

## High School Nutrition Information 9/08/2017

Entrée	Calories	Fat (g)	% calories from fat	Saturated fat (g)	Carbohydrate (g)	Fiber (g)	Sodium (mg)	Allergens
Baked Potato and Chili Beef Campbell's	481	13.00	24.32	8	67	9		Wheat, milk, soy
Baked Potato and Chili Turkey	544	16.00	26.47	8	65	7		Wheat, milk, soy
Baked Potato Cheese large potato	371	9.00	21.83	6	56	7		Wheat, milk
Beef Rib BBQ Sandwich	360	12.00	30.00	4	43	5	960	Wheat, Soy, milk
Beef Teriyaki Dippers Rice Bowl 1 C Rice 5 pc	465	14.00	27.10	5	58	3	783	Wheat, soy
Bosco Sticks 6 inch 2 each cheese	300	9.00	27.00	3	32	4	460	Wheat, milk
Burrito, Bean and Cheese Fernando's	310	8.00	23.23	4	45	9		Wheat, milk, soy
Burrito, Bean and Cheese Los Cabos	290	8	24.83	3.6	41	8	480	Wheat, soy, milk
Burrito, Chicken and Cheese Los Cabos	273	8	26.37	2.6	33.4	4.5	475	Wheat, soy, milk
Burrito, Bean and Cheese Los Cabos	290	8	24.83	3	41	8	480	Wheat, soy, milk
Burrito, Fiesta Vegetarian	310	8.00	23.23	2.5	45	10	390	Wheat milk, soy
Burritos, Ultra Bean & Cheese Burrito Cabo Primo Big Ba	298	10	30.20	4.5	39	7	410	Wheat, soy, milk
Cheese Quesadilla 10" Tortilla	347	14.00	36.31	7	39	1		Wheat, milk, soy
Cheeseburger All American Integrated	300	10	30.00	4	30	3.14	590	Wheat, milk, soy
Cheeseburger Pierre Sesame Seed Bun	370	15	36.49	5	40	3	680	Wheat, milk, soy, sesame
Cheeseburger Don Lee	279	10	32.26	4.2	30	2.7	409	Wheat, soy, milk
Cheeseburger Sliders, Integrated	272	9	29.78	3	30	2.3	475	Wheat, milk, soy
Chicken Alfredo Pasta	449	13.80	27.66	6	53	6		Wheat, milk, soy
Chicken little Sliders	248	7	25.40	2	30	2	462	Wheat, soy, milk
Chicken Nuggets 6 pieces Tyson	315	18	51.43	3	20	3	481	Wheat, soy
Chicken Patty on bun	410	17.00	37.32	3	44	6	640	Wheat, milk, soy, egg
Chicken Popcorn 15 pieces Tyson	325	19.00	52.62	3.125	20	3.75	412	Wheat, soy
Chicken Rice Bowl Tyson Teriyaki serving size recip	383	9.00	21.15	3	53	3.6		Wheat, soy
Chicken Tenders 4 pieces Tyson	346	20.00	52.02	3	21	4	520	Wheat, soy
Chicken Teriyaki Dippers 1 C rice 5 pc	465	14.00	27.10	5	58	3	783	Soy
Chicken Wings 5 each Tyson	330	22.50	61.36	5.25	1.5	0		Wheat
Chili Dog (pork)	323	14.00	39.01	5	32	3	628	Wheat, milk, soy
Corn Dog, Chicken	240	8.00	30.00	2.5	30	1	390	Wheat, soy, eggs, gluten
Double Dog, Chicken	260	8.00	27.69	2	31.5	2	449	Wheat
Egg Roll WW Chicken & Vegetable Minh	270	9.00	30.00	2.5	30	5	680	Milk, Egg, Wheat, Soy
Fish Trout Melt Sandwich	365	13.00	32.05	4.5	41	5	761	Fish, Wheat, Milk, Soy
Grilled Cheese Integrated Wheat	284	10.00	31.69	5.7	31	2	580	Wheat, milk, soy
Hamburger All American	275	8.67	28.37	2.95	29.6	3	438	Wheat, soy
Mac N Cheese Land O Lakes 1 Cup	435	16.50	34.14	9	46	3	1470	Wheat, milk, eggs
Mac N Cheese Rose & Shore	410	14	30.73	6	46	6	660	Wheat, milk, soy, eggs
Max Sticks 2 each	310	13	37.74	4.5	34	3	750	Wheat, milk, soy

