

Nutrition Information of Foods Offered in School Nutrition Program

Elementary Menu Items	Carbs	Protein	Fat	Calories
Revised 2/21/2012	grams	grams	grams	
<b>BREAKFAST</b>				
Apple Cinnamon Texas Toast, WG <span style="color: blue;">New</span>	50	5	1	230
Banana, half	14	0.6	0	54
Biscuit, Chicken	31	12	13	276
Biscuit, Egg and Cheese	26	11	16	285
Biscuit, Plain	24	4	8	180
Biscuit, Sausage (turkey)	24	10	12	241
Breakfast Bagel, Tony's (sausage&gravy)	19	10	8	191
Breakfast Granola Round, whole grain	26	2	5	160
Sky Blue Breakfast Honey Bun, whole grain	37	6	8	250
Cereal Bowl, Apple Jacks, reduced sugar	16	1	0	68
Cereal Bowl, Cheerios	14	2	1	68
Cereal Bowl, Honey Nut Cheerios	26	2	1	128
Cereal Bowl, Fruity Cheerios	21	1	1	90
Cereal Bowl, Cinnamon Toast Crunch	24	1	4	130
Cereal Bowl, Eggo maple	19	1	1	90
Cereal Bowl, Low Sugar Frosted Flakes	25	1	0	100
Cereal Bowl, Low Sugar Fruit Loops	16	1	1	70
Cereal Bowl, Golden Grahams	24	2	1	108
Cereal Bowl, Raisin Bran	27	3	1	108
Cereal Bowl, Rice Chex	17	1	1	70
Cinnamon Roll, WG	33	4	6	190
Egg, T. Sausage & Cheese Tac-go	14	9	10	180
Egg Muffin Trio	28	14	10	259
French Toast Sticks, 4 , plain	43	12	15	347
Graham Crackers, 3 count pack	16	2	3	90
Granola Round	26	2	5	160
Grits, 1/2 cup, plain	11	1	4	80
Jelly Packet	9	0	0	39
Juice 100%, Apple - 4 oz.	14	0	0	60
Juice 100%, Black Cherry- 4 oz.	14	0	0	60
Juice 100%, Fruit Blend - 4 oz.	14	0	0	60
Juice 100%, Grape - 4 oz.	18	1	0	80
Juice 100%, Orange - 4 oz.	13	1	0	50
Juice 100%, Pineapple - 4 oz.	13	0	0	60
Pancakes, mini flavored, Pillsbury	34	4	6	200
Muffin, Blueberry, wrapped, whole grain	23	3	6	158
Muffin, Chocolate, wrapped, whole grain	23	3	7	160
Muffin Top (1), Blueberry	17	2	8	150
Muffin Top (1), Choc chip	19	2	9	170

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Sausage Patty, turkey Jennie-O	0	6	4	61
Syrup portion, 1.5 oz	13	0	0	50
Yogurt, Trix 4 oz cup	21	4	2	110
Indiv. pkg dry granola	26	3	4	150
<b>ENTRÉE, elementary age portions, condiments not included</b>				
Asian Chicken Bites, 3	21	12	5	171
Asian Orange sauce w/ Chicken on Rice	49	25	9	397
Baked Potato w/Ham and Cheese	57	18	6	369
BBQ Pork Sandwich on WG bun	38	27	17	410
Beef-A-Roni 3/4 c.	28	16	6	238
Breaded Mozzarella CheeseSticks, 6	35	21	11	310
w/ Marinara sauce	6	1	0	28
Calzone, T. Pepperoni	41	21	11	350
Cheeseburger on whole grain Bun	34	24	10	315
Cheese-Stuffed Breadsticks, 2, whole grain	32	16	14	320
Chicken BBQ on WG bun	45	23	4	311
Chicken & Cheese Quesadilla wedges, 2	35	18	12	308
Chicken Noodle Soup	6	5	3	75
Chicken Nuggets, Breaded, 5 All-Natural	15	23	14	275
Chicken Nuggets, Teriyaki, 4	8	18	7	164
Chicken Patty (Breaded) on WG Bun, All-Natr	46	29	16	440
Chicken Parmesan w/ whole grain spaghetti	57	35	20	549
Chicken Pot Pie	27	23	14	336
Chicken Spanish Rice	26	17	8	246
Chicken TenderStrips, homestyle, 3	15	15	17	270
Chicken TenderStrips, Buffalo, 3	15	18	18	300
Chili	16	16	4	163
Corndog, whole grain	28	11	6	210
Corndog, minis (6)	33	11	14	300
Country Steak Fingers, breaded, 4	16	17	23	336
Country Steak Patty, breaded	14	7	21	314
Gravy	5	3	3	56
2Fers Mini Burgers	36	18	11	300
Fish Nuggets, 4	14	12	7	176
General Tso Spicy Chicken w/ rice	38	12	6	251
Grilled Cheese Sandwich on WG bread	30	12	6	220
Grilled Chicken Patty on WG Bun	33	36	6	320
Hamburger on WG Bun	33	20	8	280

