

LUNCH ENTREES	serving size	calories	fat grams	sodium mg	carbohydrate grams	protein grams	sugar grams	Fiber Grams
All American Sub	1 sandwich	232	7.76	1049	22.68	16.06		1.04
Baked Spaghetti (whole wheat)	1 serving	573	30.70	1347	42.49	33.98		5.67
Cheese Burger n Bun (Pub Burger)	1 sandwich	501	31.86	921	21.50	29.95		0.90
Cheeseburger on Bun	1 each	498	25.94	1101	22.56	45.20		3.42
Chef Salad	1 1/2 cup	271	14.74	706	17.53	17.21		3.23
Chicken Filet on Bun	1 sandwich	358	16.77	641	32.94	19.24		2.15
Chicken Fryz	8 each	202	13.10	373	8.06	12.10		1.01
Chicken Nuggets (Elementary)	5 nuggets	272	18.11	503	12.08	14.09		0.00
Chicken Nuggets (Secondary)	6 nuggets	327	21.82	606	14.55	16.97		0.00
Chicken Salad	#12 scoop	214	13.39	247	3.12	19.90		0.17
Chicken Sandwich, Hot & Spicy (Sec.)	1 sandwich	322	11.79	1196	34.59	18.33		1.72
Chicken Tenders	3 each	222	13.12	474	11.10	14.13		2.02
Chicken, Oven Fried	1 serving	346	21.33	2	10.67	27.73		0.00
Chicken Wrap	1 each	556	25.51	1068	56.29	24.53		3.72
Corn Dog	1 each	290	15.00	910	29.00	9.00		0.00
Corn Dog Nuggets	4 each	215	11.34	544	23.81	7.94		1.13
Cuban Pork Sandwich	1 sandwich	250	6.86	536	21.26	22.09		0.90
Egg Roll	1 serving	249	10.54	600	25.03	13.99		2.46
Fish & Cheese Hoagie	1 each	356	14.62	717	36.86	17.18		1.16
Fish Nuggets	4 each	296	13.57	493	25.90	19.73		1.23
Frito Pie	1 serving	422	25.77	1025	25.20	21.80		3.15
Grilled Cheese Sandwich	1 sandwich	348	18.99	998	27.48	16.47		1.25
Grilled Chicken Sandwich	1 sandwich	280	12.86	626	21.26	19.08		0.90
Hot Dog on Bun	1 each	263	14.19	721	24.63	9.65		1.16
Lasagna	1 serving	184	7.80	383	16.77	10.62		1.57
MAX Sticks w/Marinara	2 sticks	396	17.50	982	41.69	18.51		3.27
Meatball Sub	1 each	382	17.34	1128	34.06	22.43		3.56
Meatloaf w/gravy	3 oz slice	497	21.15	635	55.91	20.70		3.21
Nacho Salad	1 serving	337	17.83	7.68	25.24	20.60		4.32
Nachos (Made to Order)	1 serving	349	17.53	609	41.34	8.45		3.61
Philly Steak Sub (Elem.)	1 sub	341	15.02	847	26.54	23.84		0.89
PILLY Steak Sub (Secondary)	1 sub	488	15.32	1176	55.91	30.18		4.86
Pizza, Harvest Cheese, Big Daddy	1 slice	400	13.00	760	47.00	23.00		3.00
Pizza, Pepperoni, Big Daddy	1 slice	410	14.00	850	47.00	23.00		3.00
Pizatta	2 sticks	250	8.00	560	27.00	19.00	6.00	3.00

