



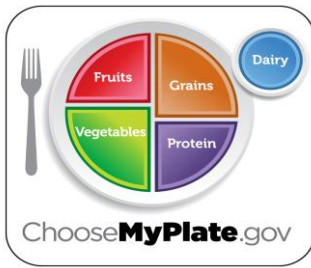
Entrees

- BBQue Ham Sandwich – **37g** (elementary)
- BBQue Pork Sandwich – **35g**
- BBQue Ribbie on a Bun – **27g**
- Beef and Cheddar Wrap on a Soft Tortilla – **26g** – (elementary)
- Beef and Cheese Lasagna – **29g**
- Beef Burrito – **22g** (elementary)
- Beef Burrito – **34g** (secondary)
- Buffalo Chicken Flatbread – **29g** (secondary)
- Buffalo Chicken Wrap – **25g** (elementary)
- Cheese and Pepperoni Stromboli – **27g**
- Cheese Stick Dippers (3) – **51g** (secondary)
- Cheese Stick Dippers (2) – **34g** (elementary)
- Cheese Steak on a Bun – **19g** – (elementary)
- Cheese Steak on a Hoagie Roll – **30g** – (secondary)
- Cheeseburger on a Bun - **22g**
- Chef Salad with 2 WG Dinner Rolls – **30g** – (15g – 1oz roll)
- Chicken Caesar Salad with Whole Wheat Roll– **28g** (18g - 1.5oz roll) (high school and middle school)
- Chicken Caesar Salad with Whole Wheat Roll – **26g** (18g – 1.5oz roll) (elementary)
- Chicken, Baked (breast) – **0g**
- Chicken and Cheese Wrap – **25g** (elementary)
- Chicken Fajitas – **38g**
- Chicken Mashed Potato Bowl – (K-5 and 6-8) – all components – **45g**
- Chicken Mashed Potato Bowl – (9-12) – all components – **48g**
- Chicken Nuggets , Whole Grain(6 Nuggets) with WG Dinner Roll – **28g** – (15g - 1oz roll)
- Chicken Parmesan on a Bun – **36g**
- Chicken Patty, Whole Grain on a Bun – **34g**
- Chicken Pot Pie – **23g**
- Chicken Salad Sandwich – **29g**
- Chicken Wrap Sandwich – **39g**
- Chopped Garden Salad with Whole Wheat Roll– **26g** (15g – 1oz roll)
- Club Sandwich on a Croissant – (9-12) – **35.5g**
- Club Sandwich on a Croissant – (6-8) – **35.5g**
- Club Sandwich on a Croissant – (K-5) – **26g**
- Corn Dog (turkey) – **31g**
- Corn Dog Nuggets – (6 each) – **31g**
- Egg, Cheese, and Sausage on an English Muffin – **29g**
- Fish Nuggets with 2 Dinner Rolls – **43g** – (15g - 1oz roll)
- French Toast Sticks (4 each) – **31g**

Sausage Patty (turkey) – **2oz – 0g**

- Garden Salad with Whole Wheat Roll – **27g** (15g – 1oz roll) (elementary)
- General Tso’s Chicken with 1 cup Brown Rice – **74g** - (35g rice)
- Grilled Chicken Wrap – **35g**
- Grilled Chicken Salad with Whole Grain Roll – **29.5g**
- Ham and Cheese Bagel – **39g**
- Ham and Cheese on a Pretzel Roll – **45g**
- Ham and Cheese Sandwich – **23g**
- Ham and Cheese Wrap – **25g** (elementary)
- Hamburger on a Bun – **21g**
- Hot dog in a Bun – **25g**
- Hot Turkey Sandwich – **31g**
- Italian Dunkers – **26g** (elementary)
- Italian Dunkers – **47g** (secondary)
- Italian Hoagie – **26g**
- Italian Meatball Hoagie – **36g** (secondary)
- Italian Meatball on a Hotdog Bun – **33g** (elementary)
- Italian Toasted Cheese Sandwich – **40g**
- Macaroni and Cheese – 2/3 cup – **33g**
Breadstick – 1.5oz – **23g**
- Nacho Grande (Nachos with Meat and Cheese) – **41.50g**
- Penne Pasta w/Meat Sauce – 1 cup – **48g**
- Philly Steak Hoagie – **26g** (secondary)
- Pizza Casserole – 1 serving – **38g**
- Pizza, Cheese - **29g** (secondary)
- Pizza, Cheese Nardones – **28g** (elementary)
- Pizza Bagel – **45g**
- Pizza, Fiestada – **30g**
- Pizza, French Bread – **39g**
- Pizza, Pepperoni - **29g**
- Popcorn Chicken with Dinner Roll –**28g** - (15g – 1oz roll)
- Pretzel Rod – 1 each - **14g**
- Roast Beef and Cheddar Melt – (6-8) and (9-12) – **37g**
- Roast Beef and Cheddar Metz – (K-5) – **23g**
- Sloppy Joe on a Bun – **36g**
- Soft Beef Taco – 1 shell - **20g** (elementary)
 - Nacho Chips – 14.5 (elementary)
- Soft Shell Tacos – Beef – 2 Shells – **35g** - (16g per shell)(secondary)
- Spaghetti with Meatballs – 1 cup – **65g**
Breadstick – 1.5oz – **23g**
- Stir Fry with 1 cup Brown Rice - **46g** (35g rice)(secondary)
- Stir Fry with 1/2 cup Brown Rice –**28.5g** (17.5g rice)(elementary)
Syrup – 1.5oz – **31g**
- Sweet and Sour Chicken with 1 cup Brown Rice – **51g** – (35g rice)
- Toasted Cheese Sandwich – **30g**

