



NUTRITIONAL INFORMATION GUIDE



ITEM DESCRIPTION	SERVING SIZE	CALORIES	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	SUGAR (g)	PROTEIN (g)
BREAKFAST ITEMS											
FRENCH TOAST STICK	3 STICKS	270	8.0	1.0	0	11.0	290.0	43.0			
EGG McMUFFIN SANDWICH	1 EACH	231.0	11.06	4.03	0	137.0	517	23.0			
MORNING LOAF-CHOC CHIP	1 EACH	270	8.0	2.5	0	30.0	240.0	49.0			
FRUITY PARFAITS	1 EACH	322	6.89	1.65	0	5.0	204.0	58.0			
MUFFIN-DDCHOC CHIP	1 EACH	280	10.0	2.0	0	25.0	250.	44.0			
HONEY BUN	1 EACH	270	10.0	4.5	0	0.0	220.0	40.0			
MINI MAPLE PANCAKE	1 EACH	200	4.0	0.	0	5.0	240.0	37.0			
BREAKFAST TACO—2 TACO	1 PKG	277	11	4.12	0	154	658	29			
CINNAMON CRUNCH BAR	1 EACH	250	8.0	2.50	0	5.0	280	40			
PIGGY W/BLANKET	1EACH	230	7	1.0	0	30	370	32			
BANANA CHOCOLATE CHUNK CAR	1 EACH	280	8.0	3.0	0	15.	220	48			
MINI APPLE BITE	1EACH	280	11.0	4.50	0	0	160	41			
BREAKFAST CRUMBLE	1 EACH	340	13	1.50	0	50	350	53			
COCOA PUFF BAR	1EACH	250	7	2	0	5.0	310	43			
STACKER PANCAKE	1 EACH	226	10	3.5	0	43	418	18			
MINI CINNIS	1 EACH	240	7	2.0	0	0.	300	40			
MINI MAPLE CHIP WAFFLES	4 WAFFLES	160	5	0	0	0	190	28			
CINNAMON ROLL	1 ROLL	232	3.51	1.12	0	5.	200.0	44.0			
BREAKFAST BURRITO	1 EACH	246	10	4	0	115	553	26			



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BREAKFAST BURRITO 7-12 GRADE	1 EACH	454	22.5	7.0	0	320	1081	39			
BREAKFAST MUFFIN SANDWICH MUFFIN/EGG PATTY/SAUSAGE PATTY	1 EACH	206	8.0	3.5	0	127	522	23			
BREAKFAST MUFFIN SANDWICH MUFFIN/CHEESE/TURK HAM	1 EACH	261	10.0	4.32	0	152	767	24			
BREAKFAST CROISSANT CHEESE/SAUSAGE PATTY	1 EACH	301	14	6	0	42	697	31			
BREAKFAST CEREAL											
CINNAMON CHEX GF	1 BOWL	120	2.5	0	0	0	170	23			
COCOA PUFFS	1 BOWL	100	1.0	0	0	0	135	21			
TRIX	1 BOWL	110	1.5	0	0	0	140	24			
CINNAMON TOAST CRUNCH	1 BOWL	120	3.0	0	0	0	170	22			
RICE CHEX GF	1 BOWL	70	0	0	0	0	180	16			
KIX	1 BOWL	70	.5	0	0	0	100	14			
CHEERIOS MULITGRAIN GF	1 BOWL	110	1	0	0	0	110	23			
HONEY NUT SCOOTERS	1 BOWL	220	2.5	0	0	0	390	46			
CINNAMON TOASTER	1 BOWL	240	7	.5	0	0	370	44			
MARSHMELLOW MATEY'S	1 BOWL	210	2.0	0	0	0	380	47			



