

<u>Menu Item</u>	<u>Carbs</u>	<u>Calories</u>
-B-		
Baked Ziti	40	368
BBQ Ham Sandwich	42	256
BBQ Rib Sandwich	40	350
Bosco Sticks 6" (2 Sticks Per Serving) Elementary	32	300
Bosco Sticks 7" (2 Sticks Per Serving) Secondary	48	440
Bread:		
WG Croissant	26	190
WG English Muffins	23	120
WG White-2 slices	32	160
WG 4" Hamburger Bun	29	140
WG Dinner Roll	12	70
WG 6" Sub Roll	25	140
WG Flat Bread	23	100
WG Kaiser Roll	31	190
WG Twisted Bread Stick w/Cheese	29	220
WG Banana Bread	44	280
WG Blueberry Bread	43	270
WG Cinnamon Bread	44	270
WG Zucchini Bread	43	270
Breakfast Sandwich Ingredients		
American Cheese (1 slice)	1	35
Egg Patty (1oz)	2	130
Slice of Ham (1/2 oz)	1	35
Turkey Sausage (1)	1	80
Bagel	24	120
Croissant	26	190
English Muffin	23	120
-C-		
Calzone, 3 Cheese	40	284
Cereal - WG:		
Cheerios, Honey Nut	22	110
Cheerios, Whole Grain	20	100
Chex, Rice-Gluten Free	24	100
Cinnamon Toast Crunch-Reduced Sugar	22	110
Cocoa Puffs-Reduced Sugar	25	110
Lucky Charms	23	110
Reese's Puffs	21	120
Total Raisin Bran	25	100
Trix-Reduced Sugar	24	110
Cheesesticks and Toasted Italian Bread Dippers	36	329
Cheeseburger on a Bun	31	285
Cheesesauce (3 oz), Land O'Lakes Jalepeno	15	190
Cheesesauce (3 oz), Land O'Lakes Cheddar	14	190
Cheesesticks:		
Colby Jack	0	110
Mild Cheddar	0	110
Mozzarella	1	80
Chef Salad w/Rolls (Elem, HC)	18	95
Chicken: Per Portion		
Grilled Patty on a Bun	32	211
Nuggets (5)	16	260
Nuggets (5) w/Roll	28	330
Oven Roasted	0	160
Parmesan on a Bun	47	420
Parmesan over Pasta	67	564
Patty on a Bun	43	370
Patty on a Bun (Spicy)	43	340
Popcorn (13)	14	230
Popcorn (13), w/Roll	26	300
Sticks (8)	14	220
Sticks, w/Roll (8)	26	290
Sticks, Hot & Spicy (8)	14	220
Sticks, Hot & Spicy w/Roll (8)	26	290
Tenders (4)	16	260
Tenders w/Roll (4)	28	330

(revised 8/24/17)

<u>Menu Item</u>	<u>Carbs</u>	<u>Calories</u>
Chicken & Gravy over Mashed Potatoes w/Roll	26	259
Chicken Fajita	28.5	252
Coleslaw (4oz)	2	9
Condiments:		
BBQ Sauce, 2oz	19	
Honey, 2oz	34	
Italian Dressing, 1.5 oz	6	80
Ketchup, Packet	2	10
Mayonnaise, Packet	0	90
Mustard, Packet	0	
Sweet Relish, Packet	3	15
Syrup	0	
Cookies:		
Carnival	23.9	140
Chocolate Chip	24.1	140
Double Chocolate	23.9	138
Sugar	24.1	142
Country Chicken Bowl	67	691
Cupcakes-WG		
Chocolate	26	140
Vanilla	27	140
	-D-	
Dressings:		
French, 1.5oz	14	200
FF Raspberry Vinaigrette, 1.5oz	12	45
Light Italian, 1.5oz	6	7
Light Ranch, 1.5oz	9	120
	-E-	
Egg Omelet w/Cheese	3	200
	-F-	
Fish Sandwich w/Cheese	51	390
Fish Sticks w/Roll, Elementary	29	250
Fish Sticks w/Roll, HC, MS, HS	35	310
Flapsticks (1)	22	220
French Toast Sticks (4)	43	300
Frozen Fruit Cups (Whole Fruit):		
Cherry (Sugar Free)	18	70
Orange Pineapple Cherry	18	70
Orange Pineapple (Sugar Free)	18	70
Pomegranate Strawberry (Sugar Free)	18	80
Mixed Berry	18	70
Watermelon	23	90
Frudels	36	210
Fruit: Approximately 4 oz Serving		
Apple, Medium	18	72
Apple Slices, (2) 2 oz Bags	16	16
Apple Slices (Warm w/Cinnamon)	12	57
Applesauce	13	60
Applesauce Cup-Cherry Unsweetend (NFG)	14	50
Applesauce Cup-Country Berry (Motts)	13	50
Applesauce Cup-Cinnamon Unsweetend (NFG)	14	50
Applesauce Cup-Peach No-Sugar (NFG)	14	50
Applesauce Cup-Strawberry (NFG)	14	50
Applesauce Cup-Unsweetend (NFG)	14	50
Apricots	13	50
Banana, Petite	29	110
Banana Dippers	30	110
Blackberries	18	84
Blueberries, Frozen USDA	10	40
Cantaloupe	9	35
Cherries, Red Tart Pitted, Frozen USDA	9	36
Craisins, Original, 1.16 oz	23	100
Craisins, Flavored, 1.16 oz	28	110
Grapes	8	31
Grapefruit (Half)	10	41
Honeydew	11	45
Mixed Fruit, Diced	13	60

