



Secondary Schools

Menu

Nutrition Information

PLAYBOWLS/SIZZLE								
Recipes	Portion Size	Calories	Protein (g)	Carbohydrate (g)	Fat (g)	Sat Fat (g)	Fiber (g)	Sodium (mg)
Acapulco Burrito	1 Each	587	29.83	71.72	18.9	5.66	3.86	1376
Austin Steak Twister	1 Each	663	30.53	89.52	19.55	6.74	6.59	1180
Chicken Nuggets, whole grain	5 Each	217	14.05	11.00	13.00	3.00	1.52	471
Baked Potato w/ Broccoli & Cheddar Cheese	1 Each	273	19.06	40.47	4.35	2.56	5.09	380
Baked Potato Wedges w/Chili & Cheese	1 Serving	297	18.48	27.23	13.65	3.48	4.24	720
Baked Ziti	1 Cup	448	19.15	56.81	16.58	5.81	7.54	1090
Barbecued Chicken Leg	1 Each	340	24.65	5.94	22.91	6.52	0.2	414
Pasta (Barilla PLUS) w/ Marinara	1 Cup	260	12.00	48.00	3.00	0.00	6.00	543
Pasta (Barilla PLUS) w/ Meat Sauce	3/4 Cup	323	18.74	44.92	7.90	2.31	5.82	676
Beef Gyros (includes Tzatziki sauce)	1/2 Pita Bread Filled	421	31.22	29.53	20.04	8.66	4.14	291
Beef & Bean Chili	1/2 Cup	198	18.01	5.4	9.89	3.78	2.51	194
Beef Burrito	1 Each	273	18.82	21.33	12.46	5.75	2	351
Beef Nachos/ Nachos with Beef and Cheese	1 serving	328	24.08	29.13	12.1	3.7	3.22	828
Breaded Popcorn Chicken	3oz.	270	13	18	16	3	0	900
Buffalo Chicken Wrap	1 Each	438	21.79	44.61	19.72	4.91	3.4	2283
BBQ Pork Oven Baked	1 Each	363	16.99	13.3	25.89	9.9	0.72	799.41
BBQ Pork Riblet on a Whole Wheat Bun	1 Each	369	20.6	37.45	16.06	4.84	4.06	912
Cheese Quesadilla	2 each	498	23.2	54.09	21.08	8.79	3.2	1556.61
Cheese Tortellini	3.5 oz	180	6	31	2.5	1	2	350
Cheesy Spinach & Tomato Pasta	1 Serving	319	16.16	49.69	6.43	3.14	2.06	837.07
Chicken Broccoli Alfredo	1 Cup	208	14.05	26.19	4.82	1.62	2.4	221.35
Chicken & Cheese Quesadilla	1 Each	441	24.7	39.65	20.14	8.26	1	1054
Chicken & Roma Tomato Pita Pizza	1 Each	375	23.27	40.77	14.49	5.28	6.11	804
Chicken and Cheese Enchilada	1 Each	506	37.51	47.2	17.97	5.73	1.47	1404
Chicken and Ham Jambalaya	1 Cup	184	14.56	10.49	9.72	1.94	2.34	587
Chicken Fajitas	1 Fajita	399	28.56	33.16	17.16	3.77	2.00	670
Chicken Lo Mein	2 cups	401	29.51	54.77	6.68	1.37	8.19	644
Chicken Parmesan with sauce & cheese	1 Each	303	22.01	26.39	12.6	2.68	2.33	1116
Chicken Parmesan Wrap	1 Each	529	29.8	62.11	18.89	5.47	3.22	1769
Chicken Ranchero Wrap	1 Each	487	32.13	49.93	17.62	4.72	3.98	1109
Mac-n-Cheese w/ Barilla PLUS	1 Cup	388	22.35	46.61	12.41	6.51	4.22	585
Cranberry Glazed Chicken	2 oz.	221	16.3	5.05	15.03	0	0.13	482
Southwest Peppercorn Chicken Sizzling Salad	1 Each	301	15.92	15.22	19.86	3.79	2.71	826
Enchilada Pie	1 piece	283	22.87	21.01	11.75	5.47	2.22	1020
Fish Tacos	2 Tacos	388	19.94	33.92	17.28	4.68	1.74	399
French Toast Sticks	4 Sticks	300	6	43	13	3	3	400
Grilled Chicken Roasted Veggie Kaiser Sandwich	1 Each	422	34.41	56.26	7.25	2.56	4.3	626
Hearty Beef Stew	1 Cup	210	12	17	10	2	2	720
Home-style Meatloaf	3/4" slice	228	19.17	13.11	10.62	3.9	2.08	164
Brown Gravy (beef)	1/4 Cup	25	0	5	0.5	0	0	270
Honey BBQ Chicken	1 Serving	345	24.52	8.19	22.84	6.52	0	358
Hot Ham & Cheese on a Bagel	1 Each	471	24.56	80.83	7.16	2.81	3	907

PLAYBOWLS/SIZZLE								
Recipes	Portion Size	Calories	Protein (g)	Carbohydrate (g)	Fat (g)	Sat Fat (g)	Fiber (g)	Sodium (mg)
Pasta w/ Italian Meat Sauce	3/4 Cup	323	18.74	44.92	7.9	2.31	5.82	676
