8 SCP) w/Brown Rice #8 SCP	240	40.39g	8.51g	4.53g	6.2g
S	Burrito (Bean & Cheese)	291	40.95	15.6	8.29g	7.96g
H	Burrito, Barbacoa	500	54 g	33 g	18 g	11 g

(S) Secondary (Middle/High)

Nutrition

(E) Elementary, (M) Middle, (H) High Only

	Revised August 10, 2017	Calories	Carbs	Protein	Total Fat	Fiber	
	Calzone, Three Cheese	250	33g	19g	5g	4g	
	Calzonette (2) w/ Marinara Sauce (1/3 c)	267	26g	17g	10g	4g	

(S) Secondary (Middle/High)

Nutrition

(E) Elementary, (M) Middle, (H) High Only

	Revised August 10, 2017	Calories	Carbs	Protein	Total Fat	Fiber
S	Calzonette (3) w/ Marinara Sauce (1/3 c)	380	37g	25g	14g	6g
	Cheese Quesadilla	320	32g	20 g	12 g	3g
	Cheeseburger Sliders (Twin Pack 4.7 Oz.)	320	35g	17g	13g	4g
	Cheeseburger/Bun	305	27.1g	22.5g	12g	5g
	Cheeseburger, Stuffed	190	8 g	11 g	12 g	1 g
	Cheesy Chicken Flatbread	280	24g	20g	12g	3g
E/S	Chicken Baked (Breaded)	381	15.4 g	17 g	23 g	1.4 g
H	Chicken Baked (Breaded)	686	14.3 g	40 g	54.4 g	3 g
Supper	Chicken Breast Filet on a Pretzel Bun	360	40.18g	26g	10.52g	6g
Supper	Chicken Drumsticks (2)	377	10 g	32 g	22 g	2g
E	Chicken Nuggets (5)	180	12g	12g	9g	3g
M	Chicken Nuggets (6)	216	14.4g	14.4g	10.8g	3.6g
H	Chicken Nuggets (8)	288	19.2g	19.2g	14.4h	4.8g
S	Chicken Parmesan/Bun	420	42.81g	18.34g	23.4g	2.18g
H	Chicken Patty Deluxe/Bun	346	40g	26g	10g	6g
E	Chicken Patty/Bun	301	33g	21g	10g	6g
S	Chicken Salad/Bun	341	24.88g	20.32g	17.48g	0.73g
	Chicken Smackers (10 pieces)	269	20g	18g	13g	3g
	Chicken Snack - Atizers (13 pieces)	290	19g	14g	18g	2g
H	Chicken Taco Bowl	223	16.02g	27.24g	5.12g	0.39g
H	Chicken Mandarin Orange (#8 scoop w/2-#8 scoop rice)	320	54g	15g	4.45g	1.5g
M	Chicken Tenders (2)	213	16g	18g	9g	3g
H	Chicken Tenders (3)	252	21g	22.3g	7.86g	2.12g
S	Chicken with Gravy	147	3.44g	19.8g	5.55g	0.25g
E	Chicken with Gravy	124	2.87g	16.84g	4.72g	0.21g
	Chicken, Boneless Wings (5 pieces)	250	15g	23g	11g	2g
H	Chicken, General Tso Rice Bowl	342	58g	15.11g	4.45g	1.5g
	Chicken, Popcorn (14 pieces)	211	13g	15g	9g	2g
E	Chicken, Teriyaki w/#8 scoop rice	274	39g	20g	4g	1g
S	Chicken, Teriyaki w/#8 scoop rice	329	44g	30.5g	4.75g	1g
H	Chicken, Thai Chili Rice Bowl	309	51.75g	16.17g	4.45g	1.5g
Supper	Chili con Carne	343	33.25g	23.39g	5.14g	9.92g
H	Chili, Chef Rudy	209	17.7g	14.7g	8.7g	4.7g
H	Chili, Vegetarian	280	52g	14g	1.5g	13g
	Corndog (Chicken)	238	27.8g	11.6g	9.2g	2.3g
H	Crunchy Hawaiian Chicken Wrap	358	51.2g	20.73g	10.34g	3.58g
H	Cuban Rice Bowl	468	55.4g	6.5g	15.5g	6g
E	Cuban Sandwich (Pork)	360	34.51g	10.77g	14.5g	4g
M	Cuban Sandwich (Pork)	400	31.6g	11.76g	17.46g	5.8g
H	Cuban Sandwich (Pork)	490	31.45g	14.62g	23g	5.64g
H	Egg Roll Bowl (1 cup rice)	490	76g	24g	11g	7g
	Egg Roll (Pre-K, Chicken)	160	20g	10g	5g	3g
	Egg Rolls (Chicken 2 ea.)	320	40g	20g	10g	6g
	Egg Salad/Bun	370	21.68g	16.88g	23.69g	1.23g
E	Empanada, Chicken (1)	190	21g	12g	6g	1g
S	Empanada, Chicken (2)	380	42g	24g	12g	2g
	EZ Jammers	290	28g	9g	16g	4g
S	Fajita, Chicken (w/o tortilla or rice)	198	10.12g	24.49g	6.71g	1.4g
E	Fish Nuggets (4)	220	21g	13g	9g	2g
S	Fish Nuggets (5)	275	26g	16.25g	11.25g	2.5g
	Fish Sandwich	280	35g	16g	9.5g	5g
E	Fish Tacos	550	78g	21.9g	17.8g	6.4g
S	Fish Tacos	606	83g	25.18g	20g	6.9g
	Grilled Cheese Sandwich	299	33g	21g	10g	3.24g
E/M	Hamburger /Bun	270	26.1g	19g	10g	5g
H	Hamburger /Bun	300	19g	23g	15.5g	3g

