

## High School Nutrition Information 2022-2023

Entrée	Calories	Fat (g)	% calories from fat	Saturated fat (g)	Carbohydrate (g)	Fiber (g)	Sodium (mg)	Allergens
Alfredo Chicken and Pasta	789	35	39.92	18	65	6	2167	Wheat, milk
Alfredo Pasta - spicy pink alfredo	434	14.00	29.03	7.5	55	6	963	Wheat, milk
Alfredo Vegetarian	515	18	31.46	9	62.5	8	1039	Wheat, milk
Baked Potato Bacon & Jalapeno Cheese	532	17	28.76	10	73	5	1062	Milk, soy
Baked Potato and Chili Turkey	436	7.00	14.45	3	74	6	709	Milk
Baked Potato Cheese	451	9.00	17.96	5	75	5	1318	Milk
BBQ Beef Sandwich	446	12.00	24.22	4	64	3	1232	Wheat, soy
BBQ Chicken Sandwich, swiss	335	7.50	20.15	5.7	39	3	677	Wheat, so, milk
BBQ Chicken Club Sandwich	359	10.00	25.07	6.5	38	3	919	Wheat, milk, soy
BBQ Shredded Chicken Sandwich	373	6.40	15.44	2	58	3	840	Wheat,
Beefaroni	354	13.00	33.05	5	42	7	252	Wheat, milk
Beef and Broccoli Bowl	400	13.00	29.25	5.5	52	3.5	1008	Wheat, soy
Beef Rib Honey BBQ & Macaroni n Cheese & Roll	577	20.00	31.20	8.5	70	8.5	1675	Wheat, milk, soy, eggs
Beef Rib Honey BBQ Sandwich	350	11.50	29.57	4	41	5	960	Wheat, soy, milk
Beef Rib Honey BBQ with Cheese Sandwich	402	16.00	35.82	6.5	43.5	5	1174	Wheat, soy, milk
Beef Teriyaki Dunkers Rice Bowl 1 C Rice 5 pc	425	12.00	15.00	4	58	5	830	Wheat, soy, sesame oil
Bosco Sticks 6 inch 2 each cheese	300	10.00	30.00	5	34	4	440	Wheat, milk
Buffalo Mac & Cheese with chicken	354	9.00	22.88	3.7	45	7	993	Wheat, milk, soy
Buffalo Bacon Chicken Mac & Cheese Bowl & Chips	681	26.00	34.36	9.75	74	6	2359	Wheat, milk, soy
Burrito, Bean & Cheesy 12" tortilla, 1/2C Bean 1/2 C Rice	680	18.70	24.75	9.7	98.5	16	1795	Wheat, milk, soy
Burrito, Beef & Rice	364	15.00	37.09	6	42.6	3	598	Wheat, milk, soy
Burrito Chicken Handmade	495	18	32.73	8	47	5	1036	Wheat, milk
Burrito, Bean, Beef, Cheese and Salsa Los Cabo	336	11	29.46	4	42	7	522	Wheat, soy, milk
Burrito, Chicken, Cheese and Rice Michael Bs	338	9.5	25.30	3	37	5	478	Wheat, soy, milk
Burrito, South West 71673	298	9.50	28.69	3	41	9	470	Wheat milk, soy
Burrito, Ultra Bean and Cheese 71571	331	10.00	27.19	4.5	42	7	438	Wheat, milk, soy
Burrito, Wet	462	14	27.27	5	66	8	865	Wheat, milk, soy
Burrito Verde Carintas	524	20	34.35	9	67	7	1245	Wheat, soy, milk
Burrito, Xtreme Bean and Cheddar 71662	320	9.00	25.31	3.5	44	8	475	Wheat, milk, soy
Charcuterie Box Grab and Go	578	27.00	42.04	5	64	8	864	Milk, soy, wheat
Cheeseburger - Bacon	465	25	48.39	10	32	3	996	Wheat, milk
Cheeseburger - Jalapeno	440	22.5	46.02	9	33	3	860	Wheat, milk
Cheeseburger - Western Bacon	628	29	41.56	11	60	4	1427	Wheat, milk, soy