Pasta w/Meatballs	1 Serving	578	24.58	61.56	27.22	10.53	7.48	1204.67
Italian Sausage & Pepper Hero	1 Each	404	18.01	54.16	12.29	4.02	2.81	809
Japanese Teriyaki Chicken and Vegetables	2/3 Cup	176	17.68	5.33	8.96	1.87	0.82	536
Latin Roast Pork	3 oz.	243	32.56	0.94	11.15	4.13	0.17	221.47
Meatball Grinder	1 Each	474	21.5	61.2	16.43	6.13	5.98	1201
Meatballs, beef, 1.5 oz.	1.5 oz.	115	7.5	3.5	8	3.5	2	245
Meatballs, beef, 2.5 oz	2.5 oz	192	12.5	5.8	13	6	1.66	408
Mini Corn Dog Nuggets	6 Each	210	9	31	17	4	2	790
Orange Stir-Fry Beef	3/4 Cup	329	26.51	13.03	18.84	5.08	2.9	418
Oven Fried Chicken	1 piece (2oz.)	377	57.26	23.18	4.47	1.37	1.04	302
Oven Roasted chicken	2 oz.	299	42.6	0.05	12.9	3.31	0.04	179
Pancakes	3 Each	230	5.00	40.00	6.00	1.00	3.00	380.00
Penne Alfredo w/ Chicken and Broccoli	2 Cups	468	32.55	56.16	12.97	4.40	6.01	802
Pollock, Breaded	1 Each	120	11	17	1	0	0	400
Rancher's Pie	1 Each	273	21.31	16.82	13.34	4.45	2.53	488
Roast Turkey with Gravy	3oz. w/ 1/4 c gravy	169	26	4	4.5	1.4	0	360
Roast Pork Lo Mein	2 Cups	362	25.38	54.95	4.45	0.9	8.19	726
Salsa Chicken Wrap	1 Each	428	32.13	45.94	12.52	3.87	3.98	902
Santa Fe Turkey & Cheddar Cool Wrap	1 Each	354	20.39	44.98	10.81	4.74	3.16	1469
Saucy Italian Meatballs/ Meatballs w/ Marinara Sauce	3 (2.5 oz)meatballs	272	16	13.36	18.09	7.3	4.31	883
Scrambled Eggs w/ Cheese	¼ Cup	114	9.2	1.75	7.89	3.17	0	206
Sloppy Joe on a bun	1 Sandwich	360	22.71	37.63	12.78	4.65	2.02	512
Southwest Peppercorn Chicken Sizzling Salad	1 Salad	252	17.9	16.4	13.4	4.6	2.99	606
Steak Bomb	1 Sandwich	547	29.17	63.6	19.17	7.76	4.28	635
Sweet & Sour Popcorn Chicken	1 Cup	405	18.51	44.26	15.26	2.3	2.06	1160
Szechuan Chicken	1 each	349	17.19	26.6	19.06	4.68	3.1	752.00
Taco Salad	1 each	349	17.19	26.6	19.06	4.68	3.1	752
Tacos (twin) with meat, cheese lettuce & tomatoes	2 Tacos	386	25.03	21.13	21.83	8.19	1.87	970
Tarragon Chicken	1 each	163	21.14	1.54	7.16	0.17	0.07	350.38
Teriyaki Chicken Dippers	4 Pieces	145	18.9	8.2	4	1.1	1.18	263
Teriyaki Popcorn Chicken	1 Cup	381	21.07	35.9	15.26	2.3	2.06	2586
Triple Decker Bean Tostados w/ Salsa	1 Tostado	416	16.83	70.00	10.12	2.55	9.58	1229
Turkey Ham w/ Brown Sugar Glaze	3 oz.	111	12.2	7.96	4.6	1.52	0.02	786
Turkey Pot Pie	1 Cup	242	12.67	17.48	13.86	5.8	2.27	1103
Vegetarian Chili	3/4 cup	224	14.57	27.01	7.48	3.76	6.44	606.87
Western Scrambled Eggs	1/4 Cup	98	7.72	2.06	6.77	2.63	0.47	106
Whole grain corn nachos with chili & cheese	1 serving	328	24.08	29.13	12.1	3.7	3.22	828

GRAB A STACK/TASTE								
Recipes	Portion Size	Calories	Protein (g)	Carbohydrate (g)	Fat (g)	Sat Fat (g)	Fiber (g)	Sodium (Na)
Alpine Burger on a bun	1 Each	309	24.37	30.38	11.59	5.04	3.46	693
BBQ Chicken Wrap	1 Each	515	18.56	68.45	18.69	4.37	4.41	1144.07
BBQ Pork Riblet on a Whole Wheat Bun	1 Each	369	20.6	37.45	16.06	4.84	4.06	912
BLT Burger on a bun	1 Each	330	25.54	30.2	12.61	4.52	3.73	934
Breaded Chicken Club on a bun	1 Each	424	26.5	33.96	21.12	4.92	3.73	994
Breaded Chicken Del Sol on a bun	1 Each	406	24.54	34.51	20.05	5.43	3	977
Breaded Fish Sandwich w/ Spicy Tomato Mayo	1 Each	292	17.45	46.16	5.65	0.38	2.76	782
Buffalo Style Breaded Chicken on a bun	1 Each	535	25.59	34.16	34.69	7.19	3.53	1714