(S) Secondary (Middle/High)

Nutrition

(E) Elementary, (M) Middle, (H) High Only

	Revised August 10, 2017	Calories	Carbs	Protein	Total Fat	Fiber
	Hot Dog /Bun (Beef)	260	20g	12g	16.5g	3g
Supper	Hot Dog Sliders (2) (Beef)	280	24g	12g	16g	4g
	Hummus Meal with Cheese and Chips	521	48.8 g	14.6 g	32.6 g	5 g
	Hummus Meal with Seeds and Chips	590	52 g	14 g	41 g	7 g
E	Italian Sub	251	33g	13g	8g	3g
M	Italian Sub	282	33.5g	16.5g	9.63g	3g
	Jamaican Beef Patty	350	53g	12g	10g	3g
H	Jambalaya	185	6.23g	15.47g	11.1g	1.12g
Supper	Lasagna	300	28g	18g	12g	4g
	Macaroni & Cheese (6 oz)	220	19g	14g	11g	1g
E	Meat Sauce	230	7g	15.49g	16g	1.08g
S	Meat Sauce	238	9.5g	16g	16g	1.35g
H	Meat Sauce, Chef Rudy's	225	12.6g	14.75g	13g	2.2g
S	Meatball Sub (5)	360	45g	20g	11g	2g
E	Meatballs w/Sauce (5)	190	7g	15g	10g	2g
S	Meatballs w/Sauce (6)	228	8.4g	18g	12g	2.4g
Supper	Meatloaf over Rice /Gravy	415	34g	21.24g	22g	2g
	Mexican Pizza	340	39g	17g	14g	4g
	Mozzarella Cheese Sticks (5 pieces)	320	31g	18g	14g	3g
Supper	Pepperoni & Cheese Bites (8 pieces)	270	31g	10g	12g	4g
	Pepperoni Stromboli (Pork)/Marinara Sauce	370	32g	20g	13g	4g
H	Pizza - Cheese 8 Cut	269	23.53g	15.54g	11.06g	0.85g
S	Pizza - French Bread, Pepperoni (Pork)	310	34g	17g	12g	3g
H	Pizza - Pepperoni 8 Cut (Pork)	350	29g	20g	16g	4g
	Pizza 5 " Pan	330	36g	25g	11g	6g
PK	Pizza Crunchers (2 each)	200	20 g	10 g	9 g	2 g
	Pizza Crunchers (4 each)	400	40 g	20 g	18 g	4 g
E/M	Pizza Stick (2) w/Marinara sauce	320	37g	21g	8g	3g
	Pizza Wedge, Cheese	310	29g	21g	13g	3g
	Pork Barbeque/Bun	330	35g	26g	9.5g	3g
E/M	Rainbow Trout Melt/ Bun	320	33g	20g	12.5g	5g
H	Rainbow Trout Melt/ Bun	359	39.87g	21.97g	13g	5.98g
Supper	Ravioli - Chef Boyardee (1C)	230	27g	15g	7g	5g
.	Refried Beans with Nachos & salsa	330	52g	13g	8.5g	12g
H	Salad Entrée, (Asian Kale Chicken)	599	68.4g	24.55g	26.73g	9.48g
E	Salad Entrée, (Asian Sesame Chicken)	350	50g	28g	17g	7g
S	Salad Entrée, (Asian Sesame Chicken)	515	59g	32g	19g	9g
E	Salad Entrée, (Chef)	253	8.7g	22g	15g	2.5g
S	Salad Entrée, (Chef)	276	13.4g	24g	15g	4.5g
E	Salad Entrée, (Egg & Cheese)	215	8.16G	15g	14g	2.5g
S	Salad Entrée, (Egg & Cheese)	239	12.89g	16.76g	14g	4.5g
E	Salad Entrée, (Mandarin Chicken)	224	19g	7.3g	1.9g	1g
S	Salad Entrée, (Mandarin Chicken)	258	26g	25.4g	6.6g	5g
E	Salad Entrée, (Meat & Cheese)	169	8.33g	13.06g	10.43g	2.10g
S	Salad Entrée, (Meat & Cheese)	283	13.99g	23.98g	16.19g	4.03g
E	Salad Entrée, (Seeds & Cheese)	313	11.8g	14.8g	25.4g	4.5g
S	Salad Entrée, (Seeds & Cheese)	337	16.53g	16.5g	26g	6.5g
E	Salad Entrée, Vegan (Beans & Seeds)	232	17.04g	9.68g	14.25g	5.79g
S	Salad Entrée, Vegan (Beans & Seeds)	291	24.40g	14.08g	14.56g	9.41g
M	Salisbury Steak	200	4g	14g	14g	1g
	Salisbury Steak with Noodles and Gravy	330	27.5g	18g	16g	3g
S	Sausage & Peppers, Baked/Bun	408	37.22g	16.31g	25.04g	1.54g
S	Shepherd's Pie	323	10.83g	19.23g	22.19g	0.89g
S	Sloppy Joe/Bun	384	31.5g	20.89g	19.29g	1.85g
E	Sloppy Joe/Bun	313	29.42g	21.71g	11.80g	1.69g
Supper	Spaghetti Sauce with Meat	223	8g	18g	13g	1g