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Cheeseburger Don Lee Packaged	279	10	32.26	4.2	30	2.7	409	Wheat, soy, milk
Cheeseburger Sliders, Integrated Packaged	272	9	29.78	3	30	2.3	475	Wheat, milk, soy
Chicken Alfredo Pasta	789	35	39.92	18	65	6	2167	Wheat, milk
Chicken Bacon Melt Sandwich	415	20.00	43.37	5	35	4	1067	Wheat, milk, soy
Chicken Malibu Sandwich	510	22	38.82	5	50	6	909	Wheat, milk, soy
Chicken Nuggets 6 pieces Tyson	320	18	50.63	3	20	3	488	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 Parmesan Pasta	640	26	36.56	6	70	9	1182	Wheat, soy, milk
Chicken Parmesan Sandwich	479	20	37.58	4	48	6	896	Wheat, soy, milk
Chicken Patty on bun	443	18.50	37.58	3	50	6.5	809	Wheat, milk, soy
Chicken Pesto Pasta	513	24.00	42.11	5	44	4.5	485	Wheat, pine nuts, milk
Chicken Pesto Sandwich	403	20.00	44.67	5	30	3	836	Wheat, pine nuts, milk
Chicken Popcorn 15 pieces Tyson	312	17.50	50.48	3.125	18.75	3.75	475	Wheat, soy
Chicken Popcorn and Macaroni and Cheese	467	22.00	42.40	7	38	4.5	1115	What, soy, milk, egg
Chicken Salad Croissant Sandwich	364	18.00	44.51	4.5	34	3	409	Wheat, soy, milk, egg
Chicken Salad Wrap	458	20.70	40.68	6	42.6	4	775	Wheat, soy, milk, egg
Chicken Tenders Hot and Spicy 4 pieces Tyson	444	23.00	46.62	3.9	38	4	969	Wheat, soy
Chicken Teriyaki (Yangs) and Rice	370	9.00	21.89	1.6	51	4	765	Soy, wheat
Chicken Teriyaki Dunkers 1 C rice 5 pc	389	9.00	20.82	1.6	55	5.6	1052	Soy, wheat
Chicken Teriyaki Rice Bowl Minh Sauce	365	9.00	22.19	2	47	2	616	Wheat, soy
Chicken Wings 3 each Tyson	240	16.50	61.88	3.75	1.5	0	615	Wheat
Chicken Wings 3 each with fires	360	20.00	50.00	4	21	2	754	Wheat
Chili three bean chili rice burrito vegetarian	468	4.00	7.69	4	76	7	1411	Milk, Soy
Chili Fries crinkle	430	19.00	39.77	8	36	0	935	Milk, soy
Chili Fries wedges	477	21.00	39.62	8.5	46	4	911	Milk, soy
Chili Mac	340	5.00	13.24	1.6	53	8.5	410	Wheat, milk, soy
Chili - turkey 1 cup with cheese	261	13.00	44.83	7	12	2.7	635	Milk
Chili - vegetarian	221	3.00	12.22	0	40	10	615	Milk
Corn Dog, Chicken Don Lee	240	9.00	33.75	2.5	28	2.3	690	Wheat, soy, eggs, gluten
Enchilada (1 Cheese) Fajita Chicken, Rice and Bean	679	23.00	30.49	11	78	13	16	Milk, soy
Enchiladas (2 Cheese) Rice and Beans (Fernando)	606	21.00	31.19	10	83	13.5	1776	Milk, soy
Enchiladas (2 Chicken) Rice and Beans (Fernando)	548	20.00	32.85	8	67	14	1511	Wheat, milk, soy
Fajita Chicken Bowl	607	17.00	25.21	3	80	17	1200	Milk, soy, wheat