California Cheese steak Wrap	1 Each	639	28.92	58.19	31.35	12.57	3.27	983
Cheddar Onion Burger on a whole wheat bun	1 Each	317	23.86	31.19	12.09	5.04	3.49	747
Cheeseburger	1 Each	373	19.08	37.00	22.73	9.87	1.67	699
Chipotle Cheeseburger on a whole wheat bun	1 Each	355	21.59	37.23	14.97	5.13	5.16	714
Cobb Sandwich (Panini)	1 Each	536	26.41	51.86	25.93	8.92	2.89	775
Egg & Cheese on a Bagel	1 Each	294	14.25	37.5	8.84	4.21	2	756.49
Fiesta Patty Melt	1 Each	471	29.1	47.92	17.85	8.45	2.86	988
Greek Turkey Burger on a bun	1 Each	354	37.56	31.01	10.77	2.8	3.11	644
Hamburger	1 Each	359	21.82	35.00	13.75	4.01	1.67	417
Italian Hoagie	1 Each	466	24.62	41.83	21.82	9.51	2.62	1630
Jalapeño Turkey Burger w/ Southwest Mayo on a bun	1 Each	375	35.37	33.69	10.6	2.73	1.83	1118
Meatball Grinder	1 Each	393	16.04	42.00	16.97	7.51	2.35	1149
Pepperroni & Cheese Paniai	1 Each	643	26.90	80.32	23.65	8.44	3.26	1257
Pesto Chicken Sandwich (Panini)	1 Each	475	29.9	53.08	16.51	5.4	3.35	693
Pizza Burger on a bun	1 Each	309	24.45	30.89	11.45	4.39	4.05	923
Pressed Cubano Sandwich	1 Each	383	20.57	50.19	12.1	4.51	2.13	1151
Roast Turkey Pita Pocket	1 Each	417	28.53	47.73	12.95	5.81	5.7	1212
San Francisco Burger Melt	1 Each	317	23.86	31.19	12.09	5.04	3.49	747
South of the Border Chicken Wrap	1 Each	533	31.82	55.88	19.09	8.36	2.27	1138
Toasted Cheese Sandwich on Wheat	1 Each	381	16.92	27.43	23.46	12.17	3.92	1133
Toasted Mozzarella & Tomato Panini	1 Each	261	21.64	28.96	7.43	5.32	4.13	681
Toasted Ham & Mozzarella on Wheat	1 Each	240	17.65	26.81	7.60	3.56	3.86	771
Toasted Swiss & Tomato Panini	1 Each	383	22.77	27.14	20.45	12.26	4.10	375
Turkey & Cheddar Paniai	1 Each	256	17.06	28.02	9.08	4.01	3.86	910
Turkey Burger on a WW bun	1 Each	310	36.00	26.00	8.50	2.00	2.00	630
Hot Dog on a Whole Wheat Bun	1 Each	251	11.75	22.47	12.23	3.85	1.16	1049
Veggie Burger on a Roll	1 Each	270	16.00	40.00	5.50	0.50	5.00	630

CRUST & STUFF/BAKE								
Recipes	Portion Size	Calories	Protein (g)	Carbohydrate (g)	Fat (g)	Sat Fat (g)	Fiber (g)	Sodium (Na)
Aloha Pizza w/ Chicken & Ham	1 Slice	551	30.6	75.4	13.9	4.45	3.63	970
Baked Stuffed Shells w/ Tomato Sauce	2 Each	260	11	36	9	4.45	3	930
BBQ Chicken Pizza	1 Slice	349	25.33	38.16	10.58	5.16	1.59	642
Bosco Sticks	2 Sticks	360	24.00	56.00	4.00	4.00	4.00	320
Broccoli Topped Pizza	1 Slice	454	21.79	45.65	19.82	9.52	3.28	701
Buffalo Chicken Calzone	1 Each							
Buffalo Chicken Flatbread	1 Each	305	19.04	29.01	12.2	4.22	2.03	976
Buffalo Chicken Pizza	1 Slice	417	28.64	69.16			3.49	901
Cheese Calzone	1 Each	634	29.93	79.73	21.28	10.54	6.27	1336
Canyon Resort Pizza	1 slice	460	28.64	69.16	10.25	2.17	4.2	1377
Cheese Pizza	1 Slice	413	22.23	50.01	13.3	6.57	1.96	921
Cheese Steak Pizza	1 Slice	493	23.9	46.66	22.56	10.43	3.24	857
Cheesy Spinach and Tomato Penne	2 Cups	378	22.23	52.9	10.16	4.09	9.21	715
Chicken Brushetta Pizza	1 Slice	492	27.71	65.52	13.26	2.95	3.77	955
Chicken and Broccoli Pasta w/ Barilla PLUS	2 Cups	378	22.6	46.38	12.05	2.14	6.74	187
Chicken and Mushroom Penne with Barilla PLUS	1 3/4 cups	291	19.47	38.95	6.6	0.99	5.52	507
Chicken and Roma Tomato Pita Pizza	1 Each	370	24.01	45.37	12.44	4.29	6.77	804