(S) Secondary (Middle/High)

Nutrition

(E) Elementary, (M) Middle, (H) High Only

	Revised August 10, 2017	Calories	Carbs	Protein	Total Fat	Fiber	
E	Submarine	264	23.4g	15.55g	12.44g	1.16g	
S	Submarine	384	45.53g	23.31g	13.20g	2g	
	Taco Lasagna	453	42.12g	22.03g	21.42g	4.88g	
S	Taco Meat	307	5.34g	20.15g	22.95g	0.82g	
E	Taco Meat	247	3.9g	16.17g	18.37g	0.7g	
S	Tetrazzini (Chicken or Turkey)	476	38.26g	33.33g	19.94g	2.41g	
E/M	Tuna Salad & Crackers	265	21.89g	20.68g	9.46g	2.83g	
H	Tuna Salad & Crackers	405	41.89g	22.68g	14.46g	4.83g	

(S) Secondary (Middle/High)

Nutrition

(E) Elementary, (M) Middle, (H) High Only

	Revised August 10, 2017	Calories	Carbs	Protein	Total Fat	Fiber
	Tuna Salad/Bun	347	20.82g	28.24g	16.26g	1.16g
S	Turkey & Cheese Sandwich	165	21.6g	11.25g	4.28g	0g
E	Turkey & Cheese Sandwich	165	21.6g	11.25g	4.28g	0g
E	Turkey Ham & Cheese Sandwich	165	21.6g	11.25g	4.28g	1g
S	Turkey Ham & Cheese Sandwich	272	23.04g	18.17g	13.14g	1g
E/M	Turkey in Gravy #10 scp	116	4g	17g	3g	0g
H	Turkey in Gravy #8 scp	142	5g	21g	3.5g	0g
S	Turkey, Roasted/Gravy	196	8.14g	24.14g	6.89g	0.33g
E	Turkey, Roasted/Gravy	163	7.48g	19.55g	5.65g	0.33g
	Vegetarian Chili Bowl	226	41.75g	10g	1.12g	11g
H	Wrap - Roasted Vegetable & Portobello Hummus	306	39.3g	8g	13.53g	6g
H	Wrap - Roasted Vegetable & Eggplant Hummus	297	40g	7.7g	12.4g	6.5g
E	Wrap - Turkey Ham & Cheese	246	22g	18g	10g	1g
S	Wrap - Turkey Ham & Cheese	324	28g	21.09g	12g	2g
E	Wrap - Turkey & Cheese	335	34.01g	16.9g	14.49g	2g
S	Wrap - Turkey & Cheese	358	34.01g	21.45g	14.75g	2g
	Yogurt & Cheese Platter (No Grain)	180	20g	10g	6g	0g
	Yogurt Cup, Strawberry, Greek	100	14g	10g	0g	0g
	Yogurt Parfait, high school vending (blueberry)	402	78g	11.25g	6g	3g
	Yogurt Parfait, high school vending (canned fruit)	432	85.5g	11.75g	6g	3g
	Yogurt Parfait, high school vending (strawberry)	387	74g	11.25g	6g	3g
E	Ziti, Baked	315	29.61g	20.62g	12.21g	2.67g
S	Ziti, Baked	394	34.27g	25.82g	15.23g	3.38g

	Revised August 10, 2017	Calories	Carbs	Protein	Total Fat	Fiber
	BREAD AND GRAINS					
H	Biscuit, Honey Wheat, 2.25 Oz.	190	30g	4g	6g	2g
	Belly Bears Crackers	130	21g	2g	4g	1g