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Fiesta Chicken Bowl Rice and Beans	488	16.00	29.51	6	57	10	1243	Wheat, milk, soy
Fiesta Vegetarian Bowl Rice and Beans	589	19.00	29.03	8	78	18	1351	Wheat, milk soy
Fish Sandwich with cheese	370	9.00	21.89	3	46	5	684	Fish, wheat, milk
Fish Sticks 4 each	200	5.00	22.50	0.05	21	3	380	Fish, wheat, milk
Fish Tacos	541	13.50	22.46	0.7	80	10.6	543	Fish, milk, wheat
Flauquito Chili and Cheese Michael B's	334	15.00	40.42	8	30	3	573	Wheat, milk, soy
Grilled Cheese Integrated	279	9.68	31.23	5	31	3	599	Wheat, milk, soy
Hamburger Don Lee Package	276	10.00	32.61	3.7	29	3	260	Wheat, soy
Hot Dog	320	17	47.81	7	32	3	540	Wheat
Italian Beef Stacker Sandwich	471	23.00	43.95	11.6	42	4.5	884	Wheat, milk, soy
Korean Beef Rice Bowl	383	7.00	16.45	2	57	3	727	Wheat, soy
Lasagna cheesy Pesto	574	23.00	36.06	9	58	4	1157	Wheat, egg, milk, pine nuts
Lasagna Roll Up with Roll	525	14.00	24.00	5	75	7	1341	Wheat, milk, egg
Macaroni and Cheese Land O Lakes 1- 1/3 Cup	580	22.00	34.14	12	62	4	1960	Wheat, milk, egg
Macaroni and cheese with dinner roll	510	13.00	22.94	13	57	7	1180	Wheat, milk, egg
Meatball Sandwich	572	27.00	42.48	8	42	5	945	Wheat, milk, soy
Meatballs - Sweet & Sour Rice Bowl	492	19.00	34.76	4	57	4	698	Soy, wheat
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
Orange Chicken and Rice 1 cup	356	7.00	17.70	1	57	2	608	Wheat, egg, soy
Pasta Chicken & Peppers	335	12.00	32.24	4	37	5.7	814	Wheat, milk
Pasta Spicy Marinara Bowl	366	9.00	22.13	5	59	6	281	Wheat, milk
Pasta spicy pink alfredo	434	14.00	29.03	7.5	55	6	963	Wheat, milk
Peanut butter and Jelly Sandwich 5.6 oz Uncrustab	600	34.00	51.00	6	64	7	540	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, 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	420	14.00	30.00	7	49	4.3	741	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	488	10.00	18.44	1.5	76	14	952	Wheat, soy, sesame