LUNCH ENTREES	serving size	calories	fat grams	sodium mg	carbohydrate grams	protein grams	sugar grams	Fiber Grams
Pizza, Cheese MAX	1 slice	322	13.30	843	35.30	13.40		1.60
Pizza, Pepperoni, Gilardi's 4X 6	1 slice	357	15.00	1034	39.40	17.20		1.80
Pizza, Pepperoni, Gilardi's	1 slice	308	9.81	732	36.29	1766.00		1.96
Popcorn Chicken	15 pcs	292	12.53	501	22.27	20.88		1.39
Pork BBQ on Bun	1 each	364	20.23	506	21.63	23.36		0.90
Pork Chop w/gravy	1 each	336	19.15	750	18.07	16.75		0.68
Pork Rib Sandwich	1 each	363	19.29	816	31.70	15.21		1.87
Quesadilla, Chicken & Cheese	1 each	412	25.12	1308	31.11	17.95		3.59
Raviloi (Canned)	1 cup	220	6.00	780	360.00	6.00	6.00	4.00
Raviloi (Frozen)	3 each	390	19.11	199	28.42	25.13		1.45
Shrimp Poppers	21 pcs	181	8.05	855	18.11	8.05		0.00
Sloppy Joe on Bun	1 sandwich	277	8.99	927	31.76	18.73		2.00
Smoked Sausage on Bun	1 each	402	25.12	1168	24.62	15.62		1.16
Spaghetti w/Meatballs	1 serving	597	23.62	1669	65.20	31.60		7.87
Spaghetti w/Meatsauce	1 serving	449	17.35	914	48.04	23.42		3.30
Super Italian Hoagie	1 sandwich	363	11.54	1345	44.95	19.93		2.09
Taco, Soft (chicken)	1 each	263	11.41	539	17.97	12.41		1.04
Taco, Crunchy	1 each	356	21.78	731	18.04	22.39		3.14
Taco, Soft (beef)	1 each	349	8.78	911	22.11	23.95		3.00
Tuna Salad	#12 scoop	130	8.19	247	2.84	11.00		0.14

LUNCH SIDES	serving size	calories	fat grams	sodium mg	carbohydrate grams	protein grams	sugar grams	Fiber Grams
Apple Pie Bites	3 each	180	6.00	255	27.00	3.00		3.00
Apple, Fresh	1 each	72	0.23	1	19.06	0.36		3.31
Apples, Glazed	7/8 oz bag	322	11.79	1196	34.59	18.33		1.72
Applesauce	1/2 cup	52	0.06	2	13.77	2.21		1.46
Baby Carrots w/dip	2 oz carrots 1 oz dip	52	1.69	205	8.20	1.30		1.22
Baked Beans	1/2 cup	119	1.18	553	23.64	6.51		5.06
Baked Potato (elementary)	1/2 potato	94	0.14	10	21.36	2.52		2.22
Baked Potato (secondary)	1 potato	188	0.26	20	42.72	5.05		4.44
Banana	1 each	101	0.38	1	26.04	1.24		2.96
Black Beans & Rice	1/3 cup	34	2.58	39	2.24	0.24	2.00	0.22
Bread Stick	1 each	120	1.50	230	23.00	4.00	1.00	1.00
Broccoli	2-3 spears	28	0.11	24	5.39	3.12		3.02
Cabbage	1/2 cup	17	0.32	6	3.35	0.77		1.43
Carrot Coins	1/2 cup	18	0.02	177	4.04	0.47		1.09
Cheetos, Baked	7/8 oz bag	130	5.00	240	19.00	2.00	1.00	0.00
Collards	1/2 cup	31	0.35	43	6.04	2.52		2.38
Corn	1/2 cup	66	0.82	175	15.24	2.50		1.64
Corn on Cob	1 each	59	0.47	151	14.07	1.96		1.76
Cornbread	2 oz	108	2.82	151	18.03	2.65		1.00
Crunchy Veggies w/Dip	1/2 cup vegg+1 oz dip	118	11.03	226	4.22	1.44		0.97
Dressing/Stuffing	#12 scoop	96	4.22	172	12.61	2.13		0.71
French Fries (secondary)	3 oz	268	14.09	184	33.65	3.43		2.72
French Fries OVEN BAKED	3 oz	170	6.43	226	26.53	2.70		2.72
French Fries, Spicy (BAKED)	3 oz	150	5.00	390	27.00	3.00		3.00
Fresh Garden Salad	1 serving	76	5.03	276	7.59	0.97		1.30
Fruited Gelatin	1/2 cup	69	0.08	7	18.07	0.48		1.21
Grapes	1/2 cup	31	0.16	1	7.89	0.29		0.41
Green Beans	1/2 cup	14	0.07	169	3.04	0.81		1.28
Green Peas	1/2 cup	59	0.34	186	10.71	3.74		3.49
Juice Bar (Minute Maid)	1 each	74	0.09	8	17.66	0.71		1.19
Juice Bowl Juice	6.75 oz	90	0.00	10	23.00	0.00	23.00	0.00
Mixed Fruit	1/2 cup	69	0.01	7.00	18.07	0.48		1.21
Onion Rings	5 rings	199	0.99	527	27.85	2.98		1.99
Macaroni & Cheese	1/3 cup	128	6.01	353	10.44	7.69		0.54

