

## Secondary Lunch Menu Nutritional Information

PLEASE NOTE: The information contained in this list has been gathered from food manufacturers and the USDA. It is based on a standard serving size. Variations may occur due to differences in suppliers, ingredient substitutions, recipe revisions, and/or product assembly at the school level.

<u>Menu Selections</u>	<u>Portion Size</u>	<u>Calories</u>	<u>Carbs</u>	<u>Protein</u>	<u>Fat</u>
<b><u>Entrees</u></b>					
Baked Ziti	1 serving	438	56	18	16
BBQ Chicken	1 piece	296	20	23	13
BBQ Riblet Sandwich	1 each	300	36	19	8
Beef & Bean Chili	1 serving	156	0	14	8
Beef Burrito	1 each	370	49	16	12
Beef Taco, soft	1 each	229	16	16	12
Beef Taco, crunchy	1 each	299	20	18	16
Cheese Filled Breadsticks	2 sticks	380	52	26	8
Cheese Pizza (homemade)	1 slice	440	43	20	20
Cheeseburger	1 each	309	24	25	13
Chicken Caesar Salad - no dsg.	1 serving	193	17	17	7
Chicken Caesar Wrap	1 each	486	54	24	19
Chicken & Cheese Quesadilla	1 each	496	34	36	24
Chicken & Noodles/Turkey & Noodles	1 serving	291	25	25	9
Chicken Nuggets	5 pieces	217	11	14	13
Chicken Patty Sandwich (whole grain patty)	1 each	296	35	16	9
Chicken Tenders	5 pieces	220	15	14	12
Fish Sandwich	1 each	310	44	16	7
French Toast Sticks	3 pieces	160	25	7	4
Grilled Chicken Sandwich w/Bun	1 each	360	37	19	14
Hamburger	1 each	317	28	21	12
Ham & Cheese Stromboli	1 slice	583	73	28	18
Ham & Cheese Sub	1 each	257	25	14	11
Hot Dog (Beef)	1 each	302	23	10	19
Meat Lasagna	1 serving	256	24	16.5	10.8
Meat Lover's Stromboli	1 slice	660	75	30	26
Mini Corn Dog Nuggets	6 each	315	27	11	18
Nacho's Beef	1 serving	410	23	22	25
Pepperoni Pizza - (whole grain crust)	1 slice	340	36	21	11
Popcorn Chicken	1 serving	270	20	19	12
Ravioli (Enriched)	1 serving	250	30	16	8
Sausage Patty (Pork)	1 each	85	0	8	5
Sausage Patty (Turkey)	1 each	61	0	6	4
Scrambled Eggs	1 serving	68	1	7	3
Sloppy Joe	1 each	360	38	23	13
Spaghetti w/Meat Sauce	1 serving	354	39	23	11
Sweet & Sour Chicken	1 serving	335	32	22	13
Turkey & Cheese Sub	1 each	382	44	21	14
Yogurt Parfait	1 each	383	71	16	6

**Breads**

		<u>Calories</u>	<u>Carbs</u>	<u>Protein</u>	<u>Fat</u>
Biscuit	1 each	210	32	4	9
Breadstick	1 each	123	23	4	2
Garlic Toast	1 slice	180	20	4	9
Muffin	1 each	192	26	3	9
Roll	1 each	110	19	4	2

**Breakfast Entrees**

		<u>Calories</u>	<u>Carbs</u>	<u>Protein</u>	<u>Fat</u>
Bacon & Egg Breakfast Pizza	1 slice	230	23	10	10
Bagel	1 each	220	47	7	2
Cinnamon Breakfast Pizza	1 slice	260	39	5	9
Cinnamon Roll	1 each	330	42	5	15
Cinnamon Toast Crunch Cereal	1 serving	120	22	1	3
Cocoa Puffs Cereal	1 serving	90	21	1	1
Colby Cheese Omelet	1 each	131	2	7	10
Cream Cheese Cup (1 oz)	1 serving	100	3	2	9
Egg & Cheese Biscuit	1 each	305	30	10	16
Honey Nut Cheerios Cereal	1 serving	110	22	2	2
Lucky Charms Cereal	1 serving	110	23	2	1
Sausage Biscuit	1 each	261	29	10	12
Sausage Gravy Breakfast Pizza	1 slice	230	25	9	10
Trix Cereal	1 serving	80	18	1	1