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LUNCH ENTRÉE- ELEMENTARY											
BAKED LASAGNA W TWISTED BREAD	1 PORTION	291	1059	4.70.	0	55	739	30			
TWISTED BREAD	1 STICK	80	2	.50	0.	0	100	12			
PIZZA STUFFED SANDWICH	1 EACH	300	11	5	0	40	680	32			
HOT HAM & CHEESE SANDWICH	1 SAND	248	7.78	1.27	0	67	1246	27			
BEAN & CHEESE BOWL W/CHIPS	1 BOWL	314	15	6.7	0	37	812	31			
CHICKEN NUGGETS	6 NUGGET	280	12	3	0	55	480	22			
ASIAN RICE BOWL	1 BOWL	371	6.27	1.06	0	50	500	54			
GALAXY PIZZA-CHEESE	1 EACH	290	12	6	0	30	590	32			
GALAXY-PEPPERONI	1 EACH	300	13	6	0	30	600	32			
HOT DOG	1 EACH	260	12.50	4	0	20	720	27			
CHEESY SQUARES	4 SQUARE	280	12	4	0	20	540	28			
MARINARA DIPPING SAUCE	1 PORTION	60	1.50	0	0	0	180	12			
DOUBLE DOG	2 EACH	280	15	6	0	40	460	20			
CHEESE QUESADILLA	1 DILLA	330	16	8	0	35	480	29			
CHICKEN CORN DOG	1 EACH	250	9	2.50	0	40	440	30			
CHICKEN STREET TACO	2 TACO	258	7	277	0	65	856	28			
HAMBURGER	1 EACH	267	9.15	3.4	0	39	474	26			
CHEESE BURGER	1 EACH	305	11	4.67	0	46	621	27			
GRILLED BEAN & CHEESE BURRITO	1 EACH	350	11	0	0	15	480	45			



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LUNCH ENTRÉE – ELEMENTARY											
CHICKEN EGG ROLL W/ ASIAN RICE	2 ROLL	350	11	0	0	15	480	45			
ASIAN RICE	1/2C	135	1.25	0	0	0	220	27			
BREAKFAST 4 LUNCH											
WAFFLE	3 WAFFLE	120	3.75	0	0	0	142	21			
EGG	3 OZ	137	9.11	3	0	288	394	3			
SAUSAGE LINK	2 LINK	70	4	1	0	30	180	2			
MAC & CHEESE W/ MINI HOT DOGS	1 EACH	329	18	8.48	0	59	766	23			
TERIYAKI MEATBALLS W/RICE	4 EACH	135	5	1.50	0	45	640	10			
RICE	3/4 c	182	.31	.07	0	0	0	39			
SANDWICHES & WRAPS ELEMENTARY											
HOME-STYLE CHEESE SANDWICH	1 EACH	224	7	3.80	0	22	610	27			
HOT TRI-TIP SANDWICH	1 EACH	331	14	4	0	55	228	29			
WOW JAMI LUNCH	1 EACH	590	34	5.5	0	0	380	59			
EGG RANCH WRAP	1 WRAP	410	21	6	0	226	593	38			
BIG CATCH FISH SANDWICH	1 EACH	320	9.50	1	0	45	560	41			
ROASTED TURKEY SANDWICH	1 EACH	210	3.50	1	0	40	570	27			
TURKEY PINWHEEL	1 WRAP	341	14	5.70	0	39	864	36			



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SECONDARY 7-12: DELI STATION											
ROASTED TURKEY	6 slc	90	3	1.0	0	40	370	1.0			
TURKEY HAM	6 slc	110	4.50	1.50	0	60	480	1.0			
TUNA	3/8 c	129	7.91	1.18	0	17	230	.03			
EGG SALAD	1/3 c	124	9.19	2.15	0	201	109	2.03			
CHICKEN SALAD	3/8 C	283	19	3.6	0	76	139	.05			
TRI-TIP MEAT	2.25 OZ	171	11	4.46	0	55	48	0			
AMERICAN CHEESE	.5 OZ	.38	2.28	1.27	0	7.59	146	1.01			
PEPPER JACK CHEESE	.5 OZ	56	4.56	2.5	0	15	86	.51			
DELI SUB ROLL	1 ROLL	260	4.5	1.0	0	0	130	44			
FLAT BREAD	1 EACH	170	5	1.0	0	0	290	26			
CROISSANT ROLL	1 EACH	180	6	2.5	0	0	310	30			



