

High School Nutrition Information 2020-2021

Entrée	Calories	Fat (g)	% calories from fat	Saturated fat (g)	Carbohydrate (g)	Fiber (g)	Sodium (mg)	Allergens
Alfredo Chicken and Pasta	515	15	26.21	6	60	8	665	Wheat, milk
Alfredo Vegetarian	517	18.5	32.21	9	60	8	1039	Wheat, milk
Baked Potato and Chili Turkey	468	9.00	17.31	4	75	6	936	Milk
Baked Potato Cheese large potato	451	9.00	17.96	5	75	5	1318	Milk
BBQ Beef Sandwich	431	12.00	25.06	4	60	3	1184	Wheat, soy
BBQ Chicken Sandwich	373	6.00	14.48	1.8	558	3	840	Wheat
Beef and Broccoli Bowl	503	14.00	25.05	5.5	73	4	1020	Wheat, soy
Beef Rib Honey BBQ and Macaroni and Cheese	417.5	18.00	38.80	8.5	36	3.5	1405	Wheat, milk, soy, eggs
Beef Rib Honey BBQ Sandwich	360	12.00	30.00	4	43	5	960	Wheat, soy, milk
Beef Rib Honey BBQ with Cheese Sandwich	410	16.50	36.22	6.5	43.5	5	1185	Wheat, soy, milk
Beef Teriyaki Dippers Rice Bowl 1 C Rice 5 pc	589	14.00	15.00	5	87	7.6	737	Wheat, soy
Bosco Sticks 6 inch 2 each cheese	300	9.00	27.00	3	32	4	460	Wheat, milk
Burrito Chicken Handmade	493	18	32.86	8	47	5	1034	Wheat, milk
Burrito, Bean, Beef, Cheese and Salsa	304	11	32.57	4	39	7	497	Wheat, soy, milk
Burrito, Chicken, Cheese and Rice	273	8	26.37	2.6	33.4	4.5	475	Wheat, soy, milk
Burrito, South West 71673	289	9.80	30.52	3	41	9	470	Wheat milk, soy
Burrito, Ultra Bean and Cheese 71571	297	10.00	30.30	4.5	39	7	410	Wheat, milk, soy
Burrito, Wet	460	13	25.43	5	67	10	1270	Wheat, milk, soy
Burrito, Xtreme Bean and Cheddar 71662	291	8.00	24.74	3.6	41	8	479	Wheat, milk, soy
Cheeseburger - bacon	453	25	49.67	9	28	3	971	Wheat, milk
Cheeseburger - Western Bacon	590	26	39.66	9	54	4	1336	Wheat, milk, soy
Cheeseburger Don Lee	279	10	32.26	4.2	30	2.7	409	Wheat, soy, milk
Cheeseburger Pierre Sesame Seed Bun	370	15	36.49	5	40	3	680	Wheat, milk, soy, sesame
Cheeseburger Sliders, Integrated	272	9	29.78	3	30	2.3	475	Wheat, milk, soy
Chicken Alfredo Pasta	515	15	26.21	6	60	8	665	Wheat, milk
Chicken Bacon Melt Sandwich	415	20.00	43.37	5	35	4	1067	Wheat, milk, soy
Chicken little Sliders	248	7	25.40	2	30	2	462	Wheat, soy, milk
Chicken Malibu Sandwich	575	24.5	38.35	6	50	6	1277	Wheat, milk, soy
Chicken Nuggets 6 pieces Tyson	315	18	51.43	3	20	3	481	Wheat, soy
Chicken Nuggets and Macaroni and Cheese	431	20.5	42.81	6.5	36.5	3.5	1060	Wheat, soy, milk, egg
Chicken Nuggets and Max Stick	412	20.7	45.22	5.5	30	3	752	Wheat, soy, milk
Chicken Parmesan Pasta	620	26	37.74	6.5	66	15	1100	Wheat, soy, milk
Chicken Parmesan Sandwich	489	20	36.81	4	48	7	905	Wheat, soy, milk

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Chicken Patty on bun	430	17.00	35.58	2.5	48	6	6902	Wheat, milk, soy
Chicken Pesto Pasta	513	24.00	42.11	5	44	4.5	485	Wheat, pine nuts, milk
Chicken Pesto Sandwich	428	24.00	50.47	5.5	35	3	474	Wheat, pine nuts, milk
