

FOOD ITEM	SERVING SIZE	TOTAL CALORIES	TOTAL FAT (G)	SATURATED FATS (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBS (G)	FIBER (G)	PROTEIN (G)	VITAMIN C (MG)	VITAMIN A (RE)	Iron (MG)	CALCIUM (MG)
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## MENU NUTRITIONAL INFORMATION 2011-2012 SCHOOL YEAR

### SECONDARY

Asian Cucumber Salad	½ cup	84	1	0	0	5	20	1	1	29	114	1	23
Apple-Small	1ea.	72	0	0	0	1	19	3	0	6	7	0	8
Applesauce	½ cup	52	0	0	0	2	14	2	0	2	1	0	4
Apricots	½ cup	80	0	0	0	10	19	1	1	2	350	0	0
Baked Beans	½ cup	140	1	0	0	551	29	5	6	0	0	2	40
Banana	1 ea	90	0	0	0	1	23	3	1	9	8	0	5
BBQ Beef Sandwich	1 ea	271	9	4	36	697	30	2	14	1	68	2	139
BBQ Pork Sandwich	1 ea.	235	5	2	39	734	30	2	15	0	48	2	122
BBQ Rib Bowl w/Cheese Grits and Collard Greens	1 ea. ½ cup grits ½ cup collard greens	436	15	5	35	881	59	8	21	7	542	3	306
BBQ Rib Sandwich	1 ea.	387	13	4	30	1122	53	3	18	1	73	2	159
Beef Taco Meat	2 oz	164	9	3	44	76	6	2	15	2	16	2	20
Berry Fruit & Yogurt Parfait	1 ea	204	4	1	3	79	40	4	5	15	4	1	97
Black Eye Peas	½ cup	99	2	0	4	402	15	4	6	1	1	1	34
Breadstick-Soft	1 ea	88	3	1	1	172	13	1	3	0	6	1	17
Breakfast Bar-Lunch Entrée Includes Bagel Egg Patty Potato Rounds	1 ea	820	39	10	142	2059	141	6	29	25	197	5	361

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Hollandaise Sauce													
Mushrooms													
Peppers													
Onions													
Buffalo Chicken Sandwich	1 ea.	293	12	3	47	1225	32	3	19	171	1314	4	111
Burrito-Beef	1 ea	576	26	13	89	1007	44	10	41	6	158	3	601
Broccoli	½ cup	14	0	0	0	11	2	1	1	16	15	0	15
Broccoli Salad	½ cup	166	7	1	6	142	27	2	2	29	50	1	27
Brown Rice	½ cup	335	4	0	0	0	71	4	8	0	0	1	0
Burrito-Chicken	1 ea	544	19	10	123	1541	37	6	55	2	647	2	571
Cajun Chicken Breast	1 ea.	145	8	2	39	316	9	1	14	4	266	1	124
California Blend Vegetables	½ cup	16	0	0	0	17	3	1	1	10	100	0	15
Celery Sticks	½ cup	10	0	0	0	59	2	0	1	2	10	0	30
Cheeseburger	1 ea.	255	10	4	43	660	22	3	22	1	62	3	160
Cheesy Grits	½ cup	169	3	1	5	67	32	2	6	0	14	1	83
Chicken Chef Salad-No Dressing	1 ea.	152	6	4	39	239	7	2	18	18	534	1	297
Chicken & Gravy	6 oz.	195	5	4	45	912	19	0	17	0	0	1	1
Chicken Parmesan Bowl-No Pasta	1 ea.	515	20	5	51	886	63	4	25	6	54	4	113
Chicken Parmesan Sandwich	1 ea.	364	15	4	55	964	38	4	24	9	55	4	183
Chicken Patty Sandwich	1 ea.	293	12	3	47	721	32	3	19	1	26	3	78
Chicken Taco Meat	2 oz	97	2	1	45	343	2	0	17	0	0	1	0
Cilantro Lime Brown Rice	½ cup	136	3	0	1	801	26	1	3	1	0	0	12
Collard Greens	½ cup	58	2	0	0	62	8	5	4	6	455	1	104
Confetti Coleslaw	½ cup	85	7	1	7	157	6	2	1	24	252	0	37
Corn	½ cup	66	1	0	0	1	16	2	2	3	8	0	2
Corn Dogs, Mini	6 ea.	250	10	2	15	630	31	1	11	0	40	4	0
Country Style Gravy	2 oz.	44	2	0	0	169	6	0	0	0	0	0	1
Country Style Steak	1 ea.	290	18	6	40	730	18	2	15	5	20	3	40
Cucumber & Tomato Salad	½ cup	94	9	1	0	51	3	1	1	4	20	0	10