	Brownie	130	22g	2g	5g	2g
	Crackers, Cheez-It	100	14 g	2 g	3.5 g	1 g
	Crackers, Graham (1 pkg)	110	20g	2g	3g	1g
	Crackers, Wheat Twins (1 pkg)	70	10g	1g	2.5g	1g
E/M	Croissant small 1.25 oz.	110	15g	3g	4.5g	1g
H	Croissant large 2.2 oz.	180	27g	5g	6g	3g
	Focaccia (2 Bread Sticks)	110	10g	4g	5g	2g
	Grits w/Meal (1/2 C)	32	3.42g	0.37g	1.83g	0.20g
	Hamburger Bun	100	19g	5g	1.5g	3g
	Heartzel Pretzels	80	15g	2g	1.5g	2g
	Honey Wheat Roll	100	18g	4g	1g	1g
	Hot Dog Bun	100	19g	5g	1.5g	3g
	Krystal Bun (Dinner Roll)	100	18g	3g	1.5g	0g
	Lo Mein Noodles (1/2 C)	87	18.6g	3.7g	0g	0g
	Noodles, Chow Mein (1/2 cup)	130	18g	3g	6g	2g
	Noodles, Egg (1/2 cup)	105	19.5g	4g	1.25g	2g
	Noodles, Egg (1 cup)	210	39g	8g	2.5g	1g
	Nutrigrain Bar	160	29g	2g	4g	3g
S	Pasta (1 C)	210	42g	7g	1g	2g
E	Pasta (3/4 C)	158	32g	5.25g	0.75g	1.5g
	Pretzel Shapes (Special treats)	140	30g	5g	0.5g	3g
	Rockin 'Ola (1.1 oz)	130	22g	3g	3g	2g
H	Rice - Cilantro Lemon	322	67.53g	7g	2.5g	3.2g
	Rice - Brown (1/2 C)	110	23g	3g	1g	1g
	Skeeter Shortbread Cookies	150	18 g	2 g	9 g	2 g
	Steak Roll (Hoagie)	210	41g	6g	2g	1g
	Super Stars	100	17g	3g	2.5g	1g
	Taco Shell (1) Mission	50	7g	1g	2g	1g
	Tortilla 10" Soft (1)	190	31g	5g	5g	2g
	Tortilla 6" Soft (1)	70	12g	2g	1.5g	2g
	Tortilla 8" Soft (1)	120	20g	3g	3.5g	1g
	Tortilla Chips (1 oz. bag)	140	19g	2g	7g	1g
	Tortilla Chips (2 oz. bag)	270	39g	4g	14g	2g
	Vegetable Fried Rice (1 cup)	270	54g	6g	3.5g	3g
	MILK					
	Chocolate, Fat Free, 8 oz.	130	24g	9g	0g	0g
	Lactose Free, 8 oz.	90	12.14g	9g	0g	0g
	Strawberry, Fat Free, 8 oz.	130	23g	7.73g	0g	0g
	White, 1 %, 8 oz.	110	12.18g	9g	2.5g	0g
	JUICE					
	Apple & Eve, Apple 6.75 oz.	90	21g	0g	0g	0g
	Apple & Eve, Very Berry, 6.75 oz.	100	24g	0g	0g	0g
	Apple Cherry, 6 oz.	90	21g	0g	0g	0g
	Apple, 6 oz.	90	22g	0.07g	0.05g	0.06g
	Blue Raspberry, 6 oz.	90	21g	0g	0g	0g
	Fruit Blend, 6 oz.	90	22g	0.33g	0.165g	0.27g
	Fruit Chillers	70	17g	0g	0g	0g
	Fruitables (Vegetable Juice)	60	14g	0g	0g	0g
	Grape, 6 oz.	120	21g	0.49g	0.01g	0.09g
	Green Apple, 6 oz.	90	21g	0g	0g	0g
	Mango Swirl 6.75 oz. (Vegetable Juice)	90	22g	0g	0g	0g
	Orange, 6 oz.	90	22g	0g	0g	0g
	Peach, 6 oz.	90	21g	0g	0g	0g