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Pretzel Dog Jumbo Beef	300	6.5	19.50	2	41	5	790	Wheat, Soy
Pulled Pork Stew over rice	423	13.5		4	48	5	900	Soy
Quesadilla, Cheese 12" Tortilla	550	31.00	50.73	18.5	42	4	1018	Wheat, milk, soy
Quesadilla, Cheese RosenShore	330	18.00	49.09	11	25	2	530	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, egg
Raviolis, Beef Chef Boyardee 10 pies	297	9.00	27.27	4	34	4.5	687	Wheat, milk, soy
Raviolis, Cheese 4 with sauce	353	11.00	28.05	5	40	3	1050	Wheat, Milk, Eggs
Salad, BBQ Chicken with corn chips	744	41.00	49.60	11	65	8	1251	Milk, soy
Salad, BBQ vegan with Corn chips	437	10.50	21.62	2	79	11.5	452	soy
Salad, Buffalo	510	26.50	46.76	5	47	9	1457	Wheat, milk
Salad, Caesar Chicken with Dressing	615	41.00	60.00	6.5	33	7	1220	Wheat, milk, soy, egg, fish
Salad, Caesar No Chicken	635	46.00	65.20	11	33	7	1780	Wheat, milk, soy(Dressing: egg, fish)
Salad, Chinese chicken with Dressing	514	28.00	49.03	6	45	6	1056	Wheat, soy
Salad, Cobb	581	33.00	51.12	8	33	8	1395	Wheat, milk, egg, soy
Salad, Tuna with Ranch Dressing	489	27.00	49.69	1.5	42	11	1152	Wheat, milk, soy, egg, fish
Sandwich BBQ Chicken	335	7.50	20.15	5.75	39	3	677	Milk, wheat
Sandwich, croissant chicken salad	365	18.00	44.38	4.5	34	3	409	Egg, milk, soy, wheat
Sandwich, Sub Ham and Cheese	334	14.00	37.72	6	32	4	1048	Wheat, milk
Sandwich, Sub Tuna	292	7.00	1.00	1	34	4	733	Wheat, egg, fish, soy
Sandwich, Sub Turkey and Cheese	325	9.00	24.92	4	31	4	794	Wheat, milk
Sandwich, Sub Vegetarian	302	10.00	29.80	5	36	4	1118	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	247	7.00	25.51	1.5	26	2	757	Wheat, soy
Sandwich, Triangle Ham and Cheese	303	13.50	40.10	6	28	2	963	Wheat, milk, soy
Sandwich, Triangle Tuna	275	7.00	22.91	1	30	2	727	Wheat, fish, egg, soy
Sandwich, Triangle Turkey	221	3.50	14.25	0.5	26	2	674	Wheat, soy
Sandwich, Triangle Turkey and Cheese	290	12.00	37.24	5	28	2	922	Wheat, soy, milk
Sandwich, Triangle Vegetarian	375	20.00	48.00	12	31	3	695	Wheat, milk
Shepherd's Pie Pork	369	18.00	43.90	8.5	22.5	4	1076	Milk, Soy, Wheat
Spaghetti and Marinara	405	13.50	30.00	7	49.5	4	440	Wheat, milk

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Spaghetti and Meat Sauce	412	12.00	26.21	4.5	53	7	952	Wheat, milk, soy
Spaghetti and Meatballs Chicken	545	19.00	31.38	5	61.5	10	901	Wheat, milk, soy
Sriracha Chicken Chunk Bowl	474	17.00	32.28	2.5	57	3.5	673	Wheat