Chicken Florentine Flatbread	1 Each	303	19.94	27.79	12.36	4.21	2.36	622
Chicken Tostado Flatbread	1 Each	501	25.17	42.81	16.65	6.81	5.48	680
Eggplant Parmesan w/ Spaghetti & Sauce	1 Serving	677	25.42	85.57	25.88	8.53	11.5	1385
Greek Style Pizza	1 Slice	448	19.69	44.3	20.46	9.9	3	694
Ham & Cheese Flatbread Fold	1 Each	277	15.9	25.56	11.6	4.45	1.12	953
Ham & Cheese Stromboli	1 Each	573	27.91	73.74	17.56	7.66	5.72	1701
Hawaiian Pizza	1 Slice	448	21.93	65.06	18.06	8.08	3.28	835
Italian Stromboli	1 Each	593	26.42	73.82	20.51	8.42	5.72	1744
Margheritta Flatbread	1 Each	322	18.82	29.37	14.53	6.42	2.1	755
Mexican Pita Pizzas	1 Each	307	17.9	35.61	9.11	4.24	1.7	899
Meatball Pizza	1 Slice	478	21.97	45.64	22.36	10.28	3.33	780
Neopolitan Pizza	1 Slice	417	23.45	40.02	18.24	7.13	4.07	685.76
Barilla PLUS Pasta w/ Meaty Marinara	3/4 cup	378	19.16	51.1	11.79	2.86	8.6	835
Pepperoni & Roasted Veggie Flatbread	1 Each	365	20.47	31.93	17.34	7.33	2.72	881
Pepperoni Pizza	1 Slice	484	22.92	45.2	22.64	10.66	3.1	825
Primavera Calzone	1 Each	616	29.21	75.73	21.24	10.53	5.88	1334
Primavera Pizza	1 Slice	449	21.45	44.25	19.85	9.53	3.03	575
Red Hot Chicken Pizza	1 Slice	437	21.82	44.65	18.05	8.02	2.92	951
Roasted Corn and Red Onion Flatbread	1 Each	358	20.08	37.97	14.64	6.43	3.2	878
Roasted Veggie Supreme Flatbread	1 Each	328	18.86	30.04	14.75	6.46	2.27	784
Sausage and Pepper Pocket	1 Pocket	601	32.89	75.89	17.95	6.09	9.07	1287
Sausage Pizza	1 slice	437	21.36	44.66	18.4	8.23	3.5	684
South of the Border Chicken Pizza	1 Slice	547	28.1	71.5	16.26	6.27	3.74	997
Southwestern Chicken Flatbread Fold	1 Each	335	18.74	26.06	16.5	4.96	1.2	542
Spaghetti Carbonara	1 Cup	310	15.52	38.77	10.19	2.42	4.04	252
Triple Decker Bean Tostado	1 Each	416	18.9	67.73	9.17	4.05	15.54	1171.29
Turkey & Cheese Hot Pocket	1 Each	563	25.3	82.89	14.77	4.7	6.73	1974
Turkey & Swiss Flatbread Fold	1 Each	265	18.43	26.11	10.7	3.68	1.01	903
White Pizza w/ Spinach	1 Slice	445	21.26	44.1	19.45	9.25	2.82	548
Whole Grain Bosco Sticks (no sauce)	2 Sticks	360	24	52	4	4	4	320

OUTTAKES SALADS								
Recipes	Portion Size	Calories	Protein (g)	Carbohydrate (g)	Fat (g)	Sat Fat (g)	Fiber (g)	Sodium (Na)
Antipasto Salad (w/ 4 packages of crackers)	1 Each	270	15.10	26.56	11.75	5.27	4.42	795
Buffalo Chicken Salad	1 Each	555	19.37	66.43	23.91	5.21	5.12	1035
Caribbean Chicken Pasta Salad w/ Spicy Dressing	1 Each	531	33.9	60.1	18	4.66	5.2	226
Catalina Salad w/ Turkey	1 Each	95	12.6	4.3	2.6	0.7	1.9	597
Chicken Caesar Salad	1 Each	297	20.1	24.5	13.3	2.4	2.84	896.00
Tuna over a Garden Salad	1 Each	603	31.92	27.96	40.88	13.97	4.23	1499
Cobb Salad	1 Each	174	14.1	5.6	10.5	4.8	2.31	527
Crispy Chicken Popper Salad	1 Each	252	17.9	16.4	13.4	4.6	2.99	606
Deli Chef Salad	1 Each	372	24.11	27.86	18.37	6.97	24.11	957
Garden Salad w/ Cheese	1 Each	231	14.62	1.83	18.35	12.17	0.71	390.09
Garden Salad w/ Cheese, Egg & Roll	1 Each	372	24.11	27.86	18.37	6.97	24.11	957
Greek Pasta Salad (entree portion)	2 cups	340	15.16	47.96	11.22	2.61	8.02	602
Monterey Ranch Chicken Salad	1 Each	179	17.7	6.7	9.4	4.3	2.82	239
Sesame Beef Noodle Salad	1 Each	313	18.13	51.1	4.3	1.2	5.74	333
Sicilian Pasta Salad	1 Each	397	21.1	45.2	14.7	6.5	4.06	613