- Tuna Melt – **33g**
- Tuna Salad Sandwich – **34g**
- Tuna Salad Wrap – **25g**
- Turkey and Cheese Quesadilla – **37g**
- Turkey and Cheese Sandwich – **26g**
- Turkey, Ham, and Cheese Croissant – **24g**
- Turkey Ham Sandwich – **26g**
- Turkey Sandwich – **26g**
- Turkey and Cheese Wrap – **37g** (secondary)
- Turkey and Cheese Wrap – **25g** (K-8)
- Turkey Taco Wrap – **37g**
- Un crustable – **33g**
- Walking Taco – **25g**
- Whole Grain Pasta (1 cup) w/Meat Sauce and Dinner Roll – **64g** - (15g – 1oz roll)
- Yogurt Parfait w/Cheese – **64g** – (elementary)
- Ziti, Baked (1 cup pasta) – **52g**



Fruits

- Apple, fresh - 1 each (138 cs) – 34g
- Apple Crisp (USDA Recipe) – ½ cup – 32g
- Applesauce – ½ cup – 14g
- Applesauce, strawberry - ½ cup – 12g
- Apple Slices – Canned – ½ cup - 9g
- Apple Slices with Cinnamon – ½ cup – 10g
- Banana - Fresh - 1 – 30g
- Cantaloupe – Fresh – ½ cup – 12g
- Cherry Crisp (USDA Recipe) – ½ cup – 31g
- Cherries – Frozen - ½ cup - 8.5g
- Grapes – Fresh – ½ cup – 8g
- Honeydew – ½ cup – 12g
- Juice:
 - Apple - 4 oz – 15g
 - Grape - 4 oz – 17g
 - Orange - 4 oz - 13g
- Mandarin Oranges – ½ cup – 20g
- Mixed Fruit – ½ cup – 18g
- Orange - Fresh 1 each (138 cs) – 19g
- Peach Slices – ½ cup – 18g
- Pear – Fresh - 1 each (120 cs) – 25g
- Pear Slices – ½ cup – 16g
- Pineapple Tidbits – ½ cup – 17g
- Strawberries, frozen – ½ cup – 33g
- Watermelon – ½ cup - 5.75g





Vegetables

- Baked Beans - 1/2 cup – 23g
- Broccoli, Fresh - 1/2 cup – 8g
- Broccoli and Cheese - 2/3 cup - 12g
- Broccoli, Steamed - 1/2 cup – 10g
- Carrots - Fresh - 1/2 cup – 9g
- Carrots, Steamed - 1/2 cup - 8g
- Carrots, Glazed - 1/2 cup – 16g
- Cauliflower – Fresh - 1/2 cup - 5g
- Celery Sticks – Fresh - 1/2 cup - 3g
- Cherry Tomatoes – ½ cup – 7g
- Chick Peas – ½ cup - .18g
- Cole Slaw - 2/3 cup - 5.5g
- Corn on the Cob - 1 each – 19g
- Corn Salad – ½ cup – 19g
- Corn, Steamed - 1/2 cup - 16g
- Cucumber - 1/2 cup – 2g
- French Fries, Oven Baked - 1/2 cup – 27g
- Green Beans - 1/2 cup – 4g
- Green Peppers – ½ cup – 3g
- Hash Brown Potatoes - 1/2 cup – 14g
- Mexicali Corn – ½ cup – 15.5g
- Mixed Vegetables, Steamed - 1/2 cup – 7g
- Oriental Vegetables - 1/2 cup – 5g
- Peas, Steamed - 1/2 cup – 11g
- Potato, Baked, Plain - 1 each – 26g
- Potato Salad (USDA Recipe) - 2/3 cup – 18g
- Red Pepper Strips – ½ cup – 4.5g
- Refried Beans – ½ cup – 24g
- Roasted Butternut Squash – ½ cup – 12g
- Romaine Salad, No Dressing - 1 cup – 0g
- Spinach Salad, No Dressing - 1 cup – 1g
- Sweet Potatoes – 1 medium – 24g
- Sweet Potato French Fries – ½ cup – 27g
- Tator Tots - 12 tots (1/2 cup) – 30g
- Tomato and Onion Salad – ½ cup – 11g
- Tomato Wedges – ½ cup – 7g
- Tomato Soup - 1 cup – 19g

- Tossed Salad, No Dressing - 1 cup – 4g
- Whipped Potatoes - 1/2 cup – 23g
Gravy – 2g
- Roasted Zucchini – ½ cup – 6.5g



Condiments

- BBQ Sauce - 1oz – 12g
- Balsamic Vinaigrette - 1oz – 4g
- Croutons – ½ cup – 7g
- French Dressing - Fat Free - 1oz – 8g
- Ketchup - Heinz - 1oz – 7g
- Honey Mustard - 1oz – 7g
- Hot Sauce - .5oz – 0g
- Italian Dressing, Fat Free - 1 packet – 5g
- Italian Dressing, Fat Free - 1oz - 3g
- Margarine - 1 each (5g) – 0g
- Mustard - 1oz – 0g
- Mayo – Light - 1oz – 2g
- Pizza Sauce - 2oz – 5g
- Ranch Dressing, Low Fat – Heinz - 2Tbsp – 8g
- Relish - 1oz – 3g
- Salsa – USDA - 2oz – 4g



Milk

- Fat Free Chocolate Milk - 8oz – 26g
- 1% Strawberry Milk - 8oz – 26g
- 1% Vanilla Milk - 8oz – 25g
- 1% Low Fat White Milk - 8oz – 12g
- Fat Free White Milk - 8oz – 13g



***The data contained within this report was obtained from Nutrition Fact Labels, USDA Commodity Food Fact Sheets, and Nutrikids Menu Planning and Nutritional Analysis software. Ingredients and menu items are subject to change without notice. Please consult a medical professional for assistance in planning for or treating medical conditions. ***