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Hot Dog on WG Bun, Beef	28	11	18	310
Hot Ham and Cheese on WG Bun	23	16	7	219
T. Ham & Cheese Melt on bun-Café Favorites	33	18	12	267
Lil Taco Bites, 4	30	15	12	280
Macaroni (WG)and Cheese, 1/2 cup	16	11	5	136
Macaroni (WG) and Cheese w/ Ham, 1 cup	33	21	10	272
Nachos w/ Meat and Cheese	45	27	23	464
Penne pasta (WG) w/ Meatballs	47	19	11	353
Pizza wedge, Cheese w/ WG crust	32	15	10	270
Pizza wedge, Pepperoni w/ WG crust	32	16	10	270
Popcorn Chicken	19	14	18	289
Quesadilla pizza	36	15	16	350
Quesadilla wedges, chicken & cheese, 2	35	18	12	308
Rib-B-Q Patty, plain (Beef)	6	14	10	170
Rib-B-Q Patty (Beef) on Hoagie Bun	54	20	17	448
Rib-B-Q Patty (Pork) on Hoagie Bun	34	18	20	415
Seafood Basket, Fish and Shrimp	23	15	12	265
Sloppy Joe Sandwich	29	16	4	199
Sweet & Sour Meatballs w/ rice	55	21	24	519
Spaghetti (WG) w/ Meatballs	52	19	11	378
Spaghetti (WG) w/ Meatsauce	46	15	4	286
T.Pepperoni Calzone	41	21	11	350
Tacos, Soft, 2 w/ WG tortillas	32	18	9	294
Tomato Soup (1/2 c.)	12	2	1	60
Turkey Ham, thick slice	2	7	2	45
Turkey & Dumplings	30	25	11	323
Turkey & Gravy (plain)	4	19	6	147
Turkey & Gravy over Rice	28	21	9	272
Turkey Roast (holiday meals)	0	28	6	176
Vegetable Soup	18	4	2	97
Veggie "Chicken" nuggets (4)	18	12	7	190
Veggie "Chicken" patty on WG Bun	47	15	8	310
Veggie Garden Burger on WG Bun	41	24	7	310
<b>BREADS &amp; GRAINS</b>				
Biscuit, Cheesy	21	6	6	167
Biscuit, Plain	24	4	8	180
Breadsticks, whole grain white	20	4	1	103
Cinnamon Roll, WG	33	4	6	190
Cornbread Stuffing, 1/2 cup (holiday meal)	10	3	7	108

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Fried Rice w/ vegetables	20	2	2	110
Roll, school-made wheat, 2 oz	22	3	1	94
Roll, proof & bake wheat, 1.5 oz	16	4	2	100
Rice, brown, 1/2 cup	18	2	1	90
Rice, brown, 2/3 cup	19	2	1	94
Saltines, 4 count package	9	1	1	52
Spaghetti, 3/4 cup	38	6	1	185
<b>FRUIT and VEGETABLE SIDES</b>				
Student portions *All servings sizes are 3/8 cup unless otherwise indicated				
Apple	22	0	1	86
Applesauce, plain 1/2 c	14	0	0	53
Applesauce Blend Cups (w/Blueberry) 1/2 cup	16	0	0	70
Apricot Cups, frozen	29	1	0	111
Apricot halves	19	1	0	75
Asian Blend Vegetables	8	4	2	59
AuGratin Potatoes, 3/8 c	16	2	2	100
Baby Carrots	2	0	0	9
Baked Beans	34	5	1	159
Baked Potato Half w/ margarine reddie	26	2	2	114
Baked Sweet Potato, small, plain	15	1	0	62
Banana	24	1	1	93
Black Beans, seasoned	12	4	0	69
Black-eyed Peas	13	4	0	69
Black Bean & Corn Salsa w/chips	22	4	7	161
Blueberries, 1/4 c	5	0	0	20
Blushing Pears	14	0	0	54
Broccoli Florets, steamed	4	2	0	20
Broccoli w/Cheese Sauce	5	4	2	52
Cantaloupe, 1/2 cup cubes	7	1	0	29
Carrots, sliced & steamed	3	0	0	13
Carrot and Celery Sticks w/Dip	5	1	6	78
Carrot and Celery Sticks, plain	3	0	0	14
Carrot Souffle, 1/2 cup	36	3	9	237
Carrot Sticks	5	1	0	20
Celery logs, plain	3	0	0	8
Celery Sticks w/Peanut Butter	5	4	8	102
Coleslaw	5	1	4	67
Corn, 1/2 cup	18	2	1	75
Cranberry Sauce, 1 oz	14	0	0	52