Southwest Corn & Black Bean Salad	1 Each	396	14.6	43.4	1.6	0.3	10.72	1077
Taco Salad w/ Tortilla Shell Rounds	1 Each	349	17.19	26.6	19.06	4.68	3.1	752
Toasted Pita Chips w/ Veggies and Hummus	1 Each	272	10.83	40.31	9.03	1.67	8.65	494.52
Wild Greens Breaded Chicken Caesar Salad	1 Each	297	20.1	24.5	13.3	2.4	2.84	896

OUTTAKES SANDWICHES (also look under PLAYBOWLS/SIZZLE Section)								
	Portion Size	Calories	Protein (g)	Carbohydrate (g)	Fat (g)	Sat Fat (g)	Fiber (g)	Sodium (Na)
Buffalo Chicken Salad Wrap	1 Each	499	24.07	57.31	18.56	4.55	5.69	1364
Chicken Caesar Wrap	1 Each	486	23.78	54.24	18.61	4.26	3.52	887
Chicken Ranchero Wrap	1 Each	567	33.35	56.68	21.75	4.25	4.01	1012
Chicken Salad on Whole Wheat w/Lettuce & Tomato	1 Each	300	22	30.79	11.3	2.61	4.97	538
Chicken Salad Wrap	1 Each	485	25.7	58.9	15.8	3.52	5.43	900
Chicken Tzaziki Wrap w/ Crunchy Spinach	1 Each	416	35.95	43.43	13.04	4.69	6.5	626
Ham & Cheese Kaiser w/Lettuce & Tomato	1 Each	332	20.4	41.4	9.3	3.67	2.28	1318
Health Club Sub	1 Each	395	25.04	47.14	11.44	2.69	3.45	1599
Honey Mustard Chicken Wrap	1 Each	547	36.68	69.62	12.61	3.12	4.59	904
Italian Hoagie	1 Each	466	24.62	41.8	21.8	9.51	2.62	1630
Little Italy Wrap	1 wrap	523	21.8	58.6	21.92	6.86	3.97	1473
Mediterranean Beef Wrap	1 Each	588	22.5	64.12	26.7	8.45	4.19	903
Neapolitan Hero w/Balsamic Vinaigrette	1 Each	454	20.03	61.5	14.25	3.2	3.67	918
Oriental Chicken Slaw Wrap	1 Each	418	29.17	39.41	18.02	3.51	5.9	889
Parisian Ham & Cheese Wrap	1 Each	529	23.14	71.6	16.6	5.6	4.34	1566
Roast Beef & Cheese Wrap w/ Horseradish Mayo	1 Each	532	26.45	60.9	20.7	5.95	4.02	1372
Roast Beef, Onion Swiss Cajun Mayo Bagel	1 Each	518	23.9	64.9	17.24	5.37	3.34	1073
Roast Beef, Onion, Spicy Tomato Mayo on Multigrain Bread	1 Each	467	24.09	44.84	19.4	6.57	6.78	473
Sunbutter & Jelly Sandwich	1 Each	585	17.64	78.46	26.44	3.17	6.18	755.09
Southwest Corn & Black Bean Salad Wrap	1 Each	508	15.1	74.3	7.7	1.22	7.59	1005
Tomato Cajun Chicken Salad Wrap	1 Each	532	34.25	57.15	18.2	4.5	4.85	984
Triple Decker Turkey Club on Whole Wheat	1 Each	497	33.67	40.5	21.3	6.37	2.55	2136
Tuna Salad on Whole Wheat Bread	1 Each	268	20.03	27.7	8.9	1.86	4.18	639
Tuna Salad Wrap	1 Each	463	24.1	59.99	13.8	2.5	4.35	824
Turkey & Cheese Bagel Melt	2 Bagel Halves	331	23.13	35.27	10.4	5.73	1.5	1204

Turkey & Cheese on a small Kaiser w/ Lettuce & Tomato	1 Each	280	16.92	35.71	6.75	3.39	2.42	992
Turkey and Cheddar Panini	1 Each	609	25.31	80.72	20.59	8.18	3.42	1226
Turkey BLT Wrap	1 Each	515	20.04	62.2	20.9	20.93	4.02	1371
Turkey Club Bagel Sandwich	1 Each	463	31.07	62.8	8.78	2.33	3.39	791
Turkey Pita Pocket w/ Cranberry Mayo	1 Each	363	15.82	53.47	10.65	1.53	5.56	1072

SIDES/ MISC								
Recipes	Portion Size	Calories	Protein (g)	Carbs (g)	Fat (g)	Sat Fat (g)	Fiber (g)	Sodium (mg)
Apple, fresh	1 Each	72	0.36	19.06	0.00	0.00	3.00	0
Apples, snack bag	1 Snack bag	30	0.00	8.00	0.00	0.00	1.00	0
Applesauce, unsweetened (canned)	1/2 Cup	50	0.00	13.00	0.00	0.00	2.00	25
Apples, Warm Cinnamon	1/2 Cup	178	0.32	37.84	3.77	0.66	2.58	28.00
Bagel, large, assorted flavor	1 Each	290	8.50	57.50	2.50	0.50	2.50	450
Bagel, plain, small	1 Each	168	6.22	34.90	0.93	0.00	1.50	230
Baked Beans	1/2 Cup	170	7.00	30.00	2.00	0.50	6.00	360