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Meatloaf recipe	494	30.00	54.66	11	4	0.5		Eggs, soy
Orange Chicken and Rice 1 cup	489	12.00	22.09	1.5	69	1.4		Wheat, milk, soy
Peanut butter and Jelly Sandwich 5.6 oz	610	31.00	45.74	4.5	69	7	620	Peanut, Wheat, Soy
Pick Up Stix House Chicken and Rice	400	11	24.75	2	58	3	370	Wheat, soy, egg, gluten ****
Pick Up Stix House Tofu and Brown Rice	340	6	15.88	1	56	5	390	Wheat, soy, egg, gluten***
Pick Up Stix Teriyaki Chicken and rice	320	4	11.25	1	55	3	350	Soy, Wheat***
Pick Up Stix Orange Chicken and Rice	390	11	25.38	2.5	54	3	250	Egg, Soy, Wheat****
Pizza Papa John Cheese WW	380	11	26.05	4	49	4	780	Wheat, milk
Pizza Papa John Pepperoni pork WW	380	11	26.05	4	48	4	880	Wheat, milk
Pizza Bagel	340	10.38	27.48	5.7	39.5	3.3	550	Wheat, milk
Raviolis, Beef Chef Boyardee 8 pies	261	9.00	31.03	4	30	3	723	Wheat, milk, soy
Raviolis, Cheese 4 with sauce	328	8.00	21.95	3.6	42	4.3	1091	Wheat, Milk, Eggs
Salad, Caesar Chicken with Dressing	632	42.00	59.81	10	39	4		Wheat, milk, soy, egg, anchovies
Salad, Chinese chicken with Dressing	582	33.00	51.03	8	46	4		Wheat, milk, soy
Salad, Diced/Chopped Chicken with Dressing	673	36.00	48.14	8	69	6		Wheat, milk, soy, egg
Salad, Tuna with Dressing	690	42.00	54.78	10.5	51	5		Wheat, milk, soy, egg
Salad, Vegetable with Hard boiled egg with Dressing	742	49.00	59.43	12	56	9		Wheat, milk, soy, egg
Sandwich World Tuna Salad Sub 6"	359	12.00	30.08	1.55	40	4	700	Fish, Soy, Egg, Wheat
Sandwich World - Asian Chicken Salad (NO GRAIN)	236	9.00	34.32	0.8	15	2.8	404	Soy
Sandwich World - Caesar Salad (NO GRAIN)	197	7.00	31.98	3	10.6	2.3	769	Soy, Milk
Sandwich World - Chef's Salad (NO GRAIN)	169	5.00	26.63	1.3	20.6	2.6	656	Egg, Soy
Sandwich World - Fiesta Salad (NO GRAIN)	192	8.00	37.50	2.2	15	3	839	Milk
Sandwich World - Garden Salad (NA GRAIN)	253	11.50	40.91	6	22.6	2	869	Milk, Egg (with dressing)
Sandwich World Chicken Salad Triangle	408	16.00	35.29	4	37	5	813	Wheat, Egg, Soy, milk garbanzo bean
Sandwich World Deli Combo 6" Pork Ham	284	8.00	25.35	1.9	35.5	4	1125.5	Wheat Pork Ham
Sandwich World Ham and Cheese	283	8.00	25.44	2.8	33	4	1077	Wheat, Milk
Sandwich World Salami Triangle	282	9.00	28.72	2.3	34	4	1039	Wheat, Soy
Sandwich World Turkey Cheese Triangle	296	7.00	21.28	2.6	32	4	723	Wheat, Milk, Soy
Sandwich World Vegetarian Submarine	208	2.30	9.95	0.04	38.7	5	318	Wheat, Milk
Sandwich World Tuna Triangle	361	14.00	34.90	3.8	35	5	711	Fish, Egg, Wheat, Soy, garbanzo bean
Sandwich World Tuna Sub	359	12.00	30.08	1.6	40	5	700	Fish, Wheat, Soy, Egg
Sandwich World Vegetarian Submarine	209	2.20	9.47	0	39	5	318	Wheat, milk
Sandwich World Turkey Cheese Sub	310	8.00	23.23	2.7	35	4	719	Wheat, Milk
Sandwich World Turkey Sub	325	7.00	19.38	1	39	4	1384	Wheat
Sandwich World Chicken Salad Sub	420	15.00	32.14	1.8	41	6	835	Wheat, Egg, Soy, milk garbanzo bean
Sandwich World Deli Combo 6" Pork Ham	285	8.00	25.26	1.9	35.5	4	1125	Wheat
Sandwich World Ham and Cheese	291	8.00	24.74	8	35	4	1141	Wheat, milk
Sandwich World Ham sub	274	6.00	19.71	1	35	4	1220	Wheat