(revised 8/24/17)

<u>Menu Item</u>	<u>Carbs</u>	<u>Calories</u>
Oranges, Mandarin	20	77
Orange, Medium,	15	60
Peach Cup, Frozen USDA	19	80
Peaches, Diced	16	60
Peaches, Sliced	16	60
Pear, Medium,	26	96
Pears, Diced	14	60
Pear Slices	14	60
Pineapple Orange Medley	14	76
Pineapple Tidbits	20	80
Plum	7	30
Strawberries, Fresh	6	51
Strawberries, Cup Frozen USDA	22	90
Tangerine	10	40
Trail Mix (Assorted Dried Fruit) USDA	46	176
Watermelon	6	23
Fruit Snacks, Welch's	19	80
Fruited Jello	14	52
-G-		
General Tso's Chicken Over Rice	53	304
Gluten Free:		
6" Personal Cheese Pizza	48	410
Hot Dog Bun - GF	31	150
-H-		
Ham and Cheese on a Bun	30	242
Ham BBQ Sandwich	41	256
Hamburger on Bun	30	250
Hotdog (1)	3	100
Hotdog w/Bun	30	240
Hummus Cup (3oz)	18	120
-I-		
Italian Dunkers	33	334
-J-		
Juice 100%, 4oz Serving		
Apple	15	60
Fruit Punch	16	60
Gold Rush	10	40
Grape	13	60
Orange, Florida	13	80
Orange Pineapple	15	60
Tomato	4	20
Tropical Twist	14	60
-L-		
Lasagna Roll-Ups (1)	24	190
Lasagna Roll-Ups (1) w/Roll	36	260
Loaded Sidewinders	71	572
-M-		
Macaroni & Cheese (RF) - Elementary	32	280
Macaroni & Cheese (RF) - Secondary	48	420
Meatballs (4 Each)	3	113
Meatball Hoagie (Elem/HC)	34	261
Meatball Hoagie (MS/HS)	37	318
Milk: FF Vanilla	24	140
FF Chocolate	24	130
FF Strawberry	27	150
1% White	12	100
Lactaid	13	90
Mini Cinni's	40	240
Mini Corn Dogs - Turkey (6) Elementary	33	255
Mini Corn Dogs - Turkey (8) Secondary	44	340
Mini Donuts - Chocolate	41	320
Mini Donuts - Powdered	41	270

(revised 8/24/17)

<u>Menu Item</u>	<u>Carbs</u>	<u>Calories</u>
MJM Snacks:		
All Sports Bites - Chocolate	20	112
All Sports Bites - Vanilla	19	110
Chocolate Bear Grahams	20	112
Sound Bites - Chocolate Raspberry	20	112
Sound Bites - Vanilla	20	113
Tropical Treats - Orange	20	114
-N-		
Nachos Grande (Nachos w/Cheese)	55	590
Norwin Hoagie	34	263
-O-		
Omelet w/Cheese	3	200
-P-		
Pancakes 4" (3)	41	230
Pancakes 4" w/Sausage Elem, HC, MS	42	340
Pancakes 4" w/Sausage (HS)	56	472
Pancakes, Mini w/Sausage	42	340
Pasta with Meatballs	71	500
Pasta with Meatsauce	67	448
Pasta Primavera	73	497
PBJ, Smuckers 2.6oz	32	320
PBJ, Smuckers 2.6oz w/Cheese Stick & MJM Crackers	52	505
Pierogies, Mini Potato/Cheese - Elementary (6)	19	230
Pierogies, Mini Potato/Cheese - Secondary (9)	28	305
Pirates Booty	14	100
Pizza Burger	34.5	346.7
Pizza: Per Slice		
4 Cheese	36	360
Big Daddy's w/Cheese	33	330
Big Daddy's w/Pepperoni	33	488
Breakfast Pizza	25	210
French Bread	33	330
Mexican Fiesta	38	410
Pepperoni/Cheese, Tony's 4x6	36	350
Personal Thick Crust w/Cheese	32	300
Stuffed Crust w/Cheese	39	320
Stuffed Crust w/Pepperoni	39	420
"The Max" Pizza Sticks (2)	34	300
"The Max" Pizza Sticks (3)	51	450
"Tony's" Cheese Stuffed Sticks (2)	30	290
White Pizza	43	464
Poptarts:		
WG Strawberry (1)	37	180
WG Cinnamon (1)	37	180
Potato Pancakes (5)	18	160
Power Alley Bar	36	190
Pretzels:		
Large Soft, 2.2 oz	30	140
Large Soft, 3.5 oz	51	250
Soft Rod, 1 oz (3)	42	210
Pretzel Dippers W/Cheese Sauce - Elementary	47	362
Pretzel Dippers W/Cheese Sauce - Secondary	62	432
Pulled Pork Sammy	48	490
-Q-		
Quesadilla, Cheese w/Salsa (The Max)	44	350
Quesadilla, Chicken w/Salsa (The Max)	42	340
-R-		
Raisins	31	130
Ravioli, Jumbo (3)	23	170
Ravioli, Jumbo (3) w/Roll	35	293
Ravioli, Three Cheese	29	228
Ravioli, Three Cheese w/Twisted Bread Stick	58	448
Rice & Marshmallow Treats		
Crispy Rice & Marshmallow Treats	16	90
Rice Krispie Treats	30	160
Roasted Turkey w/Stuffing, E, HC	17	223
Roasted Turkey w/Stuffing, MS, HS	18	254