Banana, medium sized (7" long)	1 Each	105	1.00	27.00	0.00	0.00	3.00	1
Biscuit	1 Each	110	1.10	23.07	0.33	0.11	3.00	1
Black Bean & Corn Salad	1/2 Cup	185	6.44	19.06	0.63	0.13	4.23	544.22
Bread Bowl	1 Each	360	14.00	74.00	2.00	0.00	2.00	820
Bread Stuffing	1/2 Cup	165	3.96	22.64	6.45	1.22	1.20	327
Bread, white, sandwich	2 slices	130	5.00	25.00	1.00	0.00	1.00	250
Bread, whole wheat, sandwich	2 slices	130	5.00	25.00	1.00	0.00	2.00	250
Broccoli, Raw	1/2 cup	12	1.00	2.36	0.13	0.01	0.92	11.72
Broccoli salad	1/2 Cup	154	1.76	31.05	3.67	0.61	4.00	135
Broccoli, cooked (includes seasoned)	1/2 Cup	26	2.85	4.92	0.11	0.01	3.00	32
Brown Gravy	1/4 Cup	25	0.00	5.00	0.50	0.00	0.00	270
Buttermilk Coleslaw	1/4 cup	55	1.03	4.42	3.89	0.81	1.08	258
Carrot Fries	1/2 Cup	44	0.82	8.08	1.32	0.11	2.33	56
Carrot, Raisin, Pineapple Salad	1/2 Cup	137	1.05	21.92	6.02	0.66	1.80	93
Carrots, fresh, baby	1/2 Cup	30	0.50	7.00	0.00	0.00	2.00	66
Carrots, fresh, baby, snack bag	1 Snack bag	16	0.50	3.74	0.25	0.00	1.00	33
Carrots, Glazed	1/2 Cup	89	0.66	12.63	4.29	1.28	1.46	225
Carrots, seasoned (cooked or roasted)	1/2 Cup	27	0.42	5.64	0.50	0.09	2.00	45
Carrots & Onions, Roasted	1/2 cup	99	1.48	13.78	4.82	0.92	3.27	106.45
Carrots, Zucchini & Summer Squash, Roasted	1/2 cup	68	2.87	7.34	3.56	0.51	2.28	214.03
Chicken Gravy	1/4 Cup	30	1.00	5.00	1.00	0.50	0.00	360
Chicken Sticks/Fries	7 Each	280	15.00	21.00	15.00	2.50	1.00	730
Chicken Tenders	3 Each	405	28.50	22.50	21.00	3.00	0.00	1020
Cilantro Lime Roasted Vegetables	1/2 cup	28	0.81	3.90	0.60	0.55	1.46	29
Confetti Coleslaw	1/2 Cup	87	1.04	8.87	5.54	0.71	2.11	197.00
Corn and Black Bean Salad, Roasted	1/2 Cup	185	6.47	19.21	0.64	0.13	4.29	545
Corn on the Cob	1 each	83	2.79	19.99	0.66	0.10	2.38	4.25
Corn, Mexicali (cooked)	1/2 Cup	46	1.35	7.91	1.59	0.16	1.26	8
Corn, seasoned (cooked)	1/2 Cup	66	2.00	16.00	1.00	0.00	2.00	1
Cornbread	1 Piece	150	3.00	28.00	3.00	1.50	1.00	620
Cranberry Pear Fruit Salad	1/2 Cup	143	0.37	36.71	0.08	0.00	2.80	6
Crunchy Asian Topping, Homemade	1/4 Cup	78	1.78	10.06	3.68	0.86	1.22	125.54
Fiesta Rice	1/2 cup	114	1.76	23.22	1.44	0.23	0.37	43.00
Flour Tortilla, 10"	1 Each	218	5.80	35.95	5.43	1.42	2.17	445
Fortune Cookie	1 Each	37	0.00	6.01	0.00	0.00	0.00	22
French Fries, baked, shoestring	3 ounces	140	2.00	20.00	5.00	1.50	1.00	15
French Fries, baked, steak fries, skin on	3 ounces	110	2.00	19.00	2.50	0.50	1.00	15
French Fries, fried (high school only)	3 ounces	313	4.00	39.25	16.44	6.75	1.00	190
Fresh Baked Cookie (Chocolate Chip)	1 Each	170	2.00	24.00	7.00	4.00	1.00	120

SIDES/ MISC								
Recipes	Portion Size	Calories	Protein (g)	Carbs (g)	Fat (g)	Sat Fat (g)	Fiber (g)	Sodium (mg)
Fresh Baked Cookie (M&M)	1 Each	160	2.00	24.00	7.00	3.50	1.00	125
Fresh Baked Cookie (Oatmeal Raisin)	1 Each	160	2.00	23.00	7.00	4.00	1.00	130
Fresh Baked Cookie (Sugar)	1 Each	160	2.00	23.00	7.00	3.50	0.00	140
Fresh Cole Slaw/Confetti Coleslaw	1/2 Cup	87	1.04	8.87	5.54	0.71	2.11	197
Fruit and Yogurt Parfait w Granola Topping	16 oz	383	15.54	71.06	5.58	2.33	5.52	212
Fruit cocktail, canned	1/2 Cup	80	1.00	18.00	0.00	0.00	1.00	5
Fruit Crisp (average of various flavors)	1 Piece	197	1.93	30.84	8.00	4.77	2.12	80