Sriracha Orange Chicken	410	8.00	17.56	1	66	2	786	Soy, wheat, egg
Sunbutter Box Grab and Go	490	27.00	49.59	5.5	43	5	652	Soy, wheat, milk
Meatballs - Sweet & Sour Rice Bowl	492	19.00	34.76	4	57	4	698	Soy, wheat
Taco Beef (2) Michael B's	257	9.00	31.52	2.6	28	2.5	85.6	
Taco Stick Beef Integrated	345	13.00	33.91	8	32	4	630	Wheat, milk, soy
Teriyaki Chicken and Chow Mein Yang	328	5.00	13.72	1	44	5.5	926	Wheat, soy, egg
Teriyaki Chicken and Rice Yang	333	8.00	21.62	1.5	44	2	710	Wheat, soy
Teriyaki Chikcen and Rice Bowl Minh	365	9.00	22.19	2	47	2	617	Wheat, soy
Tuna Melt Sandwich	320	10.00	28.13	2.7	30	2	28	Wheat, fish, milk, egg, soy
Turkey Gravy Mashed Potato Bowl	281	9.00	28.83	3	25	3	999	Wheat, soy, milk
Turkey Pot Pie Soup	311	4.00	11.58	4	36	3	773	Wheat, soy, milk
Uncrustables 5.3 oz WW	600	34	51.00	6	64	7	540	Wheat, soy, peanuts
Vegan Black bean and edamame Pasta	471	22.00	42.04	3	60	10	609	Wheat, soy
Vegan Southwestern Protein Bowl	476	7.00	13.24	0.7	93	11	1377	Wheat
Vegetarian Burger Dr. Praeger	300	6.50	19.50	0.5	41	6	710	Wheat, soy
Vegetarian Teriyaki Patty on Bun Pierre	310	9.00	26.13	0.5	44	6	760	Wheat, soy
Veggie Gardenburger on Bun Morning Star	240	5.00	18.75	0	28	6	700	Wheat, soy milk
Western Bacon Cheeseburger	628	30	42.99	11	60	4	1427	Wheat, milk, soy
Wrap - BLT Bacon Lettuce Turkey	400	13	29.25	4.5	44	5	1235	Wheat, soy
Wrap - Caesar	661	39	53.10	12.5	43	4	1570	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 Salad	458	20	39.30	6	42	4	774	Eggs, milk, soy, wheat
Wrap - Chicken Fajita	427	19	40.05	8	41.5	4	920	Wheat, milk
Wrap - Vegan	368	7.8	19.08	3	64	13.7	806	Wheat
Yogurt Parfait	293	6.50	19.97	1	53	4	180	Wheat, milk, soy
Ziti - cheese	769	40	46.81	21	56	6	2078	Wheat, milk, egg
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<b>Fruit</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>
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	
<b>Vegetables</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>
Baby Carrots 3 oz	23	0	0.00	0	5.4	1.33		
French Fries Crinkle Cut 1/2 Cup 2.1oz	100	3	27.00	0	15	2	210	
French Fries Spirals 1/2 cup 2.12 oz	110	6	49.09	1	14	1	250	Wheat
French Fries 1/2 cup Wedges 2.9 oz	120	4	30.00	0.5	20	2	140	
French Fries Tater Tots 8 each 2.52 oz	110	6	49.09	1	14	1	310	
French Fries Seasoned 3/8 Straight Cut 1/2 cup	110	5	40.91	1	16	1	270	Wheat
Green Beans	16	0.1	5.63	0	3.5	1	3	
Mashed Potatoes 1 cup	147	2.2	13.47	0.2	29	2	680	Milk

