

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>
<u>Entrees</u>					
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
Cheeseburger Sliders (2 sliders)	1 serving	403	41	25	17
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 Ranch Wrap	1 each	331	40	19	11
Chicken Tenders	3 pieces	270	15	15	17
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
Macaroni & Cheese	1 serving	296	27	19	12
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
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
Turkey & Gravy	1 serving	155	3	18	8

Entrees Cont.

		<u>Calories</u>	<u>Carbs</u>	<u>Protein</u>	<u>Fat</u>
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>
Apple Bosco Stick	1 each	170	40	5	2
Bacon & Egg Breakfast Pizza	1 slice	230	23	10	10
Bagel - Whole Grain	1 each	220	48	12	2
Breakfast Round Granola Bar	1 each	255	42	5	8
Cinnamon Breakfast Pizza	1 slice	260	39	5	9
Cinnamon Pancakes (IW)	1 serving	220	35	4	7
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
Danish, apple	1 each	300	41	4	14
Danish, cheese	1 each	320	40	4	16
Danish, strawberry	1 each	320	40	4	16
Egg & Cheese Biscuit	1 each	305	30	10	16
Egg & Cheese English Muffin	1 each	298	29	14	13
Honey Nut Cheerios Cereal	1 serving	110	22	2	2
Blueberry Muffin, whole grain	1 each	160	23	3	7
Brownie Muffin, whole grain	1 each	220	35	3	9
Choc Chip Muffin, whole grain	1 each	190	23	3	9
Coffee Cake Muffin, whole grain	1 each	190	27	3	9
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
Yogurt Parfait, breakfast size	1 each	192	35	8	3

Vegetables & Fruits

		<u>Calories</u>	<u>Carbs</u>	<u>Protein</u>	<u>Fat</u>
Apple Slices (10 piece)	1/4 cup	23	6	1	1
Apple, fresh medium	1 each	72	19	0	0
Applesauce	1/4 cup	45	10	0	0
Baby Carrots, fresh	1/2 cup	1	0	0	0
Baked Apples	1/4 cup	86	19	0	1
Baked Beans	1/2 cup	119	27	5	1
Banana, fresh medium	1 each	105	27	1	0
Broccoli Salad	1/2 cup	165	30	2	5
Broccoli, cooked	1/2 cup	26	5	3	1
Carrots, cooked	1/2 cup	18	4	1	1
Cinnamon Apples	1/4 cup	25	6	0	0
Confetti Coleslaw	1/2 cup	95	9	1	6
Corn	1/2 cup	66	16	2	1

Vegetables & Fruits Cont.

		<u>Calories</u>	<u>Carbs</u>	<u>Protein</u>	<u>Fat</u>
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	40	9	0	0
Fruit Goop	1/4 cup	52	14	0	0
Green Beans	1/2 cup	14	4	1	1
Green Peas	1/2 cup	62	11	4	1
Jell-O with Fruit	1/4 cup	35	9	1	0
Mandarin Oranges	1/4 cup	35	9	1	0
Mashed Potatoes	1/2 cup	76	15	2	1
Mixed Vegetables	1/2 cup	40	8	2	1
Orange, fresh medium	1 each	70	21	1	0
Oriental Vegetables	1/2 cup	16	3	1	0
Pasta Salad with Spinach, Tomato & Corn	1/2 cup	125	16	4	6
Peaches	1/4 cup	35	9	0	0
Peachy Fruit Salad	1/2 cup	48	13	1	1
Pears	1/4 cup	40	10	0	0
Pineapple Tidbits	1/4 cup	45	10	0	0
Potato Wedges	1/2 cup	104	20	2	2
Rice & Beans	1/2 cup	114	22	5	1
Rice, brown	1 cup	170	36	4	2
Roasted Italian Vegetables	1/2 cup	50	10	1	1
Rosy Applesauce	1/4 cup	56	14	0	0
Sweet Potato Mini Puffs	1/2 cup	130	23	1	4
Tater Tots, Baked	1/2 cup	140	17	2	7
Tossed Salad	1/2 cup	12	3	1	0
Vegetable Pasta Salad	1/2 cup	119	22	5	2

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, 100% Apple (4 oz)	4 oz	60	14	0	0
Juice, 100% Fruit Punch (4 oz)	4 oz	65	14	0	0
Juice, 100% Grape (4 oz)	4 oz	80	18	1	0
Juice, 100% Orange (4 oz)	4 oz	50	12	1	0
Milk, Chocolate Skim	8 oz	130	24	8	0
Milk, Strawberry Skim	8 oz	120	22	8	0
Milk, Vanilla Skim	8 oz	130	24	8	0
Milk, White Skim	8 oz	170	27	8	3
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

Sauces Cont.

		<u>Calories</u>	<u>Carbs</u>	<u>Protein</u>	<u>Fat</u>
Italian Dressing	2 tbs	123	2	0	13
Ketchup	1 tbs	15	4	0	0
Lite Mayo	1 tbs	50	1	0	5
Lt. Ranch Dressing	2 tbs	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