Garlic Bread (1/4 Kaiser Roll)	1 Each	65	2.00	13.00	0.62	0.25	0.50	140
Garlic Bread w/ Cheese (1/4 Kaiser Roll)	1 Each	153.5	14.00	14.50	4.38	3.85	2.00	428
Garlic Breadstick (1.8 oz stick)	1 Each	150	6.00	31.00	1.00	0.00	1.00	340
Garlic Toast Sticks	2 Each	69	1.81	10.55	2.16	0.40	0.61	112
Graham crackers, 3-pack	1 Package	90	1.00	16.00	2.00	0.00	1.00	130
Greek Pasta Salad (side portion)	1/2 Cup	85	3.79	11.99	2.80	0.65	2.02	150.5
Green Beans, seasoned (cooked)	1/2 Cup	19	1.00	4.50	0.00	0.00	2.00	1
Hamburger Bun, whole wheat	1 Each	160	6.00	31.00	2.00	0.00	2.00	280
Harvest Blend Veggies	1/2 Cup	59	2.60	11.91	0.14	0.03	4.00	32
Homemade Corn Bread	1 Piece	120	2.00	22.00	2.50	1.00	1.00	500
Hot dog bun, whole wheat	1 Each	133	5.00	26.00	2.00	0.00	2.00	233
Japanese Teriyaki Rice	1 Cup	205	4.66	34.63	5.04	0.75	2.23	56
Juice, 100%, assorted, data may vary slightly (8 oz)	1 Cup	110	0.00	27.00	0.00	0.00	0.00	9
Kidney Bean Salad	1/2 cup	107	6.58	18.12	0.75	0.15	6.81	374.12
Lettuce, Iceberg	1/2 Cup	4	0.25	0.82	0.04	0.00	0.33	3
Lettuce, Romaine	1/2 Cup	4	0.29	0.77	0.07	0.01	0.49	2
Macaroni Salad	1/2 Cup	166	4.31	25.61	5.24	0.13	1.57	207
Mandarin oranges, light syrup	1/2 Cup	77	0.50	20.50	0.00	0.00	1.00	7.5
Marinara Sauce	1/2 Cup	50	2.00	10.00	1.00	0.00	2.00	480
Mexican Corn	1/2 cup	46	1.35	7.91	1.59	0.16	1.26	8.00
Milk, nonfat, Hood	10 oz.	110	11.00	16.00	0.00	0.00	0.00	160
Milk, nonfat, Strawberry Hood	10 oz.	180	10.00	35.00	0.00	0.00	0.00	180
Milk 1% Coffee Hood	10 oz.	150	8.00	25.00	2.50	1.50	0.00	120
Milk, 1/2% Chocolate Hood	10 oz.	190	10.00	34.00	1.50	1.00	0.00	230
Milk, 1% Low fat Hood	10 oz.	130	11.00	16.00	3.00	2.00	0.00	160
Mixed Vegetables	1/2 cup	90	3.68	14.87	2.75	0.41	4.42	51.85
Orange, fresh	1 Each	65	1.00	16.00	0.00	0.00	3.00	0
Oven Fired Thin Flats (flatbread)	1/3 Flat	150	4.00	23.00	4.50	0.50	1.00	270
Oven Roasted Vegetables	1/2 cup	28	0.81	3.90	0.60	0.55	1.46	29
Pancake syrup	1.5 oz. p.c.	69	0.00	18.00	0.00	0.00	0.00	75
Pasta, Plain, Whole Wheat	1 Cup	174	7.46	37.16	0.76	0.00	3.92	45.02
Peaches, canned	1/2 Cup	70	0.00	17.00	0.00	0.00	1.00	10
Peachy Fruit Salad	1/2 cup	48	0.49	12.67	0.12	0.02	1.33	3.57
Pear, fresh	1 Each	86	1.00	23.00	0.00	0.00	5.00	1
Pears, canned	1/2 Cup	62	0.50	16.00	0.00	0.00	2.00	5
Peas & Carrots	1/2 cup	64	2.84	9.32	2.51	0.38	2.85	65.86
Peas, seasoned (cooked)	1/2 Cup	62	4.00	11.00	0.00	0.00	4.00	58
Pineapple chunks, juice pack	1/2 Cup	70	0.00	17.00	0.00	0.00	1.00	10
Pita Bread	1 Each	74	2.74	15.40	0.73	0.11	2.07	148.96
Popcorn Chicken	4 oz	250	16.00	18.00	13.00	2.00	2.00	780
Potatoes: Baked Potato Puffs	1/2 Cup	150	2.00	22.00	7.00	1.00	2.00	379

SIDES/ MISC								
Recipes	Portion Size	Calories	Protein (g)	Carbs (g)	Fat (g)	Sat Fat (g)	Fiber (g)	Sodium (mg)
Potatoes: Baked Potato Wedges	1/2 Cup	141	3.40	28.78	1.81	0.29	2.99	14
Potatoes: Mashed/Whipped	1/2 Cup	80	2.00	17.00	1.00	0.00	1.00	310
Potatoes: Oven fries/Baked French fries	1/2 Cup	134	2.12	20.90	5.07	0.84	2.14	178
Potatoes: Potato Salad, classic	1/2 Cup	119	1.56	20.04	3.75	0.48	1.73	262
Potatoes: Sweet Potatoes	1/2 Cup	173	1.29	31.39	4.80	0.86	3.07	74
Potatoes: Sweet Potato Fries, baked	1/2 Cup	110	0.00	16.00	4.00	0.50	3.00	90