(S) Secondary (Middle/High)

Nutrition

(E) Elementary, (M) Middle, (H) High Only

	Revised August 10, 2017	Calories	Carbs	Protein	Total Fat	Fiber	
	Rips Slush	110	28g	0g	0g	0g	
	Strawberry Banana Swirl 4.23 FL oz. (Vegetable Juice)	55	14g	0g	0g	0g	
	Strawberry Kiwi, 6 oz.	90	21g	0g	0g	0g	
	Tropical Island Splash, 6 oz.	90	21g	0g	0g	0g	

	Revised August 10, 2017	Calories	Carbs	Protein	Total Fat	Fiber
FRUIT (1/2 Cup Serving)						
	Apple Slices	50	12g	0g	0g	2g
	Applesauce	50	14g	0g	0g	1g
	Applesauce, Strawberry	50	14g	0g	0g	1g
	Apricots	80	19g	1g	0g	1g
	Cantaloupe	30	8g	0.5g	0g	1g
	Fresh Fruit (Average)	60	15g	0g	0g	2g
	Fruit Pearls	40	9g	0g	0g	2g
	Grapes	50	14g	0.5g	0g	.5g
	Honey Dew	32	8g	0.5g	0g	5g
	J&J Whole Fruit Cup Frozen Dessert	70	19 g	0 g	0 g	3 g
	Mandarin Oranges	64	15g	0g	0g	0.75g
	Mixed Fruit	69	18.07g	0.48g	0.08g	1.21g
	Orange	45	11g	0.9g	0.1g	2.3g
	Peach Cups	80	19g	1g	0g	1g
	Peaches	70	17g	1g	0g	1g
	Pears	72	19.04g	0.24g	0.04g	2.01g
	Pineapple	63	16.20g	0.9g	0g	0.9g
	Raisins	114	30.09g	1.17g	0.17g	1.40g
	Rosati Frozen Dessert	99	25 g	0 g	0 g	0 g
	Strawberries, Fresh	27	6.5g	1g	0g	1.6g
	Strawberries, Frozen Cups	90	22g	1g	0g	2g
	Strawberry Flavored Cranberries (Craisins)	110	28g	0g	0g	3g
	Tropical Fruit Salad	69	17.4g	0.7g	0g	1.4g
	Watermelon	23	6g	.5g	0g	.5g
VEGETABLES (1/2 Cup Serving)						
	Au Gratin Potatoes	120	25g	3g	1.5g	2g
	Baked Beans	159	33.42g	6.59g	0.83g	6.36g
	Beans, Refried	140	25g	8g	1.5g	8g
	Black Beans	145	19.54g	6.78g	4.39g	5.77g
	Broccoli	37	4.65g	2.32g	0.89g	2.32g
	Cabbage Steamed	42	5.95g	1.53g	1.91g	2.45g
	Carrots, Mini	25	5.84g	0.57g	0.15g	1.71g
	Celery Sticks	10	2g	1g	0g	2g
	Coleslaw	172	7.6g	1.46g	15.9g	2.12g
	Collard Greens	58	8.71g	3.74g	2.53g	2.79g
	Corn	66	13.12g	1.31g	0.66g	0.66g
	Cucumber Slices	8	2g	0g	0g	0g
	Edamame Blend (2/3 cup)	80	10g	5g	2.5g	5g
	Green Beans	40	3.86g	0.96g	1.78g	1.93g
	Italian Blend Vegetable	21	4.4g	1g	0g	1.8g
	Lettuce & Tomato	33	2.18g	1.71g	2.28g	0.67g
	Mashed Potatoes	80	16.73g	1.56g	0.78g	1.31g
	Mixed Vegetables	93	15.32g	2.54g	2.42g	2.54g
	Peas	75	10.72g	3.74g	2.12g	3.49g
	Peppers	9	2g	0.4g	0.1g	0.6g
	Plantains	110	22g	0g	2g	2g
	Potato, Deli Roasters	140	25g	2g	3.5g	2g
	Potato Smiles (4 pieces)	130	20g	2g	4.5g	2g
	Potato Rounds (Tots) 8 pieces	90	14g	1g	3.5g	1g
	Potato Triangle (Hash Brown)	100	13g	1g	5g	1g
	Potato Wedges	120	20g	2g	4g	2g
H	Potato, Seasoned Fries	120	20g	1g	4g	2g
	Spinach	54	3.83g	3.83g	1.78g	3.83g
	Sweet Potato Waffle Fries (Baked)	90	15g	1g	3g	2g
	Sweet Potato Wedges	120	19g	1g	4g	2g

(S) Secondary (Middle/High)

Nutrition

(E) Elementary, (M) Middle, (H) High Only

	Revised August 10, 2017	Calories	Carbs	Protein	Total Fat	Fiber	
	Tomato Soup	90	19g	2g	1g	2g	
	Vegetable Normandy	23	4.6g	1.6g	0.2g	2.2g	
	Zucchini Sticks	10	4g	2g	0g	1g	