(revised 8/24/17)

<u>Menu Item</u>	<u>Carbs</u>	<u>Calories</u>
-S-		
Salad, Grilled Chicken	40.9	356
Salsa, 2oz	4	20
Sausage Patty, Turkey (1)	1	80
Scrambled Eggs w/Cheese	17	182
Sloppy Joe on Bun	35	301
Snacks:		
Baked Doritos, 1oz	20	130
Cheeto's Fantastix (RF)	13	130
Cheeto's Fantastix Flamin (RF)	20	130
Cheeto's Puffs (RF)	14	90
Cheeto's Puffs Flamin (RF)	14	90
Munchie's Cheddar Crackers	17	110
Popcorn "Smart Food" 1 oz	9	70
Pretzels, Rold Gold Heartzels, .07 oz	18	80
Quaker Kids Mix	17	110
Sun Chips, Garden Salsa, .875 oz	15	110
Sun Chips, Harvest Cheddar, .875 oz	15	110
Tostito's Tortilla Chips	18	120
Soup, Tomato	20	90
Stuffed Shells (2)	24	190
Stuffed Shells (2) w/Roll	36	260
Stuffing 1/2 Cup	3	44
Sweet & Sour Chicken over Rice	53	312
-T-		
Taco Salad - Elementary, Hillcrest	51	466
Taco, Soft	23	289
Teriyaki Chicken over Rice	44	291
TexMex Beef Rice Bowl	40	338
Toasted Cheese Sandwich, Triple Decker	46	351.7
Tortilla Chips, 2 oz Bag	38	270
Turkey w/Gravy	5	130
Twisted Bread Sticks w/Sauce	64	474
-U-		
UBR (Ultimate Breakfast Round)	44	280
-V-		
Vegetables: approx 4oz portion		
Baby Lima Beans	24	121
Baked Beans	18	92
Beets	7	30
Black Beans	21	130
Broccoli	5	32
Brussels Sprouts	11	60
Butter Beans	17	96
California Blend	5	25
Capri Blend	4	25
Carroteenies (2 pkgs)	8	30
Carrot Coins	7	35
Carrots w/Orange Glaze	8	75
Carrots, Sunshine	7	35
Cauliflower	3	12
Coleslaw	11	133
Corn	16	67
Corn w/Black Beans	35	168
Edamame	9	120
Fajita	5	25
Garbonzo Beans	18	110
Green Beans	5	19
Italian Blend	5	30
Mixed	12	58
Navy Beans w/Sauce	7	35
Oriental	5	30
Peas	12	66
Peas and Carrots	8	51

(revised 8/24/17)

Menu Item

Carbs

Calories

Potatoes: Approx. 4oz Portion

Colossal Crisp Fries	27	194
Mashed	15	74
Mashed, Sweet Potato	31	140
Oven Fries	17	110
Potato Triangles	26	200
Sidewinder BBQ Fries	12	70
Sweet Potato Coins	29	178
Tater Tots	26	205
Tater Tots, Low Sodium	17	110
Tater Tots, Sweet Potato	23	130
Price Edward	6	35
Spinach, Creamed	9	68
Spinach, Steamed	4	29
Tomato	5	22
Veggie Boat	6	31
Wax Beans	6	37
Winter Blend	2	20

-W-

Waffles, Blueberry	38	210
Waffles, Maple	38	210
Waffle Sticks (2)	27	140
Waffle Sticks w/Sausage (Elem, HC, MS)	54	502
Waffle Sticks w/Sausage (HS)	54	613
Walking Taco	43	459

-Y-

Yogurt, Dannon Oikos		
Blueberry	15	100
Strawberry	15	91
Vanilla	15	90