**Vegetables & Fruits**

		<u>Calories</u>	<u>Carbs</u>	<u>Protein</u>	<u>Fat</u>
Apple	1 each	72	19.06	0.23	0.36
Apple Slices (10 piece)	1/4 cup	23	6	0.13	0.17
Applesauce	1/4 cup	45	10	0	0
Assorted Fruits	1/4 cup	16	15	0	0
Baked Apple Slices	1/4 cup	178	37.84	3.27	0.32
Baked Apples	1/4 cup	38	9	0	0
Baked Beans	1/2 cup	120	25.63	0.77	6.3
Banana	1 each	90	23.07	0.33	1.1
Broccoli	1/2 cup	33	5	3	0
Carrot Coins	1/2 cup	18	4.04	5.9	1.34
Carrot Slims w/Dip	1/2 cup	185	7	2	17
Confetti Coleslaw	1/2 cup	95	9.39	6.2	0.93
Corn	1/2 cup	78	16	1	29
Fiesta Rice (1/2 cup)	1/2 cup	124	25	3	2
French Fries, Baked	1/2 cup	120	18	2	5
Fruit Cocktail	1/4 cup	34.5	9	0.04	0.24
Fruit Goop	1/4 cup	52	13.25	0.07	0.28
Green Beans	1/2 cup	14	3	1	0
Jell-O with Fruit	1/4 cup	64	16.03	0.05	0.8
Mandarin Oranges	1/4 cup	35	8.5		0.5
Mashed Potatoes	1/2 cup	140	17	3	6
Mixed Vegetables	1/2 cup	40	8	2	0.2
Orange	1 each	62	15.39	0.16	1.23
Oriental Vegetables	1/2 cup	16	3	1	0
Peaches	1/4 cup	35	8.5	0.02	0.28
Pears	1/4 cup	40	10		0.14
Peas, green	1/2 cup	59	10.75	0.34	3.74

**Vegetables & Fruits Cont.**

		<u>Calories</u>	<u>Carbs</u>	<u>Protein</u>	<u>Fat</u>
Pineapple Tidbits	1/4 cup	45	10	0	0
Potato Wedges	1/2 cup	104	20	1.8	2
Rice, white	1 cup	173	38	4	0
Rosy Applesauce	1/4 cup	56	14	0	0
Southwestern Blackbeans	1/2 cup	156	17	5	2
Steamed Broccoli	1/2 cup	41	4.01	2.42	2.35
Tater Tots, Baked	1/2 cup	140	17	2	7
Tossed Salad	1/2 cup	7	1	0	0
Tossed Salad w/Lite Dressing	1/2 cup	13	2.89	0.12	0.62
Vegetable Pasta Salad	1/2 cup	119	21.93	1.65	4.5

**Soups**

		<u>Calories</u>	<u>Carbs</u>	<u>Protein</u>	<u>Fat</u>
Chicken Noodle Soup	1 serving	110	12	7	4
Cream Soup	1 serving	148	8	6	10
Tomato Soup	1 serving	120	22	4	2
Vegetable Soup	1 serving	81	15	2	9

**Beverages**

		<u>Calories</u>	<u>Carbs</u>	<u>Protein</u>	<u>Fat</u>
Juice, Apple (4 oz)	4 oz	60	14	0	0
Juice, Grape (4 oz)	4 oz	80	18	1	0
Juice, Orange (4 oz)	4 oz	50	12	1	0
Milk, Chocolate 1 %	8 oz	170	28	8	3
Milk, Strawberry 1%	8 oz	170	26	8	3
Milk, Vanilla 1%	8 oz	170	27	8	3
Milk, White 1%	8 oz	100	11	8	3
Milk, White Skim	8 oz	80	11	8	0
Soy Milk, Chocolate	8 oz	150	25	5	4
Soy Milk, Vanilla	8 oz	130	19	6	4

**Sauces**

		<u>Calories</u>	<u>Carbs</u>	<u>Protein</u>	<u>Fat</u>
BBQ Sauce	2 tbls	60	14	0	0
Cheddar Cheese Cups	3 oz	158	5	9	11
French Dressing	2 tbls	120	6	0	11
Honey Mustard	1 tsp	8	1	0	0
Italian Dressing	2 tbls	123	2	0	13
Ketchup	1 tbls	15	4	0	0
Lite Mayo	1 tbls	50	1	0	5
Lt. Ranch Dressing	2 tbls	90	4	0	9
Mustard	1 tsp	0	0	0	0
Pizza Sauce	2 oz	20	5	1	0
Salsa	2 oz	10	2	0	0