LUNCH SIDES	serving size	calories	fat grams	sodium mg	carbohydrate grams	protein grams	sugar grams	Fiber Grams
Orange, Fresh	1 each	62	0.16	0	15.39	1.23		3.14
Peaches , Canned	1/2 cup	68	0.04	6	18.22	0.56		1.63
Pear, Fresh	1 each	96	0.01	2	25.66	0.63		5.15
Pears, Canned	1/2 cup	72	0.04	0.6	19.04	0.24		2.04
Pineapple Tidbits	1/2 cup	66	0.01	1	16.95	0.45		1.01
Potato Rounds	9 each	152	7.09	476	19.26	2.03		3.04
Potato Starz	5 each	170	7.00	390	23.00	2.00		2.00
Potato Wedges (baked)	9pcs	110	2.00	30	20.00	2.00		2.00
Potatoes, Mashed	1/2 cup	78	1.00	345	15.00	1.70		1.40
Potatoes, Scalloped	1/2 cup	81	2.30	283	13.00	1.80	1.20	1.00
Rice, Infused Chicken Flavor	#6 scoop	178	5.73	516	28.03	3.36		0.67
Rice, Oriental/Fried	#6 scoop	125.2	2.25	396.4	18.69	6.98		1.08
Rice, White (Fluffy)	#6 scoop	85	0.00	0	19.00	2.00		0.00
Roll (School Made)	1 each	205	6.03	367	33.42	4.12		1.17
Spinach	1/2 cup	30	0.48	92	4.90	3.81		3.52
Succotash	1/2 cup	63	0.40	261	13.44	2.95		2.42
Tangerine, Fresh	1 each	37	0.16	1	9.40	0.53		1.93

MILK	serving size	calories	fat grams	sodium mg	carbohydrate grams	protein grams	sugar grams	Fiber Grams
Milk, 1 % Chocolate (Elementary)	half pint - carton	158	2.50	153	26.10	8.10	0.00	0.00
Milk, 1 % Chocolate (Secondary)	half pint - CHUG	160	1.50	153	26.00	8.00	25.00	0.00
Milk, 1 % Strawberry (Elementary)	half pint - carton	150	2.50	200	26.00	8.00	0.00	0.00
Milk, 1 % Strawberry (Secondary)	half pint - CHUG	130	0.00	130	24.00	8.00	21.00	0.00
Milk, 1 % White (Elementary)	half pint - carton	102	2.37	107	12.18	8.22	0.00	0.00
Milk, 1 % White	half pint - CHUG	102	2.37	107	12.18	8.22	0.00	0.00
Milk, Skim	half pint	83	0.20	103	12.15	8.26	0.00	0.00
Lacaid	8 oz cup	110	2.50	125	13.00	8.00	12.00	0.00