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Taco Stick Beef Integrated	386	13.74	32.04	6.48	36	1.75		Wheat, milk, soy
Veggie Patty on Bun Teriyaki Pierre	300	9.00	27.00	0.5	40	6	760	Wheat, soy, whey
Veggie Garden burger on Bun	263	5.00	17.11	2	44	7	755	Wheat, soy
Yogurt Parfait	379	10.00	23.75	1	66	5	272	Wheat, milk, soy
Uncrustables 4.9 oz WW	590	33	50.34	7	55	5		Wheat, soy, peanuts
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	<b>Calories</b>	<b>Fat (g)</b>	<b>% calories from fat</b>	<b>Saturated fat (g)</b>	<b>Carbohydrate (g)</b>	<b>Fiber (g)</b>		<b>Allergens</b>
<b>Fruit</b>								
Apple Sauce 4.5 oz unsweetened cup	51	0	0.00	0	14	1	2	
Apple Slices 2 oz 1/2 cup	30	0	0.00	0	8	1	1	
Apple small	50	0.1	0.00	0	14	2.5	1	
Banana Petite about 6 inches	90	0.3	0.00	0.1	23	2.6	1	
Canned Fruit	64	0	0.00	0	16	1	6	
Canned Pineapple 1/2 Cup	108	0.1	0.00	0	28	1	2	
Fresh Fruit general rule of thumb for small fruit	60	0	0.00	0	15	3	1	
Frozen Fruit Cup Peaches	80	0	0.00	0	19	1	0	
Frozen Fruit Cup Strawberry	80	0	0.00	0	19	2	0	
Juice 4 oz	60	0	0.00	0	15	0	10	
Lunch Bunch Grapes 2.25 oz	45	0	0.00	0	11	1	8	
Mixed Fruit 1/2 Cup	65	0	0.00	0	16	1	6	
Orange slices 160 gm	100	0.5	0.00	0	25	7	3	
Peaches, canned diced or sliced 1/2 cup 124g	76	0.2	0.00	0	19	1	5	
Pears, canned diced 1/2 cup	60	0	0.00	0	15	2	2	
Pears, small	60	0.1	0.00	0	17	3.5	1	
Raisins 1 box 37.7 grams	110	0	0.00	0	30	1	4	
SideKicks 100% Fruit Juice 4.4 oz	80	0	0.00	0	0	0	45	
Tangerine small	40	0.2	0.00	0	10	1	1.5	
	<b>Calories</b>	<b>Fat (g)</b>	<b>% calories from fat</b>	<b>Saturated fat (g)</b>	<b>Carbohydrate (g)</b>	<b>Fiber (g)</b>		<b>Allergens</b>
<b>Vegetables</b>								
Baby Carrots 3 oz	23	0	0.00	0	5.4	1.33		

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French Fries 1/2 cup Wedges	120	4	30.00	0.5	20	2	140	Soybean oil
French Fries Cross Trax	160	8	45.00	1	21	2	550	Wheat, soybean oil
French Fries Seasoned 3/8 Straight Cut	130	6	41.54	1	17	2	340	Wheat, soybean oil
French Fries Sweet Potato	120	4.5	33.75	0	19	3	440	
Mashed Potatoes 1 cup	147	2.2	13.47	0.2	29	2		Milk
Side Salad 1 cup	4	0	0.00	0	0.71	0.4		
Corn Cup 1/2 Cup	67	0.55	7.39	0	16	2		
Cucumber 1/2 cup	9	0	0.00	0.001	1.59	0.52		
Edamame 1/2 cup	43	2	41.86	0	3	0.4		Soy
Side Salad	4	0	0.00	0	0.71	0.4		
Sugar Snap Peas 1/2 Cup	15	0	0.00	0	2	1		
Tomatoes 1/2 Cup	13	0.1		0	1.5	0.9	3.8	
<b>Milk</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>% calories from fat</b>	<b>Saturated fat (g)</b>	<b>Carbohydrate (g)</b>	<b>Fiber (g)</b>		<b>Allergens</b>
Non-Fat White	90	0	0.00	0	12	0		Milk
Non-Fat Chocolate	130	0	0.00	0	26	0		Milk
1% Percent White	120	2.5	18.75	1.5	13	0		Milk
<b>Bread/Grains</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>% calories from fat</b>	<b>Saturated fat (g)</b>	<b>Carbohydrate (g)</b>	<b>Fiber (g)</b>		<b>Allergens</b>
Bread Stick	122	1	7.38	0	22	1	250	Wheat, soy
Crackers	180	5	25.00	0	30	2	380	Wheat, Soy, Milk
Dinner Roll 2 oz	150	2.5	15.00	0.5	28	1	135	Wheat, milk, soy, Eggs
Max Sticks 2 each	310	13	37.74	4.5	34	3		Wheat, milk, soy
Rice 1 cup	194	0.6	2.78	0	41	1		
Croutons 0.65 oz Cal Tropics	80	2		0	13	1	135	Wheat, Milk
<b>Protein</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>% calories from fat</b>	<b>Saturated fat (g)</b>	<b>Carbohydrate (g)</b>	<b>Fiber (g)</b>		<b>Allergens</b>
Cheese String Cheese	80	6	67.50	3.5	1	0		Milk
Sunflower seeds	170	15	79.41	1.5	4	2		Flaming Hot- Milk, soy
<b>Breakfast</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>% calories from fat</b>	<b>Saturated fat (g)</b>	<b>Carbohydrate (g)</b>	<b>Fiber (g)</b>		<b>Allergens</b>
Bagel and light Cream Cheese	294	6	18.37	3	48	3		Wheat, milk
Bagel-fuls	180	5	25.00	3	28	3		Wheat, milk
Banana Bread	280	10	32.00	2	44	2		Wheat, egg, soy
Blueberry muffin	239	9	33.89	2	36	3		Wheat, soy, eggs
Breakfast bun	250	8	28.80	2	37	5		Wheat, milk, soy
Breakfast Burrito 10" egg and cheese	413	19	41.40	7	40	1		Wheat, milk, soy