Pretzel, soft	1 Each	180	3.00	38.00	1.00	0.00	1.00	150
Rice & Beans	1/2 Cup	114	4.66	22.32	0.52	0.12	3.85	311
Rice: Bayou Rice Salad	1/2 cup	224	6.29	31.47	7.64	1.74	0.76	982
Rice: Brown	1/2 Cup	95	1.97	19.94	0.70	0.14	1.53	97
Rice: Fiesta Rice	1/2 cup	117	2.21	23.50	1.45	0.21	1.01	45
Rice: Oriental fried rice (Brown)	1 Cup	194	5.21	36.36	2.81	0.59	1.76	106
Rice: Pilaf including Orange Rice Pilaf	1/2 cup	122	2.00	21.50	4.50	0.00	0.50	390
Rice: Pilaf with Orzo	1/2 cup	193	3.54	32.85	4.91	0.74	0.94	32.15
Rice: White	1/2 Cup	103	2.13	22.25	0.22	0.06	0.32	302
Roasted Italian Vegetables	1/2 Cup	50	1.40	9.71	1.10	0.19	2.74	88
Roasted Tomatoes w/Rosemary	1/2 Cup	84	1.05	5.99	6.89	0.95	1.37	11.27
Romaine & Spinach Salad	1/2 Cup	37	1.54	5.08	1.41	0.72	1.16	64.17
Salsa	1/2 Cup	47	1.96	9.13	0.26	0.03	1.83	280
Saltines, 1 pkg (1/4 oz)	1 pkg.	25	0.00	5.00	0.50	0.00	0.00	90
Sandwich Roll, round, Kaiser/hard roll	1 Each	260	8.00	52.00	2.50	1.00	2.00	560
Snow peas, fresh raw	1/2 Cup	33.5	2.50	5.50	0.00	0.00	2.00	3
Southwest Black or Pinto Beans	1/2 Cup	156	5.07	16.61	1.64	0.25	3.49	247
Spinach Salad	1/2 cup	33	1.66	4.04	1.51	0.17	1.22	37
Stir Fry Vegetables	1/2 Cup	68	2.87	7.34	3.56	0.51	2.28	214.03
Taco Shells, corn, 6"	2 shells	60	1.20	12.00	0.80	0.00	0.80	2
Toasted Flatbreads (garlic & oil, no additional topping)	3 Squares	200	4.88	23.42	9.60	1.48	1.05	302
Tomato Soup, canned, Campbells	8 oz	180	4.00	40.00	0.00	0.00	2.00	960
Tomatoes, fresh	1/2 Cup	16	0.79	3.53	0.18	0.04	1.08	4
Tossed Green Salad	1/2 Cup	18	1.19	3.43	0.24	0.03	1.75	12
Tossed Salad w/ Light Dressing	1/2 Cup	13	0.62	2.89	0.12	0.02	0.95	11
Tossed Salad w/ Vinegar & Oil	1/2 Cup	68	0.55	2.84	6.33	1.07	0.85	9
Turkey Gravy	1/4 cup	25	1.00	4.00	0.50	0.00	0.00	300
Turkey Sausage Links	2 Links	60	6.00	0.48	4.50	1.00	0.00	100
Turkey Sausage Patty	1 Patty	60	6.00	0.13	4.50	1.00	0.00	100
Turkey Taco Meat	3.75 oz.	190	17.00	3.00	11.40	2.80	0.00	646
Vegetable Pasta Salad	1/2 Cup	119	4.53	21.93	1.65	0.29	2.55	107
Vegetable Soup, Campbell's	1 Cup	200	8.00	40.00	1.00	1.00	6.00	1780
Veggie sticks	6 - 8 sticks	25	0.71	5.77	0.18	0.00	1.96	64
Vegetarian Baked Beans	1/2 cup	120	6.17	25.18	0.75	0.20	6.29	460.12
Warm baked apple slices	1/2 Cup	178	0.32	37.84	3.77	0.66	2.58	28
Wheat Breadstick	1 Each	110	4.00	21.00	1.00	0.00	0.00	230
Whole Grain Dinner Roll	1 Each	130	4.00	24.00	1.50	0.50	3.00	240



Disclaimer: All Entrees are served with fruit, vegetable and a choice of milk. Nutrient values do not include these meal accompaniments. Nutrient values have been determined using approved software comprised of common foods found in the USDA database and standardized recipes. These results should be viewed and used only as a guide - a close approximation of the true nutrient content - since various factors influence the amounts of nutrients in foods. The reliability of data may fluctuate with changes in portion size, product specifications, recipe compliance and manufacturer's ingredients. In addition, the values for trans fats for most foods has still not been measured in the USDA database, unlike those provided by manufacturers for packaged foods. For that reason, this information is currently unavailable.