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Side Salad 1 cup	8	0	0.00	0	1	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	2	0.52		
Edamame 1/2 cup	43	2	41.86	0	3	0.4		Soy
Side Salad	8	0	0.00	0	1	0.4		
Sugar Snap Peas 1/2 Cup	15	0	0.00	0	2	1		
Tomatoes 1/2 Cup	13	0.1		0	3	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
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
Cheese Stuffed Bread Stick 1 each	145	5.5	34.14	3	14	1	250	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
Apple-Bites	270	10	33.33	4.5	41	3	160	Wheat, milk, egg, soy
Bagel 3 oz	217	1	4.15	1	45	4	230	Wheat
Banana Bread	260	8	27.69	1.5	45	2	240	Wheat, egg, soy, milk
Benefit Bar Large	285	8.5	26.84	3	47.5	3	230	Wheat, egg, soy, milk
Blueberry muffin	223	6	24.22	0.9	38.5	3.3	115	Wheat, egg, soy, milk

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Bosco Pizza (Beef and Pork)	240	9	33.00	4.5	29	3	500	Wheat, milk
Breakfast bun	270	10	33.33	4.5	38	3	280	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	19	53.44	6.5	20	2	812	Wheat, milk, soy, eggs
Breakfast Bowl egg cheese potato ham	290	16	49.66	6	20	2	948	Wheat, milk, soy, eggs
Breakfast Bowl egg cheese potato bacon	301	17	50.83	5	20	2	1013	Wheat, milk, soy, eggs
Breakfast Bowl egg cheese potato pancakes Bacon	300	15	45.00	5	30	2	757	Wheat, milk, soy, eggs
Breakfast Bowl Pancake Potato Turkey Sausage	295	12	36.61	2	35.5	3.5	645	Wheat, milk, soy, eggs
Breakfast Burrito 10" egg and cheese	388	18	41.75	6.5	36	3	1032	Wheat, milk, soy, eggs
Breakfast Burrito 10" egg, cheese & bacon	336	17	45.54	7	27	2.5	858	Wheat, milk, soy, eggs
Breakfast Burrito 10" egg, cheese & taco turkey	329	15	41.03	6	28	2.5	936	Wheat, milk, soy, eggs
Breakfast Burrito 10" chorizo	276	10	32.61	2	37	3.5	533	Wheat, milk, soy, eggs
Breakfast Burrito 10" Salsa Taco eggstravaganza	356	16	40.45	7	37.5	3.5	645	Wheat, milk, soy, eggs
Breakfast Fiesta Pizza	341	18	47.51	7	33	2	942	Wheat, milk egg
Chilaquiles	393	23	52.67	4	39	3	1192	Milk, eggs
Cinnamon Crumble 4 oz Buena Vista	340	13	34.41	1.5	44	2	350	Wheat, Egg, Soy, milk
Cinnamon Crumble 2.9 oz Buena Vista	250	9	32.40	1	32	2	250	Wheat, Egg, Soy, milk
Cinnamon Roll Daves	224	7.5	30.13	1.5	36.5	2.6	142	Wheat, Egg, Soy, milk
Cinnamon Roll Super Bakery	240	8	30.00	2	38	3	300	Wheat, milk, eggs, soy
Cinnamon Roll Central Kitchen	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 Central Kitchen	418	12.5	26.91	7	72	3	354	Wheat, milk, egg
Donuts Whole Grain Chocolate	331	18	48.94	11	41	3	240	Wheat, egg, milk, soy
Donut whole grain Low Fat powdered	310	11	31.94	5	52	2	70	Wheat, egg, milk, soy
French Toast and Bacon	243	9	33.33	2	27	2	500	Wheat, soy, eggs, milk
Frudel	210	6	25.71	1	36	2	250	Wheat, milk, soy
Muffin Blueberry	223	6	24.22	0.9	38.5	3.3	115	Wheat, egg, soy, milk
Muffin Chocolate	280	10	32.14	2	44	0	250	Wheat, egg, milk, soy
Mini Cinnis	240	7	39.00	2	39	2	270	Wheat, milk
Mini Pancakes	200	6	27.00	1	36	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	170	3	15.88	1	36	3	190	Wheat, soy
Pop tart, Whole Grain Strawberry	170	2.5	13.24	1	36	3	180	Wheat, soy



## High School Nutrition Information 2022-2023

Entrée	Calories	Fat (g)	% calories from fat	Saturated fat (g)	Carbohydrate (g)	Fiber (g)	Sodium (mg)	Allergens
Uncrustables 2.8 oz	300	16	48.00	3.5	32	3	280	Wheat, peanuts
Whole Grain French Toast Bakecrafters	240	7	26.25	2	38	2	260	Wheat, soy, gluten, eggs, milk
Yogurt Parfait - berries	293	6.5	19.97	1	52	4	180	Wheat, milk, soy
Yogurt Parfait - Peach canned	328	6.5	17.84	1	62	3.5	792	Wheat, milk, soy

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

Dinner Roll 1.75 oz Skyblue	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
Goldfish Whole Grain snack crackers	100	4	36.00	0.5	14	1	170	Wheat, milk
Ranch Dressing 7/16 oz	45	5	100.00	0.5	0	0	110	Milk, soy, egg
String Cheese	80	6	67.50	3.5	1	0	200	Milk
Sunflower Seeds Azar Power Spicy Lime	170	14.6	77.29	2	6	3	110	Roasted in Peanut oil
Sunflower Seeds Sun Rich Naturals NonGMO	170	16	84.71	1.5	5	2	110	Honey Roasted No allergens
Sunflower Seeds Sun Rich Naturals NonGMO	170	16	84.71	1.5	5	2	110	Salted No allergens
Syrup 1.5 oz portions	120	0	0.00	0	34	0	0	

**\*\*\*\* - Pick Up Stix - The recipe and ingredients do not contain peanuts or sesame; cross contamination may occur with items such as peanuts and sesame seeds.**

Please be advised that this is general information and not intended to be used as medical advice. Information is accurate to the best of our knowledge based on the information provided by the manufacturer. Products may change at any time.