Chicken Popcorn 15 pieces Tyson	325	19.00	52.62	3.125	20	3.75	412	Wheat, soy
Chicken Popcorn and Macaroni and Cheese	467	22.00	42.40	7	38	4.5	1115	What, soy, milk, egg
Chicken Tenders Hot and Spicy 4 pieces Tyson	346	20.00	52.02	3	21	4	520	Wheat, soy
Chicken Teriyaki (Yangs) and Rice	529	9.00	15.31	1.4	87.5	6	590	Soy
Chicken Teriyaki Dunkers 1 C rice 5 pc	548	9.00	14.78	1.4	91	7.6	878	Soy
Chicken Teriyaki Rice Bowl Tyson Sauce	516	9.00	15.70	2	82	4	434	Wheat, soy
Chicken Wings 4 each Tyson	321	22.50	63.08	5.25	2	0	825	Wheat
Chili - turkey 1 cup with cheese	255	13.00	45.88	7	13	2.7	617	Milk
Chili - vegetarian	221	3.00	12.22	0	40	10	615	Milk
Chili Fries crinkle	411	19.00	41.61	7.5	34	1.9	829	Milk, soy
Chili Fries wedges	481	22.00	41.16	8.5	46	4	892	Milk, soy
Chili Mac	380	9.00	21.32	4	53	8.5	464	Wheat, milk, soy
Corn Dog, Chicken	240	8.00	30.00	2.5	30	1	390	Wheat, soy, eggs, gluten
Enchilada (1 Cheese) Fajita Chicken, Rice and Bean	679	23.00	30.49	11	80	13	16	Milk
Enchiladas (2 Cheese) Rice and Beans	606	21.00	31.19	10	75	13.5	1776	Milk,
Enchiladas (2 Chicken) Rice and Beans	548	20.00	32.85	8	67	14	1511	Wheat, milk, soy
Fajita Chicken Bowl	679	17.00	22.53	3	100	17	995	Milk, soy, wheat
Fiesta Chicken Bowl Rice and Beans	500	15.00	27.00	6	60	11	1243	Wheat, milk, Soy
Fiesta Vegetarian Bowl Rice and Beans	621	19.00	27.54	7	93	10	669	Wheat, milk soy
Fish Sandwich	415	16.00	34.70	4.5	45.5	5	936	Fish, wheat, milk
Fish Sticks 4 each	220	10.00	40.91	1.5	18	2	460	Fish, wheat, milk
Fish Tacos	561	18.50	29.68	2	78.6	9.6	326	Fish, milk, wheat
Flauquito Chili and Cheese Michael B's	338	10.50	27.96	5.5	31	3	383	Wheat, milk and soy
Grilled Cheese Integrated Wheat	284	10.00	31.69	5.7	31	2	580	Wheat, milk, soy
Hamburger Don Lee Package	276	10.00	32.61	3.7	29	3	260	Wheat, soy
Hot Dog	676	18.00	23.96	6.5	34	3	837	Wheat, soy
Italian Beef Stacker Sandwich	463	23.00	44.71	11.6	41.75	6	850	Wheat, milk. Soy
Korean Beef Rice Bowl	383	7.00	16.45	2	57	3	727	Wheat, soy
Lasagna Roll Up	485	16.00	29.69	16	6.75	9	1120	Wheat, milk, eggs
Macaroni and Cheese Land O Lakes 1- 1/3 Cup	580	22.00	34.14	12	62	4	1960	Wheat, milk, eggs

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Macaroni and cheese with dinner roll	440	13.50	27.61	6.5	59	3	1115	Wheat, milk, eggs
Max Sticks 2 each	310	13	37.74	4.5	34	3	750	Wheat, milk, soy
Meatball Sandwich	562	27.00	43.24	10.6	40	6	1097	Wheat, milk, soy
Meatloaf recipe	236	16.00	61.02	6	2	0	111	Eggs, soy
Meatloaf Cheesy Sandwich	350	15.50	39.86	6.5	38	4	560	Wheat, milk, soy
Nacho Cheese Bites 10 each with cheese sauce	477	22.50	42.45	12	43	3.7	1120	Wheat, milk, soy
Nacho Cheese Bites 10	337	12.50	33.38	5	40	3.75	550	Wheat, milk, soy
Orange Chicken and Rice 1 cup	588	7.00	8.00	1	106	4.6	590	Wheat, egg, soy
Peanut butter and Jelly Sandwich 5.6 oz Uncrustab	610	31.00	45.74	4.5	69	7	620	Peanut, Wheat, Soy