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SECONDARY 7-12 FRESH MEX STATION											
BURRITO/NACHO/STREET TACO											
ASADA BEEF	2.25 OZ	99	2.28	.87	0	46	46	0			
SHREDDED CHICKEN	2.25 OZ	87	1.78	.49	0	54	199	0			
WHOLE PINTO BEANS	1/4 C	51	.49	.10	0	0	70	9.15			
REFRIED BEANS	1/4 C	90	.25	0	0	0	155	16.5			
SPANISH RICE	1/4 C	100	5.0	.75	0	0	640	12			
NACHO CHEESE SAUCE	1 OZ	45	3.48	1.99	0	12	149	1.49			
JALAPEÑO PEPPERS	2 TBSP	7	.17	.01	0	0	266	1.35			
SHREDDED LETTUCE	1/2 C	5	0	0	0	0	3.6	1.07			
DICED TOMATOES	1/4 C	8	0	0	0	0	6.08	1.52			
FRESH SALSA	2 TBSP	20	0	0	0	0	270	4.0			
SHREDDED MOZZARELLA CHEESE	.5 OZ	38	2.13	1.50	0	7.50	23	.25			
10" WHOLE WHEAT TORTILLA											
4.5 " FLOUR TORTILLA	3 EACH										
TORTILLA CHIPS	1 OZ (10-11 CHIPS)	140	5.0	1.0	0	0	105	20			



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SECONDARY ENTRÉE 9-12											
1/4 CHICKEN (THIGH AND LEG)	1 PC	243	17	4.5	0	101	81	0			
CHICKEN THIGH	2 PC	238	17	5	0	95	86	0			
DRUMSTICK	2 PC	182	10	2.5	0	91	96	0			
HAMBURGER	1 EACH	344	14	6	0	70	276	26			
CHEESE BURGER	1 EACH	382	17	7.29	0	77	423	27			
BACON CHEESE BURGER	1 EACH	429	21	9	0	92	561	27			
PHILLY SANDWICH	1 EACH	572	28	7	0	58	197	50			
BUFFALO BITES	5PC	266	9.41	1.38	0	50	936	21			
BUFFALO BITES	8 PC	426	15	2.20	0	81	1498	33			
SPICY CHICKEN SANDWICH	1 EACH	342	8.34	1.47	0	61	575	42			
BIG CATCH FISH SANDWICH	1 EACH	320	9.50	1	0	45	560	41			
CHEESE PIZZA	1/8 SLC	360	16	7	0	35	630	34			
PEPPERONI PIZZA	1/8 SLC	370	16	7	0	40	690	34			



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SPECIAL ENTRÉE-VARIES											
SMOTHERED BURRITO	1 EACH	412	14	1.92	0	24	897	48			
CHICKEN TAMALES	1 EACH	290	16	6	0	50	680	26			
LASAGNA W/ SAUCE	1 PC	291	10	4.7	0	55	739	30			
JUMBO RAVIOLI W/SAUCE	5 PC	545	12	4.7	0	43	1497	55			
CHEESBOLI	1 EACH	320	13	4.5	0	30	590	34			
TWISTED BREAD STICK	1 EACH	80	2	.50	0	0	100	12			
ORANGE CHICKEN	1 PLATE	629	12	3.09	0	55	680	101			
WHITE RICE (1 CUP)											
CHICKEN EGG ROLL	2 ROLL	320	10	3.0	0	60	780	40			
ASIAN RICE	1 CUP	270	2.5	0	0	0	440	54			
SALADS											
GARDEN SALAD	1 EACH	544	25	7.78	0	217	1026	54			
CHEF SALAD	1 EACH	495	24	6.25	0	220	1180	48			
CHICKEN RANCH SALAD	1 EACH	482	22	5.72	0	48	897	44			
SOUTHWEST SALAD	1 EACH	544	22	6.6	0	10	1368	68			
CHINESE CHICKEN SALAD	1 EACH	649	31	6.42	0	48	11357	66			