SNACK ITEMS	serving size	calories	fat grams	sodium mg	carbohydrate grams	protein grams	sugar grams	Fiber Grams
Baked Cheetos	7/8 oz	130	5.00	240	19.00	2.00	1.00	0.00
Bug Bites	1 pouch	140	4.50	125	23.00	2.00	9.00	1.00
Candy Cookie	1 cookie (1 oz)	110	3.50	70	19.00	1.00	9.00	<1
Cheez-It	1.5 oz	180	5.00	28	1.00	5.00	0.00	0.00
Chocolate Chip Cookie	1 cookie (1 oz)	110	3.50	65	18.00	1.00	9.00	<1
Cinnamon Toast Crisps	1.76 oz	230	8.00	210	36.00	3.00	12.00	1.00
Chester Traxs	1.07 oz	140	5.00	270	21.00	3.00	1.00	1.00
Dolphins & Friends	2 oz	140	5.00	260	20.00	3.00	0.00	<1
Elfin Grahams	1 oz	150	4.00	105	21.00	2.00	8.00	1.00
Fruit Snacks (Welch's)	1.5 oz	120	0.00	10	28.00	2.00	14.00	0.00
Munchie Mix	3 oz	322	11.79	1196	34.59	18.33		1.72
Rice Krispie Treat (Goodyman)	1.6 OZ	180	4.00	230	33.00	2.00	14.00	0.00
Rice Krispie Treat (Kellogg's)	1.3 oz	150	3.50	170	28.00	1.00	12.00	0.00
Scooby Doo Cookies	1 oz	120	4.00	115	20.00	2.00	8.00	<1
SeAnimal Crackers	1 oz	130	4.50	20	<1	2.00	6.00	0.00
CapriSun	6.75 OZ	100	0.00	25	24.00	0.00	19.00	0.00
AquaCal Flavored Waters	16.9 OZ	0	0.00	0	0.00	0.00	0.00	0.00
Juice Bowl Juice	6.75 oz	90	0.00	10	23.00	0.00	23.00	0.00
Clod Hoopers, Vanilla/Choc.	1 pouch	165	5.00	130	27.00	2.00	11.00	2.00
Ice Cream Bar - Fudge Dream (BI Bunny)	3 oz	80	1.50	60	16.00	2.00	13.00	0.00
Ice Cream Bar - Orange Dream (BI Bunny)	3 oz	80	1.50	60	16.00	2.00	13.00	0.00
Ice Cream Cup Cotton Candy	3 oz	90	2.00	55	15.00	2.00	10.00	0.00
Ice Cream Cup Straw. Ripple	3 oz	90	1.50	55	16.00	2.00	11.00	0.00
Ice Cream Cup Van.Fudge	3 oz	90	2.00	60	17.00	2.00	11.00	0.00
Ice Cream Cup Van.Choc	3 oz	90	2.00	65	16.00	2.00	10.00	0.00
Ice Cream - Nutty Buddy (BI Bunny)	3 oz	170	6.00	90	26.00	3.00	15.00	0.00
Ice Cream - Sandwich (Garber's)	4 oz	160	4.00	150	29.00	4.00	14.00	0.00
Push-Up, Van.Fudge	3 oz	90	2.00	60	17.00	2.00	11.00	0.00
Push-Up, Cotton Candy	3 oz	90	2.00	55	15.00	2.00	10.00	0.00
Sherbet, Luigi's Lime	4 oz	120	1.50	25	26.00	2.00	22.00	0.00
Sherbet, Luigi's Grape	4 oz	120	1.50	20	26.00	1.00	22.00	0.00
Slushie	8 oz	120	0.00	10	30.00	<1	31.00	0.00
Sherbet, Luigi's Raspberry	4 oz	120	1.50	20	26.00	1.00	22.00	0.00
Sherbet, Luigi's Orange	4 oz	120	1.50	25	26.00	1.00	22.00	0.00

BREAD ITEMS	serving size	calories	fat grams	sodium mg	carbohydrate grams	protein grams	sugar grams	Fiber Grams
Biscuit	1 each	180	7.00	354	27.00	4.00	3.00	1.00
Bread Stick	1 each	120	1.50	230	23.00	4.00	1.00	1.00
Cornbread	2 oz	108	2.82	151	18.03	2.65		1.00
Croissant	1 each	236.76	14.70	178.95	23.08	3.30		<1
Hamburger Bun	1 each	120	1.50	230	24.00	5.00	2.00	1.00
Hot Dog Bun	1 each	100	1.50	180	19.00	1.00	2.00	1.00
Roll (School Made)	1 each	205	6.03	367	33.42	4.12		1.17
Sliced Bread, Wheat	1 slice	70	1.00	140	12.00	3.00	1.00	1.00
Sliced Bread, White	1 slice	60	1.00	150	12.00	2.00	1.00	1.00
Sub Roll (Costanza's)	6"	322	11.79	1196	34.59	18.33		1.72
Sub Roll Wheat (Cobblestone)	1 each	220	2.50	160	44.00	8.00	5.00	4.00
Sub Roll White (Cobblestone)	1 each	170	1.50	360	34.00	6.00	3.00	2.00
Tortilla, 8"	1 each	120	0.50	210	20.00	3.00	1.00	1.00
Tortilla 12"	1each	334	8.34	584	55.61	8.34		2.78