Philly Cheese Steak Sandwich	344	13.00	34.01	4.7	35	4	726	Wheat, soy, milk
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 Orange Chicken and Rice	390	11	25.38	2.5	54	3	250	Egg, Soy, Wheat****
Pick Up Stix Teriyaki Chicken and rice	320	4	11.25	1	55	3	350	Soy, Wheat***
Pizza Bagel	340	10.38	27.48	5.7	39.5	3.3	550	Wheat, milk
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
Pot Stickers with chicken and rice	606	9.00	13.37	1	106	14	952	Wheat, soy
Quesadilla, Cheese 12" Tortilla	550	31.00	50.73	18.5	42	4	1018	Wheat, milk, soy
Quesadilla, Cheese and Chicken	483	24.00	44.72	13	42	4	1000	Wheat, milk
Ramen Beef Bowl	388	13.00	30.15	4	45	6	838	Wheat, soy, egg
Ramen Chicken Bowl	345	7.00	18.26	1.5	48	5.5	756	Wheat, soy, eg
Raviolis, Beef Chef Boyardee 10 pies	287	9.00	28.22	4	34	6.25	800	Wheat, milk, soy
Raviolis, Cheese 4 with sauce	326	10.00	27.61	4	40	7	1050	Wheat, Milk, Eggs
Salad, BBQ Chicken with corn chips	738	36.00	43.90	11.5	72	9	1148	Milk, soy
Salad, BBQ vegan with Corn chips	437	10.50	21.62	2	79	11.5	452	soy
Salad, Buffalo	415	16.00	34.70	5	44	4	1253	Wheat, Milk
Salad, Caesar Chicken with Dressing	615	41.00	60.00	5	33	7	1255	Wheat, milk, soy, egg, anchovies
Salad, Caesar No Chicken	635	46.00	65.20	11	33	7	1780	Wheat, milk, soy(Dressing: egg, anchovies)
Salad, Chinese chicken with Dressing	513	28.00	49.12	6	45	6	1056	Wheat, soy
Salad, Cobb	577	34.00	53.03	9	33	8	1431	Wheat, milk, egg, soy
Salad, Tuna with Ranch Dressing	489	27.00	49.69	1.5	42	11	1152	Wheat, milk, soy, egg
Sandwich, Sub Ham and Cheese	440	15.00	30.68	5.5	36	4	1773	Wheat, milk

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Sandwich, Sub Tuna	275	7.00	1.00	1	30	2	727	Wheat, egg, fish, soy
Sandwich, Sub Turkey and Cheese	348	10.00	25.86	4	35	4.5	790	Wheat, milk
Sandwich, Triangle Chicken Salad	283	10.00	31.80	2	28	2	448	Wheat, egg, soy
Sandwich, Triangle Egg	336	18.00	48.21	4	29	2	762	Wheat, soy, egg
Sandwich, Triangle Ham	250	7.00	25.20	1.5	27	2	750	Wheat, soy
Sandwich, Triangle Ham and Cheese	295	13.50	41.19	6	27.5	2	960	Wheat, milk, soy
Sandwich, Triangle Tuna	268	7.00	23.51	1	29	2	698	Wheat, fish, egg, soy
Sandwich, Triangle Turkey	220	3.50	14.32	0.5	26	2	648	Wheat, soy
Sandwich, Triangle Turkey and Cheese	250	7.00	25.20	3	28	2	770	Wheat, soy, milk
Sandwich, Triangle Vegetarian	376	20.00	47.87	12	31	3	695	Wheat, milk
Spaghetti and Marinara	412	13.50	29.49	7	49	8	506	Wheat, milk
Spaghetti and Meat Sauce	406	12.00	26.60	5	51	10	898	Wheat, milk, soy
Spaghetti and Meatballs Beef	637	28.00	39.56	12	53.5	8	731	Wheat, milk, soy
Spaghetti and Meatballs Chicken	456	16.00	31.58	4	53.5	8	400	Wheat, milk, soy
Sriracha Chicken Chunk Bowl	633	17.00	24.17	17	2.3	5.5	498	Wheat
Sriracha Orange Chicken	588	8.00	12.24	0.8	106	4.6	590	Soy, wheat, egg