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<b>Deli Bar HS-Add Ingredients Together</b>													
American Cheese	2 slices	70	4	3	15	420	2	0	7	0	100	0	200
Bagel	1 ea.	290	1	0	0	550	64	3	10	0	0	4	20
Cheese Jalapeno Tortilla	1 ea.	310	9	2	0	730	50	3	7	0	50	2	40
Chicken Salad-No Bread	½ cup	129	6	1	50	207	1	0	17	1	3	1	9
Egg Salad-No Bread	¼ cup	245	20	4	441	587	1	0	10	8	121	1	43
Hoagie Bun	1 ea.	180	2.5	.5	0	370	34	2	6	0	0	1	40
Mozzarella Cheese	1 oz slice	86	6	4	15	150	1	0	7	0	39	0	207
Spinach Tortilla	1 ea	290	8	2	0	650	47	3	7	0	100	4	60
Tomato Tortilla	1 ea	410	9	2	0	580	49	3	7	0	0	1	40
Turkey	3.75 oz	120	30	1	55	590	2	0	20	0	0	1	0
Turkey Ham	1.7 oz	57	2	1	31	438	2	0	8	0	8	0	3
Whole Grain Tortilla	1 ea	240	6	2	0	610	41	7	7	0	0	0	100
<b>Whole Grain Sandwich</b>	2 slices	54	2	0	0	270	26	2	4	0	0	1.4	40
<b>Dinner Roll-whole grain</b>	1 ea.	100	1	0	0	180	21	2	3	0	0	1	60
<b>Dressing, Corn Bread</b>	½ cup	157	7	1	0	501	23	0	3	1	30	1	20
<b>Dressing-French –Fat Free</b>	Pkt	34	0	0	0	194	8	0	0	1	0	0	8
<b>Dressing-Italian-Fat Free</b>	Pkt	28	0	0	0	289	3	0	0	0	0	0	2
<b>Dressing-Ranch-Fat Free</b>	Pkt	33	0	0	0	272	8	0	0	0	0	0	4
<b>Gardenia Mix</b>	½ cup	85	7	1	0	19	4	1	1	13	641	0	17
<b>Garden Salad-No Dressing</b>	1 ea.	214	11	5	228	310	13	4	17	68	691	2	352
<b>Grilled Chicken Sandwich</b>	1 ea.	218	9	3	39	495	21	2	18	1	17	1	140
<b>Ham &amp; Cheese on Pretzel Bun</b>	1 ea.	368	10	4	52	1183	49	1	22	1	107	3	226
<b>Ham Chef Salad</b>	1 ea.	194	7	4	51	1040	11	2	21	18	534	1	297
<b>Ham Sandwich</b>	1 ea.	307	13	4	48	1189	32	3	19	9	96	2	290
<b>Ham Wrap</b>	1 ea.	367	17	6	49	1132	33	6	20	9	79	1	308
<b>Hamburger</b>	1 ea.	220	8	3	35	450	21	3	18	1	12	3	60
<b>Hot Dog</b>	1 ea.	307	20	6	40	970	20	2	12	0	0	1	80
<b>Hot Dog Bar w/ Chili, onions, cheddar cheese,</b>	1 ea.	543	28	10	63	1687	47	5	26	3	63	3	428