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Breakfast Burrito 10" egg, cheese and bacon	543	21	34.81	7	40	1		Wheat, milk, soy
Breakfast Burrito 10" egg, cheese and taco beef	487	21	38.81	8	42	1		Wheat, milk, soy
Breakfast Sandwich Beef Sausage Pierre	230	11	43.04	5	26	1		Wheat, milk, soy
Breakfast Sausage Pizza Pork	210	7	30	2.3	25	0.9		Wheat, milk, soy
Cheese rolls	209	4	17.22	0.5	39	3.4		Wheat, milk, soy
CinnaBites - CK Bakery	380	4	9.47	4	69	4	194	Wheat, milk, soy
Cinnamon Toast Crunch Cup	230	6	23.48	1	44	3	230	Wheat, soy
Froot loops Cup	160	1.5	8.44	0.5	33	4		Wheat, corn, soy
Frosted Flakes Cup	220	0	0.00	0	54	1		Soy
Frosted Mini Wheat Cup	240	1	3.75	0	58	7		Wheat
Frudel	210	6	25.71	1.5	35	2		Wheat, milk
Mini Cinnis	240	7	26.25	2	40	2		Wheat, milk
Mini Pancakes	200	6	27.00	1	34	2		Wheat, milk
Pizza Bagel	192	6	28.13	3	23	2	363	Wheat, milk,
Pop tart, Whole Grain Brown Sugar Cinnamon	200	6	27.00	2	34	5		Wheat, soy
Pop tart, Whole Grain Strawberry	190	5	23.68	1.5	35	5		Wheat, soy
Rice Krispies Cup	140	0	0.00	0	33	0		Rice
Sausage Biscuit Beef	230	11	43.04	5	26	1		Wheat, milk, soy
Uncrustables 2.8 oz	320	16	45.00	3	33	3		Wheat, peanuts
Waffles, Cinnamon Smuckers	240	9	33.75	2.5	25	2		Wheat, milk, soy, eggs
Whole Grain French Toast	230	2	7.83	2	32	3		Wheat, soy, gluten, eggs
Yogurt Parfait	379	10	23.75	1	66	5	272	Wheat, milk, soy

**Although this information is deemed reliable, it may not be accurate. We cannot guarantee cross contamination from different allergens.**

**A entrée may be sold a la carte if it is less than 400 Kcals and less than 40% fat. An entrée must also consist of at least two groups (Meat/Meat Alternative, Fruit/Vegetable, Grain/Bread.**

Extras	Calories	Fat (g)	% calories from fat	Saturated fat (g)	Carbohydrate (g)	Fiber (g)		Allergens
Dinner Roll 1.75 oz Skyblue	150	2.5	15.00	0.5	28	1	135	Wheat, milk, soy, Eggs
Goldfish Whole Grain snack crackers	100	3.5	31.50	1	14	1		Wheat, milk
Marinara Sauce	15	0	0.00	0	3	1		
Ranch Dressing	70	8	102.86	1	0	0		Milk, soy, egg
String Cheese	80	6	67.50	3.5	1	0		Milk
Sunflower Seeds Azar Power Honey Roasted	170	14	74.12	2	8	2		Roasted in Peanut oil
Sunflower Seeds Azar Power Roasted Salted	170	14.5	76.76	2	6	3		Roasted in Peanut oil
Sunflower Seeds Azar Power Spicy Lime	170	14.6	77.29	2	6	3		Roasted in Peanut oil