Taco Beef (2)	257	9.00	31.52	2.6	28	2.5	85.6	Soy, wheat
Taco Stick Beef Integrated	345	13.00	33.91	8	32	4	630	Wheat, milk, soy
Teriyaki Chicken and Chow Mein	350	6.00	15.43	1	49	6	973	Wheat, soy, egg
Teriyaki Chicken and Rice	483	7.50	13.98	1	82	4	622	Wheat, soy
Tuna Melt Sandwich	320	10.00	28.13	2.7	30	2	28	Wheat, fish, milk, egg
Uncrustables 5.3 oz WW	600	34	51.00	6	64	7	540	Wheat, soy, peanuts
Vegan Pasta	471	22.00	42.04	3	60	10	609	Wheat, soy
Vegetarian Burger Dr. Prueger	285	6.00	18.95	1	36	6	671	Wheat, Eggs, Milk, Soy
Vegetarian Teriyaki Patty on Bun 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
Western Bacon Cheeseburger	590	26	39.66	9	54	4	1336	Wheat, milk, soy
Wrap - BLT Bacon Lettuce Turkey	398	12	27.14	3.5	36	6	1160	Wheat, soy
Wrap - Caesar	668	39	52.54	12.5	44.7	5	1571	Wheat, milk, soy (dressing: fish egg)
Wrap - Caesar vegetarian	691	44	57.31	16.5	45	4	2038	Wheat, milk, soy (dressing: fish egg)
Wrap - Chicken Fajita	444	19	38.51	8	45	5.7	922	Wheat, milk
Wrap - Vegan	368	7.8	19.08	3	64	13.7	806	Wheat
Yogurt Parfait	379	10.00	23.75	1	66	5	272	Wheat, milk, soy

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Ziti - cheese	437	14	28.83	7.5	52	8	693	Wheat, milk, egg
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Fruit	Calories	Fat (g)	% calories from fat	Saturated fat (g)	Carbohydrate (g)	Fiber (g)		Allergens
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 6 oz Juicy Juice	100	0	0.00	0	25	0	15	
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	22	0	45	
Tangerine small	40	0.2	0.00	0	10	1	1.5	
Watermelon 1/2 Cup	23	0	0.00	0	6	0	0	
Vegetables	Calories	Fat (g)	% calories from fat	Saturated fat (g)	Carbohydrate (g)	Fiber (g)		Allergens
Baby Carrots 3 oz	23	0	0.00	0	5.4	1.33		
French Fries Crinkle Cut	159	5	28.30	1	26	0	288	
French Fries Spirals	150	8	48.00	1	20	1	360	
French Fries 1/2 cup Wedges	120	4	30.00	0.5	20	2	140	
French Fries Tater Tots	150	7	42.00	1	19	2	360	

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French Fries Seasoned 3/8 Straight Cut	130	6	41.54	1	17	2	340	Wheat
Mashed Potatoes 1 cup	147	2.2	13.47	0.2	29	2	680	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	7.6	
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	8	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	
Milk	Calories	Fat (g)	% calories from fat	Saturated fat (g)	Carbohydrate (g)	Fiber (g)		Allergens
Non-Fat White	90	0	0.00	0	12	0	130	Milk
Non-Fat Chocolate	130	0	0.00	0	26	0	130	Milk
1% Percent White	120	2.5	18.75	1.5	13	0	130	Milk
Bread/Grains	Calories	Fat (g)	% calories from fat	Saturated fat (g)	Carbohydrate (g)	Fiber (g)		Allergens
Bread Stick	122	1	7.38	0	22	1	250	Wheat, soy
Crackers	180	5	25.00	0	30	2	380	Wheat, Soy, Milk
Crackers MJM	180	6		1	30	3	400	Wheat
Dinner Roll 2 oz Sky Blue packaged	150	2.5	15.00	0.5	28	1	135	Wheat, milk, soy, Eggs