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sauerkraut, mustard, ketchup, pickle relish													
Hummus	½ cup	246	16	0	0	574	29	8	8	25	0	3	82
Italian Beef Sandwich	1 ea.	467	24	10	87	2711	24	2	32	3	71	3	292
Japanese Vegetables													
Loaded Potatoes-Add Meat Separately	5 oz.	358	18	6	4	1046	42	4	5	4	16	3	59
Macaroni & Cheese	2/3 cup	249	10	4	21	748	26	2	13	0	136	9	282
Meatball Bomber	1 ea.	284	12	4	32	605	27	4	17	5	41	3	202
Mexican Rice	½ cup	161	1	0	0	698	33	0	4	0	151	2	49
Milk-Lactaid	8 oz.	80	0	0	0	125	13	0	8	0	100	0	500
Milk-Skim Chocolate	8 oz.	150	0	0	0	220	28	0	8	2	100	0	300
Milk-Skim White	8 oz.	90	0	0	5	125	0	0	8	2	100	0	300
Mixed Fruit	½ cup	69	0	0	0	8	18	2	1	4	0	0	6
Mixed Vegetables	½ cup	41	0	0	0	55	8	1	2	3	131	0	0
Mostaccioli	1 cup	352	12	5	50	597	32	5	25	8	44	4	167
Nacho Supreme-Add Meat Separately	1 ea.	267	15	4	5	752	28	2	3	2	8	1	82
Orange -Small	1 ea.	62	0	0	0	0	15	3	1	70	28	0	52
Panini-Arizona	1 ea.	411	19	8	68	928	39	3	28	16	139	2	353
Panini-Buffalo Chicken	1 ea.	269	9	2	39	1195	34	2	20	170	1305	3	171
Panini-Croque Monsieur Ham	1 ea.	397	16	9	77	1012	77	3	28	15	127	3	452
Panini-Ham & Cheddar	1 ea.	373	12	6	79	1465	36	2	31	0	75	2	433
Panini-Ham & Cheese	1 ea.	288	7	3	52	1314	36	2	22	0	106	2	241
Panini-Ham, Turkey & Cheese	1 ea.	352	9	4	81	1629	37	2	33	0	106	3	241
Panini-Patty Melt	1 ea.	375	14	6	50	800	39	3	27	4	42	3	276
Panini-Peanut Butter & Banana	1 ea.	576	33	6	0	677	54	7	20	2	2	3	39
Panini-Peppercorn Chicken	1 ea.	354	13	5	53	878	41	2	24	9	69	2	276
Panini-Three Cheese	1 ea.	278	9	5	23	633	33	2	17	0	239	1	377
Panini-Tuna & Cheese	1 ea.	329	10	3	38	1155	34	2	27	0	111	2	245

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Panini-Turkey & Cheddar	1 ea.	347	10	5	59	1164	34	2	31	0	65	2	428
Panini-Turkey & Cheese	1 ea.	285	7	3	44	1111	35	2	23	0	100	2	238
Peanut Butter & Apple Roll-up	1 ea.	613	37	8	0	731	54	11	19	3	3	2	44
Peanut Butter & Jelly	1 ea.	680	35	6	0	725	81	7	20	0	0	4	120
Peaches-Canned	½ cup	68	0	0	0	6	18	2	1	3	5	0	4
Pear-Canned	½ cup	72	0	0	0	6	19	2	0	1	0	0	6
Pear-Fresh	1 ea.	66	0	0	0	1	18	4	0	5	2	0	10
Peas	½ cup	62	0	0	0	58	11	4	4	8	84	1	19
Peas & Carrots	½ cup	33	0	0	0	87	7	2	2	2	200	0	0
Pico de Gallo	½ cup	29	0	0	0	211	7	1	1	21	55	1	30
Pineapple	½ cup	67	0	0	0	24	17	0	0	64	23	1	48
Pizza-BBQ Chicken-MS's & Case	1/8 pizza	424	11	6	46	1260	53	1	24	0	154	1	522
Pizza-BBQ-Horlick & Park	1/8 pizza	459	18	8	46	1254	49	3	25	2	155	2	486
Pizza-Buffalo Chicken-MS's & Case	1/8 pizza	427	18	9	54	1120	38	1	27	85	522	85	505
Pizza-Buffalo Chicken-Horlick & Park	1/8 pizza	462	25	11	54	1114	34	3	27	87	530	3	469
Pizza-Chicken Alfredo-MS's & Case	1/8 pizza	629	29	14	98	2195	53	1	33	2	104	1	584
Pizza-Chicken Alfredo-Horlick & Park	1/8 pizza	675	37	16	100	2199	49	3	33	4	110	2	563
Pizza-Chicken Brushetta-Horlick & Park	1/8 pizza	478	29	6	57	548	31	5	23	16	63	3	61
Pizza-Chicken Fajita-MS's & Case	1/8 pizza	364	8	4	60	740	44	2	25	17	50	2	160
Pizza-Chicken Fajita-Horlick & Park	1/8 pizza	356	14	6	49	581	35	4	22	18	50	3	124
Pizza-Cheese-MS's & Case	1/8 pizza	344	13	8	30	681	34	1	20	4	84	1	469
Pizza-Cheese-Horlick & Park	1/8 pizza	379	20	10	30	675	30	3	20	6	84	2	434
Pizza Cheeseburger-Horlick & Park	1/8 pizza	431	23	11	50	751	30	3	27	6	89	3	490
Pizza-Combination-MS's & Case	1/8 pizza	401	18	9	39	870	36	2	23	5	84	1	480
Pizza-Hawaiian-Horlick & Park	1/8 pizza	424	21	10	44	871	36	4	24	9	89	3	440
Pizza-Pepperoni-MS's & Case	1/8 pizza	379	17	9	39	799	34	1	21	4	84	1	469
Pizza-Pepperoni-Horlick & Park	1/8 pizza	414	23	11	39	792	30	3	22	6	84	2	434
Pizza-Sausage-MS's & Case	1/8 pizza	423	19	9	40	940	38	2	24	5	84	2	492
Pizza-Sausage-Horlick & Park	1/8 pizza	458	25	11	40	932	33	4	25	7	84	3	456