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Cucumbers, sliced, plain	2	0	0	7
Frozen Diced Apricots/Peaches, 1/2cup	29	0	0	117
Froz 100% Juice cup, 4 oz	18	0	0	70
Froz 100% Juice Italian Ice, Cry Baby	25	0	0	98
Fruit Cocktail/Mixed Fruit, canned, 1/2 cup	20	0	0	78
Fruit Medley, 1/2 cup	36	1	0	146
Grapefruit, 3 wedges w/ honey	15	0	0	56
Green Beans	2	1	0	9
Green Peas	7	3	0	38
Honeydew melon, 1/2 cup	6	0	0	22
Hot Cinnamon Apples, 1/2 cup	24	0	1	104
Lettuce/Tomato/Pickle	2	1	0	10
Mandarin Oranges, 1/2 cup	17	1	0	70
Mashed Potatoes, 1/2 cup	16	2	3	103
Mixed Vegetables	9	2	0	40
Orange	17	1	0	68
Oven Crinkle Fries, 1/2 cup w/Catsup	21	2	4	125
Peaches, sliced, 1/2 cup	18	0	0	70
Pear, fresh	27	1	1	106
Pear Slices, canned, 1/2 cup	19	0	0	72
Peas & Carrots	6	2	0	33
Pineapple Tidbits or Chunks, 1/2 cup	14	0	0	54
Pintos w/ cheese	14	6	4	111
Potato, Oven Crinkle Fries, 1/2 cup w/Catsup	21	2	4	125
Potato, Waffle cut w/ catsup	20	2	6	120
Potato Spudsters	27	2	6	170
Potato Smiles, 4	20	2	5	130
Raisins in a Box, 2	60	2	0	226
Ranch-style Beans	16	5	0	77
Shredded Lettuce/Sliced Tomato	3	1	0	15
Sonoma Blend Vegetables	5	1	0	26
Sticks & Stones (baby carrots/grape tomatoes)	3	0	0	12
Strawberry Cups, frozen	33	1	0	122
Sweet Potato Bites, 1/2 c.	18	1	4	110
Sweet Potato "wedges"	21	1	5	130
Sweet Potato Souffle	39	3	5	212
Tangerine	12	1	0	49
Tater Bucks	16	2	7	132
Tossed Salad, 1/2 cup w/ dressing	4	1	6	77
Veggie Dippers, 1/2 cup	6	2	7	89

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Watermelon, 1/2 cup cubes	12	1	1	51
<b>DESSERTS</b>				
Apple Brown Betty	23	1	4	131
Brownie	22	1	3	119
Cake w/icing	28	1	4	146
Cocoa Raisin Bar	43	3	11	270
Cookie, Chocolate Chip, 1 oz, WG,Red. Fat	18	1	4	110
Cookie, Carnival, 1 oz, WG, Red. Fat	19	1	4	110
Cookie, Sugar, 1 oz, Red. Fat	19	1	4	110
Chocolate Pudding Cup	21	2	4	120
Fruit Cobbler	40	2	5	210
Fruit Crisp	31	2	5	175
Fruit Juice Sherbet, all flavors	27	1	2	120
Vanilla Pudding	31	5	3	149
<b>Salad Meals (Student portions)</b>				
* Nutrient information does NOT dressings, crackers or other sides				
Asian Chicken Salad	18	18	3	159
Buffalo or Pepper Chicken Salad	16	19	18	296
California Salad w/ chicken	37	20	11	320
Chef Salad	7	15	8	158
Chicken Salad w/ Salad	8	18	9	186
Chicken Supreme Salad	7	25	13	261
Cobb Salad	9	22	19	292
Deli Turkey & Salad	7	19	7	163
Grilled Chicken Salad	7	19	11	200
Fresh Fruit Plate w/Yogurt & muffin	46	7	6	270
Winter Fruit Plate w/ Yogurt & muffin	30	4	3	165
Southwest Chicken Salad	11	20	13	238
Taco Salad	46	19	19	437
Teriyaki Chicken Salad	9	18	10	197
Tuna Salad w/ Salad	7	17	9	194
Veggie Salad w/Cheese	12	10	8	157
** Croutons, pkg	5	1	1	33
** Tri-color Tortilla strips, pkg	8	0	3	71
** Saltines - 4 count/pkg	9	1	1	52
<b>SALAD DRESSINGS &amp; CONDIMENTS</b>				
<b>1 oz portion cup (side salads, veggie dip)</b>				