Dinner Roll Artisan Roll 2 oz	160	2	11.25	0	34	5	270	Wheat
Dinner Roll 1 oz Galasso	80	1	11.25	0	17	1	125	wheat
Max Sticks 1 each	155	6.5	37.74	2.25	17	1.5	370	Wheat, milk, soy
Rice 1 cup	194	0.6	2.78	0	41	1	122	
Croutons 1.8 oz .75 cup	255	15	52.94	0	30	7	510	Wheat, Milk
Protein	Calories	Fat (g)	% calories from fat	Saturated fat (g)	Carbohydrate (g)	Fiber (g)		Allergens
Cheese String Cheese	80	6	67.50	3.5	1	0	200	Milk
Sunflower seeds	170	15	79.41	1.5	4	2	110	Blazing Hot- Milk, soy
Breakfast	Calories	Fat (g)	% calories from fat	Saturated fat (g)	Carbohydrate (g)	Fiber (g)		Allergens
Bagel 3 oz	217	1	4.15	1	45	4	230	Wheat

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Banana Bread	280	10	32.00	2	44	2	220	Wheat, egg, soy
Blueberry muffin	223	6	24.22	0.9	38.5	3.3	115	Wheat, egg, soy, milk
Bosco Pizza (Beef and Pork)	250	9	33.00	4.5	31	1	550	Wheat, cheese
Breakfast bun	250	8	28.80	2	37	5	340	Wheat, milk, soy
Breakfast Bowl egg cheese potato	315	19	54.29	8	21	2	807	Wheat, milk, soy, eggs
Breakfast Bowl egg cheese potato sausage	320	6	16.88	6	20	2	812	Wheat, milk, soy, eggs
Breakfast Bowl egg cheese potato ham	290	16	49.66	6	20	2	837	Wheat, milk, soy, eggs
Breakfast Bowl egg cheese potato bacon	300	17	51.00	5	20	2	900	Wheat, milk, soy, eggs
Breakfast Bowl egg cheese potato pancakes	295	12	36.61	2	39	3.5	545	Wheat, milk, soy, eggs
Breakfast Burrito 10" egg and cheese omelet	280	11.5	36.96	4	31	3	510	Wheat, milk, soy, eggs
Breakfast Burrito 10" egg, cheese and bacon omelet	230	13.5	52.83	4	31	3	700	Wheat, milk, soy, eggs
Breakfast Burrito 10" egg, cheese and taco beef omelet	317	13	36.91	4	32	3	600	Wheat, milk, soy, eggs
Breakfast Burrito 10" chorizo	240	28	105.00	13	42	5	1200	Wheat, milk, soy, eggs
Breakfast Sandwich Beef Sausage Pierre	220	10	40.91	4.5	26	1	530	Wheat, milk, soy
Cinnamon Roll	380	8	18.95	4	71	4.6	193	Wheat, Soy, milk
Cinnamon Toast Crunch Cup	230	6	23.48	1	44	3	230	Wheat, soy
Crumb cake	418	12.5	26.91	7	72	3	354	Wheat, milk, egg
Donuts	320	16	45.00	9	42	3	260	Wheat, egg, milk, soy
French Toast and Bacon	243	9	33.33	2	27	2	500	Wheat, soy, eggs
Frudel	210	6	25.71	1.5	35	2	280	Wheat, milk
Mini Cinnis	240	7	26.25	2	40	2	280	Wheat, milk
Mini Pancakes	200	6	27.00	1	34	2	150	Wheat, milk, egg
Pizza Bagel Breakfast	192	6	28.13	3	23	2	363	Wheat, milk,
Pop tart, Whole Grain Brown Sugar Cinnamon	200	6	27.00	2	34	5	185	Wheat, soy
Pop tart, Whole Grain Strawberry	190	5	23.68	1.5	35	5	185	Wheat, soy
Sausage Biscuit Beef	230	11	43.04	5	26	1	528	Wheat, milk, soy
Uncrustables 2.8 oz	320	16	45.00	3	33	3	320	Wheat, peanuts
Whole Grain French Toast	230	2	7.83	2	32	3	310	Wheat, soy, gluten, eggs
Yogurt Parfait - berries	379	10	23.75	1	66	5	272	Wheat, milk, soy
Yogurt Parfait - Peach	322	6.5	18.17	1	62	3.5	792	Wheat, milk, soy