Revised August 10, 2017	Calories	Carbs	Protein	Total Fat	Fiber
CONDIMENTS					
Barbecue Sauce (1.5 oz. packet)	43	9.98g	0.43g	0.14g	0.20g
Cranberry Sauce (#40 scp-1 2/3 tbls)	46	11g	0g	0g	0g
Ketchup (9 grams/1 packet)	10	2g	0g	0g	0g
Maple Flavored Syrup (1.5 oz. packet)	120	31g	0g	0g	0g
Mayonnaise (12g/1packet)	40	3g	0g	3g	0g
Mustard (6 grams/1 packet)	4	0.35g	0.26g	0.24g	0.6g
Salad Dressing , Caesar Cup (.75 oz.)	50	2g	1g	4.5g	0g
Salad Dressing, Caesar (2T)	80	2g	1g	7g	0g
Salad Dressing, Creamy Italian (1.5 oz.)	180	4g	0g	18g	0g
Salad Dressing (Italian 2 Tbsp.)	10	3g	0g	0g	0g
Salad Dressing (Lite Honey Dijon 1.5 oz.)	60	9g	0g	3g	0g
Salad Dressing (Ranch 1.5 oz.)	110	3g	1g	10g	0g
Salad Dressing, Ranch FF (2 Tbsp.)	30	8g	0g	0g	1g
Sauce, Duck (Packet 9 grams)	15	4g	0g	0g	0g
ICE CREAM - ALL SCHOOLS					
3 oz. Cups, Chocolate Ripple	80	16g	2g	1g	0g
3 oz. Cups, Strawberry Ripple	80	16g	2g	1g	0g
3 oz. Cups, Vanilla	80	15g	2g	1g	0g
3 oz. Cups, Vanilla/Chocolate	80	15g	2g	1g	0g
4 oz. Cry Baby, Sour Apple	99	25g	0g	0g	0g
4 oz. Cry Baby, Sour Cherry	99	25g	0g	0g	0g
4.4 oz. Juice Cups, Orange Pineapple	70	20g	0g	0g	3g
4.4 oz. Juice Cups, Watermelon	90	25g	0g	0g	3g
4.4 oz. Juice Cups, Wild Cherry	70	19g	0g	0g	3g
Crumbled Cookie Cone	170	31g	3g	3.5g	<1g
Fudge Bar	70	19g	3g	.5g	3g
Ice Cream Sandwich	130	25g	2g	2g	2g
Juice Bar, Blue Rasp	80	21g	0g	0g	0g
Juice Bar, Pink Lemonade	80	21g	0g	0g	0g
Juice Bar, Whole Fruit Cherry	50	13g	0g	0g	3g
Juice Bar, Whole Fruit Orange	50	14g	0g	0g	3g
Juice Bar, Whole Fruit Sour Apple	60	15g	0g	0g	3g
Juice Bar, Whole Fruit Very Berry	50	14g	0g	0g	3g
Orange Cream Bar	70	14g	1g	1g	0g
Rosati Frozen Dessert	99	25 g	0 g	0 g	0 g