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Pizza-Taco-Horlick & Park	1/8 pizza	408	20	9	37	715	34	5	23	6	88	3	438
Pizza-Three Cheese-MS's & Case	1/8 pizza	366	16	9	39	775	34	1	20	4	103	1	503
Pizza-Three Cheese-Horlick & Park	1/8 pizza	400	22	11	39	769	30	3	21	6	104	2	468
Pizza-Veggie-Horlick & Park	1/8 pizza	401	21	10	30	751	32	3	21	14	90	2	437
Pizza Dippers w/pizza sauce	2 sticks 2 oz sauce	310	12	6	30	888	34	1	21	10	90	3	397
Popcorn Chicken	15 pcs.	290	18	3	38	302	18	1	15	0	25	2	25
Popcorn Chicken Bowl Includes Popcorn Chicken Whipped Potatoes Corn Country Gravy Cheddar Cheese	1 bowl	585	29	9	68	687	56	5	24	40	93	3	230
Potato Rounds	½ cup	141	7	2	0	290	17	2	2	1	0	1	0
Potato Wedges	½ cup	109	3	1	0	23	18	2	2	1	0	1	0
Refried Beans w/Cheese	½ cup	136	2	1	13	177	21	7	9	8	6	2	47
Rice Pilaf, Whole Grain	½ cup	127	1	0	1	854	27	1	3	1	0	0	7
Romaine Salad	½ cup	8	0	0	0	5	2	0	0	5	192	0	14
Rotini Noodles, Whole Grain	½ cup	119	3	1	0	37	21	3	4	0	5	1	15
Salisbury Steak w/Brown Gravy	3 oz. patty 2 oz. gravy	174	11	4	30	543	7	1	11	1	30	1	21
Southwest Corn & Black Bean Salad	½ cup	85	1	0	0	212	17	4	4	15	44	1	28
Spaghetti w/Meatballs	6 oz Sauce w/4 MB 1 cup noodles	392	10	2	24	805	52	8	22	12	38	5	94
Spicy Chicken Sandwich	1 ea.	301	12	3	55	643	31	3	19	0	101	3	60
Spicy Popcorn Chicken	13 pcs.	210	10	2	40	481	12	1	17	0	150	1	20

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Spinach Salad	½ cup	8	0	0	0	28	1	1	1	10	238	1	35
Strawberries	½ cup	35	0	0	0	1	9	2	0	31	1	1	12
Swedish Meatballs	6 oz sauce w/5 meatballs Add Noodles Separately	193	13	5	36	548	8	1	13	4	20	2	61
Sweet Potatoes	½ cup	80	0	0	0	181	19	1	1	6	670	0	13
Sweet & Sour Coleslaw	½ cup	20	0	0	0	64	5	0	1	16	273	0	25
Sweet & Sour Popcorn Chicken Bowl	1 bowl Add rice separately	339	14	2	29	452	36	2	12	10	98	2	30
Tacos	2 ea Add shells & meat separately												
Tex-Mex Chicken Salad w/ Chicken Taco Meat Tortilla Chips Lettuce Cheddar Cheese Tomatoes Onions Salsa	1 ea	375	14	5	62	707	31	5	30	13	193	2	309
Tuna Mac-Case HS	1 cup	310	10	2	27	245	34	6	20	4	28	2	18
Tuna Salad-HS deli bar-no bread	½ cup	109	5	1	23	360	0	0	15	0	11	1	7

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Turkey & Gravy	Serving	270	9	6	35	1965	33	0	13	1	0	1	5
Turkey Sandwich	1 ea.	321	13	4	50	1115	31	3	22	9	92	2	287
Turkey Wrap	1 ea.	381	17	6	51	1058	33	6	24	9	75	1	305
Whipped Potatoes	½ cup	75	0	0	0	34	16	0	1	38	0	0	2
Wisconsin Blend Vegetables	½ cup	42	0	0	0	14	7	0	1	2	139	0	0

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