BREAKFAST ITEMS	serving size	calories	fat grams	sodium mg	carbohydrate grams	protein grams	sugar grams	Fiber Grams
Apple, Fresh	1 each	72	0.23	1	19.06	0.36		3.31
Apples, Glazed	1/2 cup	175	8.13	96	27.07	0.29		1.94
Applesauce	1/2 cup	52	0.06	2	13.77	2.21		1.46
Bacon	1 slice	34	2.64	146	0.09	2.34		0.00
Banana	1 each	101	0.38	1	26.04	1.24		2.96
Biscuit	1 each	180	7.00	354	27.00	4.00	3.00	1.00
Breakfast Pizza	1 slice	220	10.81	608	21.79	3.00		1.00
Cereal Cinnamon Swirls	1 bowl-pack	120	2.00	115	25.00	2.00	12.00	1.00
Cereal, Apple Cinnamon Cheerios	4 oz	322	11.79	1196	34.59	18.33	13.00	1.72
Cereal, Froot Loops (Red. Sugar)	1 bowl-pack	70	0.50	140	16.00	1.00	11.00	0.00
Cereal, Frosted Flakes (Red. Sugar)	1 bowl-pack	100	0.00	140	27.00	1.00	11.00	1.00
Cereal, HoneyNut Cheerios	1 bowl-pack	110	3.00	170	23.00	2.00	2.00	3.00
Cheese Omelet	1 each	160	13.00	380	2.00	9.00		0.00

Donut (reduced Fat, Super Donut)	1 each	300	10.00	420	41.00	6.00	17.00	1.00
Egg Patty	1 each	70	6.00	105	1.00	3.00		0.00
Egg, Sausage & Cheese Sandwich	1 each	319	14.08	698	22.56	21.32		0.96
French Toast Sticks	3 sticks	325	11.21	437	39.22	10.09		1.12
Funnel Cake	1 each	280	9.00	360	45.00	5.00	15.00	1.00
Grapes	1/2 cup	31	0.16	1	7.89	0.29		0.41
Juice, Apple	4 oz	58	0.00	0	19.00	0.00		0.00
Juice, Orange	4 oz	52	0.00	2	12.25	0.73		0.25
Mixed Fruit (fruit cocktail)	1/2 cup	69	0.01	7.00	18.07	0.48		1.21
Omelete, Cheese	1 each	160	13	380.00	2	9.00	0.00	0.00
Orange, Fresh	1 each	62	0.16	0	15.39	1.23		3.14
Pancake & Sausage Stick	1 each	230	11.00	440	24.99	6.99		1.99
Peaches , Canned	1/2 cup	68	0.04	6	18.22	0.56		1.63
Pear, Fresh	1 each	96	0.01	2	25.66	0.63		5.15
Pears, Canned	1/2 cup	72	0.04	0.6	19.04	0.24		2.04
Pineapple Tidbits	1/2 cup	66	0.01	1	16.95	0.45		1.01
Pop Tart, Strawberry	1 each	200	5.00	170	37.00	2.00	17.00	<1
Sausage Biscuit	1 each	270	14.18	589	27.40	11.60		1.00
Pop Tart, Blueberry	1 each	200	5.00	170	37.00	2.00	18.00	<1
Pop Tart, Br. Sugar Cin. (whole wheat)	1 each	200	7.00	170	34.00	3.00	14.00	3.00
Sausage Patty	1 each	91	6.22	237	0.52	7.62		0.00
Super Bun (Red. Fat)	1 each	290	17.00	170	30.00	5.00		0.00

BREAKFAST ITEMS	serving size	calories	fat grams	sodium mg	carbohydrate grams	protein grams	sugar grams	Fiber Grams
Tangerine, Fresh	1 each	37	0.16	1	9.40	0.53		1.93
Toast	1 each	102	4.51	220	13.20	2.03		0.62
Yogurt, Trix	4 oz	120	1.50	55	23.00	4.00	17.00	0.00