Shortcake, Chocolate	140	22g	2g	3.5g	<1g
Shortcake, Strawberry	130	23g	1g	3.5g	0g
SNACK ITEMS					
Belly Bears Crackers	130	21g	2g	4g	1g
Brownie	130	22g	2g	5g	2g
Cheese Sticks (String Cheese)	110	0g	6g	9g	0g
Cheez-It Crackers	100	14g	2g	3.5g	1g
Giant Goldfish Grahams	120	19g	1g	4g	1g
Goldfish Crackers	100	14g	3g	3.5g	1g
Kids Mix	100	17g	3g	3g	2g
Pop Tarts	180	38g	2g	2.5g	3g
Skeeter Shortbread Cookies	150	18 g	2 g	9 g	2 g
Smart Cookies	100	18g	2g	3g	2g
Wow Butter (1.12 oz)	200	8g	7g	15g	2g
ALA CARTE ITEMS - MIDDLE & HIGH					
Baked BBQ Chips	110	19g	2g	2.5g	2g
Baked Ruffles	100	17g	1g	3g	1g
Champs Frozen Dessert Cup, Chocolate	90	18g	3g	1g	1g
Champs Frozen Dessert Cup, Vanilla	100	17g	2g	2g	0g
Cool Ranch Doritos	130	19g	2g	5g	2g

(S) Secondary (Middle/High)

Nutrition

(E) Elementary, (M) Middle, (H) High Only

	Revised August 10, 2017	Calories	Carbs	Protein	Total Fat	Fiber	
	Popcorn	120	21g	2g	4.5g	2g	
	Slushie Cup 5.5 OZ, All Flavors	90	22g	0g	0g	0g	
	Sour Cream and Onion Chips	100	18g	2g	2.5g	1g	

(S) Secondary (Middle/High)

Nutrition

(E) Elementary, (M) Middle, (H) High Only

Revised August 10, 2017	Calories	Carbs	Protein	Total Fat	Fiber	
SPECIAL ITEMS - ALL SCHOOLS						
Harvest Cookie (Leaf)	170	19g	2g	9g	0g	
Holiday Cookie (Star, Bell, Tree)	170	19g	2g	9g	0g	
Mango/Strawberry Cup 4.4 Fl. Oz.	70	19g	0g	0g	3g	
Pumpkin Cup 4.4 Fl. Oz.	70	19g	0g	0g	3g	
Stuffing (#10 scp--3/8 c)	98	20g	4g	.75g	1.5g	
ALA CARTE ITEMS - HIGH SCHOOL ONLY						
Arizona Iced Tea	0	0g	0g	0g	0g	
Breaded Cheese Sticks	380	35g	19g	18g	3g	
Naked Juice, Strawberry Banana	160	38g	2g	0g	0g	
Naked Juice, Blue Machine	210	50g	1g	0g	4g	