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French	5	0	11	120
Honey Mustard	9	0	10	130
Italian, Fat free	2	0	0	6
Ranch, Lite	1	1	10	100
<b>1.5 oz portion cup (entrée salads)</b>				
Honey French, fat-free	7	0	0	25
Honey Mustard	13	0	14	186
Olive Oil & Balsamic vinegar	3	0	3	35
Ranch, Lite	3	1	10	120
Thousand Island	7	0	17	180
<b>Gallon pkg, 1 oz (2 Tb portion)</b>				
Creamy Caesar	2	1	16	150
Honey French	5	0	12	128
Honey Mustard	11	0	12	152
Olive Oil & Balsamic vinegar	2	0	2	25
Ranch, Lite	1	1	10	100
Raspberry Vinaigrette, Fat-free	8	0	0	35
Thousand Island	5	0	13	140
<b>Other Condiments</b>				
BBQ Sauce, indiv pkt	3	0	0	10
Catsup, indiv pkt	2	0	0	10
Catsup, 1 Tbl (1/2 oz)	4	0	0	15
Honey, indiv pkt	7	0	0	25
Jelly, indiv pkt	10	0	0	38
Mayonnaise, indiv pkt	0	0	9	80
Mustard, indiv pkt	0	0	0	4
Mustard, 1 tsp	0	0	0	4
Salsa, 1 oz	2	0	0	10
Sour Cream, 1 oz pkt	2	1	4	50
Sweet & Sour Sauce, indiv pkt	11	0	0	45
Syrup, 1.5 oz pkt	13	0	0	51
Taco Sauce, indiv pkt	1	0	0	5
Tartar Sauce, indiv pkt	1	0	6	60
<b>SANDWICHES (Student Portions)</b>				
(*Nutrient information does not include condiments or additional items in meal)				
Chicken Caesar Wrap, WG	39	28	19	429
Chicken Tender or Buffalo Wrap, WG	46	20	23	470
Asian Chicken Wrap, WG	46	23	10	370
Ham & Cheese Sub	31	18	8	269

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T. Ham & Cheese on bun-Café Favorites	32	18	12	315
Munchable- Pizza	33	19	18	379
Smuckers PB&J - 2.5 oz	30	8	15	283
(1 oz Red. Fat Cheddar cheese portion)	0	7	7	90
(1 oz Red. Fat Colby Jack cheese portion)	0	7	7	90
Tuna Sub	29	19	6	260
Turkey & Cheese Sub	31	19	5	245
Turkey & Cheese Wrap, WG	41	24	12	355
Turkey & Ham Deli Sub	31	18	6	257
<b>CHIPS and SNACKS</b>				
Cheetos, Baked .875 oz.	17	2	4	113
Cheez-it, Scrable Jr. Crackers	14	2	4	100
Dick & Jane Smart cookies	22	2	4	130
Doritos, Red. Fat, Nacho 1 oz.	19	2	5	130
Doritos, Red. fat, Cool Ranch 1 oz.	19	2	5	130
Fruit Juice Gummies 1 oz.	21	1	0	90
Muchies Snack Mix .875 oz	18	2	4	110
Potato Chips, Baked, BBQ .875 oz	20	2	1	96
Potato Chips, Baked, Sour Cream and Onion	19	2	3	110
Pretzels, Honey Wheat Braided 2 oz.	47	4	2	220
Pretzels 1 oz.	23	2	1	110
Rice Krispie Treats, pkg	18	1	2	90
Sunchips, Reduced Fat 1 oz.	20	1	6	140
Teddy Grahams, pkg	16	0	3	90
<b>Beverages</b>				
Chocolate milk, Fat free	24	8	0	130
Strawberry milk, Fat free	23	8	0	130
Vanilla milk, Fat free	23	8	0	130
Lowfat milk, 1%	13	8	2.5	110
Skim milk	13	9	0	90
Soy Milk, Chocolate	25	5	4	150
Soy Milk, Vanilla	19	6	4	130
100% Juice Mayfield, punch	30	0	0	120
100% Juice Mayfield, orange	30	0	0	120
100% Juice box, Apple, 6 oz	21	0	0	90
100% Juice box, Fruit Blend, 6 oz	24	0	0	100
100% Juice box, Orange Tangerine, 6 oz	25	0	0	100
100% Juice box, Strawberry Kiwi, 6 oz	24	0	0	100



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Fruit 66 sparkling juice, 8 oz	24	0	0	95
Riptide Wave flavored water, 8 oz	0	0	0	0
V-8 Splash	26	0	0	101

"This institution is an equal opportunity provider. "